

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

YELLOWSTONE

A Dramatic Winter Wonderland



February 4 - 10, 2018

YELLOWSTONE

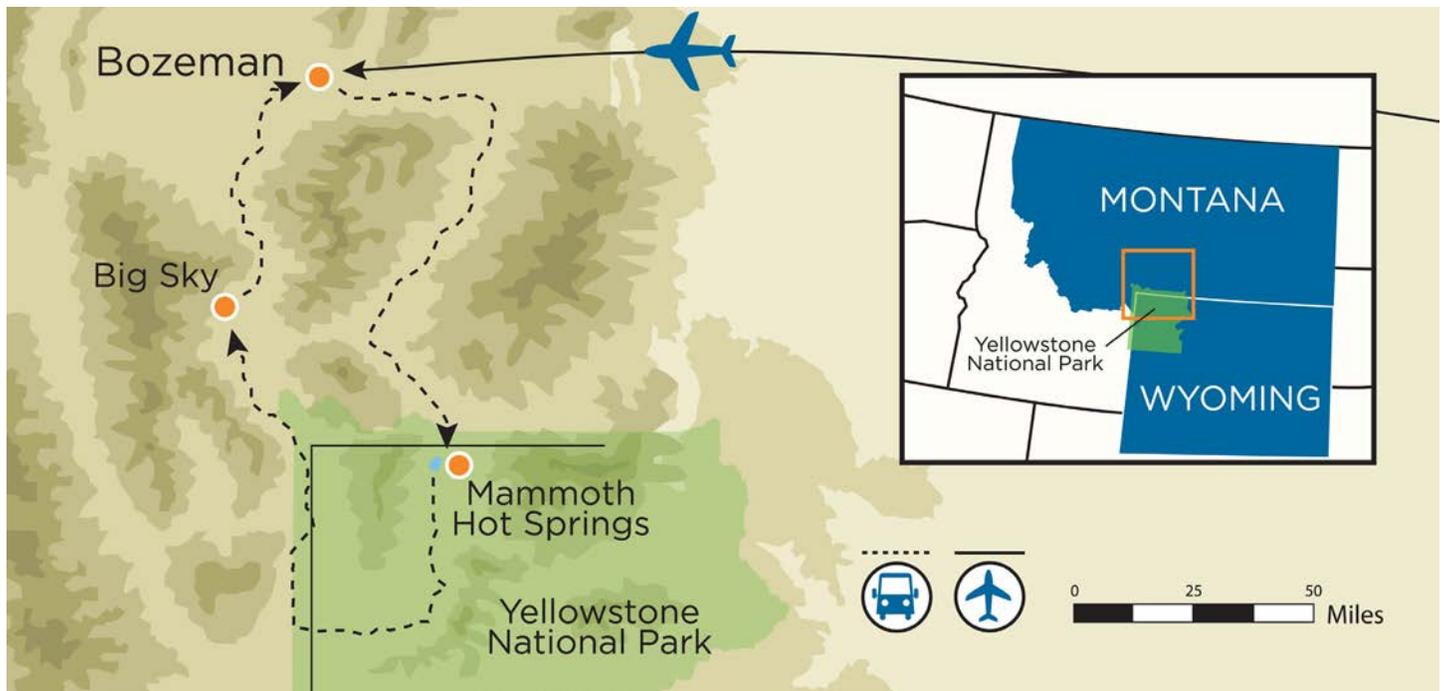
A Dramatic Winter Wonderland

February 4 - 10, 2018

TRIP HIGHLIGHTS

- ▶ Experience winter wonders that exist in no other place on earth
- ▶ Discover wildlife and snow-covered landscapes on snowshoes
- ▶ Experience the thrill of driving a dogsled team
- ▶ Glide beneath a star-dotted Montana sky on a sleigh ride
- ▶ Snowcoach into the Park to observe wolves, bison, elk, coyotes, and more!

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive in gardiner, welcome dinner and orientation
- Day 2: wildlife viewing, snowshoeing at mammoth hot springs
- Day 3: walk to ouzel falls, sleigh ride
- Day 4: backcountry snowshoeing
- Day 5: snowcoach tour of yellowstone
- Day 6: dogsled adventure, return to bozeman
- Day 7: depart bozeman

TRIP PRICE

\$3,395

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is this trip
right for me?

Activity Level:

Moderate

Active

High Energy

Challenging

the important
stuff

We rate this trip as Active with High Energy options. Our Active adventures get you on your feet. You should be in good physical condition and be prepared to hike for up to five hours, multiple days in a row, on uneven surfaces with some steep ascents and descents. Our High Energy trips are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing.

how do I get
there?

