

WWW.LAKEFREDERICKTRAVELCLUB.COM

MEETS THE 2ND MONDAY OF EVERY MONTH AT 11:00 – 12:30 A.M. IN RACHEL'S KITCHEN

## 2021 Committee

George Darnell  
*President*

Doc Holladay  
*Vice President*

Pam Toliver  
*Secretary*

Gary McDowell  
*Treasurer*

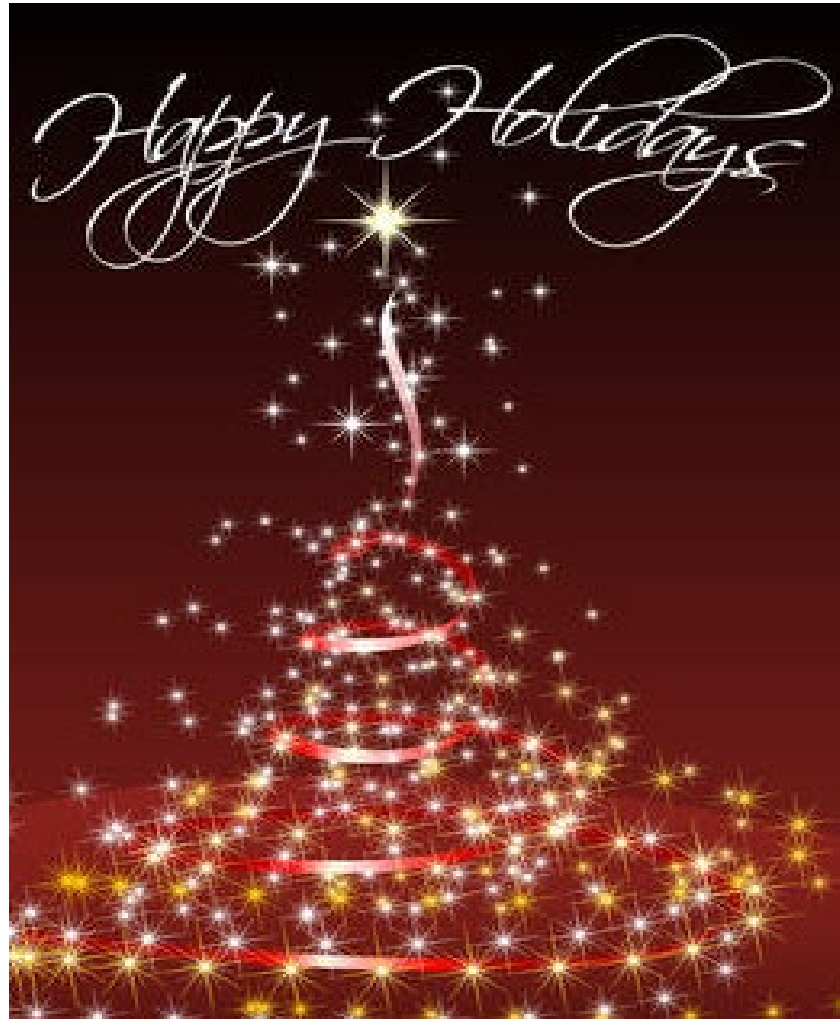
Chris Oxford  
*Membership Coordinator*

Peggy Sabato  
*Newsletter Coordinator*

TBD  
*Website Manager*

Judy Bogner  
*Member at Large*

## DECEMBER 2021 ISSUE



## UPCOMING EVENTS

Next Meeting  
Monday, December 13th  
Rachel's Kitchen  
11:00 a.m.

**Potluck**

**Please Bring a Dish to Share!**



Looking for a last-minute Christmas gift? It is not too late! Send someone a gift towards travel on a tour sponsored by the Lake Frederick Travel Club. Gift Certificates are available in the amount you choose. Contact:

- Doc Holaday, at [doc.holaday@sbcglobal.net](mailto:doc.holaday@sbcglobal.net)
- George Darnell at [darnellgd50@verizon.net](mailto:darnellgd50@verizon.net)

# Trip Ideas for 2022

- Jan 20—Shenandoah Caverns – Woodstock – Route 11 Chips
- Feb 14—Couples Wine and Cheese Party at Fox Meadow Winery
- Mar 17—St. Patrick's Pub Crawl
- Mar 23—Battle of Kernstown with lunch
- Apr 9-26—Panama Canal Cruise on Holland America; 18 days/ 17 nights; from \$2799 per person plus R/T airfare TBA. Contact <https://www.shenandoahtours.com/>
- Apr 28—Apple Blossom Parade
- May—Vint Hills Farm for Cold War Museum, Brewery, Winery, and Lunch
- June—National Parks by Amtrak Train: Yellowstone; Yosemite; and Grand Canyon
- July—Exploring the Northern Neck: Lee Family Estate, Tangier Island, Steamboat Museum, Wineries, Tides Inn for two nights
- Aug—Niagara Falls by motorcoach or Amtrak
- Aug—Gettysburg & Wine tours
- Sep—WV Panhandle Tour with overnight at the Bavarian Inn, Shepherdstown
- Sep 29—Oktoberfest Tour
- Oct --Hudson River Fall Foliage Cruise
- Oct 20-22—Fall Colors Pittsburgh Tour by Amtrak train
- Nov --Chesapeake Bay American Revolution Steamboat Cruise
- Nov-Dec—A Country Christmas at Opryland Hotel, Nashville, TN, by motor coach
- Nov- Dec—Candlelight Christmas at Biltmore Estate & Grove Park Inn by motor coach
- Dec 5 or 9—Christmas at Union Station in DC by MARC train R/T from Charlestown
- Dec—Christmas at the Greenbrier by Amtrak train

