

**Cabins are assigned on a first come, first served basis.**

Please mark your cabin choice:

Insulated cabin

- I am a city of Sacramento resident **OR** will be sharing a cabin Single Flat Fee \$345
- I am a city of Sacramento resident **AND** will be sharing a cabin \$328
- I am a city of Sacramento resident **AND** will be sharing a cabin \$311
- If an insulated cabin is not available, I will accept a non-insulated cabin at a lower rate

NON-insulated cabin

- I am a city of Sacramento resident **OR** will be sharing a cabin Single Flat Fee \$320
- I am a city of Sacramento resident **OR** will be sharing a cabin \$304
- I am a city of Sacramento resident **AND** will be sharing a cabin \$288

Cabin # preferences: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**Roommate information**

I will be rooming with: \_\_\_\_\_  Please assign me a roommate.

\_\_\_\_\_ is the name I like to be called.

**GROUP ACTIVITIES** (subject to change)

Fees range from free to \$50+. Detailed information will be mailed to you in July.

Please mark the activities you are interested in:

- Echo Lake  Nordic Walking  Hiking  Horseback Riding
- Kayaking  Rafting  Fly Fishing  Tour Biking

*(office use only)*  
 Cabin # \_\_\_\_\_  
 Date R'cvd \_\_\_\_\_

How did you hear about our camp? \_\_\_\_\_

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**GROUP ACTIVITIES...** There will be scheduled group outings for the horseback riding, kayaking, rafting, fly fishing, biking and Nordic walking. All activities are optional! The fees for these activity are **in addition** to the camp registration fee and will be handled at camp or directly with the vendor. Activities may overlap so it may not be possible to participate in each one.

Both half-day and all-day hikes will be offered, including such destinations as Horsetail Falls, Lover's Leap and other trails located around Camp Sacramento. In-camp activities will include a Wine & Cheese social, detailed natural history presentations by Tony Loftin of the Sierra Club - Motherlode Chapter, and other fun social activities!

**HEALTH CONSIDERATIONS...** Although Adventure Camp is not meant to be excessively strenuous, it may be taxing to those with medical limitations. Please be aware that Camp Sacramento has an elevation of 6500 feet and is not recommended for campers who have health issues with high elevation and uneven terrain. Those campers who are concerned with the more advanced level of activity at Adventure Camp may want to consider Senior Camp, which is also offered by the 50+ Wellness Program. Camp staff does not include medical personnel. Should a camper decide to leave camp for any non-emergency reason (e.g. minor injury/illness, cold weather, etc.), he or she will be responsible for making their own arrangements for transportation home. No refunds will be given in these situations. In medical emergencies, camp staff will arrange for transportation to a local medical facility. Cost will be the responsibility of the camper.



# ADVENTURE CAMP

CAMP SACRAMENTO  
AUGUST 24-28, 2009

CITY OF SACRAMENTO  
50+ WELLNESS PROGRAM  
2921 TRUXEL ROAD  
SACRAMENTO, CA 95833  
916-808-1593



# ADVENTURE CAMP...

Join us for Adventure Camp, based at Camp Sacramento in the El Dorado National Forest along Hwy. 50 just 18 miles west of Lake Tahoe. Adventure



Camp is an opportunity for adults 50 years of age and older to enjoy the beauty of Lake Tahoe and the majestic Sierras. Experience this world famous area with its many recreational activities. Hike the El Dorado National Forests and the beautiful Lake Tahoe Basin. Explore the area's many lakes and vistas. Learn about the history and the folklore of Lake Tahoe. Experience these opportunities as an Adventure Camp scheduled outing or on your own. Consider Adventure Camp your **base camp** to experience outdoor activities of your own choosing.

Your Adventure Camp registration fee includes five days and four nights at camp, meals, hikes, in-camp activities, and social events. Please mail in the attached application with a \$40/person (\$80 couple) *non-refundable* deposit. Deposits will only be refunded if you are placed on the waiting list and we are unable to accommodate you.

## ACCOMMODATIONS...

The rustic wood cabins each have overhead electric lighting and are furnished with double and/or single beds and simple furnishings. No bedding or linen is provided. Although cabins are not heated, campers stay comfortable even if temperatures drop into the 40's, as long as

plenty of warm clothing and bedding are packed for the trip. A few insulated cabins, with better heat retention, are also available on a first come, first served basis and are reserved quickly. Insulated cabins are numbers 26-30 and 58-66.

Only insulated cabins have AC outlets. No cabins have running water. Modern lavatory buildings provide showers with plenty of hot water and wall outlets for electric razors and hair dryers. Cabins are typically 25-100 feet from bathroom facilities.\* One, two, and three- bed cabins are available. \**Camp maps available online at [www.campsac.org](http://www.campsac.org) or upon request.*

Accessible cabins are numbers 1, 2, 3, 9H, 64, 65, and 66.

Camp Sacramento offers amenities including a laundry facility and camp store with some toiletries, refreshments and many common areas for relaxing, socializing and personal activities.



## RATES PER PERSON...

Resident discount for CITY residents only (determined by address)

### Insulated Cabins:

Singles rate	\$345
With resident discount	\$328
With multiple occupancy	\$328
Resident + Multiple occ	\$311

### Non-Insulated Cabins:

Singles rate	\$320
With resident discount	\$304
With multiple occupancy	\$304
Resident + Multiple occ	\$288

----- PLEASE CUT ALONG DOTTED LINE -----

### ADVENTURE CAMP APPLICATION

Complete both sides of application and return with deposit. Mail or drop off application: 50+ Wellness, 2921 Truxel Rd, Sacramento, 95833. A \$40/person **NONREFUNDABLE deposit** is required with application form. Final payment deadline is June 26, 2009. **Make checks payable to City of Sacramento.** If you cannot attend camp, all payments are refundable **except deposit** if cancellation is made PRIOR to final payment deadline. All funds are non-transferable. Couples may submit one application. Roommates must each fill out a separate registration form.

Name(s) \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email address: \_\_\_\_\_

I agree to indemnify and hold the City of Sacramento and its contractors harmless from and against any and all liability for an injury which may be suffered by the participant during participation in this program. I authorize the City of Sacramento to use photos taken while at Camp for advertising and promotional purposes.

Signature \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date \_\_\_\_\_

Signature-spouse/partner \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date \_\_\_\_\_

### Payment method for \$40 per person deposit:

Check or Money Order (made to City of Sacramento)

Visa # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Authorized signature \_\_\_\_\_

Mastercard # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Authorized signature \_\_\_\_\_

**DEPOSITS ARE NON-TRANSFERRABLE AND NON-REFUNDABLE.**