

303 Potrero Street #15, Santa Cruz, CA 95060 • (831) 458-3648 • On the web @ www.asudoit.com



On the north coast, one hour out of San Francisco is Tomales Bay. Formed by San Andreas Fault, Tomales Bay is a slash of calm water within paddle strokes of the open north coast ocean. Set in a pastoral scene so sublime that once within its enchantment, your body will expel all civilized tension with a single sigh.

Nested on this isolated peninsula, formed by Tomales Bay, are strings of tree-enshrouded white sand crescent beaches, a quiet wilderness so rare in the frantic bustle known as California. Here we will camp in starlight, dream by campfire, explore by kayak, and generally luxuriate our soul in timeless beauty. Tomales Bay is also a magnificent environment for Seafood Foraging. We will use our collecting skills to sample delicacies from the sea to create gourmet meals your tummy will always remember. Ask those who have chanced this magnificent retreat; their response will be a faraway smile.

This is a family-style outing in which all participate in all aspects of the trip. Adventure Sports will provide guide, cooking facilities, sanitation gear and Lamma¹. All cuisine expenses and preparation will be equally assigned to the participants. Our guide will orchestrate the menus, and direct the food groups in the preparation of cuisine.

Tomales Bay Peninsula is a natural ecosystem; we want to leave no imprints. We must provide all amenities for ourselves and leave the island as pristine as was found. You will need to provide your own personal transfer vehicle (kayak/canoe/etc.) over to the peninsula beach area plus camping gear and any water play equipment. Remember, bring only what's essential for your camping comfort. We will provide a motorized inflatable transfer vehicle to bring across your water sensitive comfort camping and food gear. This is a wilderness-style retreat — think, *Alaska at your doorstep*.



Cost

- ❖ \$140.00 Adults
- ❖ \$100 Children 6-17
- ❖ \$60.00 Kayak rental package (*if needed*)
- ❖ Food groups will be assigned for each meal

You must bring the following to collect Abalone²

- ❖ Snorkeling gear
- ❖ Personal Float
- ❖ Legal abalone bar & gauge
- ❖ Collection bag
- ❖ Current fishing license and Abalone punch card^{*}

2009 SCHEDULE

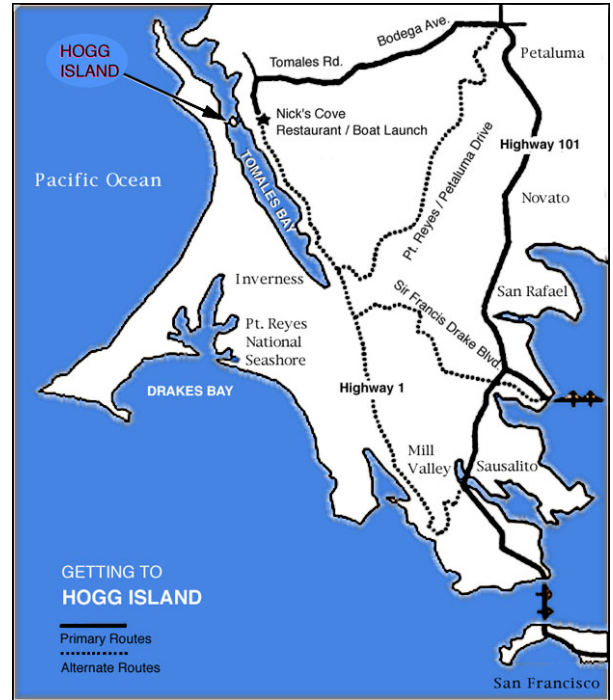
- ❖ August 21-23

1. A Lamma is the Miwok name for their sweat lodge; a sauna.
2. California Fish and Game Regulations are aggressively enforced — expect to have your license and catch inspected.

