



GIRLS ADVENTURE GETAWAY

JUNE 23 - 28, 2018

TRIP SUMMARY

HIGHLIGHTS

- Tubing on the Potomac River
- Whitewater rafting and canoeing on the Shenandoah River
- Hiking on the legendary Appalachian Trail
- Ziplining through the forest canopy
- Biking on the C&O Canal
- Enjoying down time and camaraderie while making lasting memories

TRIP AT A GLANCE

Dates:	Jun 23 - 28, 2018
Location:	Knoxville, MD
Cost:	\$2,150.00
Activities:	Multisport
Arrive:	at 1 pm at the Baltimore-Washington airport (BWI) on Saturday, June 23 or at the Harpers Ferry Hostel at 2:30 pm
Depart:	at 2:30 at the airport (plan to fly out after 4:00 pm) on Thursday, June 28

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 everyday 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

RATING

This trip is suitable for young women aged 12 to 15 and healthy active women who love being active outdoors and exploring this beautiful area with its incredible outdoor opportunities. All activities are at a moderate level but we're packing a lot into those 6 days, so women should be in sufficient condition to stay active for hours at a time. **Rating:** 1 [\[2\]](#) 3 4 5

WHAT'S INCLUDED

- Roundtrip transportation from BWI Atlanta Airport
- All meals from dinner on Saturday through lunch on Thursday
- Five nights lodging in rooms shared by four to six people
- All activities on the itinerary, including tubing, rafting, ziplining and hiking
- Two experienced guides

OUR ITINERARY

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

JUNE 23, SATURDAY



We pick you up at the Baltimore Washington Airport at 1 pm and head for the hostel where we can settle into our home for the week. The start of our adventure together, tubing on the Potomac River, is a perfect introduction to the area as well as being exciting! Floating down one of the most scenic stretches of river in the country, we'll drift by historic Harpers Ferry National Park, have a spectacular view of Maryland Heights, and float through the confluence of the Potomac and Shenandoah Rivers. This whole stretch is parallel to the C & O Canal. That night we'll return to the hostel for our first shared meal together.

DAY 2

JUNE 24, SUNDAY



After a leisurely breakfast we'll spend the morning in Lower Town Historic District, checking out some of the sites and shops there. This part of the town is a National Park and various exhibits help explain its historic significance. We'll spend the afternoon paddling on a lower section of the Potomac River. This gentle stretch of river is fine for both experienced and novice paddlers and if you've never paddled before, no worries- we'll teach you everything you need to know to have a safe and fun experience. Highlights include the Catocin Creek Aqueduct, the most picturesque aqueduct on the C&O Canal, and fantastic bird life. We'll keep our eyes open for great blue herons and the return of the bald eagle!

DAY 3

JUNE 25, MONDAY



Today we'll bicycle along the C&O Canal Towpath that stretches for 185 miles from Washington DC to Cumberland, Maryland. Running parallel to the Potomac River, the path is both flat and tree-shaded, and can be navigated on either fat tire or regular tire bikes (although fat tire is preferable). We'll cycle either 6 miles to the town of Harpers Ferry or 18 miles to the town of Shepardstown, WV where we'll stop for lunch. After we've ridden as far as we choose, we'll return the same way and walk into the town of Harpers Ferry. Whether you're interested in history, old buildings, or shopping, you'll find something to enjoy here. We'll eat dinner in town tonight.

DAY 4

JUNE 26, TUESDAY



After a hearty breakfast at the hostel, we're off for some whitewater rafting on the Shenandoah River. If the name of the river sounds familiar, yes - it was mentioned in the John Denver song and undoubtedly we'll start singing Country Roads as we raft. The section we'll be paddling is known for its breathtaking scenery, abundant plant and wildlife, and playful Class 2 and 3 rapids. 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. If the water level is too low for the rafts, we'll trade rafts for duckyies and have an equally fun adventure. This afternoon we'll head for the Harpers Ferry Adventure Center and spend some time on their high ropes course. This is one of those activities that isn't high risk but sure feels like it! And with seven levels of challenge to choose from, everyone can choose the one that works for them. We'll return to the hostel for another delicious dinner and relaxing evening with s'mores in the backyard.

