

# Walking Adventures International

# 2009

## ADVENTURE SURVEY



SW Parks



Vietnam



Africa



Brazil



Antarctica

Welcome to another Walking Adventures International Adventure Survey! We're excited to offer travelers a unique opportunity within the world of travel – the chance to directly influence which of our exciting destinations will be selected for the 2009 Walking Adventure Schedule! Though we would love to offer trips to all of these destinations in 2009, WAI specializes in a small and personalized style of travel. As a result, our walkers receive the full focus of our time and energy as we concentrate on just 12 - 15 destinations each year!

Another cause for our excitement is the plethora of NEW destinations we are featuring in this year's Adventure Survey. Vietnam & Cambodia, Brazil, Egypt, and Namibia are just a few of the 15 NEW or REVISED itineraries we are considering! Two of these new destinations – Southwest Colorado and the Danube River Cruise – are part of our WAI 20th Anniversary Reunion celebration in September and October 2009 (see the back page for more information).

We're also offering a host of Familiar Favorites, time-tested Adventures like Costa Rica & Panama, Fall Foliage of New England, and Iceland – Island of Fire & Ice.






The timing of your vote is important (See the insert for instructions and the Response Form.). The DEADLINE is MAY 15, 2008. **Be sure to register your vote by phone, mail, or email before May 15!**








We look forward to Sharing  
the Adventure with you in 2009!

# 2009 ADVENTURES


## AFRICA

-  **Walking Egypt**  .....2
-  **Walking South Africa & Namibia**  .....2
-  **Walking Southern Africa** .....2



















## ASIA

-  **Walking China** .....3
-  **Walking Japan & Korea (IVV Olympiad)**  .....3
-  **Walking Vietnam & Cambodia**  .....3

## CENTRAL & SOUTH AMERICA

-  **Walking Chile, Bolivia & Peru** .....4
-  **Walking Brazil**  .....4
-  **Walking Costa Rica**  
(Part 1 of Costa Rica & Panama) .....4
-  **Walking Panama**  
(Part 2 of Costa Rica & Panama) .....5
-  **Walking Peru - Machu Picchu**  
(Part 1 of Machu Picchu & Galapagos) .....5
-  **Walking Ecuador - Galapagos**  
(Part 2 of Machu Picchu & Galapagos) .....5

## EUROPE & MIDDLE EAST

-  **Walking The Baltics** (Part 1 of Russia & the Baltics) .6
-  **Walking Russia** (Part 2 of Russia & the Baltics) ..6
-  **Walking Eastern Europe** .....6
-  **Walking England & Scotland** .....7
-  **Walking France** .....7
-  **Walking Greece** (Part 1 of Greece & Turkey) ....7
-  **Walking Turkey** (Part 2 of Greece & Turkey) ....8
-  **Walking Iceland** .....8
-  **Walking Ireland** .....8
-  **Walking Israel & Jordan**  .....9
-  **Walking Italy - Classic** .....9
-  **Walking Italy - South**  .....9
-  **Walking Norway** .....10
-  **Walking Spain, Andorra & France**  .....10
-  **Walking Spain & Portugal** .....10







South Africa & Namibia







## NORTH AMERICA

-  **Walking Alaska - Kenai Peninsula** (Part 1)  |1
-  **Walking Alaska - Fairbanks & Denali** (Part 2) .11
-  **Walking The AVA Convention - Texas**  |1
-  **Walking Mexico's Copper Canyon**  .....12
-  **Walking Mexico's Southern Baja** .....12
-  **Walking New England** .....12
-  **Walking Newfoundland & Labrador**  .....13
-  **Walking The Southwest National Parks** .....13






## 2009 WALKING ADVENTURES REUNION

-  **WAI 20th Anniversary Reunion**  .....15
- WAI 20th Anniversary**
-  **Danube River Cruise - Reunion Ext.**  ..15

## 2010 ADVENTURES

-  **Walking Alpine Europe**  
- **Oberammergau Passion Play**  .....14
-  **Walking Antarctica**  .....14
-  **Walking Manitoba - Churchill Polar Bears**  14

## KEY

-  **Winter Adventures** (December - February)
-  **Spring Adventures** (March - May)
-  **Summer Adventures** (June - August)
-  **Fall Adventures** (September - November)
-  **NEW ADVENTURES!!**

# Africa

## Walking Egypt **NEW!** — Cairo, Valley of the Kings, and Cruising the Nile

January | 10 - 12 Days | 5 Walks | \$3000 - \$4000 | Start / Finish: Cairo

Egypt...the mere name conjures up images ancient and dramatic: the Nile, massive pyramids, Cleopatra, Moses and the Exodus, the Sphinx – the list is endless! Of all the great civilizations of antiquity, only Egypt and China have retained continuity in their culture and identity. The land of Egypt contains two thirds of the world's greatest historical monuments, including the only survivor of the Seven Wonders of the Ancient World, the Great Pyramid of Khufu! Our Adventure in this ancient land is designed to explore a past way of life and connect it with our culture today. Join us for this voyage of discovery, both by land, and up the Nile River by boat!

### HIGHLIGHTS

- Cairo – with its endless hum of activity and world-class museums, including the Egyptian Museum, home of the renowned Tutankhamen exhibit, and the massive El Khalili Bazaar
- Ancient Giza – with the stupendous pyramids (over 4600 years old) and the iconic, noseless, expressionless Sphinx
- Valley of the Kings – where we'll wander through the tombs of over 60 Pharaohs, visit the temple of Queen Hatchepsut, and gaze up at the towering, 3400-year-old Colossi of Memnon
- Cruising the Nile – a route as old as time, on a luxury vessel with all outside cabins
- Attractions of the Nile – more tantalizing monuments of ancient Egypt like the Temple of Horus and the Luxor and Karnak Temples, as well as a symbol of modern Egypt, the Aswan Dam



## Walking South Africa & Namibia **NEW!** — Namibia: Portrait of Africa

August | 14 - 16 Days | 8 Walks | \$4000 - \$5000 | Start: Cape Town, South Africa / Finish: Windhoek, Namibia

**OPTIONAL CAPE TOWN PRE-TOUR:** 3 days to explore the wonders of Cape Town, one of the most scenic and historic cities in Africa

Wedge between the Kalahari Desert and the Atlantic Ocean in the southwest corner of Africa, Namibia offers a host of delightful contrasts. From the endless shifting expanses of startling red deserts to a wealth of dramatic seascapes on the west coast, from a modern 21st century infrastructure to Bushman rock art dating back thousands of years, from some of the driest and most lifeless conditions on the planet to a profusion of mammals, birds, and reptiles surrounding Etosha National Park's waterholes – Namibia offers the opportunity for a rich intersection of African history, culture, scenery, and wildlife in a safe and stable environment.

*"The things you expose us to, seeing how it really is instead of just the main tourist spots. You're very well organized, yet read the group well so changes can be made if necessary."  
– Berta Z., Three Forks, MT*

### HIGHLIGHTS

- Namaqualand – with its luminous swaths of pink, orange, and yellow wildflowers that transform the desert into miles of natural flower fields each spring
- Sossusvlei – the expansive desert of towering red dunes that create a constantly changing kaleidoscope of shifting colors with the changing light and wind
- Twyfelfontein – a rocky wonderland hiding some 2500 examples of Bushman (San people) rock art, the largest concentration in Namibia
- Opuwo – a life-changing opportunity to interact with the Himba tribes and observe their simple, unchanging way of life
- Etosha National Park – one of the best wildlife viewing locations in Africa boasting over 100 mammal species and over 300 bird species
- Okonjima – another wonderful bush lodge offering great walking and opportunities to see wildlife from a nocturnal hide or on walks where we "radio-track" leopards and cheetahs that have been rescued by the AfriCat Foundation.
- IVV walks in both Namibia and South Africa

## Walking Southern Africa — Southern Africa Walking Safari

August | 16 Days | 7 Walks | \$6000 - \$7000 (AIR INCLUDED!) | Start / Finish: Washington D.C.

Africa brings to mind exotic images of the wildest of animals at civilization's outer reaches. Spotting wildlife will be first among our travel objectives, but we'll also be seeking the unique history and culture of Southern Africa, including settlement by the Afrikaners, battles with the Zulu, and the Boer War with its ultimate byproduct – Apartheid. Cultural activities with some of the many native tribes will help us to connect with the roots of Southern Africa.



**OPTIONAL VICTORIA FALLS EXTENSION:** The thunderous roar of Victoria Falls, one of the 7 natural wonders of the world, and the incredible parade of elephants in Botswana's Chobe National Park!

