



Women's Hiking Getaway

Experience the pleasures of Stinson Beach and its quiet beach community. Whether hiking amongst nearby coastal woods, exploring the town, or relaxing on the beach, Stinson Beach is a great place to escape from the frantic pace of everyday life, just as it has been for over a century. Our fun program includes two vigorous day hikes, a couple of yoga sessions and a delightful culinary evening.

TRIP DETAILS

Moderate ▶ 2 days moderate hiking; 2 yoga classes; Turkish 7 course dinner; 1 night Stinson Beach home.

ITINERARY

Day 1 ▶ Arrive In Stinson Beach

Arrive at the Stinson Beach State Park parking lot at 9:30 A.M. You will be met by your Guide, Cathy Ann Taylor. She will lead you on a moderate to strenuous hike of 8 miles. This spectacular hike will start out on rolling coastal hills, then through mystical dense forests, past flowering hillsides with sweeping ocean views. We'll make a steep ascent on the Steep Ravine trail and traverse across Old Mine, Cataract and Coastal trails before descending the Matt Davis trail. We'll have a delicious

organic picnic along the way. In the afternoon we'll check into our Stinson Beach home and enjoy an hour or so of free time to unwind and relax. After an invigorating hike and a soothing yoga session, we'll join Jale in the kitchen as she unveils the rich aromas of Turkish cuisine.

L, D... Home in Stinson Beach

Day 2 ► Stinson Beach– Home

We'll start the morning with quiet time known as noble silence from 6:00 A.M. to 9:00 A.M. During this time we'll be free to enjoy a self serve organic breakfast, read, sleep, walk on the beach or meditate. From 9:30 to 10:30 Laura will lead us in another Yoga session to get us ready for our final hike and the day ahead. We'll try to depart the house by 11:00 to drive to the trailhead. Depart for home at 2:00 P.M.

B, L... Home

GETAWAY COST

\$350 per person (8 members)

\$400 per person (7 members)

\$450 per person (6 members)

Rates quoted are per person, based on sharing double accommodations.

*Should you choose to pay with credit card there will be a service charge of 3%, the fee we incur from the bank.

GETAWAY COST INCLUDES...

- Expert leadership
- Accommodations in Stinson(based on double occupancy)
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Wine with dinner
- Two hikes and two yoga classes

GETAWAY COST DOES NOT INCLUDE...

Transportation to Stinson and return.

TRIP PAYMENT SCHEDULE

At time of reservationFull payment

CANCELLATION FEE SCHEDULE

From time of reservation

until departure100% of land cost

CATTARA

PO Box 1366 ~ Sausalito, CA 94966
Phone/Fax (415) 331-9539 ~ cathyann@cattara.com

EXPERT LEADERSHIP

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.



Cathy Ann Taylor, a high altitude trekking guide for the last 19 years, will be organizing and leading the Women's Hiking Getaway. Cathy Ann has trekked all over Nepal, Tibet, and Bhutan, with well over 150 trips in the Himalayas (she still considers the Himalayas her "second home")! She has also hiked extensively in the European Alps. A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can find the good in anything!), and her wonderful rapport with the local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of eight remote village children, all of whom are in boarding school and one who is about to graduate from University in Australia. She consistently gets rave reviews from

members of her groups and has quite a following. Cathy Ann is active in the Breast Cancer Fund and has participated in ten expeditions, including Mount McKinley, Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer (she alone has raised over \$300,000 for the cause!). She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, January 2006, and also received a letter of recognition for her fundraising and environmental work from Speaker of the House, Nancy Pelosi. Along with her husband Thupten, she is the proprietor of Cattara - Adventures with Insight.



Laura Lifland has been practicing yoga since 1995, when she first took a class at her local YMCA as a way of staying limber while training for a marathon. After making it through marathon training in the dead of winter with not so much as a blister or a shin splint, Laura realized she was on to something good, and began to practice yoga more frequently. Over the years, yoga became Laura's way of coping not just with the stresses of running on her body, but also with the stresses of a Wall Street career on her mind and spirit.

In 2003, Laura entered Om Yoga's 200hr teacher training program with the intention of learning more about anatomy, asana, pranayama, meditation and yoga philosophy. She completed the

program and was soon teaching yoga to fellow stressed-out professionals in her workplace, as well as teenaged girls suffering from anxiety and depression.

