



ADVENTURE DU JOUR

FOR KIDS
AND MORE

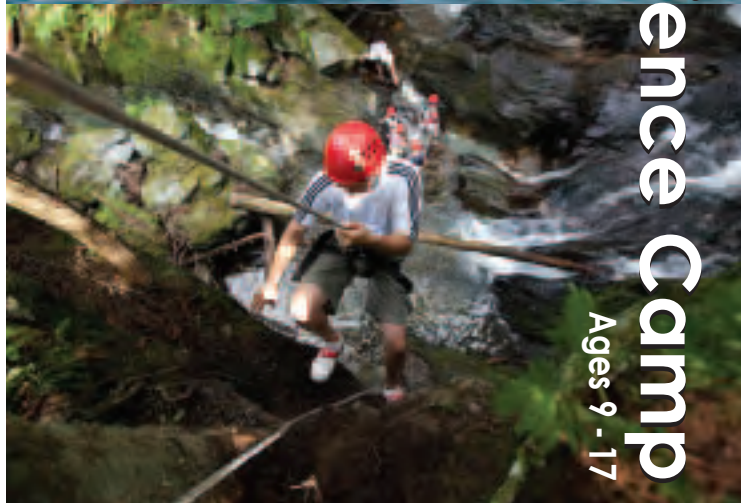
BY KAREN BOUSHIE

Adventures come in many different forms and levels of intensity. And adventurers come in all sizes and shapes. Smugglers' challenge was to find the match points between the two and develop adventure programming to satisfy various ages and interests. With the Resort's redesigned High Adventure Experience Camp and Adventure Days, children and adults looking for something different will find it in the varied activities offered by these two programs, ranging from backroads biking to kayaking and more. The combination of outdoor exploration and physical challenge is certain to deliver unique vacation memories.

Young adventurers hit the hills, woods and more

Smugglers' is well known for its comprehensive children's programs; in fact, the Boston Globe has hailed them as "one of the best and most complete children's programs anywhere." But despite such praise, the Resort's Summer Fun University program managers do not rest on their laurels, and they constantly scan the horizon to see what the next big thing in children's programming might be. They do this in a variety of ways: they stay on top of trends, they listen when kids talk about what thrills them, and last but not least, some are still kids at heart with an enthusiasm for trying new things.

That mix is how Smugglers' High Adventure Experience Camp for children ages 9-17 came about. A few surveys on vacation trends had indicated that interest in adventure



High Adventure Experience Camp

Ages 9 - 17



Kids looking for adventure can mix it up with our **High Adventure Experience Camp**. Campers will spend time enjoying daily activities like our climbing wall, bouldering in Smugglers' Notch pass, kayaking, geocaching, and swimming. Plus an exciting Via Ferrata experience including zipline, waterfall climb and Burma Bridge gorge crossing!

Monday - Thursday, 9 am - 4 pm, includes guides, lunch and transportation. 4-day program, regular price \$99 per person per day, including guides, equipment, lunch and transportation. FamilyFest Package guests take 25% OFF.



adventure du jour continued ...

The Catwalk on the High Ropes Course.

pursuits was growing. Some of the activities now included with High Adventure Camp had always been popular as components of the regular camp program at Smugglers'; it made sense to roll them into one program. Other activities, like geocaching and Via Ferrata, were fairly new as organized vacation experiences, but based on enrollment when Smugglers' first started offering these programs, guests appeared to be intrigued by them.

"The camp seemed like a winner to us as we developed it to launch last Summer," comments Dave Farrell, manager for Smugglers' children's programs. "Of the four special outings for children that we launched last Summer, the High Adventure Experience Camp clearly attracted more participation. Last year the kayak outing for children was set up as its own specialty program, but this year we thought it made sense to roll it into the adventure format."

