



ADVENTURE ASSOCIATES

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SAN JUAN ISLANDS, WA MULTI-SPORT: HIKE, BIKE, & SEA KAYAK FOR WOMEN

2011 Trip Dates: July 31 – Aug 5 and Aug 7 - 12

Land Cost: \$1460

An active week discovering the magic of the San Juan Islands! Sea kayak to explore hidden beaches, quiet coves and view marine life. Hike through the old-growth forests on Orcas Island to the top of the highest mountain in the San Juans ... huge vistas! Then bike along the rolling, pastoral hillsides of Lopez Island. Each night we return to our comfortable campsite. This is a wonderful way to experience the best of these "sparkling gems of the Pacific Northwest"!

DAY 1

Pickup at Seattle airport hotel 7 am. Transport with group via vehicle shuttle to Anacortes ferry terminal. Board the late morning ferry to Lopez Island. Set up base camp and enjoy an early evening welcome dinner followed by a hike or sunset viewing with great marine and bird watching opportunities. Please bring a brown bag lunch for this day. (D)

DAY 2

A full day of biking on either the back roads of Lopez or San Juan Island (depending on ferry schedules). Both islands offer wonderful roads through rolling farmland, past patchwork fields and picturesque farms to secluded spots with spectacular views. Picnic lunch en route. Return in the evening to our base camp for dinner and rest. (BL)

DAY 3

Early morning departure via ferry to Orcas Island. This very mountainous island offers great hiking through wonderful old-growth forest. We spend the day hiking

in Moran State Park and up to the summit of Mt. Constitution, the highest point in the San Juans. The views from this point are unparalleled in the islands! You look down a 1000' foot sheer drop and out over an unobstructed view to Canada, the Olympic Mountains, the Cascade Mountains, and the entire San Juan Archipelago! Bring some cash for dinner tonight at one of many good local eateries.(BL)

DAYS 4-5

Orientation to sea kayaking. Two full days exploring Lopez Sound or Haro Strait. These are lovely paddles that offer nice diversity - quiet coves, forested shorelines, private beaches, fun water and wildlife! Picnic lunches en route. Return the last evening to our base camp for a final "cookout" banquet.

(Day 4: BL) (Day 5: BLD)

DAY 6

A leisurely morning to beach-comb and enjoy the easy hiking trails near our campsite before packing up and leaving on the early afternoon return ferry to Anacortes. Arrive Seattle early evening (between 5:30 and 7:00pm). (B)

Special Note: Although we try to adhere to this printed itinerary, due to circumstances beyond our control (i.e. weather, tide and currents, revised ferry schedules), this itinerary is subject to change.

Land Costs	Deposit	In-country Flights	Trip Dates	Group Size	Difficulty	Activities
\$1460	\$200	none	July 31-Aug 5 Aug 7 - 12	4-12	No Experience Needed	Kayaking, Biking, Hiking, Camping

A FEW IMPORTANT DETAILS ABOUT YOUR TRIP...Read carefully

Included in your Trip Fee: Transportation to and from Seattle to all activity locations; ferry costs throughout the San Juan's; all camping equipment (2-person tents, Therma-Rest sleeping pads, cooking equipment etc.); all kayaking equipment; one day of bike rentals; meals as indicates B-breakfast, L-Lunch, D-Dinner; camp fees; guiding and instruction.

Not Included in your Trip Fee: Transportation between airport and hotel pickup spot; sleeping bag and personal clothing (detailed list will be provided); meals as indicates on itinerary; daily personal energy snack; travel/evacuation/medical insurance; tips to our great guides for a job well done! NOTE: Please utilize our experience and contact us with any questions regarding clothing needs and pre and post trip lodging needs in the Seattle area.

How Strenuous is this trip: You do not need to be an athlete in order to fully enjoy these activities. Basic kayaking skills will be taught so that you can feel comfortable on the water. Biking routes will be selected to accommodate the group's desires. While hiking on the various islands, you will be carrying a daypack with your lunch, water bottle, a few extra clothing items etc. Each day is full yet our pace is intended to be relaxing - time to just be as well as to do!

How is the food: The food is excellent and healthy - primarily vegetarian! We serve lots of fresh fruits and veggies, cheeses, breads, some meats and fish, desserts and other assorted treats! This is a participatory trip, so everyone pitches in with meal preparation. If you have special dietary needs please inform us. We will work with you to satisfy those dietary needs or work out a means for you to supplement your diet.

Continued...

Transportation/Flight Arrangements: If you need flight arrangements to Seattle, please contact Adventure Associates - we can assist with your travel arrangements. An Adventure Associates representative will meet you in the lobby of the airport hotel designated as the pickup spot the morning of day one.

How to Register: If you have not downloaded an application form, please contact our office for a complete registration packet. Complete the application form and return it to our office along with the appropriate deposit. Upon receipt of your application, we will send you a confirmation and final details about your pre-trip preparation. For immediate confirmation, you may charge your deposit to Visa, Master Card or American Express by phone.

Payment Schedule: We accept checks, Visa, MasterCard or American Express.

\$200 deposit due at the time of registration (\$100 is non-refundable)

Full payment due two months prior to departure

Cancellation & Refund Policy

If you must cancel prior to departure, the following fee will be assessed based upon our receipt of your written cancellation request:

Days Prior to Departure (trip destination)

90 or more \$100

60 to 89 \$200

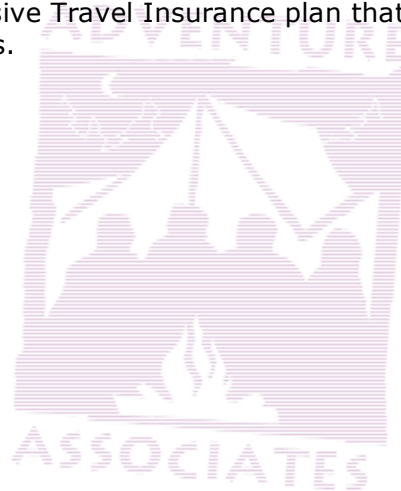
45 to 59 50% fee

1 to 44 100% fee

No partial refunds are possible for any unused portion of your trip.

Penalties on airline tickets are subject to the individual air carrier's rules and regulations. Departure is defined as the date of the first flight, or the trip departure date as indicated on our Trip Schedule, whichever comes first.

Once a trip has been confirmed medical circumstances will not be considered as exceptions to our cancellation policy. However, if you have purchased a comprehensive Travel Insurance plan that covers cancellation, you may be able to retrieve some of the funds.



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