

Explore Beautiful, Seaside Acadia National Park



Hike to the top of the "Bubble" in Acadia

Bar Harbor, Maine
Sat-Fri, Sept. 10-16 or Sept. 17-23, 2016
(The ideal time of year there!)

Fall in love with Maine...

Gaze at dawn's first light from atop the highest coastal mountain north of Rio de Janeiro ... at Northwoods forests tinged with autumn color ... at harbor seals bobbing near your kayak and whale flukes disappearing into the ocean near your whale-watching boat ... at lighthouses and tidal pools.

Smell wild roses along the harbor path ... sea air ... flowers of Thuya Garden above a quiet harbor.

Listen to waves crashing against pink-granite cliffs ... the call of loons and gulls ... clanging sea buoys ... shells crunching as you cross the ocean floor at low tide to a deserted island.

Taste succulent lobster ... ripe Maine blueberries ... fresh, warm popovers on the lawn of the famous Jordan Pond House.

Feel the ocean's gentle breeze as you cruise on a windjammer ... the warmth of sun-baked granite as you sit and watch the Atlantic Ocean ... the lap of cool waves on your toes.

No wonder *Backpacker* magazine's readers named Acadia one of their 3 favorite national parks!



Gaze at the Atlantic from Otter Cliffs.



Score amazing vistas from Great Head Peninsula

Saturday, Sept. 10 or 17

Fly into Bangor International Airport, where we'll rendezvous and drive you to our lodge in Bar Harbor, Maine, an hour away.

Settle into your room at *Atlantic Eyrie*, with sweeping views overlooking the Atlantic's scenic Frenchman Bay.

Savor the *Chart Room's* succulent Maine lobster and other fine seafood – and enjoy the sunset.

Sunday, Sept. 11 or 18

Watch the sun rise over the ocean from your private balcony, and enjoy the hotel's complimentary breakfast.

We'll hike 2 miles along the rugged Atlantic coastline as we follow the Ocean Path, enjoying Otter Cliffs, blowholes, amazing views, and Acadia's pink granite rocks. Eat your trail lunches on those warm rocks while overlooking the sparkling blue Atlantic. Then we'll visit Acadia's only sand beach, nestled in a lovely cove, on our way to the 1.4-mile hike on Great Head Peninsula. It juts into the Atlantic and offers fabulous ocean vistas. Afterward, dine at one of Bar Harbor's outstanding restaurants or catch the optional sunset-sail aboard the Margaret Todd schooner.



Enjoy views of the "Bubbles" from our lakeside lunch at Jordan Pond House.

Monday, Sept. 12 or 19

We'll hike 3.3 level miles around lovely Jordan Pond. Add 2.6 more miles if you'd like the optional hike to famous South Bubble's awesome vistas and precariously balanced Bubble Rock.

Savor popovers and other goodies on the lawn of famous *Jordan Pond House*, with views of the mountain you just climbed. Then stroll through charming Asticou/Thuya Gardens, overlooking an iconic ocean harbor.

Share a casual evening in the leaders' room, enjoying home-cooked lasagna, salad, warm bread, yummy dessert ... and great camaraderie. Then, join us to star-gaze and count shooting-stars at Sand Beach.

Tuesday, Sept. 13 or 20

We'll hike 2.2 miles to the summit of Cadillac Mountain, the tallest mountain on the Atlantic seaboard north of Rio de Janeiro, relishing stunning vistas along the way. Then, join us for a relaxing afternoon boat tour of gorgeous Frenchman Bay. See and learn about the magnificent mansions along the coast, Egg Rock lighthouse, the Porcupine Islands, Bar Harbor's shoreline, and the Bay's wildlife, including eagles, porpoises, and seals.

Finish this fabulous day with free evening time in Bar Harbor to explore, shop, and dine.

Wednesday, Sept. 14 or 21

View morning's first spectacular sunrays from the peak of Cadillac Mountain. We'll enjoy a delicious early-morn breakfast at a favorite Bar Harbor restaurant. Then chalk up another bucket list adventure as you hike 1.4 miles across the ocean floor at low-tide to explore uninhabited Bar Island and its great views of Bar Harbor.

On this free afternoon, opt for ocean kayaking on the island's quiet west side (which we'll arrange for you), whale watching, Bar Harbor shopping, reading on your balcony, or strolling the Bar Harbor Shore Path to admire grand, ocean-front homes and their gorgeous views.

Dine together at one of Bar Harbor's great restaurants.



Ocean kayak among harbor seals on the quiet side of the island.

Trips are always good with Trailbound! I come home with a positive outlook and sense of achievement that help support decisions in my life. And I love spending time with the wonderful women I meet. ~"Wonder Woman"



Hike across the ocean bay at low tide to secluded Bar Island.

Thursday, Sept. 15 or 22

Enjoy the scenic drive to the island’s western “quiet side.” Along the way, we’ll stop at picturesque Somesville Bridge for photos. Then take in amazing vistas from atop Beech Cliff and Beech Mountain on this 1.9-mile circuit, and munch lunch while enjoying the panoramic views. After the hike, stop by peaceful Echo Lake for a toe-dip.

In the afternoon, explore tidal pools, search for blue mussel shells, and take time to relax on warm pink granite slabs while enjoying the ocean’s crashing waves on this 1.3-mile loop at Ship Harbor. Then photograph the island treasure, Bass Harbor Lighthouse.

