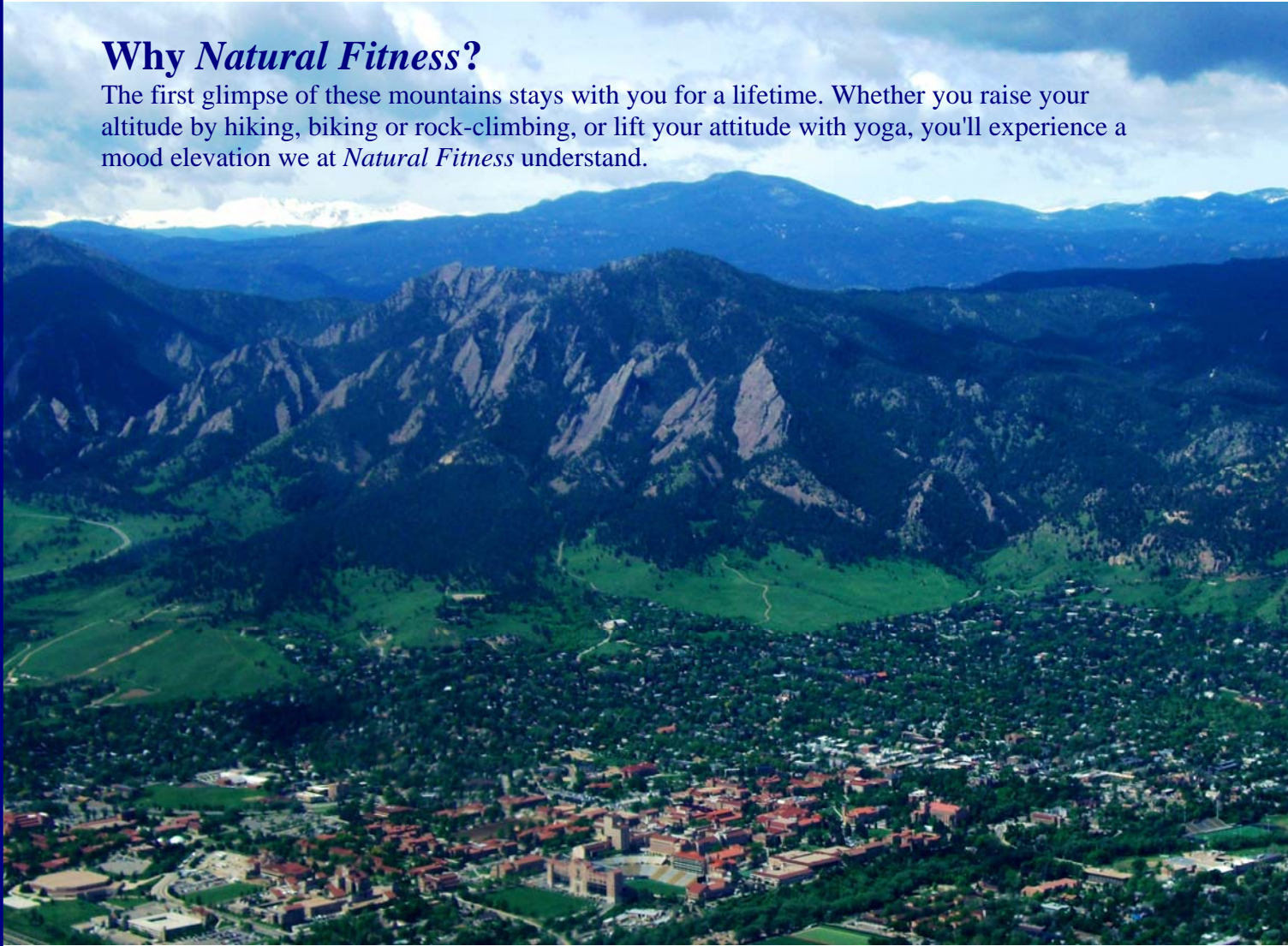


## ***Why Natural Fitness?***

The first glimpse of these mountains stays with you for a lifetime. Whether you raise your altitude by hiking, biking or rock-climbing, or lift your attitude with yoga, you'll experience a mood elevation we at *Natural Fitness* understand.



