

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# MONTANA

## Downhill Skiing Clinic at Bridger Bowl



February 3 - 9, 2019

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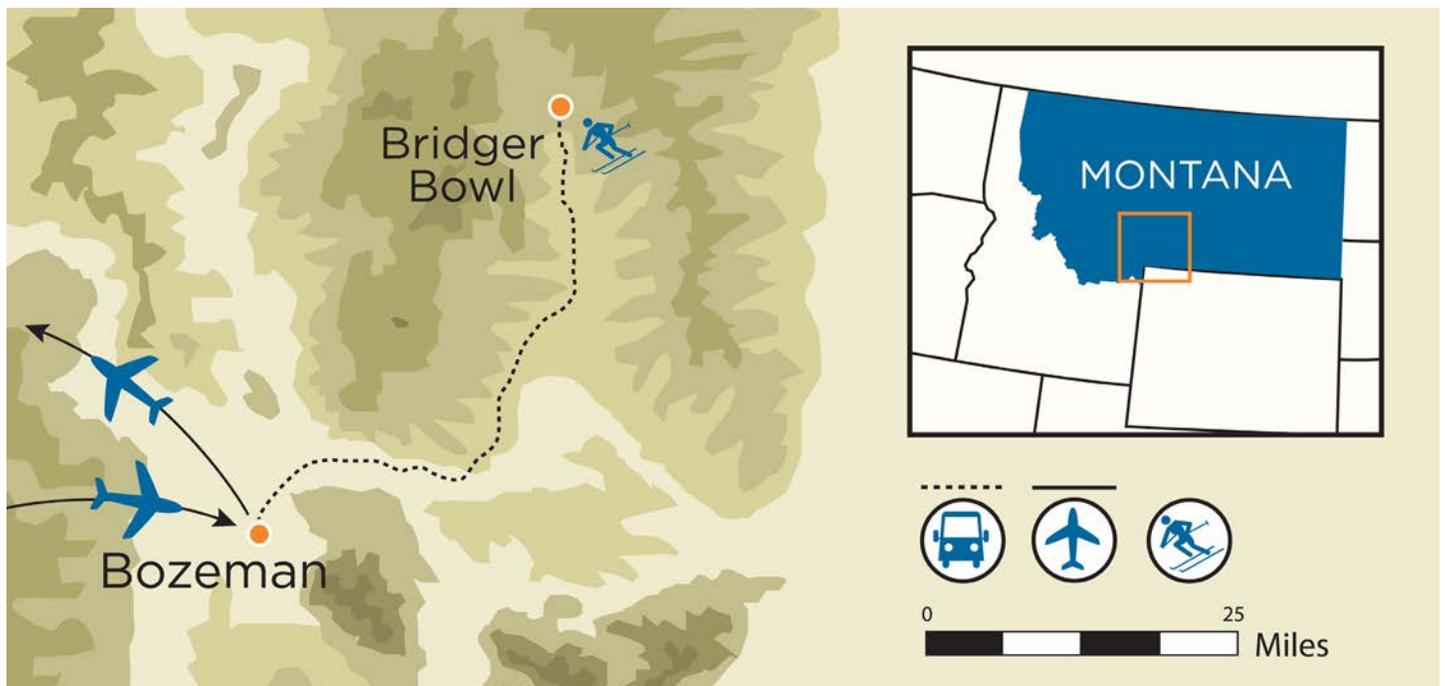
## Downhill Skiing Clinic at Bridger Bowl

February 3 - 9, 2019

### TRIP HIGHLIGHTS

- ▶ The BEST all-inclusive women's downhill ski package offered in the US!
- ▶ Wonderful single accommodations in your own private hotel room (no single supplements charged), including full breakfasts each morning in the hotel's dining room
- ▶ World-class alpine skiing in incredible snow at beautiful Bridger Bowl outside Bozeman, Montana with over 1,200 acres of skiing for all levels and no crowds or lift lines
- ▶ Expert women ski instructors, small group lessons and guided afternoon skiing for all ability levels in our ski school and women's ski clinic
- ▶ Helpful video critiques from your instructor that constructively helps you improve your downhill skiing skills and confidence

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1: arrive in bozeman
- Day 2-4: morning group ski lesson, afternoon guided ski
- Day 5: practice skiing on your own
- Day 6: morning group ski lesson, afternoon guided ski
- Day 7: depart bozeman

### TRIP PRICE

Main Trip: \$2,990

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### your adventure in depth

#### DAY 1

Sunday  
2/3/19

### Arrive in Bozeman, MT

Arrive in Bozeman today. Bozeman is in the southwest corner of Montana, and is the fourth-largest city in this rural state. Founded in 1864, the town's fertile land attracted permanent settlers. By the 1920s, canneries in the Bozeman area were major producers of canned peas, and at one point, Bozeman produced 75% of all seed peas in the country. Today, Bozeman attracts residents and visitors for quality of life, scenery, and recreation. It has been named one of the best places for skiers to live in the west - a perfect place for your women's ski week!

