

2006

Outdoor Adventures, LLC



What's special about Outdoor Adventures, LLC

COMMENTS FROM THE COORDINATOR: In 2005 we visited many exciting destinations, including Italy, Iceland, Quebec City and Holland! We enjoyed cycling, hiking, cross country skiing and snowshoeing, white water rafting and a windjammer cruise. A big highlight for our many day hikers included hiking the Appalachian Trail covering the 52 miles through Connecticut – not an easy task as most segments were 11 – 12 miles and the terrain was difficult. It is always enjoyable to travel with our familiar family of outdoor enthusiasts. We are also pleased to welcome the many new hikers and bikers on our adventures.

With the successful year behind us we are looking forward to 2006 with enthusiasm. Your volunteer leaders have once again brought their expertise to the program and have selected some new destinations, returned trips that have been solidly received in the past, and are looking forward to sharing a great year ahead with you.

We are very excited by the response to our own website developed and maintained by Fung Lee. Outdoor Adventures continues to be very appreciative of Fung's efforts and we know you will be pleased with the results. Please be sure to check it out at **www.outdoor-adventures-ct.com**

In this catalog, we have continued with the format that has made the program successful through the years, seeking exciting destinations, maintaining a safe environment for enjoying outside activities, getting the best leaders and keeping costs at the nonprofit level.

In response to your comments and suggestions, we have continued to improve many of our activities, added a wide variety of adventures, and brought back some of our most popular major trips (although always with a new twist.) We believe this year's activities are once again designed with something for everyone and look forward to seeing you soon.

IT'S NOT JUST A HIKE, BIKE, or SKI TRIP; it's an opportunity to enjoy the outdoors, to explore the woods with an enjoyable group, and to meet people with similar interests. Adventures that are challenging and physically demanding are noted with most of the activities doable whether you are 7 or 75!

OUR VOLUNTEER LEADERS personally evaluate and plan every hike and outdoor program. They provide participants with trail descriptions and directions to meeting places upon registration. Leaders are always happy to discuss specific hikes and trips outlined in this brochure to help you choose those appropriate to your fitness level. All leaders are experienced hikers and outdoors people, certified by SOLO in Wilderness First Aid and CPR, and trained in Outdoor Leadership Skills by the Appalachian Mountain Club (AMC).

LEADERS:

Judy Brooks, Coordinator and Leader -- Has worked with the program for six years. Judy has AMC as well as other organization's leader experience. She managed corporate travel for Coleco Industries, Inc. and travel activities for other business entities.

Leo Pon, Leader -- Has been a hiking and biking leader for Outdoor Adventures for five years. He is a Firefighter Paramedic, a certified Wilderness EMT and an Alumnus of the Colorado Outward Bound School. He is also an instructor at the AMC Mountain Leadership School.

Sue Wightman, Leader -- A passionate hiker for over 18 years and a volunteer hiking leader with Outdoor Adventures for 15. She enjoys hiking internationally as well as domestically.

Enid LaFleur, Leader -- Has participated in Outdoor Adventures first as a hiker for many years and then as a leader for the past 6 years. Enid enjoys sharing her passion for the outdoors with others.

Christa Lubatkin, Leader -- Christa is German born and an avid hiker who has led hiking groups in the Austrian, Swiss and the Italian Alps since 1999. She has been part of the volunteer team for Outdoor Adventures for the past 3 years. Before becoming a group leader, she worked as a travel agent.

Andy Ouellette, Leader -- Andy has been a hiking and cycling leader for four years. He is a retired firefighter, CPR instructor and Director of Training. Andy is an active person and enjoys all outdoor sports.

GENERAL INFORMATION

MEETING PLACES

Participants on day or overnight hikes may meet leaders and other participants at designated locations in Greater Hartford; or they may drive directly to the trailheads. Driving directions and carpool locations are provided 7 days before your adventure.

TRANSPORTATION

We encourage carpooling to our trip destinations to save fuel and decrease congestion at trailheads. Carpool passengers are encouraged to assist with driving expenses and contribute towards fuel, toll and parking fees.

HIKING WITH CHILDREN

Each registered adult may bring one child for free on day hikes (under 16 years). Please review the hike descriptions to make sure the trail is suitable for your child. If there is any doubt, we suggest that you contact the leader to discuss the hike's suitability for children.



REFUND AND CANCELLATION POLICIES

Day Hikes:

We will gladly credit payment to a future hike if you cancel at least two days in advance.

Overnight Programs:

Payments on trips that you cancel less than 60 days in advance, or when nonrefundable payments have been made on your behalf, are not refundable. Your registration is complete upon receipt of your deposit and signed release form.

Please call the office at 860-714-7043 if you have any questions pertaining to a particular trip's Terms and Cancellation Policy.

All trips and portions of trips are subject to cancellation or modification due to circumstances beyond our control. Any trip that is cancelled by Outdoor Adventures, LLC will be fully refunded.

Trip Cancellation Insurance is highly recommended!

Programs sell out fast; register early to avoid disappointment.



