

# JAPAN

## Traditions, Onsens, & Hiking the Kumano Kodo



April 16 - 26, 2020

# JAPAN

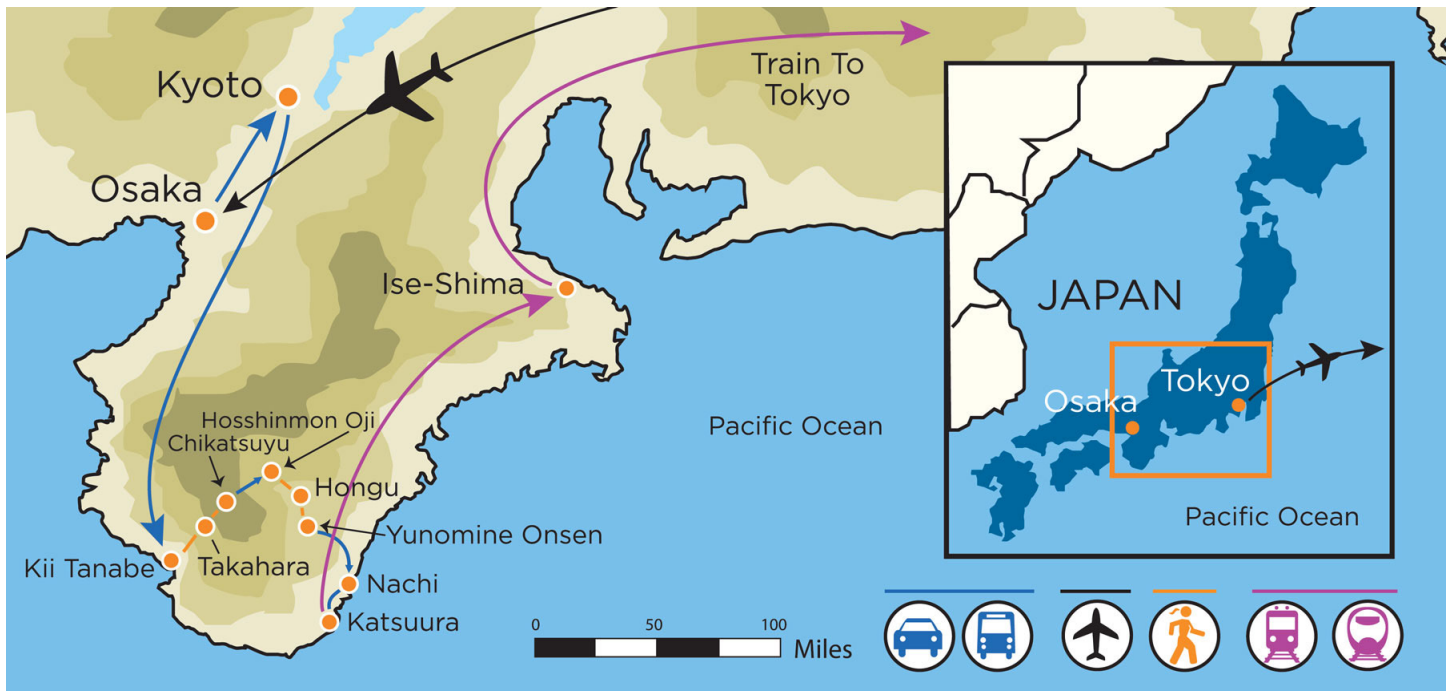
## Traditions, Onsens, & Hiking the Kumano Kodo

April 16 - 26, 2020

### TRIP HIGHLIGHTS

- ▶ Hike from village-to-village along the ancient pilgrimage route of the Kumano Kodo resting at night in traditional inns
- ▶ Hike with one of the few female “yamabushi”, or mountain ascetic priests and learn about the preservation of Japan’s regional traditions
- ▶ Meet Ama pearl divers, Japanese women who free-dive for pearl oysters
- ▶ Experience the etiquette and tradition of a formal Japanese tea ceremony
- ▶ Relax in the evening in natural hot spring baths with a soothing glass of wine

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1: arrive Kyoto, welcome dinner
- Day 2: explore Ginkakuji Temple, walk the Philosopher's Pathway, meet an apprentice Geisha
- Day 3: experience Todaiji Temple, walk in Nara Park, Japanese tea ceremony
- Day 4: hike on the Kumano Kodo from Takijiri to Takahara
- Day 5: hike from Takahara to Chikatsuyu
- Day 6: hike to Hongu with a female ascetic priest, make traditional washi paper
- Day 7: visit a tuna market, explore Nachi Taisha
- Day 8: take the train to Ise, visit the Geku, end the day in the inner shrine of Naiku
- Day 9: visit the Ama Divers, take the bullet train to Tokyo
- Day 10: walk in the Hama Rikyu Gardens, visit the Ginza district, explore Grand Meiji Shrine
- Day 11: depart for the US

