

Iceland: Adventure in the Land of Fire and Ice July 16 - July 22, 2017

YOUR ITINERARY

7/16/17
Sunday

Arrive Reykjavik, Iceland

Velkomin! As the Iceland summer sun skims the midnight horizon, sunset melts into sunrise in this country of lush meadows and snow-capped mountains, hot springs and geysers, braided flood plains, frozen lava fields, and glaciers on top of volcanoes. You will hear stories of the Saga ages and the island's Viking history, learn about Icelandic traditions and way of life and see where the world's first parliament was held. You also get to see life in today's countryside, and view homesteads of the "hidden people"— the elves, trolls, and ghosts, who have set their historic mark on this fascinating and surreal landscape.

✦ **Arrival and Meet Guide**

After meeting as a group for the first time at the airport, you will be met and welcomed by our Icelandic guide Sólveig, and transferred to the northern-most capital in the world, Reykjavík.

✦ **Sightseeing Tour on Reykjanes Peninsula**

Since you can't check into the hotel until later in the afternoon, you will spend today doing lots of activities (to keep you awake!), beginning with a sightseeing tour on the Reykjanes peninsula, with its vast lava fields and geothermal activity. Go from the Reykjanes Lighthouse, situated on the breathtaking coastline, to the bridge between the continents, the boiling mudfields of Krýsuvík, and a stop at Sólveig's hometown Grindavík for a visit to the Saltfish & Earth Energy Exhibition.

✦ **Breakfast**

Breakfast is at a cozy small cafe at Grindavík harbor.

✦ **ATV Ride**

Breakfast is followed by a thrilling (one hour) ATV ride through the rugged terrain of the volcanic peninsula. Quad biking in Iceland is a fun activity, and the ATVs are automatic and easy to drive, so no experience is needed. The ride takes you through various lava-fields and the old harbor, which is now a recreational area that contains dramatic old shipwrecks. You'll ride through rocky mountain paths towards the summit of Mt.Hagafell, with 360 degree panoramic views and be able to see the Blue Lagoon, volcanic craters, and Mt.Fagradalsfjall. Bring your camera!

✦ **Visit to Hafnarfjörður Town**

After this adrenaline kick (and you're still awake!) travel by bus to Hafnarfjörður town, one of Iceland's most important ports long before Reykjavík was even a village. It is picturesquely located among craggy lava fields, and has a thriving port and fishing industry. Learn about the "hidden people", the elves and dwarfs, who are so closely knit into traditional Icelandic history.

✳️ **Reykjavík Bus Tour**

Enjoy a city sightseeing tour of Reykjavík by bus.

✳️ **Afternoon of Food!**

Enjoy a local food walk through the Old Harbour area, tasting Icelandic delicacies and take a short tasting course at a local Icelandic cheese shop. Of course, you will also visit the Farmer's market, an Icelandic design company and clothing brand, connecting heritage and modernity.

✳️ **Check-In and Dinner**

Check-in at the hotel this afternoon for a well-deserved rest after a busy day! Dinner is on your own tonight in the hotel, or in one of Reykjavík's many restaurants.

Accommodations: Skuggi Hotel

Meals Included: Breakfast, Lunch

7/17/17
Monday

Reykjavík to Stykkishólmur

Stykkishólmur is one of Iceland's most picturesque villages and the principal town on the Snaefellsnes Peninsula—a rugged yet beautiful arm of the Icelandic west coast that juts out into the Atlantic Ocean.

✳️ **Breakfast**

Breakfast is served at the hotel this morning.

✳️ **Visit Bjarnarhöfn Farm**

On the way to Stykkishólmur, visit Bjarnarhöfn Farm, where shark meat is processed. Here you will be greeted with the “specialty” of the house, fermented shark and homemade Icelandic schnapps, called “the Black Death”!

✳️ **Hike up Mt. Helgafell**

According to local folklore, those who climb Helgafell for the first time will have three wishes come true, provided a few conditions are observed: you must not look back or speak on the way; you must make your wishes facing east, and tell no one what they were. Also, only benevolent wishes are allowed. Even if your wishes are not fulfilled, Helgafell is worth the climb for the views of Breiðafjörður Bay and the mountains of the west fjords.

✳️ **Lunch**

Lunch is on your own today.

✳️ **Breiðafjörður Bay Boat Trip**

Board a boat for an unforgettable trip on Breiðafjörður Bay where you will cruise between countless islands populated by millions of birds. On the way back to shore, you will see fishermen returning with their catch of the day.

