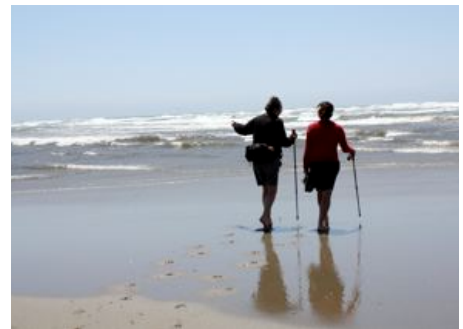
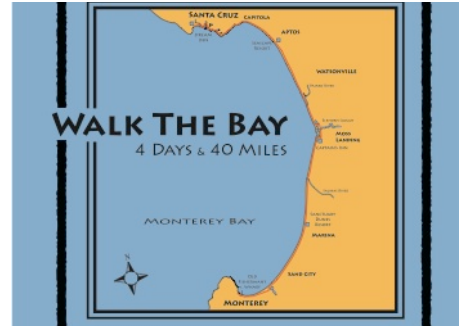


**SLOW  
ADVENTURE**

# WALK THE BAY

## SPECIAL INTRODUCTORY OFFER



**SLOW  
ADVENTURE**

**Sign up now!** Call, email or contact through our website!

**831-332-7923**

[margaret@slowadventure.us](mailto:margaret@slowadventure.us)

[www.slowadventure.us](http://www.slowadventure.us)

Enjoy 5 days/4 nights walking the entire Monterey Bay coastline from Santa Cruz to Monterey.

**Join us for our July 19-23rd trip!**

- Special introductory rate for our **July 19-23rd** trip.
- Only **\$895.00** per person, sharing a room. Or, \$400.00 additional if you wish to travel solo.
- Price includes all lodging, tips, transportation of luggage each day, all breakfasts, lunches, snacks, custom maps and trip guides, shuttle back to the start from Monterey, parking for the trip duration, souvenir t-shirt, and daily meetings with an expert local guide. Trip excludes dinners.
- The ultimate eco-vacation, you traverse the entire distance on foot.
- Self guided...so choose your own traveling companions. No group or timetable to worry about.
- Inn to Inn travel means your luggage is transported each day to your next hotel. You need only carry a small daypack.
- Fabulous Lodging at:
  - The Dream Inn, Santa Cruz**
  - Seascape Beach Resort, Aptos**
  - Captain's Inn B&B, Moss Landing**
  - Sanctuary Dunes Resort, Marina**
- Local Expert Guide meets with you each day and is available by phone throughout the trip.



Challenge yourself to see the Monterey Bay in an entirely new way. Experience long, lonely stretches of wilderness along the shoreline. Commune with nature in an amazing journey of discovery.

**Enjoy the adventure** of crossing a postcard-perfect string of over **15 State Parks and Sanctuary Beaches** fronting the heart of the Monterey Bay National Marine Sanctuary. The rewards of the trek include the solitude of long stretches of untracked beaches, sightings of birds, marine mammals and wildflowers of rare dune habitats. Highlights include:

**Day One - Arrive in Santa Cruz** - Enjoy your beachfront room with views of the Monterey Bay Sanctuary and take an optional walk along the waterfront to various sights through Santa Cruz's world-famous surf playground and the historic Boardwalk and Wharf.

**Day Two - Santa Cruz to Aptos** - Depart through the Santa Cruz harbor, through cliffside neighborhoods where the inventor of the wetsuit, Jack O'Neill built his house to watch the break at Pleasure Point, then on to historic Capitola Village and its popular strand. Finally, you'll skirt beaches that only locals find. A beach bonfire at sunset brings the day to a close.

Level of difficulty: Easy-moderate.

Walking today: 10 miles (16 km) (primarily paths with beach walking options)

**Day Three: Aptos to Moss Landing** - As the Capitola Wharf recedes on the horizon behind you, so does the hustle and bustle of beach towns as you are immersed in natural beauty on the way to the village charms of Moss Landing and Elkhorn Slough's outstanding habitat for birds and marine mammals.

Level of difficulty: Moderately difficult.

Walking today: 12 miles (19 km) (primarily beaches with some paved options).

**Day Four - Moss Landing to Marina** - Today, it is easy to think that this is how the Bay has always looked. For the entire day the dunes and sea yield to just one beachfront housing development and you only see a couple of other traces of civilization. Instead, shore birds are your companions on miles of stunning, windswept beaches that few access even today.

Level of difficulty: Difficult.

Walking today: 7.5 miles (12 km) (all on the beach).

**Day Five - Marina to Monterey** - Monterey's glistening white sand beckons to you on the horizon as you navigate the sands between the ocean and the high dunes. You'll see only a handful of surf fishermen and the hang gliders that may swoop over you from the dunes. Sea glass and solitude mark this stretch along the Sanctuary.

Level of difficulty: Difficult.

Walking today: 10.5 miles (17 km) (beach/paved trails options).