



“The Grande Dame” of Women’s
Adventure Travel Since 1982
2007 ~ Celebrating 25 Years!

DATES

Amazon Voyage
August 3 - 12, 2007

COST

\$4,595 (\$800 deposit) all-inclusive international
and internal airfare* from Miami-Peru-Miami

DATES

Machu Picchu / Cusco Extension
August 12 - 17, 2007

COST

\$2,595 (\$400 deposit) all-inclusive with internal
air* from Lima-Cusco-Lima and return to Miami

*Air prices are based on 2006 exchange rates, and are subject to
change without notice.

RATING Moderate

ACTIVITIES

*Wildlife Viewing, Natural History, Cultural
Exploration, Sightseeing, Boat Cruising, Walking,
Photography*

MAIN ATTRACTIONS

- Explore the most diverse ecosystem on Earth, the upper Amazon Basin, from the luxury of a classic and elegant Amazon riverboat.
- See tropical wildlife in a riot of forms and colors—up to eight species of primates and more than one hundred kinds of birds plus fantastic butterflies.
- Visit remote villages, a shaman, and meet inhabitants of the rainforest. Take nature walks and small-boat excursions with expert naturalists guiding the way.
- See both pink and gray Amazon River dolphins, and visit the enormous wildlife-rich Pacaya-Samiria Reserve, one of the largest wild wetlands on Earth.

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

AMAZON RIVERBOAT JOURNEY

THE GREATEST VOYAGE IN NATURAL HISTORY

With Optional Machu Picchu / Cusco Extension

AdventureWomen invites you on a voyage of exploration on the mightiest river in the world, the amazing Amazon. We'll travel in style on our graceful and romantic, classically-styled riverboat. Departing from the frontier town of Iquitos, Peru, we journey upriver toward the confluence of the Río Ucayali and Río Marañón, the inception of the mighty Amazon. From this point, our voyage takes us up ever-smaller waterways, into increasingly remote locations. As we steadily withdraw from all traces of civilization, we become immersed in the very rainforest that breathes life into this entire planet. Our expert naturalist-guides share with us the subtle intricacies of the rainforest and its inhabitants, opening our eyes to the beauty and mystery of a complex ecosystem unlike any other on Earth.

It is almost impossible to fathom the vast dimensions of the Amazon Basin. Looking at a map of South America, and seeing that its entire northern half is covered with forests, swamps and rivers, makes it no easier to comprehend. Statistical superlatives might help: The 4,200-mile-long "superhighway" known as the Amazon River forms the backbone of this enormous area, home to the most biologically diverse wildlife on Earth. More species of primates have been recorded here than anywhere else in the New World. Thousands of tropical birds, multitudes of pink and gray river dolphin, and an abundance of other exotic wildlife can be found in this ever-changing vista of lush tropical wilderness. But in order to truly understand the Amazon, you must experience for yourself.

Our Amazon riverboat is the perfect way to travel through the world's largest and most diverse rainforest. This trip is co-sponsored by AdventureWomen and International Expeditions, the creator of Amazon voyages over 15 years ago. Accommodating only a small group of up to 30 women, this intimate vessel is staffed by a skillful, conscientious and personable crew. All cabins are air-conditioned, with private baths and hot showers. Delicious meals are prepared daily using only fresh ingredients. Circular banks of floor-to-ceiling windows in the dining rooms assure an ever-changing backdrop for every meal, and an open-air top deck offers incredible wildlife viewing by day and unforgettable stargazing by night.

From the largest mammals to the smallest insects, nature has found its ultimate expression in the rainforests of the Amazon. And it's all waiting to be discovered as you experience the Amazon as few people ever will.

Exciting Optional Extension to Cusco and Machu Picchu

To add even more excitement to this fabulous South American experience, we are offering a week's extension to Peru.

Main Attractions (continued from page 1)

- Explore Machu Picchu and Cusco on the optional post-voyage extension.

WHAT'S INCLUDED IN THE PRICE OF THIS TRIP

Unlike other trips available to the Amazon River and Machu Picchu/Cusco, the price of this Amazon adventure and optional extension includes the total cost of the land and air packages.

By including these costs in the total price of your trip, we want to make your journey a full and complete experience, and our total package arrangements make it very easy for you to enjoy the adventure without separately added expenses*.

*Due to their continuous fluctuation, international and internal airline taxes are not included. You will be billed for these taxes when your balance is due.

