



"The Grande Dame" of Women's
Adventure Travel Since 1982
2011 ~ Celebrating 29 Years!

DATES

March 7 – 19, 2011

COST

\$6,895 all inclusive (land and air) from
Miami and all internal airfare in Ecuador
(\$800 deposit)

RATING

Moderate

ACTIVITIES

Wildlife Viewing, Birding, Natural History,
Cultural Exploration, Walking, Boating,
Sightseeing, Snorkeling, Swimming, Photography

MAIN ATTRACTIONS

- Experience Ecuador's highlands — national parks, the volcano region, world-famous Indian markets, and artisan villages — while staying in Ecuador's most elegant and charming haciendas.
- Explore the Andean city of Quito, Ecuador's beautiful capital city, designated by UNESCO as a World Heritage Site.
- Stay in multiple lodges on multiple islands during our NEW land-based Galapagos Islands adventure.
- Get close-up views and photographs of some of the most unusual creatures in the world.
- Hike and/or horseback ride on Isabela to the Sierra Negra Volcano, the world's second largest caldera, for spectacular views.
- Enjoy our total package arrangements, which make it very easy for you to experience the adventure without separately added expenses.

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

THE BEST OF ECUADOR THE GALAPAGOS ISLANDS (NEW! LAND-BASED) AND THE HACIENDAS OF ECUADOR

If you want to experience two contrasting adventures during one spectacular vacation, this is the trip for you. The first part of this exciting South American adventure takes place in Ecuador's Andean highlands. Then, you're off to explore the glorious Galapagos, Darwin's "Enchanted Isles."

Our adventure begins in the Andean city of Quito, Ecuador's beautiful capital city. Designated by UNESCO as a World Heritage Site, it is filled with ornate colonial cathedrals, gilded monasteries, and cobblestone streets. After stepping over the equator, we depart for the highlands. There, we visit world-famous Indian markets, artisan villages, and the spectacular Cotopaxi volcano region. During our time in the highlands, our activities immerse us in local culture as we hike, picnic, visit national parks, and enjoy the hospitality and charm of two of Ecuador's most elegant haciendas, known for their excellent cuisine and wine, their majestic locations, and stunning gardens.

Returning to Quito, we fly 600 miles off the coast of Ecuador to the Galapagos Islands, a naturalist's paradise. In the past, we have traveled through the Galapagos Islands on a cruise ship. For our 2011 trip, however, we have chosen the option of a land-based adventure, staying in multiple lodges on multiple islands. This Galapagos Islands exploration features more activities and greater flexibility than a cruise. This option offers superb sit-down meals on land and more contact with the local population. It also has less impact on the environment.

The Galapagos are truly unique. Where else can you find Antarctic fur seals living on the equator, birds that can't fly, or sunflowers growing to treetop heights? This is a place where iguanas, sea lions, blue-footed boobies, flightless cormorants, giant tortoises, and Galapagos penguins aren't afraid of humans. Here you can see, up close, some of the most unusual creatures in the world.

An exploration of the Galapagos Islands is truly "the greatest natural wildlife show on earth!" You also have opportunities to play tag with sea lions and view dazzling tropical fish while snorkeling. Throughout our journey we are accompanied by a knowledgeable Galapagos-trained naturalist, an expert in all the aspects of this amazing corner of the world.

Join AdventureWomen for this exciting adventure in the Andes Mountains and the Galapagos Islands as we experience the BEST of Ecuador.

WHAT'S INCLUDED IN THE PRICE OF THIS TRIP

Unlike other trips available to Ecuador and the Galapagos Islands, the price of this trip includes all of your international and internal airline costs (round-trip airfare from Miami to Quito, round-trip airfare from Quito to the Galapagos Islands), plus Galapagos National Park fees.

By including all 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.

- Round-trip airfare, Miami-Quito-Miami.
- Domestic Ecuador round-trip airfare, Quito-Galapagos Islands-Quito
- Galapagos Islands National Park fees.
- 4 nights at the luxury Hotel Hilton Colon, Quito, in twin-bedded double occupancy rooms with private facilities.
- City tour of Quito and the Equator Monument.
- All transfers from hotels to airports, services and taxes, and all ground transportation throughout the trip.
- Tips for porters.
- In the highlands: 2 nights at Hacienda Cusin and 1 night at Hacienda Zuleta, in twin-bedded double occupancy rooms, with all sightseeing, activities, Indian market visits, guided walks, park fees, and all meals included.
- One Ecuadorian English-speaking guide throughout the Andes and Highlands portion.
- 5-night, 6-day stay in multiple lodges on multiple islands, on our NEW land-based Galapagos Islands experience.
- All meals as listed in the itinerary.
- Snorkeling equipment (flippers, mask, and snorkel).
- Darwin Research Station-trained English-speaking naturalist guide during the land-based Galapagos Islands portion.
- One AdventureWomen escort throughout the entire trip.

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 complete the application process, and make personal and travel arrangements.

Next, complete and sign the Trip Application form included in all our brochures. We can also fax or mail one to you, or you can get the Trip Application form on our Web site. Include, with the application, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also register over the phone with a credit card. Once we receive your deposit, 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 Ecuador. 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.

No special vaccinations are required for travel to Ecuador. However, please consult your personal physician, local health department, travel clinic, or immunization center about any vaccinations you may need to update, or others that may be personally recommended for you based on your age, health, and past vaccination history. Hepatitis A and B are present everywhere in the world, so you should talk to your doctor about this.

You MUST have your own health insurance and not have any physical problems or conditions that would be adversely affected by high altitude (the Andes) or the rigors of international travel.

Travelers with heart conditions or high blood pressure should check with their doctors before booking this trip. The altitude in Quito is 9,500 feet, so it is generally advisable to take it easy for 2 or 3 hours after arriving.

