

VERMONT FALL FOLIAGE

# Norwich to Stowe

A Guided Walking Adventure





# Table of Contents

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Daily Itinerary .....	4
Tour Itinerary Overview .....	11
Tour Facts at a Glance.....	13
Traveling To and From Your Tour .....	15
Information & Policies .....	17
The United States at a Glance .....	19
Packing List .....	23

## Travel Style

This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the fabric of local life. On it, you'll enjoy 24/7 expert guides, premium accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations.



## Overview

This six-day itinerary takes you to a quintessential walking destination, in the heart of Vermont's rolling countryside and patchwork farmland. Vermonters are justly proud of their rural landscape of thick green forests, maple tree-lined pastures, winding streams, and glistening lakes.

Two classic New England towns envelop you in charm and comfort at day's end—in Norwich you can walk amongst historical buildings, and in Stowe you can explore one of Vermont's most picturesque mountain villages, home to the famous Trapp Family. Trailside picnics and warm dining rooms showcase Vermont's fresh and local food and drink.



# Daily Itinerary

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## DAY 1

Arrival in Burlington. Hubbard Park; 2-3 miles, easy to moderate. Transfer to Norwich. Cossingham Road Farm Loop; 1.5-3 miles, easy

The tour meets in Burlington, where you depart for an introductory walk in the nation’s smallest state capital, Montpelier. Located 40 miles from Burlington and with only 8,000 residents, Montpelier is a small town known for its big-city amenities. It boasts a lively music and arts scene, as well as a host of great restaurants to choose from—perhaps due to the fact that it’s home to the world-renowned New England Culinary Institute. Your first walk today is in beloved Hubbard Park, created when John E. Hubbard donated 125 acres of his family’s land to the city in 1899. A range of different habitats exist in the park, along with seven miles of hiking trails—so there are plenty of options for your first walk. Regardless of the trail chosen, your walk culminates at a 50-foot-tall stone observation tower, which offers views of Montpelier and its surrounding mountains.

After lunch, you depart for a one-hour drive to the quintessential New England town of Norwich. With a population of just over 3,400 people, Norwich has a vibrant downtown, a lovely village green, and the memorable Dan & Whit’s general store, whose motto is “If we don’t have it, you don’t need it!”

This afternoon, you embark on a meandering walk through woods and open fields at the Cossingham Road Farm. Nearly 70 species of birds have been identified by either sound or sight on the farm. Lucky visitors may see a barred owl or moose tracks.

Your final destination today is the Norwich Inn, your home for the next two nights. First established in 1797 by Dartmouth College graduate Jasper Murdock, the inn's Victorian architecture and antique furnishings belie the modern amenities available to its guests. After time to freshen up, you may enjoy a Vermont-made *aperitif* before dinner at the inn, where you choose from their menu featuring fresh and local ingredients.



### **Norwich Inn, Norwich**

A historic Vermont inn located in the heart of town, featuring rooms decorated with Victorian antiques and traditional furnishings. An on-site microbrewery, outdoor patio, wine cellar, and enclosed terrace dining room complement the inn's many modern amenities.

## **DAY 2**

Quechee Gorge; 2 miles, easy to moderate. Mt. Tom, 2 miles, easy to moderate

A brief 15-minute drive from Norwich brings you to Vermont's "Little Grand Canyon"—the 165-foot-deep Quechee Gorge. Here you descend into the gorge and walk along the Ottauquechee River before a visit to VINS, the Vermont Institute of Natural Science. Established in 1972, the VINS Nature Center provides environmental education and wildlife rescue and rehabilitation. State-of-the-art enclosures accommodate the largest collection of birds of prey in the Northeast, including bald and golden eagles, hawks, owls, and falcons. More than 400 orphaned and injured birds from Vermont and neighboring New Hampshire are treated annually at the center, and a special one-way viewing window offers a glimpse into wildlife rehabilitation in action.