One Day Adventures – 2006

DATE: Saturday, February 4

Cross Country Ski Viking Touring Center, VT

This lovely touring center offers cross-country skiing and snow shoeing at its best. Located approximately 2-1/2 hours from Hartford, it has well groomed trails that are great for the beginner looking for gentle slopes or the expert wanting the black diamond thrills. Lessons and ski rentals are available for a moderate cost.

Included: Trail Pass, gourmet picnic lunch and carpool facilitation

Cost: \$40

DATE: Saturday, March 11

Winter Sports at the famous Mohonk Mountain House, New Paltz, NY

For generations, people have come to Mohonk Mountain House to experience its beauty, timeless grace, and history. Thousands of acres of pristine forest and spectacular cliffs surrounding a clear mountain lake await you. Spend the day cross-country skiing or snow shoeing on 35 miles of crisp trails, or take a spin around the Victorian skating pavilion, then join us for a gourmet lunch experience.

Included: Entry fee, gourmet lunch, carpool facilitation

(Equipment Rental or skating rink fee additional \$10 each.)

Cost: \$65

Date: Saturday, May 20

Appalachian Trail through Connecticut, Section Five

The final section of the 2005 CT 'AT Series' was rescheduled from last year due to extreme weather. This 12-mile section, from RT 341 in Kent to the New York State border, is particularly scenic and includes great views of the Housatonic River Valley. Hiking is mostly moderate, with steep, challenging sections that are short in duration. Participants should be in good physical condition.

Included: Guided hiking, carpool facilitation

Cost: \$15, FREE for 2005 'AT Series' Registered Participants

DATE: Saturday, June 3, Rain Date Sunday, June 4

Bike Mystic/Stonington/North Stonington, CT

Ride 31 miles on flat to rolling terrain where there is something of interest for everyone. The route goes into Stonington Village enroute to Stonington Point and its marvelous views of Fishers Island Sound and Block Island Sound. The route then heads inland past wine country into North Stonington Village where we will stop for a snack at a small recreation area. The route heads back along the Mystic River before returning to the starting point via a seldom-used "back door". We will have a late lunch at a local restaurant following the ride.

Included: Lunch and guided cycling

COST: \$35

One Day Adventures – 2006 continued

DATE: Saturday, July 8, Rain Date Sunday, July 9

Bike Greater Hartford area

Bike 25 miles at a leisurely pace through Greater Hartford. Starting in Glastonbury Center, we will be riding in scenic South Glastonbury and taking the ferry across the Connecticut River to Rocky Hill. We continue through Old Wethersfield, Hartford and East Hartford before returning to our starting point in Glastonbury. This is an interesting ride through the back streets of the five towns, enjoying the historical residential areas and other points of interest along the river.

Included: Lunch and guided cycling

COST: \$30



DATE: Saturday, July 22, Rain Date, Sunday, July 23

Bike Long Island, NY Wine Country

Take a ferry from New London and cycle on the beautiful North Fork of Long Island. Viewing the farm stands and wineries from the saddle is delightful. Being able to sample a variety of wines in the comfortable surroundings of their origin, with rolling vineyards stretching into the distance is an even greater delight. Bring your daypack or panniers!

Duration: 30 – 35 miles

Included: Guided cycling, round trip ferry with bicycle, lunch in Greenport, admission to Horton Point Lighthouse

COST: \$95

DATE: Saturday, July 29, Rain Date Sunday, July 30

Hike Steep Rock Reservation, Washington Depot, CT

Included in the 750 acre Steep Rock Reservation are hiking trails that follow the river banks and provide access into the hillsides above. The trail follows the rail-bed to the Steep Rock Loop trail. Very nice lookouts offer breathtaking views of the river and the dramatic contour of the Clam Shell. We continue on the trail across a suspension walkway, to the railroad tunnel. It is a moderate 5-7 mile hike with one short, but steep climb.

Included: Guided hiking, carpool facilitation

COST: \$15

One Day Adventures – 2006 continued

Date: Saturday, September 9

Hike Paugussett Trail

The Paugussett Trail is one of the many popular blue-blazed trails of Connecticut. This 8.7 mile hike affords views of Indian Well Falls, Lake Zoar, Stevenson Dam, and the Housatonic Valley. While most of the trail is gentle, a couple of rock scrambles and hills have to be negotiated. A hike not to be missed!

Included Guided hiking, carpool facilitation

COST: \$15

Date: Saturday, October 7

Hike with the Llamas!

Feeling the need for a bit of peace and serenity? Join us for our Llama hike and we guarantee you will leave all your troubles behind. Accompanied by these keen eyed, agile, intelligent, gentle, animals, we will take a leisurely trek to a secluded spot for a cookout. You will have plenty of time on the trail to get to know your Llama companion. We look forward to seeing you on this great adventure. Limited to the 10 participants.

Included Guided hiking, Llama companion, carpool facilitation, cook out lunch

COST: \$30



DATE: Sunday, October 22

Bike Northwest Corner of Connecticut

Bike 25 miles over moderate, mostly flat terrain with rolling hills. Enjoy scenic back roads to flood control dams, Colebrook and Goodwin Reservoirs in the beautiful Northwest corner of Connecticut. Biking commences in New Hartford and follows a loop trail along the Farmington River, charming town of Riverton, home of Hitchcock Furniture and through sections of Peoples Forest State Park. Lunch at a local restaurant is included.