What's Included on the Amazon Voyage:

- Round-trip airfare, Miami-Lima, Peru.
- Internal Peru airfare, Lima-Iquitos-Lima.
- 2 nights at the 5-star, luxurious Swissôtel in Lima (twin-bedded double occupancy with private facilities.)
- 6 nights, 6 days aboard a classic and comfortable Amazon riverboat with accommodations in air-conditioned, spacious twin-bedded double occupancy rooms with private bath in each room.
- All meals as listed in the itinerary.
- Bottled water in cabins, juice with meals, coffee and tea available all day.
- City tours of Lima and Iquitos.
- All transfers from hotels to airports, and all ground transportation throughout the trip.
- One time laundry service during the week.
- English-speaking naturalist-guides and one Expedition Leader.
- One AdventureWomen Trip Escort.

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In the book Golden Wall and Parador, Sacheverell Sitwell writes, "Peru is historically and aesthetically the country of all others in South America... . It is also one of the most beautiful and interesting lands in the world... ."

During this exciting week we'll explore the glorious city of Cusco, high in the Andes Mountains, and the archeological sites surrounding it. A spectacular early morning train ride will carry us through dramatic landscapes and spectacular vistas to the most remarkable architectural site on the South American continent: Machu Picchu, The Hidden City of the Incas. Here we stay overnight at a luxury hotel, conveniently located near the ruins, so we can explore to our hearts' content. Returning to Cusco, we'll next travel through the sacred Urubamba Valley, visiting Indian markets and ancient fortresses, before returning to Lima and our flights home.

Come join us in the Amazon (and Peru) for one of the greatest voyages on earth—a truly extraordinary travel adventure!

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!

PASSPORTS, TRAVEL DOCUMENTS AND HEALTH REQUIREMENTS

Citizens of the United States must possess a valid passport, which must be valid 6 months beyond your intended stay. No visas are required for travel in Peru. If you do not have a passport, GET IT SOON! When you get your passport, you should also get two extra photographs to take with you. You should always possess extra photos when traveling to use in case of an emergency.

At this time, no immunizations are required for travel to Peru. We recom-

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Not Included on the Amazon Voyage

- Round-trip airfare from your hometown to Miami and all international airline taxes.
- On international flights, there is an airport departure tax of \$30.25 from Lima, Peru, to the U.S. Lima and Iquitos domestic airport departure taxes are included in your program cost.
- Alcoholic beverages and items of a personal nature.
- Tips and gratuities for the Amazon riverboat: Suggested tipping is an average of \$21 per guest, per guide (there are 2 guides). In addition, \$40 per guest for the week for the entire Amazon boat crew. Tips for portage, hotel, and restaurant personnel are included in the cost of your trip. The Expedition Leader on the boat does not expect to receive tips, nor does the AdventureWomen Trip Escort.

What's Included on the Optional Machu Picchu / Cusco Extension:

- Airfare from Lima-Cusco-Lima and back to Miami.
- All transfers from hotels to airports, services and taxes, entrance fees, and all private ground transportation throughout the trip.
- Round-trip vistadomne train, first-class, to Machu Picchu.
- 2 days bus transportation while at Machu Picchu.
- 6 nights in 4- and 5-star hotels: 2 nights at the beautiful Country Club Hotel in Lima; 2 nights at the Hotel Libertador in Cusco; 1 night at the Pueblo Hotel at Machu Picchu; and 1 night at the Hotel Pakaritampu in Ollantaytambo.
- All meals as listed in the itinerary.
- All sightseeing and visits to ruins, Indian market visits, and guided walks.
- English-speaking guide throughout.

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mend, however, that you consult your doctor or travel clinic regarding immunizations and malaria prophylaxis that might be personally recommended for you, based on your health and past immunizations. The use of protective clothing and insect repellent is also advised as protection against mosquitoes.

You MUST have your own health insurance, and not have any physical problems or conditions that would be adversely affected by activity in high humidity and temperatures in the 80s, high altitude (Machu Picchu and Cusco), or the rigors of international travel. Travelers with heart conditions or high blood pressure should check with their doctors before booking the optional extension. The altitude in Cusco is 11,200 feet, and 8,000 feet at Machu Picchu, so it is generally advisable to take it easy for 2 or 3 hours after arriving.

ARRIVAL AND DEPARTURE

Our group flight from Miami on American Airlines departs **August 3, 2007** at approximately 5:05 PM and arrives into Lima at 9:34 PM. We would be happy to book your add-on airfare to and from Miami. Call Ciretta at Montana Travel (800-247-3538) for estimates. If you are booking your own add-on air, please make sure that your flight arrives into Miami 4-5 hours before your international flight departure time. Check in is required 3 hours prior to flight time.

Departure from Lima to Miami on August 11 is at 11:28 PM, arriving in the U.S. on August 12 at 6:20 AM.