✳️ **Optional "Swimming Pool" Dip**

Before dinner you can take a dip in the swimming pool near the hotel. A “swimming pool” in Iceland is usually heated by the nearest hot springs, and almost always has an attached outdoor spa or “hot pots”.

✳️ **Dinner**

This evening is at leisure, or off to bed early. We have plenty of suggestions for good restaurants for dinner.

Accommodations: Hotel Stykkisholmur

Meals Included: Breakfast, Dinner

7/18/17
Tuesday

To Reykholt

The town of Reykholt—a little hamlet set in the wide open spaces of a fertile, pastoral valley—is a highlight of any visit to the west coast.

✦ **Breakfast**

Enjoy breakfast at the hotel this morning.

✦ **Drive Through Fishing Villages**

Begin this morning with a drive through the fishing villages of the Snæfellsnes Peninsula. Heading west, marvel at the fantastic landscapes of Arnarstapi and Búðir and their unique rock formations, lava fields, and craters.

✦ **Visit Europe's Largest Natural Hot Spring**

Visit the small settlement of Reykholt, stopping on the way at the largest natural hot spring in Europe, Deildartunguhver. Drawing on the geothermal reserves of the area, it pumps out a staggering 180 liters of boiling water each second, and the billowing clouds of steam created by this mighty fissure are truly impressive.

✦ **Lunch**

Lunch is on your own today.

✦ **Visit a Goat Farm**

Stop for a visit with Johanna Bermann at her Icelandic goat farm. In the year 2000, Johanna secured the last 4 hornless goats in Iceland, then on the brink of extinction, and bred them back to a sustainable population. She established the Icelandic Goat Conservation Center, and there are now over 800 Icelandic goats in the country!

✦ **Visit the Snorrastofa Museum**

Arriving in Reykholt, you will visit the Snorrastofa Museum. This fascinating and excellent museum is the best place to learn about Iceland's rich history of saga events, characters, and writing.

✦ **Check-In and Dinner**

Your accommodation tonight is the lovely new Húsafell Hotel with adjoining pool and jacuzzis! Dinner tonight is at the hotel.

Accommodations: Hotel Húsafell

Meals Included: Breakfast, Dinner

7/19/17
Wednesday

To Fludir

Welcome to this charming village of Fludir, with its rolling hills, streams, geothermal springs, greenhouses and mild weather. It's the ideal location for our explorations of the Golden Circle, and to simply enjoy this area's beauty.

✦ **Breakfast**

Enjoy breakfast at the hotel this morning.

✦ **Snowmobile Experience**

Start today with a thrilling experience, going by snowmobile at the top of Langjökull glacier and into a man-made ice tunnel, which takes you right into the blue ice. A once-in-a-lifetime experience!

✦ **Drive through the Kaldidalur Valley**

Drive through the haunting and barren beauty of the Kaldidalur Valley along the “notorious” mountain road. You will pass four glaciers, then travel through a vast grey desert where ferocious sandstorms can appear in seconds, transforming what was once a clear vista of majestic ice caps and volcanic sands into an impenetrable cloud of grit and dirt. As the route climbs along the ridge, it affords spectacular views of the glaciers.

✦ **Lunch**

Lunch is on your own today.

✦ **Thingvellir National Park**

Your next destination is historic Thingvellir National Park. You will see the spectacular natural amphitheater, where almost every important moment in Iceland’s history has taken place. Today Thingvellir is still regarded with reverence by Icelanders, its historical weight reinforced by a serene natural beauty. Thingvellir sits right on top of the Mid-Atlantic Ridge, and you can clearly see the dividing plates and the lake-filled-valley that has developed between the plates.

✦ **Great Geysir Hot Spring and Gullfoss Waterfall**

Continue on to the Great Geysir hot spring area and Gullfoss Waterfall (the Golden Waterfall), two of Iceland’s most famous sights. Although the Great Geysir itself has been inactive since the 1960s, its neighbor geyser, Strokur, fires off a 30-meter-high spout every few minutes.

✦ **Dinner**

Dinner tonight is at the hotel, with local slow food specialties!

Accommodations: Icelandair Hotel Fludir

Meals Included: Breakfast, Dinner

7/20/17
Thursday

Fludir

Enjoy another spectacular day in the area of Fludir.

✦ **Breakfast**

Breakfast is at the hotel this morning.

