

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# MOROCCO

## Sahara Sands, Markets, & Cuisine



November 2 - 14, 2019

# MOROCCO

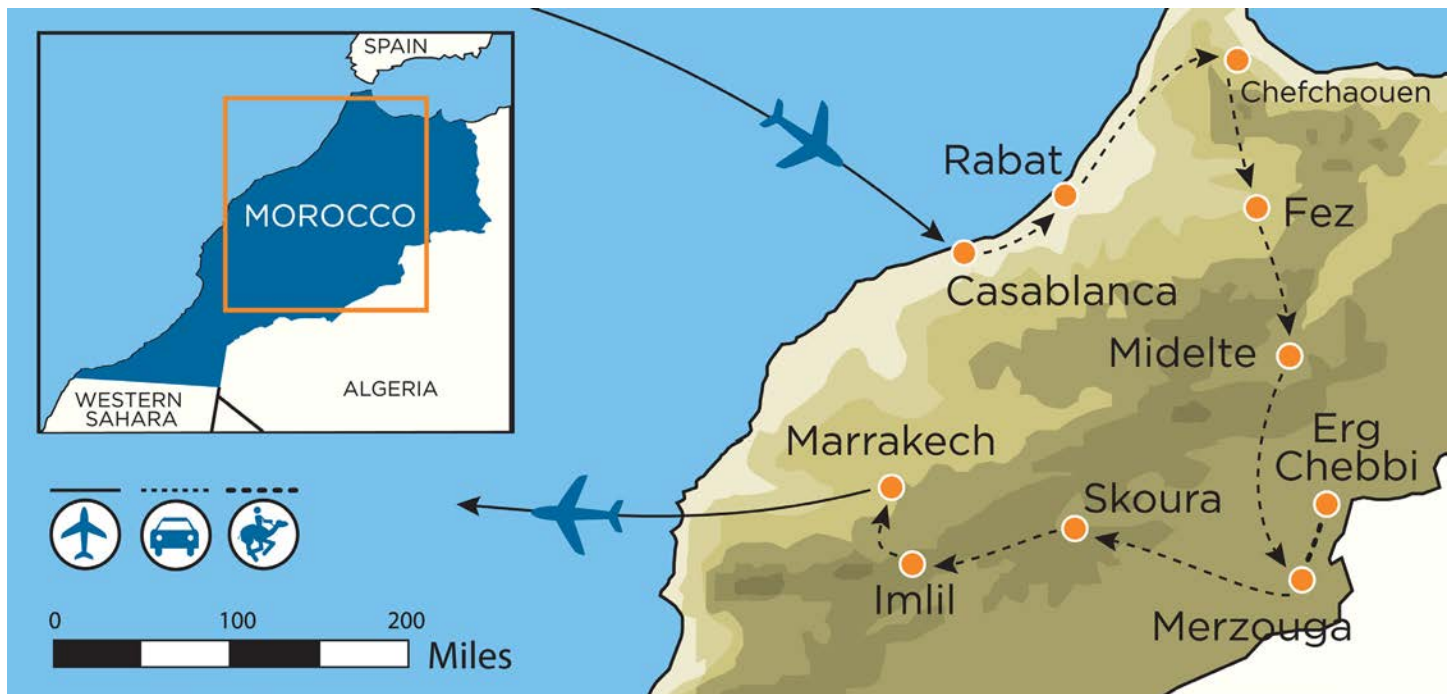
## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

### TRIP HIGHLIGHTS

- ▶ Spend time with artists at a women's textile cooperative in Sefrou
- ▶ Ride a camel in the Sahara Desert and stay at a luxurious tented camp
- ▶ Learn the village social structure and local agriculture of the Berbers while making traditional tea
- ▶ Explore the labyrinth of the Fes Medina, meeting local craftspeople and enjoying local cuisine
- ▶ Visit Kasbah Ait Ben Haddou, a UNESCO World Heritage Site