DAY 5

JUNE 27, WEDNESDAY



We have 2 choices of great hikes this morning, and which we do depends on what sounds most appealing on the day. One is to hike the Maryland Heights Trail. This trail goes up and over a bluff that overlooks the town of Harpers Ferry. Remnants of some batteries and an old fort at the top are a stark reminder of the strategic importance this bluff played in the Civil War, exchanging Union and Confederate hands 8 times. Alternatively, Harpers Ferry is the home of the world famous Appalachian Trail and it would be a shame to be this close and not hike on it. There is a gentle section, starting at Gathland State Park, with a huge arch that is a unique monument to Civil War reporters. About 5 miles into the hike, we can stop at a shelter, characteristic of the shelters that provide refuge to AT thru hikers on their journey. Our destination is Weverton Cliffs, with sweeping views of the Potomac. From there it is a short descent to the cars and back to the hostel.

DAY 6

JUNE 28, THURSDAY



After packing up, we're going to fit in one more adventure - a zipline canopy tour. We'll enjoy a couple of hours of soaring through the tree canopies on 7 ziplines, at heights up to 40 feet and zips up to 425 feet long. After a practice zip, we'll climb a staircase up to zip number 1 - Stairway to Heaven. From there, we zip from platform to platform, experiencing more awesome zips: One and Done, Pucker Up, Blue Ridge Bridge, Dew Drop In, Geronimo, Last Stand, and Hunter's Landing. It's a fitting end to our time together and after a final picnic lunch, we leave at 1pm and head to the airport where you can plan a flight out after 4:00 pm.

ADDITIONAL TRIP INFORMATION

GETTING THERE

Flying: If you are flying, plan to be at the BWI airport by 12:30pm to make the 1:00pm meeting.

Driving: You will meet at the Harpers Ferry Hostel in Knoxville, Maryland. Plan to arrive by 2:30pm. Use the following: 19123 Sandy Hook Rd, Knoxville, MD 21758

If you would like help with any travel plans we recommend our travel agent Barbara Nelson, Scan East West Travel, at bnelson@scaneastwest.com or call 206-395-7836.

ACCOMMODATIONS

We will be taking over the entire [Harpers Ferry hostel](#) for the week. The hostel has four bedrooms, with 3 to 6 bunkbeds in each room. And while all of the beds are bunks, no one will have to sleep on a top bunk. There are 2 separate bathrooms, each with 3 toilets and showers. There is also great dining and living space.

We can accommodate a variety of dietary preferences and restrictions but, depending on your specific circumstances, we may ask you to bring supplemental food. Please contact the office if this is a potential concern for you.

WEATHER

The weather at this time of year is usually warm and pleasant, but it can vary based on where we are. Typically, it is in the lower 80s during the day and in the 60's at night; of course, temperatures could be warmer, cooler, and/or rainy. Bringing the proper equipment will add greatly to your enjoyment and your safety.

TRAVEL INSURANCE

WE STRONGLY RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH COVERS YOUR COST IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP for medical reasons, trip delay, lost baggage, and other unforeseen emergencies. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. In order to avoid disappointment and expense in the event that you must cancel your trip we strongly urge you to purchase some type of insurance coverage. You can also sign up for it online at [Travelex Insurance](#). To get the best rates, use 20-0016 as your location number on the Get A Quote page.

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

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 / rain pants
- 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 Beach towel
- 1 liter water bottle or hydration system
- Ear plugs (for a good night’s sleep!)
- Your favorite snack (snacks will be provided but if you have a favorite bring it along)
- 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

NOTES ON PACKING

Notes on Packing List:

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs. We recommend packing in a convenient, wheeled piece of luggage and bringing with you a soft-sided (canvas or nylon) duffle without wheels to use for the trek.

Daypacks: Your daypack should be large enough to hold the following items: 1 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit and personal items such as camera, etc. We recommend a daypack with a capacity of between 25 – 30 Liters with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, and/or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **IMPORTANT: Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items.** Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.

Pack Cover: These are waterproof/resistant, usually elasticized covers designed to go over your backpack 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. 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 – your pack however will get wet using this method. Purchasing a pack cover is highly recommended.

Footwear: Please be sure to read the packing list carefully so you end up with the appropriate footwear for all of the different activities.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. 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.

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? Your wind/rain pants 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. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.