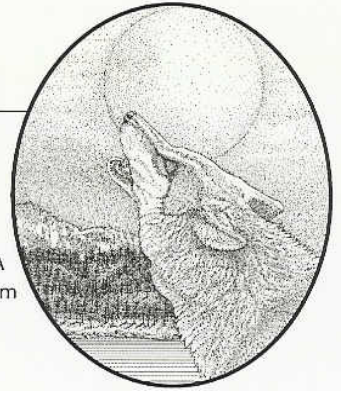


Call of the Wild

Adventure Travel for Women since 1978

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Cross-Country Skiing, Snowshoeing & Yoga at Lake Tahoe **February 9-11, 2007** **March 9-11, 2007**

Rating: Easy/Moderate

Trip Leader: Tacy Weeks-Hahn

Accommodations: 2 nights lodging

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

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

Join us for a weekend of exercise and relaxation at Lake Tahoe. Snowshoeing is easy and a wonderful way to be in the mountains in winter. If you've never tried it before, we'll teach you-- it's easy! Cross-country skiing is a bit more of a challenge, but our experienced guides will teach you the basics with morning lessons on Saturday. You can snowshoe or ski the entire weekend – or sample a little of both. Each day, we'll be outside from about 10 AM to 2 or 3 PM. We'll have morning and evening yoga, and then come back to our comfortable lakeview home to enjoy fine food and a cozy fire.

Your head guide is Tacy Weeks Hahn. She and other Call of the Wild guides will prepare delicious meals for your dining pleasure after an invigorating day in the snow. Tacy leads a yoga-based stretch routine each morning and evening. She has an MA in exercise physiology and has completed the Kali Rey Tri-yoga teacher training. She has taught cross-country skiing for more than 25 years; has trained an avalanche rescue dog and has been a member of the Tahoe Nordic Search and Rescue Team.

Day 1, Friday

Please plan to arrive at the cabin no earlier than 4 PM. It's about a 4-hour drive from San Francisco, but driving times can vary with traffic and weather (see directions to cabin below). Most people arrive around 6 PM and arriving later is fine, too. After getting settled, you can enjoy hot drinks around the fireplace and we'll have a delicious dinner about 7:30 PM.

(Dinner)

Day 2, Saturday

8 AM, yoga-based stretch session with Tacy. 8:30 AM, after a hearty breakfast, we'll drive to a nearby trail. If you haven't already rented your skis or snowshoes, rentals are available at Lakeview. For skiers, Tacy will spend most of the morning covering the basics of cross-country skiing. Another Call of the Wild guide will take the snowshoers on a hike after an orientation lesson. Weather permitting; we'll have lunch al fresco out on the ski trail. 5:30 PM, evening

yoga-stretch with Tacy, then we'll gather around the fireplace for hot drinks, and about 7PM we'll have a great dinner. (*Breakfast, Dinner*)

Day 3, Sunday

8 AM, yoga-based stretch session with Tacy. 8:30 AM, a hearty breakfast, then we'll be off to Paige Meadows, a lovely series of meadows edged by aspen trees and evergreens. Morning skiing lessons will probably include working on step turns and an introduction to more advanced turns for those who are ready for it. Afternoon ski and snowshoe touring till 3 PM if you wish, although some people choose to leave around 1 PM in order to beat traffic and get back to the Bay Area early. (*Breakfast*)

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

WHAT YOUR TRIP INCLUDES:

- Experienced leadership
- Excellent food, (provided meals are noted on itinerary)
- Two nights lodging in neighboring lake view homes at Lake Tahoe (double-occupancy)
- 2 days of yoga-stretch sessions
- Ski or snowshoe lessons

NOT INCLUDED:

- Lunches and trail snacks
- Transportation (we encourage carpooling, please call us for more information)
- Ski/snowshoe rental (you can rent these at the ski area)
- Trail Fees (\$20/day)
- Personal gear (see equipment list)
- 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. Tips at the end of the trip are optional and a way of showing your special appreciation if you feel that your guides have given very good service to you.

DAILY ACTIVITY AND MILEAGE OPTIONS

The distance we travel will depend on snow conditions. We may travel as far as five miles. Including our orientation lesson, we will snowshoe and ski from about 10AM to 2 or 3PM and may have two groups, one fast group and another group for those who prefer a slower pace.

QUALIFICATIONS

No previous snowshoeing or skiing experience is required. 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 physical condition, aerobically fit. 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!

HOW TO REGISTER

First, call (510-849-9292) 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. Call us directly to use your MasterCard or Visa credit card.

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.

DRIVING DIRECTIONS

Parking during the winter is limited, therefore we encourage participants to carpool. You're going to the North Shore of Lake Tahoe; our cabin is in the Dollar Point subdivision at: **64 Trinity Court, telephone 530 583-2770.** *Please do not arrive before 4pm*

From the Bay Area, take Interstate 80 toward Reno-North Tahoe. At Truckee, take the Squaw Valley/North Tahoe/Hwy 89 Exit. You'll be driving along the Truckee River, it's about 15 miles to Tahoe City. When you reach Tahoe City, continue on straight at the stoplight on Highway 28, the Lake will be on your right. About 2 miles from the stoplight in Tahoe City, you'll start going up a hill. At the top of the hill there's a Shell station on your left and a 7-11 market on your right. Just past the 7-11, go right at the stone gates into the Dollar Point Subdivision. Take the first right onto Observation Drive, Trinity Court is the 4th right. 64 Trinity Court is the second house on the left. Park above, wooden steps wind down to the house.

From the Reno airport: You are going to North Lake Tahoe. Take 395 North to Interstate 80 West. From I-80 take the 267 exit at Truckee south towards Kings Beach and Lake Tahoe. At Kings Beach, you'll hit a t-intersection. Turn right onto Hwy 28, the Lake will be on your left. After roughly 5 miles, you'll head up a hill. At the top of the hill, just before the gas station and

7-11, turn left at the stone gates into the Dollar Point Subdivision. Take the first right onto Observation Drive. Trinity Court is the 4th right. 64 Trinity Court is the second house on the left. Park above the wooden steps that wind down to the house.

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.

WINTER DRIVING

Winter weather in the Sierras can be unpredictable. Check the weather report and be prepared. Bring snow chains. Call Cal-Trans Information Network 800-427-7623 for road conditions. See the AAA site for some tips on winter driving

<http://www.csaa.com/global/articledetail/0,,1004040000%257c199,00.html>

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 pesto fettuccini, Truffled Porcini Potato Soup, fresh-baked coffee cake, or a curry Indian dinner with all the condiments. Our meals tend to be higher in carbohydrates and lower in fat for hiking and skiing trips. 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 can accommodate vegetarians, but 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.