

GUIDED

**DAY HIKES
KAYAKING
CAVING
SIGHTSEEING TOURS
KAYAK RENTALS**



**WE LOOK FORWARD
TO SHOWING YOU A
VERMONT
ADVENTURE!**



1-888-855-8655

AppalachianTrailAdventures.com/day-guide-programs





With over 25 years of experience **Appalachian Trail Adventures** provides personalized guided hiking, kayaking, caving and sightseeing tours throughout the Green Mountains of Vermont for all abilities especially families.

Discover Vermont by **kayaking** local rivers & lakes. Trips are for everyone, particularly beginners & families. Fun, very scenic, 3-mile, flat, moving water or mild rapids river. Nervous try our lake intro to kayaking & paddle techniques.

Explore local marble & talus **caves** discovering passages & rooms, with beautiful rock formations, streams, ice room, waterfall or underground lake.

Novice, intermediate & advanced **Day Hikes** are offered to waterfalls, lakes or a scenic vista along the world famous Appalachian Trail.

Sightseeing Day Tours to secret local off the maps sites. Such as waterfalls, swimming holes, gold mines, jaw dropping vista's, quaint villages, historical sites, country stores, Vermont artisan's stores, covered bridges, cheese tasting, brewery tours, antiquing and much more!

This institution is an equal opportunity provider and operated under a special use permit with the Green Mountain Nation Forest.

**For group & private guided rates
please call 1-888-855-8655**