

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# DOLOMITES

## Hike the Italian Dolomites



July 16 - 25, 2020

# DOLOMITES

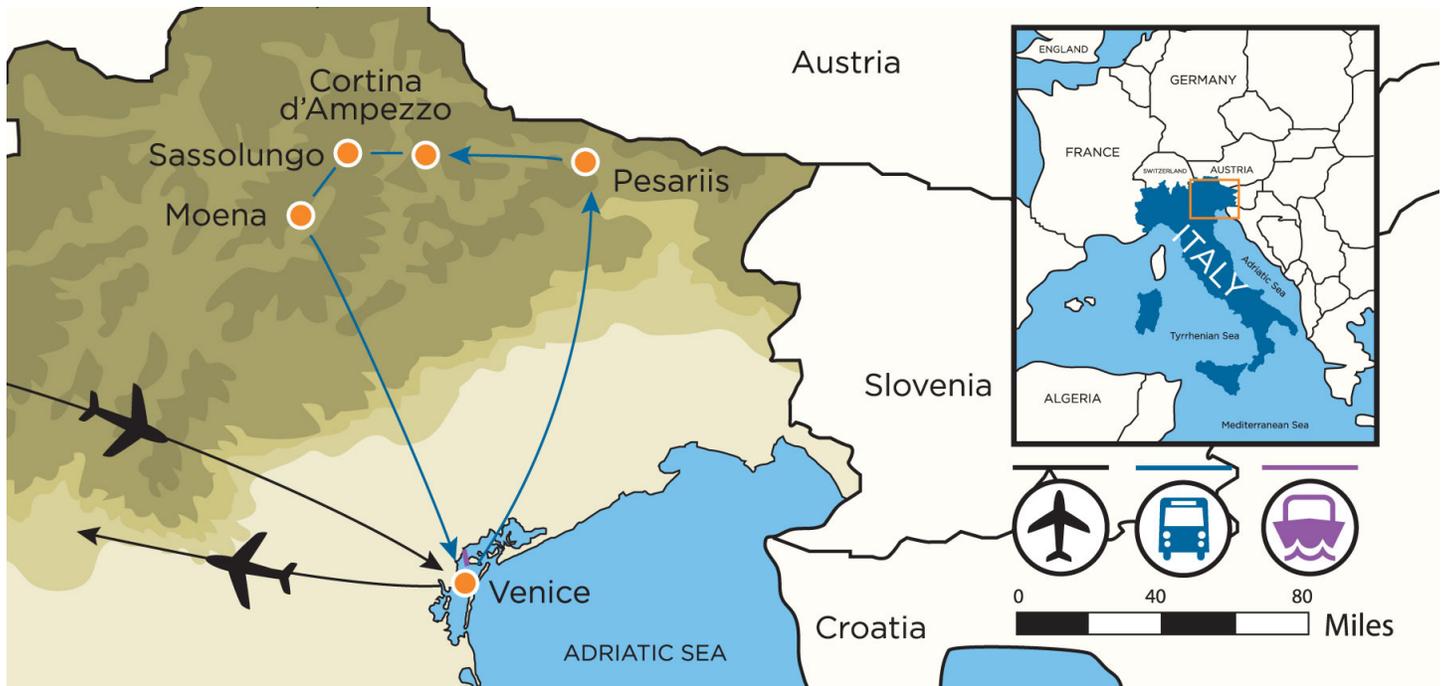
## Hike the Italian Dolomites

July 16 - 25, 2020

### TRIP HIGHLIGHTS

- ▶ Enjoy making and tasting delicious homemade Italian cooking with local families
- ▶ Explore on foot, tiny villages and farms set high in the Dolomite mountains among green fields and great drifts of summer flowers
- ▶ Hike to the Tre Cime, looping around the three most majestic peaks of the region
- ▶ View the 5,000 year old iceman, Ötzi
- ▶ Learn how to make delicious artisanal mountain cheeses at a local farm and participate in the milking process

