

## 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.
1-3 NIGHTS	\$285.00	\$255.00
4-6 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.

1-3 NIGHTS	\$315.00	\$285.00
4-6 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.

1-3 NIGHTS	\$365.00	\$335.00
4-6 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.

1-3 NIGHTS	\$354.00	\$312.00
4-6 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
----------	----------	----------

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



## Appalachian Trail Adventures

We are a travelers one stop adventure vacation destination. Providing personalized all-inclusive vacations, daily guided; hiking, kayaking, caving adventures, and sightseeing tours to local attractions throughout the Green Mountains of Vermont.

**1-888-855-8655**

P.O. Box 394 or 200 Summit Road  
Killington, VT 05751

[www.AppalachianTrailAdventures.com](http://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.

## Cuisine

**Appalachian Trail Adventures** has collaborated with the Summit Lodge's Executive Chef Stephen Hatch, The Foundry Restaurant Chef Tony Lavelle and Registered Dietitian's, Jill Corey & Rosa Donohue MS, RD, CDN (Master of Science degree in Clinical Nutrition) to create our delicious 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

All-inclusive Vacations include daily guided hikes along the Appalachian Trail and the Long Trail throughout the Green Mountains of Vermont for the novice, intermediate and advanced hikers with an afternoon of kayaking, caving or an excursion.

### 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.



### 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 and 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 our most popular afternoon activity that 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.



### ATA's Peak Bagger Vacation

ATA's Peak Bagger Vacation is for those hikers who want the opportunity to hike Vermont's 4,000-foot mountains, the Appalachian Trail and the Long Trail, the oldest long-distance hiking trail in the country. Those who summit all five of Vermont's 4,000 footers, are awarded with a certificate of accomplishment. This accomplishment in the hiking community is referred to as peak bagging.

### Family Hiking & Kayaking Vacation

Family Hiking & Kayaking rates are for families or groups that are required to participate in same morning & afternoon activity. I.E. Family members participate on the same hike, then after a picnic lunch the entire family participates kayaking. Some family member(s) cannot go caving or on an excursion while others go kayaking. Afternoon activities include a choice of hiking, kayaking, caving and excursions. For Family rates please visit <http://appalachiantrailadventures.com/rates-and-information>

### Local Guiding Services

Already staying locally, we offer guided; day hikes, lakes & river kayaking, caving adventures, sightseeing tours and kayak rentals.

Our sightseeing day tours visit 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, antiques and much more!