On the Cusco-Machu Picchu extension, you will return to Lima with the group on August 16 for an overnight stay, and then fly out on August 17 at 6:02 AM, to arrive in Miami at 1:00 PM.

FOOD AND WATER

All of the food on the riverboat and at hotels/restaurants on our expedition in the Amazon and Machu Picchu is safe to eat. Bottled water is available everywhere, and the drinking water and ice on the riverboat is safe to consume.

When not on the riverboat, or at one of the hotels, exercise caution when eating apart from the group. Peel fruits and vegetables with skin, drink only bottled water, do not use ice in drinks, and ask your guide's advice when in doubt.

ELECTRICITY

The electrical current on the riverboat is 110/220V. In some hotels, only 220V is available. If you have 3-prong plugs, you will need a 2-prong adapter.

MONEY

Peru's currency is the Nuevo Sol. The rate of exchange in July, 2006 is 3.21 to one USD. However, you should not need to exchange money, as U.S. dollars are accepted everywhere. Dollars should be in good

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Not Included on Optional Extension:

- On international flights, there is an airport tax of \$30.25 from Lima upon departure to the U.S. There is a \$5 airport departure tax for domestic flights (Lima to Cusco, etc).
- Alcoholic beverages and items of a personal nature.
- Tips and gratuities on the optional extension. Suggested tipping is \$12 per guest per day to your guide, and \$4 per guest per day for the driver. If there is an assistant guide, \$8 per guest per day.

LIABILITY FORM AND FINAL PAYMENT

Part of what AdventureWomen, Inc. hopes to foster is the taking of more 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 MAY 6, 2007.

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.

condition, as Peruvians do not like to accept dirty or torn bills. It is recommended that you bring cash in denominations no larger than \$20, and it might also be helpful to bring at least 50, \$1.00 bills, and a few \$5.00 bills also. Everything on the Amazon is sold by the dollar!

Some handicrafts are available for purchase on the boat, and there are many opportunities to purchase souvenirs during the extension. There are shops in the Iquitos Airport, although selection is limited. Travelers' Checks are NOT widely accepted and can be difficult to cash in many places. Both Visa and MC are accepted on the riverboat, at hotels, and in some shops and restaurants.

TIME

Peru observes Eastern Standard Time; when it is 10 AM on the East Coast and 7 AM on the West Coast, it is 10 AM in Peru. During Daylight Savings Time, when it is 10 AM on the U.S East Coast and 7 AM on the West Coast, it is 9 AM in Peru.

THE FOLLOWING IS OUR EXCITING ITINERARY FOR THE AMAZON RIVER VOYAGE AND OPTIONAL MACHU PICCHU/CUSCO EXTENSION:
DAY 1, Friday, August 3, 2007 *Depart the U.S.A. for Lima, Peru*

We meet at the Miami International Airport for our evening departure to Lima, Peru, the nation's capital and largest city. After we clear immigration and customs and are met by our guides on arrival, we are transferred to the outstanding Swissôtel for the night.

Dinner In-Flight

Overnight Swissôtel Lima

A 5-star luxury hotel, this elegant and modern building has 18 floors and 244 finely appointed rooms and suites, offering all the comforts a discerning guest expects.

Swissôtel Lima
Via Central 150, C.E. Real, San Isidro,
Lima 27, Peru

DAY 2, Saturday, August 4 *Discover Lima*

After a leisurely breakfast, we enjoy a wonderful tour of Lima, the Spanish colonial capital of Latin America for almost 350 years. Made incredibly wealthy as a result of Inca gold, Limans constructed architecturally lavish buildings and monuments, which stand today as testament to its magnificence. Following lunch at a local Peruvian restaurant, we have the remainder of the afternoon at leisure.

Breakfast, Lunch

Overnight Swissôtel Lima

DAY 3, Sunday, August 5 *Fly from Lima to Iquitos, Board Our Riverboat on the Amazon River*

This morning we transfer to the airport for a short flight over the spectacular Andes Mountains to the colorful, bustling frontier town of Iquitos, Peru, located about four degrees south of the equator and the most

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**IMPORTANT INFORMATION
ABOUT TRAVEL ARRANGEMENTS**

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

On this AdventureWomen **Amazon Voyage**, all international airfare is included from Miami. We will fly as a group from Miami to Lima, Peru, and from Lima-Iquitos- Lima and back to Miami. For the optional Peru extension, participants will fly from Lima-Cusco-Lima and back to Miami. The only airfare not included is round-trip airfare from your hometown to Miami.