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1: arrive in Venice, explore Pesariis and the Museum of Clocks, welcome dinner
- Day 2: 7-8 hours hiking to the top of Mount Coglians, lunch at a mountain hut
- Day 3: explore an organic orchard, experience a cooking class, easy afternoon hike
- Day 4: visit a harpsichord workshop, enjoy lunch in a local home, drive to Cortina d'Ampezzo
- Day 5: 4-5 hours hiking the Tre Cime Loop, star-gazing at an astronomical observatory
- Day 6: 4-5 hours hiking to Col Rodella (8,150'), via ferrata class, sleep in an alpine hut
- Day 7: 2-3 hours hiking to a cheese farm, afternoon to explore Moena
- Day 8: explore Bolzano, including the Cathedral and the archaeological museum
- Day 9: drive to Venice, afternoon tour of the city, farewell dinner
- Day 10: depart Italy

### TRIP PRICE

Main Trip: \$5,790

Optional Single Accommodations: \$975

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### your adventure in depth

#### DAY 1

Thursday  
7/16/20

### Arrive in Pesariis

The Dolomites are a region of unparalleled beauty and inspiration, well-known for its tiny villages and farms set high in the mountains among green fields and great drifts of summer flowers. Though the picturesque villages are secluded and far apart, the quality of life is as legendary as its alpine hikes, pure mountain air, and photogenic views of the world.

#### Pick-up and Transfer

You will be picked up at the Venice airport by your guide. Start your journey across the countryside, learning about the region from your guide, and learn more about the intrepid women in your group on this two and a half hour drive.

#### Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore the Dolomites! Savor the recipes made from local ingredients.

#### Accommodations

Farmhouse Sot la Napa

Meals Included  
dinner

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#### DAY 2

Friday  
7/17/20

### Pesariis

At over 9,000 feet, Mount Coglians is the highest peak of the Friuli Venezia Giulia Region. The views from the peak are glorious, and span from Austria across the whole Dolomites and Carnic Alps. Get to know the other women on your trip as you hike up this imposing mountain.

#### Drive to the Trailhead

Head out early to start the hour-long drive to the trailhead of Mount Coglians.

#### Hike Mount Coglians

Start your hike to the peak of Mount Coglians. The path will start in pine woods, and as you near the peak, it will open up into pastures. It will take between four and five hours to climb to the top of the mountain with 4,700 feet of elevation gain.

#### Lunch at the Marinelli Hut

After enjoying the view at the top of Mount Coglians, descend 2,300 feet in about an hour and a half to the Marinelli Hut, where you will have lunch. The hut is famous for its cuisine, and a delicious stop after your morning's accomplishment.

#### Head Back to Pesariis

Continue your descent after lunch. You'll hike another 2,400 feet down in about an hour and a half. Drive back to Pesariis.

#### Dinner on Your Own

Enjoy dinner on your own this evening.

### Accommodations

Farmhouse Sot la Napa  
Meals Included  
breakfast, lunch

### Hiking

7-8 hours, 4,700' gain

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#### DAY 3

Saturday  
7/18/20

### Pesariis

Pesariis is an authentic and charming mountain hamlet. Every corner of the village has its own public clock! In 1725, the first clock company in Pesariis was founded; Solari made wall-mounted clocks, bell tower clocks, water and striking clocks, pendulum clocks, and even sun dials.

#### Explore a Local Orchard

Spend some time exploring a woman-owned orchard which is locally known for its organic products. The woman who owns it uses the ingredients she grows in her restaurant as well as sells them to the locals. Learn about how she grows her vegetables and fruits.

#### Cooking Class

Take a cooking class with ingredients straight from the orchard. This will be a journey through time - the kitchen has a lot of history, and the recipes have been handed down from generation to generation. Enjoy the creations you've made for lunch with your new AdventureWomen friends. Cap off your meal with a house-made grappa.

#### Stretch Your Legs

This afternoon, head out on a gentle hike towards Stavoli di Orias. You'll hike for about an hour and a half, which will help work out any soreness from yesterday! Imagine life here high on the mountainside as you feast your eyes on the green Italian valleys far below.