### TRIP ROUTE



# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

### QUICK VIEW ITINERARY

- Day 1: arrive in Casablanca, evening at your hotel in Rabat
- Day 2: explore Rabat, walk the alleyways of the Kasbah Oudaya, drive to Chefchaouen
- Day 3: walk the Medina, have lunch with a local family, visit a djellaba workshop
- Day 4: taste Moroccan wines at a vineyard, see Roman mosaics, arrive in Fes
- Day 5: learn about leatherwork and ceramics, hands-on cooking class or pottery workshop
- Day 6: visit a women's cooperative, learn about local traditions and handicrafts
- Day 7: ride a camel in the Erg Chebbi dunes, stay at a luxury tented camp
- Day 8: witness sunrise over the dunes, walk in Todgha Gorge, enjoy a traditional lunch
- Day 9: visit Ait Ben Haddou, a famous film location and World Heritage Site
- Day 10: hike in the Atlas Mountains, visit a local women's group, drive to Marrakech
- Day 11: explore Marrakech, visit local monuments, museums, and souks
- Day 12: enjoy a day in Marrakech on your own, optional activities
- Day 13: transfer to the airport for your flights home

### TRIP PRICE

Main Trip: \$5,990

Optional Single Accommodations: \$1,500

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

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### your adventure in depth

#### DAY 1

Sunday  
11/2/19

### Arrive in Rabat

Welcome to Morocco! Colorful and lively, this richly diverse country is populated with warm hospitable people with a passionate love of music, art, and sublime food. A long history of social traditions, a reputation for religious and ethnic tolerance, and the longest running monarchy in the world all contribute to the fabric of this modern-day magical kingdom. Your journey through this fascinating land is a feast of sensory and cultural delights.

#### Pick-up and Transfer

You will be picked up at the Casablanca Airport by your guide and transferred to your hotel in Rabat.

#### Welcome Dinner

Enjoy a welcome dinner and orientation with your group this evening.

#### Accommodations

Hotel La Tour Hassan

#### Meals Included

dinner

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 2

Monday  
11/3/19

### Rabat to Chefchaouen

Chefchaouen lies between two mountains in the Rif mountain range. The contrast of the small blue-washed Medina among the majestic mountains makes for stunning views.

**Tour of Rabat** Explore Rabat this morning, visiting the Mohamed V. Mausoleum and Hassan Tower. Walk the narrow alleyways of Kasbah Oudaya, an old fortress.

**Drive to Chefchaouen** Drive into the Rif Mountains. Enjoy lunch on your way to Chefchaouen. When you arrive, have a brief orientation of the small, blue-washed town before settling into your hotel.

#### Accommodations

Riad Lina

#### Meals Included

breakfast, lunch, dinner

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 3

Tuesday  
11/4/19

### Chefchaouen

Chefchaouen was founded as a fortress in 1471 to fight Portuguese invasions of northern Morocco. This is a rich cultural area and a unique place to learn about local customs and traditions.

#### Walking in Chefchaouen

Enjoy a walking tour of the Medina in Chefchaouen, visiting the main sites of the city. Soak up the atmosphere of this town with so many mixed cultures, and witness the influence of the native Berbers, Muslims, and Jewish refugees from Spain. Visit a traditional workshop to learn about the Djellaba, the traditional long, loose-fitting outer robe worn in the area. Most djellabas have a hood that comes to a point in the back.

#### Lunch

Join a local family for a traditional lunch.

#### Hike to a Viewpoint

Take a short hike up one of the hills surrounding Chefchaouen to get a panoramic view of this unique place.

#### Optional Afternoon Activities

After a day in the city, you might want to treat yourself with a Hammam or a massage at the hotel.

#### Accommodations

Riad Lina

#### Meals Included

breakfast, lunch, dinner

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

### your adventure in depth

#### DAY 4

Wednesday  
11/5/19

### Chefchaouen to Fes

Enjoy a scenic drive across the Rif mountains to join the fertile Saiss plain. You will see a varied landscape as you drive south, including green forests, isolated villages, and olive groves. Arrive in Fes late this afternoon, the second largest city in Morocco and known as the Mecca of the West. This medina is the largest car-free urban area in the world. Also found in Fes is the oldest functioning madrasa in the world, Al-Qarawiyyin.

#### Leave Chefchaouen

Depart Chefchaouen and drive through the Moroccan countryside towards Fes.

