



“That was amazing!!
Best Gunks hike I've ever been on
and I've been there a ton.
The kids are still talking about
it and telling everyone!!”

Bryan Wigton, Owner
Ulster Computers Inc.
www.ulstercomputers.com

Licensed Hiking Guide • Professional
Insured • First Aid & CPR Trained
Certified NYS Teacher
Member of Association for Experiential Education



Helping people learn and grow through
meaningful experiences

Private Guided Hikes
Snowshoe Excursions
Teambuilding Programs
Workshops
Consulting

Private Guided Hikes in Ulster County

offered to individuals,
couples, families & groups

Mohonk Preserve

Mohonk Mountain House Property

Minnewaska State Park

Walkkill Valley Rail Trail

Shaupeneake Ridge

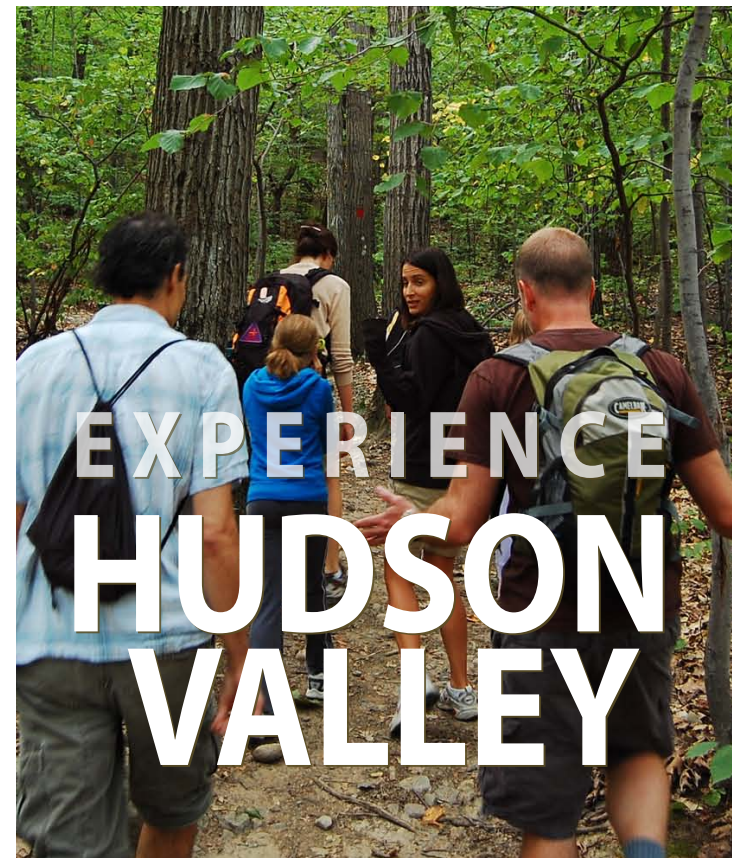
Edgewood Consulting & Services is a vital resource for individuals, businesses, schools, colleges and universities, churches, camps, experiential, outdoor and environmental education facilities who seek meaningful experiences.

Company Mission Serve as a resource of knowledge and expertise on outdoor and experiential programs for any individual or company seeking an effective program experience that manages risk while incorporating a sense of adventure.

Visit us on the web to learn more!
www.edgewoodcs.com

New Paltz, NY 12561
(845) 255-7007 office
(845) 633-2847 mobile

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your guide



Ekaterini Vlamis, MS Owner, Facilitator & Guide

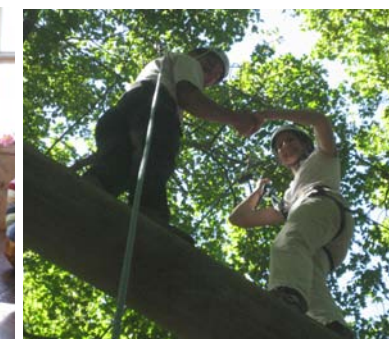
Ekaterini Vlamis, MS owns and directs Edgewood Consulting & Services in New Paltz, NY. She is a certified science teacher and seasoned outdoor and experiential educator, facilitator, and trainer. Ekaterini is a NYS licensed hiking and camping guide and a wilderness first responder. Ekaterini has been in the field of experiential education for 15 years. She has led hundreds of teambuilding and other experiential program days. She holds a Master's degree in Kinesiology from the outdoor education program at UNH and a Bachelor's degree in Biology. Ekaterini has offered workshops in the field of communication and is a certified mediator. Ekaterini is an active member of the Association for Experiential Education, a group of progressive educators.

hiking

| | | |
|--------------------------------|--------------------|-----------|
| half day (2-4 hours) | Private Individual | \$130 |
| | 2 Person Party | \$65 each |
| | 3-6 people | \$53 each |

| | | |
|--------------------------------|--------------------|------------|
| full day (4-8 hours) | Private Individual | \$210 |
| | 2 Person Party | \$105 each |
| | 3 - 6 people | \$85 each |

For more information on outdoor activities, or to get pricing on TEAMBUILDING PROGRAMS or group WORKSHOPS, visit us at www.edgewoodcs.com or **call (845) 255-7007 or (845) 633-2847**



Services and consulting can be offered 7 days per week. Call to inquire about date and time availability. Programs need to be scheduled in advance.

About Our Teambuilding Programs

Uses games, deinhbitizer activities, and portable problem-solving initiatives. Facilitator comes to you (saves you travel expense & time). Inside or outside or combo programs available. Programs are custom designed to meet your need/goals. Activities are properly sequenced to ensure group is ready for next level of challenge.

Socialize/Get to Know Each other

Improve Interpersonal Communication

Build Trust • Enhance Teamwork/Collaboration

Bond or Boost Morale • Explore Leadership

Overcome Challenges/Feel Empowered

About Our Workshops

Experientially designed so participants are actively engaged. Topics include but are not limited to: communication, outdoor & experiential program fields. Perfect opportunities for Staff In-Service or Professional Development Days.

- Peaceful Communication
- Words Are Powerful – Choose Wisely!
- Teambuilding Activities for Educators