

THE INTERLAKEN INN

Lakeville, Connecticut

www.InterlakenInn.com

For Immediate Release

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Camp Interlaken For the Weekday Adventurer!

Forget being a Weekend Warrior -- there's more to life than blood, sweat and tears. Live for adventure!

The Interlaken Inn, in northwestern Connecticut's breathtaking Litchfield Hills, is hosting its first "Camp Interlaken" this summer. Barely two hours from Manhattan, the Camp will whet the appetite of "lust for lifers" who have secretly yearned to learn fly fishing, golfing, white water rafting and even decorative furniture painting.

From June to Labor Day, Camp Interlaken will host a series of exciting training courses conducted by expert wilderness guides, tennis and golf pros, artisans and landscapers. Each course begins with a Sunday evening introduction, followed by a one- to two-day session, depending on the class.

While most of the courses are geared for adults, "The Family Adventure" fosters fun, exercise and meaningful communication between parents and their children.

Camp Interlaken Adventure Packages

All packages include: the one- to two-day training course, two nights at the Interlaken Inn (Sunday and Monday nights), two breakfasts (Monday and Tuesday) and two lunches (Monday and Tuesday). Please note that some courses require additional fees per person (such as licenses or equipment; see below for the complete course description). Courses may or may not be conducted on the Interlaken premises; you must provide your own transportation.

Note: Guests are encouraged to arrive by late Sunday afternoon for Sunday evening course introductions.

June 2005

June 5-7: **FLAT WATER CANOEING**, presented by Certified Wilderness Leader Ed Thorney. Learn the basics of canoe safety, technique and trip planning with one-on-one training, such as: **Paddle Technique** (power and steering strokes from bow and stern); **Safety Procedures**, including T-Rescue, getting into and out of canoes, proper clothing; **Trip Planning**, including tying canoes onto vehicles; and **Emergency Management**. Start off with a Sunday night introduction at the Interlaken Inn from 7 p.m. to 8:30 p.m. On Monday

morning, after a delectable Interlaken breakfast, Ed will greet you at the hotel where you will drive to Ashley Falls, Massachusetts and, on canoe, explore the beautiful Housatonic River as it winds through forest and farmland. The Interlaken will provide a box lunch for your trip. On Tuesday morning, Ed will guide you through the Great Swamp of Paterson, New York, and you'll enjoy another box lunch. No age limit. Life jackets provided. Wear comfortable clothing.

Class Size: Three-person minimum, 10-person maximum.

Package Price: \$439.00 per person, double occupancy; \$539.00 per person, single occupancy, plus CT tax and service charge. We must receive your reservations with a 50 percent deposit no later than Monday, May 23rd, 2005.

June 12-14:

WHITE WATER CANOEING, conducted by Certified Wilderness Leader Ed Thorney. Adventurers will learn the basics of white water technique and safety in this stimulating course: **Eddy Turns and Surfing; Paddle Technique**, including power and steering strokes from the bow and stern); **Safety Procedures** (white water rescue and rapid swim); and **Emergency Management**. From 7 p.m. to 8:30 p.m. on Sunday evening, you will enjoy an introduction to white water canoeing. Then, on Monday morning, you will drive to Pushem' up Hole in Cornwall, CT, where you will practice Reading the River and Eddy Turns. On Tuesday morning, you will tackle the more advanced rapids at Swift's Bridge. Box lunches will be provided by the Interlaken Inn on both days. Children under the age of 5 will not be permitted in this course. Life jackets and helmets will be provided. Wear comfortable clothing and sneakers.

Class Size: Four-person minimum, 10-person maximum.

Package Price: \$489 per person, double occupancy; \$589 per person, single occupancy, plus CT tax and service charge. We must receive your reservations with a 50 percent deposit no later than Monday, May 30, 2005.