## ABOUT US

### As Boulder's only multi-sport guide service for active adults, we offer exclusive access to...

**Bike Culture:** *Natural Fitness* features bike trips to all of our activity sites because the bike paths of Boulder make the car commuters wish they were pedaling. As a bicyclist, not only do you get a better view of the scenery, you have your own dedicated lane. A Boulder initiative has invested millions of dollars into making bike travel easy. If you are an avid cyclist, we have routes that challenge you. If you're not up for the advanced paths, we'll take you to the easier, scenic routes.

**World Class Rock Climbs:** The Flatirons and Eldorado Canyon contain some of the most epic climbs in America. Give us a call and we'll fill you in on our sweet spots, or check the photo-spread in your favorite climbing magazine. Not ready for 1,000 vertical feet? Don't worry. We have climb locations for all levels, even if it's your first time. Many vistas can also be reached by hiking trails.

**America's Yoga Heartland:** You can be sure you have a top quality yoga instructor because American yoga's earliest seeds were planted right here in Boulder. A home for the yoga movement since the seventies, *gurus* (teachers) from India visited and settled in Boulder. Those seeds have blossomed into a thriving yoga scene. Our qualified instructors are an important part of that growing tradition.

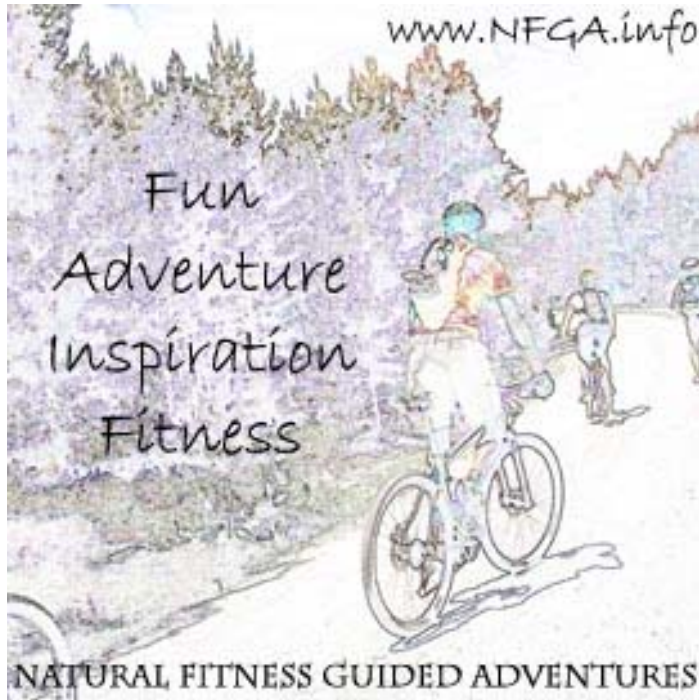
**Eco-Conscious Lifestyle:** How can you enjoy your vacation while maximizing environmental awareness? Your fun here will enact positive change. *Natural Fitness* uses hybrid support vehicles, eco-friendly lodging, organic, natural meals and supports local forestation.

# WEEKEND TRIPS

## Are you *Boulder* enough?

Climb, Hike, Bike and Do Yoga in the Rockies, All in One Weekend!

Experience first-hand what the Boulder buzz is all about. It's no coincidence that top Olympic athletes make Boulder their home. **Here you get to play in nature's best conditions: bluebird skies, pure mountain air, the scent of pines, and views from America's largest mountain range.** Your



body will thank you when you reconnect with your natural power through yoga sessions at the beginning and end of each day. Feel the same freedom you had as a kid while you bike to your next adventure. For the big adrenaline rush, explore cliffs and peaks while learning safe mountain climbing. Then, let the serenity of the mountains influence your mood as you hike to amazing vistas. Our highly experienced guides are ready to bring you as far as you can go.

**You can't find a weekend adventure like this anywhere else because we've got an unbeatable location, top guides and a smooth running operation.** When you're with us, you'll never have to check your watch or wonder if you remembered to bring the map. We take care of the details while you get to play. Plus, you'll learn real skills to improve your athletic performance. For years to come, these lessons learned in the mountains will be enhancing your enjoyment of an active life. All activities will be suited to your experience level. Register at [www.NFGA.info](http://www.NFGA.info). (For a detailed itinerary, [click here](#).)