NOT INCLUDED

- Round-trip airfare from your hometown to Miami and all international airline taxes.
- For international flights, there is a departure airport tax of approximately \$40 from Quito, Ecuador.
- Alcoholic beverages and items of a personal nature.
- Tips and gratuities. Suggested amounts are, on average:
 - \$50 per person for your Haciendas guide;
 - \$10 per person to your Haciendas driver;
 - \$3 for the Quito city tour driver, and \$3 for the guide;
 - \$50 per person for your Galapagos interpreter-guide;
 - \$40 per person for the Lodge staff in the Galapagos;

*** Please note: All rates are based on 2010 prices and are subject to change without notice.**

LIABILITY FORM AND FINAL PAYMENT

Part of what AdventureWomen 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 your final payment by December 7, 2010.**

CANCELLATIONS AND REFUNDS

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

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OUR EXCITING ITINERARY FOR THE BEST OF ECUADOR: THE GALAPAGOS ISLANDS (NEW LAND-BASED PROGRAM) AND THE HACIENDAS OF ECUADOR

DAY 1, Monday, March 7, 2011 *Depart the U.S. / Arrival into Quito, Ecuador*

Arriving in Quito, we are met and transferred to the Hilton Colon, our home for this evening. Hilton Colon is a luxury hotel conveniently located in the commercial and residential area of Quito.

A good night's sleep awaits us as we prepare for our exciting adventure ahead!

Overnight, Hotel Hilton Colon
Amazonas N 1914 Y Patria Avenida 1
Quito, Ecuador, 1701-3103
593-2-2560666
www1.hilton.com

(Meals enroute)

DAY 2, Tuesday, March 8 *Quito – Tour the Beautiful City of Quito and Travel to Hacienda Cusin*

Few cities have a setting to match that of Quito. Situated in a high valley in the Andes Mountains, it is the second highest capital city in Latin America, and has a climate much like that of springtime in England.

After breakfast we begin our morning tour of this impressive colonial city. Quito has been designated by UNESCO as a World Heritage Site and our first stop is the impressive Parliament Building where Ecuador's history is recorded on an imposing stone mural. We then stroll through the historic center of Quito to take in the colonial 16th-century cathedrals and monasteries. Ornate edifices and cobblestone streets impart a sense of the history of past centuries. St. Augustine Convent, Independence Plaza, the Presidential Palace, the Municipal Building, the Archbishop's Palace, and the Church of San Francisco are some of the highlights of the area. The Church of San Francisco is one of the greatest religious buildings in the Americas, with a gilt baroque interior and the winged virgin of Quito at the main altar.

After lunch at a local restaurant, we continue our adventure and drive to Guachala, just outside Quito, to visit the "Middle of the World." This is a monument that divides the northern hemisphere from the southern hemisphere. It was built in the 18th century when a French scientific expedition defined the exact position of the Equatorial line that divides the world.

Our destination tonight is Hacienda Cusin, a restored 17th-century Andean estate at 8,500 feet, close to the equatorial line and 90 minutes north of Quito and its airports. This elegant Ecuador hotel is 20 minutes south of the famous market town of Otavalo.

Cusin's terracotta-tiles, winding cobblestone pathways, fountain courtyards, towers, and perennial gardens nestle beneath a deep blue sky in a wide valley. Nearby, (often) snow-capped 15,000-foot Imbabura Mountain and Cotacachi volcano are reflected in Lago San Pablo. Ancient lakebed soil, cool nights, and a predictable equatorial sun have allowed

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.

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 Galapagos Islands trip, all international airfare is included from Miami. We fly as a group, round trip from Miami to Quito, Ecuador. 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 contact CIRETTA at MONTANA TRAVEL, in Bozeman, Montana, to reserve your air space and discuss any add-on air arrangements to Miami.

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gardeners to create ever-blooming, perennial gardens that include belladonna, bougainvillea, agapanthus, acanthus, foxgloves, orchids, and palms, which attract more than 50 species of birds.

(Breakfast, Lunch, and Dinner)

Overnight, Hacienda Cusin

DAY 3, Wednesday, March 9 *Community Project at the Tarquino Idrovo School, Plus the Otavalo Market*

This morning we are participating in a special project. Our outfitter has built and is furnishing a classroom for 20 Ecuadorian children, ages 5 and 6. At AdventureWomen, we agree with the outfitter that education is one of the keys to sustainable development. We like to give something back to the cultures we are visiting and consider this a wonderful opportunity to do so. Today we visit this school, meet the children, and bring donations of children's books, school supplies, colored pencils, notepads, monetary donations, or anything you think appropriate.

As part of this plan, each child from the school draws a picture for our participants, giving us a chance to know something about them through their art. These pictures are sent to us before we travel to Ecuador, and we are able to meet the kids who drew them when we visit the school.

After our visit to Tarquino Idrovo School, we have lunch in a local restaurant and then join the hustle and bustle of market day in the nearby town of Otavalo. Ecuador's best-known indigenous market, Otavalo is world renowned. Here, you can find an abundance of traditional weavings and handicrafts.

In the afternoon, we return to the tranquility of Hacienda Cusin for dinner and overnight.

One of the highlights of our trip is sampling Ecuador's delicious cuisine, which is based on corn, famous Andean potatoes, rice, and fresh fruits and vegetables. Hearty soups (sopas) are an important part of any meal, as are corn tamales (humitas), grilled fish, and meat (parilladas). Each hacienda produces its own creative meals, based on traditional Ecuadorian recipes, using locally-produced food. Whether we are at a hacienda, hotel, or local restaurant, the food throughout our trip is exceptionally delicious!

(Breakfast, Lunch, and Dinner)

Overnight Hacienda Cusin

DAY 4, Thursday, March 10 *Hacienda Zuleta- "One of the World's Top Ten Finds!"*

Today we depart for the Andean cloud forest and Hacienda Zuleta, what *Outside Magazine* has called "one of the world's Top Ten Finds!" Here's what they say:

"Surprising, isn't it, how often you can work the conversation around to the fact that you've slept in a house that belongs to the presidential family? Never mind that this particular president, Ecuador's Galo Plaza Lasso, has been out of office since 1952. His descendants treat you like a member of the family at Hacienda Zuleta, a historic retreat in the Andean cloud forest about two and a half hours northeast of Quito. The adobe hacienda, built in 1691, is the centerpiece of a 4,000-acre working farm that includes a dairy, cheese factory, organic garden, tree nursery, trout farm, embroidery workshop, and condor-raising project.

