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AdventureWomen - First and Still the BEST - Since 1982.

February 2017

## KINDNESS MAKES THE WORLD GO ROUND

**It's February, and this month we want to highlight kindness. Kindness to others. Kindness to ourselves. Generosity of spirit and of heart.**

At AdventureWomen, we believe travel helps us all maintain a healthy and balanced perspective about our world and how we can be a positive force for change in it. And being more mindful and more aware of the life situations of others, being empathetic and kind, helps connect all of us - regardless of where we choose to make our home.

**This month, you learn why being kind actually leads to being happier and why being good to yourself is so important. In South Africa, you'll meet a woman who has devoted her life to a mission of kindness, saving the now endangered cheetah. You also learn some fascinating facts about Iceland, land of "fire and ice" and learn more about our trips in Costa Rica and Alaska.**

We'll be back in touch in early March with some exciting news about several enhancements we're making to AdventureWomen journeys as well as our new look at AdventureWomen!

## GET INSPIRED ON THESE 2017 JOURNEYS WITH ADVENTUREWOMEN

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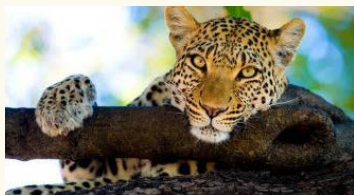
### Costa Rica: Jungle, Wildlife, and Beaches

In August 2017, you don't have to go all the way to East Africa or a South American rainforest to experience a unique wildlife and nature safari. Join Nicole Wineland-Thomson, Owner and Director of Programming... [Read more.](#)



### Alaska: A Bear Viewing and Wilderness Odyssey

Join AdventureWomen in June 2017 on Alaska: A Bear Viewing and Wilderness Odyssey in the Kenai Peninsula in South Central Alaska, an Alaska adventure tour deep into grizzly bear territory where most don't have the... [Read more.](#)



### South Africa: Culture, Wine, and Wildlife

Join AdventureWomen in late July 2017 to immerse yourself in South Africa's beauty, cultures, landscapes and wildlife. Learn about South Africa's fascinating cultures, enjoy a true African safari, and fall in love with sophisticated Cape... [Read more.](#)

### Iceland: Adventures in the Land of Fire and Ice

In mid July 2017, head to the magical island of Iceland on a multi-



activity adventure in the land of "fire and ice". As the Iceland summer sun skims the midnight horizon, sunset melts into sunrise in... [Read more.](#)

## CIAO BELLA BLOG

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### Acts of Kindness Can Make You Happier and Make A Real Difference

We are celebrating kindness at AdventureWomen this month, so we wanted to give you some tips on easy ways to show your kindness and give back. Not only will you help other people and organizations, the... [Read more.](#)



### Women-to-Women: Spotlight on South Africa

Our South African adventure vacation in July 2017 features our favorite "W's" – wine, wildlife and women! As we roll out our new initiative, inviting our guests at AdventureWomen to meet other women who are community... [Read more.](#)



### Women: Why It's So Important To Be Good To Yourself

At AdventureWomen, we've gathered a wonderful community of interesting, fun and intrepid women who've traveled with us over the past 35 years. Until now, we've not fully tapped into that treasure trove of valuable insights... [Read more.](#)



### Fun Facts & Trivia About Interesting Iceland

Have you ever dreamed of visiting Iceland? From elves to tectonic plates to fermented shark, we find Iceland a fascinating country! Here are our top 10 fun facts and trivia about Iceland: Iceland experiences long... [Read more.](#)

## JUST A FEW SPOTS LEFT!

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### Indonesia : Culture, Beaches, Orangutans, and Dragons

ONE SPACE LEFT!! In June 2017, travel to the islands of Indonesia including Bali, Java, Kalimantan, Flores, Rinca, and Komodo to explore Indonesian rain forests and rivers, wildlife preserves, culture, and art! Over 17,000 shimmering... [Read more.](#)



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## THANKS FOR READING

[Learn More About the Team](#)



Thank you for being part of our wonderful AdventureWomen community. We're looking forward to meeting you and celebrating our common passion for travel, learning, laughing and adventure.

**Judi - Erica - Eliza - Nicole**

"My musings on what was the best part? #1, without hesitation, was to be in the company of 13 smart, FUNNY, interesting, warm, loving and all around incredible women, in a situation where bonding was immediate and without hesitation. We never competed, we never judged." - Janice F., Connecticut

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