

Arrange Instruction

Private Instruction
Scheduled Courses

Arrange Guiding

Reservations

Our Policies
Personal Information Form

Preparing...

Accommodations
Equipment
Fitness
Family Activities
Directions/Map

Preparing For Your Adventure

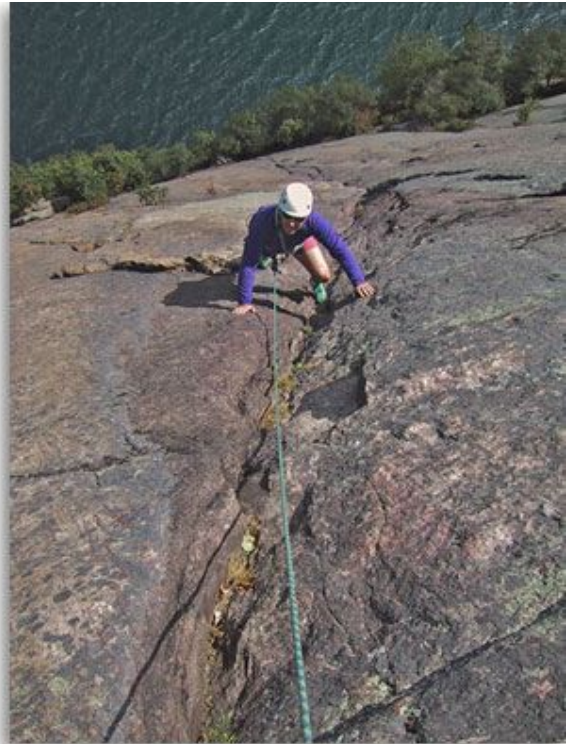
[Download This Page \(258K\)](#)

We hope the information we have provided in this section will answer most of your questions. For related information, visit the pages listed under Preparing... on the left side of this page.

Please pay particular attention to the items on the equipment lists; some are essential, especially during cold weather conditions.

Program participants are expected to drive to and from climbing or skiing sites. If this is not possible for you, please inform us and we will make other arrangements.

If you have any questions, do not hesitate to [contact us](#). It is in everyone's best interest for you to be well-prepared for your program.



Climbing far above Lake George



Rappelling in Oz

Program Checklist

Make [Accommodations](#) reservations. During peak periods availability may be limited.

Check airline, bus or train schedules and make reservations, if you are not traveling by car.

Review our [Fitness & Training](#) page to be sure you will be prepared for your program.

Check the [Equipment Lists](#) for your program to be sure you will be adequately equipped and clothed. With the exception of clothing and footwear, we provide all of the equipment you will need for most of our programs. If you wish to rent or purchase equipment from us, [contact us](#) to make sure what you need will be available when you arrive for your program.

Look over the suggested reading list, found on the course description page for your program. There are no required texts for any of our programs but background reading will enhance your understanding of the topics we present. Most of the books and media we suggest are available for sale via mail order.

If appropriate, look at our [Activities For Family & Friends](#) page.

Pay the balance of your program cost at least 30 days before it starts.

Arrive at 9 am for the start of your program! To find us please see [Directions To Our Location](#).

Lunch Menus

Our lunch menus change from time to time so it's difficult to tell you exactly what to expect. The lists below include some of our more popular items. The daily fare is chosen by the chef each morning. If there are foods you cannot eat please let us know and we will try to avoid serving them to you.

Summer Fare: Turkey Club Sandwiches, Ham and Cheese Sandwiches, Chicken Salad Pita Pockets and Spinach Pie are some of our favorites. Vegetable Sticks, Nachos and other goodies also find their way into the lunch boxes. Desserts include fruit and assorted brownies, muffins and cookies.

Winter Fare: Each morning we fill thermos containers with piping hot lunches. Stews, Chowders, Chili and Hearty Soups are always welcome on a cold winter day. Desserts include cookies, brownies, zucchini bread, and muffins. A cup of hot herbal tea rounds out the lunch.



Lunch break

"Lunches were gourmet."

*Christine Cook
New York, NY*

[Home](#) | [Contact Us](#) | [Site Info & Map](#) | [Legal](#) | [Top Of Page](#)

~ Mountain Adventures In the Adirondacks Since 1985 ~

Alpine Adventures, Inc.
10873 Route 9N, P.O. Box 179
Keene, New York 12942 USA

(518) 576-9881

Copyright © 2004 Alpine Adventures, Inc.