

# WOMEN'S SUMMER ADVENTURE WEEKEND

HIKING | KAYAKING | PADDLE BOARDING

**AUGUST 25-27, 2023**



**Bethel  
Adventure  
Tours**

*Say yes to new adventures!*



**The Women's Adventure Weekend** was created by Katy Carr, a registered nurse, certified mountain bike instructor and registered Maine Guide, to encourage more women to build adventure confidence and wellness 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?

Women's 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.

**INCLUDED:**

- 6 Meals
- 2 Drink & snack/dessert sessions
- Trail snacks
- Accommodations @ Western Maine Yurts 2 nights double occupancy.  
\* Single supplement may be available
- Rental equipment (paddle board, kayak, paddles, PFD)
- Guided hikes & paddling tours
- Round table discussions on fear and risk management

**NOT INCLUDED:**

- Transportation
- Guide Gratuities

**COST:**

\$750.00 per person, double occupancy

\* Single Supplement \$185.00

Link to Registration and payment: <https://betheladventuretours.com/register/>