In order to facilitate group arrivals and departures, we ask that you to work directly with our travel consultant at **MONTANA TRAVEL** to make your travel arrangements. **After booking your trip, please call CIRETTA GREEN at MONTANA TRAVEL, in Bozeman, Montana, to reserve your air space and discuss any add-on air arrangements to Miami.**

1-800-247-3538

OR 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 voice mail, 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.

inland port on Earth. On arrival, we take a brief city tour before we board our riverboat, home for the coming week. We cast off soon afterward, and begin our journey into the greatest wilderness on Earth. Tonight, as we slowly cruise up the Amazon, the stars present an incredible spectacle of both northern and southern constellations.

Breakfast, Lunch, Dinner

About Our Riverboat

This specially designed and very comfortable vessel can navigate remote, shallow, and even seasonally impassable tributaries of the Amazon. At the same time, the boat affords passengers a level of comfort and service exceeding that of large cruise ships, which cannot venture beyond the main channels nearer the river's mouth. The boat was built with meticulous attention to design and craftsmanship, recalling Amazon riverboats built for wealthy barons during the region's prosperous rubber boom of the early 1900s. Elegant architecture accented by hand-carved woodwork, brass fixtures, and other generous details, contribute to its rich ambiance.

DAY 4, Monday, August 6 *Travel the Amazon to the Río Marañón and Río Ucayali*

We awake this morning on the mighty Amazon, and as our boat continues upriver we are amazed at the ever-changing panorama of jungle life. Small villages occasionally dot the shoreline, and channels weaving through island mazes provide close-up views of a variety of marsh birds, including oriole blackbird, purple gallinule and yellow-headed caracara. This morning we arrive at the junction of the Río Marañón and Río Ucayali, the place indicated on most maps as the inception of the Amazon River, about 2,400 miles west of the Atlantic Ocean. Turning up the left fork, the Ucayali, we're apt to see both gray and pink dolphins cavorting near the boat and along the shoreline. We take an excursion into the surrounding rainforest in search of giant water lilies and elusive wildlife, such as monkeys and sloths. As we withdraw from civilization, we become aware of the Amazon's mind-boggling complexity. But, amazingly, simple patterns begin to emerge, and fragility and interdependence slowly become visible throughout the forest. Life abounds in the crowns of giant emergent trees, on the shadowed forest floor, and in every lake and stream.

For any visitor to the Amazon rainforest, the sheer abundance of birds is a special treat. Colorful blue-and-yellow macaws fly overhead, yellow-headed caracaras patrol the shoreline, and plum-throated cotingas feed in forest trees. Vying with birds in brilliance of color and abundance are the butterflies that flutter continually along trails and shorelines. Perhaps one of nature's most breathtaking experiences is the sight of a brilliant blue morpho butterfly reflected from a blackwater lake, viewed against the lush, green tropical forest.

This afternoon we visit a small river village or perhaps call on a local shaman. As dusk approaches, fishing bats begin their night's foraging.

Breakfast, Lunch, Dinner

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DAY 5, Tuesday, August 7 Explore the Río Ucayali

This morning we explore a small tributary of the Ucayali. Our guides help us search for animals including primates, sloths and an incredible variety of birds. Our ship continues up the river to the enormous wildlife-rich Pacaya-Samiria Reserve, one of the largest wild wetlands on Earth. Within the boundaries of the reserve is an incredible variety of habitats, from typical flooded wetlands to humid hillside forests growing over 2,000 feet above sea level. Here, huge horned screamers, plumbeous, and swallow-tailed kites feed along the marsh and troops of squirrel monkeys, red howler monkeys, and monk sakis are a common sight. Over 340 species of birds, ten species of primates, manatee, black caiman and countless other animals have been identified in the reserve (an area more than twice the size of Yellowstone National Park).

Along the way, we pass the town of Requena, one of the largest settlements we will see. From this point on, our Amazon voyage takes us through territory sparsely inhabited by humans. The few settlements that do exist along the way provide us with poignant insight into daily life of the Ribereños (river people). Descendants of Europeans and Indians, Ribereños are distinct from the indigenous people of the rainforest, in both appearance and lifestyle, and speak a language that is a combination of Spanish and Quechua. To survive in their often-challenging environment they harvest the jungle, and over the centuries have developed sustainable agriculture. They build their own canoes, fish the river, grow vegetables in small gardens, and live in shelters of wood and thatch. They raise livestock on bits of pasture supplemented by forest and garden browsing.

Peculiar as it may seem, when we disembark from our vessel to visit a community, we are greeted like a family who has come from the opposite bank of the river to borrow a measure of rice. Our encounters with the people of the Amazon, like our encounters with its wildlife, will instill within us an understanding of the natural world that promises to transform us and broaden our minds forever.

