



ADVENTURES
IN GOOD COMPANY



VOLCANOES & VINO - LASSEN NATIONAL PARK & NAPA VALLEY

TRIP SUMMARY

HIGHLIGHTS

- Experiencing the breathtaking beauty of Lassen National Park on foot
- Hiking along lakes, next to volcanos and through beautiful forest
- Biking through the vineyards
- Tasting some of the region's great wines
- Visiting a historic and still in operation grist mill

TRIP AT A GLANCE

- Location:** Sacramento, California
Activities: Multisport
Arrive: Meet at the hotel at 5 p.m. on the first day of the trip - the hotel has an airport shuttle
Depart: You will return to Sacramento airport (SMF) and can fly out after 12:30 p.m. on the last day of the trip

TRIP OVERVIEW

Lassen National Park is a lesser known, undiscovered park, nestled in the southern tip of the Cascade Mountains. Lassen is a wonder for volcanic geology, including all 4 types of volcanoes (shield, plug dome, cinder cone, and composite). There are also plopping mud pots, bubbling pools and roaring steam vents. We will hike each day and return to our cozy lodging. It is a step back in time but with all the modern comforts and delicious meals at nearby restaurants. At night we will watch the stars come out and gaze at the constellations. We will hike, bike, and have options for spa services or hot air balloon rides. No trip to Napa Valley would be complete without a winery bike tour.

RATING

This trip is designed for women who enjoy hiking in the mountains and desert surrounded by breathtaking scenery. There is biking on day which is suitable for beginners. The trip is rated a level 3. Prior to beginning the trip, participants should be engaging in aerobic conditioning, such as walking vigorously up hills, jogging or stair stepping for 30 - 45 minutes at least 3 - 4 times a week. This trip consists of hiking along dirt trails, rocky paths and occasionally uneven footing with significant elevation gain and losses for 3 - 6 hours a day. There is one day of easy biking. Please note that there are a couple of days with significant elevation gain and for this trip you should be working out at the upper end of these ranges. **Rating:** 1 2 [\[3\]](#) 4 5.

WHAT'S INCLUDED

- 1 - 2 experienced AGC guides based on group size
- Six nights lodging in lodges and local inns
- All meals from dinner the first night through lunch on the last day, with the exception of one dinner.
- Transportation from our Sacramento hotel at the beginning of the trip back to the Sacramento airport at the end of the trip
- Park entry fees

Not included: Travel to and from Sacramento CA, alcoholic beverages (with the exception of the wine tasting), one dinner, guide gratuities, optional activities and travel insurance

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

We start our trip at trip hotel at 5 p.m. Your guides will meet you in the lobby of the hotel and after introductions the group will begin head to dinner to discuss the trip. (D)

DAY 2

Today we start our hiking at Lassen Volcanic National Park. We will hike the Terrace, Shadow and Cliff Lakes Trail. This hike takes you to three of the prettiest lakes in Lassen Volcanic National Park. Along the route you will walk through a mixed forest and see Lassen Peak and other nearby mountains. Round-trip distance: 3.4 miles High point: 8050 feet, Elevation gain: 700 feet (B, L, D)

DAY 3

Today we explore the largest plug dome volcano in the world. The trail to the top of Lassen Peak begins at the peak parking area at an elevation of 8500 feet. The popular trail is 2.5 miles one-way to the summit. There are many fantastic vistas of the park and surrounding areas from the trail. The summit provides one of the most spectacular views of the Devastated Area, a view from the top looking down. This view is the best vantage point to contemplate the power of the 1914-17 eruptions. The lingering rotten-egg smell of hydrogen sulfide near the summit reminds visitors that Lassen is still considered an active, but dormant, volcano. Hiking: 5.0 miles, Elevation 2,000 ft Gain/Loss: (B, L, D)

DAY 4

For sheer beauty and rugged mountain scenery the Brokeoff trail is one of the best in Lassen. The trail climbs steadily through open meadows and forest for two miles and then through scattered hemlocks and finally above timberline to the top. At the west end of the mountain just before the last half mile of the climb, there is a good view of Mt. Shasta. From the top of the mountain there are good views of Lassen

