



Fall in New England - An Explosion of Colour

Billions of leaves change from green to a kaleidoscope of colours - a picture-perfect place to hike

Trip Length: 22 days / 21 nights

4 October to 25 October 2019

Maximum 11 adventurers



US\$6525 / person / twin share

Churchill Town and Tundra Adventure, Canada

Optional Add-on (see page 8)

Trip Length: 5 days / 4 nights

26 October to 30 October 2019

Maximum 12 adventurers



CAD \$4522 Twin Share (single supplement \$899)

Included meals marked each day. B = Breakfast, L = Lunch, D = Dinner

New England's autumn colours are the most brilliant in the whole USA. Every year, travellers flock to Maine, New Hampshire and Vermont to witness the gold, scarlet, purple and orange that sweeps over hills and blazes through valleys. We're fortunate to walk along the paths and just live it - it's enough to turn an experienced walker into an avid leaf-peeper. The air is crisp and cool, just perfect for hiking. An added bonus is the white farmhouses with stands of crunchy apples and orange pumpkins piled high; russet-red barns; steepled churches and village greens.

Our accommodation is a mix of catered cabins lodges and country inns - no camping on this trip.

Let's get off the beaten paths and experience nature at its most vibrant!

Day 1: Friday 4 October Arrive Bangor, Maine (D)

Drive time: 2.5 hours.

Our guide will collect us at a meeting point in Bangor, Maine around 1 pm and transfer the group to our lodge in Maine's 100 Mile Wilderness Area. The wilderness area encompasses a section of the Appalachian Trail, considered the wildest and most challenging to navigate and traverse.

We'll have a briefing that evening to discuss the Maine and New Hampshire sections of the trip.



New England's Fall Colours

Cabin accommodation for the next seven nights.

Day 2: Saturday 5 October Gulf Hagas Loop (B, L, D)

6-8 hours walking, about 12 km, grade moderate to strenuous, elevation gain 265 m

After a family style breakfast, we'll transfer to the Gulf Hagas trailhead. Gulf Hagas, part of the Appalachian Trail corridor, is described as the Grand Canyon of the East. Deep within Maine's 100 Mile Wilderness region, the West Branch of the Pleasant River has cut a spectacular gorge through the surrounding slate. For more than three kilometres, the river plummets, tumbles and churns through canyons forming stunning waterfalls, pools (some ideal for swimming) and chutes. The trail travels along sheer cliffs affording stunning views of this natural wonder.



Along the Gulf Hagas Track

Day 3: Sunday 6 October Indian Mountain, Lauries Ledge Trail (B, L, D)

3-4 hours walking, 6.4 km, grade moderate to strenuous, elevation gain 305 m

We'll set out around 6.30 am to look for moose, beaver, eagles and osprey and then return to the lodge for breakfast.

Today's hike offers excellent views to the north from the easterly outlook. You'll see Whitecap Range and on a clear day, Mount Katahdin (1606 m) will come into view. It is the tallest mountain in Maine. At the westerly outlook, there are excellent views of Elephant Mountain and many lakes and ponds. Then we're off on a mid-afternoon kayaking and canoe exploration of Long Pond.

Day 4: Monday 7 October Shaw Mountain (B, L, D)

Shaw Mountain, 3 hours walking, 6.4 km, grade moderate to strenuous, elevation gain 305 m

Hinckley Cove Trail, 1.5 hours walking, 3.2 km, grade easy, elevation gain 33 m

We'll start the day with an early morning bird walk. After breakfast we'll hike to Shaw Mountain (502 m) where there are views of Second Roach Pond and Mt. Katahdin. After a picnic lunch it's the Hinckley Cove Trail, that starts near our cabins. This circuit passes through the woods and over wooden foot-bridges to a long gravel point on Second Roach Pond and continues around the pond back to our cabins.

Day 5: Tuesday 8 October Lakeside Trail (B, L, D)

2-3 hours walking, 8.4 km, grade easy, elevation gain 45 m

It's an easy hike today following the Lakeside Trail to Emmitt Brook Loop. After lunch, there is the option to do some paddling on Second Roach Pond where we could be lucky enough to spot loons and bald eagles. The huge number of fish in the pond attract the eagles that are often seen flying over the water or perched on tall white pines lining the shore and growing on the small islands.