This evening, dinner is followed by an excursion to search for nocturnal animals such as caiman, capybara, common potoos, frogs and other wildlife.

Breakfast, Lunch, Dinner

DAY 6, Wednesday, August 8 The Pacaya-Samiria National Reserve

After an early breakfast we board excursion boats (which allow us greater access to the vast wetlands of the reserve) and spend the day exploring this flooded realm. Our outing begins at an optimal time for wildlife observation.

We can expect to see numerous wading birds, such as the white-necked heron, black-capped heron, wattle-tailed jacana and sunbittern. In addition to wading birds, parrots are quite common, and we may observe the most conspicuous member of this family, the endangered scarlet macaw, often seen flying in pairs or small family groups. Along the river channel we hear leaves rustle high in the trees as monkeys forage for food.

Higher in the canopy, red howler monkeys may be seen feeding on leaves, a staple of their folivorous diet. The red howler monkey, one of the largest in the New World, lives in family groups. The males declare their territory with an incredibly loud roar that often resounds over one-half mile. In contrast, one of the smaller primates, the squirrel monkey, travels in troops of 40 or more and is frequently accompanied by other species such as the capuchin monkey. The oddly coiffured saki monkey lives in small groups and is known for its propensity to boldly challenge other monkeys, or even humans.

Midmorning we stop at higher ground to take a leisurely hike through a varzea (seasonally flooded forest) where plant life is very different from what we see along the main course of the Amazon. Surprisingly open, due to being periodically inundated with water, this type of forest is likely to reveal the three-toed sloths in the upper canopy and a proliferation of butterflies including the spectacular, brilliant, blue morpho. Recently discovered in this area is a family of giant river otters, and we'll look for these endearing, elusive creatures, as well as the rare harpy eagle.

The abundance and variety of wildlife in the Amazon is overwhelming: more species of fish than in the entire Atlantic Ocean; thousands of butterfly species; and one-third of the planet's 8,600 bird species can be found here in the largest rainforest on Earth. Untold numbers of invertebrates, reptiles, mammals, and life forms yet to be identified join this incredible panoply. While harpy eagles fly through the rainforest canopy hunting sloth, monkey, and other large prey, it

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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!*

is the innumerable plant species that seem to be the most animated life in the forest as they engage in fierce and relentless competition for survival.

Late this afternoon we'll have an opportunity to take a walk through the forest before returning to our riverboat.

Breakfast, Lunch, Dinner

DAY 7, Thursday, August 9 *Explore the Río Marañón and Meet a Local Shaman*

This morning we find ourselves at the confluence of the Ucayali and Marañón Rivers. We turn into the Marañón, and visit a local village. This afternoon, we arrive at La Posada Lodge, where we meet the local shaman and learn of his importance to the people of the Amazon. This evening we take a walk through the rainforest. The small creatures of the forest are often about at night, and we may see interesting leaf-mimic katydid, walking sticks, and many kinds of frogs.

Breakfast, Lunch, Dinner

DAY 8, Friday, August 10 *Travel the Río Marañón to Iquitos*

We enter the "Terra Firma" (high ground) to see large buttress trees festooned with epiphytes, palms, woody vines and a vaulted canopy. Brightly colored poison-dart frogs are quite common along our path. The trail winds through the forest, arriving at a suspended walkway that allows us to explore the world above the forest floor. This afternoon, an excursion on a blackwater river provides another chance to enjoy the beauty of the tropical rainforest. Then traveling downstream, aided by the powerful current, we return quickly to Iquitos.

Breakfast, Lunch, Dinner

DAY 9, Saturday, August 11 *From Iquitos to Lima*

After breakfast, we transfer to the airport for our flight to Lima, where we have the afternoon at leisure. Later we enjoy a farewell dinner with our group, and then transfer to the airport for our evening flight back to the U.S.

Breakfast, Dinner

DAY 10, Sunday, August 12 *Lima to Miami, U.S.*

This morning we arrive in Miami and clear customs. Soon we will be home, where the tranquility of life on the river will be replaced with our daily routines. The memory of the incredible Amazon rainforest, however, will stay with us forever.

Meals in-flight

PLEASE NOTE: Itinerary may vary based on wildlife sightings, water levels, and navigability.

VILLAGE VISITS

Visits to local villages are arranged for participants from the boat. These visits are not imposed on the villages, but rather arranged with the full participation of the village leaders who determine the frequency of such visits and where visitors may go. In return, the villages receive goods and services from the boat operators, such as transportation and communication services, benefits that would not be available to them without the visits.

