



Trip Summary

Harpers Ferry Holiday

TRIP AT-A-GLANCE

Dates: October 21 -24, 2010
Location: Harpers Ferry, WV
Cost: \$ *625
Rating: 2/3
Activities: hiking, biking and canoeing

Meeting

Place: Harpers Ferry Hostel
Arrive: 1 pm on Oct. 21
Depart: 2 pm on Oct. 24

* Deduct 5% if you are one of the first 5 to register (by 07/21/10) and 3% of the entire trip fee when the balance is paid by check.

WHAT'S INCLUDED

- three nights bunk lodging
- meals and snacks from dinner on Thursday through lunch the following Sunday
- dinner in town at a Harpers Ferry restaurant
- bike and canoe rental and canoe shuttles
- a guided tour of historic Harpers Ferry
- experienced guides

WHAT'S NOT INCLUDED

- Transportation to the Hostel and during the trip, we will have shared carpooling.
- Guide gratuities
- Alcoholic beverages

Trip Highlights

- Hiking up the Maryland Heights Trail while imagining what it was like to drag 9 ton cannons behind you
- Biking on C&O Canal Towpath alongside the gorgeous Potomac River
- Paddling the historic Shenandoah River while singing John Denver songs
- Learning about the history of Harpers Ferry
- Hanging out at the Harpers Ferry Hostel with other really fun women

Trip Overview

Harpers Ferry, located at the confluence of the Potomac and Shenandoah Rivers, is known for both its great natural beauty and its historical significance. As a result it is a center point for numerous activities: hiking on the Appalachian trail and other Civil War historic trails, biking on the gently graded C&O Canal towpath, canoeing down one of the lively rivers, even visiting the historic old town. Mid-October in this area is usually the peak of the fall foliage season and with temperatures typically in the 60s and 70s, there is no better place for an active and relaxing long weekend getaway.

Our Itinerary

October 21: If you can get here early (which we highly recommend!), meet us at the hostel at 1 pm and we'll go for a hike. The Maryland Heights hike is a 3.1 out and back or a 4.7 mile loop with spectacular views of the confluence of the Shenandoah and Potomac Rivers and fascinating Civil War history. Our hike follows a worn military road, leftover from the Civil War, that winds its way up the mountain and turns onto a wooded path leading down to the cliffs. Alternatively, if you prefer something that is a little flatter but no less scenic, an out and back hike on the C&O canal towpath is a delightful option. If you cannot get there by 1 pm, join us for dinner at the hostel at 6:30 pm and an evening of relaxation and games.

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

October 22: After a hearty and relaxed breakfast we will head to the Shenandoah River above Harpers Ferry for some delightful paddling. This lovely Class I waterway for paddlers offers ripples and ledges, interspersed with flatwater sections that afford relaxation. Winding its way through the scenic Shenandoah Valley, nestled between the rolling Blue Ridge Mountains, the river is home to heron and osprey, and deer sometimes break through the thickets to drink at the water's edge. If you have never paddled before, no worries- you will get the instruction you need to have a fun and safe day. If there is time in the afternoon we might visit Harpers Ferry in the afternoon.

October 23: The C&O Canal Towpath stretches for 185 miles from Washington DC to Cumberland, Maryland. Running parallel to the Potomac River, the path is both flat and tree-shaded, and can be navigated on either fat tire or regular tire bikes (although fat tire is preferable). We will cycle about 6 miles to the Antietam Aqueduct where we stop for lunch. Those wanting more cycling can continue up the towpath to the town of Shepardstown, WV (about 40 miles total). Others may choose to return to the hostel to have some time to relax, go for a walk, visit the town of Harpers Ferry, or enjoy a quiet moment to read.

October 24: This morning we will walk along the towpath into the Harpers Ferry Lower Town Historic District, which sits on the point of land where the Potomac and Shenandoah rivers converge. George Washington convinced the Federal Government to build an Armory & Arsenal here and this, plus its geographic location, has determined much of the town's history. This is also the site of John Brown's ill-fated raid of October 16, 17, and 18, 1859. Several park exhibits and museums occupy restored 19th century buildings in the Lower Town today. To get the most from our visit, our local tour guide will tell us the fascinating history of this unique town. We will then walk back to the hostel for our final farewell lunch and end our weekend together by 2 pm.

