

# Boomerang Adventures

for Boomers & Beyond...



## Outdoor Adventures that Challenge & Inspire while at Play

### SUMMER NEWSLETTER — 2017

#### BOOMERANG ADVENTURES CLUB

brings active adults (50+) together through year round outdoor activities and adventures designed to provide opportunities to enjoy the outdoors while maintaining health and reconnecting with nature and one another. Enjoy New England's distinctive character and exciting destinations! All skill levels are welcome.

#### ADVENTURE TYPES:

##### Show & Go's:

Member-driven, year-round, informal 1-3 hour activities, occur on Fridays, and are based on the interests and skill levels and geographical area. Biking, kayaking, walking, kite flying, or outdoor culinary experiences are included in this fun mix of Show & Go's! To participate, please call Debra with your interest and to be added to Show & Go notification email list.

##### Day Trips:

Multi-sport activities include walking, biking, hiking, hammock swinging, swimming, and kayaking in the spring, summer and fall months. In the winter months enjoy cross country skiing, snow shoeing adventures, and more. Special Bus Trips to unique destinations and carpooling coordination is available.

##### Overnight Adventure Trips:

Activity filled regional adventures to favorite New England destinations such as Cape Cod, Peaks Island, Boothbay, Mystic, Bethel, White Mountains and more!

##### Long Tours:

Exciting tours to destinations such as Prince Edward Island, the Caribbean, Alaska and Prince Edward Island. Trips are based on member choices and interests.

#### For more information contact

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boomerangadventuretrips.com

www.facebook.com/

BoomerangAdventureTrips

### Welcome New Members!

Alan Demers, Manchester, NH  
Bill Casey, York Beach, ME  
Casey Swanson, Manchester, NH  
Elaine Helstrom, Eliot, ME  
Gene Reed, Nottingham, NH  
Holly Hale, Concord, NH  
Jennifer Anderson-Bournival, Manchester, NH  
Kelli Wright, Manchester, NH  
Lori McKinney, Concord, NH

Martha Goodwin, Hampstead, NH  
Marion Marquis, Farmington, NH  
Michele Gregg, Nottingham, NH  
Neighborhood Network, York, ME  
Pam Casey, York Beach, ME  
Patricia DeGrandpre, Portsmouth, NH  
Penny Kern, Exeter, NH  
Sandra Rice, Rye, NH  
Sandra Weston, Nottingham, NH  
Susan Pizon, Exeter, NH

### Day Trips

Boomerang Member BM | Community Member CM  
Beginner (B) Intermediate (I) Advanced (A)

### July

Sat., July 15 | 9:00 AM – 3:00 PM

#### Great Bay Kayaking Trip, Durham, NH

Great Bay is one of the most recessed estuaries in the country. It is big and shallow — about 5 by 2 miles. Seven major rivers flow into Great Bay. This is a great paddle for beginners with a few paddles under their belt to the very experienced. Seal viewing in the past has been exceptional. Open to kayaks only, 5-10 miles. Lunch and Ice Tea is included, and served on an island. Carpooling coordination is available and van transportation is possible based on numbers.

Min 8/Max 20 | Activity Level: I, A  
Kayak rentals are available for \$35.

BM \$75 | CM \$82

Reg. Deadline: July 10

Sat., July 29 | 10:00 AM – 6:00 PM

#### (July 30 Rain Date)

#### BBQ & Pot Luck Picnic, Milton, NH

Dick and Rhonda Burke have graciously offered to host a Boomerang Adventures summer outing at their lovely new lake home on Milton Pond. Beef and vegetarian burgers with all the trimmings will be supplied — bring your favorite pot luck dish or beverage to share. Activities include swimming, relaxing, walking, and kayaking. An optional \$15 paddle board class will be available and instructed by Peter/Seven Rivers Paddling.

Cost: Picnic is free to all members and one invited guest p/p. Call Debra to reserve your space and/or to register for the paddle board class by July 17.

### August

Wed., Aug. 16 | 8:00 AM – 6:00 PM

#### Maine's Botanical Garden & River Tour, Boothbay Harbor, ME

It took 16 years to plan and build these extensive gardens. We'll spend the morning on a docent-led garden tour that comprises the 250 acres of gardens and grounds. These gardens offer everything from manicured formal gardens, interactive art displays, waterfalls and spectacular stonework, to rambling paths down to a mile of waterfront under a natural tree canopy. Cost includes a private group tour, luncheon in the gardens, transportation, and/or carpooling coordination. (Pick up in York, ME) Optional activities include a one hour, tidal water quiet river cruise aboard a 7 passenger electric coast guard vessel and an accessible golf cart tour.

Min. 20/Max. 30 | Activity Level: B, I, A

BM \$68 | CM \$98

Reg. Deadline: July 28

### September

Wed., Sept. 6 | 5:30 PM – 9:30 PM

#### Save-the-Date - Full Moon Kayaking!

A guided excursion complete with the sights and sounds of the night time magic of quiet water paddling! Great for Beginner – Advanced levels. Rentals will be available if there are 4 or more needed. This adventure will fill fast!

Min. 10/Max. 20 | Activity Level: B, I, A

Open to all size kayaks and canoes. (A limited number of kayak rentals are available for \$35.)