#### Dinner

Enjoy dinner on your own this evening.

### Accommodations

Farmhouse Sot la Napa

### Meals Included

breakfast, lunch

### Hiking

2.5 hours, 500' gain

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#### DAY 4

Sunday  
7/19/20

### Pesariis to Cortina d'Ampezzo

Cortina d'Ampezzo, commonly known as Cortina, is a town in the heart of the Dolomites. It is actually best known as a winter destination; people flock to Cortina to ski! It hosted the winter olympics in 1956, and was the set for the filming of The Pink Panther, which premiered in 1963. Cortina is the perfect base for you to explore the beautiful world of immense vertical walls, green mountain pastures, and stunning trails.

#### Harpsichord Workshop

Meet two harpsichord makers at a local workshop. Learn about all of the stages of harpsichord construction, starting with the selection of wood and finally learning about the decorations they choose.

#### Lunch

Join a local family for lunch in their home - a typical alpine chalet. The couple hosting you are remarkable; the woman is a fabulous cook, and her husband is a sommelier, so you will have an opportunity to learn about food and wine pairings.

#### Cortina d'Ampezzo

After lunch, drive for two hours to Cortina d'Ampezzo. Enjoy a walk through the narrow local streets to help you learn your way around town.

#### Dinner

You'll have some free time to explore or relax before enjoying a lively dinner as a group.

#### Accommodations

Hotel Ambra Cortina

#### Meals Included

breakfast, lunch, dinner

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#### DAY 5

Monday  
7/20/20

### Cortina d'Ampezzo

The Tre Cime, or “Three Peaks”, are the famous landmark of the Dolomites. The white dolomite and the green meadows and forests shape the local landscape. The peaks formed part of the border between Italy and Austria until 1919, and now they lie on the border between the Italian provinces of South Tyrol and Belluno. Interestingly, they are still part of the linguistic boundary between German-speaking and Italian-speaking majorities.

#### Hike the Tre Cime

After a 45-minute drive, start your hike of the Tre Cime Loop. The hike is on moderate terrain, and will take you around some of the most panoramic spots in the Dolomites over four or five hours. Enjoy a picnic lunch along the way.

#### Afternoon on Your Own

Take the afternoon to explore Cortina on your own. Do some shopping, spend some time at a café, indulge in a glass of wine with your new friends, or just relax at your lovely hotel. Enjoy dinner on your own.

#### Helmut Ullrich Astronomical Observatory

If you have the energy, after dinner head to the Helmut Ullrich Astronomical Observatory. This experience is unforgettable. Soak in the panoramic view of the stars and planets under a natural cupola at an elevation of almost 6,000 feet.

#### Accommodations

Hotel Ambra Cortina

#### Meals Included

breakfast, lunch

#### Hiking

4-5 hours, 500' gain

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#### DAY 6

Tuesday  
7/21/20

### Cortina d'Ampezzo to Sassolungo

Sassolungo is a concentration of spiers, rocky terraces, and perfectly vertical natural bell towers that suddenly emerge from the pastures below. The mountain massif was actually originally a coral reef!

#### Pack an Overnight Bag

Pack just a few things into an overnight bag for today; you'll leave your main luggage behind as you overnight in a mountain hut!

#### Hike Col Rodella

Drive about two hours to the start of the trail at Pian de Frataces. Tighten your boots and head uphill! You'll start your hike on an amazing natural terrace that takes you through a fir and larch forest dotted with typical wooden huts and barns. After reaching the peak of Col Rodella at 8,150 feet, descend to a mountain hut for a fortifying lunch. Total hiking time is 4-5 hours with 2,300 feet of elevation gain.

#### Via Ferrata Class

For those who are interested, you can embrace the challenge of trying a Via Ferrata, a protected climbing route, as part of a class with a professional guide. A Via Ferrata is a trail built with a steel cable rail fixed to the rock, metal steps, ladders, suspension bridges, and zip wires. Learn to traverse and climb like a pro!