With kayaking added, the camp was expanded this Summer from three days to four days. It's a busy four days: in addition to a day spent on the 5-mile river kayaking trip, campers spend one day on a Via Ferrata course combining the excitement of climbing, hiking and ropes course challenges. Via Ferrata or "Iron Way" routes were originally developed during World War II in Europe to facilitate troop

movement through the Alps, and recreational versions have in recent years become popular challenges for outdoor adventurers. On the camp's Via Ferrata, children experience a zipline, waterfall climb, a rope Burma Bridge gorge crossing, and more in a course developed around Vermont's wooded mountain terrain.

In addition, campers split one day between two destinations. Half of the day is spent up in rugged Smugglers' Notch Pass, exploring the craggy terrain and participating in bouldering, which is making climbs on large boulders or at the base of rock faces. After bouldering, they'll head down the mountain to the cool waters of Rum Runners' Hideaway, the Resort's mountainside reservoir. The reservoir has inner tubes, a challenging fidget ladder and trampoline Aqua Jump.

Another camp day is spent at the Resort's Notchville Park. Notchville has plenty of excitement with three tiered pools and the Twister waterslide. For this camp with an adventure theme, the primary focus will be the 30-foot climbing wall at Notchville, and the Giant Swing that sends riders on a 100-foot arc over the pool area.

On the camp's first day, children are grouped by ability and age, and those subgroups stay together over the course of the camp. Prior to each activity, kids

receive basic skills instruction from counselors, and safety equipment such as helmets for the climbing wall and bouldering and life preservers for kayaking is provided.

"No special abilities are needed for any of these activities," notes Dave Farrell. "As with all of our children's programs, the camp is 'challenge by choice.' Our counselors are trained to provide support when kids need it and to encourage effort as well as mutual support within the group. Approaching the activity from this perspective creates a positive experience for the campers, who usually walk away with increased self confidence, a few new friends, and more than a few good stories to tell their families."

Adventures for all ages: Adventure Days

This Summer, Adventure Days are devoted to kayaking, biking, and the Resort's high ropes course. "We developed Adventure Days to respond to vacationers' interest in trying something new while getting out and exploring beautiful Vermont," says Stacey Comishock, Smugglers' activities director. "Since the programs are for ages 13 and older, it's a great opportunity for adults to enjoy alone or for parents to experience special time with their teens."



SegRides

of Vermont

SegRide Tours Mon. - Sat. 9:30 am, 11:30 am, 2:00 pm & 4:30 pm

Off-Road SegRides Mon. - Sat. 10:00 am & 3:00 pm

Check your Resort Information Guide for more information. Contact the Guest Service Desk (extension 1293) or the Tennis & Family Fun Center (extension 1173) to schedule.



18-hole, challenging, mountainside course • gravel paths locally owned & operated • restaurant & bar • no tee times necessary

**Rates: Monday - Thursday, greens fee plus cart for 2: \$32/per person (+ tax)
Friday - Sunday & Holidays, greens fee plus cart for 2: \$37/per person (+ tax)**

802.933.5100

BAKERSFIELD COUNTRY CLUB

A CHALLENGING & AFFORDABLE 18-HOLE GOLF COURSE, GREAT FOR THE WHOLE FAMILY

Directions from Smugglers': turn right out of Smugglers' entrance on to Route 108 North. Stay on Route 108 through the town of Bakersfield. Go approximately 1.5 miles and bear right on the Boston Post Road. Travel .5 miles and the Clubhouse is on the right. Closest course to Smugglers', approximately 30 minutes.

The kayaking outing is a flatwater experience, and participants will receive basic instruction in kayak entry, paddling, and exiting from their guides. "Because kayaks ride so low in the water, it's really a unique experience," says Comishock. "You see things from an entirely different perspective, and it's very peaceful and quiet as you slip through the water. You may even see wildlife." Rest assured that the fun quotient is pretty high, too ... games of sponge tag have been known to break out and there are plenty of opportunities to get wet.