Packing List

We recommend bringing wool or synthetic clothing for warmth, as these will retain your body heat even when wet. Please see the additional suggestions on the back of this sheet.

FOOTWEAR

- 1 pair lightweight shoes/ boots/ sandals that are okay to get wet
- 1 pair comfortable athletic shoes/lightweight boots for bicycling and hiking
- 2-3 pair socks: wool or synthetic equivalent (Thermax, Ultrex, or Smartwool).

CLOTHING

- 1 pair comfortable, lightweight pants (light wool, Supplex, or nylon/polyester/spandex blend). **Please, no jeans for active wear.**
- 1 long-sleeved, lightweight shirt for protection from sun
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, Polartec, or polypropylene)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent (Capilene, Thermastat, or Polartec)
- 1 heavy-weight jacket – fleece or synthetic
- 1 pair shorts (one should be made of a synthetic fiber that dries quickly such as nylon or polyester)
- 2-3 T-shirts (Light colors are suggested. At least one should be made of a synthetic material.)
- 1 wide-brimmed hat for sun, rain, and high fashion.
- 1 pair wool, Capilene, or Polartec gloves and one warm wool or fleece hat
- 1 rain parka and rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex.
- underwear/sleepwear
- clothes for wearing around the hostel (jeans ok for this)

ESSENTIALS

- 1 one-quart water bottle
- sunscreen and lip block with SPF of at least 15
- Sunglasses (100% UV blocking) w/retention strap
- daypack/fanny pack (lined with a plastic bag)
- bandanna

BICYCLE GEAR (a cruiser-style bike, helmet and basket are included, but you can bring your own)

- Mountain or hybrid bike is preferred
- Cycling gloves (optional, but recommended)
- Handle bar bag or rear luggage bag to hold rain gear, water, sunscreen, snack, etc.
- 2 small bungee cords – to hold rental basket tightly to bicycle
- Helmet (required)
- Padded bike shorts (recommended)

TOILETRIES

- toothbrush, small toothpaste, hand sanitizer, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, glasses
- personal “patch kit”: bandaids, 1 safety pin, Compeed (blister bandaids), moleskin, first aid tape, ibuprofen, personal medications, if any. Individuals allergic to insect stings must bring an anaphylactic kit. Please consult your physician and tell your guide.

OPTIONAL

- deck of playing cards
- favorite snack
- trekking/hiking poles
- compact binoculars
- slippers (for the hostel)
- small flashlight/headlamp to read in bed
- camera and film/memory card
- extra batteries or charger

Notes on the Packing List

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.

Synthetic fabrics are often specified on this equipment list: Capilene, Thermastat, 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. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? 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 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 footwear fits comfortably, without constriction, when wearing a thick pair of wool or neoprene 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

The official web site of the Harpers Ferry National Historic Park is www.nps.gov/hafe/home.htm. This web site is not as comprehensive as some NPS sites but it does give a good overview of the historical significance of Harpers Ferry, has some great pictures, and lists some of the activities that are available.

You can buy the books we've suggested from the Harpers Ferry Historical Association. Their web site is www.harpersferryhistory.org/

WEATHER

In mid-October, highs are typically in the high 60s and lower 70s, and night-time temperatures may fall into the 30s or 40s. While this is not the rainiest season, rain would not be unusual at some point during the long weekend. Check the weather forecast before you come and adjust the packing list accordingly.

EMERGENCY CONTACT INFORMATION

The number for Harpers Ferry Hostel is (301) 834-7652. Cell phone reception is spotty here. The address is: 19123 Sandy Hook Road, Knoxville, Maryland 21758 USA

CONDITIONING

While no specific conditioning is suggested for this trip, we will be quite active during our long weekend with cycling, hiking and canoeing. 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. 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 the longer hiking and 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.

