

LADIES SUMMER ADVENTURE WEEKEND

JULY 14-16, 2023




**Bethel
Adventure
Tours**



EXPLORE... STUNNINGLY BEAUTIFUL WESTERN MAINE.
LEARN... FROM A CERTIFIED BIKE INSTRUCTOR AND REGISTERED MAINE GUIDE.
CONNECT... WITH ADVENTUROUS LADIES IN A FUN, SUPPORTIVE & ENCOURAGING ATMOSPHERE.





The Ladies Adventure Weekend was created by Katy Carr, a Certified Mountain Bike Instructor and Registered Maine Guide, to encourage more women to build 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 Adventure Weekends offer women the camaraderie, ease, and atmosphere that make learning and exploring not only fun, but also 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: \$750.00 per person, double occupancy

INCLUDES:

- **5 Meals**
- **2 Drink & snack/dessert sessions**
- **Trail snacks**
- **Accommodations @ Western Maine Yurts 2 nights double occupancy.**
*Single supplement (\$185.00) may be available.
- **Rental equipment (mountain bike, helmet, kayak, paddles, PFD)**
- **Biking fundamentals instruction & trail guiding**
- **Guided river kayak tour**
- **Round table discussions on fear and risk management**

NOT INCLUDED:

- **Transportation**
- **Guide Gratuities**

FRIDAY 7/14/23

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3:00PM - 6:00PM

Check-in at Western Maine Yurts, Bethel ME

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

7:00-9:00 PM

“Happy Hour” welcome & weekend overview @ Western Maine Yurts

Discussion on risk management & fear in adventuring

Evening walk on the Western Maine Yurt trail system

SATURDAY 7/15/23

8:00AM - 9:00AM

Breakfast provided at Western Maine Yurts

10:00AM - 12:00PM

Mountain bike fundamentals instruction & trail ride

12:00PM - 1:00PM

Lunch provided at a local restaurant

1:00PM - 4:00PM

Mountain bike trail riding with continued instruction & guiding

6:00PM - 8:00PM

Dinner provided at Western Maine Yurts

Campfire and S’mores provided at Western Maine Yurts

SUNDAY 7/16/23

8:00AM - 9:30AM

Breakfast provided at Western Maine Yurts

Build your lunch & snacks for kayak river tour picnic

Check out of Western Maine Yurts

10:00AM - 3:30PM

Guided scenic river kayak tour 4-5 hours

3:30PM - 4:00PM

Weekend wrap up with snacks and drinks provided