Peak, Conard, Chaos Crags, Diller, Shasta, and other mountains of the vicinity. The view of the old Brokeoff Volcano (Mt. Tehama) caldera is excellent from the summit. Hiking 7.4 Elevation Gain/Loss: 2,600 ft (B, L, D)

DAY 5

Today we get to see a bit of California history. We will drive to Napa Bothe State Park and hike 1.2 miles to the Bale Grist Mill. Built in 1846 by Edward Turner Bale, this fully restored water-powered grist mill is now managed by the Napa Open Space District in partnership with the Napa Valley State Parks Association, and still grinds grain. Points of interest along the way include visiting Pioneer Cemetery which contains the remains of several early Napa Valley pioneers, and White Church, the first church in Napa Valley which was named after the founding Minister Asa White. The trail passes through dense forest, clearings filled with chaparral shrubs, a riparian corridor along Mill Creek and will be of interest to plant and bird lovers as well as history buffs. We will have a private tour and watch the original set of French Buhr millstones in action when the miller grinds grain into Bale Mill flours and meals. After visiting we will hike back to our vehicles. From there we will drive right down the street, 300 feet above the town of Calistoga. We will be visiting Sterling Vineyards. An aerial tram carries us up the hill to the winery, whose architecture was modeled after that of the Greek island of Mykonos, where Sterling founder Peter Newton once lived. Walkways, balconies, and motion-sensitive DVD screens allow us to take a self-guided tour of Sterling Vineyard's wine making facilities. Beautiful outdoor terraces and elegant tasting rooms provide the perfect environment to enjoy exceptional wines while taking in the view. Dinner is on your own tonight; your guide can help with suggestions on where to go. (B, L)

DAY 6

We have had a great week of hiking. The morning is open for relaxing or sleeping late at the hotel or optional activities that your guide can help you to arrange. Perhaps it is time for pampering or an exhilarating hot air balloon ride. In the early afternoon we will meet for a guided wine tour with lunch on bikes. Enjoy flat, quiet roads that meander through Calistoga and out through the vineyards that produce this world-renowned wine. (B, L, D)

DAY 7

Sadly, we must leave the beautiful area. We will have a 2-hour drive to the airport. We will arrive at the airport by 10:30 a.m. and you can plan to fly out any time after 12:30 p.m. (B)

ADDITIONAL TRIP INFORMATION

GETTING THERE

Meet at the hotel at 5 p.m. on the first day of the trip - the hotel has an airport shuttle.

GETTING BACK

You will return to Sacramento airport (SMF) and can fly out after 12:30 p.m. on Day 7 - the last day of the trip.

AIRFARE

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this form: https://pay2.exitotravel.com/referral_form?affiliate_id=1090&client=1. Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

ACCOMMODATIONS

We will stay the first night at a local hotel near the airport that has an airport shuttle. The next nights will be a mix of local lodges and resorts. The rooms will be 2-bed rooms with ensuite bathrooms. There are a limited number of single rooms available for an additional cost.

TRAVEL INSURANCE

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early. To qualify for any refunds, we must receive notification in writing, by email to info@goodadventure.com or mail to:

Adventures in Good Company, PO Box 455, 2601 S. Lemay Ave, Ste 7, Ft Collins, CO 80525. Cancellation date is the date the notice is received by Adventures in Good Company in writing.

In the unfortunate event that you must cancel your trip, the following fees apply and are due to AGC at the time (prior to departure) that we receive written notice of your cancellation.

Days Prior to Departure		
International	Domestic	Cancellation Fee
120+ days	90+ days	\$50 fee
120 - 60 days	90 - 45 days	50% of trip cost
59 days or less	44 days or less	100% of trip cost

If you have paid in full, we have a waiting list, and we can fill your spot from that list, everything but your deposit will be transferred to another trip of your choosing for which you register in the next 365 days. AGC will allow you to transfer trip fees to another person, if in AGC's discretion, the other person is in the appropriate physical condition to participate in the trip.

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.