What if you don't have time to start an exercising program? Don't worry, you'll be fine – just a little more tired than usual at the end of the day! The hostel is also a great place to just hang out and that is always an option too.

RECOMMENDED PRE-TRIP READING

The following diverse selection will give you some sense of the land, culture and history.

Barry, Joseph **Strange Story of Harpers Ferry**. Eyewitness account of the town's history by a Civil War era resident.

Oates, Stephen **To Purge This Land With Blood**. Most of us don't know very much about John Brown beyond the song about him. While more detailed than some might appreciate, this is widely regarded as one of the most objective biographies of Brown.

Hearn, Chester **Six Years of Hell, Harpers Ferry During the Civil War**. Harpers Ferry changed hands 8 times during the course of the war and was almost destroyed in the process. This book is a comprehensive history of the Civil War at Harpers Ferry.

Jamieson, Perry. **Death in September: The Antietam Campaign**. A concise history of the Antietam Campaign, which included the single bloodiest day during the War. with short biographies of the major players. Contains historic photos and maps.

Kytel, Elizabeth. **Home on the Canal**. The story of the Chesapeake & Ohio Canal emphasizing the people who worked and lived along this historic waterway.

Gilbert, David. **Waterpower: Mills, Factories, Machines & Floods at Harpers Ferry, West Virginia**. Harpers Ferry has played an important role in the industrialization of America. This book explores the long, uneasy relationship between man, machine, and rivers at Harpers Ferry, and explains how local millwrights and entrepreneurs kept pace with new developments in American hydraulic technology.

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

Plan to meet at the Harpers Ferry Hostel at 1:00 pm (it's actually located in Brunswick, MD) or, if you can't get there that early, at 6:30 pm.

If you are flying: Both Washington Duller (IAD) and Baltimore-Washington Airport (BWI) are serviced by most of the major airlines, including many lower cost airlines such as Spirit, Southwest, America West, and AirTran. You can rent cars from either airport.

If you are driving: To get there from Harpers Ferry National Historic Park, take Route 340 East for about 4 miles (the distance by road is less direct and twice as long as the walking distance). This will take you across the Shenandoah River into Virginia and then across the Potomac River into Maryland. Turn right at the first Maryland exit, which is the "Keep Tryst Road" exit. Then take the next right onto Sandy Hook Road, and the hostel is the first house on the left.

To get here from Frederick, Maryland take Route 340 West for about 17 miles. Turn left at the last Maryland exit, before crossing the Potomac River into Virginia. That will be the "Keep Tryst Road" exit. Take the next right onto Sandy Hook Road, and the hostel is the first house on the left.

To get from Washington D.C. to Frederick take Route 270 North for 50 miles. To get from Baltimore to Frederick, take Route 70 West for 50 miles. To get from Harrisburg or Gettysburg to Frederick, take Route 15 South.

LODGING

Depending on your connections, you may be able to fly into BWI or IAD the morning of the trip. 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.

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 \$25 or \$30 a night, a bit more with service fees and taxes but still a bargain).

Getting There Continued

If you prefer to know what you're getting into, the following are a sample of the possibilities:

Comfort Suites-BWI Airport 410/691-1000 or 877-424-6423

815 Elkridge Lading Rd, Linthicum Heights, MD 21090

Single or Double: \$79-\$145

Free deluxe continental breakfast and local phone calls. Free shuttle service to airport and nearby restaurant. AAA

Fairfield Inn by Marriot (800) 695-8284 or (410) 859-2333

1734 W Nursery Rd, Linthicum Heights, MD 21090

Single or Double: \$69-\$149

Pool and fitness center, continental breakfast, airport shuttle.

Comfort Inn Dulles Airport (877) 424-6423 or (703) 437-75550 200 Elden St, Herndon, VA 20170

Single or Double: \$69-149

Exercise room, continental breakfast, free local calls. Airport shuttle. AAA

Courtyard by Marriott (703) 478-9400 or (888) 236-2427 533 Herndon Parkway, Herndon, VA 20170

Single or Double: \$69-\$154

Heated indoor pool, whirlpool, exercise room. High speed internet access, onsite restaurant. Free shuttle service to airport