1-800-247-3538
 email: ciretta@mttravel.com
 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.

Most guests saddle up one of 90 horses and ride out through pine and eucalyptus forests and high-altitude grasslands to pre-Inca archaeological sites amid magnificent volcano views. The eleven guest rooms are appointed with Spanish Colonial antique furniture, down comforters, and linens embroidered by local Indian women. And unlike in the U.S., you don't have to make a political donation to sleep at the president's house."

The Hacienda is located at about 9,000 feet in the Andean mountains of Northern Ecuador and 73 miles north of Quito. To visit Hacienda Zuleta is to experience four centuries of Ecuadorian history. This fertile valley bountifully supports its inhabitants and has been cited as a model for farming and land use in Ecuador and all of the Andes. Today, the farm produces a wide range of products including: milk (5,283 quarts per day), cheese, barley, quinoa, potatoes, wheat, organic vegetables, and compost. It also boasts a wide variety of livestock.

A wonderful dinner and overnight awaits us at Hacienda Zuleta!
 (Breakfast, Lunch, and Dinner)

Overnight Hacienda Zuleta

DAY 5, Friday, March 11 *Hacienda Zuleta's Condor Huasi Project – Hiking and/or Horseback Riding*

After breakfast we visit the cheese factory at Zuleta, and then take a two-hour hike (or you can choose to ride horses) to the hacienda's condor reintroduction project, stopping along the way to see some interesting pre-Inca pyramids. In the afternoon, we hike (or ride) an hour back to the hacienda for a fabulous lunch that may consist of fresh rainbow trout and artichoke soup.

One of the most interesting aspects of this hacienda is its Condor Huasi project. Created to accomplish the conditional reintroduction of captive condors to the wild, it is intended to raise the level of consciousness of the children and general population in the area about the importance of conservation of wildlife and natural resources. Condors are an endangered species in Ecuador and their food supply has decreased in recent years due to the decrease in the death rate of cattle (condors are carrion eaters). The Condor Project provides food for wild condors in order to aid in their repopulation and basic survival.

Late this afternoon we return to Quito and the Hilton Colon.

(Breakfast, Lunch, and Dinner)

Overnight Hilton Colon

DAY 6, Saturday, March 12 *The Resort and Hot Springs at Termas de Papallacta*

South America is inundated with hot springs situated in volcanic areas in the Andes. These thermal pools have become popular resort areas, offering visitors wonderful mineral water and mud baths.

One of the more famous spas in Ecuador is the Termas de Papallacta. After breakfast at our hotel we drive 1½ hours to Termas de Papallacta. This intimate lodge and hot springs is located just one hour east of Quito, in a pastoral setting, at an altitude of 10,000 feet. Immerse yourself in its hot, thermal waters or use the therapeutic alternating hot and cold baths. This is also a great place for hiking, birding, and horseback riding.

The resort is located on the "Cinnamon Trail," the same route the Spanish conquistador Francisco de Orellana followed in 1542, which led to his discovery of the Amazon River. The lodge has many beautiful pools of varying temperatures and design and a full-service spa. The restaurant serves up authentic Ecuadorian soups and other specialties and fresh trout is caught and served daily.

What a relaxing and beautiful way to end this part of our trip before we fly to the Galapagos Islands and begin the second part of our adventure in Ecuador!

In late afternoon, we return to Quito for our overnight hotel stay before our early morning flight to the Galapagos Islands.

(Breakfast, Lunch, and Dinner)

Overnight Hilton Colon

DAYS 7 – 11, Sunday - Thursday March 13 – 17
The Galapagos Islands – Charles Darwin’s Enchanted Isles – Where Wildlife Reigns in a Peaceable Kingdom

Millions of years ago, the Galapagos Islands did not exist. Some 600 miles off the coast of Ecuador, this area produced intense underwater volcanic activity that reverberated in the Pacific Ocean. Eventually, the ocean floor broke, spewing forth volcanic material which accumulated until the tips pierced the surface, forming the Galapagos Islands. A few, very hardy seeds carried by the sea wind settled into crevices and began to grow. Eventually, an unusual collection of birds and animals, possibly set afloat on rafts of tangled vegetation, ultimately washed up on the lava shores.

Once they arrived on the volcanic islands, only the sturdiest of birds and animals were able to adapt, setting the stage for an unduplicated evolutionary process. Some of the adaptations were remarkable: seaweed eating marine iguanas, cactus-eating land iguanas, and thirteen species of finches, each with a different type of beak, attuned to the food source of each island.

Unique to the Galapagos is its combination of cold- and warm-water life, the strange result of the position of the islands at the confluence of two distinct systems of ocean currents: the cool Peru Oceanic and Humboldt Current, and the much warmer El Nino, from the Gulf of Panama.

The extraordinary development of wildlife, under such diverse climatic conditions, is mainly due to the density of amphibian creatures and the lack of any large predator. The fearless attitude of both birds and mammals, although adding to the fragility and vulnerability of the island’s ecosystems, makes it a paradise for naturalists, scientists, botanists, and adventurers. The photographic opportunities are exceptional, as are snorkeling and swimming in these warm waters.

As we explore each island, we see wildlife and plant life as unspoiled as Charles Darwin found it to be when he was inspired to write the Origin of Species 150 years ago. The encounter between Darwin and the Galapagos served to convince him that the world was a constantly changing place. He viewed the Galapagos Islands as a living laboratory; a place where evolution was visible.

These islands provide us with an intimate look at what Darwin called “a little world within itself” – the secret world where an amazing assemblage of wildlife lives in a peaceable kingdom. The Galapagos environment provides amazing opportunities to study, view, and photograph flora and fauna communities in a completely natural state. We step over blue-footed boobies who have laid their eggs on our path and are watched by prehistoric-looking iguanas. Sea lions lumber up to us, sometimes trying to untie our shoelaces, as we walk across bizarre lavascapes or stand in awe of a “blowhole.” We can even visit “George,” one of the last great Galapagos tortoises, at the Darwin Research Station on Santa Cruz Island.