After, a short drive brings you to Simon Pearce where you watch their master glassblowing artisans create some of their stunning products using time-honored techniques. Before departing, you have time to browse the gift shop's extensive selection of handcrafted glassware, dinnerware, and home accents. Next, you



continue on to the charming village of Woodstock where this afternoon's walk takes you along historic carriage paths and offers expansive views of this idyllic part of Vermont.

Dinner tonight is at a local restaurant known for its impeccably prepared meals.

### **Norwich Inn, Norwich**

## **DAY 3**

Optional morning self-guided history walk; 1 mile, easy. Union Village Dam, 3 miles, easy to moderate. Transfer to Stowe.

Early risers may opt for a brief self-guided history walk along Norwich's Main Street before breakfast at the inn's terrace dining room. Following this refreshing start to your day, you depart for a walk along the Ompompanoosuc River, eventually reaching the Union Village Dam. Built in 1950 as part of a system of 16 dams and reservoirs, it was installed to control flooding along the Connecticut River and its tributaries. This walk offers a window into the history of Vermont industry, as you pass the foundation of an old woolen mill and the sites of former farms and homesteads. In addition, a multitude of birds and other wildlife inhabit the mature hardwood forest surrounding the dam.

Next, a short but scenic drive brings you over a covered bridge and into Thetford, a town made up of six villages lining the Connecticut River and home to the nation's oldest secondary school, Thetford Academy. In East Thetford, you visit the Cedar Circle Farm, an organic farm and education center whose mission is to raise awareness about the importance of local agriculture and to increase access to affordable healthy produce. After a private tour, you enjoy a lunch featuring the farm's delicious fruits, vegetables, and other products made on-site.

Satiated from this special meal, a 90-minute transfer brings you to the classic mountain village of Stowe, where wooded trails welcome and spectacular views abound. Your home for the next three evenings is an inn situated in the heart of Stowe village amidst the Green Mountains. New England charm and excellent cuisine provide a warm welcome at the end of an active day.

## The Green Mountain Inn, Stowe

Listed on the National Register of Historic Places, this property sits in the heart of Stowe village and features rooms with Early American reproduction furniture, stenciling, and handmade quilts.

### DAY 4

Trapp Family Lodge; 2-4 miles, easy to moderate or Mt. Mansfield Ridgeline; 3 miles, moderate to challenging



Today you drive to Smugglers Notch—the deep, boulder-laden passageway between Mt. Mansfield and Sterling Peak. In the early 1800s, Smugglers Notch was used as a route for transporting illegal or embargoed goods in and out of Canada.

After ascending Mt. Mansfield by van via the winding Stowe Mountain Toll Road, you take in the breathtaking views of the surrounding valleys during a brief stroll from the Visitors' Center to a viewpoint offering 360-degree vistas. Those continuing to the summit of Mt. Mansfield walk along the ridge, enjoying views of Lake Champlain and several mountain ranges along the way, including the Adirondacks in New York, the White and Green mountains of New Hampshire and Vermont, as well as Mount Royal in Canada. Those opting for the walk at Trapp Family Lodge return to the van and continue the short journey to the lodge founded by the famous family who settled in Stowe after fleeing the Nazi occupation of Austria. The walking choices are infinite, as their 2,500 acres boast over 30 miles of hiking trails, which double as cross-country ski trails in winter.

Later in the afternoon, there is time to explore the village of Stowe, take a stroll along its recreation path, or simply relax and enjoy the tranquility of your inn. Tonight you are free to enjoy dinner on your own, choosing from many local restaurants within easy walking distance. Your guides will be happy to assist in your choice.

## The Green Mountain Inn, Stowe



## DAY 5

Bull Moose Pasture; 4 miles, easy

Today's walk takes you to beautiful Bull Moose Pasture. On your way to the pasture, your guides share secrets about the art of maple sugaring and tell tales of the little-known political history of the area while you pass working farms, sugar

maple groves, and meadows dotted with Vermont's ubiquitous Holstein cows.

