

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



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



**1-802-347-4343**

[AppalachianTrailAdventures.com/day-guide-programs](http://AppalachianTrailAdventures.com/day-guide-programs)



With over 25 years of experience, **Appalachian Trail Adventures** is a travelers one stop adventure destination. Providing personalized daily guided; hiking, kayaking, caving adventures, and sightseeing tours throughout the Green Mountains of Vermont for all abilities especially families.

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

Explore local marble and talus **Caves** discovering passages and rooms, with beautiful rock formations, ice rooms, waterfall or an underground lake.

Novice, intermediate, and 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. That include waterfalls, swimming holes, gold mines, jaw dropping vista's, quaint villages, historical sites, country stores, covered bridges, cheese tasting, brewery tours, antiquing, and much more!

We offer a 2-hour single person **Kayak Rental** that includes PFD and paddle. Transportation is available to the jaw dropping Chittenden Reservoir.

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

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