

Call of the Wild

The World's Longest Running Adventure Travel Company for Women
Since 1978



Blue Ridge Mountains Bed & Breakfast Hiking *Fall Colors, Hot Springs, and Soft Beds* **October 16 – 22, 2010**

Rating: Beginning/Intermediate – Day Hiking

Group Size Limit: 12 participants

Cost: \$1875; Reservation Deposit \$500. Balance due 3 months before start date of trip.

Enjoy the best the Blue Ridge Mountains have to offer by hiking through fields of golden trees in prime fall color season. We'll spend our days hiking on trails to catch views of the Blue Ridge Mountains while enjoying our evenings in comfortable Inns or Bed and Breakfasts. This trip is designed for anyone who enjoys being active outside – but likes the comforts of a bed and hot shower in the evenings. We'll have plenty of time during the day to take pictures and even do a little sight seeing. You'll come home with new friends, amazing memories, and fabulous photographs.

Day 1, Saturday ~ Arrive Richmond, Virginia

Lodging: Hotel

Today is arrival day. If you fly into the Richmond Airport, a representative will meet you in baggage claim and assist you with hotel transport. For those joining locally, hotel details will be sent in advance. There will be a welcome dinner at 6:30 PM at a local restaurant so please try to arrive before 5:00 PM if you are flying. At dinner, we will have a trip orientation, go over our weeks plan, answer questions, and you'll meet the guides. (*Dinner*)

Day 2, Sunday ~ Roanoke Warm Up Hike

Lodging: Inn

We'll depart from Richmond early and make the 3 hour drive west to Roanoke, Virginia. We will have lunch then depart on a 2 – 3 hour warm up hike in the area. Today we will connect with the Appalachian Trail for short while, before reaching the top of the ridge and having amazing views of the Roanoke Valley. We are likely to see many spring flowers and white tailed deer. We will then check into the Inn, shower, then enjoy a nice meal at a nearby restaurant. (*Breakfast, Lunch, Dinner*)

Day 3, Monday ~ Full Day Hike at Apple Orchard Falls

Lodging: Inn

After Breakfast, we head to a beautiful trail with streams, waterfalls, and nice views. Our 8 mile RT hike connects us back to the Appalachian Trail with moderate elevation gain throughout. We

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are likely to see and hear many song birds while hiking. We enjoy a trail side lunch before returning to our vehicles. This evening we will dine in downtown Roanoke and see the famous Roanoke Star!(*Breakfast, Lunch, Dinner*)

Day 4, Tuesday ~ Natural Bridge Hike

Lodging: Bed & Breakfast

Today we start early to hike near Natural Bridge Virginia on a 9 mile hike with great views overlooking the valley below. Hiking through a mix of forest and fields, we will have the opportunity for plenty of pictures. We will enjoy a trailside lunch and then be back at the vehicles by mid afternoon. We will then travel North to Warm Springs, Virginia. Warm Springs is famous for its natural springs that Thomas Jefferson soaked in back in 1776. Warm Springs today is a wonderful town surrounding by plenty of forest to hike in. We will check into our comfortable Bed and Breakfast before enjoying a nice meal in town. (*Breakfast, Lunch, Dinner*)

Day 5, Wednesday ~ Warm Springs Hike with Jefferson Pools Natural Spring Soak

Lodging: Bed & Breakfast

After a hearty breakfast, we will depart for the forest for a terrific hike in the dense wooded Appalachians. We will enjoy a trail side lunch as we hike along a scenic ridge with excellent views. We will aim to be back mid afternoon for a soak in the Jefferson Pools (natural springs) for a relaxing afternoon. Optional massages or spa treatments can also be scheduled later in the afternoon. Tonight we will have an enjoyable meal in town. (*Breakfast, Lunch, Dinner*)

Day 6, Thursday ~ Charlottesville with Monticello Tour

Lodging: Hotel

Today we depart Warm Springs and head West to Charlottesville, home to The University of Virginia and picturesque Monticello (the home of Thomas Jefferson). We will enjoy lunch in downtown Charlottesville before enjoying a guided walking tour of Monticello and the immaculate gardens. Other afternoon activities in Charlottesville include shopping in the Downtown Mall, sampling Virginia wines at a local tasting room, or walking the Rivanna Trail. Tonight we enjoy a delicious farewell meal in downtown Charlottesville before returning to our hotel. (*Breakfast, Lunch, Dinner*)

Day 7, Friday ~ Departure

Lodging: Hotel

After an early breakfast, we say goodbye and travel back to Richmond for an arrival around 11 am. For all those departing by airplane, please schedule your flights after 1 pm. You will be dropped off at the departure area of the airport. For those departing by car, we will return to original location where your vehicle is parked. (*Breakfast*)

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

WHAT YOUR TRIP INCLUDES:

- Experienced leadership
- Excellent food (from dinner on Day 1 through breakfast on Day 7)
- Double or Triple Occupancy Accommodation in 3 Star or Higher Properties
- Airport Transfers from Richmond Airport

- All entrance fees

NOT INCLUDED:

- Air and ground transportation to Richmond, Virginia
- Trail snacks
- Sodas or alcohol at meals
- Personal gear (see equipment list mailed in 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.) Guides 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. Tips are not required, but appreciated.

