

White Mountain High
North Conway, New Hampshire
August 24 - 28, 2007 (Sunday - Thursday)

The White Mountains of New Hampshire provide some of the most diverse mountain hiking to be found anywhere. Over 400 miles of hiking trails crisscross this vast area, much of which is wilderness. Some trails lead to rugged summits, traversing rocky and windswept ridges, with steep climbs and few switchbacks. Other trails lead through northern hardwood forest, past beaver ponds, to waterfalls and overlooks. Late summer is an ideal time to explore the woods – the bugs have disappeared, the air is crisp and clear, and the summer tourists have gone home.

Our journey begins at 12:30 p.m. August 24, at the Mountain Wanderer Bookstore, located off Rte. 112 in Lincoln, NH. If you're flying in, we'll pick you up at the Manchester, NH airport at 10:30 a.m. After introducing ourselves, we'll drive down the Kancamagus Highway with a stop for a hike, a picnic lunch and potentially a swim. After the hike, we will continue on to our lodging for the week. Each of the next 3 days we'll offer a choice between a more moderate trail (4-6 miles with less than 1500 feet elevation gain) and a longer route with significant elevation gain. For example, on one day the moderate hike might go to Zealand Falls Hut, a 2.8 mile hike in with an elevation gain of 650 feet. Women in this group wanting a longer hike can hike to Zeacliff, which offers a spectacular view and adds another mile each way with 1000' elevation gain. Those not interested in the hike can relax at the hut until the others return. The longer route might head up the Edmands Trail to the Crawford Path and then up to the summit of Mt. Eisenhower (elevation 4760 feet). Continuing across the ridge on the Crawford Path, we have the option of climbing Mt Pierce before descending to the Crawford Rd for a total mileage of 8.8 miles and 2,750 feet elevation gain. Our daily itinerary will be quite flexible and we can choose hikes depending on our energy level. On our last morning we'll hike one of the shorter trails near our lodging, ending our trip with a final picnic lunch. Those who are driving can plan on departing at 1:00 and those who are flying can fly out after 4 pm.

We will be staying at the Four Seasons Lodge, a large ten-bedroom lodge that provides wonderful space both for getting ready for the day's hike and for relaxing at the end of a full day of activity. In addition to a living and dining room, the lodge has an indoor swimming pool, dance floor and sauna. You may prefer a quiet evening of reading or a vigorous game of Scrabble – whichever you choose, Four Seasons Lodge provides the perfect setting.

No previous outdoor experience is required. This trip is suitable for any woman who exercises regularly at a moderate level, and who either enjoys hiking or is new to hiking and wants to learn in a safe and fun environment. Women who are interested in the more strenuous hikes should be in very good physical condition, as they will entail significant elevation gains. Your guides are experienced outdoorswomen who love hiking and enjoy this area.

To reserve a place on this adventure, please send your deposit of \$200 or the full trip fee to the office, or call to register by phone. The fee is \$1025 (deduct \$50 if you register by 4/24), and includes guide services, meals and snacks from lunch on Sunday through our farewell lunch Thursday, and four nights lodging in single occupancy rooms. The fee does not include transportation to North Conway, NH - round trip transportation from the Manchester, NH airport is available for \$75 – and restaurant beverages. You also need to provide clothing (including comfortable hiking boots), personal items, and a daypack. We'll send you information to help you prepare for your journey, including a detailed packing list and travel suggestions three months before the trip. If you have a dietary restriction or allergy, please let us know three weeks in advance so we can work together to accommodate them.

Please call us with any questions you might have; we'd be delighted to welcome you to some of the best mountain hiking anywhere!

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

5913 Brackenridge Ave, Baltimore, MD 21212
toll-free: 877/439-4042 • fax: 410/435-3084
web site: www.goodadventure.com • e-mail: trips@goodadventure.com