### HIGHLIGHTS

- Cape Town, oldest European settlement in Southern Africa, with visits to Table Mountain and the Cape of Good Hope
- Zululand, with a game drive to see the white rhino and a cruise among the St. Lucia Wetlands in search of crocodiles and hippos
- Cultural connections in Zululand and Swaziland
- Game drives in Kruger National Park in hopes of sighting the "Big Five" (rhino, elephant, lion, leopard, and buffalo)
- Several walks that feature the uniquely African landscapes of Table Mountain, the massive Blyde River Canyon complex, Zululand's bushveld, the grassland plains of Mlilwane Wildlife Sanctuary in Swaziland, and the world-renowned Hluhluwe/ Umfolozi Game Reserve
- Johannesburg's township of Soweto, with its potent reminders of the woes of racial tension

## Walking China

**China: Many Empires, Many Faces**

October | 17 Days | 7 Walks | \$3500 - \$4500 | Start: Shanghai / Finish: Beijing

According to Rudyard Kipling, "East is east and West is west and never the twain shall meet." The ancient land of China is quickly changing, however, embracing new market ideologies and technologies and, in many ways, reaching out to "meet" the West. No one knows the future, but one thing is clear: now is the time to experience this venerable land before its transformation renders it indistinguishable from the West!

### HIGHLIGHTS

- A lazy cruise among the limestone karst monoliths of the Li River and a memorable countryside walk between rice paddies and farms outside Yangshuo
- 4 days of cruising along the mighty Yangtze River through the Three Gorges and the amazing Three Gorges Dam
- Xi'an's army of Terra Cotta Warriors — 2000 year-old guardians of the afterlife commissioned by China's first emperor
- Beijing with its infamous Tiananmen Square, expansive Forbidden City, and never-ending gauntlet of vendors hawking knock-offs of every description
- The Great Wall, stupendous achievement of the Imperial Age at great cost in human life



## Walking Japan & Korea **NEW!**

**Japan: Land of the Rising Sun - Featuring the 11th IVV Olympiad**

May | 9 - 11 Days | 7 Walks | \$3000 - \$4000 | Start: Tokyo / Finish: Osaka, Japan

**OPTIONAL KOREA PRE-TOUR:** The idyllic island of Jeju-do has a mild climate and laid-back ambiance. Our walks feature beautiful seascapes, orange groves and fields of bright yellow rape seed, and traditional rural lifestyles. Panmunjom, the so-called "truce village" on the border with North Korea is an unforgettable reminder of the conflict between North and South, communist and democratic ideals.

Japan... an intriguing island nation of shoguns and sushi, samurai and sumo wrestlers. Stereotypes abound for the Land of the Rising Sun, but as travelers, we have the privilege of dispelling, or confirming, these icons of Japanese culture with firsthand experience. Join us as we explore Tokyo, wander through the shrine village of Nikko, experience the amazing temples and delightful lanes of ancient Kyoto, and participate in the walking festival at Five Lakes, in the Mount Fuji district!



### HIGHLIGHTS

- Kyoto's Philosopher's Walk – a delightful sampling of Japan's past, starting at Kiyomizu Temple and wandering past quiet ponds, along cherry tree-lined flagstone paths, and finishing at Ginkaku-ji (Silver Pavilion)
- Old Nara – first capital of Japan with its pesky herds of sacred deer, and Todai-ji Temple, one of the largest wooden structures in the world, housing one of Japan's two largest bronze Buddhas – 53 feet tall!
- Bustling Tokyo – with a walk through the grounds of the Imperial Palace and through the fascinating shopping lanes surrounding Senso-jo Temple
- Mount Fuji's Five Lakes district – home of the 11th Olympiad of the International Federation of Popular Sports (IVV), with 3 days of walks and activities in the company of walkers from all over the world!

## Walking Vietnam & Cambodia **NEW!**

**Vietnam & Cambodia: Cruising the Mekong Delta**

February | 15 - 17 Days | 9 Walks | \$4000 - \$5000 | Start: Ho Chi Minh City, Vietnam / Finish: Siem Reap, Cambodia

**"I have no idea how one could improve on such a custom-built tour!" - Pat B., Portland, OR**

Long mired in regional and international conflicts, Vietnam and Cambodia have entered into a period of stability that is allowing their economies to grow and flourish. Foreign travelers are now discovering the beauty and charm of a region that suffered greatly during the second half of the 20th century. The flourishing Mekong Delta is the geographic phenomenon that unites these two nations, and a beautiful new ship chartered just for our group is our platform to launch this exciting new voyage of discovery up the Mekong River into Southeast Asia!

### HIGHLIGHTS

- Ho Chi Minh City – the capital of South Vietnam (formerly known as Saigon); we'll visit the fascinating markets, enjoy a rickshaw ride, and visit the Cu Chi Tunnels used by the Viet Cong to build entire cities out of reach of American bombers
- Cai Be and Chau Doc – where enchanting floating markets offer chances to observe ways of life that have changed little over the centuries
- Phnom Penh – capital of Cambodia rich in French colonial architectural influence where we'll visit the Royal Palace, the National Museum, and the infamous "Killing Fields" that seared our imaginations during the days of the Khmer Rouge's bloody tyranny
- Rural Cambodia – our ship provides access to a multitude of cultural opportunities through stops at villages, walks through the countryside, a folklore performance, and simply cruising through the lush tropical panoramas
- Siem Reap – located at the north end of our voyage across the huge Tonle Sap Lake, this city was once the capital of the Khmer Empire
- Angkor Wat – a complex of temples from the ancient Khmer Empire – today a UNESCO World Heritage Site – "lost" to civilization beneath the jungle until they were rediscovered near the end of the 19th century
- RV *Indochine* – a beautiful new vessel currently under construction in Vietnam with exotic tropical woodwork throughout, air conditioned outside cabins, and a series of comfortable lounges and decks to enjoy the passing scenery and company of your shipmates (this will be an exclusive WAI charter voyage)

# Central & South America

## Walking Chile, Bolivia & Peru

### Wonders of the Andes

March / April | 12 Days | 7 Walks | \$4000 - \$5000 (AIR INCLUDED!) | Start: Santiago, Chile / Finish: La Paz, Bolivia

**OPTIONAL PATAGONIA PRE-TOUR:** Patagonia and Torres del Paine National Park — amazing cultural and scenic experiences at the bottom of the world

Explore Andean cultures past and present in Chile, Bolivia, and Peru. We'll travel from Santiago, Chile into the dreamy, otherworldly landscapes of the Atacama Desert, along the totora reed-lined shores of beautiful Lake Titicaca, highest navigable lake in the world, and across the border to Puno, Peru. Because we spend significant time above an altitude of 10,000 feet, we consider this one of our most Adventurous programs. Don't miss the optional pre-tour to Patagonia and Torres del Paine National Park!

#### HIGHLIGHTS

- 3 walks from San Pedro de Atacama, including a stroll past grazing llamas and foraging Andean Flamingos en route to the village of Machuca for a barbecue with the locals
- The aquamarine hues and colorful Aymara native culture of Lake Titicaca, sitting at 12,000 feet above sea level, astride the border between Bolivia and Peru
- Copacabana, Bolivia and Puno, Peru – two delightful lakeside towns offering the scenic and cultural charms of the Lake Titicaca area



## Walking Brazil **NEW!**

### Breathtaking Brazil: Rivers, Rainforests & Rio!

June | 16 - 18 Days | 10 Walks | \$4000 - \$5000 | Start: Manaus / Finish: Rio de Janeiro

"Great walks and interaction with IVV club members. An experience no other travel organization can or could duplicate."  
- Bob M., Schenectady, NY

The world's 5th largest country is a wonder of diversity. The Amazon basin, composing over half of Brazil, contains 17% of the world's freshwater and over 6 million square miles of river and jungle. In fact, the world's largest jungle and largest inland swamp fall within Brazil's borders. Over 4,000 miles of coastline yield picturesque cobalt-blue waters fringed by mile upon mile of white beaches. These natural resources are combined with an equally diverse culture enriched by contributions from Africans (the slave trade), indigenous tribes, and European immigrants from Portugal, Italy, Spain, Germany, Russia, Japan, and more. Join us for a new journey of discovery in South America's largest country!