Included: Lunch and guided cycling

COST: \$30



GO ROW, HARTFORD!

RIVERFRONT RECAPTURE'S COMMUNITY ROWING PROGRAM

Outdoor Adventures, LLC is again co-sponsoring the Riverfront Recapture Community Rowing Program on the Connecticut River. Rowing develops strength, fitness, grace and teamwork. In one session, you will experience a complete aerobic and cardiovascular workout, not to mention the opportunity to be out on the water and in the fresh air.

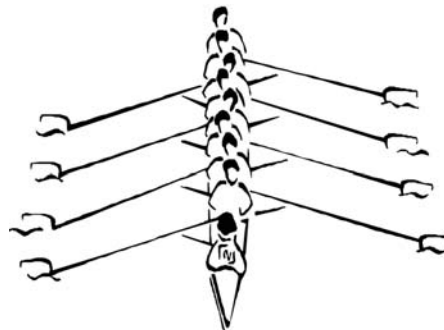
Traditionally, members of private clubs, schools and colleges have enjoyed the Olympic discipline of Sweep rowing. This program makes rowing accessible to everyone with a desire to participate, with each person in the 4 or 8 person shell using one oar.

This activity is open to anyone over the age of 14 who knows how to swim. There are no other limitations of age, physical ability or boating experience.

Join the fun – enjoy the revitalized riverfront, make new friends, and get some really great exercise!

Each session is for one month and is available in June, July & August. Each session meets morning or evening, twice a week for 8 classes.

For registration, please call Brian at 860-713-3131, extension 14, after April 5, 2006, when complete details, including cost, become available.



8 Glorious Days in Andalusia

Saturday, April 22, 2006 – Sunday, April 30, 2006

In Andalusia, la Alpujarra, a remote mountainous region between the snow-capped peaks of Sierra Nevada and the Mediterranean, is a varied, enchanting world.

The Alpujarra is ideal for hiking. Located in the foothills of the Sierra Nevada and dotted with tiny villages that cling to the mountainside or nestle in deep valleys, look south towards the Mediterranean and Morocco. Our enthusiastic guide will take us into the wild side of Andalusia, hiking at five thousand plus feet; he will walk with us through the narrow streets of the 'white villages' and even to a Tibetan Buddhist Retreat, where we linger over lunch.

As we stray from the beaten path, we will be sure to catch sight of abundant wild life, such as the Cabra Hispanica, a mountain goat that roams the mountains in herds and looks down upon us from pinnacles.

After a tough day out in the hills, a little bit of comfort is well deserved. For six nights we will stay at the three-star "Finca Los Llanos" in Capileira, the last and highest of the Moorish villages in the Poqueira Ravine. It is the most beautiful location of all in these sunny, magic mountains.



All guests of Gloria and Fernando's appreciate their warm and friendly service. The twin-bedded rooms (all with en-suite bathrooms) are cozy, well equipped and comfortable. The hotel also has a full-size swimming pool for us to enjoy. On three evenings, to add still more variety to our holiday, we dine out: there's 'local flavor night', a flamenco evening, and a celebratory dinner on the last night in La Alpujarra.

Our trip ends with a night in Granada and a visit to the Alhambra.

Cost: \$2545 pp do with 8 to 10 participants (with 11 to 15 \$2345)
\$250 Single Supplement

Included: Round trip airfare, 7 nights 3-star accommodation, all meals and entrance fees, Professionally guided hikes.

Trip difficulty: Moderate to strenuous, with daily 4 to 6-hour hikes on mountainous terrain and high elevations

Requirements: Participants must be fit and sure-footed.

Trip Cancellation Insurance is highly recommended!

BARGE/BIKE LOIRE VALLEY, FRANCE

Friday, May 5, 2006 – Sunday, May 14, 2006

This exciting adventure will take us to The Loire in Burgundy where we will meet our guide aboard the barge that will be our home for 7 days. The small region between Montargis within the Loire Valley and Nevers in Burgundy is well suited for both cycling and sailing. Following the flow of the Loire River, the bike route gently rolls through green countryside with charming little villages and a rich landscape bearing many fruitful vineyards.

Our route will take us from Plagny to the Chateau of Apremont, dating back to the 12th century and lavishly surrounded by gardens. The ancient Roman Town of La Charite-sur-Loire follows with a 16th century stone bridge. Wine-tasting in the region of the Pouilly Fume wines and the Sancerre vineyards will not be missed and it will be followed by a trek through St. Brisson Forest. We next cycle to the Chateau of Pont Chevron, through a region of lakes and past a series of beautiful castles before reaching our final destination in Rogny, which is right next door to Chatillon-Coligny.



The riding is rated easy to moderate with 22 to 34 miles covered each day. We have the option of relaxing aboard the barge as it moves down the river to our next rendezvous. The barge was refurbished in 2002 and has been reserved exclusively for our group. All meals aboard the barge are included, from dinner on day of arrival, through lunch on the day of departure.