This afternoon you take time to visit with George Woodard, a third-generation Vermont organic dairy farmer and storyteller. From George you gain a better understanding of Vermont's history of dairy farming and maple sugaring as you take a hayride through his meadows in fine view of Camel's Hump, Vermont's third-highest peak. This evening you gather for a final dinner, where you toast your Green Mountain adventure and perhaps enjoy a post-dinner swim in the hotel's heated outdoor pool.

### The Green Mountain Inn, Stowe

## DAY 6

Shelburne Farms; 2-3 miles, easy. Departure from Burlington

After breakfast, you depart Stowe for historic Shelburne Farms, a nonprofit center promoting sustainability and conservation. Located on 1,400 acres on the shores of Lake Champlain and designated as a National Historic Landmark, it was established in 1886 as the agricultural estate of William Seward and Lila Vanderbilt Webb. Today, this working farm integrates a host of community and educational activities, with a working dairy with over 100 Brown Swiss cows and cheese-making facility, a seasonal inn, and an organic market garden.

Choosing from numerous trails, you explore the grounds and take in the incredible vistas, while passing by the elegant inn as well as the dairy and coach barns. Lunch today is a locavore's dream—with an ever-changing menu, the Farm Cart offers a host of fresh and creative menu options supplied by local producers and the farm's own Market Garden, a seven-acre mixed vegetable garden that furnishes produce for the inn and local farmers' markets. Dramatic views of the lake and Adirondack Mountains leave a lasting impression of your



visit to Vermont. Following your final lunch as a group, you transfer to the Burlington International Airport where you bid farewell to your newfound friends.

## **ITINERARY CHANGES**

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

## **RESPONSIBLE TRAVEL**

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Here's just one example that highlights our sustainable practices:

### **Vermont: Walking a “Long Trail” History**

A highlight of our Vermont tour is stepping along one of the most spectacular portions of the legendary, 270-mile Long Trail, the nation's first long-distance hiking trail. Built between 1910 and 1930, it follows the spine of Vermont's primary mountain ranges from Massachusetts to the Canadian border—your route includes the dramatic ridgeline of Mount Mansfield, the state's highest peak. Country Walkers supports the Green Mountain Club, the stewards of this “footpath through the wilderness,” who also promote conservation of and education about Vermont's mountains and rural lands.

# Tour Itinerary Overview

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## **TOUR MEETING POINT AND TIME**

**Sheraton Burlington Hotel & Conference Center (lobby), Burlington, VT, 9:00 a.m.**

870 Williston Road  
Burlington, VT 05403  
888.627.7125 or 802.865.6600  
sheratonburlington.com

## **NIGHTS 1 & 2**

### **Norwich Inn**

Norwich, VT  
Tel 802.649.1143  
Email innkeeper@norwichinn.com  
norwichinn.com  
Wireless Internet, hair dryers, and laundry service available.

## **NIGHTS 3, 4, & 5**

### **The Green Mountain Inn**

Stowe, VT  
Tel 800.253.7302  
Email info@gminn.com  
greenmountaininn.com  
Wireless Internet and hair dryers available. Laundry service unavailable.

## **TOUR DEPARTURE POINT AND TIME**

**Burlington International Airport (BTV), Burlington, VT, 3:00 p.m.**

## **EMERGENCY CONTACT**

### **One Call International**

Email [mail@oncallinternational.com](mailto:mail@oncallinternational.com)

### **If communicating from within the US**

Text 603.945.0103

Tel 800.555.9095

### **If calling from outside the US**

Tel 603.894.4710

When calling from outside the USA, you will need to dial the access code for the country you are calling from (a complete list of access codes, provided by AT&T, can be found on the Country Walkers website under Travel Tips and Travel Resources: International Access Codes).

In the unlikely event you are unable to connect by phone with One Call, or the region you are calling from does not have an access code, you should speak with a live international operator and ask them to place a collect call to 800.555.9095 or 603.894.4710.