#### HIGHLIGHTS

- The Amazon River – largest and longest in the world (now considered longer than the Nile) with a flow at its mouth 12 times that of the Mississippi River!
- Minas Gerais – dotted with splendid colonial towns filled with architectural treasures and cobblestone streets, remnants from the tumultuous gold rush days of the 18th century
- Iguacu Falls – fueled by a series of rivers emerging from dense rain forest, and over six feet of rainfall each year; over 275 separate falls create an amazing spectacle that we'll experience from all sides, including from below the falls on a boat trip into the heart of the mists
- Paraty – outlet for all the gold mined in Minas Gerais before the development of Rio, this colonial jewel on the sea offers a dazzling section of the Brazilian coastline, wonderful walking, and gastronomic delights in its restaurants and cafes
- Rio de Janeiro – the Cidade Maravilhosa (Marvelous City) is truly gifted in its spectacular coastal setting – Ipanema Beach, Christ the Redeemer, and spectacular vistas from Pão de Açúcar reached by cable car are just a few of Rio's attractions

## TWO PART TRAVEL PROGRAM

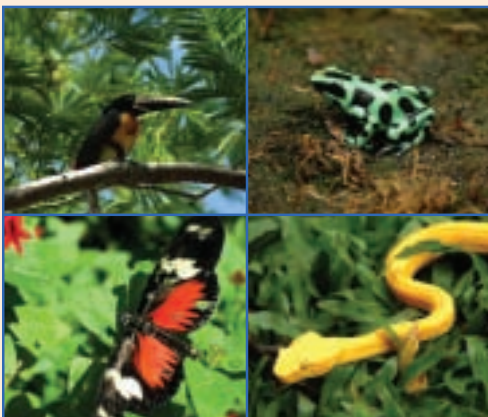
### Walking Costa Rica & Panama

February | 14 Days –

Combine the following two travel programs into one tropical paradise walking experience that maximizes your time and money!

## Walking Costa Rica (Part I)

### Costa Rica: Land of Diversity



February | 11 Days | 5 Walks | \$2000 - \$3000 | Start / Finish: San Jose, Costa Rica

Costa Rica is an explosion of life! With a seashore-to-mountaintop topography and a tropical climate, it is home to an unbelievable variety of plants and animals from both sides of the equator. No other country on the planet has a greater number of species per square mile or offers so many fun and educational pursuits for the traveler in such a small package!

#### HIGHLIGHTS

- A rainforest walk at Arenal Volcano with opportunities to view lava flows from one of the world's most active volcanoes
- The Central Highlands, with visits to San Jose, the Butterfly Farm, and a coffee plantation
- A walk in Cahuita National Park along the Caribbean in the company of howler monkeys
- 2 days in the jungles of Tortuguero – a haven for iguanas, monkeys, sloths, toucans, and a host of other exotic wildlife

## Walking Panama (Part 2)

Panama: More Than Just a Canal

February | 5 Days | 2 Walks | \$1000 - \$2000 | Start / Finish: Panama City, Panama

Panama's famous Canal is indisputably a high point among mankind's achievements. Often overlooked, however, are Panama's fascinating history, rich biological diversity, and intriguing native cultures.

### HIGHLIGHTS

- 4 nights in the same hotel on the banks of the Panama Canal
- A walk through the historic Canal Zone district
- A partial Canal transit through the Miraflores Locks and infamous Calubra Cut
- An unforgettable rainforest visit to an Embera Indian village



## TWO PART TRAVEL PROGRAM

## Walking Machu Picchu & Galapagos

May | 15 Days -

Combine the following two travel programs into one amazingly diverse South American experience that maximizes your time and money!

## Walking Peru - Machu Picchu (Part 1)

Mystical Machu Picchu



May | 7 Days | 5 Walks | \$2000 - \$3000 | Start / Finish: Lima, Peru

Never revealed to the Spanish and virtually forgotten until discovered by Hiram Bingham in 1911, the aura of mysterious Machu Picchu, "Lost City of the Incas," defies description. Powerfully mystical, wonderfully isolated, inscrutably pagan, and breathtakingly beautiful are just a few impressions that come to mind! Fascinating Cuzco, capital of the powerful Inca Empire, and the beauty of the Sacred Valley of the Incas help make this a South American Adventure of a lifetime!

### HIGHLIGHTS

- Cuzco, center of the powerful Inca civilization with its delightful colonial center, enticing traditional shops, and Inca stone walls and foundations that continue to defy explanation
- Ancient Pisac, a group of majestic stone ruins whose beauty is matched only by their wondrous location high in the Andes overlooking the Urubamba Valley, also known as the Sacred Valley
- The massive Inca fortress of Ollantaytambo, cleanly dressed stones of amazing dimensions, marking the site of the only Inca victory over the technologically superior Spaniards
- Incomparable Machu Picchu, silent testimony to the skill and vision of the Quechua people

"Walking as we have done shows me the country from the 'inside out' so to speak - I feel more connected to the country, culture, etc. And people attracted to WAI are friendly and interesting with a desire to live life and not just let it go by." - Susan E., Jupiter, FL

## Walking Ecuador - Galapagos (Part 2)

The Galapagos Islands & Ecuador

May | 9 Days | 7 Walks | \$3500 - \$4500 | Start / Finish: Quito, Ecuador

The Galapagos Archipelago conjures up images of an isolated, almost mythical setting where Charles Darwin derived the basis for the theories of his book, The Origin of Species. Over 150 years later, this special group of islands continues to mesmerize visitors from all over the planet. Many species in the Galapagos are found only here and present startling differences when compared to their cousins living elsewhere on the globe. One thing most Galapagos species have in common is a charming and completely disarming fearlessness around humans. This Adventure is a unique opportunity to explore one of the world's most pristine wildlife environments.

### HIGHLIGHTS

- Quito, capital of Ecuador, with some of South America's most enduring colonial ambiance - though only 15 miles from the equator, the city boasts a spring-like climate moderated by its high Andean elevation
- Several hikes through the Galapagos Islands with naturalist guides to help explain the more obvious and discover the less conspicuous island delights
- Snorkeling or swimming among sea lions or coming nose-to-nose with a blue-footed booby during a shore excursion
- 4 nights aboard a well-appointed ship with excellent meals and the opportunity to both learn and relax between island visits



# Europe & Middle East

## TWO PART TRAVEL PROGRAM

## Walking Russia & The Baltics

July | 21 Days -

Combine the following two travel programs into one eye-opening historical walking experience that maximizes your time and money!

### Walking The Baltics (Part I)

### The Baltic States

July | 10 Days | 7 Walks | \$2500 - \$3500 | Lithuania, Latvia, Estonia | Start: Vilnius, Lithuania / Finish: Tallinn, Estonia

Our program in the Baltics includes a pleasing blend of city sightseeing walks with countryside trails that highlight the pastoral charms of these predominantly rural nations. We'll also spend significant time in the capitals of Vilnius, Riga, and Tallinn, all three of which are listed as UNESCO World Heritage sites.

#### HIGHLIGHTS

- The wonderful Old Town architecture of Vilnius, Riga, and Tallinn – Baltic capitals rejuvenated since the fall of Communism, and now offering a wealth of inviting cobblestone lanes to stroll, shops to browse, and museums and medieval churches to discover
- A visit to the Museum of Genocide Victims, where we'll take in a sober chapter of Lithuania's history
- A walk through the countryside along the water's edge, over the bridge, and up to the stunning Trakai Castle in Lithuania, situated amidst a shining lake frequented by both sailboats and swimmers
- Kryziu Kalnas, The Hill of Crosses – a unique bit of countryside completely covered with the offerings of a people who have blanketed this hill in crosses formed of all shapes, sizes, materials, and styles
- A lovely walking excursion to the forested Baltic island of Pedassaar in Kolga Bay, followed by a lunch with our Estonian walking friends



### Walking Russia (Part 2)

### Russia - Land of the Czars

July | 12 Days | 5 Walks | \$3000 - \$4000 | Start: St. Petersburg / Finish: Moscow

*"Thank you for your professional attitude and obvious great effort in giving the best value for the dollar. We will look forward to joining you again on another travel/walking adventure." -Jim M., Keizer, OR*

*In Russia, we have chosen a combination land and cruise package that highlights a small but vitally significant slice of this enormous land which spans eight time zones! St. Petersburg, indelibly marked by the two "Great" czars, Peter and Catherine, and Moscow, still the heartbeat of Russia, are the fascinating bookends of an Adventure that cruises the Volga-Baltic Waterway with walks and sightseeing at five ports of call!*

#### HIGHLIGHTS

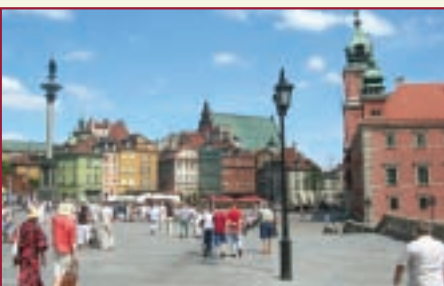
- A walk through the endless trove of the State Hermitage Museum, housing one of the world's great art collections, and a visit to Catherine the Great's majestic Winter Palace in St. Petersburg
- An excursion to the Gardens of Peterhof in St. Petersburg, with its beautiful walking paths and marvelous and distinctive fountains
- A lovely lakeside stroll exploring tiny Kizhi Island and a visit to the intriguing UNESCO World Heritage Architectural Open-Air Museum there, featuring the 22-domed Church of Transfiguration
- A visit to the Savior Transfiguration Monastery in Yaroslavl, including a chance to witness a local concert of Russian hymns in a setting of acoustical perfection
- A walk near the Volga River showcasing the Church of St. Demetrius of the Blood in Uglich, where Ivan the Terrible's seven-year-old heir was mysteriously murdered
- Moscow Panorama Tour – a guided coach tour including the Red Square, Lenin's Tomb, and the colorful, multi-turreted Cathedral of St. Basil
- A tour of Moscow's Kremlin, the political, military, and spiritual heart of Russia, along with a walk through the city itself, including Moskva River, the enormous Cathedral of Christ our Savior, and the Arbat pedestrian shopping zone

