

The following article appeared in The Twin-Boro News on December 10, 2008. This local paper serves Dumont, Haworth and Bergenfield in Bergen County, NJ

## Adventures for Women

Adventures for Women is a nonprofit organization that encourages women of diverse backgrounds and ages to explore the outdoors, whether it be hiking in the woods, climbing mountains, strolling city streets, biking along rural paths or kayaking.

The organization offers instructional and practical workshops in paddling, orienteering, firearms

handling, backpacking and life-long fitness, all in a non-competitive environment.

Members enjoy weekend trips to the Adirondacks, Shawangunks and Catskills.

For more information, visit [www.adventuresforwomen.org](http://www.adventuresforwomen.org), call 973-644-3592 or e-mail [contactus@adventuresforwomen.org](mailto:contactus@adventuresforwomen.org).