



Every
Season
Calls for
Adventure-
Packed
Experiences! SM

2008 Group Programs (and Rentals)

Custom instructional clinics, nature presentations, survival workshops, outdoor recreation lessons, step-on guide service, and guided adventures of any duration

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Your Guides
Lucie and Peter
Villeneuve



"We are glad to share our wisdom of New Hampshire with lots of people!"

Adventures for everyone! We serve organizations, homeschoolers, bus and motor coach tour groups, after-school programs, private schools, church programs, corporate groups, and youth groups and clubs. Wilderness Guide/Outdoor Educator Lucie Villeneuve and our other guides will meet you at or near your New Hampshire location, or in any region of New Hampshire, for instructional clinics, nature presentations, survival workshops, outdoor recreation lessons, and guided adventures of any duration. We also provide step-on guide services for motor coach, bus, and van tours.

Q: Why do this for children, or for children-at-heart?

A: Outdoor Living Opportunities Help Build Life-Long Skills

Everyone benefits from "getting back to nature" by becoming aware of their place in natural environments and what it takes to survive "just like in the good old days" with fresh air, clean water, simple food, protection from the elements, and a good pace. As for youth, it takes a community, working and learning with caring adults, young people are given the chance to explore interests and try new skills, develop positive self esteems and relationships, as well as healthy leisure time activities, and expand communication, problem solving, and leadership skills. Finding a hobby or sport may turn into a career, or even a chance at the Olympics, while staying out of trouble.

Group Impacts on the Environment, and Safety Concerns

To minimize the wear and tear on the natural environments we tread on, Outdoor ESCAPES New Hampshire, LLC works hard to educate participants on some basic principles regarding trail and water use while we play, poop, eat, and keep personal hygiene. Safety is another concern which we take pride in preventing problems. New Hampshire has rugged terrain and unpredictable weather. Participants will be given a list of personal things to bring on wilderness trips. Please take this list seriously, no more and no less. We also travel through the wilderness in small groups that stick together. This keeps things logistically manageable and cuts down on disturbing wildlife. More tips will be given during teachable moments.

Group Program Activities, Rentals, and Prices

The next three pages describe our ESCAPES offered to groups. Each customized group program is priced separately and will depend on the number of participants (youth and adult parents/chaperones/ leaders), custom location, transportation and/or rental equipment needed, meals and snacks included, and the duration of the trip or the number of sessions. For groups larger than 10 participants (adults and youth) in the summer we hire additional qualified guides or collaborate with other outfitters. We've handled many groups of 40 in the past. These larger groups, such as Scouts, usually bring their own tents and cook kits (stoves, pots, etc.) and Outdoor ESCAPES NH supplies food, fuel, two-way radio and first aid support, and experienced guides that facilitate the group's pace and programs. For small groups we can supply tents, stoves, backpacks, and drybags. We also handle logistical matters such as rentals (canoes, kayaks, bikes, x-c skis, snowshoes, etc.) and can help arrange meals, lodging, and transportation for before, during, and after your ESCAPE for a complete package.



Choices

Hiking
Backpacking
Country Walking
Snowshoe/Nature Hikes
Cross Country Skiing
Backcountry Skiing
Survival Skills
Canoeing
Kayaking
Mountain Biking
Road Cycling
Target Archery
Nature/History
Tours and Presentations
Outdoor Photography
Teambuilding
Leadership
Life Skills
Sightseeing Tours
Step-on Guide Service
S.U.V. Tours



Reservations

Please call or e-mail Lucie to check for availability at least 30 days in advance, if possible. Complete the Group Program Reservation Request Form (found on our website on the "Reservations" page) and let us know what interests your group. Details and prices will be customized...we will plan and implement the best experience for your budget, whether your goal is personal development, team building, enriching the life of children, or to simply experience the great outdoors together. We'll do our best to meet your expectations with safety, fun, and learning.

