

Women on the Rocks
Joshua Tree National Park, California
March 8 - 15, 2008 (Saturday - Saturday)

"Climbing is like dancing, and the rock is the choreographer". Why is rock climbing so popular? Because people of all ages are learning just how much fun it is! Climbing actively engages both mind and body, with every climb a new puzzle to be solved. Learning to move gracefully, trying new techniques, exploring what happens as you shift body positions- all of these leave you with a new appreciation of what your body can accomplish. And because it is such a focussed activity, one in which you are completely living in the present moment, it's an amazingly great stress reliever.

If you've ever thought of giving rock climbing a try, we can't imagine a better introduction than spending time in Joshua Tree. If you're already hooked, immersing yourself in climbing for a week will markedly improve your rock climbing skill and knowledge. Women learn climbing best and have the most fun when they climb with other women, especially when they are first starting. The applause and cheers increase your sense of elation and triumph when you reach the top. Equally important, kind words and a sympathetic hug help ease the disappointment when giving your best has not accomplished what you had hoped. Women have told us year after year that they loved the climbing, and it was the group of women they were with that made it special.

On our annual spring climbing trip to this magical spot, we combine sunny, warm days in a spectacular desert setting with a low guide-to-participant ratio (not more than 1:4). This ensures that you get individualized instruction that is appropriate to your experience and goals. The variety of climbs provides fun and challenge for all! We are excited to once again have Kathy Cosley as our head climbing guide. Kathy, the first person in the U.S. to be certified as both a rock climbing and an alpine guide, is an extremely experienced and competent teacher. More than that, she is funny, knowledgeable, patient, and a great climbing companion.

The trip begins at 6 p. m. on Saturday, March 8 at our campsite at Indian Cove Campground on the north side of the park. We enjoy the relaxed atmosphere of car camping, complete with solar showers and Coleman stoves. Weather in March is usually warm (60-85 degrees F.) and dry, although it can be cool, windy or even rainy. We start climbing on Sunday and climb at three different areas, all of which have varied and good climbing. Wednesday we take a break from climbing to let our fingertips recuperate. We'll leave the Park and go to the Visitor's Center in Twenty Nine Palms and go on a ranger-led hike to the Palms Oasis. That afternoon we will enjoy a soak in a Desert Palms spa and dinner out at a local Thai restaurant. Thursday we climb in the main part of the Park at Trashcan Rock. Friday we try to squeeze in every last thing we want to work on, including an optional multi-pitch climb. After a stimulating week of activity, learning, and laughing a lot, our trip ends on the following Saturday after breakfast. You can plan your flight home for anytime after 11 am.

To register for this very fun trip, please send your deposit of \$300 or the full trip fee of \$1325 (deduct \$50 if you register by 11/8) to the Adventures in Good Company office, or call to register by phone. The trip fee includes all guide and instruction services, group climbing gear, group cooking and camping equipment, meals from dinner on Saturday, March 8 through breakfast on Saturday, March 15, and the Desert Palms spa fee. You will need to provide transportation to Joshua Tree, sleeping bag and sleeping pad, personal climbing gear (which can be rented from a local store), clothing, and other personal items. Joshua Tree National Park is located 150 miles east of Los Angeles. You can get to the park by air or car. For those who are flying, we recommend that you fly into Palm Springs and we are glad to provide roundtrip transportation from Palm Springs for \$75.

If you have any questions, please call us. We'd be delighted to welcome you to the warmth, beauty and world-class climbing of Joshua Tree National Park!

A d v e n t u r e s i n G o o d C o m p a n y

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