#### Finish Your Hike

Finish your hike on a panoramic path along the plateau, and reach the Sasso Piatto hut, where your group will spend the night. Spend some time before dinner swapping stories about your adventures on the Via Ferrata this afternoon!

#### Accommodations

Sasso Piatto Hut

#### Meals Included

breakfast, lunch, dinner

#### Hiking

4-5 hours, 2,300' gain

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#### DAY 7

Wednesday  
7/22/20

### Sassolungo to Moena

Immerse yourself in Ladin culture and tradition in Moena, visiting the town's unique neighborhoods and districts. The historic city center encourages you to take a walk, poking around in the local shops selling crafts.

#### Artisinal Cheese Making

Wake up to an amazing view of the Dolomites. If you're up early enough, walk to visit a nearby malga, or mountain dairy, to see the morning milking and meet the shepherds to learn about artisanal cheese making. Make sure to sample the product!

#### Hike to Campitello di Fassa

Walk across alpine pastures and then through forests down to the charming village of Campitello di Fassa. Enjoy lunch in a local restaurant, including some of the regional specialties - canederli, gulash, and strudel!

#### Explore Moena

Explore the lovely town of Moena this afternoon. Stretch your legs, poke around in some local shops, or just sit and enjoy a coffee.

#### Accommodations

Hotel Central

#### Meals Included

breakfast, lunch

#### Hiking

2-3 hours, mostly flat

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**DAY 8**  
Thursday  
7/23/20

### Moena

Bolzano is the vibrant capital of Trentino Alto Adige, a charming city with a blend of German and Mediterranean traditions. Both cultures are visible in its architecture. In 2014, Bolzano was voted as the Italian city with the best quality of life. Explore it a bit and see if you agree!

#### Explore Bolzano

Drive about two hours to the charming town of Bolzano. Explore on foot, learning about the town center, visiting the local cathedral with its Gothic bell tower, and the Piazza Walther, home to characteristic wooden houses with amazingly detailed decorations.

#### Visit the Archaeo- logical Museum

Visit the local archaeological museum, where you can explore the exhibits. The main attraction here is Ötzi, the mummy of a 5,000-year-old man found in the Similaun glacier near the Italian-Austrian border.

#### Lunch and Dinner

Enjoy lunch on your own in Bolzano today. Head back to Moena where you can try a small local restaurant for dinner on your own with a few of your new friends!

Accommodations  
Hotel Central

Meals Included  
breakfast

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#### DAY 9

Friday  
7/24/20

### Moena to Venice

With a history that dates back to 400 A.D., Venice is a multi-layered tale of maritime intrigue and trade, of unique traditions and festivals, and of an astounding heritage of art and architecture. Over the centuries, the 118 individual islands were connected by the more than 400 bridges crossing 177 canals. The Grand Canal flows through its heart, crossed by only four of those bridges. Gondolas still ply the waterways, joined by vaporetti, water taxis, and private yachts.

#### Drive to Venice

Say goodbye to charming Moena as you start the final leg of your journey, a three hour drive to Venice.

#### Lunch

Check in to your hotel and then enjoy lunch on your own in Venice.

#### Tessiture Bevilacqua

Walk from the hotel to the famous Piazza San Marco and then take the Vaporetto to Tessiture Bevilacqua. Enjoy a private visit to the fabric workshop to see the third generation of women producing these precious fabrics, which are shipped to the most important royal houses of the world.

#### Farewell Dinner

Enjoy a delicious farewell dinner. The mountain views, the villages, the fresh air, the people - everyone in your group may have different "favorite moments" but you can all agree that hiking through the Dolomites was made all the better in the company of women.

#### Accommodations

Palazzo Barocci

#### Meals Included

breakfast, dinner

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#### DAY 10

Saturday  
7/25/20

### Depart Venice

Depart Italy this morning, leaving with wonderful memories of an exceptional trip.

