



A weekend for you... to relax and enjoy
Natures Healing & Laughter's Wellness.

Mimi Morrison Touch the Earth Adventures
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5th annual Appalachian Adventure

Women's
Outdoor Weekend

**NATURE-BASED ADVENTURES &
CLINICS ON OUTDOOR SKILLS**

Presented By



New & Exciting classes for 2010!

**September 3-6, 2010
at Burr Oak State Park**

Appalachian Adventure Women's Outdoor Weekend

A weekend for YOU... a memory of music,
sunrises & sunsets on the lake, a breath of
nature, kayaking, learning, laughing, and
creating a new, unforgettable world of friends
and skills. All workshops are taught by a

staff of
skilled in-
structors, out-
standing in
their fields.



Instructional workshops: Kayaking, Birding Ba-
sics, Yoga, Backpacking, Guided Nature Hikes,
Protecting Ohio's Forests, Strategies for Staying
Safe on the Trail & Much More. Sunrise & Sunset
Paddles and Hikes, Evenings of Bonfires, Music
and Friendship. A Celebration of Nature's Heal-
ing &
Laughter's Well-
ness.



Featuring an Incredible Evening of Mountain Music

Steve & Ruth Smith
Celtic Appalachian Music on Hammered Dulcimer & Guitar

Celtic Appalachian music is a fitting description for the hammered dulcimer and guitar music of Steve and Ruth Smith. Hailing from the Blue Ridge Mountains, the western North Carolina couple, both of Scots-Irish heritage, join us for the fifth year in a row to fill the Saturday evening air with a musical journey from the origins of 17th and 18th century Celtic music of Scotland and Ireland to today's Appalachian mountain music.

Steve and Ruth's music is regularly heard on XM & Sirius radio, Dish and Direct-TV music channels, Highlander Radio Networks and acoustic music format radio stations around the U.S. They have been featured on NPR's "All Things Considered," "All Songs Considered," "Thistle & Shamrock" and in *Dulcimer Players News*. Their CD ***Dancin' Cross the Strings*** was nominated in the 2009 JPF Music Awards, the world's most noted awards for independent musicians.

Don't miss this special evening of unforgettable music!

For more about the music of Steve and Ruth Smith visit www.steveandruth.com.

Appalachian Adventure Women's Outdoor Weekend Retreat

Join Us For All This And More! Outdoor Recreation Clinics, Nature Classes & Hikes, Sunset & Sunrise Paddles, Sunrise Birding Hike, Campfires & Fun Events and a special evening of Appalachian Music.



Cost of Weekend Retreat is \$375.00
Includes all weekend activities and lodging for three nights in a shared cabin.
Make your own meals in your cabin or dine at the Lodge. Private Lodge rooms available for an additional fee, contact Mimi for information.



This event offers nature-based learning and activities with an environmental focus on our Earth!

WORKSHOPS AND CLINICS

NEW Classes for 2010

Tree Identification Hike – Phil Cantino

Learn to recognize some common Ohio trees and shrubs based on differences in their leaves, buds, and bark.

Ohio's Underground Railroad – Ann Cramer

Discover how the local topography contributed the genesis of the Underground Railroad in the Wayne National Forest.

Protecting Ohio's Forests – Heather Cantino

Enjoy a discussion of the major issues and concerns surrounding forest protection in Ohio and the Appalachian region, led by Buckeye Forest Council board chair, Heather Cantino.

Birding Basics– Julie Davis

Learn the birding basics. We will talk about field guides, binocular selection and identifying birds by sight and sound. If time allows, we will end the session with a short walk to test our new skills. Bring binoculars and field guides if you have them.

Back by Popular Demand

Basic Backpacking – Amy Brown

Learn the basics of what to pack for a backpacking trip and how to pack it, the seven "Leave No Trace principles", how to set up a tent, & other bits of backpacker's wisdom.

Intermediate Backpacking – Amy Brown

Designed for a backpacker with some experience under her hip-belt, learn essential information about taking longer and potentially self-sustained trips.

Basic Kayaking Skills Clinic – Mimi Morrison

Discover the joy of being one with the water. Learn the fundamentals of basic strokes and safety techniques. All equipment provided. No experience necessary.

Intermediate Kayaking Skills Clinic – Joel Morris

Broaden your kayaking abilities and learn advanced paddling techniques. This class is best suited for those who already have a good foundation of paddling skills.

Kayak Rescue Clinic– Joel Morris

Self-rescue skills will help develop confidence to re-enter your boat or to assist others in an emergency situation.

This is a must for anyone wishing to take their experience to the next level.

Beginning Yoga – Renee Ripple

Relax, stretch and focus on your breath in this beginner's yoga class. We will end with restorative poses so bring a mat and blankets, if possible.

Natural Treasures of Burr Oak–

Paul and Cathy Knoop

It is once again our special honor to have nature experts and educators Paul and Cathy with us. Join the Knoops for a gentle guided hike to find and identify the natural treasures of Burr Oak State Park and learn about the interconnectedness of all living things on our Mother Earth.

Self defense with a Hiking Stick—Dale Minor

Learn strategies for protecting yourself and the principles of using your hiking stick and gear for self-defense in the woods.

Self-guided Meditation Trail

Wellness is as much about mental wholeness as it is physical. Throughout the weekend, center your mind and nurture your physical, emotional and spiritual existence with quiet walks along this self-guided trail.

REGISTER NOW!

Visit www.hockinghills.com/earthtouch to download the registration form or contact Mimi Morrison at:

TOUCH THE EARTH ADVENTURES
PO Box 326 Athens, OH 45701

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NEW Adventures for 2010

Come early on Friday and kick off the weekend with a **basic kayaking class** or a **two-hour guided kayak or hiking trip**.

Friday evening, help to **construct a tipi** as a symbol of the Native American respect for, and connection to, our Mother Earth.

Close out the first night sipping pawpaw smoothies around the fire as local entrepreneur **Chris Chmiel of Integration Acres** shares the rich history of the pawpaw, North America's largest native tree fruit and the native fruit of Ohio.

On Sunday afternoon, take advantage of extra opportunities for **extended hikes and paddles**.

More of What You've Always Enjoyed!

Welcome each new day with a sunrise paddle on Burr Oak Lake Saturday, Sunday and Monday.

Join the early birds with a guided sunrise birding hike on Sunday morning.

Celebrated musicians Steve & Ruth Smith are back again to bring us an unforgettable evening of Celtic Appalachian Music.
steveandruth.com