✦ **Secret Lagoon Ride and Soak**

Head to the farm Syðra-Langholt, where the young couple Arna and Steini and their team await you for a super ride on the famous, gaited Icelandic horse! Your destination is the natural hot springs, the Secret Lagoon, which is about a 2.5 hour ride. The pool's steam rising into the air gives it a magical feeling, and the temperature of the hot springs water stays at 100-104 degrees Fahrenheit all year round.

Changing rooms with showers are on site, and a light lunch will be served at the premises. After a long and relaxing bath, saddle up again and ride back to the farm for a coffee and a last hug for your new four-legged furry friend! For those who would rather go back to the hotel after the Secret Lagoon, transportation is offered. For all others who want to ride, you will take a different route to the farm (approx. 2 hour ride).

✦ **Ceramic Studio Visit**

After the ride and hot springs soak, visit a sweet little ceramics studio that also has a café specializing in slow food and organic produce. While sipping coffee (or tea) and cake, meet the artist, Erna Skúladóttir, and have a look at her wonderful ceramics.

✦ **Jet Boat Ride**

Your next activity is a thrilling 40 minute high speed and adrenaline-charged ride in a jet boat on white water rapids of Hvita River below Gullfoss waterfall.

✦ **Lobster Feast**

End this wonderful day with an amazing lobster feast at Restaurant Mika, where they specialize in "... a culinary journey of famous lobster dishes and handmade chocolate."

Accommodations: Icelandair Hotel Fludir

Meals Included: Breakfast, Lunch, Dinner

7/21/17
Friday

To Reykjavik

✦ **Breakfast**

Breakfast is at the hotel this morning.

✦ **Hydroponic Geothermal Tomatoes and a Horse Show**

After breakfast and check-out from the hotel, go by bus to Friðheimar, a charming farm where tomatoes are grown in geothermally heated greenhouses, and the farm also breeds and raises prize winning Icelandic horses! Here you'll see a beautifully arranged Icelandic horse show with music and Icelandic flags. Then after the horse show you are invited to have homemade soup in the cozy Greenhouse restaurant.

✦ **Relax or Chose an Optional Activity**

Drive just one hour back to Reykjavik and check into the hotel. For the afternoon, you can either relax, or choose to continue your adventure with various optional tours (at an additional cost) that you can do on your own from the hotel.

✦ **Farewell Dinner**

Enjoy a celebratory and festive Farewell Dinner at Kolabrautin Restaurant at the beautiful Harpa Concert Hall!

Accommodations: Skuggi Hotel

Meals Included: Breakfast, Lunch, Dinner

7/22/17
Saturday

Depart Iceland

✦ **Breakfast**

Breakfast is served at the hotel this morning.

✦ **Free Morning**

This morning you will have plenty of leisure time to shop, walk, and sightsee in Reykjavík.

✦ **Blue Lagoon**

Depart Reykjavík at noon and spend the rest of our afternoon at the famous Blue Lagoon, for a soak in the warm, mineral rich waters of this surreal outdoor spa.

✦ **Lunch**

Lunch is available at the Blue Lagoon, optionally served in the lagoon on floating tables, or in the dining room.

✳ **Note About Flights**

For those on Icelandair flights, which leave early evening, you will be transferred to the airport late afternoon from the Blue Lagoon Spa. If you are on a Delta flight, which departs in the morning, you will be transferred to the airport from our hotel in Reykjavik on the morning of July 22, unless you decide to stay longer in order to do the Blue Lagoon Spa experience.

Meals Included: Breakfast

ACCOMMODATIONS

Skuggi Hotel

The comfortable 3-star Skuggi Hotel offers an ideal spot in a shopping area just outside shopping streets and bars. Guests will benefit from 24-hour reception, ironing service and room service and also appreciate a lift, a safe deposit box and free parking available on-site.

Hotel Stykkisholmur

This comfortable hotel on the water has great views of the islands.

Hotel Húsafell

Conservative architecture in harmony with mother nature were the guidelines in the planning of Hotel Husafell. It is a unique natural gem in a magnificent landscape.

Icelandair Hotel Fludir

Icelandair Hotel Fludir is located in the quiet and charming village of Fludir, with its rolling hills, streams, geothermal springs, greenhouses, and mild weather. It's the ideal location for your explorations of the Golden Circle, and to simply enjoy this area's beauty.

