

EDITORS' CHOICE AWARDS

Summer's Best New Gear

49 Must-Have Tools, Toys, and Gadgets

LIVE THE ACTIVE LIFE

Outside

25

Weekend Escapes

(for Under \$500)

Relax, Recharge, and Find an Adventure

Taylor Kitsch >
Hiding Out in the Texas Hill Country

How to Stay Healthy Forever
The Simple, Radical Plan to Beat Any Injury

War on the High Seas
The Bloody Battle to Save the Whales

Green Jobs!
Here's How YOU Can Get One

Rock 'n' Roll Road Trips
The Greatest Outdoor Music Festivals

JUNE 2009

\$4.95

06 >

39034



0 756638 7

OUTSIDEONLINE.COM



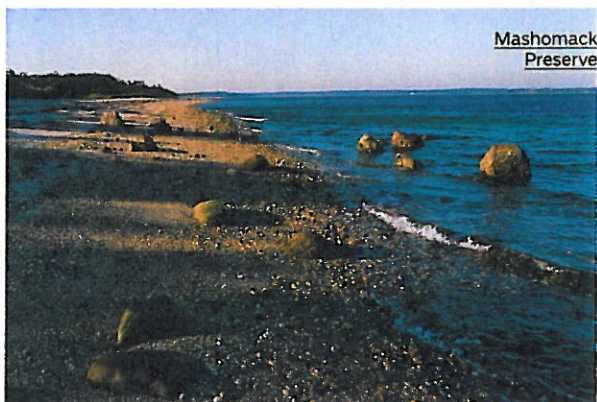
GET LOST: FOR LESS THAN \$500

Blame It on the Rain

Fear and expectations on Shelter Island BY MICHAEL ROBERTS

"I'M GOING TO BRING YOU down to the pregnancy level," my wife, Leslie, told me, turning off NPR as we idled in Long Island traffic. I had no idea what she meant, but it didn't sound good. Nor did the forecast: rain, rain, rain. So we'd be spending our last pre-baby adventure holed up inside. Reading.

PRICE TAG
\$475



Mashomack Preserve

Sigh. Two months later, we'd be Mommy and Daddy. How would we escape then?

At least the trip would be cheap, thanks mostly to the Chequit Inn, which has simple rooms for as little as \$90. Plus there was the ferry, the only way to get to Shelter Island and a way to leave behind the sort of people who think, What if *something*

happens at 4 A.M. and I need to go home?

We'd packed our usuals. Me: bike, kayak-ing gear. Her: books, camera. Saturday began cloudy but dry, with Leslie reading in bed and me pedaling a 25-mile loop. There were real hills (which I didn't expect), holy-crap sea-side homes (which I did), osprey nests, and a maze of creeks, ponds, and bays. I got lost and had to crank back to make the free continental breakfast.

At 11 A.M., Leslie dropped me off to meet Jay Damuck, the fifty-something owner of Shelter Island Kayaks, and took her belly and camera to Bootleggers Beach, where she befriended a pair of swans. Damuck unfolded a map of the amoeba-shaped island and pointed out the best of many protected coves. We launched in Coecles Harbor, where

Damuck helped establish a water trail. "It's empty all summer long," he promised as we cruised along the undeveloped shores of the 2,100-acre Mashomack Preserve. After lobster that night, Leslie clicked me through her photos of the mirrored water as I tried to will away the impending rain. One more ride would be so nice.

The storm hit at 3 A.M. and we slept in and I woke up ready to do nothing. But instead we drove to a beach to stare into the teeth of the wind and, later, walked into Mashomack, where the frogs cheered the downpour. We had our best meal of the weekend at Mark It with G, a cozy place that specializes in macaroons.

So the expecting was the hard part. You can do a lot in the rain.

OUTFITTED

HIKE THE APPALACHIAN TRAIL

REI Adventures' guided, four-day hut-to-hut trip covers eight miles of the AT daily in New Hampshire's White Mountains before dropping guests off at three Appalachian Mountain Club huts. \$460 per person; August–October; rei.com

DIY

>Fly Away PINE BUSH, NEW YORK

The Hudson Valley is a hang-gliding mecca, attracting practitioners from Brazil to Turkey. It's also the perfect place for solo immersion therapy (gliding is a lonely sport). Learn the ropes with Fly High Hang Gliding, in Pine Bush. You'll spend two days turning 20 feet above a training hill and planning a future flight from 1,000-foot launch points in the Catskills. Post-class, get a pilot's discount at the Catskill Mountain House, 30 miles away in Napanoch. EXPENSE REPORT Two-day lesson: \$300 (flyhighhg.com). Night at the Catskill Mountain House (catskillmountainhouse.com): \$120. Sole dinner at the White Wolf, in Napanoch (845-647-4200): \$25. Two turkey subs at Peter's Market, in Napanoch (845-647-6990): \$12. Total: \$457.

EXPENSE REPORT Round-trip ferry (northferry.com): \$22. First-night steamers at the Dory (doryrestaurant.com): \$47. Two nights at the Chequit (shelterislandinns.com/chequit): \$210. Rentals from Shelter Island Kayaks (kayaksi.com): \$60. Takeout lunch somewhere: \$25. Lobster dinner at Two Ed's (631-749-0261): \$59. Lunch at Mark It with G (markitwithg.com), plus sweets to go: \$52.

OUTFITTED

BITTERROOTS TRIPLE PLAY

On Coeur d'Alene, Idaho-based ROW Adventures' new Pedal, Paddle, and Cast trip, guests bike 15 miles along Idaho's former Milwaukee Railroad; float 14 miles of Class III water on Montana's Clark Fork River; and cast for 15-inch native cut-throat trout on Idaho's St. Joe River. \$425 per person for three days, with lodging at the Wallace Inn, 45 minutes from Coeur d'Alene; July–August; rowadventures.com

DIY

>Climbing the Cheese DEVIL'S LAKE STATE PARK, WISCONSIN

Centered around an ancient glacier-scoured valley, this 10,000-acre park lies roughly 3.5 hours from both Minneapolis and Chicago, which means crowds in summer. But most activity revolves around the 360-acre lake, leaving some of the Midwest's best bouldering and trad climbing free for the taking. Skip the east bluff of the lake, which attracts the most climbers, and hike half a mile up the West Bluff Trail from the park headquarters. The wall below is home to more than a dozen 5.4-plus routes, the most challenging area being Prospect Point Rampart, a 100-foot quartzite cliff. Top roping is the norm, so it's perfect for all abilities, and the Chicago Mountaineering Club, which has an outpost in the park during the summer, offers free group climbs (cmcwebsite.org). EXPENSE REPORT Two nights at the Thunder Valley Bed and Breakfast, in nearby Wisconsin Dells (thundervalleyinn.com): \$200. Parking in Devil's Lake State Park: \$20 for two days. Two BLT sandwiches at Café 106, in Baraboo (javacafebaraboo.com): \$14. Two burgers and two beers at Baraboo's Monk's Bar and Grill (monksbarandgrill.com): \$20. Two pasta dinners at the High Rock Café, in Wisconsin Dells (highrockcafe.com): \$30. Total: \$284

CONTRIBUTORS: SEAN BRANDER, KYLE DICKMAN, RYAN KROGH, IVAN MILLER, JUSTIN NYBERG, WILL PALMER, ABE STREEP