### TRIP PRICE

Main Trip: \$8,390

Optional Single Accommodations: \$1,500

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### your adventure in depth

#### DAY 1

Thursday  
4/16/20

### Arrive in Kyoto

Arrive in Osaka today and transfer to Kyoto. Kyoto is a city located in the central part of the island of Honshu, Japan, with a population close to 1.5 million. Kyoto was formerly the Imperial capital of Japan for more than a thousand years, and is now the capital city of Kyoto Prefecture located in the Kansai region, as well as a major part of the Kyoto-Osaka-Kobe metropolitan area. Kyoto is home to 17 UNESCO World Heritage Sites, from the 10th to the 19th century, and each is representative of the period in which it was built.

#### Pick-up and Transfer

When you exit customs and immigration, make your way to the transfer desk for your shared taxi transfer to your hotel in Kyoto.

#### Welcome Dinner

Meet your guide and AdventureWomen Ambassador in the hotel lobby at 7:00pm. 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 Japan!

#### Accommodations

Royal Park Hotel

#### Meals Included

dinner

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### your adventure in depth

#### DAY 2

Friday  
4/17/20

#### Accommodations

Royal Park Hotel

#### Meals Included

breakfast, lunch

### Kyoto

Kyoto served as Japan's political, spiritual, and cultural capital from the 12th to the 19th centuries. While political power has moved to Tokyo, Kyoto has retained a firm grasp on Japanese culture and traditions and is renowned for its temples, festivals, and cuisine. You'll notice that even though Kyoto is one of Japan's largest cities, it doesn't have tall skyscrapers as you might expect. Few buildings or structures are taller than the pagoda of Toji Temple, located in the southwest of the central Kyoto area, which is the tallest pagoda in Japan at a height of 187 feet. The current pagoda dates to 1644, but the original was built in 864.

#### Ginkakuji Temple

Visit Ginkakuji Temple, or the Silver Pavilion this morning. This temple is popular for its gardens and tea house.

#### Stroll on the Philosopher's Pathway

Walk along the Philosopher's Path, with craft shops, cafés, shrines, and temples beside the clear waters of a small canal. One side of the canal is lined with cherry trees (and hopefully cherry blossoms!). Stop at Nanzenji, a tranquil Zen Buddhist temple dating back to the mid-13th century.

#### Maiko Experience

Enjoy a special private experience with a maiko, an apprentice geisha, or geiko, as they are known in Kyoto. Geisha are revered for preserving traditional arts of music and dance. There are only approximately 250 in Kyoto but they remain very much in demand for attendance at private functions. The world of the geisha is very closed and introductions are often only made through personal connections.

#### Walking Tour of the Gion

This afternoon, discover the back lanes and traditions of Gion, a famous district known for its tea houses, geiko, and maiko.

#### Dinner on Your Own

Enjoy dinner on your own this evening. Your guide will make restaurant recommendations.

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#### DAY 3

Saturday  
4/18/20

#### Accommodations

Royal Park Hotel

#### Meals Included

breakfast, dinner

### Kyoto

Nara is home to some of Japan's greatest cultural treasures, many of which are situated in or near Nara Park. Nara was the capital of Japan from 710 to 794, prior to Kyoto and Tokyo. Nara is home to a number of UNESCO World Heritage Site temples.

#### Pack an Overnight Bag

Today, your larger bag will be sent ahead to Takahara, where you will arrive tomorrow evening. Pack your essentials in your day pack to keep with you for this evening and tomorrow. Essentials should include: pajamas, one set of hiking clothes for tomorrow, reusable water bottles, a spare foldable duffel (if you're a serious shopper!), and any essential medications and toiletries you will need. Note that Japanese hotels are very generous with their toiletries, so you may not need much!

#### Visit the Todaiji Temple

Todaiji Temple is a UNESCO World Heritage site, known for housing the world's largest bronze statue of the Buddha Vairocana. The building housing the statue is one of the largest wooden buildings in the world.

#### Walk in Nara Park

Walk though Nara Park, home to over 1,000 free-roaming deer. The deer are considered sacred messengers of the gods. You can purchase special rice crackers to feed the deer if you'd like.

#### Lunch on Your Own

Enjoy lunch on your own and spend some time exploring Naramachi, an older section of town home to craftspeople and small boutiques as well as restaurants and cafés.

