

Autumn in the Adirondacks

TRIP AT-A-GLANCE

Dates: September 26 – October 2, 2010
Location: Adirondack State Park, New York
Cost: \$ *1925
Rating: 3
Activities: Hiking, bicycling, canoeing or kayaking
Meeting Place: at a hotel near ALB airport
Arrive: 11 am if renting a bike from WomanTours; 12:30 pm if bringing your own
Depart: after 3:15 pm from ALB

* Deduct 5 % for being one of the first 5 to register (by 06/26/10) and 3% of the entire trip fee when the balance is paid by check.

WHAT'S INCLUDED

- experienced guides
- six nights lodging in double occupancy rooms
- all meals from lunch on Sunday thru breakfast the following Saturday with the exception of one lunch
- round-trip transportation from meeting point
- all activities on the itinerary
- detailed cue sheets and van support during the bike ride

WHAT'S NOT INCLUDED

- Bike rental available for \$175
- One lunch
- Guide gratuities
- Alcoholic beverages
- Transportation to ALB and trip meeting point

Trip Highlights

- Canoeing and kayaking on Blue Mountain and Eagle Lakes
- Cycling on rolling terrain past brilliant fall foliage and stately mountains
- Climbing Blue Mt and/or hiking on a flatter but no less beautiful area trail
- Enjoying four course meals and the relaxing ambience of the Hedges
- Visiting the Adirondack Museum, one of the finest regional museums in the US
- Listening to the haunting call of the loon

Trip Overview

Join us for our multisport trip offered in conjunction with WomanTours, the premiere women's cycling company! The Adirondack State Park in northern New York is the largest publicly protected area in the lower 48 states. A combination of public and private lands, it is an area of rugged mountains and numerous lakes, rivers, and ponds, interspersed with small hamlets that is larger than Yellowstone and Yosemite combined. Come bike through the park and explore some of the 2000 miles of trails for hiking and 3000 lakes for kayaking. In autumn, after the summer crowds have departed, the invigorating weather and brilliant foliage make the Park an ideal location for an active vacation. The trees will change color before our eyes.

Our Itinerary

As is true on any outdoor trip, weather, group interest or other circumstances may alter the itinerary.

Day 1: We gather for a rental bike fitting at 11:00am. If you are bringing your own bike, arrive by 12:30pm for our orientation and shuttle into the Adirondacks. After unloading the bikes we finish the trip to our starting lodge at Blue Mountain Lake by bicycle. As is true for all our rides, the road has lots of rolling hills with occasional

CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip	Refund
90 + days	All but \$50
90 – 61 days	50% of deposit
60 – 30 days	50% of trip fee
29 days or less	No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

TIPPING GUIDELINES

Tipping at the end of the trip is optional. If you feel your guide(s) did an outstanding job and would like to reward them for their efforts, a suggested rule of thumb is US \$5 to \$10 per person, per day.

Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it at the last shared meal.

Our Itinerary Continued

longer uphill. 14 or 25 miles bicycling.

Day 2: The Hedges is nestled on the shore of pristine Blue Mountain Lake. Awake to the sound of loons calling each other through the morning fog over the water. After a hearty cooked-to-order breakfast, we explore the lake by canoe and kayak on our way to a lakeside trailhead that leads to a great overlook.

Most of the land around the lake is privately owned but deemed forever wild. It is a prime example of the Adirondack philosophy of managing a mix of private and public lands for the common good. Except for another canoe or kayak, we see few other boats in our quiet paradise. After instruction in how to get our boats to go where we want, we paddle across the lake to the trail up Castle Rock. This 1.1 mile trail, steep towards the top, leads to an overlook with a superb view of Blue Mountain Lake. After returning to our boats, you can choose to continue exploring the lake with perhaps a paddle into nearby Eagle Lake or to return to the Hedges, where you might explore our lodge grounds, walk into town, or sit and read a book in a famous Adirondack chair. You will surely be hungry for our 4-course dinner together at The Hedges. 2 hours hiking, 2 – 4 hours paddling.

Day 3: After breakfast, we immediately start out for our hike up Blue Mountain, the highest peak in this part of the Adirondacks. This very popular mountain looms over the eastern end of our lake. Our 1559'™ climb to the top on a rocky and at times steep trail is rewarded at the top with a wonderful view of the lakes we paddled through the day before. Or for a less rigorous morning, you can choose to hike around Tirrell Pond. This flat trail just skirts the north slope of Blue Mountain and has beautiful views of the cliffs of Tirrell Mountain.