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights 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

#### Farmhouse Sot la Napa

Farmhouse Sot la Napa is in a home built in the 1600s that has been lovingly restored, turning it into a welcoming mountain farmhouse. Enjoy staying in the comfortable rooms and dine in the on-site restaurant which has original frescos and local stone floors, and hosts a typical “fogolar” (open fireplace).

#### Hotel Ambra Cortina

Hotel Ambra is a gem in the historic heart of Cortina, looking out on Monte Faloria, while the magnificent Tofana de Rozes provides a stunning backdrop, and the town’s belltower rises in between. The hotel and its rooms celebrate nature, cinema, theater, and fashion.

#### Sasso Piatto Hut

The Sasso Piatto Hut boasts beautiful 360° views of the Dolomite peaks of Sassopiatto, Marmolada, Sass Pordoi, Sciliar, among others. Here at 7,500 feet, a paradise opens up to you: surrounding the hut is Europe’s largest Alpine pasture, where calves and sheep graze. The views of the Dolomites are stunning, the mountain air is clear, the natural landscape fascinating, and the peace and quiet is refreshing.

#### Hotel Central

The Hotel Central has direct views into the central square of Moena, a wonderful village in the Dolomites. Stay comfortably in the heart of the village, where you can enjoy exploring the area which is only open to foot traffic in the evenings.

#### Palazzo Barocci

The Palazzo Barocci is a historic building every bit as beautiful and atmospheric as you’d expect a former Venetian palace to be. Originally home to Teatro Sant’Angelo, known for hosting Vivaldi and Goldoni’s operas, the building has been conserved and renovated; during the renovation, the original floors and frescoes were uncovered and are now preserved for generations to come. The hotel enjoys a prime location in the city, overlooking the Rialto Bridge and the Grand Canal, and is the perfect base from which to discover the city’s charms.

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### Included/Not Included

#### Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Activities as listed in the itinerary
- ▶ English-speaking guides throughout the trip
- ▶ Water during all drives
- ▶ Gratuities
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare to and from Italy
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature

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### Activity Level:

Moderate

Active

**High Energy**

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy more of a physical adventure 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. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We strongly 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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The deposit for this trip is \$800, and is nonrefundable and nontransferable. 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 April 17, 2020.** A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

### 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!

### Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Italy, 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](http://www.cdc.gov/travel) and navigate to the page about Italy.

### Money:

The currency of Italy is the Euro. ATMs will be accessible throughout the trip, and credit cards can be used in most places, though Visa and MasterCard are more often accepted than American Express.

Gratuities are included in your trip cost.

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**Arrive:** Arrive in Venice, Italy (VCE) on July 16, 2020 before 9:00am.

**Depart:** Depart Venice, Italy (VCE) on July 25, 2020.

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.

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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.

The weather in the Dolomites in the summer is typically sunny. At lower elevations, temperatures range from 50°F - 80°F, and at higher elevations from 30°F - 70°F. There is a possibility of rain showers.

You can have laundry done along the way, or wash it by hand. We recommend planning on doing laundry when you are staying somewhere for two nights or more.

### Clothing and Gear:

- Duffel bag or small suitcase
- Daypack (large enough to carry one full change of clothing, spare layers, a packed lunch, and water)
- Rain cover for daypack
- 1 pair hiking poles (must be carried in checked bag)
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 2-3 pairs of hiking pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for Venice
- 1 medium weight fleece sweater/jacket
- 1 down/synthetic insulated jacket
- Gore-Tex/waterproof jacket
- Gore-Tex/waterproof pants
- 1 pair gaiters
- Medium-weight, waterproof hiking boots (make sure they are broken in!)

- Comfortable walking shoes
- 3-4 pairs hiking socks
- Hat for sun protection
- 5-7 pairs underwear
- 2-4 sports bras
- Sleepwear
- Bathing suit

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- 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/power bank

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### Essentials Continued:

- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen water bottle
- 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](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags (great for dirty boots/laundry)
- 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

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### 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