#### Japanese Tea Ceremony and Afternoon at Leisure

Return to Kyoto to experience a traditional Japanese tea ceremony. This afternoon, enjoy some free time in the Higashiyama district to browse the many small shops offering traditional handicrafts and tasty local treats, including pickles and yatsuhashi, a local sweet flavored delicately with cinnamon.

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#### DAY 4

Sunday  
4/19/20

### Kyoto to the Kumano Kodo

Now a UNESCO World Heritage site, the Kumano Kodo became popular in the 11th century as a place of pilgrimage. Kumano, part of the mountainous Kii Peninsula stretching south from the Kansai cities of Osaka, Nara, and Kyoto, has been a sacred site associated with worshipping nature since prehistoric times. The Kumano Kodo is associated with the Shugendo faith, a religion based on a form of mountain worship and blends a number of imported religions with native beliefs. At its core is an emphasis on physical endurance as a path to enlightenment.

#### Journey to the Kumano Kodo

Take the train from Kyoto to Kii Tanabe this morning. Once in Kii Tanabe, you will take a bus to Takijiri.

#### Lunch

Enjoy lunch before you start your hike.

#### Hike From Takijiri to Takahara

Begin your walk on the Nakahechi portion of the Kumano Kodo pilgrimage route. From Takijiri the path climbs steadily for about two hours to the ridge-top village of Takahara. Your lodging tonight features hot spring baths made of cypress wood. Your delicious evening meal is made with organic, locally-sourced ingredients. You'll be reunited with your bag tonight.

### Accommodations

Organic Hotel  
Kiri-no-Sato

### Meals Included

breakfast, lunch, dinner

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#### DAY 5

Monday  
4/20/20

### Kumano Kodo

The Nakahechi route of the Kumano Kodo pilgrimage network has been used extensively since the 10th century, when Japan's Imperial ancestors first began the tradition. The classic pilgrimage circuit began in Kyoto at Jonan-gu shrine and finished with a visit to Kumano Nachi Taisha. On the return journey to Kyoto, pilgrims either retraced their steps or took the mountainous Ogumotori-goe and Kogumotori-goe passes to Hongu.

#### Hike From Takahara to Chikatsuyu

Enjoy an early Japanese breakfast before departing your inn. Follow the trail as it winds through small settlements and peaceful countryside. You will pass several Oji shrines before finally descending to the village of Chikatsuyu. The paths are clearly defined, and flagstones have been laid in some places to make the climbs easier.

#### Lunch and Meet Local Women

Enjoy lunch and meet a local women's group, which preserves local folk songs and dances.

#### Afternoon at Leisure

Take some time to relax before dinner, which is served at your family-run guest house. Enjoy a soak in the hot springs bath. (Note that in the traditional hot springs, you may need to cover any tattoos or body art).

### Accommodations

Organic Hotel  
Kiri-no-Sato

### Meals Included

breakfast, lunch, dinner



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#### DAY 6

Tuesday  
4/21/20

Accommodations  
Yunominesou

Meals Included  
breakfast, lunch, dinner

### Kumano Kodo

Today, hike in and around Hongu, one of the sacred shrines of pilgrimage on the Kumano Kodo. At the heart of these sacred mountains, Kumano was said to be the entrance to the land of Yomi, the 'other world' to which spirits traveled in Japanese mythology.

#### Hike From Hosshinmon Oji to Hongu

From Chikatsuyu, take a local bus to Hosshinmon-oji, where you will walk a gentle section of the trail to the Kumano shrine at Hongu, one of the three 'Grand Shrines of Kumano'.

#### Meet a Yamabushi

During your walk, you will be accompanied by one of the few female yamabushi, or mountain ascetic priests. Learn more about the training of yamabushi and the Shugendo faith.

#### Traditional Washi Paper Making

Arrive in Hongu, where you will make traditional Japanese washi paper. The Kotsuga village in Hongu has long been famous as a center for handmade washi paper. Otonashi paper is made from fibers of the mulberry plant, and was once dedicated at the Hongu Grand shrine in the form of paper amulets called Gou Shinpu. Create your own piece of Washi at the workshop, and return to Hongu to have it stamped with a special Shuin red seal at the Kumano Grand Shrine – a traditional pilgrim's souvenir and work of art.

#### Lunch

Enjoy lunch at a local cafe.

#### Optional Walk on the Dainichigoe

From the Kumano shrine at Hongu, walk the Dainichigoe to the Yunomine Onsen, one of the oldest natural hot spring onsen villages in Japan, famous for the thermal water bubbling to the surface of the crystal clear stream. Spend the night in Yunomine Onsen. Enjoy a relaxing soak in a Japanese bath (bring large bandages to cover tattoos or body art, as no clothing is allowed in this bath) before or after your delicious dinner.