#### Volubilis

Volubilis, an unexpected Roman site, lies on a rich river valley with the dark Zerhoun mountain ridge as a backdrop. It was once a capital of a Roman province and the southern border of the Imperial road. You will see some of the most preserved mosaics of the Roman era in Morocco at Volubilis.

#### Vineyard Visit

Stop at a vineyard in Meknes. This vineyard is one of the finest in the area. Enjoy a tour of the vineyard and taste the local wine.

#### Arrive in Fes

Arrive in Fes late this afternoon and settle into your hotel.

#### Accommodations

Riad Fes

#### Meals Included

breakfast, lunch, dinner

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 5

Thursday  
11/6/19

### Fes

You will be transported back centuries while walking through the labyrinth that is the Fes Medina. Within the Medina all transport of goods is provided by donkeys, mules and handcars.

#### Explore the Medina

From a small hill, enjoy a nice view of the city of Fes, one of the most preserved medieval Islamic cities in the world. Your expert native guide of Fes will accompany you to the old Medina, through the very narrow streets, to the souks and the tanneries. Explore the Karaouine Mosque, the Medersas, and the Nejjarine.

#### Tanneries and Pottery Cooperative

Visit a local tannery and learn how leatherwork is still done using ancient skills. You'll also have an opportunity to see the special blue ceramics made in Fes.

#### Lunch

Enjoy lunch at a traditional restaurant in the Medina.

#### Optional Cooking Class or Pottery Workshop

This afternoon, either take a cooking class, learning to make excellently spiced (but not spicy!) local dishes, or enjoy a pottery workshop. The cooking class is \$45 per person, and the pottery workshop is \$20 per person. You can pay for these directly with your guide.

### Accommodations

Riad Fes

### Meals Included

breakfast, lunch, dinner



# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 6

Friday  
11/7/19

### Fes to Sefrou to Errachidia

After two busy days in the Medina of Fes, escape the hustle and bustle of the city for the countryside of Southern Morocco. After crossing the plain around Midelte you will reach the range of the High Atlas and cross via Tizi n Talghemt (the pass of the camel). On its Southern slopes the road drops smoothly down to the Ziz gorge and Tafilalet valley, the largest palmeraie of Morocco.

#### Women's Textile Cooperative

Leave Fes for Sefrou and spend the morning with a women's cooperative that makes djellaba, fabric, scarves, and rugs. Learn how the women make cherry buttons, and perhaps try it yourself!

#### Drive to Errachidia

Continue your journey to Southern Morocco with a few short stops including a picnic lunch along the way. Watch for changing colors, landscape, architecture, and the vegetation along this journey. Settle into your hotel when you arrive this evening. It's a long drive today, but you'll be rewarded with a much more private, off-the-beaten path experience.

#### Accommodations

Hotel le Riad

#### Meals Included

breakfast, lunch, dinner

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 7

Saturday  
11/8/19

### Errachidia to Merzouga

The desert appears in the distance when leaving the town of Erfoud. Finally arrive at the expansive sand dunes of Erg Chebbi.

#### Free Morning in Errachidia

Enjoy a relaxing, free morning at your hotel in this beautiful area before departing for Erfoud. Enjoy lunch along the way before transferring to your private desert camp.

#### Camel Ride into the Dunes

Arrive at your luxury tented camp in the dunes of Erg Chebbi.

The camel handlers and camels will be waiting to take you on a camel ride to watch the sunset over the dunes. A hearty dinner will be served outside under the starry sky.

#### Accommodations

Luxury Tented Camp

#### Meals Included

breakfast, lunch, dinner

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 8

Sunday  
11/9/19

### Merzouga to Skoura

Once you explore beyond the road you discover that Skoura is very large and that what appeared to be just a line of trees is actually a huge and flourishing oasis, perfect for long walks. This region is also known as “1000 Kasbahs” route where fortified mud Kasbahs dominate the green cultivated fields.

**Sunrise** Walk up to one of the highest sand dunes to watch the sun rise over the desert.

**Return to Town** Rejoin your driver and head to the Todgha Gorge.

**Walk in the Todgha Gorge** Explore the Todgha Gorge on foot, a canyon in the eastern part of the High Atlas Mountains. The gorge is spectacular and you will encounter local people herding camels and goats.

