

PERU

Discover Machu Picchu and the Amazon



June 15 - 25, 2019

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TRIP HIGHLIGHTS

- ▶ Explore Machu Picchu and the Sacred Valley
- ▶ Discover the local market and the Temple of the Sun in Cuzco
- ▶ Meet the founder of an NGO that preserves Andean heritage through weaving while helping women in need
- ▶ Spot wildlife on guided trail walks and boat rides through a natural reserve in the Amazon
- ▶ Walk suspension bridges through the Amazon canopy for a literal birds eye view of this unique ecosystem

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive in Lima this evening, relax at your hotel
- Day 2: explore Lima, visit the Larco museum, visit Casa de Aliaga, a 500-year old family home
- Day 3: fly to Cuzco, class with a master weaver, experience an Andean tribute to Mother Earth
- Day 4: spend a full day in Cuyuni, one of the last traditional Andean communities in Peru
- Day 5: take the train to Machu Picchu, tour the ruins with an anthropologist
- Day 6: explore Machu Picchu for another full day, optional hike of Huayna Picchu
- Day 7: cuzco art walk with an anthropologist, afternoon to explore on your own
- Day 8: fly to the Amazon, boat ride to your lodge, guided trail walk, twilight river excursion
- Day 9: visit Lake Sandoval, walk the Canopy Walkway
- Day 10: explore Gamitana Creek, see the rainforest by night
- Day 11: visit the Butterfly House, fly to Lima, depart

TRIP PRICE

Main Trip: \$5,590

Internal Air: \$600

Optional Single Accommodations: \$1,200

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your adventure in depth

DAY 1

Saturday
6/15/19

Arrive in Lima

Welcome to Peru and its legendary Land of the Inca! Sheltered by the soaring peaks of Los Andes, forgotten ruins lie in wait of discovery. Ancient whitewashed villages give a glimpse into mountain life as it has been lived for centuries. The seaside capital of Lima looks ahead into a bright future. Exhilarating, awesome, breathtaking, and unforgettable, Peru is a family adventure destination like no other.

Transfer to Your Hotel

Upon arrival into Lima, you will be transferred to your hotel. Get a good night's sleep before your exciting adventure begins tomorrow afternoon.

Accommodations

Four Points by Sheraton

Meals Included

meals on your own

your adventure
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DAY 2

Sunday
6/16/19

Accommodations
Four Points by Sheraton
Meals Included
breakfast, dinner

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Lima

Begin your adventure in Lima, the capital and largest city in Peru. It is the perfect place to start your trip in Peru - explore the local art, history, and architecture, as well as the city's delicious cuisine.

Morning at Leisure

Rest up and relax after your flights into Peru.

Lunch

Lunch is on your own.

Meet for City Tour

Meet at 2:00pm in the hotel lobby to begin your exciting adventure in the capital city of Lima.

Larco Herrera Museum

Visit the Larco Herrera Museum with the museum curator. Founded in 1926, the museum showcases remarkable chronological galleries that provide an excellent overview on 3,000 years of Peruvian pre-Columbian history. A special museum curator will guide you on this visit, to help you understand Pre-Inca Peru, and begin giving the group a perspective on what you will see in Cuzco and Machu Picchu.

Casa de Aliaga

Casa de Aliaga was built in 1536 on a plot of land given by Francisco Pizarro, leader of the Spanish expedition in Peru, to Geronimo de Aliaga, his main lieutenant. de Aliaga family members still live in the house to this day, making it the oldest continuously inhabited house in the Americas. Maru, your hostess, has lived in the house since she was seven, so she knows most of its secrets. She will take you on a journey back 500 years, intertwining Peruvian history with her family's own history. She will also join you for dinner this evening.

Welcome Dinner

Enjoy a special Welcome Dinner at Huaca Pucllana Restaurant. The view of the 1,500-year-old, pre-Incan ruins is reason enough to visit this beautiful restaurant, but the food is a close second. Rough-hewn columns hold up the dining room's soaring ceiling, with a view of the huaca (ruins), which are spectacularly illuminated at night. This sophisticated establishment serves a skillfully rendered array of contemporary Peruvian dishes.