### Walking Eastern Europe

### Old World Charms of Eastern Europe

July | 11 Days | 6 Walks | \$3000 - \$4000 | Hungary, Slovakia, Austria, Czech Republic | Start: Budapest / Finish: Prague

**OPTIONAL PRIDE OF POLAND PRE-TOUR:** The Pre-tour begins in Warsaw and explores Warsaw and Krakow before cutting across the rugged panoramas of Slovakia into Budapest. The itinerary includes walks in the Slovakian Tatra Mountains, Zakopane, Krakow, and Warsaw, with guided tours of Wieliczka Salt Mine, Wavel Castle, and Auschwitz Concentration Camp.



*Though often overshadowed by the rise and fall of fascism and communism during the 20th century, these former Iron Curtain nations have a legacy of powerful kingdoms, colorful cultures, and a rich tradition in the arts and sciences. We'll start in Budapest, then wind our way through Bratislava and Vienna, those Queens of the Danube, before finishing in Prague, the Paris of the East.*

#### HIGHLIGHTS

- Walks in Prague, Český Krumlov, Bratislava, Tata, Budapest, and the Neusiedler Lake wine region of Austria
- Memorable guided visits through Hradcany Castle, Schönbrunn Palace, Vienna, Krumlov Chateau, and Budapest
- Cultural connections with local walkers in the Tatra Mountains of Slovakia and the tiny village of Mörbisch south of Vienna

## Walking England & Scotland — Great Britain: Cotswolds, Lake Country & the Highlands of Scotland

August | 12 - 13 Days | 9 Walks | \$4000 - \$5000 | Start: Manchester / Finish: Edinburgh

Great Britain has so much to offer the inquisitive traveler. We've carved off one delightful slice of this fabled island nation – one of its most scenic and charming. The Cotswold district reflects quintessential England with its thatched stone cottages and quiet countryside. The Lake District has long attracted walkers with its numerous rural hikes and relaxed pastoral ambiance. A bit further north, the highlands of Scotland offer stark panoramas across heather-clad hills and legendary lakes. The program finishes in Edinburgh, a banquet of historical treats in any season!

### HIGHLIGHTS

- Bourton-on-the-Water, Stow-on-the-Wold, and the placid heartbeat of England in the Cotswolds
- Walking through the Lake District to the tiny town of Hilltop, and the farm of famed children's author and artist Beatrix Potter
- Picture-perfect Grasmere and a walk around its lovely namesake lake
- Shopping and relaxing in the lakeside towns of Ambleside and Windermere
- A day in the Inner Hebrides to explore the tiny, historic island of Iona
- The dramatic highland scenery of Glencoe and Loch Ness
- Two rural highland walks in Scotland
- Lively Edinburgh with its impregnable fortress, tumultuous history, literary legacy, and the incomparable Military Tattoo



## Walking France — Paris & the South of France

May | 10 - 12 Days | 5 Walks | \$3000 - \$4000 | Start: Paris / Finish: Nice



From the villas and vistas of the Mediterranean, to the Roman medieval history of Provence; from the wines and cheeses of Burgundy to the museums and romance of Paris – come explore France with us on a walking adventure par excel lance! Four diverse regions of France yield a complicated and captivating picture of one of Europe's largest countries: the French Riviera, Provence, Burgundy, and Paris.

### HIGHLIGHTS

- An all-day walk through the highlights of Paris: Notre Dame Cathedral, the Louvre, Arc de Triomphe, Champs Elysees, and the Eiffel Tower
- The incomparable Palace of Versailles, testimony to the excessive lifestyle of 17th and 18th century French monarchy
- Three nights in the charming medieval walled city of Avignon, with the imposing Palace of the Popes
- The delightful hilltop fortress village of Les Baux, reputedly founded by descendants of King Balthazar, one of the "three wise men"
- Charming Beaune, a French wine village, with an opportunity for wine-tasting in a 12th-century wine cellar

*"We were very unsure of participating in a group tour. What a wonderful surprise! This is just the kind of travel we've been looking for. Thank you so much, Dan, for your patience, humor, knowledge, and sense of adventure!" - Pam M., Irvine, CA*

## TWO PART TRAVEL PROGRAM

## Walking Greece & Turkey

April / May | 19 Days -

Combine the following two travel programs into one unforgettable walking experience that maximizes your time and money!

## Walking Greece (Part I) — Greece: Birthplace of Western Civilization

April | 9 - 11 Days | 5 Walks | \$3000 - \$4000 | Start / Finish: Athens

Our exploration of the fabled land of Greece traverses the origins of Western Civilization, bringing to life the legends of Homer's Iliad and Odyssey and the age-old stories of Greek mythology and history. We start at King Minos' Palace of Knossos on the Aegean island of Crete; take in some of the world's most stupendous vistas from the rim of Santorini's sea-filled caldera; continue to Mycenae, where Agamemnon marshaled Greek armies for the Trojan War; and finish in Athens, pinnacle of Classical Greece.

### HIGHLIGHTS

- Spring wildflowers and nonstop island panoramas during 4 walks on Crete and the Peloponnese
- 2 days in Santorini to walk the caldera rim, soak in some of the Mediterranean's most spectacular scenery, and explore the shops
- Guided tours of the Palace of Knossos, Prehistoric Museum of Santorini, fortress of Mycenae, theater of Epidaurus, Acropolis of Athens with the Parthenon, and the National Museum of Archeology



## Walking Turkey (Part 2)

## Turkey: Crossroads of the Ancient World

May | 10 - 12 Days | 5 Walks | \$3000 - \$4000 | Start / Finish: Istanbul

It's doubtful that any other region of the world has witnessed as many history-changing events as the land of Turkey. Straddling the isthmus between Asia and Europe, Turkey has seen the rise and fall of multiple empires whose armies have marched back and forth across its well-trafficked soil: the Hittites, first to gain advantage through the use of iron; the Persian wars against Classical Greece under Xerxes and Darius; Alexander the Great and the explosion of Hellenistic culture; the Roman era with its Pax Romano and spread of Christianity; the Byzantine Empire during the golden age of Constantinople; the sordid chapter of the Crusades; and, finally, the glory of the Ottoman Empire — all are strongly connected to the country we now call Turkey.

### HIGHLIGHTS

- The oriental delights of Istanbul — Topkapi Palace, the Blue Mosque, a cruise on the Bosphorus, the Spice Market, and the Grand Bazaar
- Stunning Cappadocia with its wonderland of volcanic rock formations, fairy chimneys, and rock-hewn Byzantine era churches
- The opportunity to walk in the footsteps of the Apostle Paul along the marble streets of Ephesus, one of the world's best-preserved Roman cities



## Walking Iceland

## Iceland - Island of Fire & Ice

June | 9 - 11 Days | 7 Walks | \$4000 - \$5000 | Start / Finish: Reykjavik

Visitors to Iceland will confirm that this beautiful and historic island is one of the best-kept secrets in the world of travel — the locals are friendly, the food is great, and this island on the edge of the Arctic Circle unveils scenery that is undeniably out of this world! Though 11% of its surface is covered in ice, Iceland is remarkably green, given its far northern latitude – courtesy of the moderating effects of Gulf Stream currents. Rainbow-laced waterfalls, snow-covered volcanoes, glaciers spawned by the largest ice field in Europe, dramatic fjords, gyrating geysers and geothermal hot spots, and the surprising green of the farm meadows contribute to the colorful collage that is Iceland – Island of Fire and Ice!

### HIGHLIGHTS

- Climbing a perfect volcanic cone for views of wondrous, otherworldly landscapes surrounding Lake Mývatn on the Dimmuborgir Black Lava Castles Walk
- The multi-hued greens and grays of ancient moss-covered lava flows on the Höfðabrekka Moonscapes and Meadows Walk
- Cruising to Papey Island to see Atlantic puffins and a remote, 1000-year-old Viking farmstead
- A magical voyage through the iceberg-studded waters of Jökulsárlón Lagoon
- A North Atlantic whale cruise near the Arctic Circle to search for the behemoth of the seas

*"Too many tours have Americans looking at displays but not really meeting local people or getting the feel of the country. WAI does these last two as well as I hoped it would."*  
-George B., Puyallup, WA



## Walking Ireland

## Emerald Isle of Ireland

June | 12 - 13 Days | 7 Walks | \$3500 - \$4500 | Start / Finish: Shannon

Ireland has long captured the imagination of American travelers. Some are drawn because of their ancestral linkage with the Emerald Isle. Others are attracted to Ireland's irresistible combination of dramatic scenery, warm hospitality, and dynamic Celtic heritage. For all of us, Ireland offers a delightful window into a slower, more satisfying pace of life that seems to welcome us home.

