



"The Grande Dame" of Women's
Adventure Travel Since 1982

DATES

July 1 - July 9, 2006

COST

\$3,395 plus air (\$600 deposit)

RATING

Moderate to High Energy

ACTIVITIES

Hiking, Cultural Exploration, Sightseeing, Natural
History, Photography, Spa Options

MAIN ATTRACTIONS

- Hike to high mountain huts and through alpine meadows filled with wildflowers and awe-inspiring glacial scenery.
- Explore and hike to "Mad" King Ludwig II's fairy tale castles, through beautiful villages with baroque churches, and past elaborately painted farm houses.
- Stay in lovely 3-, 4-, and 5-star hotels that combine local charm with luxury and fine food.
- Discover the folkloric traditions and folk music of the region.
- Experience the old world ambiance and architecture of this stunning Alps area of northern Austria (the Tyrol) and southwestern Germany (Bavaria).

AdventureWomen is the oldest
adventure travel company for
active women over 30.

HIKING AUSTRIA AND BAVARIA

From Tyrolean Mountain Huts to a King's Fairy Tale Castles

Join us for a magnificent hiking holiday in two of the most spectacular and beautiful areas of the European Alps: the high mountain peaks and traditional huts of the Austrian Tyrol, and Bavaria's fairy tale castles in the forested mountains of southwestern Germany.

We begin our adventure in the beautiful Tyrolean village of Neustift, home to traditional chalets decorated with geranium-filled flower boxes. Neustift is situated in a spectacular landscape and can be reached only by the narrow Stubai Valley road that winds in between high mountain peaks. Our hikes take us through lush meadows filled with wildflowers to quaint mountain huts above tree line where we feast on hearty lunches of Austrian fare and contemplate stunning glacial panoramic views. Our five-star hotel and gourmet dinners provide the perfect compliment to vigorous days on the trail. Other highlights of our adventure include a special evening at a typical Austrian restaurant complimented by zither music and generous portions of apple strudel "mit Schlag" (with whipped cream), or Kaiserschmarrn, the local Austrian specialty.

We'll journey over the Austrian border into the forested mountains of southwestern Germany's Bavaria, an area that was once the private hunting grounds of kings. From our base in Hohenschwangau, near the historic town of Fuessen in "the King's Corner" of Bavaria, we'll have views of two historic castles, one in which the enigmatic "Mad" King Ludwig II grew up, and Neuschwanstein, the fanciful and romantic castle he spent most of his adult life building. We'll also hike to Ludwig's private hunting lodge; visit and hike near Linderhof, Ludwig's "mini Versailles"; and contemplate one of history's great unsolved mysteries: Was Ludwig's death in Lake Starnberg an accident, or was he murdered? The history and legacy of this colorful King and his twenty-three-year reign makes our stay in Bavaria a special treat!

The mountains of Bavaria, while not as high as those of the Austrian Alps, provide us with the opportunity to walk through picturesque villages and lush green foothills. We also hike past impressive baroque churches, monasteries, and lovely farm houses with elaborate wall paintings. All our adventures have a backdrop of beautiful high mountain peaks. The Bavarians tend their folklore and history lovingly, as is evidenced by traditional folk dancing and gnarled old men sporting long beards and lederhosen.

We end our trip with a return to the lovely city of Innsbruck, capital of the Tyrol, where we explore the medieval heart of this interesting city that is perched in a bowl and surrounded by the Alps.

From the magnificent Austrian Tyrol to King Ludwig's fairy tale castles

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WHAT'S INCLUDED IN THE PRICE OF THIS TRIP

- 7 nights lodging (twin-bedded, double occupancy) in 3-, 4- and 5-star hotels with private bath.
 - Pick up (July 2, 2006) and drop off (July 9, 2006) at the Innsbruck International Airport.
 - Welcome drinks on the first night.
 - All breakfasts and all dinners (except dinner on July 6). Lunch is not included so that you can take advantage of the wonderful variety of meal options available, including guest houses, high mountain huts, and picnics.
 - Gratuities for all hotels, meals, and services which are included in your trip cost.
 - Private minibus and coach transportation.
 - All lifts used on planned hikes.
 - Admission to 3 days of cultural attractions listed in the itinerary or to comparable attractions.
 - The services of two bilingual guides throughout the trip.
-

NOT INCLUDED

- Round-trip international airfare to Innsbruck, Austria.
 - Lunches and one dinner on July 6 (and all gratuities for meals on your own).
 - All beverages with dinner.
 - Gratuities to your lead guide and assistant guide. A gratuity for your guide(s) is given entirely at your discretion, but the standard for a job well done is approximately \$10 USD per person, per guide, per day.
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in German Bavaria, this adventure takes us hiking from high mountain huts and picturesque villages to the historic hunting grounds of the Kings. Spectacular glacier views during the day, and fabulous hotels and gourmet dinners at night—a perfect combination for an AdventureWomen vacation!