Tomales Bay Sample Itinerary		
Friday	Saturday	Sunday
<i>Arrive no earlier than noon</i> <i>Setup camp</i> <i>Tranquil afternoon fun</i> <i>Dinner around sunset</i> <i>Evening campfire social</i>	<i>Breakfast and group event planning</i> <i>Seafood foraging, kayaking and fun!</i> <i>Prepare and enjoy an exciting lunch</i> <i>Tranquil afternoon fun</i> <i>Dinner social and sunset</i> <i>Campfire by the bay</i> <i>Evening Lamma followed by kayaks on the bay</i>	<i>Coffee and breakfast snack</i> <i>Morning social</i> <i>Cleanup and departure</i>

Cancellation Policy: Full refund if cancellation request received within 3 days of booking, or 14 days prior to start of trip. No refund or credit or transfer will be permitted if request received within 13 days of start of trip. Adventure Sports Unlimited, Inc., reserves the right to reschedule or cancel trip if it is under subscribed.

Planning Guide for Tomales Bay



The Fastest Route: (175 miles, about 2.5 hours)

1. From Santa Cruz, take Highway-17 north for 26.7 miles
2. Continue on I-880 north for 42.1 miles
3. Continue on I-980 east for 1.5 miles
4. Take the I-580 exit towards Hayward/San Francisco for 0.3 miles
5. Continue on I-580 west ramp towards San Francisco for 0.4 miles
6. Merge on I-580 west for 1.4 miles
7. Continue on I-80 east/I-580 west for 3.8 miles
8. Continue on I-580 west to Point Richmond/San Rafael for 13.2 miles
9. Take the US-101 north until you reach Bodega Ave.
10. Take Bodega Ave until you reach Hwy 1
11. Head South on Hwy 1 to Nick's Cove Restaurant and Boat Launch

The Scenic Route: (1 miles, about 3 hours)

1. From Santa Cruz, take Highway-1 north to San Francisco for 67 miles
2. Continue on Highway-1/I-280 north for 1.6 miles
3. Continue on Highway-1 north towards the Golden Gate Bridge for 7.3
4. Cross the Golden Gate Bridge and continue on US-101 north for 7.1
6. Take the Sir Francis Drake Blvd exit towards San Anselmo for 0.4 miles
7. Continue on Sir Francis Drake Blvd for 20.5 miles
8. Turn right on Highway-1 and continue until you See Nick's Cove Restaurant and Boat Ramp

Trip Planning Guide:

Use this guide to help plan your Adventure Sports event. Record your food assignment, personal shopping list and planning checklist.

Everyone is asked to assist with certain meal preparation or cleanup duties. The trip coordinator will discuss this with you. Please record what you agreed to on this line:

Food Assignment:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Personal Shopping List:

There is plenty of food, but don't forget to bring your own beverages and snacks.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Checklist:

- | | |
|--|---|
| <input type="checkbox"/> Abalone apron | <input type="checkbox"/> Flashlight and batteries |
| <input type="checkbox"/> Abalone hunting gear | <input type="checkbox"/> Food assignment |
| <input type="checkbox"/> Alarm clock | <input type="checkbox"/> Games |
| <input type="checkbox"/> Binoculars | <input type="checkbox"/> Garbage bags |
| <input type="checkbox"/> Camera, film and batteries | <input type="checkbox"/> Kayak and paddle |
| <input type="checkbox"/> Chair | <input type="checkbox"/> Knife, filet |
| <input type="checkbox"/> Clothing – day, evening and night | <input type="checkbox"/> Personal beverages and snacks |
| <input type="checkbox"/> Coffee cup, and cocktail glass | <input type="checkbox"/> Save-a-dive kit |
| <input type="checkbox"/> Cooler box with ice | <input type="checkbox"/> Spare dive gear |
| <input type="checkbox"/> Dive float with anchor | <input type="checkbox"/> Spear gun/pole spear |
| <input type="checkbox"/> Diving / snorkeling equipment | <input type="checkbox"/> Sunscreen, sunglasses and hat |
| <input type="checkbox"/> Fishing license and Abalone card | <input type="checkbox"/> Tent, sleeping bag, pillow and pad |
| | <input type="checkbox"/> Toiletries and towel |



The happy group after an evening meal.

- _____
- _____
- _____
- _____