

18 days



Tanya Mohn, NBC News contributor

[Get out! 5 leaf-peeping adventures](#)



Courtesy Tree Climb Connecticut

Want to see the colors of the changing leaves up close? Tree Climb Connecticut offers a treetop view.

Travelers these days can experience autumn foliage in a mind-boggling number of ways: floating over treetops in hot air balloons, paddling kayaks down rivers and lakes, or ziplining high above the forest floor. There are even tree-climbing lessons.

Leaf peeping clearly isn't what it used to be.

The annual fall rite of passage of reveling in the wonders of nature has become more active in recent years, said Rena Calcaterra, marketing and public relations coordinator for the Connecticut Office of Tourism, as people, especially aging baby boomers, have become more health-conscious.

"The trend is not just to look and see, but to participate," Calcaterra said. "And it's a lot more fun that way."

Here is a roundup of 5 leaf-peeping adventures.

Guided walking in Vermont

[Country Walkers](#), a company that specializes in active travel, offers a number of hiking and walking tours that take-in fall foliage, including a six-day, five-night guided walking tour: Vermont Fall Foliage-Goshen to Stowe. Travelers on foot journey on trails through rolling hills, lush meadows and forests. "You're out in the leaves. You can smell them and hear the crunch under your feet," said Carolyn Walters Fox, who handles the company's marketing and media relations. "Pumpkins are all ripe in the fields." On a clear day, foliage in three states and Quebec can be viewed from Mount Mansfield, Vermont's highest peak. Stops include general stores in quintessential "picture-perfect" New England villages, hayrides, visits to a dairy farm, a lost pioneer settlement, and a cabin where Robert Frost wrote. "You are walking off the beaten-tourist path -- completely," said Fox. After a day of walking, it's hot cider and cookies in front of a fire, chef-prepared meals, and overnight stays at cozy country inns. Departure is Oct. 7; \$2,698 per person, based on double occupancy.