

*Come With Us To
Beautiful, Seaside
Acadia National Park*



*Bar Harbor, Maine
Saturday, Sept. 15 - Friday, Sept. 21, 2012
(The ideal time of year there!)*

Fall in love with Maine...

Gaze at dawn's first light from atop the highest coastal mountain north of Rio de Janeiro...at Northwoods forests tinged with autumn color...at harbor seals bobbing near your kayak and whale flukes disappearing into the ocean near your whale-watching boat ...at lighthouses and tidal pools.

Smell wild roses along the harbor path...sea air...flowers of Thuya Garden above a quiet harbor.

Listen to waves crashing against pink-granite cliffs...the call of loons and gulls...clanging sea buoys...shells crunching as you cross the ocean floor, at low tide, to a deserted island.



Gazing at the Atlantic from Otter Cliffs

Taste succulent lobster...fresh Maine blueberries ... popovers, warm from the oven, on the lawn of famous Jordan Pond House.

Feel the ocean's gentle breeze as you cruise on a windjammer...the warmth of sun-baked granite as you sit and watch the Atlantic Ocean...the lap of cool waves on your toes.

No wonder hikers named Acadia one of their 3 favorite national parks in *Backpacker* magazine!



Overlooking Sand Beach from Great Head Peninsula

Saturday, Sept. 15

Fly into Bangor International Airport, where we'll meet you and drive you to our lodge in Bar Harbor, Maine, an hour away.

Settle into your room at Atlantic Eyrie, with sweeping views overlooking the Atlantic's pretty Frenchman Bay.

Savor the *Chart Room's* succulent Maine lobster and other fine seafood – and enjoy the sunset.

Sunday, Sept. 16

Watch the sun rise over the ocean from your private balcony, and enjoy the hotel's hearty, complimentary breakfast.

We'll hike 2 miles along the rugged Atlantic coastline as we follow the Ocean Path, enjoying Otter Cliffs, blowholes, amazing views, and Acadia's pink granite rocks. We'll eat our trail lunches on those warm rocks while overlooking the sparkly blue Atlantic. Then we'll visit Acadia's only sand beach, nestled in a lovely cove, on our way to the 1.4-mile hike on Great Head Peninsula, which juts into the Atlantic and offers fabulous ocean vistas. Afterward, dine at one of Bar Harbor's outstanding restaurants or catch the optional sunset-sail aboard the Margaret Todd schooner.



View of the "Bubbles" from Jordan Pond House

Monday, Sept. 17

We'll hike 3.3 level miles around lovely Jordan Pond. Add 2.6 more miles if you'd like the optional hike to view famous South Bubble's awesome vistas and precariously balanced Bubble Rock.

Savor popovers and other goodies on the lawn of famous *Jordan Pond House*, reflecting on the mountain you just climbed. Then stroll charming Asticou/Thuya Gardens, overlooking a quiet ocean harbor.

Share a casual evening in the leaders' room, enjoying home-cooked hearty soup, salads, warm bread, yummy dessert ... and great camaraderie. Then, join us to star-gaze and count shooting-stars at Sand Beach.

Tuesday, Sept. 18

We'll hike 2.2 miles to the summit of Cadillac Mountain, the tallest mountain on the Atlantic seaboard, relishing stunning vistas along the way. In the afternoon, explore the ocean floor and its critters with Diver Ed, who will scuba dive to the ocean floor and take us with him, virtually, via live, narrated video. The former harbor master for Bar Harbor, Diver Ed is as fun as he is knowledgeable, and you'll laugh while you learn. At the end of his dive, Ed will bring up lobsters, sea stars, and other sea treasures for us to enjoy before releasing them back to the ocean. Finish this fabulous day with free evening time in Bar Harbor to explore, shop, and dine.

Wednesday, Sept. 19

View morning's first sunrays from the peak of Cadillac Mountain. Then warm up with a delicious early-morn breakfast at a favorite Bar Harbor restaurant.

On this free day, opt for ocean kayaking on the island's quiet west side (which we'll arrange for you), whale watching, Bar Harbor shopping, reading on your balcony, or strolling the Bar Harbor Shore Path to admire grand, ocean-front homes and their gorgeous views.

Dine together at one of Bar Harbor's great restaurants.



Ocean kayaking among harbor seals on the quiet side of the island.



Pretty Bar Harbor from our hike across the bay to secluded Bar Island

Thursday, Sept. 20

Take an optional 1.4-mile early-bird hike across the (dry!) ocean floor during low tide to explore uninhabited Bar Island and its great views of Bar Harbor.

Enjoy the scenic 20-minute drive to the island’s western “quiet side.” Along the way, we’ll stop at picturesque Somesville Bridge for photos. Then take in amazing vistas from atop Beech Cliff and Beech Mountain on this 1.9-mile circuit, and munch lunch while enjoying the panoramic views. After the hike, stop by peaceful Echo Lake for a toe-dip.

In the afternoon, explore tidal pools, search for blue mussel shells, and take time to relax on warm pink granite slabs while watching the ocean’s crashing waves on this 1.3-mile loop at Ship Harbor. Then photograph the island treasure, Bass Harbor Lighthouse.

Dine at *Fiddler’s Green* in Southwest Harbor, enjoying our ocean view and last dinner together.

