



cavallopoint

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## **Adventure San Francisco with Doug McConnell Emmy Award-winning host of "Bay Area Backroads"**

**August 3 – 8, 2008**

### **Program Overview:**

Come discover the best of Northern California's outdoor experience with the consummate San Francisco Bay Area explorer, Doug McConnell, host of television's "Bay Area Backroads." These five days of adventure include kayaking along the Sausalito waterfront, sailing lessons on the way to an al fresco Angel Island picnic, bicycling across the Golden Gate Bridge and taking a guided hike from Marin County's picturesque Mt. Tam to secluded Stinson Beach. We provide all the meals – sumptuous local California cuisine.

### **Program Highlights:**

Sunday, August 3

Check in to Cavallo Point at your leisure \* Welcome banquet dinner with Doug McConnell

Monday, August 4

Each morning starts with a buffet breakfast \* Head to Mt. Tam for a three and a half mile hike (mostly downhill) to Stinson Beach \* Picnic lunch on the beach \* Make the two and a half mile ascent of Mt. Tam by foot or vehicle \* Enjoy free time to schedule a post-hike massage at the Healing Arts Center and Spa or take a nap \* Wine and cheese talk with Doug \* Private banquet dinner

Tuesday, August 5

Shuttle to the sheltered Bay side of Sausalito \* Two and a half hour kayak tour of Richardson Bay past the famous houseboat and harbor seal communities \* Enjoy a leisurely lunch at Cavallo Point \* Enjoy free time to relax in the basking pool, take an art class, or explore the grounds \* Join your fellow adventure-mates for a private banquet dinner

Wednesday, August 6

Get outfitted with a bicycle \* Join Doug on a three-hour bicycle tour across the Golden Gate Bridge and back \* Feast on a gourmet lunch at Cavallo Point \* Enjoy free time and an open evening to enjoy dinner on your own

Thursday, August 7

Dress warmly for a day on the Bay \* Ship out on a seaworthy 82' vessel for a two and a half hour sailing lesson \* Dock on Angel Island for a sumptuous waterfront picnic \* Sail back to port in Sausalito, learning to "tack" and "jibe" along the way \* Free time at Cavallo Point \* Farewell banquet dinner with Doug

### **Bio**

Doug McConnell is best known as the host of KRON television's "Bay Area Backroads," the longest-running and most popular regional television series in Northern California since 1993. After a career reporting, hosting and producing series from local news to Animal Planet and the Discovery Channel, Doug has been recognized with several regional Emmys and humanitarian and environmental awards. Doug has spent a lifetime exploring the open roads, and is now the co-founder and host of OpenRoad.TV, the Traveler's Video Guide to the American West.

### **At-a-Glance**

**This adventure is limited to approximately 24 guests.**

**The week begins with dinner on Sunday night and ends after breakfast Friday.**

**The fee is \$1490 and includes sailing instruction, kayaking, bicycle rides, guided hike, and most meals.**

**2008 Sign-Up Specials: Sign up with a friend and receive complimentary lodging for two for 5 nights - a value of \$1425 or more! Or sign up alone and receive one night's accommodations free.**

**Please see [www.cavallopoint.com](http://www.cavallopoint.com) or contact our reservations staff at 888.651.2003 for more details.**



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