ADVANCED TENNIS CLINIC, conducted by Todd & Elyse Piker. This course involves two clinics, consisting of two 90-minute groups, which are geared to those with a 3.5 or 4 National Tennis Rating Program (NTRP). (Please refer to <http://users.telarama.com/~johnv/tennis/tennis17.htm> to understand the rating.) Todd or Elyse (his daughter) will greet students at the Interlaken on Sunday night from 7 to 8 p.m. The next day, the clinics will focus on the fundamental skills used in competitive tennis play, and on ground-stroke accuracy, depth and strategy. Players will also study techniques for generating pace and angle on their strokes.

Additional skill sharpening includes drilling on net play and drop-shot and lob, as well as serve and overhead, paying particular attention to follow-through. There will be discussions about strategy and percentage tennis, as

well as match-play scenarios to assist players in making strategic choices in various different game scenarios.

The clinics will culminate in a Round Robin Singles and/or Doubles tournament for all participants, and will take place at Interlaken. Breakfast and lunch will be served at the Interlaken Monday and Tuesday. Wear comfortable clothing and sneakers.

Class Size: Four-person minimum, eight-person maximum.

Package Price: \$299 per person, double occupancy; \$399 per person, single occupancy, plus CT tax and service charge. We must receive your reservations with a 50 percent deposit no later than Monday, May 30, 2005.

June 19-21:

YOUTH GOLF CLINIC for children ages 14 and under; and **THE SWINGERS CLUB**, a Golf Basics Workshop for Beginners & Intermediates, both conducted by Scott Learned. Parents can enjoy simultaneous classes with their children!

The Youth Clinic is for the novice golfer who will learn the fundamentals of the game, including full swing, pitching, chipping and putting, as well as rules and etiquette.

The Swingers Club is geared for adults who are neophytes and intermediate players, focusing on power technique, flexibility and posture. The golf pro will help students improve ball-striking skills, distance control and targeting. The courses will take place at the Interlaken and the nearby Hotchkiss School ranges.

Participants are invited to a "Meet and Greet" with Scott at the Interlaken on Sunday evening from 7 to 8 p.m. On Monday, each course will feature two hours of teaching in the morning, followed by two hours of playing golf in the afternoon. There will be a final round of golf on Tuesday morning. Breakfast and lunch will be served to all clinic participants on Monday and Tuesday at the Interlaken. Wear comfortable clothing and sneakers.

Class Sizes: Three-person minimum, six-person maximum.

Package Price:

Youth Golf Clinic: \$319 per person, double occupancy; \$419 per person, single occupancy, plus CT tax and service charge.

The Swingers Club: \$389 per person, double occupancy; \$489 per person, single occupancy, plus CT tax and service charge. We must receive your reservations with a 50 percent deposit no later than Monday, June 6, 2005.

PLANTING FLOWER GARDENS IN SMALL SPACES, PLUS A GARDEN TOUR, conducted by Nan Seeburger, residential landscaping

consultant. Nan will teach city dwellers how to plant flower gardens in small spaces, including decks, backyards and fire escapes. Nan will meet and greet students on Sunday evening at the Interlaken between 7 and 8 p.m., then meet with them on Monday morning to take a special garden tour nearby in Amenia, NY. She will introduce students to flower varieties and what to plant where for aesthetic value. In the afternoon, she will conduct a hands-on flower-planting session at the Interlaken. On Tuesday, Nan will continue the planting session. Nan recommends that students bring with them photos of the area in which they want to plant, plus an outdoor container, 12" or less in diameter, for the planting session. She will provide potting soil and the flowers to be planted in the container. She advises students to bring rain gear for the garden tour in case of inclement weather.

Class Size: Three-person minimum, 10-person maximum.

Package Price: \$379 per person, double occupancy; \$479 per person single occupancy, plus CT tax and service charge. Potting soil and plants are included. We must receive your reservations with a 50 percent deposit no later than Monday, June 6, 2005.

