

Chose a Summer Vacation Where Nature Brings Families and Friends Together

January 18, 2011 – Selecting a family vacation destination can be like picking a movie everyone will enjoy. How do you make everyone happy? Mom and Dad want rest and relaxation, your 10 year-old wants non-stop action, grandma and grandpa like hiking, and your teen wants to go somewhere where she can pretend she doesn't have parents. Enter **Family Nature Summits**, a vacation in a beautiful nature setting where program choices abound for everyone in the family.

This summer the Summit is scheduled for **August 1-7 at the YMCA in Missouri's Ozark Highlands**, on stunning 360-acre Lake Sunnen, surrounded by 5,200 acres of forest covered hills (only 90 minutes from St. Louis)

During the days, youngsters join others in their age group for fun activities led by experienced nature educators, while adults of all ages can choose from a wide variety of guided activities like hiking, bird watching, fly fishing, kayaking, and hands-on indoor and outdoor classes that teach things like nature photography and crafting. Offerings typically take advantage of the unique features of the location. In the Ozarks, hikers can look forward to traversing the breathtaking granite slabs of Elephant Rocks while learning about their volcanic origins from knowledgeable guides. Others will explore the myriad caves for which Missouri is famous. Lake Sunnen and surrounding rivers and streams will provide plenty of opportunities for kayaking, canoeing, swimming, and fishing. Teens and young adults will love the adrenaline-pumping adventure activities that may include such things as rock climbing, mountain biking, and rafting.

Of course there is always time left over to just sit on a log and be refreshed by nature's beauty. Following a bountiful buffet dinner, evenings are time for family and friends to join together for music, story-telling, down-home dancing, stargazing and other entertaining programs. When the day is done, Summiteers fall into a comfortable bed recollecting their day's adventure and looking forward to more tomorrow.

The Ozarks Family Nature Summit in 2011 will be the 42nd year for this beloved event. Past Summits have been held in gorgeous locales, each with their own unique natural beauty including the Rocky Mountains, the San Juan Islands, Lake Superior, and the Blue Ridge Mountains. Because conservation is a basic tenet of Family Summits, every Summit includes a conservation project designed to enhance the area in which it is held. Summiteers spend a few hours during the week working on the project which could be something like building a nature trail or planting trees.

Summiteers have hailed from 50 states, Canada, Europe and Asia. Participants include families, singles, couples, single parents with their children, retirees and multi-generational families where everyone can enjoy being together. A testament to the Summit's success is the fact that many Summiteers return year after year, for 5, 10, even 25 years!

Family Nature Summits is a 501(c)(3) non-profit charitable organization that strives to foster thoughtful stewardship of the earth through active outdoor learning and fun.

For more information and to register, visit www.familysummits.org or call 949-743-2567

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