

## **FOR IMMEDIATE RELEASE**

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June 22, 2011

### **NEW 'ADIRONDACK FAMILY TIME' GUIDEBOOK HITS SHELVES IN JULY**

SARANAC LAKE, NY – A new guidebook outlining family activities in the Adirondack Park will be released in July.

“Adirondack Family Time: Tri-Lakes & High Peaks Regions,” by Diane Chase, is a comprehensive guide to over 300 activities. The first of four proposed books published by Hungry Bear Publishing in Saranac Lake, the Tri-Lakes/High Peaks edition targets four seasons of family activities for Lake Placid, Saranac Lake, Tupper Lake, Jay, Upper Jay, Keene, Keene Valley and Wilmington with a foreword by acclaimed author Edward Kanze.

Based on Chase’s Adirondack Daily Enterprise weekly “Family Time” column and popular Adirondack Family Time blog, “Adirondack Family Time: Tri-Lakes & High Peaks Regions” is a must-have guide for anyone wishing to discover ideas on how to entertain family, friends and visitors while in the Adirondack Park. The points of interest also include GPS coordinates.

“This book is designed to be used by everyone, not just those with children,” Chase said. “My family and I have been to each activity listed in this book and walked, skied or snow-shoed each trail. The goal is to give people ideas on the many things to do in the Adirondack Park.”

The 176-page softcover book has maps, photos, trivia, and information to find museums, activity centers, performing arts centers, and farmers’ markets, as well as swimming holes, mini-hikes and mini-snowshoe/ski treks. Further broken down by season, this guide provides ideas on ways to entertain every day of the week, whether the readers are single, a couple or a group.

“Diane is a master at connecting families with fun, exciting and educational opportunities in the Adirondack Park,” said Andy Flynn, publisher of Hungry Bear Publishing. “What sets her apart from other guidebook writers is her proximity to the subject; she lives the ‘Family Time’ lifestyle every day. She’s taking experiences with her family and sharing it with others in a useful, easy-to-follow way.”

Chase started searching and writing about Adirondack family activities in 2003 while pregnant with her second child with eldest in tow. She has written for newspapers, magazines, marketing and advertising agencies. She has worked for the NYT Magazine Group, Miller Sports Group and Bonnier Corporation with Cruising World and Sailing World magazines where she is currently still under contract as a marketing consultant. She lives in Bloomingdale, N.Y. with her family.

#### **PRAISE FOR ADIRONDACK FAMILY TIME**

“Seniors, singles, and just about everyone will benefit from keeping this book handy and consulting it often. It’s a key to a thousand doors.” (Edward Kanze, author of “Over the Mountain and Home Again”)

“Now’s there’s no excuse for plunking in front of the TV when you can entice your kids so effortlessly to enjoy the outdoors with the amazing activities and natural wonders detailed in Adirondack Family Time.” (Susie Middleton, author of “Fast, Fresh & Green”)

“Throw this book in your car and never be stuck wondering what to do when you travel through the Adirondack region again!” (Aubrey Bresett, host of “Today’s Parenting” on Mountain Lake PBS)

The book "Adirondack Family Time: Tri-Lakes & High Peaks Regions" is available online at the Adirondack Family Time website, [www.adkfamilytime.com](http://www.adkfamilytime.com), for \$17.95 plus tax and shipping and will be released to bookstores July 1.

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