After leaving the barge on Saturday, we will be transported back to Paris where we will spend a magical evening exploring that beautiful and romantic city. After a night's rest, we will continue our journey back home.

This promises to be a perfect way to enjoy France, the wine country, and to gently see the countryside. Life aboard a luxury barge is easy, with no suitcases to pack and unpack - daypacks or panniers only. The food is wonderful; the wine flows!

Cost: \$2750 pp/do
Includes: Round Trip Airfare / all land transfers
7 nights barge accommodations
1 night accommodation in Paris
All meals while aboard the barge
Local Guide and Guide Gratuities
21-speed hybrid bicycle rental
Bike Insurance



Trip Cancellation Insurance is highly recommended!



Mount Washington Ascent

Thursday, June 8, 2006 to Sunday, June 11, 2006

BACK BY POPULAR DEMAND! Join us for our traditional Mount Washington ascent. Mount Washington, the highest peak in the northeastern U.S., attains an elevation of 6,288 feet above mean sea level. The mountain boasts some of the planet's most severe weather, and retains the world record for wind speed, 231 MPH.

Before we begin our ascent, we will spend our first night 'bunk room' style at the beautiful Highland Center at Crawford Depot. On the morning of our second day, we will hike 4.5 steep miles up to the Mizpah Springs Hut where the 'cru' will pamper us with family style dining, offer us beds to sleep in and dish out their own version of comedy and entertainment. The AMC hut system, a series of beautiful and remote mountain lodges that provide food, shelter, and creature comforts for hikers is one of the highlights of the Whites.

After our stay at the hut, you'll be rested and ready for your 6.5-mile ascent out of the trees and up the trail to the summit of Mount Washington. We will shuttle down from the top, or, for the more rugged at heart, a 3.5-mile hike down is an option.

Our last night will be spent at Joe Dodge lodge where we will take a hot shower, eat a delicious gourmet meal and sleep between crisp clean sheets. On our final day we will do an early morning stroll to stretch our legs before our long ride home.



Cost: \$315 pp
Includes: 3 nights lodging
3 breakfasts
3 dinners

Guided Hiking
Transportation down from peak
Carpool facilitation

EXCITING ALASKA!

Sunday, June 18, 2006 – Wednesday, June 28, 2006

For those of us who love the wilderness, one of the most dreamed about vacations is a trip to Alaska.

Your leaders have worked hard to develop the type of trip some of you have been asking for. This trip makes Alaska personal because you don't sit back and watch – you participate. Come discover Alaska with us!

- Full time guide/driver
- 15 passenger van with luggage trailer
- 3 nights Anchorage Downtown Hilton
- 2 nights Alyeska Resort
- 2 nights Sheep Mountain Lodge
- 2 nights Susitna River Lodge
- RT train tickets Anchorage/Seward
- Kenai Fjords Half-day Wildlife Cruise
- Big Game Alaska Wildlife Center
- Visit Portage
- 6 hikes (4 full day, 2 half day)
- Ice Climbing Matanuska Glacier
- Rafting Lion's Head on the Matanuska
- Flight seeing tour of Denali
- RT airfare Talkeetna to Denali Park
- Denali Park Natural History Tour
- 5 dinners, 8 lunches, 9 breakfasts, gratuity included
- All taxes, gate fees, tunnel fees and entrance fees
- Round Trip airfare to Anchorage
- Our local Alaskan guide has extensive hiking experience and is very knowledgeable of the areas where we will be traveling.



A full description of the itinerary and the attractions can be found on our website after January 15, or email or call the office.

COST: **If 12 participants, Cost is \$3,999 pp do**
 If 10-11, \$4,199 pp do
 If 8-9, \$4,430 pp do
 If 6-7, \$4865 pp do
 Not covered: 4 dinners, 1 lunch, Guide gratuities (optional)



Non refundable Deposit \$500 due with registration;

Trip Cancellation Insurance is highly recommended!

MAINE WILDERNESS MULTISPORT ADVENTURE

Wednesday, July 12, 2006 – Sunday, July 16, 2006

We have located an exciting opportunity to experience whitewater rafting on the Kennebec River, as well as to enjoy camping, hiking, and wildlife viewing in the Maine wilderness.

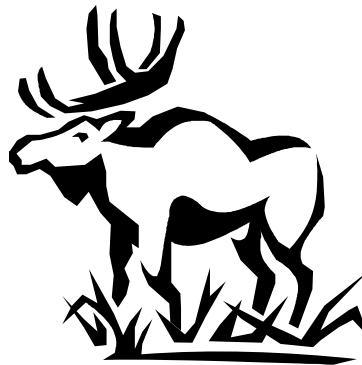
We start our adventure on Wednesday at our comfortable hilltop accommodations in the Caratunk area of Maine. We will meet our professional guide who will brief us about the awesome rafting and other upcoming adventures.