In the afternoon, we offer a shuttle to the wonderful Adirondack Museum. The open-air museum is renowned for its fascinating exhibits that tell the stories of life in the Adirondacks. See the stagecoach that carried Theodore Roosevelt to his swearing in as President. Walk through a railway car designed of velvet and hardwood to make you long for travel of yesteryear. Watch the effects of global warming on plant life. 4 miles hiking, 1559 feet elevation gain.

Day 4: We leave our private enclave today to further explore the Adirondacks by bicycle. Our first stop will be at beautiful Buttermilk Falls, easily the most visited falls in the area. The cascade is on the Raquette River, named for The French word for snowshoe.

Our Itinerary Continued

From there, we continue to bike past Long Lake, Shaw Brook Pond and Lake Harris. After refueling with a scrumptious picnic lunch, we continue on to North Hudson. From there we all shuttle to our inn in Keene Valley. Trail's End Inn is located on beautiful grounds and just far enough away from the town center that it is a quiet and peaceful place and still within walking distance of the interesting shops to be found there. 28 or 54 miles bicycling.

Day 5: Keene Valley is known for being the heart of high peak country of the Adirondacks. We take advantage of this easy jumping off point by hiking to the summit of Big Slide Mountain. At 4199â€™™, it is the 27th highest peak in the state.

Along the way, we hike over three smaller peaks called The Brothers. Those who prefer not to hike all the way can turn around after catching the magnificent view of the Great Range from the first of these lower vantage points. At the peak of fall foliage this may be the best vista in the area! 3.6 - 8 miles hiking, 1400 - 2800 feet elevation gain.

Day 6: We don our cycling clothes this morning one last time to bike to Lake Placid today. We bicycle right past the ski jumps used for the Olympics that rise 120 meters into the air. You will undoubtedly wonder how anyone gets up the nerve to ski down the first time.

Lunch will be on your own in this fun town with a main street lined with outdoor shops and organic cafes. Bike or shuttle back to our inn in Keene Valley in time for our last dinner together. 26 or 48 miles bicycling.

Day 7: We say farewell to the Adirondacks today, but not before one last hike along the Ausable River. This flat hike is a lovely way to wind down from our week adventure. After a picnic lunch, we shuttle back to the Albany airport, arriving by 2:00pm to say our good-byes. 2 miles

Packing List

FOOTWEAR

- 1 pair of lightweight or mid-weight hiking boots: they should be well broken in and comfortable.
- 1 pair cycling shoes (could be athletic shoes)
- 1 pair shoes that can get wet: such as Teva/Chaco sandals or Keen/Solomon water shoes
- 2-3 pairs of hiking socks (2 should be wool/synthetic)

CLOTHING

- 2 pairs of comfortable long pants (at least one should be a quick-drying nylon/supplex)
- 1 pair of shorts (optional)
- 1 lightweight long-sleeved shirt to protect you from the sun
- 2-3 T-shirts and/or short-sleeved shirts: synthetic or lightweight wool
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- 1 medium-weight top: "expedition weight" capilene, microfleece. A fleece, wool or synthetic vest is a good option for this layer.
- 1 warm jacket, fleece or synthetic
- 1 rain jacket and rain pants, made with a waterproof, breathable material like Gore Tex
- Underwear/nightwear
- 1 wide-brimmed hat or baseball cap for sun and high fashion
- 1 pair lightweight gloves and a lightweight wool or fleece hat or headband
- 1 or 2 casual skirts/dresses (optional-some women prefer a skirt for exploring villages or going out to dinner)

BICYCLE GEAR (the bike can be rented and includes rear rack, bike bag, tubes and water bottle)

- Road or hybrid bike is preferred
- Cycling gloves
- 1-2 pairs Padded bike shorts, capris or pants
- Handle bar bag or rear luggage bag to hold rain gear, water, sunscreen, snack, etc.
- Helmet (required)
- 1 long sleeved jersey or arm warmers
- 2 pair bike socks (optional)

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia (bring extras), sanitary supplies, soap, shampoo
- Sunscreen and lip protection with sunblock of at least SPF 15
- personal "patch kit": Band-Aids, stuff for blisters such as moleskin, Second Skin or Compeed, ibuprofen, personal medications, if any. If you're taking a prescription drug, bring a copy of the prescription. Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your pharmacist.