HOW TO REGISTER

First, call (800-804-8686) or email (advwomen@aol.com) the AdventureWomen office to determine space availability. We will hold a space for you for 5 days while you are completing the application process, and making personal and travel arrangements.

Next, complete and sign the Trip Application form included in all of our brochures. We can also fax or mail one to you, or you can get the Trip Application form on our Web site by clicking "Book Now" on our home page. Include with the application the required deposit that can be made by credit card (Visa or MasterCard), personal check, money order, or cashier's check. You can also register over the phone with a credit card. Once we have received your deposit and trip application, we will mail you a package of information verifying your registration.

Then, call our travel consultants at Montana Travel, 800-247-3538, and ask for Ciretta to make your airline reservations.

Note: We will only hold your space for 5 days without a trip application and deposit payment!

ARRIVAL and DEPARTURE

You must be at the Innsbruck International Airport, Innsbruck Austria, by 11:00 A.M. on Sunday, July 2. If you are unable to arrive in Innsbruck early on the morning of July 2, you will need to come a day early and stay overnight in Innsbruck, returning to the airport at 11 A.M. for our group pick up and transfer to our first night's hotel in Neustift. Or, there is a courtesy shuttle from Spa Hotel Jagdhof, our first night's hotel in Neustift. It is a 20-minute transfer from the airport to the hotel. Please see the hotel information that we have listed below under "Day 2." There is a charge for a transfer from the airport to the hotel, so if you will be utilizing this shuttle, you might want to email or call the hotel to find out the current price.

On Sunday, July 9, we will depart the Romantikhôtel Schwarzer Adler at 9 A.M. for the 4-mile transfer to the Innsbruck Airport. Please make your airline reservations accordingly.

PHYSICAL CONDITION REQUIRED

This AdventureWomen trip is rated as **MODERATE TO HIGH ENERGY**. It requires that you be in excellent physical condition and be able to hike 7-10 miles both up AND downhill in mountainous terrain. Paths are often steep and rocky, and terrain can be rough and uneven. During a typical day, you will spend a minimum of 5-6 hours on the trails, which includes plenty of time for a leisurely lunch stop. The most you will carry is a small day pack with your lunch, rain gear, camera, water, etc.

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**LIABILITY FORM
AND FINAL PAYMENT**

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the LIABILITY FORM carefully, sign it, and return it with the remainder of your balance due by MARCH 3, 2006.

CANCELLATIONS AND REFUNDS

Full payment is due 90 days prior to departure, and \$300 of your deposit is non-refundable. Should you cancel less than 90 days before your trip, the following penalties will apply:

- 60-89 days prior:
a 50% refund of total fees paid
- 1-59 days prior:
100% of total fees paid

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Information will be sent to you in your registration packet.

SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

NO SMOKING POLICY

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Please make sure you have experience hiking in these conditions, and that you start a vigorous exercise program several months prior to the trip! Remember, this is the Alps, not a walk in the park!

HEALTH INSURANCE

You must have your own health insurance, and not have any physical problems or conditions that would be adversely affected by hiking from 7-10 miles in hilly and mountainous terrain and by the rigors of international travel.

PASSPORTS AND MONEY

Citizens of the United States and Canada must possess a valid passport, which must be valid for 6 months beyond your intended stay. No visas or special inoculations are required for travel to Austria and Germany. If you do not have a passport, **APPLY NOW!** You should always carry with you 2 *extra* passport photographs, in case of emergency (if your passport is stolen or lost).

Bring a few hundred dollars in cash or Euros, credit cards, and a debit card (or ATM card), which is often the least expensive and easiest way to get cash. There are ATM machines at the airport and in Innsbruck and in most of the towns where we will stay. You can purchase nearly everything with a credit card in this part of the world.