The operators of the boat are also teaching the local villages the importance of protecting the rainforest. In addi-

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tion to adhering to the highest standards of "ecotourism," the ship's operators are committed to making village visits a rewarding experience and a valuable cultural exchange for villagers and visitors alike. Giving gifts to villagers is discouraged, as it encourages begging, especially with the children. If you desire to bring gifts, we suggest that you bring books in Spanish or school supplies that can be given by your guide to the locals for distribution.

OPTIONAL EXTENSION TO PERU'S MACHU PICCHU, URUBAMBA VALLEY, AND CUSCO

DAY 9, Saturday, August 11 *From Iquitos to Lima*

After breakfast, we transfer to the airport for our flight to Lima, where we have the afternoon at leisure. Later we enjoy a farewell dinner with our group, and those extending their trip will transfer to the 5-Star Country Club Hotel for the night.

Country Club Hotel Lima
Los Eucaliptos 590, San Isidro
Lima 27, Peru
Tel: 511 611 9000

This architectural treasure in the exclusive neighborhood of San Isidro is acclaimed as one of the finest hotels in Lima, Peru. Built in 1927 and completely refurbished in 1998, the hotel's 75 elegantly decorated rooms and suites embody comfort and luxury.

During your stay you can immerse yourself in Peruvian culture and history while enjoying all the modern features of a 5-star hotel. Catch a glimpse into Peru's past through the hotel's fine furnishings, architecture, and Colonial period artwork on loan from the famed Museo Pedro de Osma. At the same time, you can enjoy all the modern comforts of fine dining, concierge service, and in-room amenities like high-speed internet access.

DAY 10, Sunday, August 12 *Lima to Cusco*

This morning we transfer to the airport for our one-hour flight to Cusco, then transfer to the Hotel Libertador.

During our flight we have magnificent views of the rugged Andes Mountains. Upon arrival in Cusco, we will rest for a while and adjust to the high altitude of our surroundings (11,444 feet). In the afternoon we have a city tour of Cusco and will also visit the amazing ruins of Sacsayhuaman, not far from the city. The temple/fortress of Sacsayhuaman is perched overlooking Cusco. It is constructed from gigantic stones fitted perfectly together. It is still a mystery how such a structure was built.

Although Cusco is not Machu Picchu, it is in itself acknowledged as the archeological capital of the new world. It is made up of an endless series of surprises—such as Sacsayhuaman, Kenko, and Ollaytatambo—spreading out to the horizon. It is the oldest continually inhabited city in the western hemisphere and was the ancient capital of the Incan Empire. We'll also experience Andean culture and shop for handicrafts. The climate is great, with sunny days and cold nights.

This evening we'll enjoy dinner and a program of Andean folklore before returning to the hotel for our overnight.

Breakfast, Lunch, Dinner

Hotel Libertador Cusco
Plazoleta Santo Domingo 259, Cusco
Tel: 231961

The Libertador is Cusco's most luxurious 5-star hotel. Built in 1976 on the foundation of Francisco Pizarro's palace (conqueror and first Governor of Peru), the hotel has 214 rooms decorated in Peruvian colonial style. It is a 5-minute walk from the Plaza de Armas and opposite the historic Temple of the Sun (Koricancha). Excellent in every respect, and, according to Rough Guide to Peru 2004, "one of the most luxurious hotels in Peru, set in a thoroughly modernized old mansion."
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DAY 11, Monday, August 13 *Urubamba Valley to Machu Picchu*

This morning we leave early to catch our train to spectacular Machu Picchu. We travel by vistadomne with first-class seats on the narrow gauge switchback train through the fertile valleys of the Andes and along the sacred Urubamba River.

Arriving at Machu Picchu is like stepping into a postcard! 95% of all visitors only stay a few hours here before they catch the afternoon train back to Cusco. But to touch the mystery of Machu Picchu, it is essential to spend the night. We have the luxury of staying at the 5-star Pueblo Hotel (see description below.) After our guided tour of the ruins on the first afternoon, we can stay and linger among the mute stones while the sun drops toward the western rim of the jungle and the softening light dramatizes the exquisite architecture. At dawn we can get up to prowl and speculate, as morning fog and solitude remind us just how far off in the middle of nowhere, even in Incan terms, this matchless New World acropolis was erected.