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DAY 7

Wednesday  
4/22/20

Accommodations  
Urashima

Meals Included  
breakfast, lunch, dinner

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### Kumano Kodo

Kumano Nachi Taisha is an example of Buddhist and Shinto syncretism (Shinbutsu shugo) nestled in the Kii Mountains, near Kii Katsuura, Japan. Cedar forests surround the site.

#### Pack an Overnight Bag

Today, your larger bag will be sent ahead to Tokyo. Pack your essentials for the next two nights in a smaller bag.

#### Visit Nachi Taisha

Visit the shrine as well as the nearby Nachi waterfall, which is said to be inhabited by the kami spirit Kiryu Gongen. Nachi-san is one of the shrines of pilgrimage on the Kumano Kodo. The temples of Nachi-san are set in primeval forest, and are marked by an ancient stone approach, the Dogenzaka. The adjacent Nachi-no-taki or waterfall crashes to the rocks below and is the focus of the traditional worship of natural spirits.

#### Kii Katsuura Tuna Market

This tuna market is the source of the tuna that ends up at the larger wholesale markets in Osaka and at Tsukiji in Tokyo, as many fish land here off of ships departing from local ports.

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#### DAY 8

Thursday  
4/23/20

#### Accommodations

Toba Hotel International

#### Meals Included

breakfast, dinner

### Kumano Kodo to Ise

Ise has been considered a sacred place for 2,000 years, and the shrine is surrounded by 1,000-year-old cedar trees, but the buildings themselves are rebuilt every 20 years. The site is eternal and ancient yet characterized by regeneration and youthfulness.

#### Travel by Train to Ise

After breakfast, take the train to the Ise area.

#### Visit the Geku

The outer shrine, or Geku, is dedicated to the spirit of food, clothing, and housing. Devotees come to offer prayers of gratitude, and to maintain the purity of the shrines, visitors must pray outside. Only the high priests, shrine maidens, and the Emperor are allowed to enter the buildings.

#### Okage Yokocho

The Okage Yokocho is an area of older buildings relocated here that previously stood on the old route of pilgrimage to the shrine. Most of the buildings are now shops or restaurants catering to pilgrims' more earthly desires. In addition to local delicacies and bean paste sweets, you'll find shops featuring local handicrafts and products, such as Matsusaka Momen - items made from indigo-dyed local cotton. Enjoy lunch on your own.

#### Visit Naiku

End your day with a visit to the solemn inner shrine. The inner shrine is dedicated to Amaterasu-omikami who ruled the celestial world of deities. She is viewed in Shinto as the ancestral deity not just of the Japanese line of Emperors, but also of the Japanese people. Visitors are sometimes surprised by the juxtaposition of the ancient and the new.

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#### DAY 9

Friday  
4/24/20

### Ise to Tokyo

Ama divers are women who practice free-dive fishing - they dive without oxygen tanks or other mechanical help - to collect seafood or pearl oysters. Archaeological evidence shows that Ama diving has been practiced in the area for nearly 3,000 years. However, this traditional lifestyle is under threat; it is slowly dying out as the younger generation of women choose not to follow in their mothers' footsteps.

#### Visit the Ama Pearl Divers

Spend the morning with the Ama Divers and learn about their lives and unique profession. Enjoy a special seafood lunch with the women.

#### Travel by Train to Tokyo

Take a regional and a bullet train to Tokyo.

#### Dinner

Enjoy dinner at a local restaurant.

#### Accommodations

Prince Park Tower

#### Meals Included

breakfast, lunch, dinner

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#### DAY 10

Saturday  
4/25/20

#### Accommodations

Prince Park Tower

#### Meals Included

breakfast, lunch, dinner

### Tokyo

Tokyo is the capital of Japan, and is the eighth largest city in the world. Tokyo was originally a small fishing village named Edo, which means estuary. Its name was changed to Tokyo (to: “east”, and kyo: “capital”) when it became the imperial capital under Emperor Meiji in 1868. You’ll discover the city as the Japanese do today - by subway and train.

#### Hama Rikyu Gardens

Visit the Hama-Rikyu gardens this morning, located near the mouth of the Sumida-gawa, a large river that flows through Tokyo. The garden is divided into two major sections. The southern garden was the site of a villa where the Shogun (commander-in-chief) could relax, enjoy duck hunting, and entertain visitors from the 17th to 19th century. It contains the Shio-iri-no Niwa (garden with a tidal pond) which is on the sea, and its scenery varies with the ebb and flow of the tide. There is a striking contrast between the gardens and the gleaming towers of the new Shiodome business area beyond.