July 2005

July 10-12:

FLY FISHING 101, conducted by Rob Nicholas, Certified Casting Instructor. This is a one-day course for the beginner with individualized attention. Each student will have more than 4 hours of guided fishing, putting your newly found skills to the test in actual fishing situations. Students will meet at the Interlaken Inn on Sunday evening from 7 to 8:30 p.m. for a "fly tying" and viewing of educational fly-fishing videos. On Monday, you will meet Rob at the Interlaken and drive to the Housatonic Meadows State Park, where the course will take place in a "catch-and-release" area of the Housatonic River. Some of the skills you will learn are how to cast a fly rod, including the roll cast; how to "read" the water to help you locate fish; how to tie knots and select the proper fly and tippet; how to fish and present nymphs, streamers and dry flies; wading safety and on-stream etiquette; and how to catch fish in an actual situation, not a stocked pond.

Since the class will take place off premises, a box lunch will be provided by the Interlaken. Rob will make himself available for an optional guided fishing tour on Tuesday (which is not covered in the package price; rates are below). Fishing licenses are required for all participants (Rob will obtain these). Each participant in the fly fishing course must pay an additional charge for the license, which can range from \$16 to \$25 per person (depending on whether you reside out of state -- outside of Connecticut). There will be an additional charge of \$15 per person for wader boots.

Class size: Two-person minimum, six-person maximum.

Package Price: \$329 per person, double occupancy; \$429 per person, single occupancy, plus CT tax and service charge. **Please note that you must pay**

for the fishing license and your pair of waders in advance. We must receive your reservations with a 50 percent deposit, plus fees for the license and waders, no later than Monday, June 27th, 2005. *Note:* For an optional guided tour on Tuesday, the fee is \$175 for 1/2 day (four hours or longer), and \$250 for a full day (8 hours or longer) for 1 or 2 people. The Interlaken will provide a boxed lunch at no additional cost.

PLANTING FLOWER GARDENS IN SMALL SPACES, PLUS A GARDEN TOUR, conducted by Nan Seeburger, residential landscaping consultant. Nan will teach city dwellers how to plant flower gardens in small spaces, including decks, backyards and fire escapes. Nan will meet and greet students on Sunday evening at the Interlaken between 7 and 8 p.m., then meet with them on Monday morning to take a special garden tour nearby in Amenia, NY. She will introduce students to flower varieties and what to plant where for aesthetic value. In the afternoon, she will conduct a hands-on flower-planting session at the Interlaken. On Tuesday, Nan will continue the planting session. Nan recommends that students bring with them photos of the area in which they want to plant, plus an outdoor container, 12" or less in diameter, for the planting session. She will provide potting soil and the flowers to be planted in the container. She advises students to bring rain gear for the garden tour in case of inclement weather.

Class Size: Three-person minimum, 10-person maximum.

Package Price: \$379 per person, double occupancy; \$479 per person single occupancy, plus CT tax and service charge. Potting soil and plants are included. We must receive your reservations with a 50 percent deposit no later than Monday, June 27, 2005.

July 17-19:

HIKING, MAP READING AND BACK COUNTRY SAFETY, conducted by Certified Wilderness Leader Ed Thorney. This is a great course for people who want to develop the courage and skills to take their own family and friends on back-country day trips. On Sunday evening from 7 to 8:30 p.m. at the Interlaken, you will enjoy an introduction to hiking with Ed and a map-reading class. While you will sleep in the comfort of an Interlaken bed, early Monday and Tuesday mornings you will meet Ed at the hotel for stretching, trip planning and hikes that begin after breakfast. Some of the skills you will learn include using topographic maps to a.) plan a trip; b.) calculate mileage and terrain; and c.) determine your exact location; hiking techniques, such as rest step, rhythmic breathing, and walking and pack adjustment; lead and sweep roles -- what they mean and why they are important; trip planning; and basic emergency planning. Hikes will take place in the Mt. Riga Plateau in the beautiful northwest corner of Connecticut. You will thrill to the breathtaking views of the Catskills and the Berkshire mountains. Wear comfortable clothing and sneakers.