ABOUT OUR LEAD GUIDE

Deborah Lewis has been planning and leading hikes in the Swiss, German, and Austrian Alps for 30 years. She lived for five years near the heart of the Alps in Switzerland and Southern Germany, and speaks German and French. When not guiding in Europe, she leads hikes and bicycling trips for the Appalachian Mountain Club, hikes and cross country skis with her kids and husband, and facilitates corporate leadership and teambuilding events, including women's leadership programs. You'll enjoy Deborah's spirit of fun and passion for the mountains.

To facilitate optional daily hikes (please see the itinerary), we will also have an assistant guide helping Deborah during the week.

THE FOLLOWING IS THE EXCITING ITINERARY FOR *HIKING IN AUSTRIA AND BAVARIA*:

DAY 1, Saturday, July 1, 2006 *Depart the U.S. for Innsbruck, Austria*
Depart from the United States for your overnight flight to Innsbruck. (Note: most flights will require a connection).

DAY 2, Sunday, July 2 *Arrive in Innsbruck and transfer to Neustift. Introductory afternoon hike, round-trip from Elfer Top Station to Autenalm*

After being greeted by our guides at the Innsbruck airport at 11:00 A.M., we are transferred by private coach to the town of Neustift. After a quick lunch on our own, the week's first hike begins with an ascent on the Elfer chairlift to its 5,886-foot top station. We'll hike the trail to Autenalm through a forest filled with wildflowers, stopping for a kaffee

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**IMPORTANT INFORMATION
ABOUT TRAVEL ARRANGEMENTS**

We suggest that you book your air reservations with our travel consultant soon after registering for this trip!

On this AdventureWomen *Hiking Austria and Bavaria Adventure*, you will fly round trip on your own to Innsbruck, Austria.

In order to facilitate your airline schedule with our 11 A.M. group pick up at the Innsbruck airport on July 2, 2006, and departure on July 9, we ask that you work directly with our travel consultant at MONTANA TRAVEL to make your travel arrangements. After booking your trip, please call CIRETTA at MONTANA TRAVEL, in Bozeman, Montana, to reserve your air space and discuss any add-on air arrangements for your flight to Austria.

1-800-247-3538
FAX 1-406-586-1959
CANADIAN RESIDENTS,
please call 406-587-1188

When calling, please identify yourself as an ADVENTUREWOMEN TRAVELER. If you leave a message on Ciretta's voicemail, she will return your call promptly.

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations 6 to 12 weeks prior to departure!

**Please keep this in mind
when making your travel plans.**

und kuchen (coffee and cake) at a convivial Austrian hut. Then we'll hike back to town in time to enjoy our wonderful 5-star Relais & Châteaux Spa-Hotel. Relax in the hotel spa, or, if you have energy to spare, ride bicycles (available at the hotel) around town.

In the heart of the Tyrol, just southwest of Innsbruck, the Stubai Alps offer some of the grandest scenery in all Austria. Because of their rugged terrain, few ski resorts have developed within the area, leaving the Stubai to be discovered on foot via numerous and varied trails.

This evening we'll begin to get to know each other with introductions and orientation over a welcome drink, followed by a gourmet Welcome Dinner in one of the hotel's fine restaurants. [Dinner]

This 3-hour afternoon hike is rated as moderate.

For the next three nights, we stay at the **Relais & Châteaux SPA-Hotel Jagdhof**, a 5-star luxury hotel located in the dramatic Stubai Valley surrounded by pine forests and the dramatic peaks of the Stubaier Alps. The hotel is only a 20-minute drive from the Innsbruck International Airport. The Jagdhof combines luxurious accommodation with a cozy atmosphere filled with warmth and charm. The hotel's well known gourmet cuisine and its impressive wine cellar caters to all those who love fine food and drink!

Relais & Châteaux Spa-Hotel Jagdhof
Scheibe 44, A- 6167 Neustift im Stubaital, Tirol, Austria

Phone: +43 (0) 52 26 - 26 66
Phone: +43 (0) 52 26 - 26 66 11 1
Fax: +43 (0) 52 26 - 26 66 50 3
E-Mail: mail@hotel-jagdhof.at
Web site: www.tiscover.at/jagdhof.neustift

DAY 3, Monday, July 3 *Jochdohle Glacier and Fulpmes (weather dependent.) Optional hike to Neue Regensberger Hut*

After morning coffee, a hearty breakfast, and a discussion of today's adventures, we travel by mini-bus to the end of the Stubai Valley. If weather permits, we enjoy a gondola ride to the top of the glacier (over 9,000 feet) at Jochdohle—the "Top of Tyrol." As skiers zoom by, we'll feel like we have been transported into winter, minus the cold weather. We may venture onto the glacier for a short walk before riding the lift back down to town, depending on the weather conditions.