TRIP DETAILS

Included In Iceland

- All hotel accommodations throughout the trip
- All meals as listed in the itinerary
- All airport and luggage transfers throughout the trip
- All ground transportation
- All activities as listed in the itinerary
- English-speaking guides throughout the trip
- One AdventureWomen Associate

Not Included In Iceland

- *International airfare
- *Meals not specified in itinerary
- *Alcoholic beverages and drinks with meals
- *Items of a personal nature
- *Optional gratuities to our driver-guide

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.



14 Mount Auburn Street, Watertown, MA 02472
(800) 804-8686 • (617) 544-9393
info@adventurewomen.com

Pre-departure Information

Iceland: Adventures in the Land of Fire and Ice

How To Register

Call the AdventureWomen office at (800) 804-8686 or (617) 544-9393 to determine space availability and register for this trip. We can complete your registration, including taking your credit card deposit over the phone. As a courtesy, we can hold your space for five days while you are making personal and travel arrangements.

If you prefer, you can register online by clicking "Sign Up for This Trip" on the Trip page.

Please be sure to read the AdventureWomen policies before registering!

Travel Documents and Health Requirements

Citizens of the US must possess a valid passport. Iceland does not require a visa. If you do not have a valid passport (which must be valid six months after your intended stay), APPLY NOW!

You must have your own health insurance, and not have any physical problems or conditions that would be adversely affected by participating in any of the planned trip activities and the rigors of international travel.

This trip is rated as **moderate**, which means that you must be in very good physical condition. This trip offers moderate physical challenges and you should be able to hike from 5-8 miles on rolling terrain.

Money

The unit of currency is the Icelandic króna (ISK), plural krónur, divided into 100 aurar. Iceland's three banks, Íslandsbanki, Landsbanki Ísland, and Búnaðarbanki all offer foreign exchange facilities and are found in even the tiniest villages. Most have ATMs on their premises, available after banking hours,

which are usually Monday to Friday from 9:15am to 4:00pm. Credit cards are widely used in Iceland for purchase and cash advances, and travelers checks are accepted by all banks and most hotels.

Traveling to Iceland: Arrival and Departure

You will be traveling on Icelandair from Washington, DC, Minneapolis, New York (JFK), Boston, Denver, Orlando, or Seattle to Reykjavík, Iceland. Icelandair also flies out of the cities of Vancouver, Edmonton, Halifax, and Toronto, Canada. You should plan to depart the US from one of the Icelandair gateway cities on the **evening of July 15, 2017**. All of these flights arrive into Reykjavik within minutes of each other, early on the morning of July 16, 2017.

If you choose to travel on an airline other than Icelandair (most likely Delta Airlines), please coordinate your schedules with us. **You will need to be in Iceland by early in the morning on July 15**, because we have a full day of activities that is based on arriving by 6:30-6:45am.

If you are not part of the group pickup on arrival and departure, we will get you a voucher for transport to and from the airport, based on your arrival and departure times. Once we know everyone's arrival time into Reykjavík, we will organize a time and place to meet at the airport on the morning of July 16, 2017. We will let you know this approximately three weeks prior to the trip.

For your departure on July 22, 2017: for those on Icelandair flights (which leave early evening), you will be transferred to the airport late afternoon from the Blue Lagoon Spa. If you are on a Delta flight (which departs in the morning), you will be transferred to the airport from our hotel in Reykjavík on the morning of July 22, unless you decide to stay longer.

Making Travel Arrangements to Reykjavík, Iceland

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393

email: info@adventurewomen.com

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 up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

What to Bring

Iceland's summer is from mid-June to mid-August, with average daily temperatures of 58 degrees F in July. (It can be warm enough to wear a light shirt, or cold enough to send you looking for your down jacket!). During this time, almost continual daylight illuminates the land, and occasional rain and drizzle can be common in the south. Light woolens, polypropylene fabrics, and wind- and rain-proof clothing are essential. Dressing in layers works best in Iceland's changeable weather. Casual clothes are ideal for all parts of our trip.

