

**EASTERN MOUNTAIN SPORTS®** **The Adventure Experts.**

Eastern Mountain Sports  
Adventures, Treks & Trails  
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**New Hampshire**

**Gluten-Free White Mountain Adventure Weekend**

**A Fun & Informative Weekend with Special Guest and Gluten-Free Expert Melinda Dennis.**

Celiac disease, an autoimmune disease related to intolerance to gluten, affects over 2 million people in the US alone. Though awareness about this disease has grown and gluten-free products have increased in production, many people are unsure how to make lifestyle changes in a world based on wheat. Living with celiac disease does not mean you must limit your healthy food choices and change your activities.

EMSTrek and Melinda Dennis, a registered dietitian specializing in Celiac Disease (Delete the Wheat Nutritional Counseling), have teamed up to create a fun and informational weekend based on getting outside and living gluten free. We have prepared three days packed with informational lectures, fun and challenging hikes, and delicious gluten free meals and samples.

Snack on specially designed energy bars to fuel you up a challenging hike in the White Mountains of New Hampshire and enjoy your gluten free lunch as you gaze down on the Mt. Washington Valley from the top of a mountain. At night you will be treated to a full gluten free dinner at Rafferty's Pub or pizza from the Flatbread Co. and lectures from Melinda Dennis on how to take charge of your diet, no matter where you are. Finish your evenings with a soak in the lodge's outdoor hot tub or play piano or games inside. Melinda will be available for private consultations during the weekend. These can be scheduled in advance or during your stay. Private trip dates can also be arranged upon request. Please feel free to give us a call for more information at 888-755-TREK.



**THIS ADVENTURE AT A GLANCE**

- Specially designed for active people with celiac disease or gluten intolerance.
- Two days of hiking in the White Mountains of New Hampshire
- Three lectures with Melinda Dennis, a specialist on Celiac Disease and gluten intolerance
- All food for the weekend is free of wheat and gluten products
- Two nights lodging at the Cranmore Mountain Lodge
- Discount EMS coupons and sponsor-supplied gift bag

**TOTAL:** 3 days, 2 nights  
**MEETING TIME & PLACE:** We will meet Friday night at Flatbread Pizza Co at the Eastern Slope Inn in North Conway at 6:30pm. You are free to check in at the Cranmore Mountain Lodge before or after dinner until 9:00pm. For hikes we will meet at 9:00am in the game room at the lodge.

**2008 DATES:** June 27th – 29th  
**COST:** \$645 per person  
Single supplement \$65  
For reservations or questions please call 1-888-755-TREK or send an e-mail to [becky@ems.com](mailto:becky@ems.com)  
**GROUP SIZE:** 2-20 people  
**AGE GROUP:** 12+

**MEALS:** Look for (B,L,D) in itinerary for meals provided during trip. All breakfasts will be provided by the Cranmore Mountain Lodge from a gluten-free menu (gluten free waffles, pancakes, toast, eggs). Lunches will be a sampling of gluten-free breads and snacks, meats, cheeses, fruit and vegetables. Gluten-free dinners will be provided by Flatbread Pizza and Rafferty's Pub.

**STYLE OF TRIP:** This trip is perfect for the active person living with celiac disease or gluten intolerance. The weekend is designed to provide education and dietary tips for living well on the gluten free diet with opportunities to get outside and enjoy different hikes in the White Mountains.

**INCLUDED WITH THIS TRIP:** Gluten free meals where indicated including two local restaurant meals  
2 nights lodging  
Trekking poles upon request  
3 lectures from Melinda Dennis, a registered dietitian and specialist on Celiac Disease  
Friendly and experienced local guides  
Free samples of gluten-free products and resources

**NOT INCLUDED:** Personal hiking equipment  
Travel insurance  
**TRIP LEVEL:** MODERATE  
This trip is perfect for active people in relatively good shape. There will be one full day of moderate hiking (4-5 hours) and one half day of easier terrain hiking (2-3 hours). There will also be an option for private consultations with Melinda Dennis upon request.

Our offices are open Monday - Saturday, 9am to 5pm. We can be reached at 1-888-755-TREK. You can e-mail our travel guru Becky Harrison at [becky@emstrek.com](mailto:becky@emstrek.com), or fax us at (603) 374-1971.



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# Gluten-Free White Mountain Adventure Weekend

## DETAILED ITINERARY

### FRIDAY: (DINNER)

Check in after 3:00pm at the Cranmore Mountain Lodge

Dinner at Flatbread Pizza Co. at 6:30pm. Gluten-free pizza and dessert will be served and participants will have the opportunity to get to know each other during the informal dinner.

8:00pm Meet in the dining room at the Cranmore Mountain Lodge. Evening lecture with Melinda Dennis: "Eating Healthy for Outdoor Fun: Gluten-Free Nutrition in Action," with Q & A period.

Finish the evening with a hot tub soak, piano, games, or just relax.

### SATURDAY: (B, L & D)

Breakfast at the lodge. Meet in the game room at 9:30am prepared to hike for the day. Our trained EMS guides will choose a trail based on ability and fitness level. Be prepared to hike 4-5 hours for the day on some of the best trails the White Mountains has to offer. Lunch will be a trail sampling of delicious gluten free granola bars, breads, fruit and snacks.

6:30pm dinner and lecture with Melinda Dennis at Rafferty's Pub. Rafferty's is a local restaurant which specializes in gluten-free cuisine. You have a choice of any entree off the gluten free menu <http://www.raffspub.com> (there is an additional \$3.00 charge for the fried clams, pork ribs, fisherman's platter, or the prime rib. Please let us know if you would like the prime rib in advance so we will have enough on hand). Lecture tonight: "How to Dine Out Gluten-Free with Confidence" – restaurant role playing and discussion on hidden gluten, cross contamination and varieties of "celiac-friendly" ethnic cuisine. Hot tubs, piano and game room are open.

### SUNDAY: (B and L)

Delicious gluten-free breakfast at the Lodge. Morning hike at 9:00am - meet in the game room. You will have to check out before you leave for the hike, but luggage can be stored safely at the lodge. We can be back by 1:00 to prepare for the next lecture. Afternoon lecture at 2:00pm at Rafferty's: "Doing the Diet Right: How to Maximize Nutrition on the Gluten-Free Diet."

You will be given gift bags of gluten-free goodies and resource materials as you leave for home.

## SPONSORS FOR THIS WEEKEND INCLUDE:

**Pure Fit Bars** ([www.purefit.com](http://www.purefit.com))

Wheat, gluten and dairy free, high protein bars that do not melt

**Omega Smart Bars** ([www.omegasmartbar.com](http://www.omegasmartbar.com))

Wheat, gluten, egg, dairy and casein free, high fiber, organic, omega rich bar

**Nu-World Amaranth** ([www.nuworldamaranth.com](http://www.nuworldamaranth.com))

Featuring high fiber, calcium, iron and protein-rich whole grain snack crackers

**Bob's Red Mill**

Mighty Tasty GF Hot Cereal

**Gluten Intolerance Group**

**Larabar**

**DeletetheWheat.com**



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