#### Welcome Dinner

Kick off your trip with dinner and a trip orientation along with your ski instructors for the week.

#### Accommodations

GranTree Inn Bozeman

Meals Included  
dinner

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### your adventure in depth

#### DAY 2

Monday  
2/4/19

### Bozeman, MT

Bridger Bowl is a Montana ski resort made just for you! You will work with expert women ski instructors in small group lessons throughout the week. These small groups provide opportunities for personal attention, allowing women of all skiing abilities to improve their skiing, boost their confidence, and maybe even expand their comfort zones. This trip is perfect for all women, from those who have never put on skis to advanced skiers.

The camaraderie of skiing together with other women and your Bridger Bowl ski instructors is what skiers from our past clinics have valued as the most important aspect of the week - a stress-free environment in which each participant can learn to develop her skiing abilities at her own pace. The “après-ski” fun allows you to swap skiing mishaps and stories as you relax over a fine glass of wine in true AdventureWomen style!

#### Accommodations

GranTree Inn Bozeman  
Meals Included  
breakfast

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### your adventure in depth

#### DAY 3

Tuesday  
2/5/19

### Bozeman, MT

Hop on the ski shuttle that stops right at the hotel's front door for a quick and scenic ride up the canyon to Bridger Bowl, the home base for your women's ski vacation and all-inclusive package and home of Bozeman's famous "ski the cold smoke" snow.

The mountain offers wide-open terrain with a variety of landscapes including long, wide-open slopes, glades, chutes, and gullies. The top of the ridge within the ski area is two miles wide, and the views are stunning.

#### Accommodations

GranTree Inn Bozeman

#### Meals Included

breakfast

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### your adventure in depth

#### DAY 4

Wednesday  
2/6/19

### Bozeman, MT

Skiing with other women is fun! No matter what your ability, you will all meet up for lunch most days to share stories and encourage each other. It's the perfect way to reconnect and talk over your most recent perfect turns, or maybe a funny fall you had on the slopes!

If you take an afternoon off from skiing, or if you still have energy after you return from the slopes in the afternoon, you can explore the local color and culture of Historic Downtown Bozeman, a "mecca" in the western US boasting small-town culture and friendliness with cosmopolitan amenities amidst a spectacular mountain setting.

#### Accommodations

GranTree Inn Bozeman

#### Meals Included

breakfast

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### your adventure in depth

#### DAY 5

Thursday  
2/7/19

### Bozeman, MT

Enjoy a free day today to put some of the tips you've learned to the test, exploring the mountain on your own or with some of your new AdventureWomen friends!

Your Montana ski package wouldn't be complete without some après ski fun! Catch the ski shuttle back to the hotel in late afternoon, and soothe your muscles with a hot bath, in your own private room, or sit in the hotel's hot tub. Meet in the newly renovated Best Western GranTree Bar and Grill to get together for a drink before dinner with your new AdventureWomen ski friends. You can stay at the hotel for dinner, or choose to go to one of Bozeman's other wonderful restaurants, which we will tell you all about. Most restaurants are within walking distance or shuttle of the GranTree Inn.

#### Accommodations

GranTree Inn Bozeman

#### Meals Included

breakfast

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### your adventure in depth

#### DAY 6

Friday  
2/8/19

### Bozeman, MT

Whatever your ability level, you will enjoy learning tips for better skiing from your expert women ski instructors and a small group of fellow AdventureWomen skiers matched to your level. As the week progresses, see your confidence and skiing skills dramatically improve, with personalized skiing instruction and helpful ski video critiques along the way.

Take a break and have a hot lunch at the beautiful mid-mountain Deer Park Chalet or Jimmy B's Bar and Grill at the base lodge at Bridger Bowl. After lunch and a short rest, enjoy guided skiing on Bridger Bowl's world-class slopes with your group and instructor for a chance to explore the variety of terrain that the ski area offers.

**Dinner** Celebrate an amazing AdventureWomen ski trip at a group dinner with your ski instructors.

#### Accommodations

GranTree Inn Bozeman

#### Meals Included

breakfast, dinner

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**your adventure  
in depth**

### DAY 7

Saturday  
2/9/19

### Depart from Bozeman, MT

Bid farewell to your new friends and journey home.