ESSENTIALS

- Sunglasses (100% UV protection)
- capacity to carry 1-2 quarts of water: one-quart Nalgene bottles, bike water bottles, or a hydration system that fits in your pack
- 1 daypack lined with a plastic bag, large enough to hold your supplies for the day (water, snacks, raingear). We recommend a daypack with a padded hipbelt and shoulder straps
- Camera (extra battery) and film/memory card (not really essential but the Adirondacks are gorgeous)

OPTIONAL

- Book, notebook, journal, pencil/pen
- wrist watch with an alarm or travel clock
- trekking poles (highly recommended if you want to hike a lot)
- 1-2 bandanas
- compact binoculars
- Ear plugs (for a good night's sleep!)

Notes on the Packing List

Daypacks: We recommend a daypack with space for all of your items. Before you leave home check to be sure that your daypack is comfortable to wear all day. Having a daypack with a hip belt and padded shoulder straps will provide for much more comfortable hiking.

CLOTHING: Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. For October you can use long underwear as your base layer, your sun shirt as a second layer, and your vest as a third layer. If it gets cold you can use your rain gear, warm hat and/or gloves as needed.

Fabrics: Synthetic fabrics are often specified on this equipment list: Capilene, Thermostat, Polartec and Gore-Tex. In addition, there are many other patented brand names used by different manufacturers, which can make it all seem even more complicated. Basically, they all have one thing in common: The synthetics do not absorb much water compared to cotton—thus, they continue to provide warmth when wet. The specific fabric name is not as important as having material with these qualities and having a variety of weights available to you as your layering system. They really *are* miracle fabrics. Wool is also a very good choice, especially some of the new

clothing made by Ibex or Smartwool. It is 100% merino wool, keeps you warm and dry and is not itchy. It also doesn't absorb the odors the way many synthetic materials do. You can also buy less expensive wool clothes at a second hand or Army/Navy store. Cotton is not a good choice! **Wet cotton (even heavyweight sweats) will rob you of your body heat faster than if you were wearing no clothing at all.**

RAIN GEAR: This could be your most treasured clothing. We recommend a waterproof/breathable fabric (such as Gore-Tex, HellyTech, Ultrex, Membrane, etc.). The advantage to having a waterproof/breathable rainsuit is that as you paddle/hike/bike and work up a sweat, your body's moisture is able to escape through the fabric to the outside. This will keep you much drier than a non-breathable rainsuit (vinyl, nylon). If your rain gear is breathable it can double as your wind proof layer. We do not recommend a poncho because it flies about in the wind. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

SHOES/BOOTS: You will need a pair of comfortable, well broken in hiking boots. If you have weak ankles or are recovering from an ankle injury, get leather boots or good quality cordura ones that come above your ankle. For canoeing/kayaking you will need shoes that can get wet and will stay on your feet, such as water shoes (Keen or Solomon, e.g.), athletic shoes, or Teva sandals. Wearing neoprene wetsuit socks or wool socks with Teva sandals will keep your feet warmer than sandals alone. Be sure your all your footwear fits comfortably, without constriction, when wearing a pair of wool socks.

Items on your packing list can be purchased through a number of outdoor outfitters including:

Recreational Equip. Inc (REI)
800-426-4840
www.rei.com

Eastern Mountain Sports (EMS)
603-924-7231
www.ems.com

Sierra Trading Post
800-713-4534
www.SierraTradingPost.com

Also check out the websites on the Affiliate page of our website (under Resources)

Additional Trip Preparations

HELPFUL WEBSITES

Adirondack.net
(www.Adirondack.net): lots of useful information about the area. Take a virtual hike up Blue Mountain.

WEATHER

The Adirondacks are at their very best in late September, with maples ablaze in all their glory. Typical of fall anywhere in the mountains, the days tend to be crisp, in the 60s, and the nights cool. This can be a brilliantly sunny time of year or it can be rainy. Follow your packing list and you'll have what you need.

EMERGENCY CONTACT INFORMATION

The phone numbers of the places we're staying are as follows:

9/26-29:

The Hedges (518) 352-7325

9/29- 10/2:

Trails End Lodge (800) 281-9860

Cell phone reception is spotty in the Adirondacks Park.

CONDITIONING

Additional aerobic conditioning is unnecessary for anyone who already exercises regularly. If you don't, you will probably find that you have more energy during the trip if you start a moderate exercise program a couple of months before your trip. For example, you might start walking 3 or 4 times a week for half an hour, at a pace that is brisk enough to make you breathe deeply. Hills are good for this. Gradually increase your time until you're comfortable walking for 60 to 90 minutes without a break. Other options are working out at a health club on a stairmaster or treadmill, aerobics classes, cross country skiing or any activity that makes you breathe deeply.

