



# Trip Summary

## Girls Adventure Getaway

July 8 - 13, 2017

### TRIP AT-A-GLANCE

**Dates:** July 8 – 13, 2017

**Location:** Dahlonega, GA

**Cost:** \$1790 for both (\$895 each)

- A discount of 3% off the entire trip fee when the balance is paid by check.

**Rating:** 2

**Activities:** Hiking, horseback riding, multiple types of watersports, ziplining

**Meeting**

**Place:** Atlanta Airport (ATL)

**Arrive:** 12pm pick up on Sat. July 8

**Depart:** anytime after 5:30pm on Thursday, July 13

### WHAT'S INCLUDED

- Round-trip transportation from the Atlanta Airport
- All meals from dinner on Saturday through lunch on Thursday
- Five nights lodging in rooms shared by four people
- All activities on the itinerary, including horseback riding, rafting, & hiking
- Experienced guides

### WHAT'S NOT INCLUDED

- Airfare to Atlanta
- Guide gratuities
- Items of a personal nature

### Trip Highlights

- Ziplining and stand up paddleboarding at Lake Lanier
- Whitewater rafting on the Chattooga River
- Hiking on the legendary Appalachian Trail
- Tubing and canoeing on the Chestatee River
- Enjoying down time and camaraderie

### Trip Overview

Is there a young woman in your life that you have been wanting to have some quality playtime with? Your daughter, granddaughter, niece, or other young friend? Removed from the concerns and distractions of every day life, away from peer pressure and the demands of work and family, you can share a camaraderie and appreciation of each other that is lots of fun. In a new environment, where both of you are learning new things and neither of you is in charge, where one of you isn't consumed with planning and cooking meals and the other isn't concerned with what her friends think, you can experience the playfulness that can be hard to find in daily life. This trip is for young women aged 12 to 15 and the adult women in their lives who think that sounds like a lot of fun.

Maximum group size: 14

### Our Itinerary

**Saturday, July 8:** We pick you up at the Atlanta (ATL) airport at 12 pm and return to the hostel where we can settle into our home for the week and start getting to know each other. We'll start our adventure together with a beautiful 3 mile hike with gentle ups and downs around a nearby reservoir. That night we'll return to the hostel for our first shared meal together.

**Sunday, July 9:** Today we'll continue our adventure with a morning of horseback riding. We'll start with a short lesson, making sure that everyone is comfortable on her horse and knows the basics of riding. Our two hour trail ride is just the right length- long enough that we can enjoy the scenery and cover some ground on forest trails and backwoods roads, but not so long that we are too stiff to walk afterwards. After lunch we continue our adventure with

## CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip	Refund
90 + days	All but \$50
90 – 61 days	50% of deposit
60 – 30 days	50% of trip fee
29 days or less	No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

## TRAVEL INSURANCE

- We highly recommend travel insurance for your trip.
- If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance.
- Call 1-800-228-9792 or visit [www.travelexinsurance.com](http://www.travelexinsurance.com).
- The location code is 20-0016.

## Our Itinerary Continued

an afternoon kayak trip down the nearby Chestatee River. The section we'll be doing is perfect for beginners as well as those with some experience. There are several fun but gentle rapids, great scenery and good fishing.

**Monday, July 10:** After a hearty breakfast at the hostel, we're off for a day of whitewater rafting on the Chattooga River. If the name of the river sounds familiar, yes - it is where Deliverance was filmed. The section we'll be paddling is known for its breathtaking scenery, abundant plant and wildlife, and playful Class 2 and 3 rapids, ending with one big Class 4. This raft trip is suitable for those without previous rafting experience and even if you don't think rafting is your cup of tea, it's really the only way to experience the river's solitude and wildness. After a full day of excitement we'll return to the hostel for another delicious dinner and relaxing evening with s'mores on the back deck.