**Couscous Lunch** Join a local family for a Moroccan couscous lunch.

#### Accommodations

Ksar el Kabbaba

#### Meals Included

breakfast, lunch, dinner

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 9

Monday  
11/10/19

### Skoura to the Atlas Mountains

A short drive will take you to Ouarzazate in the foothills of the Atlas Mountains. This region is well known in the film industry as it offers varied landscape and imposing lights with a mixture of colors.

#### Kasbah Ait Ben Hadou

Explore the Kasbah on foot. Kasbah Ait Ben Haddou, a World Heritage Site, is probably the most preserved Kasbah in the south of Morocco, and is a famous film location.

#### Accommodations

Kasbah Angour

#### Meals Included

breakfast, lunch, dinner

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 10

Tuesday  
11/11/19

### Atlas Mountains to Marrakech

Back-dropped by the stunning Atlas Mountains and once a key city of trade on the ancient caravan routes, Marrakech retains its fascinating blend of Arab, African, and European influences. The second largest city after Casablanca, Marrakech was founded in 1062 as the capital of the Almoravid dynasty. The kaleidoscope of colorful architecture and incredible spectacle of Djemma el-Fna have entertained centuries of visitors from far and wide.

- Morning Hike** Go out on a hike to discover the traditional architecture of the Berber villages and learn about local terraced agriculture.
- Local Women** Visit a local women's group, which offers education and teaches traditional skills to local people.
- Drive to Marrakech** Drive about an hour to Marrakech and relax at your hotel. Enjoy dinner on your own tonight.

#### Accommodations

Hotel La Sultana

#### Meals Included

breakfast, lunch

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 11

Wednesday  
11/12/19

### Marrakech

Marrakech feels like no other city. Rich in history and full of contrasts between the Medina and the new city, Marrakech is an ideal location to end your trip. Sharpen your haggling skills for the local souks.

#### Explore Marrakech

Your local expert guide will take you through the amazing alleyways of Marrakech. Explore the monuments which will help you understand the rich history of the city. In addition to the gardens and monuments, visit museums such as Dar Tiskwine and 'Maison de La Photographie' which explain life in Marrakech during the French protectorate. Finally you will discover vibrant souks displaying a great selection of traditional Moroccan handicrafts. You will be amazed with the skills of the artisans as well as the amount of items piled in a tiny space. The Djemaa el Fna Square gets busier in the evening with musicians, story tellers, acrobats, and many other performers.

#### Accommodations

Hotel La Sultana

#### Meals Included

breakfast, lunch, dinner

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 12

Thursday  
11/13/19

### Marrakech

Marrakech has two main divisions, the old walled city called the Medina, and the modern city. The medina includes narrow and maze-like streets, many dating back to the 9th century. Here you'll find fountains, palaces, mosques and monuments - but no automobile traffic!

#### Day on Your Own

Enjoy today on your own. Optional activities include visiting the Majorelle Gardens, full of unique native plants and exotic flowers.

You could also enjoy the hotel spa, which has amazing Hammam and massage options. Or just choose to explore Marrakech to do some last-minute shopping.

#### 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 incredible trip!

### Accommodations

Hotel La Sultana

### Meals Included

breakfast, lunch, dinner

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

### your adventure in depth

#### DAY 13

Friday  
11/14/19

### Marrakech and Depart

Enjoy one last morning in Marrakech before departing for the US.

#### 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.



# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

.....

### Accommodation Details

#### Hotel La Tour Hassan

This extraordinary place defies time. Everything is designed for your comfort and well-being. Luxury, calm, and serenity are all part of your stay.

#### Riad Lina

Surrounded by magnificent cerulean mountains and nestled in the heart of the medina, this luxurious riad enjoys a privileged position in one of Morocco's most unique destinations. The spa with its heated indoor pool, oriental baths and Hammam will offer traditional delicious moments of relaxation. The personalized service promises a unique and unforgettable stay in an area where authentic Medina living is still preserved.

