

# Combining art and hiking at Squaw

Music, art, dance and poetry unite in the Sierra Nevada at 6,200 feet in the seventh annual inspiring art hike produced by Trails and Vistas on Sept. 11-12 at Squaw Valley.

Audience members, led by an experienced guide, hike in small groups pausing at 10 art venues, each set against the striking backdrop of towering granite rock faces. Blending art with nature, the hike has had a profound effect on participants who become integral members of this unique experience. It has sold-out the last four years.

Artists and performers will present the expected and the unexpected. This year's theme, "If Dreams were Clouds" honors the dreamtime. Inspired by dream songs of the land and animals intertwined with the playful and powerful dance of clouds in the sky, artists play with the concept of dreamtime and clouds-floating, twisting, and holding a sculptural figurine before being carried away to another place or sculpted into a memory.

2010 Artists and Performers Capacitor headlines the 2010 Trails and Vistas art hikes throughout the weekend with poetic moving bodies in the landscape set to musical earthly sounds. San Francisco's interdisciplinary dance company collaborates with the scientific and art community to create mind-expanding, heart-gripping live performances.

Featured artists for Sept. 12 art hikes is the Banana Slug String Band.

Trails and Vistas is also collaborating with more than 20 other artisans to cultivate a transformational experience for every participant.

## **Hike information and tickets**

The nearly 3-mile long hike is strenuous and includes approximately 1,500 gain in elevation. Hikers must be comfortable traversing some rocky areas, including some steep pitches. Hiking groups will depart every 15 minutes with a trail leader (dogs and photography are not allowed). Tickets are \$30 for adults and \$15 for children. Tickets may be purchased at [www.trailsandvistas.org](http://www.trailsandvistas.org) or by calling (530) 587.2757.