

## Appalachian Trail Walk



### Tour Overview

We begin the journey passing through the Catskill Mountains into Massachusetts, where Mount Greylock, the Berkshire Mountains, and the famous Appalachian Trail await. Relax as you stroll along the wooded paths of the Berkshires that once inspired the famous American authors, Melville and Hawthorne. From here, we continue north into the foothills of the Green Mountains where we set up camp and relax around the evening campfire, capping off a relaxing first day before hitting the trails the next morning. "The Greens", as local hikers sometime refer to this small mountain range, are perfect for short walks in wooded valleys. If you prefer a challenge, try the Stratton Mountain Trail that encompasses parts of the Appalachian Trail and Vermont's famed Long Trail.

Walk the 'backbone' of the northern Appalachians, the White Mountains of New Hampshire. Many of the trails here are above the timberline and offer wonderful views of this impressive range. Hike the mountains around one of the highest peaks in the Appalachians, Mt. Washington. This area is known to hikers all over the world, both for its stunning scenery and constantly changing weather. You may challenge the elements here, or let technology help with a ride up the mountain on the cog-driven railway; the choice is yours.

From the Appalachian Trail, we continue to Baxter State Park. Home to Mt. Katahdin, it is the starting point of the 2,200 mile-long Appalachian Trail. Here you will enjoy the largest and most remote wilderness area in the eastern United States. Get away from it all on footpaths that wind through undisturbed forest and along the crystal-clear lakes and streams of northern Maine. Keep both eyes and ears open for the chance of spotting some of the local wildlife. This tranquil wilderness is virtually untouched since the days of the first settlers, over three hundred years ago. As you pause to reflect in the solitude of this beautiful place, it is impossible to imagine that two-thirds of America's population lives within a day's drive.

You have now walked back to the beginning of America's national trail. It seems only fitting to top off the adventure with a walk on the Freedom Trail, where the United States' own road to independence began in Boston. Here you can re-adjust to civilisation with a night out on the town and a chance to sample New England seafood at its finest. Be sure to explore the historic centre of old Boston before finishing this unique walking tour.

### Tour Itinerary

Departs our New York Hotel at 0730hrs

- 1 New York Area >> Green Mountains NF
- 2 Green Mountains NF
- 3 White Mountains NF
- 4 White Mountains NF
- 5 Baxter SP
- 6 Baxter SP
- 7 Baxter SP
- 8 Boston
- 9 Boston
- 10 Boston >> New York Area

HP = Hotel nights included in the price

### Is This Tour For Me?

This tour will take you to some of the most beautiful areas in the Northeast, not easily accessible to most travellers. With a huge variety of walking / hiking trails, your days will be full with taking in the breathtaking views of mountains peaks and lakes.

### Included Highlights

- ✓ Scenic day walks and hikes in the Green Mountains, White Mountains and Baxter State Park
- ✓ Guided walking tour of Freedom Trail
- ✓ National Forests and State Parks – Green Mountain, White Mountain and Baxter
- ✓ All meals whilst camping
- ✓ 2 Professional tour leaders, camping fees/equipment and transportation

# Appalachian Trail Walk Tour Information

## TOUR MATRIX

Please find below our Tour Matrix, designed to rate the focus of this tour. We hope this will help you to choose the tour that is right for you.

Appalachian Trail Walk	Mild Focus	Moderate Focus	High Focus
National Park/Forest Visits			
City Sights			
Activities			
Hiking Opportunities			
Adventure Level			
Fun, Freedom & Flexibility			

## DESTINATIONS

Please find below more detailed information on the destinations this tour visits. In alphabetical order:

**Baxter State Park** - Numerous rugged mountains, a wide array of ponds, lakes, streams and waterfalls and "Acadian" forests are all waiting "for those who love nature and are willing to walk and make an effort to get close to nature" (words of the Park donor Percival P. Baxter). With a wide variety of wildlife, plant life and terrain, put on your hiking boots and enjoy the scenery.

**Berkshire Mountains** - Nestled on the border between New York State and Massachusetts, the Berkshire Mountains offer rolling green hillsides and dense forests with a scattering of grand Victorian mansions. The hills offer an excellent opportunity to escape the bustling eastern cities and appreciate the beautiful countryside.

**Boston** - Revered for its "Olde World" charm and its part leading up to the American War of Independence, Boston has played a vital role in the United States' development. The capital of Massachusetts is also well known as a university town, popular with students for its performing arts, nightlife and legendary athletic teams.