#### Riad Fes

Riad Fes is located in the heart of the ancient city of Fes. It has succeeded in combining refinement with inspiration and invites you to relax and enjoy your stay in a serene atmosphere with decor reminiscent of Arabian Nights. Riad Fes provides guests with the opportunity to travel back in time and enjoy the splendour and authenticity of the lifestyle of Fassi nobility. The prestigious history and refined civilization of this imperial city are reflected in the Spanish Moorish architecture and attention to detail seen in the decor.

#### Hotel Le Riad

Located in southern Morocco, Hotel Le Riad is a perfect blend of luxury and hospitality—a true oasis in the desert.

#### Luxury Tented Camp

Your tented camp in the Erg Chebbi dunes is complete with stunning detail. Your tents include comfortable beds with fine linens, attached bathrooms, and soft furnishings. Your stay in the desert will be unforgettable.

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

your adventure  
in depth

### Accommodation Details

- Ksar el Kabbaba** Located in the heart of Skoura palm grove, and made with centenary old stones, Ksar El Kebbaba comes to life in the middle of lush greenness and precisely under the branches of an aged olive tree.
- Kasbah Angour** Kasbah Angour is a gorgeous Berber castle, perched on a hill-top in the Atlas Mountains near Marrakech, with superb panoramic views. The boutique hotel and restaurant has 25 rooms & suites, spacious public areas, a wonderful swimming pool, and beautiful gardens.
- Hotel La Sultana** La Sultana captures the charm and elegance of residences from a bygone era, offering the intimacy of a smaller hotel with unparalleled one-on-one service and experiences. Made-up of five separate riads, it feels maze-like and disguises its sprawling corridors and hidden chambers for the delight of its own guests.

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

your adventure  
in depth

### Included/Not Included

#### Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ English-speaking guides throughout the trip
- ▶ Bottled water during all drives
- ▶ Gratuities for hotel staff and porters, restaurant staff, staff of the private luxury camp, and camelhandlers
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare to and from Morocco
- ▶ 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
- ▶ Gratuities for guides and drivers

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### Activity Level:

**Moderate**

Active

High Energy

Challenging

We rate this trip as Moderate. Our Moderate adventures exercise your mind more than your body and are designed for women who prefer a leisurely, less rigorous experience. For example, you could walk up to 2 miles per day through cities and villages, stand in museums for a few hours, relax on a boat, or view wildlife from a vehicle.

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.

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

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 August 4, 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!

### Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Morocco, 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 Morocco.

### Money:

US Dollars are accepted in Morocco, but we recommend exchanging money for Moroccan currency.

### Suggested Gratuities:

- ▶ Head guide: \$5/day
- ▶ Driver: \$2-3/day
- ▶ Driver's assistant: \$1-2/day
- ▶ Local guides: \$4/tour (plan on 6-7 tours with local guides)

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

**Arrive:** Arrive in Casablanca, Morocco (CMN) on November 2, 2019 before 4:00pm.

**Depart:** Depart Marrakech, Morocco (RAK) on November 14, 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.

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

**pack your  
bags!**

the fine print

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.

Morocco generally has a tropical climate, with temperatures as high as 95°F, but it can get down to the 40s in the Sahara and in the mountains. The temperature should be moderate during the day and cool in the evenings. There is a possibility of rain, but not constant rainfall.

Morocco is a conservative country. Please be sure to cover your knees and shoulders.

### Clothing and Gear:

- Duffel bag or small suitcase
- Daypack
- 2-3 short sleeve shirts (quick dry recommended) -
- 2-3 long sleeve shirts (quick dry recommended)
- 1-2 medium weight fleece sweater/down jacket for cool evenings
- 2-3 pairs of pants
- 1-2 pairs of shorts (must cover knees)
- Several sets of nicer clothes for dinner (skirts should be knee-length or longer)
- 1 bathing suit
- Waterproof jacket
- Hat for sun protection
- Underwear
- Socks
- Sleepwear
- Comfortable walking shoes
- Sandals

### 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
- Optional travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Optional 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 water bottle

# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

**pack your  
bags!**

the fine print

### Essentials Continued:

- 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.



# MOROCCO

## Sahara Sands, Markets, & Cuisine

November 2 - 14, 2019

.....

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### 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