Class Size: Three-person minimum, 10-person maximum.

Package Price: \$439.00 per person, double occupancy; \$539 per person, single occupancy, plus CT tax and service charge. We must receive your reservations with a 50 percent deposit no later than Tuesday, July 5, 2005.

YOUTH GOLF CLINIC for children ages 14 and under; and **THE SWINGERS CLUB**, a Golf Basics Workshop for Beginners & Intermediates, conducted by Scott Learned. Parents can enjoy simultaneous classes with their children!

The Youth Clinic is for the novice golfer who will learn the fundamentals of the game, including full swing, pitching, chipping and putting, as well as rules and etiquette.

The Swingers Club is geared for adults who are neophytes and intermediate players, focusing on power technique, flexibility and posture. The golf pro will help students improve ball-striking skills, distance control and targeting. The courses will take place at the Interlaken and the nearby Hotchkiss School ranges.

Participants are invited to a "Meet and Greet" with Scott at the Interlaken on Sunday evening from 7 to 8 p.m. On Monday, each course will feature two hours of teaching in the morning, followed by two hours of playing golf in the afternoon. There will be a final round of golf on Tuesday morning. Breakfast and lunch will be served to all clinic participants on Monday and Tuesday at the Interlaken. Wear comfortable clothing and sneakers.

Class Sizes: Three-person minimum, six-person maximum.

Package Price:

Youth Golf Clinic: \$319 per person, double occupancy; \$419 per person, single occupancy, plus CT tax and service charge.

The Swingers Club: \$389 per person, double occupancy; \$489 per person, single occupancy, plus CT tax and service charge.

We must receive your reservations with a 50 percent deposit no later than Tuesday, July 5, 2005.

INTRODUCTION TO TENNIS, conducted by Todd & Elyse Piker. This course involves two clinics, consisting of two 90-minute groups, which are geared to those with a rating of 0 to 3.5 National Tennis Rating Program (NTRP). (Please refer to <http://users.telarama.com/~johnv/tennis/tennis17.htm> to understand the rating system.) Todd or Elyse (his daughter) will greet students at the Interlaken on Sunday night from 7 to 8 p.m. On the next day, the clinics will focus on the fundamental skills used in competitive tennis play, and on ground-stroke accuracy, depth and strategy. Beginner instruction, ideal for those who want to start learning tennis or for those who want to brush up on their rusty skills, will include stretching techniques, and basic stroke

introduction, such as forehand, backhand, serves and net play. The course will take place at the Interlaken. Breakfast and lunch will be served on Monday and Tuesday at the hotel. Wear comfortable clothing and sneakers.

Class Size: Four-person minimum, eight-person maximum.

Package Price: \$299 per person, double occupancy; \$399 per person, single occupancy, plus CT tax and service charge. We must receive your reservations with a 50 percent deposit no later than Tuesday, July 5, 2005.

"WHIMSICAL BRUSHES," conducted by Connecticut artist Lynn Eastman. Students will arrive Sunday night and by Tuesday afternoon will have something decorative to take home with them! This exciting class focuses on how to paint sophisticated cottage designs ("not country," says Lynn with a smile). Lynn will teach the priming technique and design process, and will instruct in a variety of techniques, including faux marbling and antique finishes, and decorative painting. She will supply all the paint and faux materials. Students may bring their own small pieces of furniture or other items to paint, such as mailboxes, shoes, small tables and chests, stools, chairs, milk cans or floor cloths. If students do not bring an item, Lynn will make available, at additional cost, wooden trays (22" x 16") and antique metal sap buckets. Lynn also suggests that if you know where you will place your finished object at home, bring a sample fabric -- bedding, a curtain, a chair cushion -- so that she can help you match the color scheme. Lynn will provide a welcoming lecture at the Interlaken Inn on Sunday evening from 7 to 8:30 p.m., when she suggests that you bring your objects for her to start sketching. You will meet Lynn on Monday and Tuesday morning at the Interlaken and drive to her nearby studio in Canaan, CT, for the courses. Breakfast will take place at the Interlaken, and you will take a boxed lunch to Lynn's studio.

