

2017 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; guided half or full day novice, intermediate or advanced hike. The half-day hikes include an afternoon of kayaking, a caving trip or an excursion

	S.O.	D.O.
1-2 NIGHTS	\$285.00	\$255.00
3-6 NIGHTS	\$280.00	\$251.00
7+ NIGHTS	\$274.00	\$242.00

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	\$315.00	\$285.00
3-6 NIGHTS	\$310.00	\$281.00
7+ NIGHTS	\$304.00	\$272.00

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	\$365.00	\$335.00
3-6 NIGHTS	\$360.00	\$331.00
7+ NIGHTS	\$354.00	\$322.00

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	\$354.00	\$312.00
3-6 NIGHTS	\$350.00	\$306.00
7+ NIGHTS	\$344.00	\$297.00

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 NIGHTS	\$326.67	\$277.67
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Kayaking Vacation Rates

The **Kayaking Vacation** consists of an air-conditioned room with three daily spa meals; snacks; a 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 394 or 200 Summit Road

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 vacation in a small group setting. Our hikers range from young adults to seniors of different levels of ability.

We provide affordable all-inclusive vacations offering customized guided half or full day hikes for all ability levels along the Appalachian Trail. The half-day hikes are followed by an afternoon with a variety of options, such as: relaxing around the pool, kayaking either on a lake or flat water river, a caving trip, an excursion to local attractions or a visit to a quaint New England village.



Some of the attractions include the Vermont Country Store, 1881 Corn Maze, world famous Cabot Cheese, Quechee Gorge, Long Trail Brewery and much more. Massages, yoga classes, tennis lessons and more are available à la carte.

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 or reflexology. Hone your racquet skills on the tennis court, then cool off in the outdoor pool or enjoy a warm relaxing sauna or a steaming whirlpool. In the evening, enjoy dining at either the O'Dwyer's Public House or the Foundry Restaurant, known for their impeccable chef-driven cuisine providing the finest cuts of prime meats, fresh seafood and much more.

We look forward to showing you a true Vermont adventure!

Our Mission

We are dedicated to making your experience at our spa an event leaving 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 to explore Vermont. While providing comfortable accommodations, delicious cuisine and experienced guides to lead you on an unparalleled Vermont vacation.

Spa Cuisine

Appalachian Trail Adventures has collaborated with the Summit Lodge's Executive Chef Stephen Hatch, The Foundry Restaurant Chef Sean Miller 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. In addition, we provide two meal sizes: smaller portion size and a larger hikers' portion. This enables ATA to accommodate couples, athletes, weight loss vacationers, as well as all those with no dietary restrictions who seek to eat healthily.

Hiking Vacations

ADVANCED HIKERS

The mountains we hike are the more difficult hiking trails Vermont has to offer. The bravest hikers have the option to traverse along the spine of the Green Mountains to one of Vermont's highest mountains. Hiking distances are 5 to 8 miles and longer with elevation gain to 3,000 feet. We offer both half and full day advanced hiking trails.

Expect to be climbing uphill most of the time on the advanced trails for approximately 60 to 90 minutes on the average with the longer hikes having two hours plus of climbing. A few trails will have rock scrambles, when you have to use both your hands and feet to climb a short steep rock face.



INTERMEDIATE HIKERS

The majority of our guided hikes are in the Green Mountain National Forest along the Appalachian Trail and Long Trail to spectacular vistas. Intermediate hikers will encounter multiple hills gaining around 600 to 1,400 feet of elevation hiking over 4 to 6+ miles. That is 40 to 60 minutes of climbing hills compared to the advanced hikes, which climb uphill most of the time. We offer both half and full day intermediate trails.

NOVICE HIKERS

Locations vary including the Appalachian Trail 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 over a 4 to 6 mile distance. 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 DEPART
12:00-1:00	PICNIC LUNCH
2:00-4:00	HIKES, KAYAKING, or EXCURSION RETURN
5:00-6:00	YOGA* or MASSAGE*
6:30-7:30	DINNER
8:00-9:30	MASSAGE*

** offered à la carte*

Kayaking Adventures

Kayaking is the most popular afternoon activity we offer, the adventures are very flexible being for all ability levels with beginners especially welcome. Discover Vermont's unspoiled waterways drifting down a beautiful flat-water river or a nearby 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.



À La Carte Activities

À la carte activities offered on property include massages, yoga, 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 about 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 \$100.00 cancellation fee.

TRAVELING HERE

FLYING

Rutland, VT airport is the closest served from Boston's Logan airport. West Lebanon, NH airport (50 minutes away), Burlington, VT airport (1.75 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.

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