

# STAT



"Great job balancing so many different personalities of so many strong women"... "Good times and wonderful memories...I'm already in training for next year."

## Sports Travel Adventure Therapy

is celebrating its 10<sup>th</sup> year and still going strong. Thank you for trusting and supporting me on all these wonderful journeys. I've received the ultimate gift of friendship with incredibly wise women that I've met on each and every journey. I've been given the amazing opportunity to travel to sacred places in this world to help restore our souls and to make your intentions come to life.

2004 took us to **awe-inspiring places**.

We planted more than winter seeds in the Dominican Republic en route to the tallest looming tropical mountain in the Caribbean. The light was bright and Pico Duarte was in sight with the help of the full moon and our headlamp. It was truly an **extraordinary hike**. My girls were as tough as the conditions were challenging. We slept close, listening to the pitter-patter of noises in the rafters. Extreme conditions made us stronger and make for interesting conversations at home. We even welcomed baby Henry into the world five months later, making this his first STAT adventure, and his last – unless he grows to become a great guide, cook or massage therapist!

Spring in Moab helped us thaw out and **reinforced our roots** like a new bud forming under the big rocks that our mountain bikes so

gracefully glided over. From hiking the slippery ledges in Arches to biking the magnificent scenic hills to Camelot, we learned how to **carry and be carried** over difficult terrain. Now we long for a game of disc golf or a ride on the friendly camels that share the sacred land of our remote oasis. It was a privilege to **receive many blessings** in our new moon female sweat lodge ceremony in the Valley of Castles. We learned about the Four Agreements and how to stay true to our intentions.

Summer blossomed in Canada and so did the noseums. We were one with the bugs in our very remote cabin in the sky, accessible only by helicopter. We enjoyed the most magnificent mountain backdrop with **remarkable ominous skies**. We were ladies of Shield Lake; some of us even took the nude cold plunge. Nature at its finest. We learned to appreciate and step over the moss with the tiniest pink flowers that only take 100 years to grow. **It was all about tranquility...**and schvitzing in the sauna together after a long day's journey into the woods. We came to believe in malagros or miracles like Lake Louise in the rain.



Fall harvested in Santa Fe like a love fest! The music was **inspirational** from start to finish as we learned that there's always a plan B. Situations arose in our cozy quarters in the houses of the moon. It was all too perfect for my goddesses, the shining light in the darkness of night.

To recapture the golden color of the trees while **floating down the Rio Grande**, or the incredible vistas we saw, hiking in Georgia O'Keeffe's country. We now understand why New Mexico is called the Land of Enchantment. A special thanks to Felipe's 2-spirit sweat lodge for allowing us to be with "all our relations." Gratitude prevailed on this journey as we learned about The Lesson and **the importance of whom we love!** We love these friendships.

**In order to fly, you have to get the weight off your wings.**

STAT gives you an opportunity to pause and honor your life with intention. We are all special but **you are unique**. We celebrate and embrace your uniqueness. Remain open to the Universe. See the beauty in the stars and **value every moment**.

Namaste

The spirit in me sees the spirit in you,

Erin Leider-Pariser

Founder



S  
SPORTS

T  
TRAVEL

A  
ADVENTURE

T  
THERAPY

It's the certainty of uncertainty in life that makes these adventures so important. Oh, the places you'll go!



STAT in 2005 made intentions come alive as we celebrated life in four very remote places. We learned to **flow as nature does**, through the seasons. Our introspective emotions in Winter surfaced and came forth in full bloom of Spring, to be later nourished by the Summer sun and ripened with the fruits of Autumn.

STAT is about living life with passion while staying healthy with the seasons. Energy must stay in motion within us and in our life to continually **nourish and create harmony!** Honor and Trust yourself and the Universe. Come out and play, meet new friends, pack your high heels and hiking boots, your camera and your open heart and **experience the trip of a lifetime.**

Erin Leider-Pariser  
Founder

**Winter in Panama** took us from the canal to the mountainous rainforest through a mudslide to the ultimate beach bungalows. We just loved learning how that canal operates! Sharing clothes became fun while waiting for luggage to arrive at the next stop. We celebrated a birthday, practiced yoga on the docks, went topless snorkeling and one of us even boated to carnival at night. I'm still laughing at our guide Hernan's face imitating the Japanese bird watchers and wonder who Julia's important client was that she HAD to get back for!