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DAY 3

Monday
6/17/19

Lima to Urubamba

Once the heart of the Inca Empire, the Sacred Valley is a feast of impressive ruins, gentle mountain slopes, rushing rivers, grazing llamas and alpaca, and enchanting farm towns. In short, it's the perfect introduction to the mysterious world of the Inca, whose stunning civilization thrived until the 16th century.

Flight to Cuzco

Enjoy magnificent views of the rugged Andes Mountains during your one-hour flight.

Picnic Lunch

Have a special gourmet picnic lunch in front of the beautiful Huaypo Lagoon.

Nilda Callanuapa Weaving Project

Take a hands-on weaving class with a master weaver. Textile production has profound historic and cultural significance in the Andes, and this project is part of a highly-successful National Geographic Society-supported initiative to rescue and revive this way of life. Women are the owners and drivers of this activity, and you will see how their gregarious processes of spinning, gathering and use of natural dyes, setting up of looms, and the creation of designs, are fundamental to the family and social bonds of these highland communities.

Tribute to the Mother Earth Ceremony

A Pacco (Andean priest), the link between the spiritual and earthly words will conduct the Tribute to the Mother Earth ceremony. This is an act of reciprocity towards Pachamama (Mother Earth), a deity associated with fertility.

Check-in and Free Afternoon

Once checked-in, you have a free afternoon to enjoy this beautiful hotel and its facilities, including a swimming pool and spa!

Dinner

Dinner is on your own tonight.

Accommodations
Aranwa Sacred Valley Hotel

Meals Included
breakfast, lunch

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DAY 4

Tuesday
6/18/19

Accommodations

Aranwa Sacred Valley Hotel

Meals Included

breakfast, lunch

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Urubamba

Five hundred years ago, Peru lay at the heart of a vast Incan empire that stretched across 400,000 square miles from northwest Argentina to southern Columbia, and from the Andean highlands to the Amazon jungle. A legendary kingdom, this brilliantly flourishing Land of the Inca came to an end when Pizarro and his conquering Spaniards swept across South America. Today, Peruvians proudly preserve their rich and diverse cultures and traditions.

Visit the Native Community of Cuyuni

To visit the native community of Cuyuni is to literally travel back in time. Here, natives are, in many ways, still living as they've been for centuries. The proud villagers will show you how they have managed to survive in such extremely adverse conditions: over 13,000 feet above sea level, where only wild grass grows naturally. Spend some time harvesting potatoes with the locals, surrounded by Guinea pigs and llamas.

On this very special day, the community leaders will accompany the group as you learn not only about their daily lives and activities, but also about their ancestral traditions that date to pre-Inca times.

Lunch Enjoy lunch in the community.

Dinner Dinner is on your own tonight.

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DAY 5

Wednesday
6/19/19

Accommodations
Machu Picchu Pueblo Hotel

Meals Included
breakfast, lunch, dinner

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Urubamba to Machu Picchu

Arriving at Machu Picchu, “Lost City of the Incas” is like stepping into a postcard! The intact maze of empty plazas, chambers and palaces connected by stairways carved out of solid stone helps you understand why it is considered among the Wonders of the World. Built precipitously high, it is surrounded by mountains covered in lush tropical vegetation. Terraced to the edge to provide for Inca domiciles, it stands today as a tribute to Incan ingenuity.

Train to Machu Picchu

This morning is the beginning of a fantastic journey by train to Machu Picchu, “Lost City of the Incas.” Travel by vistadome with first-class seats on the narrow gauge switchback train through the fertile valleys of the Andes and along the sacred Urubamba River.

Luggage Note for the Train

You cannot bring ALL of your luggage on the train to Machu Picchu, so you will have to take your small, collapsible overnight bag OR your daypack with you on the train for the 2 overnights at Machu Picchu (no large suitcases on the train. See the “What to Bring” list also for specific weight/dimensions). You can leave your large suitcase at the hotel, and all suitcases will be transported to your hotel in Cuzco when you return from Machu Picchu.

Guided Tour

Enjoy a guided tour of the famous ruins with an anthropologist. Machu Picchu is one of the most beautiful and enigmatic ancient sites in the world. While the Inca people certainly used the Andean mountaintop, erecting many stone structures from the early 1400s, legends and myths indicate that Machu Picchu was revered as a sacred place far earlier than the Inca times.