If you think you will want to choose all the hiking/biking options, being moderately fit is definitely a good idea. In addition, if you live in the flatlands, make sure that either some of your walking includes hills, or find a stadium or tall office building and do some stairs a couple of times a week the month before your trip.

RECOMMENDED PRE-TRIP READING

Woodswoman, **Return to Black Bear Lake**, and **Woodswoman III: Book 3 of the Woodswoman's Adventures** by Anne LaBastille. A continuing account of her living in the Adirondacks wilderness in a remote cabin. Each is well-written, a good read, and an education in the environmental challenges that the Adirondacks are facing today.

An American Tragedy by Theodore Dreiser. Born of a poor Mid-western Salvation Army family, Griffiths becomes romantically involved with a woman of his own class, only to fall in love with a socialite just beyond his grasp. Occurring mostly in the resort of Big Moose Lake, N.Y. during the hey-day of Adirondacks, Dreiser paints a romantically painful picture of a man who cannot escape his roots and destiny.

Breaking Trail: Remarkable Women of the Adirondacks by Lynn, Peggy and Sandra Weber. The Adirondacks were a hard place to live historically, and the role of women largely ignored. This book seeks to remedy that by chronicling the lives of 25 women, both historic and contemporary. A must read for any woman interested in the Adirondacks.

The Adirondacks: A History of America's First Wilderness by Schneider, Paul. This very readable book will give you a true appreciation of just how amazing the history of the Adirondacks is.

Contested Terrain: A New History of the Adirondacks by Paul Terrie. This is an exhaustive and well-written history of the struggle to define what the Adirondacks should be and who should have control.

Getting There

OUR TRAVEL AGENT

If you need assistance with making your travel plans, call Sara Schuitemaker at Scan East West Travel. Her toll-free number is 800-727-2157 and her email is sara@scaneastwest.com.

TRAVEL INSURANCE

We highly recommend travel insurance. We know that women never want to cancel their trips, and the reasons for doing so are always excellent. Occasionally it's a sudden illness; even more frequently it's the illness of someone they care about. Trip insurance at least minimizes the disappointment and expense during what is often a difficult time. In addition insurance covers the cost of lost baggage; medical expenses during your trip, including emergencies, repatriation, and evacuation; and trip delay. If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance. Call 1-800-228-9792 or visit www.travelexinsurance.com. The location code is 20-0016.

TRAVEL

The closest airport to the Adirondacks is Albany, NY (**ALB**). It is a small airport but served by many of the major carriers. We will be meeting at 11am for a bike fitting at a nearby hotel. If you don't need to rent a bike, we will meet you at 12:30 pm. Even if you are driving, you might want to leave your car parked at the Albany Airport so you won't need to drive it during the trip.

LODGING

Depending on your connections, you may be able to fly into ALB the morning of the trip. We will send you details of the hotel where we are meeting in the pre-trip letter.

If you have a gambling spirit, the cheapest way to find a hotel room is to go through Priceline (www.priceline.com). When you have a choice of area, choose the airport area. All, or almost all, of the hotels in this area offer an airport shuttle. Our guides have stayed at very nice places for \$35 or \$40 a night, a bit more with service fees and taxes but still a bargain).

If not, here are some possible lodging options. Prices were current at the time, but may have changed, and do not include taxes. AAA rates may be lower. Let us know if you're interested in finding someone on the trip to share a room with and we'll try to hook you up.

Clarion Hotel Albany

(518)438-8431 or (800)CLARION

Everett Rd. Albany, NY

Single or double \$79 - \$109

4.7 miles from Albany Airport. Airport shuttle, pool, exercise gym, continental breakfast

Holiday Inn Albany On Wolf Road

(888) HOLIDAY (888-465-4329)

205 Wolf Rd., Albany NY

Single or Double \$79 - \$99

1.8 miles South of airport. Amenities include: pool, satellite TV, bar/lounge, airport shuttle, restaurant on-site.

Super 8 Motel (518) 783-8808 or (800) 800-8000

Single or Double \$49 - \$69

681 Troy Schenectady Rd, Latham NY

1.5 miles East of airport. Amenities Include: free breakfast, wireless internet, Cable TV, no smoking rooms, nearby restaurants.

Getting There Continued

Courtyard by Marriott

(518)482-8800 or (800)321-2211

168 Wolf Rd, Albany, NY

Single or Double \$110 - \$159

1.9 miles South of airport. Amenities include: fitness room, pool, airport shuttle, bar/lounge, laundry services, High speed internet