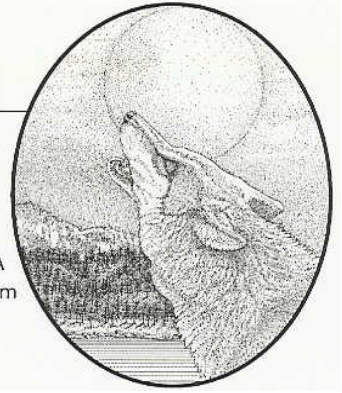


Call of the Wild

Adventure Travel for Women since 1978

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LAKE TAHOE WILDFLOWERS HIKES WITH LAKEVIEW LODGING JUNE 22-24, 2007

Rating: Moderate Day Hiking

Group Size Limit: 12

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 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 through mountain meadows. 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 yoga-based stretching led by your guide, exercise physiologist Tacy Weeks Hahn. Your guides will turn out great meals for your dining pleasure. Tacy Weeks Hahn has 27 years experience guiding wilderness trips, an MA in exercise physiology and has completed the Kali Rey Tri-yoga teacher training.

Day 1, Friday

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-based stretch session will be offered sometime between 6:30 & 7 PM and we'll have dinner about 7:30 PM. (*Dinner*)

Day 2, Saturday

Mileage: 5 miles round-trip, Elevation Change: minimal

After breakfast, we'll hike about 4-5 miles to mountain meadows, where we'll find a mix of open fields, aspen groves and green forest. There should be a wonderful display of wildflowers. After hiking, we'll enjoy the rest of the long summer day on the deck. From 5:30-6 PM, evening stretch session 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

Mileage: 4 miles round trip; Elevation Change: 6630'-6230' (one-way)

Breakfast and yoga-stretch. After breakfast, we'll explore the Lake Tahoe shoreline and its many 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 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 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.)
- 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 (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.

ARRIVAL AND DEPARTURE INFORMATION

Please arrive at the house between 4-5 PM on Friday. 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 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, take 395 North towards Susanville. Then take Interstate 80 West towards Sacramento. Stay on I-80 the 267 interchange at Truckee. Take 267 South towards Kings Beach. At Kings Beach, you'll hit a t-intersection. Turn right onto North Lake Blvd. After roughly 5 miles, you'll head up a hill. At the top of the hill, 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.

ACCOMMODATIONS

Our lodging will be neighboring homes on Tahoe's north shore. There are beautiful decks and fireplaces at each house, and most rooms have views of the lake. 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 Pad Thai, Anasazi Stew, Truffled Porcini Potato Soup, 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.