Lunch

Enjoy lunch near the ruins so you can return to explore afterwards.

Option to Stay Longer at the Ruins

Stay and linger among the mute stones this afternoon while the sun drops toward the western rim of the jungle and the softening light dramatizes the exquisite architecture.

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DAY 6

Thursday
6/20/19

Machu Picchu to Cuzco

Founded in the 11th century and capital of the Inca Empire from the 13th century through the arrival of the Spanish in the mid 16th century, today's Cuzco is a delightful mix of Inca and Spanish architecture. Winding streets, red clay rooftops, tiny peaceful plazas and colorful shops invite exploration. Around the mostly whitewashed city you can still see the remains of Inca buildings and their foundations—many of which have proven to be stronger than buildings constructed in the present day. The stones in the old walls that line the winding alleyways are so closely fitted together, you couldn't even fit a sheet of paper between them!

Morning Exploration

Continue to explore Machu Picchu this morning. The hotel has many excursions and activities to choose from (at no extra charge), and you can view them at this link: <http://www.inkaterra.com/en/machu-picchu/excursions>. Bus transportation and entrance fees are included today. One option is to catch an early morning bus to the ruins to watch the sunrise!

Optional Hike of Huayna Picchu

For those with advance permits (an additional \$25), hike up the steep peak of Huayna Picchu for a view of the ruins from above. Let us know if you'd like to book the permit for this hike.

Lunch

Lunch is on your own.

Train to Cuzco

Meet back at the Pueblo Hotel this afternoon before boarding the vistadome train for return to Cuzco.

Dinner

Enjoy dinner on your own.

Accommodations

Libertador Palacio del Inka
Luxury Collection
Meals Included
breakfast

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DAY 7

Friday
6/21/19

Cuzco

Cuzco is acknowledged as the archeological capital of the new world. It is made up of an endless series of surprises spreading out to the horizon. It is the oldest continually-inhabited city in the western hemisphere and was the ancient capital of the Inca Empire.

Enjoy a Walking Art Safari

In the lovely morning light of Cuzco, enjoy a walking Art Safari with your guide, Jean Jacques Decoster, a professor of anthropology at the local university. Strolling through Inca streets, marvel at the flawless Incan stonework and imagine a time and place when the Incas once had a massive empire. Follow the history of the Cuzco School of Art, a local expression born of the combination of European motives and Andean indigenous aesthetics. You will come to understand this unique mix of art influences in the master paintings and arts housed in several museums and the city's impressive Cathedral. Upon return to the hotel, you'll have the privilege to view the archbishop's private collection of the Corpus Christi.

Free Afternoon

After lunch on your own, the afternoon is at leisure to enjoy exploring the wonderful town of Cuzco.

Dinner

Tonight's dinner is at Baco Restaurant, where you will enjoy delicious food, an interesting wine menu, a cozy non-pretentious setting, and the warm attention of their smiling all-Peruvian staff!

Accommodations

Libertador Palacio del Inka
Luxury Collection

Meals Included

breakfast, dinner

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DAY 8

Saturday
6/22/19

Cuzco to the Amazon

Welcome to southeastern Peru and the small city of Puerto Maldonado! You're right in the middle of the most pristine rainforest on Earth, surrounded by national parks and at the confluence of two Amazon tributaries: the Tambopata and Madre de Dios Rivers. The warm, moist air and the lushness of the landscape are an instant tropical sensory feast of wondrous sights, new sounds, and soft filtered light.

Morning Flight

Head to the airport after breakfast to connect with your flight to Puerto Maldonado.

Boat Transfer

When you arrive in Puerto Maldonado, transfer by boat along the Madre de Dios River. It is about a 45 minute ride to your lodge.

Lunch

Settle into your beautiful cabaña and enjoy lunch in the dining room.

Trail Walk

Take a guided walk along the Trail system, into the Inkaterra Reserva Amazonica natural area, where you will discover the Amazon Basin. This trail offers an excellent introduction to the forest environment, winding past impressive trees such as the Shihuahuaco, and the strangely beautiful strangler fig, offering excellent opportunities for bird watching and observing exotic insects.