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

pack your
bags!

the fine print

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

your adventure
in depth

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Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before November 6, 2017.

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is this trip right
for me?

Arrive: Arrive at the Best Western Plus GranTree Inn in Bozeman on February 4, 2018 by 1:00pm.

Depart: Depart any time on February 10, 2018.

the important
stuff

We suggest that you book your air reservations with Ciretta Green at Travel Café soon after registering for this trip. Contact Ciretta at: 800-247-3538/406-587-1188, ciretta@travelcafeonline.com. When calling, identify yourself as an AdventureWomen traveler.

how do I get
there?

There is plenty to do in Bozeman if you arrive early. Coming a day early will also allow you to acclimate to an altitude of approximately 5,000 feet, as you will be at almost 7,000 feet while skiing. The city's historic downtown has everything from gourmet restaurants to art galleries. In your final trip information, sent about a month prior to the trip, we will enclose a list of restaurants in downtown historic Bozeman, wonderful places to shop, and some fun things to do if you come early, or stay later.

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IMPORTANT: You will be traveling in a 12-15 passenger van, and there is not a lot of room for luggage! **It is imperative that you do not bring a large suitcase or duffel bag.** Your duffel bag should be no larger than 30" x 14" x 14". It can have wheels. Your carry-on bag should be your daypack, which you will need to carry for most of your activities during the day time. It should be able to fit under the seats in the van (the size that would fit under an airline seat).

note: Winter weather in Montana can be variable and extreme; one day it may be above 50 degrees, and the next day may be below zero! We recommend layering as it allows you to add or shed clothing according to the weather, snow conditions and your level of exertion. It is strongly recommended that you do not wear cotton clothing outdoors in the winter, especially next to your skin. Cotton absorbs your body moisture and remains cold and wet, whereas the proper synthetics or merino wool allow moisture to wick and will keep you dry and warm.

Clothing and Gear:

- Daypack
- Duffel bag
- 2 light or medium weight top and bottom long underwear
- 1 lightweight fleece shirt/sweater
- 1 mid-weight fleece sweater/jacket
- 1 down vest
- 1 wind shell with hood (should stop wind but remain breathable)
- 2 pairs wool or fleece liner gloves
- 1 pair insulated mittens
- 1 pair shell mitten (waterproof to cover the insulated mittens)
- 1 hat that covers your ears
- 1 synthetic neck warmer/gaiter
- 4 pairs light sock liners
- 4 pairs wool socks
- 1 pair fleece pants
- 1 pair nylon wind pants or Goretex pants
- 1 pair knee-high gaiters
- 1 pair waterproof hiking boots
- Casual clothing for evenings
- Casual shoes for inside
- Bathing suit (for hot tub at 320 Guest Ranch)
- Pajamas/robe
- Water bottle (minimum 1 quart)
- YakTrax Pro for added traction on walks that do not require snowshoes
- Your favorite snacks
- Hand and foot warmers
- National Park Pass - if you have a senior pass or any National Park pass, please bring it with you

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AdventureWomen Essentials:

- Travel documents (identification documents, airline tickets, money)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags

- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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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.

the important
stuff

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.

how do I get
there?

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.

pack your
bags!

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.

the fine print

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

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Adventure Travel Today

At AdventureWomen, we want everyone to 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!**

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!

In this spirit, the successful adventure traveler should be a

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your adventure in depth

DAY 1

Sunday
2/4/18

Arrive in Bozeman, Transfer to Gardiner

Welcome to Montana! Plan to arrive at the Best Western Plus GranTree Inn in Bozeman, Montana by 1:00pm at the latest.

Gardiner is a small town that serves as a main entrance to Yellowstone National Park. The town got its name from a fur trapper who operated in the area in the early 1830s.

Pick-up and Transfer

You will be picked up at 1:00pm from the GranTree Inn and transferred to Gardiner, Montana.

Check-in and Relax

Check into your hotel and relax before dinner.

Welcome Dinner

Enjoy a Welcome Dinner and Trip Orientation at the "Cowboy Grill" this evening.

Accommodations

Best Western Plus by
Mammoth Hot Springs

Meals Included
dinner

your adventure
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DAY 2

Monday
2/5/18

Accommodations

Best Western Plus by
Mammoth Hot Springs

Meals Included

breakfast, lunch

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Yellowstone National Park

Yellowstone National Park is located in Montana, Wyoming, and Idaho, and was the first national park in the United States, established in 1872. It is known for its wildlife and geothermal activity. Its 3,468 square miles includes lakes, canyons, rivers, and mountain ranges, and it is home to hundreds of species of mammals, birds, fish, and reptiles, including the oldest and largest public bison herd in the United States.