HOW TO REGISTER

First, call (650-265-1662) or use the Online Quick Reservation Tool to make a reservation and complete your deposit payment with a Visa or MasterCard.

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. 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, no matter what the circumstances of your cancellation may be. 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. To sign up for Travel Guard insurance call us for a brochure or visit www.callwild.com.

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. The closest airport is in Reno.

ARRIVAL AND DEPARTURE PLANNING

Please plan to arrive in Richmond no later than 5 pm on arrival day. For those flying, we will greet you in Baggage Claim at Richmond Airport. We will have a sign. For those joining at the hotel, your name will be registered at the front desk. We will meet in the hotel lobby at 6:30 pm for our welcome dinner. On departure day, please plan any flights after 1 PM. For those driving to Richmond, you will leave your car at our arrival and departure hotel.

ABOUT OUR HIKES

For this adventure, we will usually be on the trail by 10 AM each morning and be off by 3 or 4 PM at the latest. We will enjoy a trailside lunch and move at a pace that is comfortable for the group. Clients will carry a day pack each day with their personal gear, water, trail snacks, camera, and other personal affects. This pack is usually no more than 8 – 10 lbs. Our hikes range in difficulty from easy to moderate. They are all ‘doable’ and designed to give you a good

workout, but still allow you to enjoy the outdoors. We plan to move at a pace that allows time for picture taking. Depending on group ability, we may break into smaller group while on the trail to move at a few different speeds.

ABOUT OUR ACCOMODATIONS

For this adventure, we are staying in a mix of hotels, inns, and bed and breakfasts. Most evenings will be double occupancy and you'll be assigned a roommate upon arrival, unless you request a specific roommate in advance. When in Warm Springs, you may be in triple occupancy accommodation. All accommodations are equivalent to 3 Star rated or higher.

The single supplement for this trip is \$750 for guests requesting single occupancy accommodation. This must be confirmed upon reservation and paid in full.

ABOUT OUR MEALS

For this adventure, all meals are included as indicated on itinerary. You can expect

Breakfast – Most mornings will be a mix continental breakfast (granola, fruit, yogurt, coffee, etc.) with warm options such as gourmet breakfast casseroles, French toast, waffles, and chicken and apple sausage. Coffee, tea, and juice are included.

Lunch – Many of our lunches will be on the trail. These will typically include cheese, crackers, fruit, meats, and nuts. Lunches in town will usually be sandwiches or salads.

Dinner – We eat in nice restaurants as a group in the evenings and try to patronize restaurants that showcase fresh, local flavors of the areas we are visiting. Examples of entrees may include Alleghany Mountain Trout, Free Range Chicken and Pasta, or Organic Vegetable Lasagna. Your meal includes an appetizer salad and dessert. Due to group size, some meals are fixed menu with 2 -3 options. All meals have a vegetarian option. Not included in meals are sodas, teas, coffees, alcohol, or anything else not outlined above.

For those wishing to enjoy wine with their meals, some groups decide to setup a 'Wine Kitty' at the beginning of the trip, where each member contributes money which is designed to cover the week. This is optional and up to the group if they wish to structure. Your guide will speak to you more about this at the welcome dinner on Day 1.

For those with any strict food allergies, please disclose this on the trip application for planning purposes.

WEATHER

We will most likely experience spring weather while on our adventure. Daytime temperatures can range from the 60 – 90s this time of year with moderate humidity so you should pack a variety of warm and cool weather clothes. It is likely we will see a few afternoon thundershowers, so rain gear is a must. Guides will inform you of what to do in the case of a thunderstorm. We hike in the rain, so please plan accordingly.

QUALIFICATIONS

Call of the Wild 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 and 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!

ABOUT OUR GUIDES

Call of the Wild guides have extensive experience and bring proven leadership to your adventure. We pride ourselves on giving women safe opportunities to venture into the wilderness 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 at home in the wilderness. They are interesting people and include a pilot, a former paramedic, a personal trainer, an exercise physiologist, a glacier guide, and the owner of a wild mustang. They have in common a love of the wilderness and an enjoyment of people's company.