Second Roach Pond

Day 6: Wednesday 9 October White Cap Mountain (B, L, D)

5-7 hours walking, 9.6 km return, grade moderate to strenuous. Elevation gain 630 m

White Cap's ridges and alpine summit (1114 m) offer sweeping views of the 100-Mile Wilderness. Today's hike traverses sections of the famed Appalachian Trail and from the summit, you can trace out most of the Maine section of the Appalachian Trail. Known simply as the AT, the 3 500 km trail extends from Springer Mountain in Georgia, to Mount Katahdin in Maine.

Day 7: Thursday 10 October The Moosehead Pinnacle Pursuit (B, L, D)

Time, distance and elevation gain varies depending on the route chosen.

The final choice will be determined on the day.

The Moosehead Pinnacle Pursuit (MPP) is a six-mountain hiking challenge in Moosehead Lake region of Maine. All mountains have panoramic views of the region. Depending on the weather and fitness of the group, we'll hike one of the six peaks.

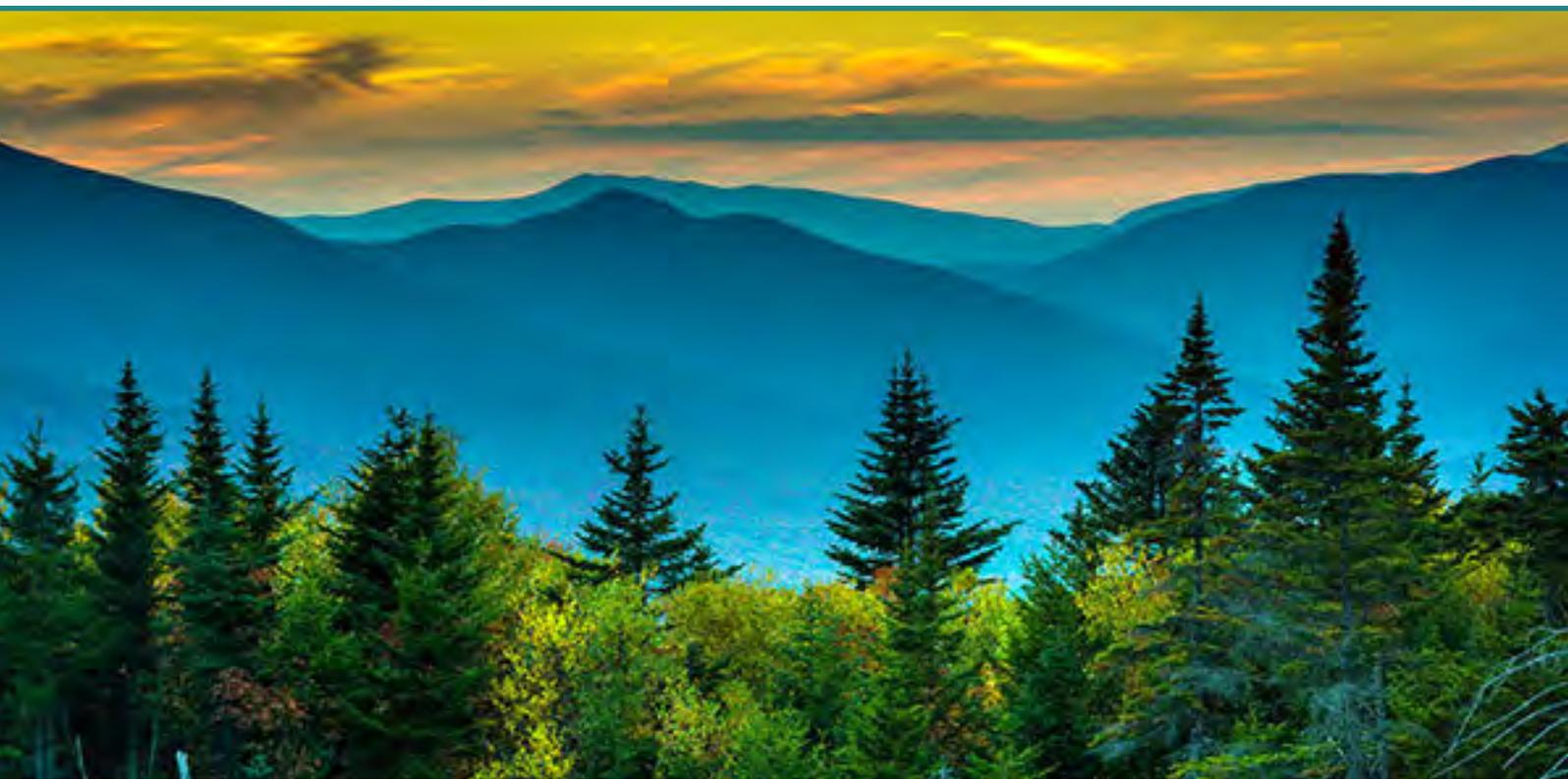
Either Number Four Mountain (882 m summit), Eagle Rock (720 m elevation), or Kineo (573 m elevation). The access to Mt Kineo is by ferry, costing USD \$12 cash per person for the round trip, The other three mountains are Borestone (573 m summit), White Cap (1114 m summit), or Big Moose Mountain (974 m summit).