Breakfast Enjoy breakfast at the hotel this morning.

Wildlife Watching in the Lamar Valley Head to the Lamar Valley in the northeastern part of Yellowstone National Park, where you can view wildlife with binoculars and a spotting scope, and have an overview of the local history and geology, as well as the ecology of the wolves, bison, elk, coyotes, birdlife, and other animals in Yellowstone.

Sack Lunch Enjoy a sack lunch on the road today.

Snowshoeing at Mammoth Hot Springs Returning to Mammoth Hot Springs, explore the unique and famous “travertine terraces.” This is an amazing area to snowshoe; the terraces were created over thousands of years. As hot water from the springs cools, it deposits calcium carbonate, which created this stunning landscape.

Dinner Dinner is on your own tonight.

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DAY 3

Tuesday
2/6/18

Gardiner to Big Sky

Big Sky, in the southwestern corner of Montana, is just miles from Yellowstone National Park. In the winter, the area is known for alpine skiing, nordic skiing, snowshoeing, and sleigh rides.

Drive to Big Sky

Depart Gardiner this morning and drive north through Paradise Valley and along the famous Yellowstone River, with stunning views of the Absaroka Mountains. Passing through Bozeman, turn south and travel along the Gallatin River (where much of the movie "A River Runs Through It" was filmed), to Big Sky, Montana.

Lunch en Route

Stop to pick up lunch at a sandwich shop on the way to Big Sky.

Guided Walk to Ouzel Falls

This afternoon, take a guided walk to Ouzel Falls, walking on a snow covered trail for one mile each way. Designed and built by the Gallatin Valley Land Trust, the trail accesses a spectacular 60-foot waterfall where the South Fork of the Gallatin River falls over a break in the Canyon. In the winter, these falls are frozen with magical ice crystals, forming a lacy curtain of rime (an accumulation of granular ice tufts on the windward sides of exposed objects that is formed from supercooled fog or cloud and built out directly against the wind) and other treasures that the cold weather brings.

The name "Ouzel" is taken from a small aquatic songbird which easily survives difficult winter conditions where there are clear, fast-flowing streams. Also known as the American Dipper, the Ouzel has the benefit of several unique adaptations such as an inner protective eyelid and an extra layer of downy feathers, which allows it to dive into cold, often turbulent rivers and streams, to swim, and to walk along the bottom of the river. It uses the pressure of water on its wings and tail to help keep it down while it searches for insect larvae and other small animals on which to feed.

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DAY 3

Tuesday
2/6/18
Continued...

Gardiner to Big Sky: Continued

Sleigh Ride At 5:30pm, get ready to glide beneath a deep-black, star-dotted Montana sky, with only the sound of crunching snow and the jingling harnesses of the Percheron draft horses, which are skillfully guiding you along the frozen Gallatin River. The wool-wrapped wranglers talk about the 320 Guest Ranch's remarkable history, and will maybe tell a few tall tales along the way. Arrive at the mountain man campsite, where you will be handed a steaming mug of cowboy chili, and some hot cider spiced with rum!

Dinner and Rest Return to the ranch for a scrumptious dinner in the 320 Steakhouse Restaurant, before turning in after a busy day, to your comfortable, cozy log cabin.

Accommodations

320 Guest Ranch

Meals Included

breakfast, lunch, dinner

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DAY 4

Wednesday
2/7/18

Big Sky, Montana

Enjoy another day in the stunning Big Sky area. The winter landscapes here are magical.

Breakfast Breakfast is provided at the guest ranch this morning.

Backcountry Snowshoeing Activity Take a short drive to a remote corner of the Yellowstone ecosystem close to the National Park. Put on your snowshoes and begin your adventure at the trailhead. You will quickly access the hidden wonders of Yellowstone's high country winter.

See signs of how wildlife survives the struggles of winter, the magic sculptures that snow-covered trees form, and hear the silence that such a snow-blanketed landscape offers. Your route follows a large creek most of the way as you travel along rolling terrain for about four hours. The distance you travel depends on snow conditions and how often the group stops.

Boxed Lunch Enjoy a boxed lunch along the way today.

Afternoon and Evening After snowshoeing, enjoy the remainder of the afternoon at leisure. Dinner tonight is on your own at Buck's T-4 Lodge and restaurant.