BM \$35 | CM \$52

Reg. Deadline August 30

**Christmas in July? Advance tickets must be purchased in July to ensure the best seats at Radio City, NYC 12/8 & 9. Contact Debra ASAP to reserve your space early - 12 people maximum!**

# Featured Overnight Adventure Trips

Register  
Now!

## July

**Friday, July 21 – Sunday, July 23**

### Weekend Stay in a Living History Museum, Casco Bay, Maine

Join us for a unique opportunity to stay in an authentic Victorian lodge, located on Peaks Island, a short ferry ride from Portland, Maine. This non-profit historical lodge is owned and operated by the 8th Maine Regiment Memorial Association. The itinerary for this adventure allows us to fully experience this beautiful island and the surrounding area.

#### Trip Highlights include:

- Art Galleries & Old Port Excursions
- Historical Golf Cart Tour
- Kayaking
- Ocean-View Porch Rocking
- Seaside Downeast Lobster Bake
- Biking on quiet, paved roads
- Seaside Yoga Class
- Morning Birding
- Swimming

**Min 12 Max 20 people | Activity Level: B, I, A**

**BM \$475 s/o \$385 d/o \$325 t/o**

**CM \$540 s/o \$450 d/o \$390 t/o**

**A non-refundable \$150 deposit reserves your place.**

**Registration and full payment deadline June 9.**

**This trip is full, please call to be added to a waiting list.**



## September

**Friday, Sept. 15 – Sunday, Sept. 17**

### Fall in Falmouth - Shining Sea Bikeway and Walking Trail, Cape Cod

Join us as we travel to the Cape to celebrate the upcoming fall season. Falmouth is a sea-side town of eight unique villages. With 68 stunning miles of Coastline, Falmouth is the perfect place for those who love the sea. Named for the line in the song "America the Beautiful" by Falmouth native Katherine Lee Bates bikeway runs from Falmouth Center to North Falmouth, with an additional 6.8 miles making the total length from Woods Hole to North Falmouth 10.8 miles. We'll bike and/or walk past bright, red-ripe, cranberry bogs, salt marshes, bird sanctuaries, covered bridges and ocean beaches. Two nights' accommodations, one dinner, two breakfasts, one class each - yoga and water aerobics, guided bike and walk excursions, music, and aquarium tour. Optional: Bike Rentals and ferry ride to Martha's Vineyard.

**Min 12/Max 20 | Activity Level: B, I, A**

**BM \$310 d/o | CM \$375 d/o | s/o \$450.**

**A non-refundable \$150 deposit reserves your place.**

**Registration and full payment deadline August 15.**

## October

**Friday, Oct. 6 – Sunday, Oct. 8**

### Carriage Road Discoveries — Acadia National Park, Maine

This Columbus Day 3 day/2 night overnight trip has something for everyone! We'll enjoy over 45 miles of carriage roads on a guided bike ride, by foot, or by horse drawn carriages, and a guided, short vertical hike. Watch the first sunset from Cadillac Mountain, the highest point along the North Atlantic Seaboard which is struck by the sun's rays before any place else. And, enjoy a guided tour of a unique exhibit experience, "People of First Light — Native American Heritage" at The Abbe Museum. Trip Includes: Double or single occupancy lodging, meals/2B, 1L, 1 dinner, van transportation and carpooling coordination, museum tour, guided vertical and horizontal hikes, and choice of horse drawn carriage ride or guided bike tour and all gratuities.

**Min. 12 / Max 20 | Activity level B, I, A**

**BM \$530 d/o | CM \$615 d/o | s/o \$645**

**A non-refundable \$150 deposit reserves your place.**

**Registration and full payment deadline September 1.**

## 2017-2018 Overnight Adventure Trips

### 2017

**July 21-23** Peaks Island, Casco Bay, ME

**Sept. 15-17** 4th Annual Shining Sea Trail, MA

**Oct. 6-8** Carriage Road, Acadia National Park, ME

**Nov. 3-5** Berkshires, MA

**Dec. 8-9** Christmas in New York City  
Advance tickets must be purchased in July to ensure the best seats at Radio City!

### 2018

The following member requested trips are in the works for 2018. Are these destinations on your bucket list? If so, please call with your interest or suggestions!

**Mar** St. John, USVI

**June** Rail Trails, Lakes & River Basins of Idaho

**Aug** Wilderness Discovery Tour/Alaska

**Sept/Oct** Prince Edward Island

**TBD** Canadian Rockies and/or Niagara Falls



### Let's Go!

To Register for Overnight Adventure Trips visit [www.boomerangadventuretrips.com](http://www.boomerangadventuretrips.com) and click on a featured trip.

For more information about other adventures contact Debra @ 603-785-1411 or [djnwalking@gmail.com](mailto:djnwalking@gmail.com).

### Cancellation Policy

Day Trip registrations are non-refundable should you decide to cancel, unless there are special circumstances, and at the discretion of the Boomerang Adventures. If a Day Trip is cancelled for any reason you have the option of receiving a full refund or applying a credit to your account toward any future Boomerang Adventure.

Adventure Trips exceeding a cost of \$250 require an advance, non-refundable deposit, with a non-refundable full payments due 30 days prior to the adventure date. Cancellation by the participant for these trips prior to payment deadlines have administrative fees associated with refunds. Trips are not transferable.

Who wants to cancel? We just want to have fun! We make every effort not to cancel an adventure due to inclement weather or staffing challenges, however if we do cancel we will strive to provide participants with a full day's notice based on adventure types and deadlines.