Day 8: Friday 11 October Transfer to White Mountains (B, L, D)

Drive time: 5 hours

It's a travel day today. After a leisurely breakfast, we'll transfer to our next lodge at Crawford Notch, in New Hampshire's White Mountains. The mountain range, part of the northern Appalachian Mountains, covers about a quarter of the state and a small part of western Maine. Our lodge for the night in White Mountains is famous for stunning views, particularly in the Fall when the mountain ridges are ablaze with colour.

Lodge accommodation for the next four nights.



Day 9: Saturday 12 October Mount Willard Hike (B, L, D)

Mount Willard, 3 hours walking, 5.2 km return, grade moderate, elevation gain 275 m

Arethusa Falls, 2- 3 hr walking, 4.8 km return, grade moderate to strenuous. elevation gain, 260 m

Today's hike to Mount Willard leads through mixed hardwood forest and for part follows an old carriage road to a cliffline on the summit. Here, there are legendary views overlooking the historic deep glacial gorge that is Crawford Notch, a major pass through the White Mountains flanked by Mount Willey (1306 m) on the right and Mount Webster (1192 m) on the left.

After lunch, we hike to Arethusa Falls. At 43 m, this is second highest waterfall in the state, formed where Bemis Brook tumbles over granite cliffs on the western slope of Crawford Notch, There will be an evening program after dinner that could entail a movie, slideshow, or lecture focusing on the natural history or human history of the region.

Arethusa Falls



Day 10: Sunday 13 October Mounts Webster and Jackson (B, L, D)

6-8 hours walking, 10.5 km return, grade strenuous, elevation gain 775 m

We'll follow Webster-Jackson Trail and the Webster Cliff Trail to the summits of Mount Webster (1192 m) and Mount Jackson (1235 m). The impressive views look over Mount Washington, the southern Presidential Range peaks, and of course Crawford Notch. The climb is steep and it traverses rocky granite terrain. The trail passes Silver Cascade before approaching the ledgy, exposed summits. After dinner we will have another evening program.

Day 11: Monday 14 October Mount Avalon (B, L, D)

3-4 hours walking, 6.1 km return, grade moderate to strenuous, elevation gain 457 m

There are two creek crossings at the start, then it's a moderate to steep climb to the bare summit where there are spectacular views of Crawford Notch and the Presidential Range. Wild flowers are a feature of this walk.

There will be another evening program after dinner

Day 12: Tuesday 15 October Mount Pierce (B, L, D)

6-8 hours walking, 10.6 km roundtrip, grade strenuous. elevation gain 746 m

Today's hike leads above the treeline to the summit of Mount Pierce (1313 m), a prominent peak on the Presidential Range, Previously known as Mount Clinton, it was renamed in 1913 after New Hampshire's only president, President Franklin Pierce who had the top job from 1853 to 1857. From the mountain we will have 360-degree views of the range and surrounding peaks. We'll be able to rest and refill our water bottles at Mizpah Spring Hut, nestled in a col below the summit.

Day 13: Wednesday 16 October Zealand Falls Hut (B, L, D)

Zealand Falls Hut, 2 hours walking, 4.3 km, grade easy to moderate, elevation gain 198 m

Zealcliff Outlook, 2 hours walking, 4.2 km return, grade moderate, elevation gain 396 m

Mount Hale, 3 hours walking, 8.7 km return, grade moderate, elevation gain 427 m

Today we'll pack lightly for an overnight stay at Zealand Falls Hut. The rest of our gear will be left at the lodge. This hut on the Appalachian Trail is located next to Zealand Falls, within easy reach of Zealcliff, a picturesque viewpoint with views across the Pemigewasset Wilderness. The area was originally known as New Zealand Valley, possibly due to its remoteness, and then shortened for the convenience of the railroad and post office during the logging hey-days. The name was then applied to the falls and mountain.