Twilight River Excursion

Enjoy a boat ride on the Madre de Dios river. Witness the transformation from a diurnal to a nocturnal world: animals and birds of the daytime give way to species specially adapted to the night. As you enjoy their paradise, you will learn about their habits, while you search for nightjars, owls, capybaras and up to three different caiman species.

Accommodations

Inkaterra Reserva
Amazonica Lodge

Meals Included

breakfast, lunch, dinner

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DAY 9

Sunday
6/23/19

Accommodations

Inkaterra Reserva
Amazonica Lodge

Meals Included

breakfast, lunch, dinner

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The Amazon

The Peruvian Amazon is one of the most biologically diverse places on earth. It covers 60% of the country, stretching from east of the Andes to the borders of Ecuador, Colombia, Bolivia, and Brazil. Receiving 103 inches of rain every year, you always need to be prepared for a cloudburst!

Lake Sandoval Excursion

Visit the Lake Sandoval excursion into the Tambopata National Reserve. Glide in a wooden canoe, across a beautiful, mirror-like oxbow lake that is home to the endangered giant river otter, as well as red howler monkeys, red-bellied macaws, anacondas, side-neck turtles and black caimans.

Canopy Walkway

Walk along the Canopy Walkway. Ascending the first tower, 29 meters above the forest ground, you begin your encounter with the treetop realm. For more than a quarter of a mile, you will literally walk through the rainforest canopy on a suspension bridge network linking eight observation platforms. During this hour-and-a-half expedition, be on the lookout for colorful toucans, woodpeckers, trogons, monkeys, and sloths. If you wish you may extend your excursion and watch the sunset from one of the towers.

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DAY 10

Monday
6/24/19

Accommodations

Inkaterra Reserva
Amazonica Lodge

Meals Included

breakfast, lunch, dinner

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The Amazon

Representing over half of the planet's remaining rainforests, the Amazon comprises the largest tract of tropical rainforest in the world. It is estimated to contain 390 billion individual trees!

Gamitana Creek

Enjoy a trip to Gamitana Creek, located 25 minutes by boat from the lodge. For one and a half hours, explore the rainforest along the banks of a winding, dark-water creek that is home to many piranha, caiman, turtles, and birds, until the Sanipanga landing point. Navigate your way back downstream, observing the abundant flora and fauna along the way. You will return to Gamitana Farm to do a short guided tour to see how local farmers grow fruits and vegetables.

Hacienda Concepcion

Enjoy the Hacienda Concepcion excursion, with over 200 different plant species, and learn about the uses and benefits of local flora. This is followed by a 30 minute canoe trip to look for turtles, sun grebes, nightjars, and exotic herons.

Rainforest By Night

Head out for a two hour night excursion. Venture into the forest and experience the mystery of the animal activity that awakens in the rainforest after dark, enhancing animal resources to create new adaptation mechanisms. Listen to nocturnal forest sounds and spot species that only emerge at night.

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DAY 14

Tuesday
6/25/19

The Amazon and Depart

Leave the Amazon and head back to the US via Lima.

- Boat Transfer** Take a boat transfer back to the airport in Puerto Maldonado.
- Butterfly House** Enjoy a visit to the Butterfly House in Puerto Maldonado. Peru boasts the greatest variety of butterflies in the world - 3,700 known species. Many of these can be seen at the Butterfly House.
- Flight to Lima** Fly to Lima and connect with your flights back to the US.

Meals Included
breakfast

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

Four Points by Sheraton

A top pick in Lima, the Four Points by Sheraton has chic decor and comfortable rooms with free high-speed Wi-Fi and nice views of Lima, located just 350 feet from Miraflores Kennedy Park.

Aranwa Sacred Valley Hotel

Aranwa Sacred Valley Hotel is nestled in the picturesque Sacred Valley of the Incas. Built on a 17th century hacienda, this lovely property is a window into the two starkly different worlds of the ancient Inca civilization and Peru's Spanish colonial era.