Why Choose a Land-Based Adventure Instead of a Cruise?

173 years ago, Charles Darwin had no choice but to tour the Galapagos by boat. Today we do!

Besides avoiding the crowded conditions of a cruise ship, lack of privacy, and opportunities for seasickness, there are many other reasons why we at AdventureWomen think this is a great way to see the Galapagos Islands:

- Land-based adventures offer more flexibility for hiking, snorkeling, and other activities.
- Each of the 3 lodges is unique, comfortable, and elegantly appointed.
- The large twin-bedded double-room accommodations all have private bathrooms.
- Cruises have a fixed itinerary and you must comply with the schedule.
- Not everyone can negotiate wet landings (or even a dinghy) in order to go ashore.
- Shopping in town is not limited to a single, dedicated excursion.
- There are more opportunities to get to know local people and businesses, as well as absorb individual island culture.
- You are never assigned to a group called ‘boobies’ on excursions.
- You won’t bump your head in the shower (unless you’re clumsy).
- Meals are much more enjoyable without rolls and bumps.
- Your laundry is done on the same day with zero pollution to the sea.
- Internet is not only available, but free.
- Privacy is not confined to a tight space and peace and quiet is assured.
- Land-based adventures have a greatly reduced ecological footprint (relative to a cruise) and better support the local communities for the following reasons:
 - Less fuel is used during short trips compared

to the constant idling and motoring of cruise ships.

- Smaller tour groups, therefore less impact than the hundreds of cruises they host.
- Larger boats cannot even send groups to, for example, Isla Isabela.
- No grey water or garbage discharged into the sea.
- Money spent by visitors benefits local communities. The lodges we use are part of the solution of sustainability for locals on 3 different islands in the Galapagos through employment and advancement through education, training, and sponsorships.

The Galapagos Islands are a fragile environment and it is vital that groups visiting there become part of the solution, not the problem, so the Islands have a future for generations to come. And, YES, people live in the Galapagos and are hired by the lodges. The lodges also buy locally, educate locally, and sponsor locally.

DAY 7, Sunday, March 13 Fly from Quito to Baltra, Galapagos Islands, and Transfer to the Aventura Lodge on Santa Cruz Island

After an early breakfast, we transfer to the airport for our flight to the Galapagos Islands and a once-in-a-lifetime experience.

Arrival into the Galapagos and the Aventura Lodge

We arrive into Baltra Airport on Baltra Island, north of Santa Cruz Island. After passing through Galapagos Customs, we meet our trip representatives who help us transfer our luggage to a bus that takes us on a five-minute ride to a passenger ferry. We board the ferry for a short crossing to Santa Cruz Island. Then it's a scenic, 45-minute drive up and over the highlands and down into Puerto Ayora and the Aventura Lodge. After check-in we have lunch at the Lodge.

Aventura Lodge

The Aventura Lodge in Puerto Ayora is as enchanted as the islands themselves. From the bright, hot light of the equatorial sun and the bustle of activity along Charles Darwin Avenue in Puerto Ayora, the lodge sits under a cool, shaded tunnel of wild red mangroves. The terracotta colored, soft adobe walls seem to rise organically from the mangrove forest. On the horizon is an emerald green bay dotted with blue and white boats, shops, restaurants, and the other hotels lining Academy Bay. This shore has no beach, only broken, jet-black volcanic rocks which add yet another contrast to this extraordinary palette of color. Aventura Lodge is close to both the Charles Darwin Station and the town of Puerto Ayora.

Each guest room or suite has a name, not a number. Each is uniquely decorated with its own personality,

what some have described as whimsical, rustic elegance. Guest rooms have flat screen TVs with cable, AC, and CD alarm clocks. It is recommended that you use the pitcher of pure, fresh drinking water in the bathroom to brush your teeth. Rooms do not have telephones, however, Reception is more than happy to assist you with any calls you need to make. Wireless broadband is available in both the guest rooms as well as the social areas. Just check with Reception for the latest password. There is also a computer available for guests to use at Reception. Bikes for use in town are available and free for guests. Laundry service is available.

Aventura Lodge's privileged location also means that in addition to stepping gingerly around marine iguanas sunning on the large, wooden terrace or having an outdoor sofa usurped by a sea lion, you may (or may not) have some wildlife visiting you in your guest room as well. Do not be alarmed, but rather enjoy this as part of the unique Galapagos experience. Most guests are especially fond of the small geckos that are often present. Not only are they cute and harmless, they eat insects that can otherwise be pests. At certain times of the year, centipedes may even visit...again, absolutely harmless and beautiful. Take a photo!

Afternoon Beach and Bay Tour

This afternoon a shaded speedboat whisks us away from Puerto Ayora for a 10-minute ride to "La Loberia" Island, named after its large colony of sea lions. We have the chance to snorkel with these frolicking creatures, a great opportunity for photos if you have an underwater camera. Keep an eye out for sea turtles and try not to be so distracted by the playful sea lions that you forget about the great variety of colorful fish.

Next we travel to Tortuga Bay, one of the most beautiful beaches on Santa Cruz Island, with powdery white sand and calm turquoise water. On the way through the bay, you may see sea turtles, Galapagos sharks, reef rays, pelicans, blue-footed boobies, herons, and other Galapagos marine birds in the mangrove forest lining the bay. We disembark for a quick walk to observe marine iguana colonies sunning and sneezing salt from their recent outings in the sea. The 10-minute walk back to Tortuga Bay is through a cactus forest above a carpet of crimson Sesuvium ground covering. It is a stunning array of colors: blue skies, black volcanic rock, white sand, and emerald green or deep blue water. Just remember to keep an eye on the path so you don't step on a marine iguana. Enjoy your box lunch in the sun, under the shade of a beach umbrella, or beneath one of the trees that line the beach. No doubt you will see many Galapagos ground finches nearby hoping to pick up crumbs from your lunch. As tempting as it is, please do not feed

the finches. Outside food products may disturb their digestive tracks or cause other harm. After lunch, enjoy a swim in this peaceful bay or just relax for a while.