There are several other hikes from the hut to either nearby Zealand Mountain or Mount Hale. There will be a presentation by a naturalist after dinner.

Hut accommodation

Day 14: Thursday 17 October Return to the lodge, The Sugarloaves (B, L, D)

The Sugarloaves, 3 hours walking, 5.5 km return, grade moderate, elevation gain 335 m

After an early, hearty breakfast we'll walk back to the trail head then drive back to our lodge for lunch. In the afternoon we'll head out to North and Middle Sugarloaf mountains, which offer beautiful views from their open summits. Many mountains throughout the world are named 'Sugarloaf'. It refers to the conical shape of sugar loaves that was how sugar was sold prior to it being granulated.

Lodge accommodation for the next two nights.

Day 15: Friday October 18 Travel to Vermont (B, L, D)

Drive time: .75 hours from lodge, then 3 hours, Littleton to Stowe

Red Covered Bridge to Sterling Falls Gorge, 3 hours walking, 6.5 km, grade easy

We will leave the lodge after breakfast and transfer to Littleton where we'll meet our guide for the Vermont section of the trip at 10.00 am.

We'll collect our lunch in Littleton, then drive for just over one hour to Peacham, one of the most picturesque villages and said to be the most photographed in Vermont's north-east. We'll do a beautiful country road walk to see the Fall foliage, farms and fields. We'll then have lunch in the village.

Continuing with our scenic drive we'll then stop in Morristown and do a walk through the Red Covered Bridge to Sterling Falls Gorge. Then it's on to our base in Stowe.

Inn accommodation for the next three nights.



Country road walking

Day 16: Saturday October 19 Long Trail to The Chin (B, L, D)

Long Trail to The Chin, 6 hrs walking, 12.8 km round trip, grade easy to moderate, elevation gain 166 m

Ranch Valley, 1.5 hours, 6.4 km, easy grade



We'll collect our picnic lunches and drive up the Mount Mansfield Toll Road to the top of Vermont's highest mountain, Mount Mansfield (1340 m) and hike on the Long Trail to The Chin. There the views of the Champlain Valley, and the Green and Adirondack mountains are spectacular. Lunch will be on the mountain. The Long Trail is the oldest organised hiking trail in America, running 438 km from Massachusetts to the Canadian border.

The day ends by walking up Ranch Valley on cross country ski trails at Stowe Mountain Resort.

Day 17: Sunday October 20 Lake Mansfield Trail to Taylor Lodge (B, L, D)

6 hours walking, 6.4 km return, grade moderate, elevation gain 216 m

Slayton Pasture Cabin, 6.4 km, grade easy, elevation gain 152 m

The day starts with a walk to Taylor Lodge, one of the iconic huts on the Long Trail.

We'll drive to Trapp Family Lodge for beautiful views of the Stowe Valley, and visit the resort Maria Von Trapp and her family, who inspired the musical *'The Sound of Music'*, founded in the 1940s.

After lunch we'll walk on ski trails to Slayton Pasture Cabin.

Finally, we'll visit Stowe Village and give everyone a chance to explore the shops and an optional traipse along the eight kilometre recreation path.

Day 18: Monday October 21 Long Trail to Burnt Rock Mountain (B, L, D)

Drive time: 3 hours

4 hours walking, 8.9 km return, grade moderate to strenuous, elevation gain 500 m

After a short drive south, we'll hike up the Hedgebrook Trail to the Long Trail and continue to the summit of Burnt Rock Mountain. From here there are some of the best views west toward to Champlain Valley. It's another stunning lunch spot!

Then we'll drive to the Mad River and Upper White River valleys, and over the Green Mountains at Middlebury Gap to our inn in the heart of the 6745 hectare Moosalamoo National Recreation Area (MNRA). Our inn was an 1813 farmhouse that was converted. It has been run by Tony Clark, one of the pioneers of cross-country skiing in America, for the past 47 years.

Dinner is always a very convivial experience with everyone dining at one or two tables. There's no liquor license here. We can stop along the way to purchase our beer or wine.