Backroad Bike participants meet at the FunMeister's Clubhouse, then caravan to Waterville, located about 20 minutes from the Resort on Vermont Route 109. Chartered in 1824, the town probably received its name because the North Branch of the Lamoille River flows through the valley. Waterville has three historic covered bridges, more than any other town in Lamoille County. It is a quaint town and the bike route travels from the town center through the rolling farmland and wooded hills that surround it. The ride is appropriate for any level of cyclist, and depending on the group's inclination toward speedy cycling or a leisurely ride taking in the surroundings, the guides are happy to split the group accordingly. "Our goal is for everyone to enjoy their time outdoors and get what they want out of the trip," says Comishock.

As for the third Adventure Day, the High Ropes Challenge, it might be voted "most tucked away" of all of Smugglers' programs. Set up in the woods of Smugglers' winter cross-country skiing and snowshoe trails, the course offers participants outdoor time, interaction with others, physical challenge, and a step outside one's comfort zone as they work their way through the course set up among the trees. "I think it's a great activity for anyone who wants to try something different and create unique vacation memories," says Comishock.

Discussing the ropes course involves a vocabulary of words and phrases that in many cases indicate the adventure and athleticism involved in completing the course. From a catwalk (a one

log crossing) to a trapeze jump, ropes course participants use balance and agility to proceed through the elements. Smugglers' has two new elements this year. The vertical playpen is a cargo net climb, and space loops are loops suspended from a cable that the participant must access one at a time as they inch along. Participants are harnessed to an overhead cable and belayed by experienced guides. Helmets are provided with safety being a top priority.

As with the High Adventure Experience Camp, the Ropes Course Adventure Day is all about fun. Comishock says, "Yes, taking on the ropes course is a personal challenge, but we try to keep it light. We encourage participants to attempt the different elements in a way that is confidence-building. The bottom line is that we want everyone to have a great time."

Pick your vacation adventure ... the facts.

The High Adventure Experience Camp is for ages 9-17 and takes place Monday-Thursday, 9:00 am - 4:00 pm, throughout the Summer. The regular price is \$99 per person per day, which includes guides, equipment, lunch and transportation.

Adventure Days are for ages 13 to adult and run from 10:00 a.m. to 3:00 p.m. Kayaking is held on Tuesday, Backroad Bike on Wednesday and High Ropes Challenge is on Thursday. The cost for each program is \$70 per person, which includes equipment. Guests may register for all three days for \$195. Participants should bring their own lunch and water to drink; a daypack is convenient.

Karen Boushie is the director of Public Relations at Smugglers'. When she's not eating donuts or experimenting with compost - she can be found discovering new adventures in the Smuggs area.

LOOKING FOR ADDITIONAL ADVENTURES?

Smugglers' cross country trails provide some of the best mountain biking around. On a hot summer day a rider can take the trails right up to Rum Runners' Hideaway for a mid-ride dip. The reservoir offers swimming, canoeing, and paddle boating with some of the most breathtaking views of the mountain. The cross country trails also provide some great hiking and running trails for those who are not into to mountain biking.

The Lamoille River provides a challenging venue for water enthusiasts. Many people canoe or kayak through the clear, natural flowing river. For those who are looking for a more relaxing water voyage, Lake Champlain has several companies that provide sailing adventures. The scenic tours give you views of the mountain that make your jaw drop, and whether it is the views of the Green Mountains or the Adirondacks, you are centered between both on the length of Lake Champlain's one hundred-plus mile expanse.

True thrill seekers head straight for the Notch. Smugglers' Notch is one of the greatest locales for rock climbing in the state of Vermont. Local outfitters can set up lessons for those who want to learn how to rock climb, and the lessons will provide all of the safety tips, gear, and first-class instructions to allow you to have a safe climbing experience. It is hard to find any place in Vermont without stellar views, but from the top of a rock cliff, the vista is phenomenal.

- Heather Wry



Smugglers' Notch Pass