**Spring sprouted in Venezuela's Angel Falls** as if "the great flood-gates of the wonder-world swung open"! We did our spring-cleaning while high altitude hiking in the Andes Mountains and dodging rapids in dugout canoes up the Carrao River. It was all about being in the middle of the river surrounded by jungle that made us feel that no one had ever been there before us. We spanned nearly the entire continent of South America under a full moon. And our reward for sleeping in those comfortable "private" hammocks at the edge of the falls was the beautiful Ucaima also known as Rudy's Lost World.



WINTER



SPRING

ALL TRIPS ARE PLANNED ON

OR AROUND THE FULL OR NEW MOON



SUMMER



FALL

**Summer burst in Montana** as we embraced our connection to nature at Papoose Creek. Our guide Huck Finn made life look easy carrying some of us and the canoes on his head. We were in no hurry as we paddled our way on glassy mountain lakes looking for bald eagles and ospreys. On Black Butte, the wildflowers were exploding as if "God spilled the paint". This hike however was not for the height sensitive. We carried backpacks by day and danced on tables by night. Let's just say the music was inspiring! I miss yoga in our very own yurt. We learned to be careful what we wish for and the importance of health to ensure happiness.

Fall changed more than colors this year as **the first STAT "couple's" trip** took us to a **VERY remote ranch in the "Wild West" Texas** where the deer and the buffalo roam. We enjoyed the season of harvest hiking in an extraordinary mountain range with crimson plateaus and galloping on horseback surrounded by lush spring-fed orchards and thriving wildlife on the ranch. In fact, we were cowboys, cowgirls and even wranglers when Charlie decided to ride bareback! There was even time for skeet shooting and massages. Between border crossings and Marfa, we just couldn't get enough of the artist Donald Judd. A romantic full moon ceremony could have put us over the edge if the after dinner campfires didn't do the trick.

2006 SEASONAL JOURNEYS

WINTER IN NICARAGUA

FEBRUARY 1-6

Experience the abundance of nature in Nicaragua's unique and natural haven for adventure at one of the last, large sanctuaries along the Pacific coast of Central America. We'll hike to an extinct volcano as well as an active one with incredible vistas to Granada and beyond. We will bike to the shores of Lake Nicaragua with views of the majestic Maderas volcano on Ometepe Island! We'll even catch the season's rare end of sea turtles laying eggs on Nicaragua's most beautiful beach while slipping into our spacious private bungalow for relaxing massages overlooking Pacific sunsets and tropical wildlife.

SPRING IN ARGENTINA

APRIL 24-MAY 1

Paragonia is a vast region in the southern province of Argentina almost within the end of world, between lakes, woods and States as well as the largest American National Park (six times the size of Yellowstone) and protected ecosystem Barrancas del Cobre, the Copper Canyon, is an impenetrable maze of five canyons tucked into a roadless sea of lush and mystical mountains in Central America "where only the Chihuahua al Pacifico or the Copper Canyon Train dares to venture". It exceeds the Grand Canyon in depth and magnificence. Our Tarahumara Indian guides will lead us on spectacular hikes overlooking quaint villages, abandoned Indian caves and waterfalls. Those willing will even mountain bike down to the remote tropical village of Batopilas. Evening bonfires and margaritas are a favorite.

SUMMER IN ALASKA

JULY 14-20

Alaska's Wrangell-St Elias National Park is the largest roadless area in the United States as well as the largest American National Park (six times the size of Yellowstone) and protected ecosystem Barrancas del Cobre, the Copper Canyon, is an impenetrable maze of five canyons tucked into a roadless sea of lush and mystical mountains in Central America "where only the Chihuahua al Pacifico or the Copper Canyon Train dares to venture". It exceeds the Grand Canyon in depth and magnificence. Our Tarahumara Indian guides will lead us on spectacular hikes overlooking quaint villages, abandoned Indian caves and waterfalls. Those willing will even mountain bike down to the remote tropical village of Batopilas. Evening bonfires and margaritas are a favorite.