Class Size: Four-person minimum, eight-person maximum.

Package Price: \$319 per person, double occupancy; \$ 419 per person, single occupancy, plus CT tax and service charge. The price of objects to purchase from Lynn range from \$5 for the sap buckets to \$24 for the wooden trays. Lynn needs to order trays in advance; please notify the Interlaken if you wish to order a tray. We must receive your reservations with a 50 percent deposit no later than Tuesday, July 5, 2005.

July 24-26:

ADVANCED TENNIS CLINIC, conducted by Todd & Elyse Piker. This course involves two clinics, consisting of two 90-minute groups, which are geared to those with a 3.5 or 4 National Tennis Rating Program (NTRP). (Please refer to <http://users.telerama.com/~johnv/tennis/tennis17.htm> to understand the rating system.) Todd or Elyse (his daughter) will greet students at the Interlaken on Sunday night from 7 to 8 p.m. On the next day, the clinics will focus on the fundamental skills used in competitive

tennis play, and on ground-stroke accuracy, depth and strategy. Players will also study techniques for generating pace and angle on their strokes.

Additional skill sharpening includes drilling on net play and drop-shot and lob, as well as serve and overhead, paying particular attention to follow-through. There will be discussions about strategy and percentage tennis, as well as match-play scenarios to assist players in making decisive strategic choices in various different game scenarios.

The clinics will culminate in a Round Robin Singles and/or Doubles tournament for all participants, and will take place at Interlaken. Breakfast and lunch will be served at the Interlaken Monday and Tuesday. Wear comfortable clothing and sneakers.

Class Size: Four-person minimum, eight-person maximum.

Package Price: \$299 per person, double occupancy; \$399 per person, single occupancy, plus CT tax and service charge. We must receive your reservations with a 50 percent deposit no later than Monday, July 11, 2005.

August 2005

August 7-9:

INTRODUCTION TO TENNIS, conducted by Todd & Elyse Piker. This course involves two clinics, consisting of two 90-minute groups, which are geared to those with a rating of 0 to 3.5 National Tennis Rating Program (NTRP). (Please refer to <http://users.telerama.com/~johnv/tennis/tennis17.htm> to understand the rating system.) Todd or Elyse (his daughter) will greet students at the Interlaken on Sunday night from 7 to 8 p.m. On the next day, the clinics will focus on the fundamental skills used in competitive tennis play, and on ground-stroke accuracy, depth and strategy. Beginner instruction, ideal for those who want to start learning tennis or for those who want to brush up on their rusty skills, will include stretching techniques, and basic stroke introduction, such as forehand, backhand, serves and net play. The course will take place at the Interlaken. Breakfast and lunch will be served on Monday and Tuesday at the hotel. Wear comfortable clothing and sneakers.

Class Size: Four-person minimum, eight-person maximum.

Package Price: \$299 person, double occupancy; \$399 person, single occupancy, plus CT tax and service charge. We must receive your reservations with a 50 percent deposit no later than Monday, July 25, 2005.

August 21-23:

THE FAMILY ADVENTURE, conducted by Ed Thorney. This unique family adventure integrates fun, exercise, excitement about learning, healing and meaningful communication. Rather than separate outdoor activities from a classroom component on how to improve family dynamics, Ed has

combined these vital pieces into a seamless adventure that is also educational and therapeutic. It is ideal for families and mixed families who want to actively engage in a developmental process geared to a better understanding of one another.

Starting with a get-together at the Interlaken on Sunday evening from 7 to 8:30 p.m., Ed will lead participants on a day hike on Monday and Tuesday, followed by a flat water canoe trip. Communications training will be integrated into the activities, including "How to Talk So Your Kids Will Listen" and "How to Listen So Your Kids Will Talk"; family dialogue; and communications for couples. Breakfast will take place at the Interlaken, with boxed lunches provided to guests off-premises. Wear comfortable clothing and sneakers.