After lunch, we transfer to the hamlet of Fulpmes and hike up to the Bsuchalm, a beautifully-situated restaurant/café with panoramic views all around. Those preferring a leisurely afternoon can return to the hotel to enjoy its spa amenities, or explore the town of Neustift.

Those women who want more of a challenge can opt to continue hiking to the rustic Neue Regensberger Hut before returning to Neustift. [Breakfast and Dinner]

This morning's hike is rated as moderate, 3 hours with 1,000 feet gain and loss in elevation.

Optional hike to Neue Regensberger Hut is rated moderately strenuous, 5 hours with a 3000-foot gain and loss in elevation.

Overnight Spa Hotel Jagdhotel, Neustift

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**ABOUT ADVENTURE
TRAVEL TODAY
Please Read Carefully!**

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a sense of humor! *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist*. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important*, and contributes to the congeniality, success and well being of both individuals and the group!

Roman Catholic faith in the Bavarian Alps. The monks who live here produce local beer and liquor. From Ettal we'll hike to the village of Graswang and have lunch at its historic mill. After lunch we'll hike to Linderhof Castle, "Mad" King Ludwig II's "mini-Versaille."

Any stay in Bavaria would not be complete without exploring the bizarre history of King Ludwig II, who ruled Bavaria for 23 years until his death in 1886 at the age of 41. In reality, he "ruled" as either a pawn of Prussia or a pawn of Austria. But rather than deal with the reality of politics, he chose to fritter away most of his time at his family's hunting palace, Hohenschwangau. He spent much of his adult life constructing his fantasy fairy tale castle Neuschwanstein—like a child building a tree house—which he built on a neighboring hill upon the scant ruins of a medieval castle. He spent 17 years building this castle, but only lived in it 172 days.

Ludwig was a true romantic living in a romantic age. His best friends were artists, poets, and composers such as Richard Wagner. His palaces are wallpapered with misty medieval themes, especially those from Wagnerian operas. He was eventually declared mentally unfit to rule Bavaria and taken away from Neuschwanstein. Two days after his eviction, he was found dead in a lake. To this day, people debate whether the king was murdered or committed suicide.

**DAY 4, Tuesday, July 4 *Hike to Franz Senn Hut
Happy 4th of July!!***

Today we travel slowly up the wonderful, remote Oberberg Valley, carefully avoiding the contented cows that share the road with cars. We begin our hike at the Oberriss Hut, walking to the classic Franz Senn Hut in time for lunch. One of the biggest mountain huts in Austria, Franz Senn is high up in the Oberberg Valley. It has its own mountaineering school, bar, restaurant, and accommodations for up to 200 people, mostly in dormitories. It is considered the best hut close to impressive, but non-technical, peaks.

After lunch, we can spend the afternoon exploring a number of trails from the Franz Senn Hut, perhaps hiking up to the Rinnen Lake and back. Or, you may wish to spend the afternoon relaxing at the hut, enjoying the view, writing post cards, and eating apple strudel. We'll rendezvous for our hike back to the Oberriss Hut and return to the hotel.

Tonight we venture out of the hotel for dinner and zither music at Hoferwirt, a favorite local restaurant. [Breakfast and Dinner]

Today's 3-hour hike is rated as moderate, with a 1,000 foot elevation gain and loss.

The optional hike is fairly high energy, with an additional 3 hours and 1,700 feet of elevation gain and loss.

Overnight Spa Hotel Jagdhof, Neustift

DAY 5, Wednesday, July 5 *Transfer to Bavaria, Germany, with a visit to Linderhof Castle*

This morning we say goodbye to the beautiful Stubai Valley and board our mini-bus for a lovely drive through the mountains on the Deutsche Alpenstrasse (German Alpine Road) to Bavaria. We'll travel through the violin-making town of Mittenwald, past Linderhof Castle, and begin our walk in the village of Ettal.