Next we travel to Punta Estrada where we sail through the Canal de Amor (Tunnel of Love). Many endemic birds nest or rest in the cavernous walls providing wonderful up-close and personal photo opportunities with blue-footed boobies, pelicans, lava herons, frigates, and more. We disembark for a short, rocky walk where you may need to step around sleeping sea lions. Continuing our walk out on the dock, we see black volcanic rocks dotted with bright orange-red Sally Lightfoot crabs. Standing on a viewing platform we observe resting white-tipped reef sharks in abundance. If you wish (and/or weather/visibility permits), the boat can come around to the Canal entrance so we can snorkel with the sharks. It's safe! Eagle rays have also been known to visit this canal.

What you need to bring in your daypack: sunglasses, sunscreen, sport sandals or water shoes, swimsuit, camera (with underwater housing if you have it)/or underwater disposable camera, binoculars, water.

What is included: snorkeling gear and wet suits if desired, fresh towels, beach chairs and umbrellas, box lunch, snacks, and beverages.

Notes:

- The resting white-tipped reef sharks are completely harmless to snorkel near.
- Box lunch includes a sandwich, chips, fruit, and beverages. If you have special dietary needs, please notify Reception 24 hours in advance.

This evening we have a briefing and then dinner in the dining room. The Aventura Lodge Sea Side Restaurant specializes in Japanese or Galapagos fusion cuisine, and is probably the best restaurant in town!

(Breakfast, Lunch, and Dinner)

Overnight Aventura Lodge, Santa Cruz Island

DAY 8, Monday, March 14 Puerto Ayora to Floreana

We have a 6:30 wake-up call this morning. Luggage is collected at 7:00 a.m. for transport to the dock. After breakfast we depart at 8 a.m. for another exciting adventure.

Tortoise Quest Tour

This tour begins with a trip to "Los Gemelos" (The Twins), two enormous collapsed lava chambers that are an awe-inspiring visual reminder of the power of nature. The short, easy hike to each of the twins is teeming with endemic flora and fauna, including the remaining Scalesia Forest draped in Liverwort, large

and small tree finches, the adorable Vermillion flycatcher, and more. It's a wonderful introduction to the majestic power of the forces of nature and the great biodiversity of the Santa Cruz Highlands.

We next visit a 600-acre private reserve where the giant Galapagos tortoises freely roam, graze, and sleep. Sometimes, it's a bit muddy here, so before we set out, grab a pair of field boots. We are transported through this tropical environment by truck, and then walk through fields to find and mingle with these gentle giants. As prehistoric as these creatures look, wait until you hear how they sound!

After visiting the tortoises, we take a 5-minute ride to the entrance of a 1,350-foot illuminated lava tunnel. With a ceiling nearly 20 feet high in most places, this is an incredible opportunity to ramble through the remnants of one of the most powerful forces in nature: lava flows. Stalagmites, stalactites, sulfur and mineral colored walls, and the rippled form of a floor of lava can all be experienced in this unique Galapagos stroll.

What you need to bring in your daypack: sunglasses, sunscreen, sneakers or sports sandals, camera, binoculars, windbreaker or light rain jacket, shorts or lightweight long trousers, water.

What is included: Field boots, transportation to and from Aventura Lodge.

Notes:

- There is a large selection of field boots to fit all shoe sizes.
- If you bring insect repellent, please use unscented.

This afternoon we return to Aventura Lodge for lunch. At 2:00 p.m. we depart for Floreana Island. Sailing time is 1.5 - 2 hours.

We arrive at Floreana Island about 4 p.m. and cruise a cove called "Luz del Dia" (Light of Day). There is an abundance of life in this cove, and we most likely see penguins and sea lions on the steep, rocky shore along with rays and tropical fish beneath the clear waters. We continue on to the main dock in Floreana, where it's not unusual to have to 'shoo' sea lions that are sleeping on the steps we need to ascend. On the other side of the dock are black lava rocks typically full of the amazing rich red- and turquoise-colored Floreana marine iguanas.

We head to Floreana Lodge for check-in, where we can relax for a few hours before a BBQ dinner.

Floreana Lodge

The newly constructed Lodge in Floreana is comprised of 10 wooden cabins located directly on the shore. Consider it well-appointed camping in cabins. The

lodge has no air conditioning or fans. It can get hot during the day, but it becomes pleasantly cool in the evenings. Our itinerary has been arranged with this in mind. Each cabin has one full bed and two twin bunk beds, a private bathroom with hot water, and spectacular views of the sea. Drinking water, cotton towels, and fresh linens are provided. Soothing ocean waves lap against the black lava shoreline mere yards away from your front door. A broad, wooden deck runs the length of all 10 cabins down to an open, breezy gazebo on the sea. This is an isolated part of Floreana Island and a nice, cool place to lounge in the afternoon heat.

Though only five minutes out of town, the Lodge is located where the road ends. A path behind it leads to a magical sandy point where a colony of sea lions sun on a sandy beach. Anywhere sea lions gather is called La Loberia. In Spanish, sea lions are called "lobos del mar" or "wolves of the sea." In the Galapagos, they're usually referred to as simply "lobos." Take your gear with you and enjoy the opportunity to snorkel with the frolicking sea lions. Just be careful of the macho male protecting his harem, as he can be aggressive.

Turtles are frequently swimming in the sea in front of Floreana Lodge and at Black Beach (Playa Negra), which is located closer to town. This black, sandy beach is another great place to snorkel or to just relax. Both La Loberia and Playa Negra are a short walk from the Lodge.

Puerto Velasco Ibarra is the 'town' in Floreana, but has only 120 inhabitants. There is NO nightlife. Oh well.... Explore this renowned island, its wildlife, and walk in the footsteps of the early "Floreana Mystery" which involves the first settlers/inhabitants of the island. Theirs is a fascinating history. It entails the mysterious death of several of them, and has never been solved. (See Day 10 for more on the "Floreana Mystery").

On Floreana, water conservation is very important. We need to be mindful of this when showering and using any water in our cabins. Due to the isolation of Floreana, there is little transportation on or off the island. Once we arrive, there is no transportation before the following day's departure. Nowhere else in the Galapagos is it possible to stay overnight in such an isolated, undeveloped location.