Class Size: Four-person minimum, 10-person maximum.

Package Price: \$ 469 per person for adults 18 and over, double occupancy (\$569, single occupancy); \$339 for each child 17 and under, double occupancy (\$439, single occupancy), plus CT tax and service charge. We must receive your reservations with a 50 percent deposit no later than Monday, August 8, 2005.

FLY FISHING 101, conducted by Rob Nicholas, Certified Casting Instructor. This is a one-day course for the beginner with individualized attention. Each student will have more than 4 hours of guided fishing, putting your newly found skills to the test in actual fishing situations. Students will meet at the Interlaken Inn on Sunday evening from 7 to 8:30 p.m. for a "fly tying" and viewing of educational fly-fishing videos. On Monday, you will meet Rob at the Interlaken and drive to the Housatonic Meadows State Park, where the course will take place in a "catch-and-release" area of the Housatonic River. Some of the skills you will learn are how to cast a fly rod, including the roll cast; how to "read" the water to help you locate fish; how to tie knots and select the proper fly and tippet; how to fish and present nymphs, streamers and dry flies; wading safety and on-stream etiquette; and how to catch fish in an actual situation, not a stocked pond.

Since the class will take place off premises, a box lunch will be provided by the Interlaken. Rob will make himself available for an optional guided fishing tour on Tuesday (which is not covered in the package price; rates are below). Fishing licenses are required for all participants (Rob will obtain these). Each participant in the fly fishing course must pay an additional charge for the license, which can range from \$16 to \$25 per person (depending on whether you reside out of state -- outside of Connecticut). There will be an additional charge of \$15 per person for wader boots. Wear comfortable clothing.

Class size: Two-person minimum, six-person maximum.

Package Price: \$329 per person, double occupancy; \$429 per person, single occupancy, plus CT tax and service charge. **Please note that you must pay**

for the fishing license and your pair of waders in advance. We must receive your reservations with a 50 percent deposit, plus fees for the license and waders, no later than Monday, August 8, 2005. *Note:* For an optional guided tour on Tuesday, the fee is \$175 for 1/2 day (four hours or longer), and \$250 for a full day (8 hours or longer) for 1 or 2 people. The Interlaken will provide a boxed lunch at no additional cost.

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Class Sizes: Three-person minimum, six-person maximum.

Package Price:

Youth Golf Clinic: \$315 per person, double occupancy; \$415 per person, single occupancy, plus CT tax and service charge.

The Swingers Club: \$385 per person, double occupancy; \$485 per person, single occupancy, plus CT tax and service charge.

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"WHIMSICAL BRUSHES," conducted by Connecticut artist Lynn Eastman. Students will arrive Sunday night and by Tuesday afternoon will have something decorative to take home with them! This exciting class focuses on how to paint sophisticated cottage designs ("not country," says Lynn with a smile). Lynn will teach the priming technique and design process, and will instruct in a variety of techniques, including faux marbling and antique finishes, and decorative painting. She will supply all the paint and faux materials. Students may bring their own small pieces of furniture or

other items to paint, such as mailboxes, shoes, small tables and chests, stools, chairs, milk cans or floor cloths. If students do not bring an item, Lynn will make available, at additional cost, wooden trays (22" x 16") and antique metal sap buckets. Lynn also suggests that if you know where you will place your finished object at home, bring a sample fabric -- bedding, a curtain, a chair cushion -- so that she can help you match the color scheme. Lynn will provide a welcoming lecture at the Interlaken Inn on Sunday evening from 7 to 8:30 p.m., when she suggests that you bring your objects for her to start sketching. You will meet Lynn on Monday and Tuesday morning at the Interlaken and drive to her nearby studio in Canaan, CT, for the courses. Breakfast will take place at the Interlaken, and you will take a boxed lunch to Lynn's studio.

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