

Autumn in Vermont: *Beauty ... Adventure ... Serenity .. Friendship*



2017 Trip Dates *Sat-Fri: Sept. 23-29 & Sept. 30-Oct. 6*

- Hike the ridgeline of the state's highest mountain and savor its spectacular views.
- Photograph Vermont's iconic fall landscapes, pristine white steeples, and covered bridges.
- Score great vistas from gorgeous peaks ... and dare to ascend a fire tower for even better ones.
- Luxuriate in the amenities and views at our 5-star resort, home of a world-class spa.
- Trek the famed "Long Trail" to a pristine mountain lake, and visit its backcountry shelter.
- Explore caves once used by runaway slaves, cattle thieves, and Prohibition hooch smugglers.
- Discover cascading waterfalls in picturesque gorges.
- Kayak the gentle Lamoille River surrounded by mountainsides gowned in fall glory.
- Dine at the Von Trapp Family Lodge, and other wonderful restaurants.
- Enjoy warm camaraderie with 11 other friendly women who love the outdoors.
- Rediscover your strength, adventurous spirit, and sense of exhilaration.

Trailbound Trips: Explore. Dream. Discover.

Explore Vermont!

Saturday, Sept. 23 & 30

Fly into Burlington, VT. We'll pick you up at noon and shuttle you to our 5-star lodge in Stowe, just an hour away. During afternoon free time, stretch your travel legs with a walk or bike ride on the path near our resort; reward yourself with a spa treatment; or relax in the heated indoor and outdoor pools.

Sunday, Sept. 24 & Oct. 1

Climb a peak beloved by the locals for its vistas and trails. After our 3-mile hike, we'll stop at a 170-year-old covered bridge allegedly haunted by a young woman's ghost. Enjoy free time before dining at a terrific local restaurant.

Monday, Sept. 25 & Oct. 2

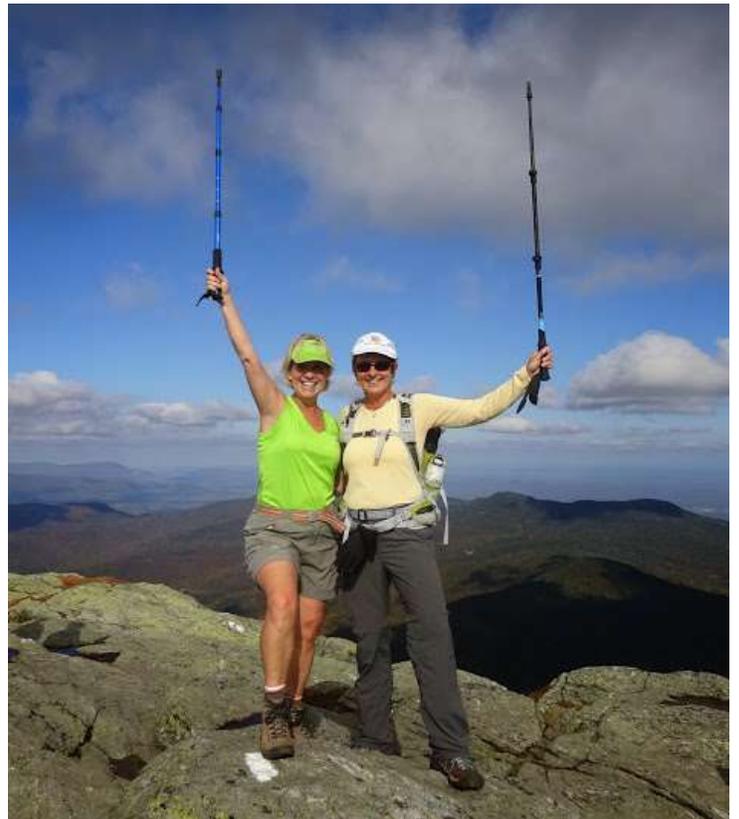
Travel one of Vermont's most scenic routes to the famed Long Trail, which leads to a pristine, trout-filled mountain lake. Bask on lakeside rocks, score great mountaintop vistas, and peek inside a backcountry shelter where Long Trail hikers stay. After picnicking along the water, explore Smuggler's Cave ... once used by runaway slaves, contraband runners, cattle thieves, and Prohibition hooch smugglers. This day, we'll hike 3 miles. Enjoy late afternoon free time for a swim, spa treatment, nap, or reading on the lawn. In the evening, think *The Sound of Music*, as we dine at the historic Von Trapp Family Lodge.