## **TRAVEL INSURANCE**

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

# Tour Facts at a Glance

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## **TOUR LENGTH**

6 days, 5 nights

## **DEPARTURE DATES AND PRICE**

Please refer to our website for the most current list of departure dates, scheduled group tour and private tour prices.

## **TOUR MEETING POINT AND TIME**

Sheraton Burlington Hotel & Conference Center (lobby), Burlington, VT, 9:00 a.m.

## **TOUR DEPARTURE POINT AND TIME**

Burlington International Airport (BTV), Burlington, VT, 3:00 p.m.

## **ACTIVITY LEVEL**

This tour is one of our Guided Walking Adventures, rated easy to moderate, with an average of 2 to 6 miles daily with occasional options. The terrain is varied, with walks on dirt roads, dirt paths, and some rocky trails with uneven footing. The trails have some long, flat stretches with an occasional steep but short ascent of no more than 45 minutes.

## **INCLUSIONS**

- » Two expert, local guides (for groups of 8 or more), with you 24/7
- » All meals except for one dinner; wine or beer included with dinners
- » All accommodations while on tour
- » Transportation from the meeting point to the departure point
- » Entrance fees and special events as noted in the itinerary
- » Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International
- » The unbeatable and cumulative experience of the Country Walkers staff

## **LET THE JOURNEY BEGIN**

Prior to your adventure you will be asked to sign a Passenger Participation Agreement and you will receive:

- » Luggage tags
- » List of travel companions and guide biographies

## **GRATUITIES**

Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers. Should you wish to tip your Country Walkers guide(s), the standard in the industry ranges from \$10 to \$15 per person, per guide, per day (or \$20 to \$30 per couple, per guide, per day).

# Traveling To and From Your Tour

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## **TOUR MEETING POINT AND TIME**

**Sheraton Burlington Hotel & Conference Center (lobby), Burlington, VT, 9:00 a.m.**

Your guide(s) will be wearing a Country Walkers shirt. Please be dressed for walking.

## **MOST CONVENIENT AIRPORT**

Burlington International Airport (BTV), Burlington, VT

**[burlingtonintlairport.com](http://burlingtonintlairport.com)**

## **DRIVING TO THE TOUR**

Complimentary parking is available at the Sheraton Burlington Hotel & Conference Center (our meeting-point hotel) if you choose to leave your car in Burlington.

## **PRE- & POST-TOUR ACCOMMODATIONS**

We recommend a short stay before your tour in Burlington, a beautiful and lively small city located on the shores of Lake Champlain. You may choose to stay at our meeting-point hotel, the Sheraton Burlington Hotel & Conference Center. Country Walkers is holding a small number of rooms for one night before the tour starts and one night after the tour finishes until August 25, 2017.

## **Sheraton Burlington Hotel & Conference Center**

870 Williston Road  
Burlington, VT 05403  
888.627.7125 or 802.865.6600  
[sheratonburlington.com](http://sheratonburlington.com)

Conveniently located less than five minutes from downtown Burlington and the Church Street Marketplace, the Sheraton Burlington Hotel & Conference Center provides convenient access to Interstate-89 and the Burlington International Airport. Amenities include complimentary shuttle service to and from the airport and downtown, a restaurant and pub, a heated indoor pool, as well as a state-of-the-art fitness facility.

**To reserve:**

Please contact the hotel directly to make a reservation and be sure to tell them that you are joining a Country Walkers tour so that you benefit from the special rate of \$239 for a double room plus tax per night, for either a single or double room. The hotel will request a credit card to guarantee the reservation.

We recommend you call early to book this reservation.

**DELAYS AND LATE ARRIVALS**

If you are delayed or miss the scheduled group meeting point for any reason, we kindly request that you contact our emergency assistance provider, One Call International. This service is available 24 hours/day, 7 days/week to assist you with any type of travel delay. Please refer to the Emergency Contact details on your Tour Itinerary Overview page for One Call International contact details.