### HIGHLIGHTS

- 7 outstanding walks featuring the pastoral charms and historic sites of Glendalough, Killarney National Park, Dingle Peninsula, the Aran Islands, and Giant's Causeway
- Visits to Kilkenny Castle, the Rock of Cashel, Dun Aengus fortress, and the Ulster American Folk Park
- All day to explore Dublin on a well-routed sightseeing walk
- Traditional Celtic music and dancing at the award-winning Riverdance in Dublin or Killarney
- The Dingle Peninsula, with a great rural walk and a chance to take in traditional Celtic music – one of the last places in Ireland where Gaelic is still the mother tongue!



**Walking Israel & Jordan** **NEW!****Walking in the Footsteps of Jesus**

March | 10 - 12 Days | 7 Walks | \$3000 - \$4000 | Start / Finish: Tel Aviv

*The Holy Land! As described in the Bible, its early history in the generations following Noah is first linked with the Chosen People of Israel beginning with Abraham, father of the Jewish Nation. Acre for acre, no other piece of the planet has had a greater impact on world events than Israel. Through the Jewish nation came Jesus Christ, and through Jesus Christ comes the redemption that has formed the basis of Christianity, arguably the most influential and far-reaching belief system in history. Our Adventure in the Holy Land is replete with names that fill the Bible stories: Cana, where Jesus turned the water into wine; the Sea of Galilee, where Jesus calmed the storm; Gethsemane and the Mount of Olives; Bethany, where Lazarus was raised from the dead; Bethlehem, Jerusalem, the Jordan River, the Dead Sea and more. Though this Adventure is designed to explore the roots of the Christian faith, all travelers are welcome to join us for this journey of discovery and revelation!*

**HIGHLIGHTS**

- Nazareth, where Jesus walked the streets as a boy
- The Dead Sea, to experience a special “floating” experience and learn about life in Qumran, the community where the Dead Sea Scrolls were found in 1947
- The stunning red rock city of Petra, carved out of stone in present-day Jordan 3000 years ago
- The excavation of Jericho, one of the world’s oldest cities
- The Church of the Nativity in Bethlehem, to see the town where Jesus was born “away in a manger”
- Jerusalem, to walk the many places Jesus walked and study the intricacies of the relationships between Arabs and Jews throughout time and in today’s world



Jordan Tourism Board North America

**Walking Italy - Classic****Italy: Venice, Tuscany & the Eternal City of Rome**

May | 11 - 12 Days | 7 Walks | \$3500 - \$4500 | Start: Venice / Finish: Rome

*The ancient land of Italy offers sweeping Mediterranean seascapes, delectable cuisine, the captivating story of the world’s greatest empire, enduring feats of Roman engineering, and the heartwarming hospitality of our Italian walking friends.*

**OPTIONAL MALTA EXTENSION:** Breathtaking views on two sea-cliff walks. Visits to Mdina and Valetta for insight into the ancient story of Malta, which encompasses influences from nearly every dominant Mediterranean culture in history.

**HIGHLIGHTS**

- Wandering the mountain paths and vineyards that connect the five timeless coastal communities of Cinque Terre
- Visits to the charming hilltop villages of Siena, Orvieto, and Civita in Tuscany and Umbria
- Unforgettable sightseeing walks in romantic Venice, Renaissance Florence, and the Eternal City of Rome
- Visits to the Uffizi Museum in Florence, the Leaning Tower of Pisa, and the Vatican Museum with the Sistine Chapel in Rome

**Walking Italy - South** **NEW!****Southern Italy: Sicily, Pompeii, & the Amalfi Coast**

April | 10 - 12 Days | 7 Walks | \$3000 - \$4000 | Start / Finish: Rome

*For many Americans, Italy feels like a homecoming. Year after year, more Americans visit Italy than any other destination in the world. We’ve often visited the classic sites of the north: Venice, Florence, Tuscany, and Rome. Join us now as we turn south in search of a less-visited Italy, a more traditional corner of this storied land of picturesque countryside, quaint hill towns, delightful islands, ancient ruins, and exquisite food.*

**HIGHLIGHTS**

- Pompeii – a walk at Mount Vesuvius takes us to the source of the volcanic explosion that rocked the ancient world, entombing the once-thriving Roman city of Pompeii, which we’ll explore with our guide after the walk
- Isle of Capri – whitewashed villas, sweeping Mediterranean panoramas, lemon trees, and narrow winding lanes – the perfect place for a Mediterranean island walk!
- Amalfi Coast – one of the most remarkable coastal drives in the world also presents a wonderfully scenic walk route
- Stromboli – an active volcano offers a dramatic appeal for us, along with another memorable island walk en route to Sicily
- Sicily – the largest island in the Mediterranean offers an exotic mix of influences from medieval Norman Vikings, North African Moors, ancient Greeks, Aragonese Spaniards, and, of course, ancient Romans
- The Gargano Peninsula – rich in small town hospitality and the rural delights so typical of Italy’s deep south

*“Every tour we have been on has been an Adventure in the country where we have traveled. WAI guides and staff always treat us like friends. The trip is another example of how WAI provides the history, culture, and quaint side of a country.”*  
-Linda & Bill H., Pasadena, MD

## Walking Norway

## Scenic Wonders of Norway

September | 10 - 12 Days | 6 Walks | \$3500 - \$4500 | Start / Finish: Oslo

Norway takes your breath away! Since 1991, we've been sharing the many delights of Scandinavia with our walking friends – chief among these is Norway. Pristine mountains, the Viking story, immense glaciers, the charming reserve of Norwegian hospitality, pounding waterfalls, mirror-smooth lakes, and the seemingly endless vistas of unforgettable fjords make Norway a walking explorer's delight!

**OPTIONAL SWEDEN & DENMARK EXTENSION:** The captivating fishing village of Smögen along Sweden's western shore and "wonderful" Copenhagen, explored from the quiet charm of Roskilde, Denmark's first capital.

### HIGHLIGHTS

- A walk through lovely Oslo, with Frogner Park, Akerhus Fortress, and the Royal Palace
- Mountain-studded views and spray-in-your-face waterfalls along the Flåm Railway, one of Europe's most outstanding train experiences
- Lovely Bergen, Norway's first capital and a key commercial and cultural center for nearly 1000 years
- A cruise through Geiranger Fjord, possibly the prettiest of many spectacular Norwegian fjords
- Driving the Golden Route from Geiranger to Trollstigen, the Stairway of the Trolls, where rivers cascade down mountainsides



## Walking Spain, Andorra & France NEW! Spain's El Camino de Santiago, Andorra & the Basque Coast

May | 12 - 13 Days | 7 Walks | \$3500 - \$4500 | Start / Finish: Barcelona

*"Every trip we've taken with Walking Adventures has exceeded my expectations. I really enjoyed the way the walks and the cultural experiences all came together." - Jill S., Vacaville, CA*

We'll be following the famed Way of Saint James (El Camino de Santiago) for much of this Adventure through Northern Spain. Our program starts, however, in Barcelona as we depart for the tiny principality of Andorra. From Andorra, we'll continue along the north flank of the Pyrenees in France, winding along the picturesque seaside of the Basque Coast before dropping down to the mountains of northern Spain. Our itinerary is not religious in nature, but the Way of Saint James pilgrimage provides a fascinating blueprint to discover the history, culture, and scenery of this fabled region of the Pyrenees and northeast Spain. Some of Spain's best cuisine and most celebrated wines will sustain us as we enjoy a variety of IVV walk venues in three countries: Andorra, France, and Spain.