Dine at a favorite restaurant in Southwest Harbor, enjoying our ocean view and last dinner together.

Friday, Sept. 16 or 23 (Travel day)

Cherish one last sunrise over Frenchman Bay. Then let us shuttle you to the Bangor Airport. Return home with amazing memories and stories, new confidence, warm friendships, and a renewed love for the great outdoors and this beautiful country of ours.

Book your trip

This trip is open to 10 women, in addition to two guides. It’s one of our most popular trips and will fill quickly; don’t wait long to register. See registration details on the next page.



Hike the lovely, rugged coastline near Ship Harbor.



Watch morning’s first light from atop Cadillac Mountain.



Whale watch near Bar Harbor.

The trip cost of \$2,185 includes:

- 6 days and nights at lovely Atlantic Eyrle Lodge (double-occupancy). Enjoy fabulous views of Frenchman Bay and the Porcupine Islands, private balconies, mini fridges, microwaves, coffeemakers, flat-screen TV, heated outdoor pool, and frequent shuttles from the hotel door to downtown Bar Harbor. (Add \$500 for a solo room.)
- Guided hikes each day with experienced leaders.
- 2-hour narrated boat tour of Frenchman Bay.
- Transportation throughout the week to our hikes, activities, and dining.
- Shuttles to and from Bangor International Airport, within designated time frames.
- Complimentary breakfasts at our hotel.
- Yummy, home-cooked dinner by your guides on Monday.
- Park entrance fees and permits.
- Guided discussions, based on what we see in nature each day, that foster warm camaraderie and help you view nature and yourself in new ways.
- Informational booklet packed with suggestions on what to bring; fun facts about the area's history, weather, and wildlife; and hiking tips.
- Photo CD memento of the trip.
- **Best of all:** Amazing memories and stories, warm new friendships, bragging rights, new confidence, and a renewed love of nature.

The trip surpassed my expectations. I had no idea how beautiful Maine is! I loved the strength I drew from the other amazing women. The leaders did an excellent job, so that I could just relax and enjoy each action-filled day. ~"Sunny"



Celebrate a great hike by passing under the hiking-stick salute.



Enjoy a sunset-sail aboard the Margaret Todd schooner.



Picture yourself here.

Register now for our Acadia trip Sept. 10-16

(The Sept. 17-23 trip is now filled)

Your contact info

Your name: _____

Address: _____

City: _____

State/Zip: _____

Home phone: _____

Cell phone: _____

E-mail: _____

(Ongoing communication will be through e-mail)

Roomie: _____

Register

- * Online at www.TrailboundTrips.com OR
- * Mail this form with your \$500 deposit to:
Trailbound Trips
533 S. Summit Street
Barrington, IL 60010

Questions?

Contact Trailbound founder/guide, Carol Ruhter, at 847-381-9374 or at TrailboundTrips@gmail.com.

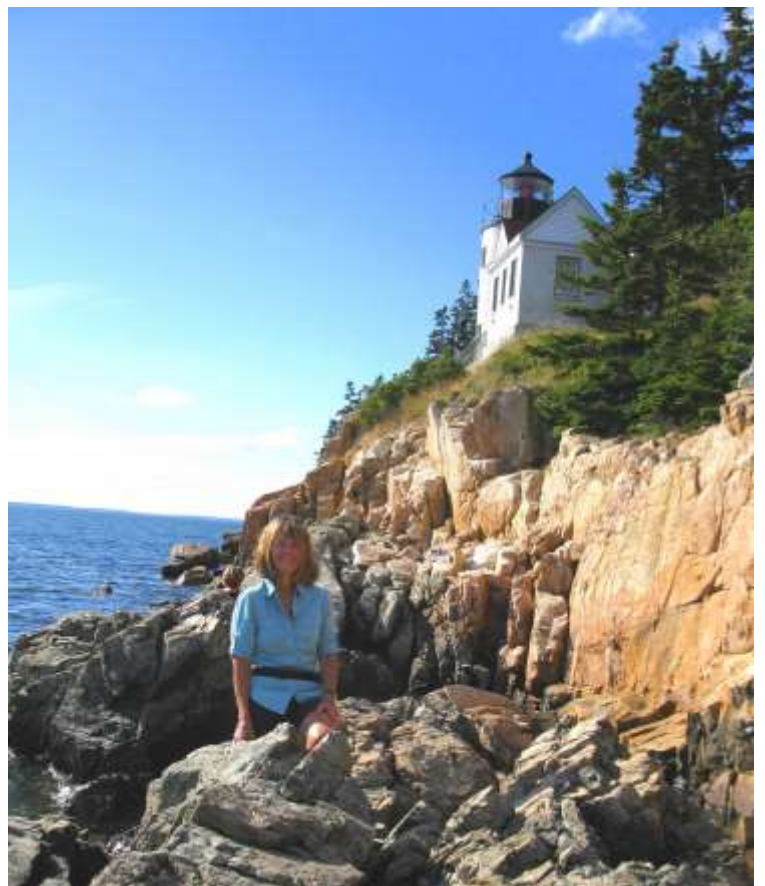
Your Acadia guides~

*Debbie "LL Lucy" Hager
Jody "Rebel" Winfield*

*"Twenty years from now you will be
more disappointed by the things
you didn't do
than by the ones you did do ...
Explore. Dream. Discover."
~Mark Twain*



Fall in love with Maine...



Discover Maine's rugged beauty!