Accommodations

320 Guest Ranch

Meals Included

breakfast, lunch

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DAY 5
Thursday
2/8/18

Accommodations
320 Guest Ranch

Meals Included
breakfast, lunch, dinner

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Discovering West Yellowstone

West Yellowstone is an ideal place to view the wildlife the Park is known for. Old Faithful, a cone geyser that erupts every 45-125 minutes is also located in this area of the park.

Breakfast Have an early breakfast at the ranch.

Guided Snow Coach Tour In West Yellowstone, take a private and spacious 14-passenger snowcoach tour into Yellowstone National Park and to see Old Faithful. Sit back and relax in the winter wonders of Yellowstone while enjoying a guided tour in comfort and warmth into the park's pristine winter environment.

Travel at a comfortable pace with outstanding views and opportunities to get out and take pictures along the way. You will look for bison, elk, and coyote, and experience the greatest concentration of geysers in the world. Journey along the Firehole and Madison Rivers where you can see bird life that includes Trumpeter Swans, Bald Eagles, and a variety of ducks, geese, and possibly water ouzels. Continue to Fountain Paint Pots and Biscuit Basin, and see the sights at Old Faithful. If you're lucky, you just might catch a glimpse of Old Faithful geyser erupting. Winter around Old Faithful Geyser Basin is magnificent, and you can see lots of animals, steaming pools, geysers, and surreal surroundings that glisten like diamonds in the sun and snow.

Dinner Dinner is at the 320 Guest Ranch this evening.

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DAY 6

Friday
2/9/18

West Yellowstone to Bozeman

Say goodbye to Yellowstone today and drive to Bozeman, the fourth-largest city in Montana. Founded in 1864, the town's fertile land attracted permanent settlers. Today, Bozeman attracts residents and visitors for quality of life, scenery, and recreation.

Breakfast Breakfast is at the lodge.

Dogsled Adventure No other method of travel over snow can compare with dogsledding! This trip to the past is one you will never forget. The energy, excitement, and enthusiasm of these amazing huskies is a wonder to behold. The dogs love to run and their high spirits and big, lovable hearts will quickly win yours.

Experienced guides give hands-on instruction so you can feel, first hand, the thrill of driving a sled dog team. Lift your foot off the brake and make for the hills as the dogs "mush" ahead. The ten-mile trip allows for plenty of photo opportunities and snack time as you travel through the beautiful mountain scenery of Moonlight Basin Ranch. If riding is more your style, you are welcome to ride inside the sled.

Lunch Stop for lunch at a local restaurant.

Return to Bozeman After your dogsledding adventure, return to Bozeman and check into the Best Western Plus GranTree Inn.

Farewell Dinner After freshening up, you'll depart for your last night's dinner celebration.

Accommodations
GranTree Inn Bozeman

Meals Included
breakfast, dinner

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**your adventure
in depth**

DAY 7

Saturday
2/10/18

Depart from Bozeman

Bid farewell to your new friends and journey home.

Accommodations

Meals Included

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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Accommodation Details

Best Western Plus by Mammoth Hot Springs

The Best Western Mammoth Hot Springs Hotel is conveniently located next to the Park's north entrance and is a great place to stay.

320 Guest Ranch

In 1898, when the west was wilder, two homesteads totaling 320 acres were combined to form the 320 Ranch. In 1936, Montana's first woman doctor and first pathologist, Dr. Caroline McGill, purchased the working cattle ranch as a rest and relaxation retreat for her friends and patients. Today, picture a quiet place, just north of Yellowstone Park and just south of Big Sky Ski Resort, where the pristine Gallatin River winds through sage and towering pines, snow-covered mountains rise against crystal-clear blue skies, and there's an abundance of pure, clean mountain air! That's where you find the 320.

Best Western Plus GranTree Inn

A modern hotel, each room offers free WiFi, flat-screen TVs with HD channels, desks, minifridges and coffeemakers. You can relax in the indoor heated pool or hot tub!

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Included/Not Included

Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All transportation throughout the trip
- ▶ All park fees
- ▶ Sleigh ride at 320 Guest Ranch
- ▶ Half-day guided dogsled trip
- ▶ Snowshoe rental
- ▶ Fully guided tours led by AdventureWomen Ambassador Leslie Stoltz, resident naturalist/guide in Big Sky and Yellowstone for more than 25 years

Not Included:

- ▶ Round-trip airfare
- ▶ Meals not specified in itinerary
- ▶ Alcoholic beverages
- ▶ Items of a personal nature