The "Lost City of the Incas" was indeed lost for at least three and one-half centuries. As is well known, it was rediscovered in 1911 by Hiram Bingham, an American explorer who later became a U.S. Senator. The intact maze of empty plazas, chambers, and palaces connected by stairways carved out of solid stone makes one understand why it is listed among the Wonders of the World. Built precipitously high, it is surrounded by mountains covered by lush tropical vegetation. Terraced to the edge to provide for Inca domiciles, it stands today as a tribute to Incan ingenuity. Our guide will accompany us as we walk through this incredible city of stone, pointing out the significance of various structures and explaining to us some of the theories that attempt to solve the mysteries of Machu Picchu. (Did you know that of the skeletons found there, women's outnumbered men's by ten to one? It is said that Machu Picchu was a refuge from Pizarro's marauding Spaniards, who were attracted to the Incan empire by tales of its fabulous stores of gold and silver.)

Much of the hotel's water supply comes from the original channels cut into the rocks and underground. The more you learn about the civil engineering of Machu Picchu, the more you will realize how far ahead of its time its many conveniences were.

Breakfast, Lunch, Dinner

Machu Picchu Pueblo Hotel
Machu Picchu KM 110
Machu Picchu, Peru

Located in the heart of the Machu Picchu Historical Sanctuary, it is one of the world's most appealing boutique hotels. A fusion of calmness, comfort, Andean style and architecture, its natural beauty spreads over 12 acres of low-rise cottages, streams, waterfalls, plantations, and wild forest interspersed by stone pathways. The hotel boasts 85 rooms and suites beautifully furnished and built with regional handcrafted timber. Andean architecture is showcased in the one- or two-story whitewash cottages.

DAY 12, Tuesday, August 14 *Machu Picchu - Ollantaytambo*

This morning we return to Machu Picchu to walk the trails and see orchids, tree ferns, butterflies and, with luck, the spectacular Andean "cock-of-the-rock." These unmistakable bright orange-red male birds put on a fabulous show as they display for the drab brown females on traditional mating grounds. We may also explore the Orchid Trail and the butterfly-rich wet montane forest along the Snow White Water Trail. This trail is lined with unique giant tree ferns, orchids, and birds-of-paradise, and is home to many birds that include torrent ducks, roadside hawks, and mitred parakeets. Gigantic waterfalls and huge rock formations along the way provide fantastic surroundings for the unique wildlife of the area.

We meet back at the Pueblo Hotel for a late lunch before boarding the afternoon train to return to Cusco and the Ollantaytambo Valley, where we'll overnight at the Hotel Pakaritampu.

Breakfast, Lunch, Dinner

Hotel Pakaritampu, Ollantaytambo
Av. Ferrocarril s/n
Ollantaytambo, Peru
Tel:084/204-020

Ollantaytambo's best lodging has a Quechua name that translates as "house of dawn." It dates only from 2000, yet is one of the coziest places around. Fireplaces and reading rooms displaying Cusqueño art, invite you to settle in with a good book and a hot cup of coffee on a chilly evening. Rooms with modern furnishings, plush blue comforters, and green-tile bathrooms extend through two buildings. The on-grounds orchard supplies fruit for your breakfast plate

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and to accompany the Peruvian cuisine served in the restaurant.

DAY 13, Wednesday, August 15 *Urubamba Valley to Cusco*

This morning we visit the local community of Huilloc, a small town in the Andes Mountains that is famous for handmade weavings. From our hotel in Ollantaytambo we drive one hour to Huilloc where we are greeted by the people of the village who will have their weavings on display. We will have time to visit with the people and bargain for their colorful weavings.

Upon our return to Ollantaytambo we visit the Sacred Valley, a massive Incan fortress and village of the same name, built on Incan foundations and the best surviving example of Incan city planning. After lunch, we'll visit either the remote Chincheros community or the Pisac Indian Market before we return to Cusco for our farewell dinner at the beautiful Hotel Libertador.

Breakfast, Lunch, Dinner

DAY 14, Thursday, August 16 *Cusco to Lima*

After breakfast at the hotel, we proceed to the airport for our flight to Lima, where the remainder of the day is on your own.

If you haven't done so, you may want to visit the Archeological and Anthropological Museum. Housed in an elegant 18th-century mansion, this museum holds the most extensive private collection of pre-Columbian art in Peru, with more than 45,000 ceramic pieces, a superb collection of fine weavings and textiles, and the only collection of artistic erotic pottery in the world.

We spend our last night together at the beautiful 5-star Country Club Hotel, where you have your choice of restaurants for dinner on your own.

Breakfast

DAY 15, Friday, August 17 *Lima to Miami*

This morning's early flight out of Lima will take us back to Miami, where you connect to your flight home.