### HIGHLIGHTS

- Andorra – a tiny principality given its autonomy in the 8th century for helping a grateful Charlemagne resist the invading Moors. Nestled in the scenic Pyrenees between France and Spain, Andorra offers great walks and its own unique Catalan culture.
- St-Jean-de-Luz, France – a tuna-fishing port on the Bay of Biscay "discovered" by H. G. Wells, with the French Pyrenees forming a scenic backdrop and the venue for our walk in France
- Pamplona – gaining international notoriety through Hemingway's famous portrayal of the running of the bulls, Pamplona was historically the most significant town in the Pyrenean region and its more significant role was capital of the kingdom of Navarre
- Los Picos de Europa and Sierra Demanda – some of the most famous, scenically dramatic, and legend-riddled mountains in Spain
- Burgos and Leon – two primary centers of the Kingdom of Castile during the Christian era preceding the expulsion of the Moors, Burgos is the traditional home and final resting place of Spain's most famous knight, El Cid; Leon is the gateway from Old Castile to Galicia and boasts a wealth of medieval architectural gems
- Santiago de Compostela – once the destination of all roads in Spain, this pilgrimage city lays claim as the third most significant holy city in Christendom. It offers wonderful cultural and walking opportunities in the nearby mountains of Galicia and at Finisterre – the End of the World on the Atlantic coast.

## Walking Spain & Portugal

## Iberian Delights of Spain & Portugal

March | 12 Days | 10 Walks | \$3500 - \$4500 | Start / Finish: Madrid

The charm of the Iberian Peninsula is the cumulative creation of a diverse range of civilizations. Prehistoric Celts, conquering Romans, Germanic barbarian hordes, Sephardic Jews, Islamic Moors from North Africa, and the Spanish Christian kingdoms of the Middle Ages – all left their mark upon the history and culture of Spain and Portugal and contributed to the enchanting land it is today!

**OPTIONAL PORTUGAL EXTENSION:** Lisbon, the guardian of the spirit of Vasco da Gama and other Portuguese navigators who opened trade routes to the exotic markets of the Far East during Portugal's Golden Era

### HIGHLIGHTS

- Toledo's captivating medieval blending of Christian, Jewish, and Moorish architecture and culture
- An unforgettable walk on the fabled Rock of Gibraltar, one of Plato's "Pillars of Hercules" guarding the entrance to the Mediterranean
- Granada's Alhambra, with its intricate Moorish mazes of ornate terraces, grottoes, and fountains
- The winding cobblestone lanes and colorful flower-bedecked tile patios of Cordoba, former center of Spain's Moorish civilization



# North America

## TWO PART TRAVEL PROGRAM

## Walking Alaska

June | 12 Days -

Combine the following two travel programs into one incredible "way up North" walking adventure that maximizes your time and money!

### Walking Alaska: Kenai Peninsula (Part 1) **NEW!** ————— The Kenai Peninsula - Abundant Alaska

June | 8 Days | 4 Walks | \$2500 - \$3500 | Start / Finish: Anchorage

Just south of Anchorage lies a peninsula blessed with all manner of Alaskan wonders. At 200 miles long and 100 miles wide, the Kenai Peninsula has a slice of nearly every aspect of Alaska save for the tundra of the Far North. Active volcanoes, the calving glaciers of Kenai Fjords National Park, a plethora of bear and moose, seemingly unlimited halibut and schools of migrating salmon in the rushing rivers, puffins and terns and a multitude of other bird life in Kachemak Bay and in the vast Kenai wetland – these are just a few of the reasons the Kenai Peninsula is often referred to as "Alaska in miniature!"

#### HIGHLIGHTS

- Walks in Anchorage, Homer, Girdwood, and the Exit Glacier
- Interacting with members of the Kenaitze tribe in Cooper Landing
- Behind the scenes tours at Alaska Sealife Center and the Alaska Wildlife Conservation Center (close up wildlife photo-ops)
- Glacier and wildlife cruise along the shores of Kenai Fjords National Park
- The picturesque halibut capital of Homer and Russian Orthodox heritage of Kenai



### Walking Alaska: Fairbanks & Denali (Part 2) ————— Denali Delights & Alaskan Highlights

June | 6 Days | 4 Walks | \$2000 - \$3000 | Start: Anchorage / Finish: Fairbanks



The name "Alaska" comes from the Aleut word "Alyeska," meaning "the great land." Exploring our 49th state provides an abiding appreciation for Aleutian sentiments about this land of bountiful and teeming waterways, dense forests, expansive plains of tundra, and towering mountain ranges.

**OPTIONAL BARROW EXTENSION:** Flightseeing trip to Barrow with a walk in the northernmost town in North America, on the shores of the Arctic Ocean

#### HIGHLIGHTS

- Panning for gold at Gold Dredge No. 8, investigating the amazing Alaska Pipeline, and relaxing on the fun and educational sternwheeler cruise outside Fairbanks
- Watching for moose while riding the Alaska Railroad through the wild Alaska bush to Denali National Park
- Walking in Fairbanks, Denali National Park, Kincaid Park, and Anchorage
- Hunting for wildlife and a view of Mt. McKinley's elusive summit on the Denali Park Tundra Wilderness Tour

### Walking The AVA Convention - Texas **NEW!** ————— Walking the AVA Convention - Texas

June | 12-14 Days | 9 Walks | \$2000 - \$3000 | Texas, Missouri, Kansas, Oklahoma, Louisiana, Arkansas | Start / Finish: Kansas City, MO

The 16th Biennial Convention of the American Volkssport Association takes place in Richardson, Texas in 2009. Walkers from around the USA will gather for this celebration of walking and volkssport; the Convention is set for June 23 to 27. Walks and special events will be held in the Richardson area.

Richardson is near Dallas and has its own frontier history of struggles and successes dating back to the mid-nineteenth century. In 2006, Richardson was named by Money Magazine as the 15th most livable city in the USA. Other recent surveys have deemed it one of the safest cities in the country as well – a great venue for a walking convention!

In addition to walks in the Richardson area, the Convention Committee is also planning walks in the neighboring states of Missouri, Kansas, Oklahoma, Louisiana, and Arkansas. Our Adventure will therefore start and finish in Kansas City, Missouri, which has a host of wonderful walks and activities to inaugurate our Adventure together. Walk venues are yet to be announced by the Convention Committee, but we can promise walks in all six states. Following the last Convention walk in Arkansas, we will overnight in Branson, Missouri to enjoy a selection of shows for the evening in the live entertainment capital of America. Our last day together will be spent returning back to Kansas City, with a walk en route, for our final night of the Adventure in KC.

"WAI has mastered the art of "balance" with popular tourist attractions vs. little known museums and activities, big cities vs. small hamlets, rural vs. urban settings, time with the group vs. time on your own, and a blend of history, culture, and religion that showcase the regions we visited." - Snow L., Lakewood, CO

## Walking Mexico's Copper Canyon **NEW!** ————— Mexico's Copper Canyon: Adventure by Train

March | 8 - 10 Days | 6 Walks | \$2500 - \$3500 | Start / Finish: El Paso, Texas

Mexico's Copper Canyon is actually a network of six canyons covering 20,000 square miles. Though the Grand Canyon is larger than any individual canyon within the network, the Copper Canyon sequence as a whole is approximately four times larger than the Grand Canyon and is deeper, in places, than its American counterpart. Our Adventure begins north of the border, where we'll rendezvous at El Paso for a motorcoach ride to Chihuahua. Here, we'll catch the Chihuahua al Pacifico railroad (nicknamed "El Chepe") to begin our ascent to the rim of the Canyon, considered by many to be the most scenic rail trip in North America. El Chepe's route is 400 miles long and passes over 37 bridges and through 86 tunnels. At one point, the train drops 3500 feet in elevation in only 87 miles. Stops to walk and explore rural mountain villages along the rim of the canyon offer a perfect way to connect with this hidden corner of Mexico.

### HIGHLIGHTS

- Chihuahua – home of the colorful and controversial Revolutionary general, Pancho Villa, and terminus for the El Chepe railroad
- Divisadero – at 7,400 feet in elevation, this stop provides some of the most spectacular canyon views along the route – offering views into three canyons from one spot
- El Valle del Leon hike – the "Valley of the Lion" trail yields stunning views of the towns and valleys of the Copper Canyon
- Tarahumara native culture – known for their abilities to run long distances, even overtaking deer over distances exceeding 100 km (aptly labeled "persistence hunting"), the Tarahumara hold fast to their traditional way of life in the Sierra Madre Mountains along the Copper Canyon
- Urique Canyon – deepest in the Copper Canyon network at over 6000 feet, the panoramas of Urique Canyon from places like Mirador de la Mesa de Arturo are truly magnificent
- Cerocahui – founded in the 17th century by Jesuit priests, it boasts one of the prettiest and best preserved mission churches in the Copper Canyon area and the best views of Urique Canyon

**"I have never been disappointed in any aspect of a Walking Adventures trip. The trips always exceed my expectations."  
– Thelma G., Richmond, IN**

## Walking Mexico's Southern Baja ————— A Whale of a Walk in Baja

February | 8 - 9 Days | 4 Walks | \$2500 - \$3500 | Start / Finish: San Jose del Cabo



Our walking program in Baja, Mexico promises larger-than-life experiences and down-to-earth adventures. Curious gray whales invite us to experience amazing close-up interactions with some of the planet's largest animals. Dirt roads and rural walking tracks through the stark beauty of the Baja Peninsula offer some of our patented "close to the ground" connections with the culture of this laid-back region of Mexico. Join us as we explore Baja on a walking adventure!