**New England** - The area made up of Massachusetts, Rhode Island, Connecticut, New Hampshire, Vermont and Maine, in the northeast of the United States, has attracted visitors from all over the world, since the days of Christopher Columbus. With its historic cities, beautiful mountains, lush forests and many small towns, New England entices travellers with its beauty and nostalgic charm.

**White Mountain National Forest** - Spreading across the state of New Hampshire, the White Mountain National Forest is home to the highest peak in New England, Mt. Washington. Like Vermont's Green Mountains, the "Whites" offer incredibly colorful vistas during the autumn and some great hiking in the summer.

**Green Mountains** - The National Forest covers Vermont with its beautiful thick evergreens including spruce, hemlock and fir trees. In the summer and autumn there are innumerable trails and mountain lakes to enjoy, along with the autumn foliage.

## ARRIVAL / DEPARTURE HOTELS

Our arrival and departure hotels are conveniently located and serve as your tour's start and end points. Rooms are comfortable and spacious, with two double beds and en-suite facilities. They make good bases for sightseeing and offer an opportunity to informally meet with your fellow trekkers.

The tour begins at 07:30hrs in the hotel lobby, where you will meet your group and tour guide. You should have packed your bags and eaten breakfast so that you are fresh and ready to start the journey.

The tour ends between 17:00-18:00hrs on the final day. Please do not reserve flights until at least 21:00hrs or the following day.

If you would like to reserve additional nights in our hotel before or after the holiday, or if you would prefer to have your own room throughout, please contact our sales team for additional information and associated costs.

## CAMPING ACCOMMODATION

Camping allows us to stay in the heart of the most breathtaking natural scenery, away from fast food outlets and the encroaching development; and Grand American Adventure's experienced tour leaders and top quality equipment will surely enhance your experience.

Your comfort is important to us and we know that starts with using high quality camping gear. We only use top of the range, spacious two-person tents and thick (air/foam-filled) sleeping pads to ensure your evenings are comfortable and restful. Sturdy camp chairs are always available for those evening chats as the group prepares delicious meals (using state of the art camping stoves). All you need to bring is a warm sleeping bag and a sense of adventure and you will be sure to enjoy the trip of a lifetime!

Nearly all of our local campgrounds provide modern conveniences and amenities such as hot showers (paid locally approx \$2) and flush toilets; whilst others will have swimming pools, shops and launderettes. On special occasions, our groups may utilize rustic, wilderness sites in order to fully appreciate more remote areas' natural surroundings. That said, waking up at camp to the smell of fresh brewed coffee provides a truly intimate natural experience and one that eludes conventional tourists.

**A sleeping bag is required for this tour.** Make sure your sleeping bag is warm enough for the time of year you are travelling.



# Appalachian Trail Walk Tour Information

## FOOD & DRINK

Grand American Adventures include all meals while camping (alcohol/drinks purchased locally) and you will be sure to create and enjoy regular international dinner parties on the road. Incidentally, our professional guides are great in the kitchen and they will assist the group in preparing delicious, healthy meals so that you can take the path less travelled... with a full stomach.

We prepare plenty of good fresh food on our camping trips and anticipate hearty eaters. Breakfasts often include fresh fruits and cereal, toast, juice, coffee or tea. Fried bacon or sausage, pancakes or eggs may also be available on more leisurely mornings. Lunches are typically picnic style and consist of a selection of delicatessen meats, cheeses and salads. Dinners are filling and main dishes include pastas, grilled meats/chicken/fish, as well as regional specialties such as Lobster 'bakes' or BBQ's and are accompanied with cooked vegetables or fresh salads.

Meals consist of a variety of balanced dishes and, aiming for universal appeal, we avoid highly spiced foods. Vegetarians are certainly welcome and are always accommodated. Please let us know of any dietary concerns at the time of booking.

On occasion, meals are taken in local restaurants where passengers pay individually for food and drinks en route. Average breakfasts cost from \$6-\$12, lunches from \$8-15 and dinners from \$13-\$30; this does not include alcoholic beverages. Wine costs approximately \$5 per glass and beer \$4 per bottle. Please be aware that a tip of approximately 20% is added to group meals in restaurants in North America and applicable taxes will also be added to all listed menu prices.

## GROUP PARTICIPATION

An essential part of a Grand American Adventures camping holiday is helping out around the campsite. Our tents are easy to set up and with guidance from your tour leader, everyone will assist with the setting up and packing of the campsite. As a team, it only takes approximately 20 minutes before setting up your "home with a view" in the great outdoors!

Your tour leaders will organize daily activities and guided hikes, as well as coordinate and assist the group when shopping for food, preparing the daily meals and washing up.