Ettal is located in a narrow valley not far from Oberammergau. The village is known for its famous castle-like monastery, the Ettal Basilica. It was founded by the Duke of Bavaria, Kaiser Louis IV in 1330. This monastery has a long and storied history as one of the bastions of the

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Linderof Castle was the "homiest" of Ludwig's castles. It is small and comfortably exquisite. Set in the woods only 15 minutes from Oberammergau, it is surrounded by fountains and sculpted-Italian-style gardens. The interior has been gloriously refurbished.

After visiting Linderof Castle, we continue to our hotel in Hohenschwangau via a stop at the Wieskirche, whose official name is Pilgrimage Church of the Scourged Savior. It is the most beautiful Rococo church in Bavaria (probably in the world) and has been a UNESCO World Heritage Site since 1983. Completed in 1754, it is based on designs by the brothers Dominikus and Johann Baptist Zimmermann and is a masterpiece of 18th-century Rococo art. Rococo is a late baroque building style dating between 1730 and 1770. [Breakfast and Dinner]

Today's hike is rated as moderate, 2½ hours from Ettal to Linderhof Castle.

Our hotel for the next three nights is the 3-star hotel **Schlosshotel Lisl**, situated directly between the two royal castles of Neuschwanstein and Hohenschwangau. It offers magnificent views and excellent Bavarian and international cuisine.

Schlosshotel Lisl
Neuschwansteinstrasse 1-3
D-87645 Hohenschwangau

Phone: +49 (0) 83 62 - 88 70
Fax: +49 (0) 83 62 - 81 10 7
E-Mail: info@lisl.de
Web site: www.lisl.de

DAY 6, Thursday, July 6 From Tegelberg to Pollat Gorge and Neuschwanstein Castle

Today is one of the high points of our trip! We'll have views of spectacular mountain peaks and castles for much of the day, hike through the beautiful Pollat Gorge, and end with a tour of Neuschwanstein, Ludwig II's most fanciful castle—a 19th-century knight's fortress conceived from German sagas and Ludwig's obsession with the music of Richard Wagner.

We begin with a cable car ride to the top of Tegelberg and a hike through Pollat Gorge, which is situated below Neuschwanstein Castle. We'll stop for lunch at Bleckenau, a former hunting lodge of the Bavarian royalty, then tour the fairy tale castle of Neuschwanstein.

Dinner tonight will be on our own, with the opportunity to explore the medieval town of neighboring Fuessen, with its Benedictine Abbey; the Lech River that cascades through town; and its own high castle. [Breakfast]

Today's hike is rated as moderate, 4 - 4½ hours, with a 1500-foot elevation loss.

Overnight at Schlosshotel Lisl, Hohenschwangau

DAY 7, Friday, July 7 To Ludwig's Schachen Hunting Lodge

Today we drive through the town of Garmisch-Partenkirchen, site of the fourth winter Olympics, and on to Elmau where we begin our hike to Ludwig's little-known hunting lodge, Schachen. The hike takes us through the woods, where we emerge to a dramatic view of the hunting lodge beneath the Zugspitze, Germany's highest mountain.

It was here that Ludwig got away from it all in both a geographic and historical sense. Ludwig decorated the interior of Schachen with an overwhelming Arabian style, including a replica of the famous Peacock Throne. There are stories of luxurious parties where the king sometimes reclined like a Turkish sultan, while the most handsome soldiers and stable boys served him as scantily clad dancers. True or not true, they are great stories!

After a tour of the lodge we'll have lunch here, and if time permits, visit the nearby Alpine garden. [Breakfast and Dinner]

Our hike today is an energetic one, at 6 hours with a 2400-foot elevation gain and loss.

Overnight Schlosshotel Lisl, Hohenschwangau

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DAY 8, Saturday, July 8 *Return to Innsbruck and the Tyrol*

Today we leave Bavaria and return to Innsbruck, where we'll have the afternoon to explore this beautiful city and its Altstadt (Old Town) on foot. Our Farewell Dinner tonight will be in our charming and delightful 4-star hotel, Romantikhôtel Schwarzer Adler. [Breakfast and Farewell Dinner]

The **Romantikhôtel Schwarzer Adler** is conveniently located in the center of Innsbruck, just 5 walking minutes from the old town. It combines 15th-century Tyrolean traditions with 21st-century luxury, offering comfortable guestrooms that are traditionally equipped and furnished with numerous amenities. No two rooms are alike. Most are dedicated to a particular person or theme: Emperor Maximilian, Empress Maria Theresia, Empress Sissy, Crystal, Versace, etc. The rooms afford superb views of the Tyrolean mountains, and guests can feel at ease in a friendly atmosphere so typical of the legendary local hospitality. The hotel's restaurant presents creative regional and international cuisine, and the wine cellar contains exquisite bottles from all the world's regions.