Inn accommodation for next four nights

Day 19: Tuesday October 22 Hogback Mountain (B, L, D)

6 hours walking, 12.8 km circuit, grade easy, elevation gain 244 m

Today's walk starts from the inn. Our walk will follow cross-country ski and hiking trails around Hogback Mountain to a point where there are great views south along the spine of the Green Mountains. Then we'll follow forest trails to the Sucker Brook Shelter on the Long Trail where we'll have lunch. After lunch it's a hike to Sugar Hill Reservoir for a great view of Romance Mountain before returning to the inn.



Hogback Mountain Walk

Day 20: Wednesday October 23 Mount Moosalamoo Circuit (B, L, D)

7 hours walking, 12.8 km circuit, grade moderate, elevation gain 466 m

After a short drive to the trailhead, we hike up Mt. Moosalamoo (this is the Abenaki people's term for 'the moose departs') for some great Green Mountain views. At 800 metres, this is the highest point in the MNRA. Then we'll head south on the Oak Ridge Trail to Rattlesnake Cliff for a spectacular view of Lake Dunmore below us and the Champlain Valley. We'll have lunch here. The cliffs harbor Peregrine Falcons from March through July when they're nesting. We'll return to our van by the Rattlesnake Cliff and North Branch Trails, passing by small waterfalls on the way.

Day 21: Thursday October 24 Silver Lake (B, L, D)

7 hours walking, 14.5 km circuit, grade easy, elevation gain 183 m

We will again start walking from the inn, following forest trails in the MNRA to quiet and secluded Silver Lake, where we'll circle in hopes of seeing loons or other migrating birds. We will also learn about the hotel that was once sited on the lake, but is now only a memory. Silver Lake is spring fed, but was dammed in 1917 as part of what was then the highest hydroelectric facility east of the Mississippi River. Lunch will be at the lake. We'll return to the inn by a trail and forest road.

Day 22: Friday October 25 Burlington (B)

Drive time: 1.5 hours

Sadly, today is the last day of our New England Adventure.

We'll will be transported to either Burlington Airport, or to a hotel for one more night's stay in Vermont.

What's Included in New England

- Permanent escort by New England tour guide
- An Australian **Take A Walk Adventures** leader for the complete trip
- Road transport from our meeting point in Bangor, Maine to our lodge in the Appalachian Mountains
- All ground transport to trail heads and between Maine, New Hampshire and Vermont
- Road transport to either a hotel or airport in Burlington, Vermont at the end of the trip
- All accommodation in mountain lodges, cabins and Inns on a twin share basis
- Breakfast, lunch and dinners as per the itinerary **(B, L, D)**
- All national park entry fees
- All permits and trekking fees
- Daytime and night-time guided visits
- Zealand Hut is equipped with bunk beds, mattresses, pillows and wool blankets.

What's Not Included in New England

- Flights from your departure country or town to Bangor, Maine and from Burlington, Vermont to your destination.
- Entry visa - ESTA - Electronic System for Travel Authorisation
- Any accommodation prior to or after the trip dates
- Requested single supplement cost (available on request)
- Compulsory travel and accident insurance
- Extra meals not noted in the itinerary
- Trail snacks
- Personal bottled water, alcohol and other drinks eg soft drinks, extra tea and coffee
- All personal trekking equipment
- Cost of any optional activities not mentioned in the itinerary
- Ferry access to Mt Kineo mentioned on Day 7. Cost approximately USD \$12 cash per person.
- Cash for extra personal expenses
- Tips for drivers, guides, hotel staff and other services

Other General Information

- ATMs are usually easy to come by in the United States
- It's a good idea to get local currency (USD) before you arrive
- Tap water in the US is generally safe to drink. Potable water is available at lodges and huts.
- Water from backcountry sources requires treatment
- Temperatures will be quite cool in October, probably ranging from 15° to 1° C
- Please note, this is a recce trip. Minor changes may be made along the way due to factors like weather conditions, road or park closures, or permits being unavailable. This is left to the discretion of our on-the-ground guides and Take A Walk leader. John and Lyn will lead this trip.
- Receipt of your booking form and deposit is confirmation of your place on this trip.

This itinerary is a living document. Please ensure you download the latest version before confirming your travel plans.



