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**TRAILS & VISTAS ANNUAL ART HIKE ANNOUNCES "IF DREAMS WERE CLOUDS"  
SQUAW VALLEY USA, OLYMPIC VALLEY, CA  
SEPTEMBER 11 + 12, 2010**

*March 16, 2010, Truckee, CA--* 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 September 11th and 12<sup>th</sup> at Squaw Valley USA in Olympic Valley, CA. Audience members, led by an experienced guide, hike in small groups pausing at eight art venues, each set against the striking backdrop of towering granite rock faces and cascading mountains. Blending installation art with nature, the hike has a profound effect on participants who become integral members of this unique experience. Sold out three years in a row, Trails and Vistas' art hike, is an extraordinary experience for North Tahoe residents and visitors alike.

Artists and performers will present the expected and the unexpected; taking participants on a journey that will resonate deeply in their soul. 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**, a renowned ensemble of dancers, headlines the 2010 art hike with an orchestra of moving bodies set to the earthy sounds of the didgeridoo. San Francisco's interdisciplinary dance company collaborates with the scientific and art community to create mind-expanding, heart-gripping live performances. According to the company, "From the movement of the human diaphragm to the story of evolution - natural and synthetic processes form the basis for Capacitor's study of performance. Obsessed with the mechanics of the human body as well as machines that propel the body through space, Capacitor artists have become masters of rigging systems, coutures of wearable sculpture, and engineers of large-scale props designed to stretch the limits of physical poetry."

Trails and Vistas is also collaborating with more than 20 other artisans to cultivate a transformational experience for every participant. Last year's stand out performer, **Angelika's Healing Music**, returns with her musical magic from lands afar. Speaking about last year's art hike in Truckee, Angelika reflects, "Performing at Trails and Vistas was one of those unique experiences that sticks out from all the rest. Singing for a whole weekend in a magical ancient Aspen Grove to all of nature and the people coming by under the blue and dreamy Sierra sky . . . and the feeling of family and celebration, respect and inspiration. I am grateful to be a part of it." Additional returning performers include local North Tahoe dancers from **InnerRhythms Dance Theatre** and local Arts For the Schools artist and poet **Cathee van Rossem St. Clair**.

**Hike Information and Tickets**

The nearly three 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). Advance tickets, available July 1, 2010, cost \$25 for adults and \$10 for students. Tickets will be an additional \$5 after July 31. Tickets may be purchased online at [www.trailsandvistas.org](http://www.trailsandvistas.org) or by calling the Truckee Chamber at (530) 587-2757. Complete description about the art hike is available at [www.trailsandvistas.org](http://www.trailsandvistas.org)

**About Trails and Vistas**

Trails and Vistas is a 501(c)(3) organization that combines hiking with artistic expression in the majestic Sierra Nevada. The organization's mission is to create art experiences in nature that inspire environmental awareness. Trails and Vistas' distinctive art hike is a collaborative effort led by Trails and Vistas' Artistic Director Nancy Tieken Lopez and Elizabeth Archer with local non-profits with InnerRhythms Dance Theatre, The Truckee Donner Land Trust, and Kidzone Children's Museum and Arts For the Schools. Trails and Vistas Sky Sponsorship, which is our signature sponsor, has been secured thanks to The Richardson House. Trails and Vistas is thankful for the Host Sponsor of Squaw Valley USA, and grantors of the Lahontan Foundation, Truckee Donner Chamber of Commerce, the Truckee Rotary, For Goodness Sake, and The Cedar House Sport Hotel. To learn more visit [www.trailsandvistas.org](http://www.trailsandvistas.org).