Today, yoga is a sacred practice for Laura and a means of finding unity not just with herself, but with others in her community. Her focus has shifted from running to mountain climbing, and the benefits of her yoga practice continue to protect her from ailments and injuries that are risks to such a rugged sport. Whether teaching yoga to fellow climbers or to underprivileged women in the inner city, Laura finds great source of connection and joy from this beautiful practice.



Jale Boga Robertson was born in Adana, located in the Southeast region of Turkey. She has traveled extensively throughout Turkey as a professional tour guide. She is a wonderful cook and will delight you with regional Turkish specialties and equally enlighten you on local cultural customs and experiences. Her repertoire of tasty dishes include mezzes (appetizers), flavorful soups, hearty stews, bulgur dishes to grilled meats and eggplant dishes - the possibilities are endless. Along with her husband Perry, Jale is the proprietor of Blue Odyssey Mediterranean Adventures and spends half the year in Turkey and the United States.

PHYSICAL EXPECTATIONS

You should be an experienced hiker in good physical condition. This trip is rated moderate to strenuous, as you will be hiking four to five hours day one and two hours on day 2 on trails with steep ascents and descents! For physical preparation, we recommend regular cardiovascular exercise for one hour at least 3 times a week. We suggest stair climbing, running, and mountain biking on hills, elliptical or treadmill training in the gym. And, of course, the best way to train for hikes is to go hiking! We recommend you get out on the trails at least once a month. Wear your boots and daypack and pick some trails with hills so you can strengthen your leg muscles and build up your stamina. We believe other important pre-requisites are a spirit of adventure and a positive attitude.

WEATHER & CLIMATE

As in most mountain environments, the weather in the Bay Area can be unpredictable, so each day on the trail you need to be prepared for a variety of weather conditions: hot sun, windy rainstorms—even the possibility of rain. For that reason you will carry your raingear and jacket in your daypack each day.

CATTARA

PO Box 1366 ~ Sausalito, CA 94966
Phone/Fax (415) 331-9539 ~ cathyann@cattara.com

WHAT TO BRING: CLOTHING & EQUIPMENT LIST

Packing Notes

It's best to go as light as possible and take only the essentials. Excess baggage can be a burden.

Luggage

- Small overnight bag
- Daypack with a capacity of 1,000 cubic inches, with a good padded waist belt.

*Remember, you must carry your fleece jacket and rain jacket with you on the trail, as well as your picnic lunch, 2 liters of water, sunscreen, warm hat, gloves, camera, and cover for daypack in case of rain. Be sure your daypack is large enough!

Clothing Notes

You should be prepared for very unpredictable weather. Bring comfortable clothing that will protect you from possibly wet weather. Synthetic fabrics are the most effective barriers against the rain and wind. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. (Cotton garments are not good in cold or wet conditions.)

When layering, your innermost layer should be a synthetic T-shirt. The middle layer can be a synthetic turtleneck and pants (shorts if we have a nice spring weather weekend). The outermost layer should be a synthetic fleece jacket, and/or a good quality wind/rain jacket.

Socks

- Mid-weight hiking socks (synthetic or wool/synthetic).

Shirts

- Long-sleeved, synthetic shirt.
- Short-sleeved synthetic T-shirt (in case we have some hot, sunny days).
- Yoga top

Pants

- Full-length synthetic hiking pants
- Hiking shorts, cotton or synthetic.
- Yoga pants

Outerwear

- Medium-weight jacket of synthetic fabric, such as fleece.
- Rain/wind jacket

Head Gear

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Fleece or wool hat.
- Bandanna. A generally useful item—it will keep your neck from getting sunburned.

Footwear

- Medium-weight hiking boots

Other Items

- Water bottles, 1 or 1.5 quart capacity. Bring 2
- Toiletry kit—soap, toothbrush, etc.
- Purell hand sanitizer for quick hand washing and hygiene while on the hikes.
- Personal medical kit, including blister protection to carry in your daypacks.
- Sunglasses (100% UVA/URB protected).
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Backpack cover in case of rain

Optional Travel Accessories

- Camera
- Pair of compact binoculars.
- Powdered electrolyte mixes for your water.
- Reading and writing material.

©2009, Cattara