

Call of the Wild

Adventure Travel for Women since 1978



LAKE TAHOE AUTUMN LEAVES HIKES WITH LAKEVIEW LODGING October 10-12, 2008

Rating: Moderate Day Hiking

Group Size Limit: 12

Accommodations: 2 nights lodging in lake view home

Cost: \$450; Reservation Deposit \$150. Balance due 3 months before start date of trip.

Note: Price subject to change until your deposit is made.

Join us on this weekend of exercise and relaxation with comfortable lodging at beautiful Lake Tahoe. We'll do day hikes in two of the most beautiful areas around Lake Tahoe. On Saturday we'll hike to see aspen trees changing colors. On Sunday we'll explore one of the most scenic stretches of the Lake Tahoe shoreline.

Our lodging will be neighboring lake view homes on Tahoe's north shore. We'll have daily pilates or yoga-based stretching led by your guides and they'll turn out great meals for your dining pleasure.

Day 1, Friday ~ Arrival

Please plan to arrive at the cabin between 4 and 5 PM (No earlier than 4 PM, please). It's about a 4-hour drive from San Francisco, but driving times can vary with traffic and weather. (See Directions below). After getting settled, you can enjoy drinks and appetizers on the deck overlooking the lake or around the fireplace. Yoga-stretch will be offered sometime between 6:30 & 7 PM and we'll have dinner about 7:30 PM. (*Dinner*)

Day 2, Saturday ~ Hike to Aspen Groves: 6-10 miles (early turn-around option available)

After breakfast, we'll hike in a gorgeous, open canyon surrounded by aspen groves. There should be a wonderful display of fall colors. There will be an early turn-around option available so you can decide how far you wish to hike. After hiking, we'll enjoy the rest of the autumn afternoon on the deck of the cabin. From 5:30-6 PM, evening yoga-stretch with Tacy. Then we'll gather around the fireplace and celebrate our accomplishments of the day. At about 7-7:30 PM we'll have a great dinner. (*Breakfast, Dinner*)

Day 3, Sunday ~ Lake Tahoe Shoreline Hike: 4 miles; Elevation Change: 6630'-6230'-6630'

Breakfast and yoga-stretch. After breakfast, we'll hike along the Lake Tahoe shoreline, which offers splendid views. We expect to be through with our hike about 2-3 PM. (*Breakfast*)

Note: Itinerary subject to change at leader's discretion due to weather, peak seasonal color and other contingencies.

WHAT YOUR TRIP INCLUDES:

- Experienced leadership
- Excellent food (provided meals are noted on itinerary)
- Two nights lodging in lake view homes at Lake Tahoe (double-occupancy)
- 2 days of hiking and 3 days of yoga-stretch sessions

NOT INCLUDED:

- Transportation (Some people may be interested in carpooling.)
- Lunches and trail snacks (There is a refrigerator available for your use, a simple brown bag lunch is all that is needed.)
- Personal gear (See equipment list mailed with your registration packet.)
- Optional tips for your guides

About tipping: People on our trips often ask us about gratuities, so here are some guidelines: Each person usually tips \$5-\$10 per day for each guide depending on the level of service and the number of guides assigned to the trip (people do not usually tip any guide interns.) If Carole Latimer is leading your trip she, as the owner of the business, does not accept tips, but our other guides do. They cook and serve your meals and take care of many extra details to give you a safe and fun trip. Tips at the end of the trip are a way of showing your special appreciation if you feel that your guides have given very good service to you.

HOW TO REGISTER

First, call us or fill out our quick reservation form on our website

<http://www.callwild.com/quickreserv.htm> We will hold your space for 7 days while you are completing the application process, making travel arrangements, and mailing your deposit check.

Next, send in completed and signed Trip Application. The Trip Application is available by fax, mail, or from our Web site at www.callwild.com/trip_application.htm After receiving your deposit and application, we will send you confirmation of your reservation and an information packet on your trip.

TRIP CANCELLATION INSURANCE

We strongly suggest that you take out trip cancellation insurance. Call of the Wild does not issue cash refunds, whatever circumstances may cause a cancellation. Depending on the time of your cancellation, you may or may not be eligible for a credit for another trip; please read our refund and cancellation policy at www.callwild.com/jointrip.htm We also include a copy in our trip packets; or you may phone our office. You may be committed to going on your trip, but people have been forced to cancel due to circumstances beyond their control or because of a completely unexpected misfortune. To sign up for Travel Guard insurance call us for a brochure or visit www.callwild.com/travelguard.htm For certain coverage, you must purchase insurance within 14 days of making your initial deposit with Call of the Wild.

