

LADIES WINTER ADVENTURE WEEKEND

JANUARY 20-22, 2023



Explore...*stunningly beautiful Western Maine.*

Learn...*from a certified bike instructor and registered Maine Guide, while having a blast on bikes & snowshoes.*

Connect...*with adventurous ladies in a fun, supportive & encouraging atmosphere.*



**Bethel
Adventure
Tours**

FOR MORE INFO. & TO REGISTER:

[HTTPS://BTHELADVENTURETOURS.COM/REGISTER/](https://betheladventuretours.com/register/)



Ladies Winter Adventure Weekend was created by Katy Carr, a certified mountain bike instructor and registered Maine Guide, to encourage more women to build adventure confidence through exploration, education and connection.

Do you want to reduce competitiveness, feel confident in trying a new activity, take pride in your own abilities, avoid feeling self-conscious, or simply join the women's adventure community?

Ladies Winter Adventure Weekends offer women the camaraderie, ease, and atmosphere that make learning and exploring not only fun, but an unforgettable experience. All are welcome...all abilities, all skin colors, all body types, all fitness abilities, all LGBTQ+, and non-binary.

Any questions call: 207.595.3775 or email:

betheladventuretours@gmail.com

Cost: \$650.00 per person, double occupancy

INCLUDES:

- 5 MEALS + 2 DRINK/SNACK SESSIONS & TRAIL SNACKS
- ACCOMMODATIONS - 2 NIGHTS GLAMPING AT WESTERN MAINE YURTS (DOUBLE OCCUPANCY)
- RENTAL EQUIPMENT (FAT BIKE, HELMET, SNOWSHOES)
- BIKING FUNDAMENTALS INSTRUCTION & TRAIL RIDE PASS
- SNOWSHOE TOUR
- ROUND TABLE DISCUSSIONS ON FEAR & RISK MANAGEMENT

FRIDAY 1/20/23

3:00PM - 6:00PM

Check-in at Western Maine Yurts, Bethel ME

<https://www.westernmaineyurts.com/>

6:00-9:00 PM (@ Western Maine Yurts)

"Happy Hour" Welcome & weekend overview (snacks & beverages provided). Discussions on Risk Management & Fear in adventuring. Optional winter walk/star gazing on the Western Maine Yurt Trail system.

SATURDAY 1/21/22

8:00AM - 9:00AM

Breakfast provided at Western Maine Yurts

10:00AM - 12:00PM

Fat bike fundamentals instruction at Bethel Village Trails

12:00PM - 1:00PM

Lunch provided at Bethel Inn.

1:00PM - 4:00PM

Fat Bike trail riding from Bethel Inn (with continued instruction and guiding).

6:00PM - 8:00PM

Dinner provided at Western Maine Yurts

Campfire and S'mores provided at Western Maine Yurts

SUNDAY 1/22/22

8:00AM - 9:30AM

Breakfast provided at Western Maine Yurts

Build your trail lunch & snacks to pack, provided at Western Maine Yurts

Check out of Western Maine Yurts

10:00AM - 4:00PM

Guided scenic snowshoe tour 4-6 hours

Location TBD based on weather conditions

4:00PM - 5:00PM

Weekend wrap up with snacks and drinks provided