This evening we have a briefing and a BBQ Dinner at the Lodge at 7:30 p.m.
(Breakfast, Lunch, and Dinner)

Overnight Floreana Lodge, Floreana Island

DAY 9, Tuesday, March 15 Floreana Island to Isabela Island

This morning our wake-up call is at 6:30 and staff picks up our luggage at 7:00 a.m. for transport to the dock. After breakfast we depart at 8 a.m. for our exciting trip to the Floreana Highlands.

Floreana Highlands

An open-air bus takes us up to the highlands of Floreana while our Naturalist Guide begins filling us in about its history. This was the first settled island in the Galapagos. The Island has a colorful history of pirates, whalers, convicts, and a small band of somewhat peculiar colonists—a Baroness among them—who chose a Robinson Crusoe existence that ended in mystery and death.

We walk to see the Asilo de la Paz (Peace Asylum), where an artisan spring is located. This is what attracted the early settlers because it was one of the very few year-round sources of fresh water in the entire Galapagos.

The Cueva de los Piratas (Pirate's Cave) is quite literally where pirates carved temporary shelter out of soft stone. It's also where one of the original settlers, Margret Wittmer, gave birth to a son, Rolf, who is still living. Some have jokingly referred to it as the 'Stonehenge' of Floreana due to its interesting shapes.

Cerro Pajas (Bird Hill) truly lives up to its name with a multitude of Floreana Finches. It offers spectacular views of the island and sea below.

We also visit a tortoise reserve where you can watch many of the giant tortoises up-close and personal.

What you need to bring in your daypack: sunglasses and sun hat, sunscreen, hiking shoes or sneakers for the Highlands, water, camera, binoculars.

What is included: English speaking Naturalist Guide, extra water on the boat.

Notes: The hike in the Highlands is not very difficult but you do need to bring water (provided on the boat).

At 11 a.m. we depart for Isabela Island. Sailing time is 1.5 - 2 hours.

Isabela Island and Isabela Lodge

Weather and tides permitting, as we approach Isabela, we cruise by Isla Tortuga, full of frigates, blue-footed boobies, and other birds that rely on the sea for their food. If you brought binoculars, this is a good time to use them.

We arrive at the port in Isabela between 12:30 and 1:00 p.m. and watch sea turtles, sea lions, and penguins through green and turquoise waters as clear as glass. We check-in to the Isabela Lodge and then have lunch.

The Lodge (in Puerto Villamil) is located near the sea on one of the most beautiful, white sand, palm-lined beaches in the Galapagos Islands. The Lodge offers 8 guest rooms with spectacular ocean views. Each room has 2 queen beds, private bathroom, and luxurious appointments. There are two charming decks—one wooden with chaises and umbrellas, and the other a roof deck under the shade of bushy palm trees with spectacular views of the sea. Just in front of the Lodge, at low tide, Isabela marine iguanas, blue-footed boobies, and sea lions grace the shoreline in abundance and offer great “up-close and personal” photo ops.

Located across the sandy street in a lovely old 3-story home are Reception and the Isabela Lodge Restaurant. There is a computer with Internet available for guest use. In the restaurant, we enjoy delicious home-cooked meals and artisan breakfasts with home-baked breads and locally grown organic fruit.

The laid-back fishing village of Puerto Villamil is charming. It is surrounded by lagoons populated by many aquatic birds, including the huge, pink Greater Flamingo. Penguins are often spotted around the town's main dock as they dash through the crystalline water.

La Tintoreras and Bay Tour

After lunch, we board a small boat and head out across the port, slowing down to view blue-footed boobies and Galapagos penguins who share the same rocky and sunny spaces. Onshore, we take an intriguing walk through a jagged ‘AA’ lava field, passing abundant colonies of marine iguanas and a small canal full of resting white-tipped reef sharks. If the tide is low, we can see sharks only 2 feet below the surface.

The views from here are outstanding! The black, treacherous lava field, the emerald-green sea, the forest-green mangroves, and the cloud-capped volcanoes of Isla Isabela are vivid and spectacular.

After returning to the dock, we can snorkel in the warm and shallow bay surrounded by mangroves. This is a great opportunity to view the mangroves below the surface and to swim with white-tipped reef sharks, sea lions, and penguins. White-tipped reef sharks are not aggressive.

What you need to bring in your daypack: Tevas or sport sandals, shorts, bathing suit, towel, sunscreen, sunglasses, sun hat, camera, and binoculars.

What is included: Transportation to and from the Isabela Lodge, Naturalist Guide, extra water, and snorkeling gear if desired.

Tonight we have time to relax and shower before our briefing and dinner in the Lodge at 7:00 p.m.
(Breakfast, Lunch, and Dinner)

Overnight Isabela Lodge, Isabela Island

DAY 10, Wednesday, March 16 Isabela Island

This morning's wake up call is at 6:30 a.m., and after breakfast we depart for Sierra Negra at 8:00 a.m.

Volcan Sierra Negra

Isabela is the Galapagos' largest island and home to many volcanoes. A spectacular feature of the island is the Volcan Sierra Negra volcano. Often active, the Volcan Sierra Negra has a 6 x 5 mile caldera and is the second largest in the world after Ngorongoro in Tanzania. It also features regular sightings of wild tortoises.

Today is an exciting and active day! We travel in 4x4 vehicles through a transitional zone and into the humid highlands and the slopes of Volcan Sierra Negra. When we reach the end of the road and the vehicles can go no higher, there is the option to continue the journey by horseback (gentle trail horses) or walking. For those who choose to walk, please note that the trail can be quite muddy and it does take a bit longer on foot.

After a gorgeous ride/hike, we arrive at the caldera of Sierra Negra. Sitting on the edge of the caldera, we celebrate our journey with a well-deserved snack. The views from here are breathtaking and some of the best on the islands - both of the wide volcanic rim and all of the Galapagos Islands spread out across the Pacific Ocean beneath.

For those who want more excitement and exercise, there is an option to walk another hour or more on a more difficult trail to Volcan Chico, where steaming fumaroles are abundant and again, the views are spectacular. However, this is not an easy hike and it is mostly across steep lava fields.