Hiking, Backpacking
and Country Walking



May through November for just one day, 2-hours, or as a multi-day adventure

- Wildlife Watching and Scenic Opportunities
- Outdoor Photography
- Waterfalls and Wildflowers
- Survival Tips/Clinics (see list below)
- Nature/History Experiences or Talks (see list below)
- Day Trips, Backpack Trips, and Yurt Adventures

Snowshoe
Nature Hiking



December through April for just one day, 2-hours, or as a multi-day adventure

- Wildlife Watching and Scenic Opportunities
- Animal Tracking and Signs
- Tree Identification in Winter
- Nature/History Experiences or Talks (see list below)
- Winter Survival Tips/Clinics (see list below)
- Day Trips, Backpack Trips, Yurt Adventures

Cross Country
Skiing and
Backcountry Skiing



December through April for just one day, several 2-hour lessons, or as a multi-day adventure

- Nature Discovery Tours (Wildlife, Rivers, and Weather in Winter)
- Winter Trekking Survival Tips
- Beginner/Intermediate Diagonal Stride Cross Country Ski Lessons:
Equipment, balance, rhythm, up hills, down hills, corners, and using poles correctly
- Skate, Backcountry, and Telemark Lessons (advanced students)
- Day Trips, Inn-to-Inn Tours, or Yurt Adventures

North Woods
Survival Skills



All year indoors and outside, for a day, several 2-hour sessions, or as part of a multi-day adventure

All topics can be covered on a 2 or 3 day trek, but skills develop better with practice on longer trips.

- Assemble a Bivy Kit--to keep for future wilderness treks
- Environmental Hazards
- Map and Compass, Navigation
- Outdoor Cooking with Camp Stoves
- Primitive Shelter Building
- Primitive Fire Building
- Wilderness Trip Planning/Leadership--see Team Building activities
- 10 Essentials
- Knot Tying
- Signaling
- Weather
- Staying Healthy on the Trail
- Wilderness Ethics and Treading Lightly



Canoeing/Kayaking



Mid-May through October for just one day, several 2-hour lessons, or as a multi-day adventure

- Flatwater and Quickwater Paddling, and Whitewater Class I-II for ages 13 and up
- Tours: Paddle through history on ponds, lakes, rivers, estuary, and tidal areas with stops and talks to explore nature, wildlife, photography, and history
- Lessons: Equipment & Safety Orientation, Paddle Strokes, Communication, River Reading, Navigation, Basic Rescue, and Survival Topics
- Day Trips, Camping Trips, Yurt Adventures, and Inn-to-Inn Tours



Mountain Biking and
Road Touring



Mid-May through October, just 1 day, several 2-hr. lessons, or part of a multi-day adventure

- Tours: Pedal through history on designated bike paths or back roads with discovery stops
- Beginner Lessons: Equipment/safety orientation, body position, shifting gears, navigation, and communication
- Advanced Lessons (ages 13 and up): -Single Track/Technical Terrain
-Bicycle Inspection and Preventative Bike Maintenance
- Day Trips, Camping Trips, Yurt Adventures, or Inn-to-Inn Tours



Target Archery

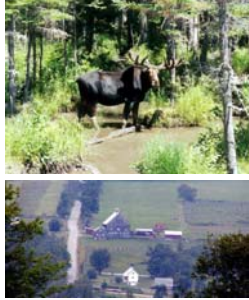


All year indoors, and mid-May through October outdoors, for just one day, several 2-hour lessons, or as part of a multi-day adventure

- Target Archery Lessons: History, instruction, practice, and games
- We use compound bows for ages 5+
- Fletching Arrows craft activity: fancy pencils to take home



Nature & History Experiences & Talks



Age-appropriate field experiences or presentation topics, all year

- New Hampshire's Changing Landscape and Its Inhabitants (overview of natural and human history)
- All About Moose...and other mammals of choice
- Birds of New Hampshire...bald eagle, loon, migrations, etc.
- Forestry: New Hampshire's Past and Present
- Lighthouses on New Hampshire's Seacoast
- Plant Identification: trees in winter, wildflowers, edibles, etc.
- Seacoast Creatures...birds, shellfish, mammals, fish, etc.
- Stonewalls, Orchards, and Sap Buckets: NH's Farm History
- Waterfalls and Cascades around New Hampshire
- Wildflowers of the Granite State
- Animal Tracking, Behavior, and Signs
- Covered Bridges of New Hampshire
- Geology of New Hampshire
- Nature at Night in New Hampshire
- New Hampshire's Habitat Diversity
- Railroads to Rail Trails
- Reptiles and Amphibians All Year
- River Systems of New Hampshire
- Stargazing
- Weather in the White Mountains

Outdoor Photography



Guided tours and tips for still photography, videography, sketching, and painting, all year for just one day, or as part of a multi-day adventure

- Wildlife
- Outdoor sports action
- Church Steeples- Covered Bridges
- Harvest/Farms
- Waterfalls
- Quaint Country Towns
- Modern Cultural Scenes
- Historic Buildings
- Fall Foliage
- Winterscapes
- Wildflowers & Plants
- Natural Landscapes: seacoast, lakes, mountains, river valleys, alpine

Team Building, Leadership, and Life Skills



Integrated programs for families and groups for just one day, or as part of a multi-day adventure

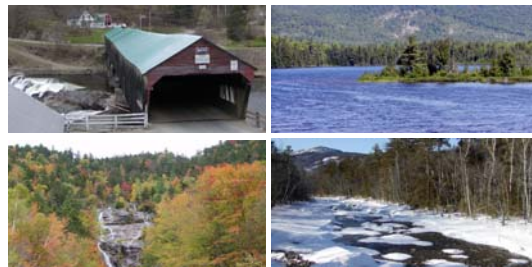
These and many other activities we offer help individuals develop life skills (adapted from 4-H)...become creative and productive citizens, develop positive leisure time activities, create a lifelong desire for knowledge, foster positive self esteem, build leadership potential, become involved in communities, explore interests, and try new skills.

- Ice Breakers
- Low-Ropes Course
- Zip Line
- Adventure-Based Games
- Initiatives
- High-Ropes Course
- Orienteering
- Indoor Rock Climbing Wall
- Community Projects, such as river cleanup and trail maintenance
- Leadership Topics, such as Communication and Group Dynamics
- Wilderness Trip Planning & Leadership (See topics listed: Recreation Activities-Survival/Backcountry Skills)
- Make & Take Home Workshops:
 - Survival kit assembly, Fletching arrow pencils, and Sewing (fleece clothes, lightweight emergency shelters)*
- Equipment Use, Maintenance, & Repair Clinics: GPS, Bicycle, X-C skis, Canoe, Kayak, Tent, Stove

Sightseeing Tours All Year



- Great North Woods
- White Mountains
- Dartmouth/Lake Sunapee
- Lakes Region
- Monadnock
- Merrimack Valley
- Seacoast



Step-on guide service (motor coach, school bus, van) to spend a day or more exploring New Hampshire

- Experience local nature, history, culture, and sightseeing
- Interpretive tours available in these regions of New Hampshire:
 - Lakes Region, Seacoast, Dartmouth/Lake Sunapee, White Mountains, and Great North Woods
- Customized with stops at points of interest:
 - Waterfalls, scenic vistas, farms, covered bridges, historic buildings, fall foliage, moose viewing, visitor centers, museums, souvenir shopping, and short walks or hikes



Private S.U.V. Tours for up to 4 participants...regional day trips are 6-8 hours and include lunch. Come with us for a day or more in our sports utility vehicle (S.U.V.) and we'll share the best of New Hampshire with you. Your discovery tour on scenic byways and country roads is a great way to become acquainted with rural New Hampshire, one region at a time. Stops will be made to experience the best of each season throughout the year: Winter Snow, Maple Sugar, Mud/Ice, Spring Showers & Flowers, Summer Heat/Sun/Rain, Fall Foliage, Harvest & Hunting, and finally the Holidays. So leave the driving behind and have fun exploring local nature, history, culture, sightseeing, and souvenir shopping with your native guide. Sample itineraries and prices are on our website, or give us a call to request an S.U.V. Sightseeing Tour.

Rentals

Outfitting, Recreation Equipment, and Prices

- Our recreation rental equipment is only available on our tours.
- Camping equipment and food are usually *included* on multi-day wilderness adventures.
- You are responsible for personal gear, such as clothing and footwear. **You will be given a pack list.**

Equipment Rentals Appropriate, safe equipment in good repair is important for you to enjoy your outdoor experience. Outdoor ESCAPES NH will arrange recreation equipment rentals for you on our guided tours and lessons. You are welcome to bring your own, but it will be inspected before use. Please indicate on your reservation form the type and quantity of rentals you'll need. A safety orientation and instruction (as needed) is included. **The rental prices listed below are per day and are subject to change without notice.**

Multi-day Adventures The fact is, the longer the trip, the more you get out of the wilderness experience. If you choose wilderness camping as your overnight choice for custom multi-day ESCAPES, camping equipment may be provided. This includes tents, camp stove, kitchen shelter, and dry storage for paddling. You may opt for another type of lodging, such as a cabin, bed and breakfast, campground, lodge, or country inn. We can help you find local lodging for before, during, and after your adventure.

