

# SPAIN

## Hiking the Portuguese Way on the Camino



September 1 - 9, 2019

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### TRIP HIGHLIGHTS

- ▶ Hike the less-traveled Portuguese Spiritual Way on the famous Camino de Santiago
- ▶ Enjoy spectacular views of the ocean while you walk this ancient pilgrimage path
- ▶ Experience a traditional cooking class along the way
- ▶ Taste some of the best Albariño white wines in the world
- ▶ Earn your certificate from the Pilgrim Office after reaching the Cathedral of Santiago de Compostela

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1: arrive Porto, Port wine tasting, welcome dinner and concert
- Day 2: explore Porto, walk into Tui, Spain
- Day 3: hike 14 miles on the Camino from Tui to Mos
- Day 4: hike 11 miles to Redondela, visit the Fortress of Soutomaior
- Day 5: hike 12 miles to Pontevedra, experience a Galician cooking class
- Day 6: hike 8 miles on the Camino to Cambados, taste Albariño wines
- Day 7: enjoy a boat cruise, walk 9 miles to Padrón, visit the Pazo de Faramello
- Day 8: hike the final 7 miles into Santiago, Camino certificate presentation
- Day 9: depart Spain

### TRIP PRICE

Main Trip: \$3,990

Optional Single Accommodations: \$600

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### your adventure in depth

#### DAY 1

Sunday  
9/1/19

### Arrive in Porto

Set aside the Douro River, Porto - Portugal's second city - is one of the most eclectic destinations in Europe. With its Medieval architecture, its defining Dom Luis I Bridge (designed by the engineer and disciple of Gustave Eiffel, Teófilo Seyrig), and Art Nouveau cafes, there's something for everyone.

#### Pick-up and Transfer

You will be met at the airport and transferred to your hotel.

#### Meet Your Group

Meet your group in the hotel lobby at 3:00pm for introductions and to head out into Porto!

#### Port Wine Tour

After settling in at your hotel, head out for a visit to the Ferreira Bodega this afternoon. The Ferreira Bodega is a Port winery founded in 1751. The tour has won awards as one of the best winery tours in the world. Enjoy the tastings!

#### Welcome Dinner

Enjoy a welcome dinner and a Fado concert to kick off your trip!

#### Accommodations

Carris Hotel Ribeira

#### Meals Included

dinner

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#### DAY 2

Monday  
9/2/19

### Porto to Tui

Tui is, above all, a walled cathedral which has been home to cultural, economic, and military life. Featuring among Tui's architectural heritage is the Romanesque and Gothic Cathedral, the churches of San Bartolomé (Romanesque) and San Telmo (Baroque), and several miradors.

#### Explore Porto

Take the morning to explore the town of Porto on your own. Head to the lighthouse in Foz de Douro for a spectacular view (accessible by tramway) over the ocean and take your time to discover the city's hidden gems like its train station, the Lello library, and its Cathedral.

#### Valença do Minho

After lunch your own, head to the Fortress of Valença do Minho, whose walls and ramparts dominate the riverside and speak volumes about neighbourly disagreements. The fortress has repelled innumerable Spanish and French invasions since the 13th century. During your visit of the inside of the fortress, you will meet a few women who will tell you about the local craft traditions of lace and porcelain.

#### Walk Into Tui

Walk just under two miles into the city of Tui, Spain.

#### Dinner

Enjoy dinner at the hotel.

#### Accommodations

Parador Tui

#### Meals Included

breakfast, dinner

#### Hiking

2 miles

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#### DAY 3

Tuesday  
9/3/19

### Tui

Start your journey on the Portuguese Way from the beautiful town of Tui. This area has been occupied since the Lower Paleolithic Period, and has been a strategic defense point since the 6th century. Before you leave, take your time to marvel at the old town's architecture and its Cathedral where you will be able to get your first stamp.

**Today's Hike** Today's hike is fairly easy, mostly downhill, and then flat all the way to Mos. Follow the new "Camino Natural" signs which will bring you through forests to a pretty riverbank path and on to the village of O Porriño. From there, continue to the hamlet of Mos where you will be picked up and transferred back to Tui for the night.

**Lunch** Enjoy lunch on your own. You can stop during the hike in one of the several bars along the route or ask your guide for recommendations for restaurants in O Porriño.

**Afternoon at Leisure** After the hike, enjoy some free time to discover more of Tui and enjoy the swimming pool and other facilities of your hotel.

#### Accommodations

Parador Tui

#### