

Costa Rica: Jungle, Wildlife, and Beaches August 12 - August 20, 2017

YOUR ITINERARY

8/12/17
Saturday

Arrive San José

Welcome to Costa Rica, a tranquil little country that has all the ingredients for exotic adventure travel: mighty rivers, lush rainforests and jungles, volcanoes, and steamy hot springs. This country's landscapes have the topographical variations of an entire continent - in miniature - with pristine Pacific beaches, Caribbean coastal banana plantations, acres and acres of coffee trees, incredible National Parks, hot tropical jungles, frosty cloud forests, volcanoes (at least three of them active), canals, rivers and three mountain ranges.

✿ **Meet guide and transfer to hotel**

Upon arrival at the Juan Santamaria International Airport in San Jose, Costa Rica, your guide will be waiting outside the Customs exit doors to meet you and transfer you to the hotel.

✿ **Welcome Dinner and Introductions**

After settling in, enjoy a delicious Welcome Dinner at 7:00pm in the hotel's Garden Restaurant, then introductions and orientation to hear about the exciting upcoming adventures for the week.

Accommodations: Nuevo Hotel Balmoral

Meals Included: Dinner

8/13/17
Sunday

San José

✿ **Feria Verde: Organic Farmer's Market**

Rise and shine early today and depart the hotel at 7 am for a visit to the Feria Verde, an organic Farmers' Market, which has much more than fruits and vegetables. There are local artisans with hand-made clothes, artisanal jewels, medicinal herbs, hand-made aromatherapy oils, musicians, and plenty of places to eat. The majority of vendors are women, and you'll have plenty of opportunities to talk with them and find out about their businesses and crafts.

✿ **Breakfast**

Have breakfast in one of the tents under the trees and then have time to just wander around the market.

✿ **Lunch**

Lunch is included today.

✿ **Walking Tour of San José**

Take a walking tour of the city of San José, visiting the Central Market, the National Theater, and either the Gold or the Jade museum.

✦ **Free Time**

There's free time in the afternoon to do some exploring on your own. This is a perfect time for souvenir shopping, to enjoy the sights and sounds of San José, or simply to do some people-watching.

✦ **Dinner**

Dinner is included tonight.

✦ **Pub Crawl**

At 6:00pm, go on a "Pub Crawl" and see San José by night as the locals do, walking to and visiting three different pubs.

✦ **In Preparation for the Next Two Days...**

NOTE: There is a limit on luggage of 25 pounds per person when traveling on local boats while visiting the Tortuguero National Park. Please take only what you will need for the next two days. Bring light clothes, bathing suit, hat, insect repellent, sunblock. It will be hot and humid weather! Your driver will take the rest of your luggage and you will get it back on the way to Arenal on Day 5.

Accommodations: Nuevo Hotel Balmoral

Meals Included: Breakfast, Lunch, Dinner

8/14/17
Monday

San José to Tortuguero

"Tortuguero" comes from the Spanish name for the giant sea turtles (tortugas) that nest on the beaches of this region every year from early March to mid-October. The exceptionally high rainfall and rich environment makes the beaches, canals, lagoons, and wetlands of Tortuguero areas of exceptional biodiversity. This is an incredible opportunity for nature lovers and there is no better way to explore this park than from the water.

✦ **Travel to Tortuguero National Park**

Set out very early for Tortuguero National Park, the "Venice" of the rainforest. Drive through Braulio Carrillo National Park, seeing the vegetation change from rainforest to cloud forest and back to rainforest again. Reaching the riverside village of Caño Blanco, board your boat to Tortuguero for a 90-minute ride on the Parismina river and on some man-made canals.

✦ **Breakfast**

Breakfast will be in a local restaurant on the drive today.

✦ **Sea Kayak Tour**

One of the few Costa Rican National Parks where walking isn't necessarily the best way to see things, you get to tour the lagoons and jungle waterways of Tortuguero National Park this afternoon by sea kayak. The extensive network of freshwater creeks and lagoons behind the beaches of Tortuguero are home to seven species of river turtles, spectacled caiman, southern river otters, a number of crustaceans, and more than 50 species of freshwater fish. You might also see spider, howler, and capuchin monkeys and dozens of species of birds. If you are really lucky, we might spot an endangered West Indian manatee.

✦ **Dinner**

Dinner is at the lodge tonight.

Accommodations: Aninga Lodge

Meals Included: Breakfast, Lunch, Dinner

8/15/17
Tuesday

Tortuguero

✳ **Breakfast**

Enjoy breakfast at the lodge this morning.

✳ **Explore the Park by Boat**

Explore the Park's winding jungle waterways by boat, looking for monkeys, sloths, crocodiles, and more.

✳ **Lunch**

Enjoy a delicious lunch at the lodge.

✳ **Tortuguero Village and the Sea Turtle Conservancy**

Spend the afternoon visiting Tortuguero Village and the Sea Turtle Conservancy. Tortuguero beach is the most important nesting site of the endangered green turtle in the Western Hemisphere. Giant leatherback, hawksbill, and loggerhead turtles also nest here.

✳ **Dinner**

Enjoy dinner at the lodge.

✳ **Night Hike to the Beach**

The turtle nesting season is between June and September in Tortuguero. There will be night hikes to the beach after dinner tonight in search of this wonderful sight. Please note that dates and times are on a lottery system, so there is no guarantee in which group each person will be.

Accommodations: Aninga Lodge

Meals Included: Breakfast, Lunch, Dinner

8/16/17
Wednesday

Tortuguero to Arenal

✳ **Breakfast**

Enjoy your last breakfast at the lodge this morning before departing.

✳ **Head to Arenal and Pick Up Luggage On The Way**

Leave Tortuguero by boat on our way to Arenal, stopping in Caño Blanco, where your driver will be waiting (with the rest of your luggage) to take us to the Arenal Volcano area.

✳ **Whitewater Rafting Adventure**

Before arriving in Arenal, stop at the Sarapiquí River for an exciting guided whitewater rafting trip! This 2-3 class rafting adventure takes you through more than 20 rapids in 2½-3 hours. You will be briefed on safety, and wear a helmet and life jacket. Go AdventureWomen team!!

Originating from clear mountain streams, the Sarapiquí River runs from the Central Mountain Range just north of San Jose to the San Marcos River which runs along the shared border between Costa Rica and Nicaragua. The river is considered a national monument because of the vital service it provided in transporting arms, goods and soldiers in the 1856 war against the filibusters.

✳ **Lunch**

Enjoy lunch while on the river.

✦ **Head to the Lodge and Free Time**

Finishing your adrenaline-packed raft trip, continue to the spectacular Volcán Arenal area and Hotel Arenal Kioro, with its hot springs and uninterrupted views of the volcano. Once at Kioro Hot Springs, the rest of the afternoon is free to relax and enjoy the famous hot spring pools at the luxurious Hotel Arenal Kioro.

✦ **Dinner**

Dinner will be at the lodge tonight.

Accommodations: Hotel Arenal Kioro

Meals Included: Breakfast, Lunch, Dinner

8/17/17
Thursday

Arenal to Guanacaste

The Guanacaste region is a dry tropical rainforest that creates a varied landscape. Popular white-sand beaches line the coast, and to the east, the Guanacaste Mountains feature fascinating National Parks and caldera volcanoes.

✦ **Breakfast**

Breakfast is at the hotel this morning.

✦ **Swim Beneath La Fortuna Waterfall**

Leaving Kioro Hotel, stop to swim in the emerald pools beneath La Fortuna waterfall. You can choose to horseback ride or hike to the falls. La Fortuna waterfall emerges from dense jungle greenery before plummeting some 200 feet into a pool below. Bring your bathing suit!

✦ **Lunch**

Lunch is included today.

✦ **Head to Hotel and Enjoy Free Time**

Head to the Guanacaste region in the Northwestern province in Costa Rica. Arriving late afternoon at Rio Perdido, there is time to enjoy a massage or spa treatment and spend some time relaxing and soaking in the surroundings.

✦ **Dinner**

Enjoy dinner at the hotel tonight.

Accommodations: Rio Perdido

Meals Included: Breakfast, Lunch, Dinner

8/18/17
Friday

Guanacaste Region

✦ **Meals**

Breakfast, lunch, and dinner are all at the hotel today.

✦ **River Float**

Begin a full day of adventure at Rio Perdido with floating down the river in a modified inner tube, through a gorgeous narrow canyon with the rainforest canopy above. Some parts of the river are very calm and slow, others are faster and very exciting! Sometimes you will need to carry your tube for a little while in order to get over rocks to the other side. Make sure to wear water shoes, sneakers or Teva sandals. No flip-flops! Life vests and helmets are provided.

✦ **Ziplining/canyoning Adventure**

In the afternoon there will be a zip-lining/canyoning tour. While Costa Rica has dozens of “canopy tours,” with hundreds of zip-lines, Rio Perdido has truly innovated with their Canyon Adventure. Under the guidance of renowned adventure designers, they have created a sequence that will please and surprise. Inspiring Rio Blanco canyon is the main stage for the awesome cable-based zip-line experience. Good walking shoes are a must! It includes:

15 platforms, 6 rock-based and 9 suspended on the canyon walls
Zip lines with varying lengths from 260 to over 800 ft
Departs right from the hotel property

Accommodations: Rio Perdido

Meals Included: Breakfast, Lunch, Dinner

8/19/17
Saturday

Guanacaste Region

✦ **Breakfast**

Enjoy breakfast at the hotel.

✦ **La Anita Rainforest Ranch**

Begin the day at Anita Rainforest Ranch where you will meet the owners, Pablo and Ana, and spend time with Ana as she gives us a private tour of the property. Learn how they grow and harvest their crops, especially cacao, and how it is transformed from dry beans to paste and on to artisan chocolate. Of course, you get to try some too!

✦ **Cooking Class**

In a short cooking class, you'll enjoy delicious food - heart of palm ceviche, taro chips, beef in red wine and rosemary sauce, and fresh produce from their organic gardens finished off with homemade ginger spiced lemon and natural fruit juices.

✦ **Meet Aracely**

Continuing to the small town of Colonia Libertad, meet Aracely, a neighbor in the village, where she will share a wonderful and special dessert treat in her home.

✦ **Farewell Dinner**

Return to the hotel for a special Farewell Dinner, to celebrate all that you've seen and done, on this adventure that has been so full of wildlife, culture, and exciting activities!

Accommodations: Rio Perdido

Meals Included: Breakfast, Lunch, Dinner

8/20/17
Sunday

Depart

Goodbye Costa Rica!

✦ **Breakfast**

Enjoy breakfast at the hotel.

✦ **Depart**

Depart Rio Perdido for a 90-minute drive to Liberia and the Liberia Airport (LIR). International flights depart through this airport.

ACCOMMODATIONS

Nuevo Hotel Balmoral

The newly renovated Balmoral Hotel is a very special and unique hotel. It combines the essence of Costa Rican friendly and caring hospitality with a vast array of convenient and pleasant facilities and services. One of San Jose's favorite hotels for locals and international visitors alike, the Balmoral is centrally located right on Avenida Central, San Jose's most famous and visited pedestrian boulevard, and offers unmatched access to local attractions, shopping, dining and nightlife. Enjoy beautifully re-imagined accommodations designed to serve as a re-energizing urban oasis, and savor authentic Costa Rican dishes, international cuisine and drinks in the hotel's wonderful restaurants.

Aninga Lodge

The eco-lodge is strategically located only five minutes away from Tortuguero National Park, and right across the main canal facing the town of Tortuguero. It is made up of individual cabins, each with private bathroom, hot water and ceiling fans. Enjoy buffet-style meals at the restaurant, take a dip in the outdoor pool and of course take in the wildlife that surrounds the lodge as you and the kids walk the maze of wooden pathways. Note that Aninga Lodge does not have connecting rooms and that lodges in Tortuguero are simple, rustic and amenities are minimal. This lodge was chosen for its great location; we're excited you'll have hot water! .

Hotel Arenal Kioro

Sandwiched between two streams – La Palma and Kioro – Hotel Arenal Kioro provides a breathtaking natural view of Arenal Volcano. The hotel's setting is a perfect representation of what makes Costa Rica so special, with two nature paths alive with myriad species of plants, as well as private thermal springs surrounded by flourishing gardens. Arenal Kioro's 53 suites each have terraces with mountain or volcano views.

Rio Perdido

Rio Perdido, meaning "Lost River," is truly a hidden gem, situated in a protected dwarf forest that even many Costa Ricans have never seen. The property pays respect to its amazing environment, using wells and natural springs for water and taking 100% of its electrical energy from the Miravalles Geothermal Power Plant, among many other sustainable practices. The hotel's brand new 20 bungalows – suspended above the ground by columns and accessed by elevated pathways connecting to hiking trails – each offer a unique experience. They are all cozy and quite comfortable and feature a private terrace, television, and free wifi.

TRIP DETAILS

Included In Costa Rica

- All hotel accommodations throughout the trip
- All meals as listed in the itinerary
- All ground transportation
- Entrance Fees
- Tips for maids, porters, and local guides
- Services of a professional naturalist guide and private driver throughout the trip.
- One AdventureWomen Associate

Not Included In Costa Rica

- *International airfare
- *Meals not specified in itinerary
- *Soda, beer, wine and spirits with meals (you will need to pay the bar tab)
- *Items of a personal nature

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.



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Pre-departure Information

Costa Rica: Jungle, Wildlife, and Beaches

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!

Passports

A passport is required for travel into Costa Rica. Your US passport must be valid for a minimum of 6 months from the date you plan to depart Costa Rica.

If you do not have a passport, APPLY NOW! Please do not wait until the last minute. You should always carry 2 extra passport photographs with you, in case of emergency (if your passport/visa is lost or stolen), and always carry 2 sets of photocopies of your airline tickets and the first two pages of your passport.

Health Requirements and Health Insurance

You MUST have your own health insurance, and have no physical problems or conditions that would be adversely affected by hiking, horseback riding, rafting and other physical activities that are included on this trip. You must be in very good physical condition to participate in this trip.