### HIGHLIGHTS

- 5 nights in the charming town of Todos Santos on the southern tip of Mexico's Baja California peninsula
- 4 walks to explore the surprising diverse flora and fauna of the desert, enjoy stunning Pacific vistas, and wander the historic lanes and galleries of Todos Santos
- Boating among the people-friendly gray whales attracted to the warm waters of the Baja lagoons
- Optional opportunity to swim with the sea lions in the Sea of Cortez
- La Paz - a lively Mexican city on the Bay of La Paz with a lovely seaside boardwalk and a spectacular hike at nearby Balandra Bay, off the Sea of Cortez

## Walking New England ————— Fall Foliage of New England

October | 12 - 14 Days | 11 Walks | \$3000 - \$4000 | NY, CT, RI, MA, NH, ME, VT | Start / Finish: New York City

Our most popular North American Adventure explores the heritage of these United States during New England's most beautiful season. We'll connect with American history at places like Concord, where "shots heard round the world" were fired, and Boston's history-packed Freedom Trail. West Point Academy, Ellis Island, and the Statue of Liberty combine substance with form as icons of American freedom and durable reminders of the value and price of American independence. Manhattan reflects America's melting pot with shops, cafes, and restaurants representing nearly every region of the planet – all this against a multi-hued backdrop of the shades of autumn in our New England states!

### HIGHLIGHTS

- Tour of the Breakers Mansion in Newport, Rhode Island, 19th century playground of America's wealthiest families
- Visits to Ellis Island, former immigration center through which the ancestors of more than 100 million Americans entered the USA, and the Statue of Liberty, symbol of our nation's freedom
- 2 nights in the heart of Manhattan, with all day to walk through one of the world's great cities
- A wonderful series of walks in Mystic Seaport, CT; Newport, RI; Boston, MA; Portsmouth, NH; Brunswick, ME; Montpelier, Middlebury, and Bennington, VT; and West Point Academy, NY
- A kaleidoscope of color on several fall foliage drives, including New Hampshire's Kancamagus Highway and the Green Mountains of Vermont



## Walking Newfoundland & Labrador **NEW!** — Newfoundland, Labrador and the French Island of St. Pierre

July | 9 - 11 Days | 7 Walks | \$2500 - \$3500 | Start: Deer Lake / Finish: St. John's

Situated on the easternmost corner of the North American continent is an island where Leif Ericsson's Vikings became the earliest Europeans to set foot in the western hemisphere around 1000 AD. After the Vikings, John Cabot became the first to make landfall in North America at Cape Bonavista in 1497, but Newfoundland's entry into the Canadian confederation as a British colony was delayed until after World War II in 1949. Today, the spirit of discovery and independence is still alive and well in the extraordinary province of Newfoundland and Labrador! We've visited Newfoundland often as part of our Maritimes & Eastern Canada tour; each time we visit, we become more enchanted. Finally, we are offering an Adventure focusing entirely on Newfoundland and the mainland portion of the province called Labrador. Travelers with a little more time are invited to join us for an optional extension to the French island of St. Pierre off the southern coast of Newfoundland!

**OPTIONAL ST. PIERRE EXTENSION:** St. Pierre is one of two islands off the south coast of Newfoundland that still belongs to France. Visit a piece of Europe without leaving North America!

### HIGHLIGHTS

- Gros Morne National Park – northernmost extension of the Appalachian Mountains with Western Brook Pond (actually a good-sized lake) and the stark, lonely landscapes that qualify it as a UNESCO World Heritage Site!
- Western Shore – a windswept stretch of the island dotted with picturesque fishing villages which may best epitomize the rugged good humor of the special people that call Newfoundland home
- L'anse aux Meadows – a fascinating archeological dig unearthing the settlement founded by Leif Ericsson and his band of Viking explorers over 1000 years ago
- Labrador – a remote coastal area of small fishing villages (the largest town is under 8,000 in population) on the Canadian mainland known for its native culture
- Cape Spear – easternmost point in North America, marked with a picturesque lighthouse
- St. John's – oldest city on the continent, with an interesting trail that starts at Signal Hill, where radio signals were first broadcast from North America to Europe



## Walking The Southwest National Parks — National Parks of the American Southwest

May | 14 Days | 9 Walks | \$3000 - \$4000 | Arizona, New Mexico, Colorado, Utah | Start / Finish: Phoenix, AZ

Some of our most memorable walking experiences occur right here in North America! Who can forget rounding the bend in Arches National Park to view towering Delicate Arch for the first time, or exploring the desert in bloom among the human-like forms of saguaro cacti at Saguaro National Park? The ancient sandstone pueblos of Mesa Verde National Park prompt lingering questions about their mysterious architects of long ago, and what can compare to the grandeur of Zion National Park's splendid massifs, the multi-colored spires of Bryce Canyon, and the awe-inspiring panoramas of the Grand Canyon? Seeing all of this from a walker's perspective provides a lasting connection to the history, culture, and scenery of our own American Southwest!



### HIGHLIGHTS

- Outstanding walks in Saguaro, Mesa Verde, Arches, Bryce Canyon, and Grand Canyon National Parks
- A nostalgic journey through springtime in the Rockies on the Durango & Silverton Narrow Gauge Railroad
- The attractive Spanish-American ambiance of Santa Fe
- A unique opportunity to explore one of the world's newest cave discoveries at Arizona's Kartchner Caverns

*"The trip exceeded my expectations. I walked in places I would never have walked without the guidance and expertise of WAI. I can't wait to travel with you again. Only money keeps me from going next month." – Gail A., Franklin, WI*

## What Travelers Had to Say About Walking Adventures in 2007!

**"I always look forward to the 'off the beaten track' experiences/adventures. The occasional 'surprises' are always an added bonus! I rave about WAI to everyone – walkers or not. My standard comment is 'you get what you pay for and more.'"**

– Margie M., Gaithersburg, MD – Spain & Portugal

**"This was my fifth WAI tour and I've never been disappointed."**

– Mert B., Saint Helens, OR – Peru - Machu Picchu

**"Always run professionally – client first – enjoy those who also choose WAI. I feel safe and looked after. It's a nice feeling."**

– Carol Y., Fairborn, OH – Ecuador - Galapagos

**"I got much more than I expected – excellent tours and guides knowledgeable in and about area and history along with ability to be conversant and personable."**

– John S., Oakland, CA – Russia & The Baltics

**"I could not offer any suggestions to make the trip better."**

– Rowena M., Bedford, IN – Christmas in Manhattan

**"An amazing trip combining Italy's history, culture, and walking into a first-rate experience for life."**

– Kirsten & Arthur A., Ottawa, ON – Italy - Classic

**"Always great care, great fun, and a great experience."**

– Jean T., Veradale, WA – Russia & The Baltics

**"WAI does such a good job! I always know that the trip will be well planned and executed."**

– Faye F., Silver Spring, MD – AVA Convention - California

**"You're my tour company! None finer that meets my needs of cultural experiences, history, sightseeing, and walking...I was charmed by the beauty, spaciousness, quaintness of Eastern Canada and the Maritimes and Newfoundland. The experiences on the trip were more than I'd hoped for."**

– Kay E., Bedford, IN – Maritimes & Eastern Canada

**"Great trip. Loved every minute of it; wouldn't change a thing. Had a great time."**

– Gwen K., Plain, WI – AVA Convention - California

# 2010 Adventures

## Walking Alpine Europe - Oberammergau Passion Play **NEW!** — Alpine Europe Panoramas

July or September 2010 | 11 - 13 Days

**"We know our days will be filled with activities and not spent shopping. Full of value for our dollar. You folks pick the best of every area, and have excellent background history." - Ruth H., Green Valley, AZ**

Few places on the planet combine so much spectacular scenery, dramatic world-changing history, and rich cultural heritage in such a compact geographical region as Alpine Europe. Charlemagne and the legacy of the Holy Roman Empire, wondrous Alpine panoramas, the legend of William Tell and the independent Swiss Cantons, medieval castles and cobblestone-lined shopping lanes, the tragedy of two World Wars, and mountainside chalets punctuating the spectacular vistas of the Alps – all await us in the Alpine countries! In addition to our regular travel program, our 2010 edition of the Alpine Europe Panoramas Adventure will include the world-famous Passion Play in Oberammergau!

**OBERRAMMERGAU PASSION PLAY:** In 1633, the people of Oberammergau were suffering from the devastation of the Black Plague. In desperation, they made an appeal to God and promised that, if spared, they would hold a regular passion play to commemorate the suffering of Christ. They have kept their promise; the famous Passion Play has been produced every 10 years since that deliverance and we will have the privilege of viewing it with you in 2010!