Explore quintessential Vermont.



Let cares roll off you like water over the falls.



Stand victoriously atop mountain peaks.

Tuesday, Sept. 26 & Oct. 3:

Let's give our legs a midweek rest. Relax on a gentle 1-mile hike along a stream cascading through an evergreen-lined gorge. Then, we'll stop by quaint Stowe to shop, lunch, and admire its iconic white-steeped church. After lunch, join us for a leisurely 2-hour kayak down the gentle Lamoille River, which boasts views of color-speckled mountainsides. Enjoy a relaxed dinner at our resort's lounge, and then share stories around the fire pit.

Wednesday, Sept. 27 & Oct. 4

Climb the northernmost peak in the Worcester Range for splendid vistas all the way to Canada; then dare to climb the fire tower for even broader views! You'll love the variety of terrain on this 5-mile hike. Later, enjoy a 1-mile round-trip hike to a spectacular waterfall nestled in a wooded ravine. We'll enjoy a casual dinner at one of our favorite Stowe restaurants.

Thursday, Sept. 28 & Oct. 5

This 3-mile hike follows the ridgeline of Vermont's tallest peak (at 4,395 feet), earning you bragging rights and panoramic views. Feel the wind in your hair and strength in yourself. Our last hike of the trip is a gentle ½-mile hike to a lovely 30-foot waterfall plunging into a swim hole. (Will you take the plunge?) Enjoy dinner at skiers' favorite gathering place.

Friday, Sept. 29 & Oct. 6

Return home filled with memories, friends, confidence, and love of nature.



Hike the ridgeline of Vermont's tallest peak.



Savor the peace of a pristine mountain lake and quiet forests.



Paddle the scenic Lamoille River.

"I'm an active outdoor person, and I have to say that our ridgetop hike on Mt. Mansfield is the best outdoor experience I've ever had!"

~Hummingbird

The trip cost of \$2,580 includes:

- 6 days and nights at Topnotch Resort,* with indoor/outdoor heated pools, hot tub, posh on-premise spa, room frig, and free bike loans.
- Guided hikes throughout the week by experienced, knowledgeable female leaders.
- Transportation throughout the week.
- Shuttles to and from Burlington's airport, within designated time frames.
- Assistance on the river paddle.
- Discussions to foster camaraderie and help us see nature and ourselves in new ways.
- Park entrance fees and permits.
- Informational booklet packed with hiking and travel tips, plus fun facts about the area.
- Online photo memories.

**Rates are for double occupancy. Solo room upgrades are an additional \$1,000 and dependent on room availability.*

***Kayaking is optional, so its cost is not included in this price. Final payment is due July 15, 2017.*



Discover that the journey is the destination.

Please be aware that Vermont's trails are rocky and steep, requiring fitness and agility.

Although this trip is now filled, we hope you'll sign up for our wait list. See the next page to do so.



Treat yourself to nature's amazing beauty, and...



...challenge yourself on mountain trails.

"Thanks for the fabulous Vermont trip, full of great hiking, fun and friendship!" ~Fly Girl

Sign up for our Vermont wait list!



After our hikes, pamper yourself at our hotel's spa!

Although this trip is now filled, we hope you'll sign up for our wait list. This wait list is free, and there is no obligation. We'll contact you quickly if a spot opens.

Your contact information:

Your name: _____

Address: _____

City: _____

State/Zip: _____

Cell phone: _____

E-mail: _____

(All communication will be through e-mail)

Preferred 2017 week: ___Sept. 23-29 ___Sept. 30-Oct. 6 ___1st available

Mail this form to:

Trailbound Trips, 533 S. Summit St., Barrington, IL 60010

Questions? Contact Carol Ruhter, *Trailbound* founder and guide, at 847-381-9374 or at TrailboundTrips@gmail.com



All who wander are not lost ...



Bask in high-stick salutes and fun camaraderie.

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