**Cost:** \$199

**Included:** Guide services, mountain climbing and gear, hiking, yoga, and organic/natural lunches. (Bring your own bike or rent one of ours. See below.)

**Bike Rentals:** \$30 single day, \$50 two days

**Availability:** Every weekend, May through October. Be sure to get the weekend of your choice by registering early.

# WEEKEND TRIPS

## Women's Retreat Weekend

Have you ever experienced the camaraderie of a women-only expedition? You'll get all the adventure of our weekend trips (described above) in a supportive, safe environment that allows you to explore your feminine strength. Have fun in a wilderness sisterhood. We offer these occasional, special weekends in response to client demand, so let us know if you are interested.

**Cost:** \$199

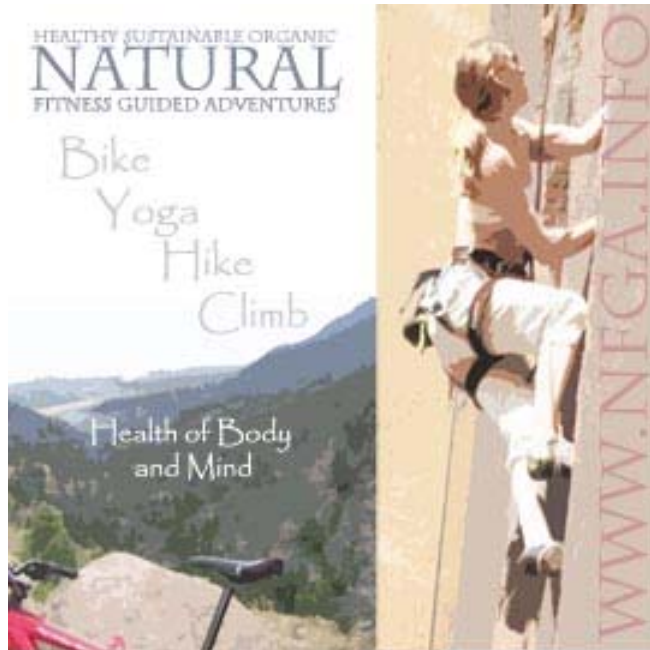
**Included:** Guide services, rock climbing and gear, hiking, yoga, and organic/natural lunches. (Bring your own bike or rent one of ours. See below.)

**Bike Rentals:** \$30 single day, \$50 two days

**Availability:** Contact us for more details or register at [www.NFGA.info](http://www.NFGA.info). New dates may be added in response to client demand, so check our websites for updates.

## Flat Irons Climbing Weekend

Learn the essentials and climb a magnificent 1,000 foot sandstone wall, the First Flat Iron. These moderate climbs are the perfect way to experience Boulder's scenic beauty. On Saturday you learn the basics of lead belay, traditional follows, climbing movement and rappels. Sunday you will put your new skills to the test as you are guided up the First Flat Iron.



**Cost:** \$299

**Included:** Guide services, rock climbing and gear, hiking, yoga, and organic/natural lunches.

**Availability:** Contact us for more details or register at [www.NFGA.info](http://www.NFGA.info). New dates may be added in response to client demand, so check our websites for updates.

# WEEK LONG TRIPS

## Feel the *Natural High*.

The Six-Day Adventure Sets You Free.

Now you can use your physical strength to achieve something extraordinary.

**Nothing compares with the view from the top of these mountains, and you won't get there by driving. The fun happens while you earn your way to the top.** In six days you'll have the time you need to gradually improve your physical performance and reach your personal peak. You'll also have the benefit of morning warm-up stretches and optional evening yoga sessions to help sustain your body, prevent strain, and rejuvenate.

The air is excitingly different up here: cleaner, lighter. Your lungs fully expand. You can kick start your life into a new level of fitness, while playing! When you take your new skills home, your friends will wonder how you rocketed into such incredible health and energy. If you're new to rock climbing, you'll learn the basics so you can climb with confidence for years to come. If you're an experienced climber, our guides can take you to new heights.