For Shenandoah motor coach tours we need a minimum of 8 people for pick up in Lake Frederick. Otherwise, pick up is at Routes 522 & 50 in the Red Roof Inn parking lot.

For one-day trips write a check to "Lake Frederick Travel Club" with the date of the trip and your contact information. Leave the check with the Lodge Concierge. You will receive a confirmation of check receipt and a confirmation of the trip by email.

George Darnell, [darnellgd50@verizon.net](mailto:darnellgd50@verizon.net)

**Panama Canal  
Cruise  
Holland America's  
*ms Amsterdam*  
April 9-26, 2022**

**18 Days / 17 Nights  
All Meals onboard Ship**

**Price per person:**  
Category E \$2799  
Ocean-view Stateroom  
Plus Airfare TBA

Deposit: \$700.00 Per Person

Final Payment is due on or before January 4, 2022

Optional Trip Cancellation/Interruption Protection, please call for details.

Tour #22002



Today we embark on an amazing cruise aboard Holland America's *ms Amsterdam* bound for the fascinating Panama Canal, one of the world's engineering masterpieces. We'll sail along the Florida coast, transit the Panama Canal, and discover the color, culture and sunny disposition of Mexico.

The Panama Canal has always inspired wonder. Now the "Big Ditch" is even bigger, with yet another set of locks and wider shipping lanes to accommodate today's super-size ships. Experience history in the re-making as our luxurious ship navigates the locks, its illustrious story brought to life by an onboard Canal commentator. See the sunny beaches and lush rain forests on either side.

#### CARTAGENA, COLUMBIA

In this land of tropical wonders, there's nothing like Half Moon Cay, Holland America Line's 2,400-acre private paradise. Miles of unspoiled white-sand beaches await!

#### PANAMA CANAL

The wonders of this 51-mile engineering feat continue as the Panama Canal celebrates its 106th anniversary.

#### PUERTO CALDERA, COSTA RICA

This small town makes an ideal base from which to explore the country's multiple national parks. Activities include snapping photos of gushing waterfalls, sightseeing near active volcanoes, and bird-watching in nature reserves and sanctuaries. Enjoy shopping as well as sampling traditional Tico cuisine, especially gallo pinto, a combination of rice and beans eaten any time, day or night.

#### CORINTO, NICARAGUA

Nicaragua is the next great spot for cultural and culinary tourism. The port town of Carinto boasts colonial-era architecture, and is close to Leon, the beautiful city established by Spanish conquistadores in 1524. Be sure to sample the traditional dish called vigoron, a hearty plate heaped with pork, boiled yuca and cabbage salad.

#### PUERTO QUETZAL, GUATEMALA

In the cultured little country of Guatemala, modern Maya still weave their stories on backstrap looms, and the great stone temples of Tikal stand in silent testament to ancient Mayan ingenuity.

#### PUERTO CHIAPAS, MEXICO

The Pacific gateway to the Mayan world, this port offers excursions to coffee plantations and botanical gardens, as well as the Izapa River.

#### HUATULCO, MEXICO

Warm sun, sandy beaches and nine beautiful bays in every shade of blue await. Jungles teem with birds and are the nesting grounds of endangered sea turtles.

#### MANZANILLO, MEXICO

The busiest seaport in Mexico is home to peaceful bays, a tropical climate, and is the sailfish capital of the world.

#### PUERTO VALLARTA, MEXICO

"PV" (as it is affectionately known) retains the essence of the fishing village it once was. Viejo Vallarta, the old town, is a mix of red-tiled buildings, cobble streets, chic shops and busy open markets.

#### CABO SAN LUCAS, MEXICO

Stunning historic sites, beautiful beaches, and famous rock formations at Land's End make this a popular vacation destination.

*Additional Cabin Options - Vista Suite*

U.S. citizens must carry a valid passport for this cruise.

#### TOUR INCLUDES:

- Round trip transportation to/from and pier
- Variety of Ship Board Activities
- All port taxes
- Accident insurance
- 17 nights cruising on the *ms Amsterdam*
- Use of the ship as our hotel
- All Meals while onboard ship
- NOT INCLUDED: Ship Personnel Gratuities