Romantikhôtel Schwarzer Adler
2 Kaiserjaegerstrasse
Innsbruck A 6020, Austria

Phone: +43 (0) 51 25 - 87 10 9
Fax: +43 (0) 51 25 - 61 69 7
Web site: www.deradler.com

DAY 9, Sunday, July 9 *Transfer to Innsbruck International Airport*

After breakfast we depart the hotel at 9 A.M. for our short (4 miles) transfer to the airport for flights to the U.S. or other destinations.

PLEASE NOTE: This is a typical itinerary, but the actual walks and sites may vary. We reserve the right to alter the itinerary since all arrangements are made up to a year in advance, and weather and unforeseen circumstances may mandate change. Itinerary changes are made to improve the trip and your experience.

WHAT TO BRING

One thing you can be sure of in a mountain environment is how little you can be sure of! In this case, it is vital that you are well prepared for all kinds of weather.

- Waterproof jacket and waterproof rain pants. Rain pants and a jacket are the best combination for keeping you dry. See the TravelSmith catalog and the "Resources" list. Please buy raingear that says waterproof, not water resistant.
- Medium-weight hiking boots. It is best not to wear shoes, even if they are walking shoes, because ankle support is absolutely essential, as is a good Vibram sole. You do not need to buy heavy leather boots as there are numerous medium-weight quality hiking boots on the market. Asolo, Garmont, Merrill, Vasque, and other makes are widely available and designed especially for women. Since they are waterproof, Gore-Tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. Make sure your boots are well broken-in and that they fit properly. Please do not come on this trip with a pair of boots you have never worn before!
- Comfortable hiking socks, such as Thorlo's or similar.
- Walking stick(s). Many people like to hike with one or two walking sticks. If you bring them, remember that they need to be collapsible so that they will fit into your checked luggage.
- Medium-weight jacket suitable for layering under your rain parka.
- Small day pack or rucksack. This should be large enough to carry a spare sweater, raingear, camera, film, water bottle, and packed lunch.
- A daypack cover or a garbage bag or two with which to line your day pack in case of rain.
- A few Ziploc bags in gallon and 1-quart sizes (for dirty boots; to keep money, passports, and other articles dry while in your daypack, etc.).

(WHAT TO BRING—continued on page 8)

WHAT TO BRING (continued from page 7)

- 1-quart plastic water bottle. We prefer the colorful plastic Nalgene bottles that are unbreakable and don't taste of plastic in warm weather.
 - Extra sweater or lightweight fleece.
 - Personal clothing, pants, shirts, underwear, socks, pajamas, etc. If you like to hike in shorts, bring one or two pairs.
 - Casual, but nice clothes for dining at the hotel and evenings out (one or two nice slacks, skirts, or dresses).
 - A hat for sun and rain protection, sunglasses, sunscreen, and lip balm with SPF.
 - Swiss Army knife or equivalent (for lunches of sausages, bread and cheese, that you may have to cut). Be sure to pack this in your checked luggage.
 - Earplugs (for village noises, snoring roommates...?).
 - Toiletries and a washcloth (sometimes not provided in Europe). To cover all your bases, you might also include an Ace bandage, Pepto Bismol, Immodium, and Correctol.
 - Small travel alarm clock.
 - For foot care: To prevent blisters, many hikers use Moleskin. However, we recommend bringing a small roll of ordinary duct tape as an alternative because it reduces friction better than Moleskin. If you develop a blister, Spenco "2nd Skin" is a necessity. Also bring foot powder for moisture absorption, and your own personal "foot first-aid kit" which should include: cloth, not plastic Band-aids, about 10 individually wrapped alcohol pads, and a small tube of Neosporin or other antibiotic cream.
 - Camera, plenty of film or memory cards, extra batteries and battery charger with a two-pronged adapter plug for 240 V.
 - Binoculars, lightweight (optional).
 - A good book, notebook, and pen.
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*Thank you for choosing to travel with AdventureWomen!
If you have any questions or concerns, please don't hesitate to call, write or email us.*

AdventureWomen, Inc.
300 Running Horse Trail
Bozeman, MT 59715
800-804-8686
406-587-3883 (outside the U.S.)
advwomen@aol.com