### HIGHLIGHTS

- A cogwheel train ride to Jungfrauoch, Europe's highest rail station (11,333 feet), followed by a walk through Alpine meadows
- A series of outstanding new walks in new destinations in the French and Italian-speaking regions of the Swiss Alps
- Visits to take in the stunning architecture and marvelous Alpine settings of King Ludwig II of Bavaria's Neuschwanstein Castle and Linderhof Palace
- The incomparable Oberammergau Passion Play, performed over a space of six hours by local Oberammergau citizens – an excellent production!

## Walking Antarctica **NEW!** — Antarctica - Our 7th Continent

February 2010 | 11 - 13 Days

**OPTIONAL ARGENTINA PRE-TOUR | NOTE:** Itineraries are adjusted for each voyage to accommodate the erratic weather of the region

Join us for a voyage of discovery on the last continent on Earth! Antarctica is the least-explored continent and the only continent not yet visited by WAI travelers. Our journey starts from Ushuaia, Argentina and explores the Antarctica Peninsula after a voyage through the Drake Passage on a converted Swedish icebreaker. Naturalist guides will lead groups ashore using inflatable Zodiac boats, where we'll discover the fauna and flora, history and science of this amazing continent at the bottom of the world!



### HIGHLIGHTS

- Island visits – several island stops, including Argentine, Petermann, Goudier, Cuverville, and Danco, offer mesmerizing perspectives on the hardy flora and fauna of the Antarctic
- Ice – in its various beautiful forms – glaciers, icebergs, walls – viewed from both the ship and close up from our Zodiacs almost around the clock in Antarctica's nearly continuous summer daylight!
- Whaler's Bay – to discover the fascinating human history of the abandoned whaling station and enjoy the surprising polar impact of active volcanoes in the thermally heated waters of a caldera
- Penguin colonies – Gentoo, Adelie, and Chinstrap Penguin colonies – per penguin seen this is without doubt the least expensive Adventure we offer!
- Wildlife – several species of whales, elephant seals, leopard seals, and a host of bird species all thrive in the nutrient-rich waters of the Antarctic

## Walking Manitoba - Churchill Polar Bears **NEW!** — Polar Bears of Churchill, Manitoba

October 2010 | 9 - 11 Days

Much has been reported in the past few years about the plight of the polar bear. This intriguing mammal, largest and most dangerous of the bear family, spends a few weeks each year in the vicinity of Churchill, Manitoba, on the banks of the Hudson Bay – "way up North." Our Adventure begins in Winnipeg, capital of the Canadian province of Manitoba, a wonderful walking city in its own right. Because of the danger polar bears present, we will not do any long distance walking in Churchill, instead spending our time there observing these amazing animals, interacting with the local native Inuit community, and enjoying the spectacle of the Northern Lights.

### HIGHLIGHTS

- The Forks – an ancient meeting place in modern-day Winnipeg at the confluence of the Red River and Assiniboine River. It resumes its role as a meeting place today with markets, museums, and outdoor parks placed picturesquely along the river.
- Polar bears – massive tundra buggies, set high off the ground, give unparalleled opportunities to witness polar bear activity up close on the snow-covered tundra near Churchill
- Dog sledding – a unique opportunity to experience transportation, Arctic style!
- Aurora Borealis – the famed phenomenon of the northern lights, curtains of phosphorescent-colored particles shimmering in the night sky like rainbow pixie dust. The northern lights are generally only seen in far northern latitudes and only at night, making our polar bear visit in Churchill a "golden" opportunity to see this spectacle.



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# 2009 WAI Reunion



## Fraternity of Friends

### A NOTE FROM DAN FRIESEN, WAI PRESIDENT

I recently came across a list of the top ten reasons that people choose group travel (see below). All of these are worthy incentives to join a group, and part of the value of a WAI experience! Some WAI alumni travelers, however, seem to be looking beyond such expectations of efficiency, security, value, and quality itineraries, accepting these standards as givens on a Walking Adventure. These travelers are instead increasingly motivated by the social values of WAI travel!

A few weeks ago, I led a WAI group through Mexico's Baja Peninsula with the help of fellow WAI guide Russ Isom, and two excellent Mexican guides, Sergio and Maurizio. After a week of close encounters with Baja's inquisitive gray whales, and a series of wonderfully diverse walks through hauntingly beautiful desert vistas and Bay of Balandra seascapes, we relaxed together during our Farewell Dinner at the Hotel California, in the historic village of Todos Santos.

As we enjoyed delicious fare, I watched our happy walkers interact and share the joys of travel – connecting with another culture, learning the story of another time and place, and learning more about ourselves. While engrossed in this scene, Janet, a veteran of many WAI Adventures, echoed my thoughts by whispering in my ear "Dan, for me, these trips are 25% about the walks and 75% about the people."

In that moment, it occurred to me that perhaps over the past 20 years, the WAI Team has been accomplishing more than "Sharing the Adventure" with hundreds of like-minded walkers from around North America, and overseas. Perhaps we have been building a traveler network – a growing, living "fraternity of friends" drawn by the environment of safe, fun, healthy, educational, and ultimately "sharable" travel experiences.

Motives to join a WAI travel experience are many. As we celebrate the 20th year of exploring our world together, we especially want to thank all the alumni travelers who have made WAI "more than just a walking tour," who have made the WAI experience a Fraternity of Friends!

### Top 10 Reasons for Traveling with a Group

10. Sharing like interests
9. Fun and thought-provoking activities
8. Socializing with old friends and new
7. Efficiency: no wasted time looking for attractions or standing in long lines
6. Learning and education: "Discovery Channel on Wheels"
5. Risk management: minimizing uncertainties
4. Experiencing the "must sees": the WOW effect
3. Safety and security: safety in numbers
2. Value: planned tours save 30-40% over independent travel on average
1. Minimizing stress and travel hassles



## WAI 20th Anniversary Reunion\*

### Southwest Colorado in Autumn **NEW!**

Late September | 5 Days | 3 Walks | \$1000 - \$1500  
| Start / Finish: Denver or Colorado Springs, CO

WOW! It's hard to believe we've had the privilege of walking the world with you for nearly 20 years. What a great excuse for a walking party! We're hoping for an even stronger turnout than we enjoyed at our 15-year Reunion in San Antonio back in 2004, and are working to reserve plenty of hotel rooms for all the friends we've made over the past 20 years. We're still working on the details but are aiming to take in the amazing scenery of Central and Southwest Colorado during the fall foliage season. Golden aspen and the snow-capped peaks of the Rockies provide a fantastic backdrop for great walks and an even greater sense of camaraderie!

NOTE: Although the AVA Convention was held in Colorado in 2003, and we have visited Colorado as well during some of our Adventures, we are hoping to include new territory in our 20th Anniversary Reunion itinerary!

### HIGHLIGHTS

- At least one old-fashioned train ride – SW Colorado seems to be the mecca of reconditioned classic railroads
- Outstanding Colorado Rockies scenery – and several walks to showcase the splendor
- Fun activities to celebrate the memories of 20 years of walking together
- Non-walking activities for WAI alumni who have *Walked Enough Already!*

## WAI 20th Anniversary Danube River Cruise\*

### Reunion Extension **NEW!**

October | 12 - 14 Days | 8 Walks | \$4000 - \$5000  
Start / Finish: To be announced

**FOR THE FIRST TIME EVER, WE WILL BE KICKING OFF A NEW ADVENTURE DEPARTING DIRECTLY AFTER THE REUNION!**

We are offering a completely new Adventure following the 20-Year Reunion – an alumni-only\*, Danube River cruise through several European countries. We are chartering a small ship and will have the entire vessel to ourselves! Because, however, we are attempting to accommodate all alumni who would like to join us, we are currently negotiating for a larger ship. We expect to have details available by the time this survey hits your mailbox!

NOTE: The opportunity to join us for the Reunion Extension is only open to those who will be attending the Reunion as well, so be sure to reserve your spot for both of these Adventures as soon as possible!

### HIGHLIGHTS

- A chance to set sail with old friends and new walking buddies – a continuation of the 20th Anniversary WAI Reunion spirit!
- Exploring the Queens of the Danube: Vienna, Bratislava, and Budapest
- IVW Walks in all countries in which they are available
- Walks and sightseeing in fascinating Old World settings, possibly some countries new to WAI travelers

\* The 20th Anniversary Reunion and the Danube River Cruise are open only to WAI alumni. HOWEVER, each WAI alumnus may bring one guest!



*"My concept of a "tour group" has been significantly changed, and all for the better! The relatively small group, the personal attention, and the wonderful blend of information, exercise, and traditional sightseeing made this trip a wonderful experience."* - Ron B., Salem, OR

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