



**“Now shall I walk, or should I ride?
“Ride,” Pleasure said.
“Walk,” Davies**

Joy replied.” W.H.



The best thing you can do for yourself in 2024 is walk! Set a goal for the number of miles you would like to hike next year and be ready to go New Year’s Day!

We hope you will consider what your 2024 hiking goal should be...making it realistic and achievable. 250? 500? 750? 1,000 miles? One tip would be to split your hiking up with a few miles in the morning, then more in the afternoon. And, remember, life can get in the way. There are times during a year that circumstances out of your control will happen, and hiking just doesn’t make it on your schedule for a week or so. Unfortunately, those are often the times you need to be hiking the most. Just put your boots back on as soon as possible and hit the trails. It will always be worth it!!

The past four years, it has been such a fun challenge for our founder, Sally Bassett, to try and reach 1,000 hiking miles a year with kindred spirit and fellow traveler, Anne Liebert. At the end of each month, they always check in with each other to see where they both stand. This next May they will both be doing their fourth pilgrimage on the Camino de Santiago in Spain. It’s a great way to get 70+ miles in a ten-day period.

Hiking is a form of yoga. Besides being physical, it is a way to center and ground yourself. You can get into a zone-like meditation, especially if you have the opportunity to walk in nature. Yoga and hiking are also a great combination to have for a regular physical routine. And, like yoga, hiking with others is creating community with like-minded individuals. Check-out the list of all the upcoming hiking trips below!



Be the Change! Make time for a walk today.

Hiking and Yoga Retreats

Dominica: February 3-10, 2024 and January 18-25, 2025

Guatemala: March 16-23, 2024

Spain: May 10-19, 2024 and May 12-21, 2024



Banff, Canada August 7-11, 2024 (Details posted by 12/12/2023)

France: September 8-15, 2024

India: March 2025

France: August 7-14, 2025 (A NEW LUXURY "COLORS OF PROVENCE" CRUISE OPTION, WITH 20% OFF, IF BOOKED BEFORE 12/13/2023.)

[Click here for the "Colors of Provence" France Cruise itinerary](#)



Colors of Provence: A Seven Night France River Cruise August 7-14, 2025

The eight day Colors of Provence Cruise includes all excursions (hiking, biking, wine and chocolate tasting, etc.), all fine-dining meals, including unlimited fine wine, beer and soft drinks, yoga, daily entertainment and so much more!

It is never too soon to book a luxury cruise on AmaWaterways based on their demand over a year out. Our trips always include great accommodations but this trip will be off the charts. They have given us a \$250 off per person for our group booking. However, we have also been offered a 20% off Early Booking Reward for those individuals who book by December 31, 2023. This trip is definitely a "splurge", but worth it to this magical area of France.

[Click here for detailed itinerary and pricing on Colors of Provence Cruise August 2025](#)



Our Costa Rica Retreat was just plain fun!

It was an amazing week in the Costa Rican rainforest last month with a group of individuals who enjoyed adventure, yoga, and service.

Besides zip-lining, river rafting, visiting the indigenous BriBri community, hiking to a waterfall, exploring two beaches, enjoying different styles of yoga twice a day, eating delicious vegetarian meals, staying in bungalows and waking up to howler monkeys, we had two afternoons at our new Girls for Success school.

Activities at the school included cooking in the new kitchen, art/craft projects, reading individually with the girls, doing a workshop on CPR, needlepointing, slime making, and more.

We are so grateful for all who supported this dream!! We have need of only three more new bikes (\$270 per girl including a lock), if interested.



Click here & select "Donate" at the upper right-hand corner to donate \$270 for a girl's bike.