Food and Water For Custom ESCAPES, your guide may provide food and prepare scrumptious meals if you wish. Any dietary restrictions should be noted on the Medical Form. We do our best to provide you with New Hampshire made snacks and meals. Any water obtained in the wilderness for drinking purposes is treated first to prevent illness. We use low-impact camping practices and take out everything we carry in, to help protect the environment.

YEAR-ROUND		
	Bivy Kit These emergency tools are required on some full day and all multi-day wilderness trips. (Items will be listed on your Pack List.)	\$10 to Rent Bivy Kit \$95 to Buy Bivy Kit
	Small Pack Book bag size, lined with a plastic bag, for kids or bicycle trips	\$5 Small Pack
	Medium Day Pack For day hikes, lined with a plastic bag	\$10 Medium Day Pack
	Large Backpack For multi-day hikes, lined with plastic bags, with room for food, sleeping bag and pad, extra clothing, etc.	\$15 Large Backpack
	Infant Carrier For an adult's front, ages 0-1	\$5 Infant Carrier
	Toddler Carrier For an adult's back, ages 1-3	\$15 Toddler Carrier
WINTER		
	Snowshoes Available when there is enough snow on hiking/walking trails, November through May	\$12 Snowshoes
	Ice grippers of some sort. Used when trails are slippery	Complimentary Ice Grippers, as needed
	X-C Skis, Poles, Boots Pulk For groomed or ungroomed trails A sled to pull gear, instead of wearing a backpack	\$20 X-C Ski Package \$30 Pulk
SPRING – SUMMER – FALL		
	Canoe, PFD, Paddle(s) For day or multi-day trips on lakes, rivers, and tidal water	\$40 Tandem Canoe (20 available) \$30 Solo Canoe (1 available)
	Big Canoe, PFD, Paddles For 4 to 7 participants with guide for day or overnight trips on lakes or calm rivers	\$95 Big / Voyager-style Canoe (2 available)
	Sit-on-Top Kayak, PFD, Paddle(s) These easy kayaks are versatile for all kinds of paddling. Safe and fun for beginners on ponds, lakes, and rapid rivers. The shorter kayaks are fun in whitewater. The longer kayaks are most efficient for long distance trips on lakes and in tidal water at the seacoast, whether for a day or a week. There is also more storage in the hatches. New this year: We now offer private guided kayak fishing tours.	\$35 Solo Multi-Purpose Sit-on-Top Flatwater to Class II Whitewater (7 reg. & 2 lg. available) \$40 Solo + Child Sit-on-Top Flatwater & Quickwater (2 available-1 w/seethru bottom) \$40 Solo for Fishing Sit-on-Top Flatwater to Class I (1 available) \$60 Tandem + Child, or Long Solo, Sit-on-Top Flatwater, Quickwater, and Multi-day Touring (1 avail.) \$60 Long Solo Sit-on-Top Flatwater, Quickwater, and Multi-day Touring (2 avail.)
	Sit-Inside Kayak, PFD, Paddle(s), Spray Skirt(s) Traditional recreational cockpit-type kayaks for day trips on lakes and quickwater rivers	\$30-45 Solo Cockpit Kayak (26 available) \$40-55 Tandem Cockpit Kayak (6 available)
	Sea Kayak, or Lake Touring Kayak, PFD, paddle, spray skirt Efficient long-distance cockpit-type kayaks for day or overnight trips on lakes, seashore, tidal water	\$30-55 Solo Traditional Sea Kayak (4 - 6 available) \$40-65 Tandem Traditional Sea Kayak (2 available)
	Dry Bag with liner To use when paddling ...or line your own packs/duffels lined with large garbage bags	\$5 Small Dry Bag \$10 Medium Dry Bag \$15 Large Dry Bag
	Mountain Bike or Hybrid Bike with Helmet Fat tires & many gears for easy pedaling on paved/gravel country roads or designated paths, gravel logging roads, or single-track trails.	\$25-\$45 Mountain or Hybrid Bike, depending on location
	↑ Orange Vests During hunting season in some wilderness areas, we use hunter orange vests for safety, mainly in October and November.	Complimentary Orange Vest