

Autumn in the Adirondacks
Adirondack State Park, New York
September 21 - 27, 2008 (Sunday - Saturday)

Adirondack State Park in northern New York is unique: at over 6 million acres of both private and public land, half of it wilderness, it is larger than Yellowstone and Yosemite combined. Created in 1888 to protect the region from rampant logging and mining, the park includes rugged mountains, numerous lakes and ponds, and over 1200 miles of rivers. Diverse ecosystems exist here: alpine and sub-alpine zones, boreal forest and lowland lake systems provide suitable habitat for black bears, deer, bobcats, beaver, fishers, and numerous bird species- even moose are returning to the region. The human history is no less fascinating. Over the years it has been the home of farmers who struggled to scratch a living from thin soil and harsh winters, miners and loggers who participated in the exploitation of its natural resources, Adirondack guides renowned for their skills in the woods, and wealthy industrialists, builders of the famous Adirondack Great Camps. In autumn, after the summer crowds have departed, the invigorating weather and brilliant foliage make the Park an ideal location for a vacation that is both active and leisurely.

Our trip starts at 1 pm at The Hedges, one of the loveliest resorts on Blue Mountain Lake. If you're flying in, we'll pick you up at the Albany Airport at 10:00 am. That afternoon we'll have paddling instruction and go for a short paddle. There will also be time to check out the game room, explore the resort, or just relax that first afternoon before we gather for introductions and then go over to the Dining Lodge. We'll be staying three nights at The Hedges, enjoying their four course dinners and full breakfasts. Adirondack Park is known for its' canoeing and that's how we'll spend the next day. If you've never paddled before, you'll learn everything you need to know to have a great day on the water. Now that we've become acquainted with the area, the next morning is the perfect time to visit the Adirondack Museum, widely regarded as one of the best regional museums in the U.S. We'll spend the afternoon hiking, possibly climbing Blue Mountain or hiking one of the other various trails in the area. On Wednesday morning we'll pack up and then enjoy an historic boat ride on Blue Mountain Lake. After a picnic lunch at Buttermilk Falls, we'll head to South Meadow Farm Lodge, tucked away in a secluded meadow with breathtaking mountain views from every window. On the way we'll stop in Lake Placid for dinner and take some time to wander through the town that hosted the 1932 and 1980 Winter Olympics. No visit to the Adirondacks would be complete without spending time hiking in the High Peaks area and the Lodge is an excellent location from which to hike. Possibilities on Thursday include climbing Algonquin or Mt. Jo, both of which offer fabulous views. On Friday there are several choices; more hiking in the High Peaks Region, more time in Lake Placid, a visit to Whiteface Mountain, and/or a chance to learn about a very different part of Adirondack history with a visit Fort Ticonderoga. The Fort is located on Lake Champlain and an important site, first in the struggle between the French and the English, and then between the English and the American forces during the Revolution. We'll continue on to the charming and historic town of Saratoga Springs for our final night. There is much to see and do in Saratoga Springs, and you'll have the morning free to do what most interests you. One option is to partake of a mineral bath when we visit the Saratoga Spa State Park and there are also shopping and hiking possibilities. However you choose to spend the morning, we'll have you back at the Albany airport by 1 pm.

This trip is suitable for any woman in basically good health who wants to enjoy the Adirondacks at what is undoubtedly one of the most magnificent times of year. No special skills or experience is needed. Your guides are experienced outdoorswomen who enjoy teaching other women whatever skills they want to acquire. The trip fee is \$1775 (deduct \$50 if you register by 5/21), and includes six nights lodging, guides, transportation during the trip, all scheduled activities, instruction, and all meals from Sunday dinner through Saturday breakfast. Breakfasts and dinners will either be at our lodging or in restaurants, with picnic lunches during the day. If you have special dietary needs let us know three weeks in advance so we can work together to accommodate them. Participants provide their own transportation to New York, beverages when dining out, any extra activities, and items of a personal nature.

To reserve a place on this trip, please send your \$300 deposit or the full fee to the Adventures in Good Company office, register on our web site, or call to register by phone. We would love to welcome you to the beauty of Autumn in the Adirondacks.

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