**Tuesday, July 11:** After another hearty breakfast, this morning we don our hiking boots for a hike on a section of the famous and historic Appalachian Trail. The Appalachian Trail starts about an hour from the hostel and goes a distance of 2,189 miles and traversing 14 states on its way to Maine. Our hike will be considerably shorter, however, and we'll stop often for pictures and to eat lunch. We may have worked up a sweat, so we'll cool off with some tubing on one of the nearby rivers.

**Wednesday, July 12:** We're going to head down to Lake Lanier for today's adventures. Lake Lanier, about an hour away, is a very large reservoir. It was created by building the Buford Dam on the Chattahoochee River in 1956, and is also fed by the waters of the Chestatee River where we've been boating and tubing. But we're not there for kayaking. Nope, today we're going to give Stand Up Paddleboarding a try! We'll start with a lesson and then, using our news skills, go for a paddle. As long as we're trying new things today, after lunch we'll go ziplining. Ziplining is one of those activities that feels really scary and is actually quite safe, so adrenaline is high but the actual risk is low. Sounds fun, eh?! It is! And by the end of 2 hours you'll feel like a pro. Returning to the hostel we'll grill hotdogs and hamburgers as we share our final dinner together.

**Thursday, July 14:** After packing up, our final activity is to learn a little more about what made Dahlonega famous – gold mining! In operation from 1896 – 1906, it was the largest hard rock gold mine east of the Mississippi. During the 40 minute tour you'll hear tales of the miners' struggles and learn what working in a mine was like. It's a fitting end to our time together and after a final picnic lunch, we head to the airport where you can plan a flight out after 5:00 pm.

## Packing List

### FOOTWEAR

- 1 pair of lightweight hiking boots/shoes
- 1 pair of comfortable athletic shoes, Teva/Chaco/Keen sandals, or crocs for wearing around the hostel accommodations, in town and ziplining. **Please note:** You must wear closed toed shoes for ziplining, no sandals or flip flops are permitted.
- 1 pair water shoes, neoprene socks/booties for rafting day. **Please note:** You do need to wear shoes that have either a heel or a heel strap for rafting. If you are OK with getting your casual shoes (noted above) wet then you do not need another pair of shoes. Slide type sandals and flipflops cannot be used for rafting.
- 2 pairs of hiking socks (some people also like to wear liner socks)

### CLOTHING

- 1-2 pair of comfortable synthetic/nylon long pants for hiking. Zip-offs work well
- 1-2 pair of shorts and/or ¾ pants.
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- 2-3 synthetic T-shirts or short-sleeved shirts
- 1 medium-weight top layer (Options include a long sleeved wool shirt, lightweight fleece pull-over or lightweight fleece/wool vest)
- 1 bathing suit comfortable for water sports – rafting, kayaking, tubing and paddleboarding
- 1 rain parka (see notes on packing list page 4)
- Underwear/nightwear
- 1 wide-brimmed hat or baseball cap for protection from the sun
- 1 – 2 changes of comfortable clothes to wear around the hotels and out to dinner

### TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, wet wipes, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Insect repellent
- small personal “patch kit”: Band-Aids, Second Skin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any. **Individuals allergic to insect bites must bring an anaphylactic kit.**

### ESSENTIALS

- Sunglasses (100% UV protection)
- Croakies or other sunglasses retainer
- 1 daypack large enough to hold your supplies for the day (water, snacks, sunscreen, raingear, fleece jacket, personal patch kit, etc.). Line with a trash bag.
- Capability to ‘waterproof’ your backpack. Either a pack cover or a heavy-duty plastic bag to line your pack.
- 1 liter water bottle or hydration system
- Ear plugs (for a good night’s sleep!)
- Your favorite snack
- Headlamp/small flashlight (A small headlamp is most useful for reading in your bunk at night)

### OPTIONAL (personal preference, not required)

- Camera (extra battery) and film/memory card
- Binoculars
- Bandana(s) – multi-useful
- Book, notebook, journal, pencil/pen
- Wrist watch/travel alarm clock
- Hiking poles

## Notes on the Packing List

**Please note:** If you are not familiar with any of the terms used as explanation regarding the equipment or clothing required for this trip or would like help with any item listed please let us know. We are available to answer your questions and/or send more information to assist in determining appropriate equipment and clothing for your trip.