Even if you studied a guidebook for weeks, you could never get the same security you will have with *Natural Fitness*. Your guides assess your abilities and lead you to the wilderness sites offering the perfect combination of challenge and fun, and the right conditions for you. *Natural Fitness* guides know the best spots in Boulder and have extensive experience in the unique mountain weather patterns of this area, so you'll always get the most out of your days. Your explorations in the mountains will be by bike, foot, and rope. Some favorite activities include a Mount Sanitas hike, an Eldorado Canyon climb, a team-building initiative, hikes and climbs in Chautauqua and the Flatirons, a mountain top bike ride, the "Rock and Roll" bike trek, and a tree planting ceremony that allows you to say "thank you" to nature for the majestic beauty you experience here.

After each daily adventure of climbing, hiking or biking, you'll coast back to your hotel and be pampered in the luxury of cosmopolitan Boulder, the "Gateway to the Rockies."

**Here you get the best of both worlds: the sophistication of a city with fine restaurants, cafés and shops nestled right up against the wilds of the mountains.** It's not uncommon to see deer, red foxes and other wildlife on the wooded path through the center of the city. With everything you want so close, you'll never have to get in a car while you're here. The mountains you climb are in clear view from your hotel and the downtown promenade.

## WEEK LONG TRIPS

**Accommodations:** This is no-fuss vacation planning at its easiest. Your "base camp" will be at one of our partner hotels, located in the heart of Boulder. The downtown attractions, Boulder Creek Bike Path, Farmer's Market and city parks are all accessible via a short bike ride or walk. In keeping with our "Do Well by Doing Good" sustainable business motto, we partner with hotels committed to both outstanding customer satisfaction and environmental responsibility. To learn more about the "Do Well by Doing Good" sustainable business model developed at *Natural Fitness*, visit us at [www.NFGA.info](http://www.NFGA.info).

**Travel Arrangements:** You are given the option to book your own travel arrangements to Boulder, Colorado, or we can provide the service. When you arrive at the Denver International Airport, it is a 30 to 45 minute shuttle ride to the hotel. Once in Boulder, the best way to travel is via bicycle. We will provide you with your bike when you arrive (see trip details.) Hotel shuttle and *Natural Fitness Support and Gear* (SAG) vehicles assist with transportation necessities.

**Cost:** \$2,400

**Included:** Guide services, two daily yoga classes, rock climbing and gear, hiking, week long bike rentals, hotel accommodations, breakfasts and lunches. (All meals are organic and natural whenever possible.)

**Availability:** We have two Six-day Adventures scheduled for the 2008 season. Sign up for either July 13-18 or July 20-25. Or, let us run an on-demand trip for your group of 6 or more. On-demand trips are convenient to your schedule, May through October. These group trips can be customized to your needs for activities, challenge-level and length of trip. (For a detailed itinerary, visit [www.NFGA.info](http://www.NFGA.info).)

## CUSTOM TRIPS

**Get *exactly* what you want.**

**Our guides can customize trips to meet your group's needs because they are experienced career professionals.** This level of professionalism is uncommon. Some companies offer cookie-cutter packages with guides herding tourists like Colorado cattle. We're different all the way down to our core business structure. Our guides aren't just employees, they're co-owners with a vested interest in making your trip a success. Our large team affords you direct, personal attention and easily adjusts activities, challenge-level and length of trip. In our past experience customizing trips, we've even helped triathlon teammates use our service as a part of their training. Call us to discuss the package and price that gets your group exactly what you want out of a mountain adventure.

### **Fitness Requirement**

While trips are always custom fitted to your level of experience, a basic level of fitness enhances your enjoyment. We cater especially to active adults. If you are in doubt of your ability and want reassurance, contact us. We can evaluate your strengths and, if necessary, suggest preparatory training you can do at home to help you get the most out of your time with us.

**Register online at [www.NFGA.info](http://www.NFGA.info)  
Or call 303-731-6160 to book now!**

**NATURAL FITNESS GUIDED ADVENTURES**

WEBSITE [WWW.NFGA.INFO](http://WWW.NFGA.INFO) PHONE 303-731-6160 EMAIL [CONTACT@NFGA.INFO](mailto:CONTACT@NFGA.INFO)