

2014 Rates

Nightly rates are per person, including taxes & gratuity

Hiking Vacation Rates

The **Hiking Vacation** consists of an air conditioned room with three daily spa meals; snacks; guided novice, intermediate, or advanced hike; and an afternoon of kayaking, caving, or an excursion.

	S.O.	D.O.
1-2 NIGHTS	\$258.00	\$233.00
3-6 NIGHTS	\$253.00	\$228.00
7+ NIGHTS	\$247.00	\$220.00

Family & Group rates are available

Hiking and Yoga Vacation Rates

The **Hiking and Yoga Vacation** consists of an air conditioned room with three daily spa meals; snacks; guided novice, intermediate or advanced hike; and an afternoon of kayaking, caving or an excursion including a late afternoon yoga class.

1-2 NIGHTS	\$288.00	\$263.00
3-6 NIGHTS	\$283.00	\$258.00
7+ NIGHTS	\$277.00	\$250.00

Hiking and Spa Vacation Rates

The **Hiking and Spa Vacation** consists of an air conditioned room with three daily spa meals; snacks; guided novice, intermediate or advanced hike; and an afternoon of kayaking, caving or an excursion plus a daily hour massage.

1-2 NIGHTS	\$338.00	\$313.00
3-6 NIGHTS	\$333.00	\$308.00
7+ NIGHTS	\$327.00	\$300.00

Hiking and Tennis Vacation Rates

The **Hiking and Tennis Vacation** consists of an air conditioned room with three daily spa meals; snacks; guided novice, intermediate, or advanced hike; and a daily hour long tennis lesson, with limited kayaking, caving, or an excursion.

1-2 NIGHTS	\$328.00	\$288.00
3-6 NIGHTS	\$323.00	\$283.00
7+ NIGHTS	\$317.00	\$275.00

Healthful Living Vacation Rates

The **Healthful Living Vacation** consists of an air conditioned room with three daily spa meals; snacks; guided novice, intermediate, or advanced hike; and an afternoon of kayaking, caving, or an excursion. Plus a one hour personalized nutrition session and cooking demonstration with ATA's registered dietician. MINIMUM STAY OF THREE NIGHTS REQUIRED.

3-6 NIGHTS	\$294.67	\$269.67
7+ NIGHTS	\$288.67	\$261.67

Kayaking Vacation Rates

The **Kayaking Vacation** consists of an air conditioned room with three daily spa meals; snacks; guided all day river kayaking adventure; and a limited excursion. **Hiking Vacation rates apply.**



Appalachian Trail Adventures is a hiking spa that provides daily guided hikes along the Appalachian Trail and the Long Trail throughout the Green Mountains of Vermont for the novice, intermediate and advanced hiker with an afternoon of kayaking, caving or an excursion.

1-888-855-8655

P.O. Box 155, Killington, VT 05751
www.appalachiantrailadventures.com

Appalachian Trail Adventures has a unique approach to health and fitness, with hiking as its core activity. Our guests include hikers who may not feel comfortable hitting the trails alone and those seeking an active or healthful living vacations. We are located near the Long Trail and the Appalachian Trail to provide easy access to the hiking trails.

We provide affordable all inclusive vacations offering customized day hikes and an afternoon of kayaking, caving, or an excursion to scenic Vermont villages in small group settings. Our guests range from young adults to seniors who seek health and fitness at different levels of ability. Providing comfortable accommodations, spa cuisine and experienced guides to lead you on an unparalleled Vermont vacation.



In addition to hiking, we offer a stretch class and when demanded an afternoon fitness or yoga class. Additionally nightly, we offer a hiking or nature themed movie.

The **Summit Lodge** situated on eleven acres, offers all the cozy, traditional pleasures of a Vermont country inn, along with air-conditioned rooms and a spa for those guests who wish massage therapy, reflexology or acupuncture. Hone your racquet skills on the tennis court, then cool off in the outdoor pool. Enjoy an energizing workout in the exercise room, a warm relaxing sauna or a steaming whirlpool. In the evening, enjoy dining in the antique-filled dining room.

We look forward to showing you a true Vermont adventure!

Our Mission

We are dedicated to making your experience at our spa an event which will leave you feeling healthier, both physically and mentally. We help our guests customize their stay while at the same time immersing them in a real Vermont vacation.

Unlike other spas where guests spend a good deal of their time on the spa property, we encourage all our guests regardless of physical ability to explore Vermont.

