

FOR IMMEDIATE RELEASE

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Summer's Half Over... Have you been outside with AMC?

BOSTON, M.A. — Feeling a little uneasy about strapping on a backpack for a weeklong trek into the White Mountains in New Hampshire? Ever wonder why your compass needle always seems to point north no matter which direction you are headed? Concerned about rolling your kayak in the waters off the Maine coast? Rest assured...you are not alone. The Appalachian Mountain Club (AMC), the oldest recreation and conservation organization in the United States, has hundreds of workshops designed to teach people of all experience levels about comfort, safety and adventure in the outdoors.

The AMC Workshops are offered year around with a number of workshops geared towards families. There are even workshops for grandparents to enjoy with their grandchildren. AMC workshops are designed for participants to have a fun, yet safe adventure in the mountains. All of the AMC workshops are open to nonmembers and members alike.

Professional guides teach basic skills and hone existing ones on paddling, rock climbing and kayaking trips. During the summer, AMC also convenes workshops that teach basic backpacking skills and fly-fishing. Other summer workshops include guided hikes to the AMC's famous high mountain huts and canoe trips around the Northeast.

As the days grow colder, the AMC sends out the winter workshop list. A few of the offerings include snowshoeing or backcountry skiing. Compass courses and wilderness medicine courses are offered year around. All of the courses are taught by experts in the field and are generally held on the weekends.

For more information about AMC workshops, please contact Jeremy Johnson, Workshop Coordinator, at (603) 466-2721, ext. 125, or email jjohnson@amcinfo.org. More information is also available online at www.outdoors.org. Click on the "Education" link and the "AMC Outdoor Workshops" link will appear. Prices include meals and lodging for the duration of the workshop.

The AMC also maintains eight, full service, high mountain huts that are available to the public. Guided hikes from AMC's Pinkham Notch Visitor Center to the huts are available as well. All programs are open to the public, but AMC members receive a member discount on all prices. For more information about AMC membership, visit www.outdoors.org and click on membership.

With more than 93,000 members in the Northeast and beyond, the Appalachian Mountain Club promotes natural resource conservation through responsible recreation, based on the philosophy that successful, long-term conservation depends upon first-hand enjoyment of the natural environment.

Founded in 1876, the nonprofit Appalachian Mountain Club is the oldest and most experienced conservation and recreation organization in the United States. The AMC's programs and facilities are open to members and nonmembers alike. More information on the AMC is available on the web at www.outdoors.org.

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