From the farmer's gate, Vermont



Churchill Town and Tundra Adventure, Canada

**This is an optional add-on.
See page 1 for details**

Churchill has long been known as the polar bear capital of the world. The town sits on the edge of Hudson Bay in the far north of Manitoba, Canada, where polar bears gather, waiting for the sea to freeze over so they can hunt seals again from the ice, for the first time since the summer thaw.

Churchill is one of the few human settlements where you can come face to face with the world's largest carnivore. For this exciting adventure we travel in unique Tundra Buggies that allow comfort and safety over snowy terrain. There is also time to discover Churchill's unique shops; family restaurants boasting delicious cuisine, and cultural museums that portray the historical significance of the area.

Day 23 / 1: Saturday October 26 Winnipeg, Canada

We will fly from Burlington, Vermont to Winnipeg, the capital of the Canadian province of Manitoba, and check into the Four Points by Sheraton hotel, at the Winnipeg airport.

In the evening, we'll meet our Frontiers North representative to discuss our Churchill adventure.

Day 24 / 2: Sunday October 27 Churchill, Canada (B)

After an early morning transfer to a private hanger, we'll fly to Churchill, Manitoba. We'll be met at the airport and have an interpretive transfer into the town. It's free time in the afternoon to explore Churchill. Highly recommended activities include an exciting dogsledding excursion or a helicopter tour (weather permitting). You may wish to visit the Itsanitaq Museum, showcasing an exceptional collection of Inuit carvings and artifacts that are among the finest and oldest in the world.

Day 25 / 3: Monday October 28 Tundra Buggy Adventure (B, L)

Today we have a full-day Tundra Buggy excursion. These all-terrain vehicles allow us to explore the best locations in the Churchill Wildlife Management Area to view polar bears, following a network of established trails. Make sure you bring a few extra camera batteries.

Day 26 / 4: Tuesday October 29 Tundra Buggy Adventure, fly to Winnipeg (B, L, D)

Today it's another full-day Tundra Buggy excursion in the Churchill Wildlife Management Area. In the evening, we'll transfer to the airport and fly back to Winnipeg. A light meal served aloft. We will again check into the Four Points by Sheraton hotel at the Winnipeg airport.

Day 27 /5: Wednesday October 30 Trip ends

We make our own way to the airport, or you may elect to stay and explore Winnipeg.



Mama and her cubs

What's Included in Churchill Town and Tundra Adventure

- Return flights from Winnipeg to Churchill
- Transfers on Days 24 / 2 and 26 / 4 to and from the Kelly Western Jet Centre (private hangar)
- Airport transfers and ground transport to and from the Tundra Buggy dock
- Tundra Buggy interpretive driver
- An Australian **Take A Walk Adventures** leader for the complete trip
- All national park entry fees and permits
- 2 nights hotel accommodation at Four Points by Sheraton, at the Winnipeg airport
- 2 nights hotel accommodation in Churchill
- Meals per day as per the itinerary (**B, L, D**)

What's Not Included in Churchill Town and Tundra Adventure

- Flights to and from Winnipeg, Manitoba, Canada
- Electronic Travel Authorisation - eTA - available online
- Any accommodation in Winnipeg prior to or after the trip
- Requested single supplement cost
- Compulsory travel and accident insurance
- Extra meals not noted on the itinerary
- Personal bottled water, alcohol and other drinks eg soft drinks, extra tea and coffee
- Cost of any optional activities not mentioned in the itinerary
- Cash for extra personal expenses
- Tips for drivers, guides, hotel staff and other services

Other General Information

- ATMs are readily available in Churchill
- It's a good idea to get local currency (CAD) before you arrive
- Tap water is generally safe to drink
- Temperatures will be quite cool in late October, probably ranging from -2° to -10° C, so you'll need to rug up outdoors
- Please note, this is not a Take A Walk itinerary. Any changes to the itinerary due to weather conditions, road or park closures, or permits being unavailable, will be left to the discretion of Frontiers North operators (<https://frontiersnorth.com/>).
- Receipt of your booking form and deposit is confirmation of your place on this trip.

This itinerary is a living document. Please ensure you download the latest version before confirming your travel plans.

Take A Walk Publications and Adventures Pty Ltd
PO Box 66, Camp Hill, Qld 4152 Australia

07 3843 3930

0417 611 810

info@takeawalk.com.au

www.takeawalk.com.au

Tundra Buggy