#### Nihonbashi

Stop at Nihonbashi (the “Japan Bridge”), which is considered to be the “center of Japan), and the starting point of all of Japan’s main roads since the Edo period.

#### Ginza

Spend some time in the elegant Ginza shopping district. Enjoy lunch along the way.

#### Meiji Jingu

Explore the Grand Meiji Shrine, near Harajuku this afternoon. The shrine is dedicated to Emperor Meiji, who was instrumental in modernizing Japan. This tranquil oasis is on the doorstep of Harajuku and Omotesando - areas known for avant-garde fashion and architecture.

#### Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

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#### DAY 11

Sunday  
4/26/20

### Tokyo and Depart

Enjoy one last morning in Tokyo.

#### 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

#### Royal Park Hotel

Enjoy a relaxing stay at this hotel in Kyoto. The hotel offers massages and multiple dining choices, and it is conveniently located in downtown Kyoto.

#### Organic Hotel Kiri-no-Sato

Enjoy the view of the Hatenashi Mountains and the stunning surroundings from your hotel. This is an incomparable place to relax after your hike on the Kumano Kodo. Appreciate the local Onsen (Japanese Spa) located inside of the hotel. Your room will have a private toilet, but bathing is communal, which is traditional in Japan.

#### Yunominesou

Offering tranquil outdoor hot-spring baths with nature views, Yunominesou is a perfect place to put your feet up after a few days on the trail. The traditional rooms have sliding paper screens, floor cushions, and Japanese futon bedding on a tatami (woven-straw) floor. Bathrooms are shared and bathing is communal.

#### Hotel Urashima

This hotel features an underground hot spring bath with a wondrous view of the Pacific Ocean from its cavern, ceremonial Kaiseki cuisine made with local produce and catch, and an ideal location as a base camp for walking the World Heritage Kumano Kodo Pilgrimage Route. Bathrooms are en suite.

#### Toba Hotel International

Endlessly blue ocean and sky, soft ocean breezes, and sophisticated hospitality welcome you at the Toba Hotel International. Relax on the terrace and enjoy the breathtaking views of the ocean. Enjoy indoor/outdoor hot spring baths during your stay here.

#### Prince Park Tower

Rising above Shiba Park and located right by Tokyo Tower, The Prince Park Tower Tokyo offers spacious rooms with skyline views and free WiFi. The hotel is within walking distance to various train stations.

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### Included/Not Included

#### Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Airport transfers on the group arrival and departure days by shared taxi/limousine bus
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ Entrance fees
- ▶ English-speaking guide throughout the trip
- ▶ Bottled water (in large jugs to refill your personal bottle)
- ▶ Soda, tea, and coffee at meals
- ▶ Snacks in the vehicles
- ▶ Gratuities, except for your guide
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare to and from Japan
- ▶ Optional activities as listed in the itinerary or entrance fees for locations not included in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization, evacuation, or travel insurance
- ▶ Items of a personal nature
- ▶ Gratuities for guides



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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 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 January 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 Japan, 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 Japan.

### Money:

The currency of Japan is the Yen. You should exchange money upon arrival at the airport or plan to use the ATM in Kyoto. Credit cards are only accepted at large department stores. Smaller stores and restaurants accept only cash.

### Suggested Gratuities:

- ▶ Guides: \$5-7 per day

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**Arrive:** Arrive in Osaka, Japan (KIX or ITM - either airport is fine) on April 16, 2020, before 2:00pm.

**Depart:** Depart from Narita International Airport, Tokyo, Japan (NRT) on April 26, 2020 after 10:00am.

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 islands of Japan extend from sub-Arctic climates in northern regions, to sub-tropical climates in the southern and western Islands. Your itinerary is based in the Kansai and Kii Peninsula areas, which have a moderate climate. April is very pleasant, with daytime highs of around 60-70°F. Nighttime temperatures and temperatures on the Kumano Kodo may be a few degrees cooler, so you should be prepared to layer your clothing. While April is not a particularly wet month, there can be occasional rain so you will need to bring rain gear.

### Clothing and Gear:

- Duffel bag or small suitcase
- Spare small duffel bag
- Daypack and rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- Comfortable walking shoes
- 4-5 pairs hiking socks
- 1 pair of cozy socks for walking around the ryokans (slippers are not allowed inside)
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket
- 2-3 pairs of pants
- 1-2 sets of nicer clothes
- Gore-Tex jacket
- Gore-Tex pants
- Hat for sun protection
- Underwear
- Sports bras
- Sleepwear

- 2 Reusable water bottles for hiking

### 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 (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.

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### Essentials Continued:

- 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
- 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