**TOUR DEPARTURE POINT AND TIME****Burlington International Airport (BTV), Burlington, VT, 3:00 p.m.**

Please note that it will not be possible to be transferred to the airport any earlier than 3:00 p.m. If you are spending additional time in Burlington after the tour, hotel shuttles and taxis are readily available at the airport. If you need to leave the tour early, a taxi may be arranged through Blazer Transportation (802.253.0013 or 802.349.4269) or Peg's Pick Up (802.253.9490). The fare is approximately \$70 to \$80 for one or two people from the Green Mountain Inn, and a reservation or at least 24 hours' notice is recommended.

If you plan to schedule your return flights immediately following the tour's conclusion, please contact your airline directly for specific check-in requirements.



# Information & Policies

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## **GUARANTEED DEPARTURES**

Country Walkers guarantees the departure of every tour\*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, small-group experience (with an average of 6 or 7 guests per guide). For best availability, reserve your trip today!

*\*except in cases of force majeure*

## **RESERVATIONS**

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. We can confirm your reservation with a deposit of \$350 per person. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

## **GUEST RESPONSIBILITIES**

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

## **CANCELLATION POLICY**

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost\*. Please notify us in writing.

*\*One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

## **TRAVEL ARRANGEMENTS**

Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or

**[bettertravel@madriver.com](mailto:bettertravel@madriver.com)**), for any additional air, hotel, rail, or transfer arrangements you may need.

# The United States at a Glance

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## ENTRY REQUIREMENTS

For information about entry requirements, see [travel.state.gov](http://travel.state.gov).



## CURRENCY

For up-to-date exchange rates for the U.S. dollar with other currencies, see [oanda.com](http://oanda.com).

Always contact your bank or your credit-card company for details on fees and card use when traveling.

### Travel Tip

Have a variety of monetary options to start your trip: cash, ATM card(s), and credit card(s).

## TIME ZONE

Find the official time at your U.S. destination at [time.gov](http://time.gov).

## PHONE & INTERNET

Cell phone coverage throughout the United States is extensive, but cannot be guaranteed to be accessible on all mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to [countrywalkers.com/phones](http://countrywalkers.com/phones).



Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Tour Itinerary Overview.

## LANGUAGE

The official language of the United States is English.

## ELECTRICITY

Alternating current of 120V and 60Hz is used in the United States. The majority of plugs are Type B, with two square and one round prong. For a full listing of electrical outlets worldwide, see [electricaloutlet.org](http://electricaloutlet.org).

### Travel Tip

For international visitors bringing a hair dryer or other electrical device:

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

## WEATHER

Country Walkers visits a range of U.S. destinations, spanning the continent from Maine to Washington State. Tour dates coincide with the ideal weather and conditions for an active vacation.

Fall in New England means stunning foliage, warm days, and crisp nights. Spring and fall in the desert climates of California's Death Valley, Colorado, and Utah start off with chilly mornings that turn into dry and sunny days. Summer in Washington State, Montana, and California can

offer sunny days and cooler nights—with local variation and seasonal precipitation in all regions.

For up-to-date forecasts, see [qwikcast.com](http://qwikcast.com). For historical average temperatures and rainfall, see [weatherbase.com](http://weatherbase.com).

## FOOD & DRINK

In addition to the well-known standard repertoire of American food, considerable regional variation reflects the cultural heritage and seasonal harvest of individual areas.



In the southwestern states and California, dishes are Mexican- and cowboy-influenced. In Washington State, the bounty includes fresh salmon and other Pacific seafood. In Montana, game, freshly caught fish, and steaks predominate. And in New England, seasonal produce and local specialties such as cheese and maple syrup are ubiquitous, and of course, delectable Maine lobster and seafood are a highlight.

## LIFE IN THE UNITED STATES



### Shopping and banking hours

Shops and stores are generally open Monday to Saturday between 9:00 a.m. and 6:00 p.m., and on Sundays from 11:00 a.m. to 5:00 p.m. Shopping malls, department stores, and supermarkets are open all day, every day of the week, from 8:00 a.m. to 9:00 p.m. (or later; check locally).