FALL IN MEXICO'S COPPER CANYON—OCTOBER 11-17

(COUPLES TRIP)

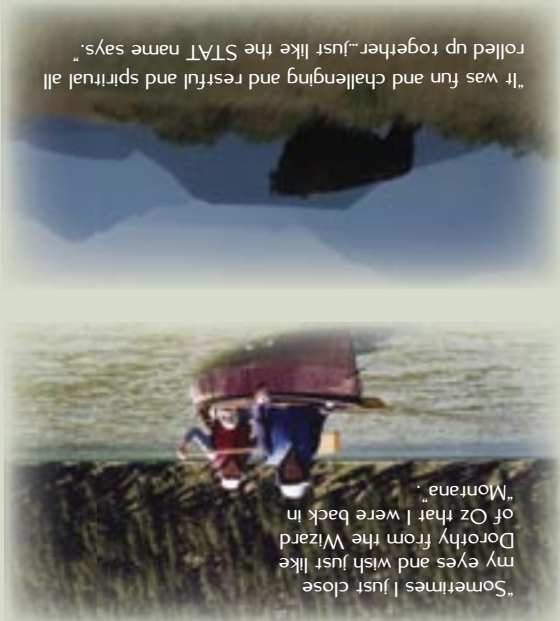
All aboard for Mexico's macho canyon and enter a world hidden deep in the rugged Sierra Mountains. The breathtaking Barrancas del Cobre, the Copper Canyon, is an impenetrable maze of five canyons tucked into a roadless sea of lush and mystical mountains in Central America "where only the Chihuahua al Pacifico or the Copper Canyon Train dares to venture". It exceeds the Grand Canyon in depth and magnificence. Our Tarahumara Indian guides will lead us on spectacular hikes overlooking quaint villages, abandoned Indian caves and waterfalls. Those willing will even mountain bike down to the remote tropical village of Batopilas. Evening bonfires and margaritas are a favorite.



"What was most enjoyable to me was the bonding that took place, and the camaraderie the women shared in every part of the trip. This has given me new perspective"

All journeys start at \$2,500. Detailed itineraries upon request. Custom trips are available for personal and select groups. Make your reservations early, spaces are limited.

www.stratrip.com  
203.618.0854 | stratrip@aol.com



"Sometimes I just close my eyes and wish just like Dorothy from the Wizard of Oz that I were back in Montana."

"It was fun and challenging and restful and spiritual all rolled up together...just like the STAT name says."



11 Carrington Drive  
Greenwich, CT 06831



"All I can say was AWESOME"

come alive in 2005 with the  moon

## Winter in Panama

February 3-8, 2005

Discover Panama. This thin synapse between North and South America, with its five million acres of nature preserves, has untamed wilderness like nowhere else on the planet. We'll hike in the Chiriqui highlands, with Quetzals, Bellbirds, Solitaires and Redstarts at home in their cool habitat of orchids and bromeliads. While boating or kayaking in the Panama Canal, we'll see many indigenous people. As a finale, we'll cross the Continental Divide by boat to Bocas del Toro to snorkel, and relax on the beach while the full moon shines bright.

## Spring in Venezuela

May 9-15, 2005

Welcome to Venezuela ("Little Venice" in Spanish)! Spanning nearly the entire continent of South America from north to south, Venezuela claims a good part of the mighty Andes mountain range. We'll hike across the Los Nevados beneath the moon and the highest Venezuelan summits, a natural area of exceptional beauty. Guided by local Pemón Indians, we'll wade and swim to the hidden waterfall of Kavak, one of the narrowest canyons in the world. A dugout canoe waits to take us to Angel Falls, the world's highest waterfall.

## Summer in Montana

July 14-19, 2005

Celebrate your connection to nature in the Madison River Valley of Montana, overlooking the spectacular Lee Metcalf Wilderness, not far from one of our nation's jewels, Yellowstone National Park. Our naturalist guides will take us hiking on quests for colorful wildflowers, breathtaking vistas and bountiful wildlife. Paddling across the scenic lakes in canoes, casting fly fishing rods for rainbow trout, or having massages on the deck, are all on the "to do" list. Wannabe wranglers can ride into the open meadows and sage covered foothills under a full moon.

## Fall in Texas

October 13-18, 2005

The Lone Star State has a working ranch nestled between 25,000 sprawling acres of land surrounded by the Chinati and Cienega Mountains. We'll saddle up for trail rides, take a major hike in Big Bend National Park, and raft down the Rio Grande River. A visit to well known artist Donald Judd's Marfa is a must. Dinners and campfires beneath a new moon starry sky, serenades by a guitar-strumming cowpoke, are all part of the fun. It's a magical blend of adventure and peacefulness.

All trips are planned on or around the full moon or new moon.



"I would travel with the very same wonderful girls again."

"Thank you for a most extraordinary five days!"

"People with heart and soul are always first class and we all showed and shared ours!"

- All journeys start at \$2,500. Detailed itineraries upon request.
- Custom trips are available for personal and select groups of women.
- Make your reservations early, spaces are limited.

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