Our wilderness river adventure begins the next morning. Following breakfast, a bus will transport us to the East Outlet of the Kennebec River – where we will test the moderate class II/III white water in small rafts and inflatable kayaks. This remote wilderness section of the river is located adjacent to Moosehead Lake. Deer, moose, osprey and bald eagles are often sighted. After a lobster dinner, the staff will set up our tents and a crackling campfire on a remote island in the Maine wilderness. An opportunity to gaze up at the star-filled sky, enjoy the campfire or stroll along the water's edge.

On Friday, we will enjoy a hearty lumberjack breakfast and continue rafting on the Kennebec (class IV rapids). After returning to our hillside lodging, and a hearty dinner, our guide will lead an evening Safari to view the areas large moose population.

Saturday will be devoted to a beautiful day long guided hike up Pleasant Pond Mountain or Bald Mountain.

Cost: \$549
Includes: 4 nights lodging
2 days Guided Rafting
Guided hiking
Moose Safari
All meals
Carpool Facilitation
Guide gratuity



Tall Ship Sailing Adventure on the Coast of Maine

Available dates:

July 22 to July 26, 2006

July 26 to July 30, 2006

August 26 to August 30, 2006

August 30 to September 3, 2006



Set off on a voyage of a lifetime aboard one of Maine's 14 famous windjammers. Enjoy great sailing by day as you cruise along the rugged coast. Take a turn at the helm or simply sit back and enjoy the panoramic views! Every night we will anchor in a protected cove where you can go ashore and explore a quaint fishing village or hike on an uninhabited island. On every windjammer cruise, lighthouses, seabirds, seals, and porpoises abound, with ever-changing scenery around every rocky bend.

The **Stephen Taber** was built as a coasting schooner in 1871 on Long Island, New York. The 68' schooner is the oldest documented sailing vessel in continuous service in the United States, and she was recently designated as a National Historic Landmark.

In the tradition of Maine coasting schooners, the **Stephen Taber** determines her course according to the winds and the tide. When the prevailing breezes carry us down east, we head for Stonington and Deer Isle, Mt. Desert Island, or perhaps Sorrento or Isle au Haut. Another day's forecast may offer ideal conditions for a broad reach to Monhegan Island, summer haven for acclaimed artists; or we may decide to tack past Pemaquid Point and sail into Boothbay Harbor. We have no set itinerary, but dependable winds ensure stops at many a lovely fishing village and island cove.

Above all, the atmosphere on board the Taber is relaxed and unstructured. There is no "cruise director" with a long list of scheduled activities. If you're the gregarious type, you'll find plenty of group doings to join. If you prefer spending your time in quieter pursuits, you'll relish the peacefulness of shipboard life.

The **Stephen Taber** is especially noted for its wonderful cuisine, and has been reviewed in The Boston Globe, The New York Times, Sail, New England Living, and was recently featured on The Food Network's '*Best of*' series.

Cost \$648 July sail dates, \$658 August sail dates

includes: 4 nights lodging and meals aboard the Stephen Taber
Carpool Facilitation

ANNUAL FAMILY ADVENTURE WEEKEND

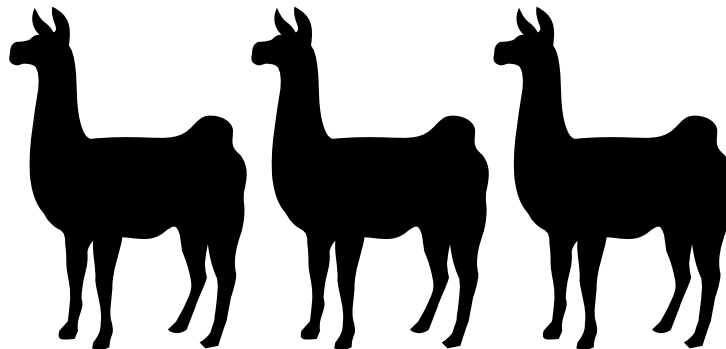
Friday, August 4, 2006 - Sunday, August 6, 2006

This year our annual family adventure weekend takes us to Mount Greylock State Reservation located in the beautiful Berkshires. At 3,491 feet Mt. Greylock is the highest peak in Massachusetts and encompasses more than 12,500 acres of mountain, forest, valleys and streams.

Our accommodations for the weekend will be Bascom Lodge, a comfortable rustic stone and wood structure built in 1933. With its stone fireplaces, high ceilings with hand-cut spruce beams, and porch with large windows, Bascom Lodge provides an ideal atmosphere for relaxing after a hike, or just enjoying the finest views in the Berkshires. We will be dining family style served by the lodge staff.

Our first two days of hiking will be on sections of the famous Appalachian Trail, where you choose the difficulty level from beginner to advanced. Our last day of hiking will be a **Llama** hike. Accompanied by these keen eyed, agile, intelligent, gentle, animals, we will take a leisurely trek to a secluded spot for a cookout. You will have plenty of time on the trail to get to know your Llama companion. We look forward to seeing you on this great adventure!