As this is a participatory trip, group members will assist with the preparation of meals and with the washing. That said, often the best meals on the road are created when individuals offer to cook up one of their specialties from home!

## GROUPS

The maximum group size is 13 passengers.

Passengers come from a range of countries worldwide (average of 4 nationalities per group) and many will be solo travellers. You will find you have many things in common with your fellow trekkers, including a passion for adventure and a strong interest in exploring the national parks.

Grand American Adventures tours are designed for adults over 18 years old. While most passengers are aged 25-55, every year we get many people both above and below this age range. All travellers over the age of 55 will be requested to complete a self-declaration of fitness.

## OPTIONAL ACTIVITIES/SPENDING MONEY

There are many opportunities for optional activities during the holiday. Your tour guide will organize these on your behalf and you will pay locally in cash. Featured activities and approximate prices are listed below:

★ Hiking opportunities	Included
★ Canoe rental	\$25
★ Boston Duck Tour	\$30
★ Cog Railway Mountain Train	\$40-55

ATM/Cash points are widely available in all major cities and small towns. Please ensure that your credit or debit cards have international access and a PIN number to access your funds.

We recommend you take at least US \$35 dollars per day to cover local expenses, but it's better to bring more than you need rather than run short on tour. Your spending money needs to cover optional activities, film, souvenirs and snacks along the way.

Additionally, tipping is a way of life in North America and, whilst not compulsory, it is expected. We recommend a tip of approximately US \$5 per passenger / per day to be given in cash to your tour leader at the end of your holiday.

## CLIMATE & CLOTHING

Keep in mind that our dress tends to be informal. Take a practical selection of clothes for both warm and cool climates to suit the season. You may encounter a wide variety of temperatures en route due to altitude and unforeseen weather conditions - so be prepared! Make sure to pack a warm fleece and a waterproof jacket/coat in case of rain.

Approximate year-round temperatures are listed below.

## TRANSPORTATION

All of our private vehicles are designed to ensure your safety, comfort and enjoyment of the tour. In North America, our new 15-seater Fords feature raised ceilings for more headroom, individual captain seats for more comfort and an open centre aisle floor plan, making it easier when getting in and out at those many photo opportunities. All our vehicles are equipped with CD stereo systems, often iPod-compatible, and air-conditioning, to make travelling a pleasure.

## PASSPORTS & VISAS

This tour visits the USA only and it is your responsibility to obtain the proper passport and visa(s). More details are provided in our Trek Tips pre-departure information at [http://www.americanadventures.com/download\\_tour\\_information.html](http://www.americanadventures.com/download_tour_information.html)



# Appalachian Trail Walk Tour Information

## HOW TO BOOK YOUR TOUR

Contact Grand American Adventures by telephone, email or via our website to check availability on the tour you want to join. We can normally hold you a seat on 'option' for up to 3 days to allow you time to finalise your flight arrangements and send us your booking form with a deposit payment.

If you are ready to book and pay your deposit, we have a secure, online booking facility where you can pay in most major currencies with a credit or debit card. Check availability early to avoid disappointment.

Check Availability at:  
<http://www.americanadventures.com/>

## PAST PASSENGERS SAY?

When asked, "what was the best part of the tour", passengers said:

*"Good mix of people, enthusiastic tour leaders."* - Sarah from England

*"The trek was well scheduled with rest days between each long hiking day."* - Brian from Ireland

*"Meeting so many cool people and seeing the fantastic North East area."* - Anna from England

*"Ascent of Mt. Katahdin, for sheer personal satisfaction."* - Charles from England

## ALTERNATIVE TOURS

If you would prefer to join a different Grand American Adventures tour, we have several other camping tours and a variety of lodging, walking and specialty tours as well as family adventures for you to choose from. Click on the link below for more information.

<http://www.americanadventures.com/>

## ADVENTURE TRAVEL

All details are provided in good faith. Due to the nature of travel, this information can change and should therefore be taken as an indication only and not as a contractual obligation on the part of Grand American Adventures. If you have any questions, please contact us.

Average High / Low Temperatures in Celsius (°C)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Boston	2/-6	3/-5	7/-1	13/4	19/10	25/15	28/18	26/18	23/14	17/8	11/3	5/-3
White Mtns.	-10/-19	-10/-19	-7/-15	-2/-9	5/-2	10/3	12/6	12/6	8/2	3/-4	-3/10	-8/-17

Celsius / Fahrenheit Conversions:    -10°C = 14°F    0°C = 32°F    10°C = 50°F    20°C = 68°F    30°C = 86°F    40°C = 104°F

