



For more information about Hidden River Outfitters and our Executive Trips, please visit www.hiddenriveroutfitters.com or call 610.287.7401.

Maine Coast Passage Itinerary:

- 7/27 Arrive in Portland Maine, shuttle to Muscongus Bay
- 7/28 Day of instruction and preparation
- 7/29 Early AM depart for islands
- 8/1 PM Return to base camp, depart for Portland

Your Guides:



Bob Myron is owner of OLTQA and a Master Maine Guide. Bob has a passion for teaching paddle

sports to people of all levels. A Coastal Kayak Instructor Trainer Educator for the American Canoe Association, Bob trains Instructor Trainers, Instructors and entry level kayakers. A Registered Maine Guide for 20 years, and a Wilderness First Responder, Bob has led wilderness canoe trips in the Allagash region of Maine, taught prep courses for becoming a Maine Guide and trained instructors from Maine to Maryland.



Jeff Staggs MCC is President of Business Coaching International and an ICF Master Coach.

Jeff has specialized in coaching senior executives and their teams for the past 20 years. Jeff is from Minnesota where he has led groups in the Boundary Waters Canoe area and has been drawn to the wilderness for personal renewal. Jeff has been on staff with The Coaches Training Institute and an adjunct faculty member of the Capella University School of Business, where he integrated coaching into the MBA program. He is an avid marathon canoe racer and cross country skier.



Ted Danforth has always believed that true satisfaction comes from living and working in

what you are passionate about. After over 25 years managing his own environmental engineering business, his entrepreneurial spirit led him to launch Hidden River Outfitters (HRO). Ted's outdoor spirit is contagious and inspiring when he recounts his solo explorations that have brought clarity to life's difficult decisions. Ted holds an MBA from St. Joseph's University and Engineering degrees from Penn State University and Florida Institute of Technology and is an aspiring "life coach."

Cost:

\$3,695 (All food, equipment, kayaks, etc. will be provided. You will be responsible for your own clothing and personal items.) A deposit of \$1,000 is required to reserve your space.

Maine Coast Passage

Muscongus Bay, Maine | July 27 – August 1, 2008

A JOURNEY OF SELF-DISCOVERY



TIME FOR REFLECTION is a precious commodity in today's fast-paced world. Connections to ourselves and the values most important to us can feel illusory at best. Hidden River Outfitters' **Maine Coast Passage** offers time to regain perspective, reconnect with yourself, and re-envision your future.

It's a journey that combines the challenge of kayaking the rugged Maine Coast with reflection and self-discovery.

THIS SIX-DAY ADVENTURE is designed for professionals seeking personal challenge and renewal. We will kayak through the beautiful islands of Muscongus Bay, where we will camp in a way that honors the spirit of the islands and sea. Each element of our program is designed for personal growth, reflection, and reinvigoration. Our goal is for every participant to return with clarity of vision and sense of purpose.



NO PREVIOUS KAYAKING or camping experience is necessary. Our guides are highly experienced in both wilderness travel and facilitating personal performance programs. The first day we'll head for base camp in order to train in kayaking and water safety. We'll then embark on our five-day journey among the islands. Each day will be filled with paddling, exploring, and solo time. We'll end each day with a meal and discussion around the fire.



Muscongus Bay

Kayaking through these coastal waters will reawaken your inner rhythm and sense of purpose.

— Ted Danforth, Hidden River Outfitters