Spa Cuisine

Appalachian Trail Adventures has collaborated with the Summits Executive Chef Stephen Hatch, The Foundry Restaurant and Registered Dietitian, **Rosa Donohue MS, RD, CDN** (Master of Science degree in Clinical Nutrition) to create our delicious spa menu. Our meals contain a healthy balance of carbohydrates, proteins and healthy fats. We also offer special diets, such as vegetarian, vegan, wheat and dairy-free options. We provide two meal sizes: smaller portion size and a larger hikers' portion.

Whenever possible we buy our food from local farmers and have our own vegetable garden on property.

Hiking Vacations

ADVANCED HIKERS

The mountains we hike have the best advanced trails Vermont has to offer. The bravest hikers have the option to traverse along the spine of the Green Mountains hiking 6 to 8 miles and longer with elevation gain to 3,000 feet.

Our **peak bagging** is for those advanced hikers staying 7 nights or longer. Guests will have the opportunity to hike all five of Vermont's 4,000 foot mountains. Those who summit all of Vermont's 4,000 footers are awarded a certificate of accomplishment. This accomplishment in the hiking community is referred to as peak bagging.



INTERMEDIATE HIKERS

The majority of our hikes are in the Green Mountain National Forest along the Appalachian Trail and Long Trail to the spectacular vistas. Intermediate hikers will encounter multiple hills gaining around 600 to 1,400 feet of elevation. That's 40 to 60 minutes of climbing hills; some trails will have three 20 minute hills, compared to the advanced hikes which climb uphill most of the time, with some steep sections.

NOVICE HIKERS

We follow country dirt roads and trails through the Green Mountain National Forest. The area has a fair number of hiking trails that are relatively flat; however, some are rolling, which means a gentle uphill or downhill section that lasts for brief period.

Our hillier hikes will gain 600 feet of elevation. When your eyes see the rewards, the effort will be worth it. Our hike destinations vary from day to day; some are to a waterfall, to a covered bridge or to a historic mine, along a scenic stream, to a beautiful vista or to a crystal clear lake.



DAILY SCHEDULE

7:30-8:00 BREAKFAST
 8:30 ALL HIKES DEPARTS
 12:00-1:00 PICNIC LUNCH
 2:00-4:00 HIKES, KAYAKING & EXCURSION RETURN
 5:00-6:00 FITNESS, YOGA CLASS, COOKING DEMO or MASSAGE
 6:30-7:30 DINNER
 8:00-9:30 MOVIE

Afternoon Kayaking

Discover Vermont's unspoiled waterways drifting down a beautiful section of a local river or a nearby flat water pond or lake. Central Vermont has many great areas to tour by kayak. Kayaks are perfect vehicles to a view area from a different perspective or a way to spend a beautiful afternoon. Our kayaking adventures are very flexible being for all ability levels with beginners being especially welcome. For the advanced, we need heavy rains for any white water trips.



À La Carte Activities

À la carte activities offered on property include massages, yoga, boot camp and water aerobics classes, tennis lessons, cooking demonstrations and nutrition consults by ATA's Registered Dietitians. Off property activities such as horseback riding, fishing, rock climbing are offered by local businesses. Last minute requests may not be fulfilled as some classes require a minimum of 2 to 3 guests. Please book or inquire activities in advance.



RESERVATION

Let us know as soon as possible if you would like to book your reservation. Please give us a call at 1-888-855-8655 or you can book online. We look forward to having you here at A.T. Adventures.

DEPOSIT

We require a \$300.00 deposit to confirm your reservation. Deposits are non-refundable in the event of early departure or in the event that the cancellation is made fewer than 14 days prior to arrival. Cancellations greater than 14 days prior to arrival are refunded minus a \$40.00 cancellation fee.

FAMILY & GROUP RATES

Nightly rates are per person, including taxes & gratuity

	Triple Occ.	Quadruple Occ +
1-2 NIGHTS	\$211.00	\$193.00
3-6 NIGHTS	\$206.00	\$187.00
7+ NIGHTS	\$200.00	\$179.00

FLYING

Rutland, VT airport is the closest served from Boston's Logan airport. West Lebanon, NH airport (45 minutes away), Burlington, VT airport (1.5 hours away), Albany, NY airport, Manchester, NH airport (2 hours away).

TRAIN

Amtrak has daily service to White River Junction and Rutland, VT on the Ethan Allan Express from New York's Penn Station (5-hour ride) with connections from the northeast corridor.

BUS

Vermont Transit and Greyhound Express reach Rutland and White River Junction, VT (45 minutes away) from all cities.