Machu Picchu Pueblo Hotel

Located in the heart of Machu Picchu Historical Sanctuary, Inkaterra's boutique Machu Picchu Pueblo Hotel is an Andean Garden of Eden - one of the world's most appealing boutique hotels. A fusion of calmness, comfort, Andean style and architecture, its natural beauty spreads over 12 acres of low-rise cottages, plantations, and wild forest interspersed by stone pathways. Hummingbirds frolic in a private cloud-forest paradise, while you experience an authentic barefoot luxury hotel at the foot of Machu Picchu.

Libertador Palacio del Inka Luxury Collection

A storied mansion dating back nearly five centuries, the Libertador Palacio del Inka stands in the historic center of Cuzco. Directly across from the Koricancha, it is a five-minute walk from the main square and less than a mile from an array of museums, markets, and restaurants. Uniting the past and present, Palacio del Inka Spa presents indigenous treatments and an indoor therapy pool. The exquisitely appointed guest rooms combine Peruvian art and handcrafted furnishings with contemporary amenities.

Inkaterra Reserva Amazonica Lodge

An eco-luxury lodge in front of Madre de Dios River, Inkaterra Reserva Amazonica has 35 wooden cabanas inspired in the Ese'Eja culture. 540 bird species have been inventoried in hotel grounds, deep in the rainforest.

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Included/Not Included

Included:

- ▶ Accommodations based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Entrance fees
- ▶ English-speaking guides throughout the trip
- ▶ Tips for luggage porters and waiters
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare
- ▶ Domestic airfare
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passport or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides and staff

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Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as Active. Our Active Adventures get you on your feet! You should be in good physical condition for these trips and comfortable walking on uneven surfaces, such as cobblestone streets, biking well-maintained paths and natural trails, or kayaking in calm waters.

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/>

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

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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
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before July 25, 2019.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

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Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Peru, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Peru.

Money:

The currency of Peru is the Sol(es). Visa and MasterCard and sometimes American Express are the most recognized cards in Peru. There is generally a surcharge for credit card use of 3-4%. Higher denominations of US dollars get a better exchange rate. Bring clean, new bills with no marks or tears issued in the last ten years.

Suggestions for Gratuities:

- ▶ Guides: \$5-8 per day
- ▶ Drivers: \$3-4 per day

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Arrive: Arrive in Lima, Peru (LIM) on June 15, 2019.

Depart: Depart Lima, Peru (LIM) on June 25, 2019 in the late evening.

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

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

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 release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at www.theadventurewomenstore.com - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

Luggage Weight Allowance: Your luggage should consist of one medium-sized suitcase or duffel bag and one small carry-on bag/backpack. Your suitcase must weigh no more than 50 pounds. You will also need to bring a small, collapsible overnight bag or backpack to take with you on the train for your overnight at Machu Picchu - no large suitcases are allowed on the train. Your overnight bag can weigh no more than 11 pounds, and the dimensions of this can be no more than 62 inches (combined length, height, and width). **These restrictions are strictly enforced.**

Weather: June in Peru is the dry season, and is arguably the best time to visit Peru. You need to take clothing for both the cool of the higher altitudes in the evenings, the warmth during the day, and the heat of the Amazon. During the day in the highlands, you might need a sweater, but a jacket/fleece is a must in the evening - it can get cold!

Clothing and Gear:

- Broken-in comfortable, light-weight hiking boots
- 1 pair of sneakers or sport sandals for evenings and other walks
- 2-3 short-sleeve shirts
- 2-3 long-sleeve shirts
- 2 pairs of shorts or 2-3 pairs of convertible zip-off pants
- 1-2 pairs of pants. Convertible, light-weight zip-off pairs are convenient
- 1-2 sets of nicer, casual clothes for evening meals
- 5 pairs underwear (synthetics are easier to wash/dry)
- 2-3 bras/sports bras
- 5-6 pairs of socks
- 1 fleece sweater or jacket
- 1 lightweight waterproof windbreaker
- 1 wool cap
- 1 pair of gloves
- 1 bathing suit
- Lightweight wide-brimmed hat
- Sleepwear

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AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2 spare passport photos in case your passport is lost or stolen
- 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
- Power adapters
- 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

Essentials Continued:

- 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 (in original containers)
- 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.

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.

Health Insurance

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

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