Traveling to Costa Rica: Arrival and Departure

On August 12, 2017, you will fly into Juan Santamaría International Airport in San Jose, Costa Rica, arriving by 4:00, where you will be picked up and transferred to the Nuevo Hotel Balmoral in downtown San Jose.

For departure on August 20, we will leave Rio Perdido after breakfast for your international departures from the Liberia Airport. Driving time to the airport from the hotel is about 90 minutes.

Making Travel Arrangements to Costa Rica

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.

Money and Currency Exchange

Costa Rican Colones (CRC), U.S. Dollars, and credit cards can be used in Costa Rica.

What to Bring

The climate during our trip in Costa Rica ranges from pleasantly warm and sunny to hot and humid. Choose casual, comfortable, and breathable clothing. Lightweight cottons and washable linens are especially comfortable and the new travel fabrics such as Supplex and Coolmax are breathable, lightweight, and dry very quickly. Lightweight pants and shorts are fine for daytime wear, but you may prefer to wear long pants and long sleeves for protection from sun and insects.

Three words of packing advice: LIGHT, LIGHT, LIGHT! It is best to condense your checked luggage into one manageable medium-sized suitcase or duffel bag with wheels and one daypack or backpack (carry-on size). Also, a spare, very light, duffel bag or day pack rolled or folded into your wheeled

suitcase is useful for transporting souvenir items home. This list tries to incorporate everything you should bring to be comfortable for any of the activities in which you participate.

We suggest you use your daypack as your carry-on bag during your flights to and from Costa Rica. In it you should have all valuables and essentials: medications, passports and all important documents, cameras, memory cards and binoculars, a day's change of clothing, lightweight sleepwear, and toiletries.

Clothing

- Proper footwear, such as lightweight hiking boots or good walking or athletic shoes is essential on rain forest trails, which can often be slippery. A pair of sport sandals or water sandals (that can get wet), for whitewater rafting and tubing, is also important to wear during the day and in the evening. Another comfortable pair of shoes for dinners in nice hotels and resorts is recommended.
- Most rainwear is too hot to be comfortable in the tropics. A lightweight, inexpensive poncho works best during brief, heavy afternoon showers, or in the rainforest.
- Fast drying short-sleeved shirts and a few T-shirts.
- Lightweight long-sleeved shirts for sun and insect protection.
- 2 pair fast-drying river shorts and 2 pair regular shorts (not short-shorts).
- Lightweight and fast-drying pants (zip off ones are great – no jeans).
- Sweatshirt, sweater, or lightweight fleece jacket.
- Sun hat with a brim.
- Sleepwear and underwear.
- Socks to wear with hiking boots/shoes.
- Bathing suit(s).
- Casual outfit to wear to dinners.

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.

- Costa Rica has magnificent scenery and diversity of fauna and flora. It is a photographer's paradise. The most useful lenses are a wide angle and a telephoto lens that zooms to a minimum of 200 mm.
- 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.

Binoculars are a MUST for wildlife and bird viewing! Experienced naturalists recommend that first-time binocular buyers select a brand such as Nikon or Minolta at a power of 7 X 30, 7 X 35, or 7 X 40. Small, compact binoculars are available at good camera stores, as well as many discount stores.

Miscellaneous

- Day pack that is water resistant for carrying rain poncho, 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.
- Money belt or fanny pack.
- Lightweight flashlight (small but has a good beam for spotlighting) with extra batteries and bulb and/or small headlamp for reading in bed.
- Pre-moistened towelettes or baby wipes.
- Hand sanitizer (alcohol based).
- 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.
- Water bottle and securing strap - We recommend the 24 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages.
- Ziplock bags in various sizes. For wet, dirty clothes and shoes, or to pack anything that might leak.
- Strong insect repellent (we recommend OFF's Skintastic, or something with DEET) and insect-bite relief products that are fragrance free.
- Toiletries (Note: feminine hygiene items are not always easily accessible).
- Washcloth.
- Small vial of Woolite to wash clothes if needed.
- Sewing kit, rubber bands, safety pins.

- Small travel alarm clock.
- Travel guide, bird books, or other field guides.
- Notebook, journal, pens, and a lightweight book you've been dying to read.
- 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!
- Small tote or small duffel for packing purchases on the return trip.
- Lock for the suitcase you leave in your room.
- 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!

Personal First Aid Kit (bring in small amounts and 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.
- Adequate quantity of sweat-resistant sun screen with at least an SPF 15 rating or higher, and lip balm with sunscreen.
- Tweezers.
- Ace bandage.
- Antibiotics (Cipro, or another systemic antibiotic).
- 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).
- Emergen-C. Some people swear they get fewer colds on airplanes if they take this during flights.

Electric Current and Adapters

120 volts. Same as in the U.S.A.!

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 **May 14, 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.

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