What you need to bring in your daypack: Hiking boots, rain jacket, camera with dry bag or case.

What is included: Transportation to and from Red Mangrove Isabela Lodge, horses, Guide, snack and water.

Notes: The trail is likely to be muddy and it often rains. Come prepared with the right hiking boots and raingear.

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!

Free Afternoon

After returning in mid-afternoon from our adventure to Sierra Negra, we have a late lunch at the Lodge at about 2:30 p.m. This afternoon is free to do what you want!

- Catch up on rest and relaxation.
- Laze on the beautiful beach.
- Climb on the rocks to take photos of the marine iguanas and blue-footed boobies.
- Take a beautiful hike (near the main dock of Isabela) through the mangrove. The walk goes to an area known as Concha de Perla, a great place to snorkel and see turtles from just a few feet away.

This evening we have a briefing followed by dinner in the Lodge at 7:00 p.m.

(Breakfast, Lunch, and Dinner)

Overnight Isabela Lodge, Isabela Island

DAY 11, Thursday, March 17 Isabela Island to Santa Cruz Island / Charles Darwin Research Station & the Highlands

Our wake up call this morning is at 6:30 with luggage collected at 7:00 a.m. After breakfast we depart at 8:00 a.m.

More of Isabela Island

We begin with a drive out of town along a beautiful white sand, palm-lined beach: Long Beach, which stretches on for about 2 miles. Arriving at the National Park, we stop to walk up the stairs where we see astounding vistas from the top of Cerro Orchilla.

Continuing our drive, we see the largest of the Galapagos marine iguanas sunning by the side of the road. Don't be surprised if we have to stop and wait for a Galapagos tortoise to cross the road in front of our vehicle.

We visit the "Muro de Las Lagrimas" (Wall of Tears), which was constructed by prisoners of a penal colony who carried jagged volcanic rock great distances. The path to the Wall of Tears is lively with lava lizards. The males are large and striped; the females are smaller and red-throated. If it is their breeding season, be careful not to step on or disturb the many nests along this trail, which look a lot like gopher holes. Birds are also abundant and our Naturalist Guide assists us with their identification.

Isabela has more tortoises in the wild than any other island. Several sub-species developed as a result of the lava fields creating a barrier that limited the tortoises' ability to roam freely. On our way back to town, we visit the Interpretation Center, a breeding center for the giant Galapagos tortoises. It is the only place to view the rare, remaining flat-backed (so-called 'tabletop' shells) Galapagos tortoises, many of which still bear the scars of volcanic activity from Sierra Negra.

What you need to bring in your daypack: Sneakers or sport sandals, sunscreen, sunglasses and/or sunhat, bottle of water, camera, binoculars.

What is included: Transportation, English-speaking Naturalist Guide, and water.

Notes: The walks are very easy and Cerro Orchilla has stairs for the entire climb.

Around 11:00 a.m. we depart from Isabela for Santa Cruz Island. Sailing time is 1.5 – 2 hours.

Arriving into Puerto Ayora about 12:30/1:00 p.m., we check into Aventura Lodge and have lunch. At 3:00 p.m. we depart for a guided tour of the fascinating Charles Darwin Research Station. Although the great majority of Galapagos visitors come to observe and appreciate its natural wonders, it is also interesting to learn how the

protection and conservation of the islands are carried out. The Darwin Research Station is an academic and conservation institute where international scientists conduct biological research with the aim of learning about and preserving the Galapagos Islands. As tortoise eggs are laid on the various islands, they are collected and hatched in a protected environment. The young tortoises are then raised in controlled, walled pens until they are old enough (usually twelve years) to be returned to their native islands. The surrounding area is alive with colorful birds: vermilion flycatchers, yellow warblers, mockingbirds, and a host of finch species, among many others.

After visiting the Darwin Station, we have free time for shopping and browsing along Charles Darwin Avenue.**

This evening we share our last dinner in the Galapagos Islands at 7 p.m. in the dining room of Aventura Lodge.
(Breakfast, Lunch, Dinner)

Overnight Aventura Lodge, Santa Cruz Island

** Around Puerto Ayora

Puerto Ayora is a very safe town, but it is recommended that you remain in the central area of Charles Darwin Avenue along the sea front. Many galleries and gift shops line the avenue. The 'Malecon' is a lovely walk along the sea in front of the main dock in Puerto Ayora.

Most early evenings offer lots of activity in town as the locals compete in volleyball games. Many spectators turn out and a bet or two might be placed. Next to the volleyball courts there are steps down to the sea and it's a great place to watch blue-footed boobies perform their kamikaze dives for food. Just after sunset, walk to the main pier and stand under the bright lights. Baby sharks, rays, pelicans, and sea lions are all drawn to the light to begin their nightly feeding.

Across from the main dock are a supermarket, an ATM machine, and the post office. You can buy postcards at many of the gift shops in town and mail them to friends and family from the post office.

About half way between Aventura Lodge and the main dock in Puerto Ayora is a small park with a wooden deck that takes you through the mangroves to see pelicans up close. A daily highlight in the park is to watch the pelicans, sea lions, frigates, blue-footed boobies, and herons compete for scraps as local fisherman bring in their daily catch. The animals are all so focused on the potential goodies that they are oblivious to the gallery of tourists and photographers.

DAY 12, Friday, March 18 *Depart the Galapagos Islands and Fly Back to Quito*

This morning's wake up call and breakfast time depends on our flight departure time back to Quito. We need to depart 3 hours prior to our flight in order to arrive back at the Baltra Airport the requested 1.5 hours before our flight. We are transported from the Aventura Lodge to the airport and accompanied on the ferry to the airport. Luggage assistance is available during the entire trip. Before entering the 'gate' to depart, you pass through a line where you must present the part of your Migratory Control card you have carefully kept since your entry into the Galapagos.

On arrival into Quito we are met and transferred from the airport back to the Hilton Colon Hotel for our Farewell Dinner and overnight.