Banks are open from 9:00 a.m. to 5:00 p.m., Monday to Friday, and some branches are open from 9:00 a.m. to noon on Saturday.

### Mealtimes

Breakfast is served at hotels from 7:00 a.m. to 10:00 a.m. In restaurants, lunch is served from noon to 3:00 p.m. and dinner is usually served from 4:00 p.m. to 9:30 p.m. (but with substantial local variation).

### Tipping

In restaurants and bars, leave 15 to 20 percent of the total. Taxi drivers receive 10 to 15 percent of the fare. For luggage assistance, from \$2 to \$5 depending on the service offered.

## TRAVEL RESOURCES

### National U.S. official tourist board

[discoveramerica.com](http://discoveramerica.com)

### Public holidays

To assist in travel planning, it may be helpful to be aware of U.S. public holidays. See [opm.gov/policy-data-oversight/snow-dismissal-procedures/federal-holidays/#url=2016](http://opm.gov/policy-data-oversight/snow-dismissal-procedures/federal-holidays/#url=2016) for an official list; and for a description of U.S. holidays, visit [usa.gov/citizens/holidays.shtml](http://usa.gov/citizens/holidays.shtml).

### Travel Tip

For both U.S. and international travelers, a fascinating resource on American history and culture is the U.S. Library of Congress: [loc.gov](http://loc.gov).

Originating as Thomas Jefferson's personal collection, the library maintains a website that is not only a library catalog, but a clearinghouse for wide-ranging information on U.S. history, folklife, geography, the performing arts, and more.

## TRAVEL IN THE UNITED STATES

A wealth of travel information is available at [discoveramerica.com](http://discoveramerica.com). For a list of all U.S. official state tourist boards, visit [visittheusa.com/usa/official-links.aspx](http://visittheusa.com/usa/official-links.aspx).



### Airports

The United States has an enormous international and domestic air network with dozens of companies and hundreds of airports. For travel to various regions and airports, individual state tourist boards offer travel and airport information: [visittheusa.com/usa/official-links.aspx](http://visittheusa.com/usa/official-links.aspx).

### Trains

**Amtrak:** [amtrak.com](http://amtrak.com), the national railway company site with schedules, fares, and pass options.

### Other local transportation

Long-distance bus travel can also be a convenient way to reach a destination. National companies include Greyhound ([greyhound.com](http://greyhound.com)), Trailways ([trailways.com](http://trailways.com)), and Megabus ([megabus.com](http://megabus.com)); check locally for smaller regional long-distance bus companies.

Major car rental agencies are available at airports, city centers, and train and bus stations. Taxis are available at all major airports, cities, train and bus stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance).

### Travel Tip

Country Walkers' U.S. itineraries include many of the country's best-known national parks; for more information, visit [nps.gov](http://nps.gov)

For more information contact Country Walkers.

# Packing List

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## PACKING TIPS

Pack light! Keep in mind there will be times you may have to carry your own luggage short distances, especially before and after your Country Walkers tour. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

## FOOTWEAR

- » Hiking boots. There are many brands to choose from. Proper fit is crucial, so try on new boots while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 5-8 miles of walking without discomfort. We require lightweight boots with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.
- » Wool or synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

## CLOTHING

- » Lightweight, wash-and-wear long pants. Light-colored clothing is best for this very sunny area.
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Swimsuit (one property has a heated outdoor swimming pool)

- » Dinner attire is casual but neat.

## **OUTERWEAR**

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Fleece or wool sweater
- » Light-colored hat with a broad brim or visor

## **EQUIPMENT**

- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, and personal items (camera, etc.)
- » Telescopic walking stick(s) (Please note that while telescopic walking sticks are recommended for this tour, they are not provided by Country Walkers. Therefore, please plan on bringing your own should you wish to use them.)
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel.
- » Personal first-aid kit including any medications you ordinarily take (in their original containers)

## **OPTIONAL**

- » Binoculars
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Bandana