Breakfast

CLIMATE

The Iquitos area is located a few degrees south of the equator and is characterized by strong tropical sun and rainforest. Average temperatures range from the upper 80s during the day, to the lower 70s at night. There is very little seasonal variation between winter and summer temperatures. The average humidity ranges from 60% to 80%, and rainfall occurs approximately 250 days out of the year. Most showers occur in late afternoon or evening and are short in duration. Lima temperatures vary from 50 to 65 degrees F. between June and August. Mild days and cool nights generally characterize the climate in Cusco/Machu Picchu, with average temperatures from the upper 70s during the day to the lower 50s at night.

WHAT TO BRING

Your luggage should consist of one medium-size suitcase/duffel bag with wheels and one small carry-on bag. Your suitcase must weigh NO MORE THAN 50 POUNDS. That is the weight limit for international airlines, so TRAVEL LIGHT!

It is highly recommended that you hand carry (in your carry-on bag) all your important documents and schedules, all of your money, cameras, binoculars, medicines, and other irreplaceable items. Bring prescription medications in their original bottles. Also include a change of clothes and your toothbrush in your carry-on. We will send you special yellow AdventureWomen luggage tags to identify your carry-on and your luggage.

(Continued on page 11)

(WHAT TO BRING—continued from page 10)

Remember that the Amazon is warm, humid, and dress is very informal. Choose casual, comfortable, and breathable clothing. Lightweight cottons are generally more comfortable than synthetics. The new travel fabrics such as Supplex and Coolmax are breathable, lightweight, and dry very quickly. The TravelSmith catalog, which we send upon registration, offers a nice selection of comfortable travel clothing and accessories. Shorts and T-shirts are fine for daytime wear, although you may prefer to wear long pants and long sleeves on off-boat excursions for protection from sun and insects. You may want a windbreaker or light sweater for breezy weather on the sundeck or in the air-conditioned dining room.

In Lima and other towns and cities in Peru, pants are acceptable, as are shorts and skirts, as long as they are not too short. You will need to take clothing for both the cool of the highlands of Peru (for the optional extension) and the warm, humid days in the Amazon.

- Proper footwear, such as lightweight hiking boots or good walking/athletic shoes, is essential on rain forest trails, which can often be slippery or muddy. Don't buy expensive new boots as they will just get wet and muddy; an old pair of tennis shoes should be adequate. We recommend you bring one pair of shoes to wear on the boat (deck shoes or sandals) and another for the trails. Good lightweight hiking boots for the Machu Picchu extension are a must.
- Day pack, which can also serve as your carry-on bag.
- Socks, sleepwear and underwear.
- Lightweight pants (convertible zip-offs are great)/and shorts. Jeans are too heavy, and will not dry.
- Short sleeved shirts and/or T-shirts.
- Lightweight long-sleeved shirts for sun and insect protection.
- Sweater, lightweight fleece, or light jacket.
- Smart, casual outfit to wear to dinner in nice hotels (pants or skirt).
- Most rainwear is too hot to be comfortable in the tropics. A lightweight, inexpensive poncho works best during brief, heavy afternoon showers.
- Hat with brim
- Travel alarm clock.
- Lock for your duffel bag.
- Earplugs (for snoring roommates, or noisy frogs and animal nightlife!)
- Sunglasses, small flashlight and extra batteries.
- Sunscreen, lip balm with sunscreen.
- Bathing suit.
- Plastic Ziplock bags for wet clothes and dirty shoes.
- Plastic water bottle (Nalgene plastic is recommended as there is no plastic taste in the heat).
- Field guides.
- Toiletries, and tissue packs (which are especially useful in Peruvian airport restrooms).
- 3-4 cotton bandannas (it's an AdventureWomen tradition, for uses too numerous to mention!).
- Money belt or fanny pack.
- Prescription drugs and medications in their original bottles (in carry-on bag).
- Aspirin, antacids, decongestants, throat lozenges, Pepto Bismol, anti-diarrhea medicine, etc. Band-Aids, antiseptics.
- Motion sickness preventives (only if you have problems on boats).
- Strong insect repellent and insect bite relief products (avoid using colognes, scented hairspray, or fragrant shampoos and lotions that may attract mosquitoes).
- Washcloth (towels are provided).
- 2 spare passport photos (in case of lost passport).
- Photocopies of your airline tickets and the first two pages of your passport. Put them in different locations (duffel, carry-on bag). Also leave one set at home.
- Notebook, journal, and a lightweight book to read.
- For the Machu Picchu extension, bring a jacket and sweater. Dress in layers, and be sure to have lightweight hiking boots.
- Binoculars are a MUST for wildlife viewing!
- Experienced naturalists recommend that first-time binocular buyers select a brand such as Nikon or Minolta at a power of 7 X 30, 7 X 35, or 7 X 40. Small, compact binoculars are available at good camera stores, as well as many discount stores.

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.*

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