(Breakfast and Dinner)

Overnight, Hotel Hilton Colon

DAY 13, Saturday, March 19 *Back to the U.S.A.*

This morning, an early flight out of Quito takes us back to Miami and connecting flights to home.

ELECTRICITY

Electrical current is 110V, the same as the United States. However, most hotels have 2-prong outlets. If you have any electrical appliances that have 3-prong plugs, you should bring an adapter that converts a 3-prong plug to fit a 2-prong AC outlet. These adapters are available in 2 packs at RadioShack for under \$5 or you can buy one in Ecuador for around \$3.

WATER

In Quito, running water is safe to drink. Elsewhere, bottled water is advised.

CURRENCY

The US dollar is now the official currency of Ecuador. Your cash should be no bigger than \$50 bills. Credit cards can be used at ATM machines in Quito to get cash (CIRRUS at Banco de Gayaquil in Quito).

Visa, MasterCard, and Diners Club are the most recognized credit cards in Ecuador. American Express is NOT widely accepted. Please note that when using credit cards, merchants often charge you a transaction fee in order to cover their costs. Please use your credit cards only when absolutely necessary.

LOCAL CUSTOMS

On occasion, visitors accidentally violate local customs simply by failing to realize that they exist. Here are a few things to remember:

- Speak softly, especially when with the Indians. To

them, a loud voice is equated with rudeness.

- Dress modestly. Provocative clothing, while acceptable among North Americans, is considered immodest and inappropriate in Ecuador.
- Leave valuable jewelry at home. Do not wear lots of gold necklaces, bracelets, or earrings.
- Don't point. To point at someone with your finger is considered rude. (The Indians point with their chins.)
- Always ask permission to photograph people ("Por favor, Senora/Senor?").

LOCAL TIME

The time in Quito, Ecuador is the same as Eastern Standard Time in the U.S. In the Galapagos, the time is one hour earlier.

WHAT TO BRING

Luggage

Your luggage should consist of one medium-size suitcase or duffle bag and one small carry-on bag. Flying to the Galapagos from Quito, your suitcase must weigh **NO MORE THAN 44 POUNDS**, as that is the weight limit on that flight. So TRAVEL LIGHT! However, since we overnight at the Swissôtel before we leave for the Galapagos, and return there for our last night, you can leave any extra luggage at the hotel.

Your carry-on bag should contain everything you cannot live without (all camera equipment, toiletries, prescription medication, anti-diarrhea medication, all money, important travel documents, passport, one change of clothing, swimsuit, etc.). Please go to www.tsa.gov/travelers on the internet for new airline regulations regarding what you can and cannot take in carry-on luggage.

Clothing and more...

Select your clothing based on comfort. Clothes should be washable, cotton or the new fabrics (not synthetics like rayon), and loose fitting. Some of the new fabrics like Coolmax, supplex, and polypropylene are excellent, and can be found in the TravelSmith catalog we send to you.

In Quito, pants and skirts are acceptable, as long as they are not short. You need to take clothing for both the cool of the Ecuadorian highlands and the warm days in the Galapagos. During the day in the highlands, you might need a sweater, but a sweater is a must in the evening. While in the Galapagos, daytime clothing should be lightweight, casual, and comfortable. At night, a sweater or lightweight sweatsuit is suitable.

- A well-broken-in, comfortable pair of lightweight walking shoes or boots for walking on the islands. They should be sturdy, as well as comfortable, because the lava terrain is hard on the soles.
- One pair of sneakers or sport sandals for evenings and other walks.
- 2 long-sleeved shirts.
- 2 short-sleeved shirts and/or T-shirts.
- 2 pairs of shorts, or long pants that zip off for shorts.
- Underwear, socks, sleepwear.
- 1 skirt or nice slacks for dinners at the hotels/lodges.
- Rain poncho with hood.
- Toiletries, including Wash & Dries.
- A lightweight fleece jacket or sweater for cool evenings at high altitudes (Quito and the Highlands).
- A lightweight day pack for carrying camera gear, hat, sunscreen, etc. (you can also use your day pack as your carry-on bag).
- Moneybelt or waistpack for money/passport.
- Washcloth (sometimes not supplied).
- 2-3 cotton bandannas (an AdventureWomen standard, for uses too numerous to mention!)
- Adequate supply of sweat-resistant sunscreen with at least an SPF 15 rating or higher, lip balm with SPF, and skin cream. Remember, we are close to the equator, so the sun is very strong. Also, due to Quito's high altitude, the air is very dry.
- Bathing suit(s).
- Sunglasses with a neck strap.
- Lightweight, wide-brimmed hat (a must).

WHAT TO BRING—(continued on page 14)

WHAT TO BRING—(continued from page 13)

- A spare pair of glasses (if you wear glasses) and a neck strap.
- Insect repellent.
- Ziploc bags of various sizes.
- Small travel alarm clock.
- Small flashlight (so you don't wake your roommate at night if you have to get out of bed!).
- Water bottle.
- Good pens and a notebook.
- Small, lightweight binoculars (a MUST) for viewing animals and birds. You will be very disappointed if you do not have a good pair of binoculars. Nikon or Minolta make fine, lightweight, viewing binoculars. Try a general game-viewing 7 X 28, or 8 X 20 binocular.
- Field guides to the Galapagos Islands and Ecuador.

Camera Equipment

Since photography is such a large part of this trip, we suggest you bring the following:

- Digital camera, memory cards, and battery charger. You can charge your digital batteries at the hotels, haciendas, and lodges.
- If you are really into photography, a longer lens (up to 400 mm) for close-up photos of animals.

Personal First-Aid Kit (bring in small amounts in small containers)

- Cloth, not plastic, Band-aids; about 10 individually-wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Benadryl cream for itchy bites.
- Aspirin/ibuprofen, etc.
- Dramamine or other motion sickness medication for boat crossings. Even if you are not sure whether you might get seasick, bring this anyway.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Tweezers.
- Systemic antibiotic (prescription), optional (but not a bad idea to always take this on international trips.)
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get into shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle).
- Laxative tablets.
- Visine or similar eye drops.
- Ear plugs.
- Please leave all valuable jewelry at home!!!

*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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