Cost: \$235 Adult, \$215 Child
Includes: 2 nights lodging
All meals
Guided hiking
Llama hiking
Carpool facilitation



(No kids? Check out the One Day Llama Hike - October 7, 2005)

Cultural/Hiking Weekend In the Beautiful Berkshires

Friday, August 18, 2006 – Sunday, August 20, 2006

You can visit urban cultural centers or journey to a countryside resort. However, no place on earth can match The Berkshires of Western Massachusetts for the number of world-class cultural attractions in a single spectacular rural setting. Tucked among the wooded rolling hills and charming New England towns, are world-class festivals and art centers that span the spectrum from original, cutting edge performance art to Old World Masters. In between, moderate hiking trails will be our gateway to the area's remarkable scenery.

On Friday, we will start our adventure in Stockbridge, touring Chesterwood, the summer estate of sculptor Daniel Chester French. After lunch, we will tour the famed Norman Rockwell Museum. After checking in at our accommodations at the famous Red Lion Inn, we will enjoy a performance at the Jacobs Pillow Dance Festival. We will close the day with a wonderful dinner at the Inn.

On Saturday, we will hike the beautiful trails of the Pleasant Valley Wildlife Sanctuary in Lenox. The afternoon will be free for lunch on your own, shopping in town or optional touring. A gourmet picnic dinner will be waiting for you when we regroup for a fabulous evening concert on the lawn at the Tanglewood Music Festival. (The specific program will be determined in March when the 2006 Tanglewood schedule is published.)

Sunday will be our opportunity to climb to the spectacular summit of Mount Greylock, the highest point in Massachusetts, with a view of five states. After lunch, we will tour the stunning Mass MOCA (Massachusetts Museum of Contemporary Arts) in North Adams. For those who choose it, the return drive east along the Mohawk Trail is an unforgettable end to a great weekend.



Trip Cost \$499

Includes: **2 nights lodging d/o at the Red Lion Inn**
 2 hearty breakfasts and 1 dinner at the Red Lion Inn
 1 gourmet picnic dinner
 All admissions, guided hiking, carpool facilitation.

The Fantastic Dolomites of Italy and a night in Venice

Thursday, August 31 2006 - Sunday, September 10, 2006

The ancient Dolomites are here to stay, and our trip to hike them has become a yearly event. As stated in National Geographic's Adventure: "Italy's Dolomites provide all the elements you need for a quintessential Alps experience: stunning mountain views, an extensive and well-marked trail system, and charming high-altitude rifugios." The book "A Thousand Places to Visit Before You Die" lists the city of Cortina D'Ampezzo as one of them.



The crowds are mostly gone during the beginning of the fall season. The weather is still friendly and the air is clear and crisp. For returning hikers we have planned some new hikes to add spice and adventure while also revisiting our most loved trails. We return to all of the well-received hotels and huts even as we add a couple of new ones.

The fantastic scenery of the Dolomites is a result of their geology, unusual, when compared to the rest of the Alps. Here we find dolomitic rock and volcanic rock. Dolomitic rock is sedimentary rock pushed up from beneath the sea eons ago and shaped and re-shaped by

wind, rain, snow and ice into soaring spires and jagged mountain ranges.

We hike among these limestone formations on gentle green slopes in the valleys and on high plateaus. Our wanderings will sometimes begin Sunday-easy, but usually include elevation gains and losses of over 2000 feet. On an easy day we hike 2 hours before and 2 hours after lunch. On a tough day we clock 6 or 7 hours. Conditions permitting, we will hike along a 'via

ferrata', a cable-belayed trail, with the guidance of our charming local mountaineering-guide, Kurt.

We will spend one night in Venice, right on the Grand Canal. La Dolce Vita!

This popular trip is limited to 13 strong hikers. Sign up early to avoid disappointment!

**Cost: \$2,850 double occupancy,
\$200 single supplement**

**Includes: Roundtrip flight to Venice
Transfers from East Hartford to
US airport
All local transportation in Italy
9 nights accommodation
All breakfasts, 8 dinners
Daily guided hikes
*Trip Cancellation Insurance is highly
recommended!***



(See the cover photo, from our 2004 Dolomites trip!)

Bike Lake Champlain & Lake George Region

Monday, September 11 – Friday, September 15, 2006

This biking adventure will take us past panoramic lake and mountain views, and through agricultural landscapes, historic hamlets and picturesque villages!

We will meet Monday, in Ticonderoga, NY, located at the north end of Lake George and the south end of Lake Champlain. After checking into our lodging, we will take a short bike ride to Fort Ticonderoga. Our visit will include rich and varied offerings including costumed interpreters, a 30-minute guided tour, a world-class museum, daily musket demonstrations, and self-guided tours of the Fort. Admission is included in your cost.

On Tuesday, we depart for a 30-mile jaunt to Shoreham, VT. This route will take us through several small towns around the southern tip of Lake Champlain. We will visit Chimney Point State Park and enjoy lunch at a local restaurant. The day's ride will end at the cozy, rustic Shoreham Inn. Dinner that evening will be in their "gastro pub", a place to get good, modern comfort food in pub surroundings. We have reserved all of the rooms at the inn and will enjoy the hospitality of our host and hostess, Dominic and Molly!