- Rain gear. Weather in Iceland can be extremely variable, and you should be well prepared for whatever conditions occur. Therefore, it is very important to bring a good rain suit (including a jacket and pants). A rain parka or poncho will not keep your legs and feet dry, and it is important that ALL of you remain dry in a downpour. Your rain parka can also act as a lightweight wind jacket.
- Medium-weight hiking boots. It is best not to wear shoes, even if they are walking shoes, because ANKLE support is absolutely essential in mountain terrain. Please do not buy heavy, leather boots as there are numerous, medium-weight, quality hiking boots on the market. Asolo, Garmont, Merrill, Vasque, and other makes are widely available and designed especially for women. Since they are waterproof, Gore-tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. MAKE SURE your boots fit properly and are well broken-in. Wear them around town to thoroughly break them in. PLEASE DO NOT COME ON THIS TRIP WITH A PAIR OF BOOTS YOU HAVE NEVER WORN BEFORE!
- One wool (or fleece) sweater, one wool cap, and gloves. The wool sweater or fleece jacket can be layered under your rain parka to act as a warmer jacket.
- Extra pair of comfortable shoes such as tennis shoes or sport sandals to wear in the evenings.
- Day pack that is water resistant for carrying rain gear, camera, water bottle, etc., on day trips (you can use this for your carry-on bag). If not waterproof, bring a garbage bag to line the inside of the pack.
- One 1-quart plastic water bottle. We prefer Nalgene bottles that are unbreakable and don't taste of plastic in warm weather.
- Long pants and hiking shorts, several pairs.
- Long-sleeve shirts and T-shirts, underwear, sleepwear.
- Bathing suit(s) for all the swimming pools and hot springs we'll be visiting.
- Socks. It is best to wear 2 pair of socks inside your hiking boots, a pair of wool socks, and a thin pair of liner socks underneath the wool socks. We like Thorlo hiking socks and polypropylene liner socks which wick moisture and reduce blistering. Bring plenty of socks!

- Bandanas. Bring 2 or 3 (100% cotton) for instant sweat bands and other uses too numerous to mention, some of which you have never even dreamed! Besides, it's a tradition at AdventureWomen!
- Pre-moistened towelettes or baby wipes.
- Hand sanitizer (alcohol based).
- Sun hat and sunglasses with securing strap.
- A spare pair of glasses (if you wear glasses).
- Sunscreen, sunburn relief products, and lip balm with SPF - all fragrance free.
- Toiletries.
- Ziplock bags in various sizes. For wet, dirty clothes and shoes, or to pack anything that might leak.
- Washcloth.
- Lightweight flashlight (small but has a good beam for spotlighting) with extra batteries and bulb and/or small headlamp for reading in bed.
- Swiss army knife or equivalent with scissors (very handy for cutting duct tape or moleskin if you get a blister on your feet). Be sure to pack this in your checked luggage.
- Small travel alarm clock.
- Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
- Extra clothes for evenings. Casual clothes for relaxed dinners out.
- For foot care: Although we won't be doing difficult hikes, you might consider bringing foot care items. To prevent blisters, many hikers use moleskin. However, we recommend bringing a small roll of ordinary duct tape as an alternative. Applied when you feel a "hot spot", before a blister forms, it reduces friction much better than moleskin. If you develop a blister, Spenco "2nd Skin" is a very comforting necessity. Also bring foot powder for moisture absorption, and your own personal "foot care kit" which should include: cloth (not plastic) Band-aids, about 10 individually wrapped alcohol pads, and a small tube of Neosporin or other antibiotic cream.
- Optional: lightweight binoculars, journal, a book to read.
- If you are only going to read one guide on Iceland, we recommend reading, *The Insight Guides: Iceland*

Camera Equipment

For many women, photography will be a **very large** part of this trip. The opportunities are endless, and the scenery spectacular! We suggest that you bring many more memory cards and batteries than you think you could ever use!

- Digital camera, memory cards, battery chargers. You will be able to charge all of your batteries in hotels.

- Any camera gear you carry during the trip should be in a backpack or in a bag that will leave your hands free. It is also recommended that a tight sealing camera bag be used to protect your camera equipment from moisture, dust, sand and dirt. Large Ziploc bags are especially handy.

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

- Foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Tweezers.
- Ace bandage.
- 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 in 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.

Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra passport size photos to use in emergencies.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- Remove extra credit cards, driver's license, and personal items from wallet or purse.
- Make sure passport and airline tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time.

Some Extra Items to Add to your "What to Pack" List

We are always updating and adding items for all international trips. With over 32 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
- Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

Final Payment

Final Payment is due to AdventureWomen, LLC in a cash form (check, money order, or wire transfer) on or before **April 17, 2017**.

Cancellations and Refunds

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

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

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.

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!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

AdventureWomen, LLC
14 Mount Auburn Street, Watertown, MA 02472
800-804-8686 • 617-544-9393