Please Note: Call of the Wild provides Travel Guard insurance brochures and a link to their website for your convenience, but there are many other travel insurance companies. It is your responsibility to know the restrictions and provisions of your policy.

AIR TRAVEL AGENT

For air travel, please contact Wendy Fazio at Skyline Travel 510-530-1100 or e-mail wendyatskyline@aol.com . Let her know that you are traveling with Call of the Wild.

ARRIVAL AND DEPARTURE INFORMATION

People usually arrive between 4 and 6PM on Friday (please do not arrive before 4PM). It's about a 4-hour drive from San Francisco and about 2 and a half hours from Sacramento, but driving times can vary with traffic and weather. Reno is the closest airport (about 45 minutes away). We expect to be through with our hike about 2-3 PM on Sunday and you can leave for home from the trailhead.

DIRECTIONS

You're going to the North Shore of Lake Tahoe; our cabin is in the Dollar Point subdivision and we will provide you with driving directions and the address after you sign up for the trip.

ALTERNATIVE TRANSPORTATION

Amtrak is an alternative way to get to our Sierra Tahoe Weekend Adventures. There are Amtrak Zephyr and Capitol trains that leave Emeryville in the San Francisco Bay Area. You may research train options at:

http://www.amtrak.com/servlet/ContentServer?pagename=Amtrak/Page/Browse_Routes_Page&c=Page&cid=1081256321425&ssid=132

From the Truckee Amtrak station, you can take the TART bus to Tahoe City, where a Call of the Wild guide will pick you up.

If you are flying into the Reno Airport, you can take the North Lake Tahoe Express. Call 1-866-216-5222 or go to the Web site at <http://northlaketahoeexpress.com/home> to make a reservation. Tell them you want to go to the Travel Lodge in Tahoe City; our guides can arrange to pick you up from there. The North Lake Tahoe Express has a ticket counter at the Reno Airport.

Call of the Wild always tries to facilitate carpooling. Please let us know if you would like to ride with another client or are willing to have someone ride with you.

ACCOMMODATIONS

Our lodging will be neighboring homes on Tahoe's north shore. Rooms are double-occupancy with shared bath.

WEATHER

Please come prepared for rain or shine. At this time of year, the Tahoe Sierra usually has clear beautiful days, but it also can be cool with a chance of rain.

QUALIFICATIONS

Our trips are designed for flexible, energetic people who like to be active and have a spirit of adventure. We expect trip participants to be in good health, aerobically fit, and to have the ability

to hike on wilderness trails for the number of miles and at the altitudes indicated on the itinerary. You must have your own health insurance. Our best trips are those where everyone is equipped with a positive attitude, the sensitivity to recognize the needs of the group, and a sense of humor!

ABOUT OUR GUIDES

Call of the Wild guides have extensive experience and bring proven leadership to your trip. We pride ourselves on giving women safe opportunities to venture out and do something they've never done before. Our guides are certified Wilderness First Responders and they'll go the extra mile to make you feel comfortable. They all share a love of the wilderness and an enjoyment of people's company. You may read more about our guides on our website:

<http://www.callwild.com/guides.htm>

ABOUT OUR FOOD

Our menu features hearty, healthy meals made with recipes from Carole Latimer's cookbook *Wilderness Cuisine*. You'll feast on dishes such as Puttanesca, Sengalese Peanut Soup, Anasazi Stew, and fresh-baked Coffee Cake. Meals are often vegetarian, but we serve meat dishes as well. We avoid processed food, but you won't get a strict brown rice and wheat germ regime either, and we think there's nothing wrong with an occasional backslide to decadently rich food after a hard day on the trail.

Most people love our food and much care and effort goes into preparing your meals. However we are not able to accommodate each person's preferences. We cannot make separate meals or bring different provisions for individual diets and preferences. Therefore, if you have food allergies, if you are vegan, or if you don't eat certain foods we suggest that you call us. You can then plan your own food to supplement our menu.