After breakfast on Wednesday we will cycle back to Ticonderoga, NY taking a different 27-mile country route. We will stop in the small town of Orwell, VT to enjoy lunch at the local country store and take the oldest single continuous ferry in the United States!

Following the ride, we will depart Lake Champlain and head to our lodging in Lake George, NY to enjoy some equally exciting biking experiences around Lake George. We will have the opportunity to visit the village of Lake George and enjoy a final dinner together Thursday evening at a local restaurant.

On Friday, there is time for a short ride after breakfast before returning to Connecticut.

Cost: \$575 pp double occupancy, Single Supplement \$175
Includes: 4 nights lodging
3 dinners, 4 breakfasts
Guided cycling
Bicycle transportation
Carpool facilitation
Entry fee to Fort Ticonderoga
Ferry tolls



NEW HAMPSHIRE LAKE REGION WEEKEND

Friday, September 22, 2006 – Sunday, September 24, 2006

Enjoy a fall weekend on one of the Northeast's most beautiful lakes at the beginning of the beautiful New Hampshire mountain foliage season.

After arriving on Friday afternoon, we will start the weekend with a short hike on Mount Magic, and enjoy a Bar B Q "festival" in the evening. Volleyball, basketball and/or shuffleboard are also available.

On Saturday morning, we will enjoy 4-5 hours of spectacular views while hiking on Gunstock Mountain. Alternatives for non-hikers include antiquing, shopping, relaxing by the water, a visit to the Canterbury Shaker Village, and Castle Springs, a historic castle built in the early 1900's, etc. The choices are endless.

On Saturday evening, a Specialty Cruise on the MS Mount Washington is planned. This cruise includes dinner and entertainment as well as a wonderful tour of **Lake Winnepesaukee**.



On Sunday morning, we will travel thirty minutes to **Squam Lake**, located in Holderness, where *On Golden Pond* was filmed. A light hike to the summit of Mount Fayal, elevation 1,067 feet, will give us magnificent views of Squam Lake. The hike will be followed by a 90-minute boat cruise of Squam Lake and, hopefully, sightings of the many loons that make that lake their home. Following the boat cruise, at 1 p.m., we will enjoy an excellent brunch at Walter's Basin, located at the dock.

For those who prefer not to hike on Sunday, the Squam Lakes Natural Science Center offers a naturalist led live animal program and an exhibit trail where native New Hampshire wildlife – bear, bobcats, playful river otters, foxes, owls and more - are housed in woodland enclosures along the exhibit trail.

Plans include lodging at Misty Harbor Barefoot Beach Resort in lovely 2-bedroom condos. Each condo is equipped with a full kitchen, bath, living room, TV and, most importantly, is located on the waterfront with spectacular views of the lake and surrounding mountains, including on very clear days, Mount Washington!

Cost: \$ 399 pp do Single Supplement: Add \$130
Includes: 2 nights lodging Guided hiking
2 dinners, 2 breakfasts, 1 brunch
Carpool facilitation
2 boat cruises: Lake Winnepesaukee, Squam Lake

Greater Boston Bike Ride Weekend!

Saturday, September 30, 2006 to Sunday, October 1, 2006

Those of you who have ridden 'Bike NYC', know what a great experience it is to bike through a large city and see the different neighborhoods at 'saddle level'. This year, we will join 'Hub on Wheels', a similar citywide bike tour in Boston, Massachusetts!

After arriving with our bikes in Boston on Saturday, we will stretch our legs by walking the famous Freedom Trail, a 2.5-mile route linking 16 historical sites through Beacon Hill, downtown Boston, the North End and Charlestown.

The highlight of this trip will be Sunday's Citywide Bike Ride, a 40-mile loop covering the exciting city of Boston and its scenic parks, trails, quiet Sunday morning streets and neighborhoods.

Starting in Franklin Park, the well-marked route takes us through Jamaica Plain, the Arnold Arboretum and Forest Hills Cemetery. It continues through sections of the West Roxbury Parkway, Hyde Park and Stony Brook Reservation, Roslindale, Mattapan and the Audubon Nature Center & Wildlife Sanctuary. We will then bike through Dorchester along Malibu Beach, and the JFK Library. Biking continues along Harborwalk, the Fish Pier and past the Moakley Court House through sections of the South End, onto Roxbury and returns to Franklin Park for the post ride festival.

We'll be riding in a small group escorted by an official Ride Marshall. Free bottles of water, energy bars and fruit, bike repair stations and toilets are available at Franklin Park and two official rest stops. Riders will be provided with a cue sheet and route map.

There will be police and stationary Marshals at every major intersection. The entire route will be chalked with on-pavement directional arrows and signs at key points. Much of the route is on bike paths, through very quiet residential streets, or through Sunday morning-deserted industrial areas. For these reasons, streets will not be closed.

This unforgettable ride includes some moderate hills and requires some experience riding in groups with street traffic.

Cost: \$279, pp do

Includes: Guided Biking with Marshall, Registration fees

One night accommodation

Pre-event dinner, Continental breakfast

Bike Transportation and Carpool Facilitation



Hiking Sedona, Arizona

Saturday, October 14, 2006 – Saturday, October 21, 2006



Sedona, Arizona, need one say more?