**Daypacks:** You will need a daypack that is large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc. If you have a day pack you are planning on using, please make sure that it can be comfortably carry the items mentioned above. **Please note:** A fanny-pack is not large enough to hold all of the items you will need for the day.

**Pack Cover:** These are waterproof, usually elasticized covers designed to go over your daypack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers.

**Note:** An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents from rain.

**Footwear:** Well-fitting, sturdy hiking boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them as much as possible and taking some short hikes before your trip. For general

trekking/hiking there are many choices in both materials and styles of boots. Your choice will depend on the environment you will be hiking as well as your personal preferences and physical condition of your feet and ankles. Boots can be made of leather, nubuck leather, synthetic materials or a combination and come in low, mid or ankle cut styles. For general trekking/hiking we recommend low/mid-height height, lightweight/midweight hiking boots/shoes with Vibram or Vibram type soles. Please note: If you have weaker ankles or are recovering from an ankle injury consider either the mid-height or the ankle height boots. More information regarding choosing a hiking boot is available upon request. **Remember to waterproof your boots before the trip.** (Even boots billed as 'waterproof' still need to be treated with a waterproofing product – it's the interior lining that is actually the 'waterproof' part of the boot, not the exterior.)

**Personal First Aid Kit:** We recommend bringing a small first aid kit with the following items: blister and/or foot remedies for blisters, hot spots, etc. (band aids/compeed/moleskin/personal choice), personal prescription medications, over the counter medications for common ailments (respiratory/colds, stomach issues, sore muscles/joints). Your AGC guide will have a first aid kit as well but if you already know what works for you it's best to have that with you rather than experiment on a trip

• **Please note:** If you have severe reactions to insect bites/stings or other severe allergic reactions and have been advised to carry an Epi-Pen please do not forget to bring that with you and let your guides know.

**Clothing:** All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your active wear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

### Please Note:

The Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort for this particular trip.

You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

**Do try to follow the packing list as closely as possible to avoid excessive luggage.**

The weather at this time of year is typically warm, but it can vary based on where we are in the mountains. Typically it is in the mid-80s during the day and in the 60s at night.

You can expect the possibility of some rain – don't forget the rain gear!

Bringing the proper equipment will add greatly to your enjoyment and your safety.

## Notes on the Packing List Continued

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

**Hydration:** It is very important to your safety and enjoyment to have an independent ability for accessing your water to facilitate drinking frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as an MSR, CamelBak or Platypus type bladder system. These systems are simply collapsible water bags with a hose attachment that you drink from. These fit inside/outside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Bladder bags traditionally come in 1, 2, and 3 Liter sizes. We recommend a 2Liter size.

**Trekking Poles:** Trekking poles are a highly recommended for the Blood Mountain hike on this trip. If you do not own a pair of trekking poles, there are a limited number of poles available to use at the Hiker Hostel.

Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. In addition they help conserve your energy by transferring some of the work to your arms and chest. If you are not familiar with trekking poles we have written a blog spot that addresses the most commonly asked questions about trekking poles. You can find that at:

<http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>

If you will be purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted.
  - For a detailed description of considerations when purchasing a pair of trekking poles please see: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/153280/Choosing-Trekking-Poles-for-your-Next-Hiking-Trip>

**Please note:** Trekking poles can be an expensive equipment purchase. If this is new to you we suggest purchasing an inexpensive pair (EBay, or some of the big box stores can be a good source) or borrow a pair from a friend. During your trip you will have the opportunity to learn the correct technique to use them, practice with them and also see what others may have chosen. Once you've gained a bit of experience and you know that hiking is going to be a regular part of your life, you can make a more informed decision about whether you want to invest in the 'perfect' pair of poles.

**If you are bringing you trekking poles, they will need to be collapsed and placed in your checked luggage for your airline flights. Trekking poles are on the TSA list of items that cannot be part of your carry on luggage.**