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

#### Grantree Inn Bozeman

Cradled between the Bridger, Gallatin, and Spanish Peaks mountain ranges, the Best Western Plus GranTree Inn offers perfect lodging that is conveniently located near restaurants, shops, and Historic Downtown Bozeman. Each large, non-smoking room is attractively decorated and has one king-size or two queen-size beds, cable TV and pay movies, dataports, voicemail, high-speed internet access, clock radios, hairdryers, coffee/tea makers, irons and ironing boards, and two phones with dual lines. Excellent amenities include a heated indoor pool, hot tub, exercise room, convenience store, gift shop, a business center, and the GranTree Bar & Grill. The hotel also offers room service, 24-hour airport shuttles, 24-hour front desk service, valet laundry service, and 24-hour laundry facilities.

### Included/Not Included

#### Included:

- ▶ Private luxury room at hotel
- ▶ Full breakfasts throughout
- ▶ 2 dinners (day 1 and day 6)
- ▶ Lift tickets serving all lifts throughout trip
- ▶ 4 days of morning instruction with women ski instructors (based on your ability)
- ▶ 4 days of guided skiing in the afternoons with your instructors
- ▶ 1 free day to practice skiing on your own or with others in your group
- ▶ 5 days of bag checks for all ski equipment to be left at the ski area
- ▶ All equipment (helmets, skis, boots, and poles)
- ▶ Before and after videos (If you dare to watch!)
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ Round-trip airfare
- ▶ Drinks and alcoholic beverages with included meals
- ▶ Tips throughout
- ▶ Items of a personal nature

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### Activity Level:

Moderate

Active

**High Energy**

Challenging

We rate this trip as High Energy and is appropriate for **all skiers - if you're skiing for the first time, this is perfect for you, if you've been skiing your whole life, you are sure to learn new skills in the lessons!** Our High Energy adventures 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.

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
- Skiing Questionnaire
- Copy of Flight Information

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before November 5, 2018.

Suggested Gratuities:

- ▶ Breakfast server each morning: \$2-3 per day
- ▶ Ski Instructors: \$80-100 for the week
- ▶ Bus Driver: \$10 for the week
- ▶ Ski and Bag Check Attendant: \$10 for the week
- ▶ If you use the Best Western Plus GranTree Inn shuttle into town it's a nice gesture to give the driver a small tip.

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**Arrive:** Arrive at the Best Western Plus GranTree Inn in Bozeman on February 3, 2019 by 5:00pm.

**Depart:** Depart any time on February 9, 2019.

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](mailto: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.

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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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at [www.theadventurewomenstore.com](http://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.

Winter weather in Montana can be variable and extreme; one day it may be above 50°, and the next day may be below zero! During previous AdventureWomen ski vacations at Bridger Bowl near Bozeman, MT it has often been anywhere from -10° to above freezing. The weather this time of year is generally excellent, but please come prepared with the right ski clothing for winter conditions! We recommend layering as it allows you to add or shed clothing according to the weather, snow conditions and your level of exertion on the ski slopes. You can leave extra layers in the lodge for adding or shedding layers during the day. Bridger Bowl is not a mecca of high ski fashion - comfortable and practical ski clothes are the accepted norm!

### Ski Clothes / Gear:

- 1 waterproof/windproof ski jacket or shell
- 1 pair waterproof/windproof ski pants
- 1 down sweater or fleece (if using a non-insulated shell jacket you may want additional insulating layers)
- 2-3 pairs long underwear pants
- 2-3 long underwear tops of varying weights
- 1-2 neck gaiters or buffs
- 1 face mask
- 1 pair gloves (for warmer days)
- 1 pair mittens with liners (for colder days)
- 4-5 pair ski socks (bring varying thicknesses when renting boots to ensure the best fit)
- 4-5 pairs wicking underwear
- 1-3 athletic bras
- ski hat
- head band
- scarves
- bandanas (better than tissues on the slopes!)
- sunglasses with strap
- ski goggles
- sunscreen
- lip balm with SPF
- if you have your own ski boots and helmet that fit you well, we encourage you to bring them. Otherwise, these items are part of your rental ski package that is included in the trip price

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### Après-Ski Clothes:

- 1-2 pairs casual pants
- 2-3 casual sweaters/tops
- Winter boots/shoes
- bathing suit for the sauna or hot tub

### AdventureWomen Essentials:

- Travel documents (airline tickets, money)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Digital camera, memory cards, battery charger (keep the camera in a small bag on the slopes!)
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- 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
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)

### Essentials Continued:

- Assortment of stuff sacks and Ziploc bags
- 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