Friday, Sept. 21 (Travel day)

Cherish one last sunrise over Frenchman Bay. Then let Us shuttle you to the Bangor Airport. Return home with amazing memories and stories, new confidence, warm new friendships, and a renewed love for the great outdoors and this beautiful country of ours.



Hiking the lovely, rugged coastline near Ship Harbor.



The thrill of whale watching outside of Bar Harbor



Another amazing sunrise from Cadillac Mountain

The trip cost of \$1,595 includes:

- 6 days and nights at lovely Atlantic Eyrle Lodge (double-occupancy). The newly refurbished rooms treat you to fabulous views of Frenchman Bay and the Porcupine Islands, private balconies, mini fridges, microwaves, flat-screen TV, outdoor pool, and frequent shuttles from the hotel door to downtown Bar Harbor.
- Guided hikes with experienced leaders.
- Live – and lively! – virtual scuba dive tour of Frenchman Bay with Diver Ed.
- Transportation throughout the week to our hikes, activities, and dining.
- Shuttle to and from Bangor International Airport, within designated time frames.
- Hearty, complimentary breakfasts.
- Yummy, home-cooked dinner on Monday.
- Park entrance fees and permits.
- Guided discussions, based on what we see in nature each day, that foster warm camaraderie and help you view nature and yourself in new ways.
- Informational booklet packed with suggestions on what to bring; fun facts about the area's history, weather, and wildlife; and hiking tips.
- Photo CD memento of the trip.
- Best of all: Amazing memories and stories, warm new friendships, bragging rights, new confidence, and a renewed love of nature.



Celebrating a great hike by passing under the hiking-stick salute.

Book your trip!

This trip is open to 10 women, in addition to two guides. It's one of our most popular trips and will fill quickly; don't wait long to register. Hold your spot by completing and mailing the registration form on the next page, along with a \$400 non-refundable deposit (which applies toward your balance). Full payment is due 60 days before the trip.

Leaders:

Your leaders for this trip will be Connie Brownell and Colette Szczesny. Learn more about them at "About Us" on our website: www.TrailboundTrips.com.

Questions?

Don't hesitate to contact Carol Ruhter at *Trailbound Trips*: 847-381-9374 or TrailboundTrips@gmail.com



Sunset- sail aboard the Margaret Todd schooner

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do... Explore. Dream. Discover." ~Mark Twain

Join us in Maine in September 2012!

Your contact info

Your name: _____

Address: _____

City: _____

State/Zip: _____

Home phone: _____

Cell phone: _____

E-mail: _____

(Ongoing communication will be through e-mail)

Roommate (optional) _____

(You may request a roommate, or we'll be happy to pair you
With one of the other great women traveling solo.)



Falling in love with Maine...

Mail this form

Hold your spot for this very popular trip by mailing this form and your \$400 non-refundable deposit to:

Debbie Hager

Trailbound Trips

111 Woodland Drive

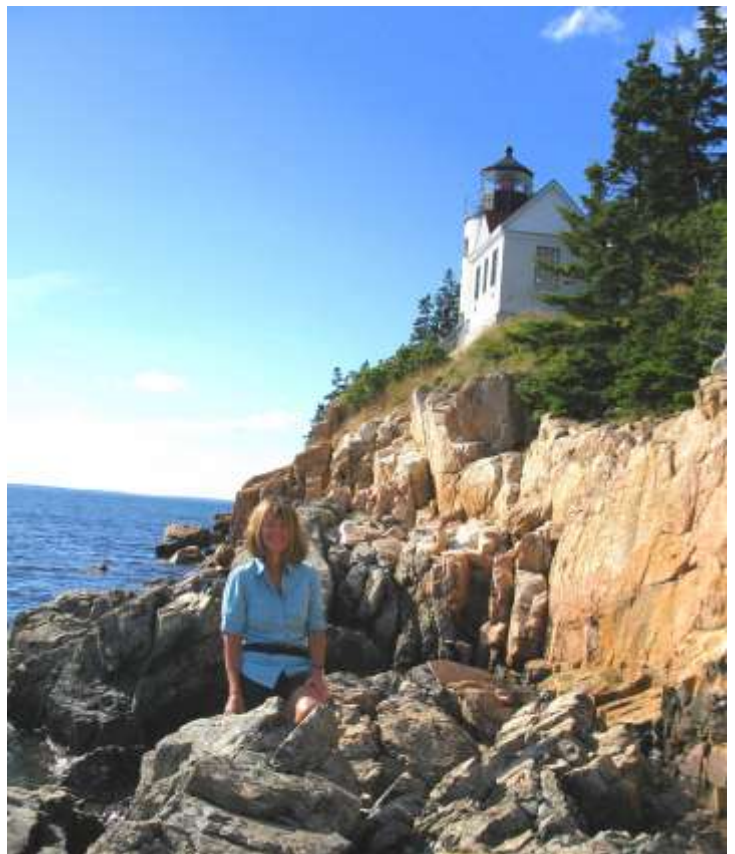
Lake Barrington, IL 60010

(Please make checks payable to *Trailbound Trips*.)

In a couple of months, we'll send you a booklet packed with information about our Maine hike.

We're glad you're joining us!

Happy trails!



Bass Harbor Lighthouse