Some people visit Sedona for the breathtaking beauty that fills the senses and feeds the soul. Some visit Sedona to shop in delightfully eclectic shops and galleries. Some are drawn by a spiritual power that is purported to emanate from the vortex. They come to paint, to photograph, and to be totally amazed by the sights. We may do all that, but most of all we will become intimate with the Red Rocks of Sedona because we shall hike them.

Join us for a weeklong exploration of Red Rock Country, a four-season playground for every outdoor enthusiast who enjoys spectacular scenery. Some of these world-renown and beloved red-rock monoliths we shall see are named Coffeepot, Cathedral and Submarine because their massive shapes resemble these objects. Even on the day of our arrival, we shall hike Bell Rock, which is just minutes away from our lodgings.

Trip is limited to 12 participants. To ensure your spot, register early!

Trip Cost: **\$1675** (single supplement \$175)

Trip includes:

7 nights in 2 bdr/2 bath casitas (double occupancy)

Round trip flight to Phoenix

Local Transportation in vans

Guided hiking

Daily breakfast and lunch

4 dinners

Entry fees to Red Rock

REFUND AND CANCELLATION POLICIES

Day Hikes:

We will gladly credit payment to a future hike if you cancel at least two days in advance.

Overnight Programs:

Payments on trips that you cancel less than 60 days in advance, or when nonrefundable payments have been made on your behalf, are not refundable. Your registration is complete upon receipt your deposit and signed release form.

Please call the office at 860-714-7043 if you have any questions pertaining to a particular trip's Terms and Cancellation Policy.

All trips and portions of trips are subject to cancellation or modification due to circumstances beyond our control. Any trip that is cancelled by Outdoor Adventures, LLC will be fully refunded.

Trip Cancellation Insurance is highly recommended!

Programs sell out fast; register early to avoid disappointment.



Registration Form

Mail to:

Outdoor Adventures, LLC

Saint Francis Hospital and Medical Center
114 Woodland Street
Hartford, CT 06105



Phone: (860) 714-7043 or (860) 875-6872

Fax: (860) 714-8857 / E-mail: jbrooks@stfranciscare.org

Website: www.outdoor-adventures-ct.com

Name: _____

Address: _____

Phone: (day) _____ (evening) _____

(cell) _____

E-mail: _____

Trip: _____ Date: _____

Trip: _____ Date: _____

Trip: _____ Date: _____

Trip: _____ Date: _____

Payment enclosed

or please charge my VISA () MASTERCARD ()

Card #: _____ Exp: _____

Amount: _____ Signature: _____

Payment Policy: Please pay for day adventures in full when registering. A \$50 nonrefundable deposit is required to hold your space on overnight programs. A \$500 deposit is required to register for all international programs and programs over 5 days. Cancellations on all trips carry nonrefundable terms based on pre-paid contracts. Please call (860) 714-7043 with any questions.

Programs sell out fast; register early to avoid disappointment.



Outdoor Adventures, LLC - 2006 Activities

February 4 **CC Ski/Snow Shoe, Viking Touring Center, VT**

March 11 **Winter Sports, Mohonk Mountain House, NY**

April 22 – 30 **Hike Glorious Andalusia, Spain**

May 5 - 14 **Bike/Barge Loire, France**

May 20 **Hike Section Five CT AT, Kent to NY Border**

June 3 **Bike Mystic/Stonington/North Stonington**

June 8 – 11 **Hike Mount Washington**

June 18 – 28 **Hike Exciting Alaska!**

July 8 **Bike Greater Hartford**

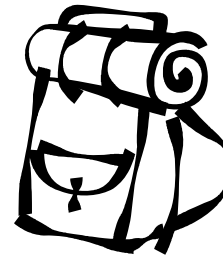
July 12 - 16 **Maine Wilderness Multi-sport Adventure**

July 22 **Bike Long Island Wine Country**

July 22 – 26 **Tall Ship Adventure – Maine Coast**

July 26 – 30 **Tall Ship Adventure – Maine Coast**

July 29 **Hike Steep Rock Reservation, Washington Depot**



Outdoor Adventures, LLC - 2006 Activities – cont

August 4 – 6	Family Adventure, Mount Greylock, MA
August 18 – 20	Berkshires Cultural Weekend
August 26 – 30	Tall Ship Adventure – Maine Coast
August 30 – Sept. 3	Tall Ship Adventure – Maine Coast
Aug.31 – Sept.10	Hike Dolomites, Italy
September 9	Hike Paugasset Trail, Monroe, CT
September 11 – 15	Bike Lake George/Lake Champlain Area
September 22 – 24	New Hampshire Lake Region Adventure
Sept.30 - Oct 1	Bike Boston Weekend
October 7	Hike with the Llamas
October 14–21	Hiking Beautiful Sedona, Arizona
October 22	Bike and enjoy Northwest Connecticut foliage



WE LOOK FORWARD TO SEEING YOU ON THE TRAILS!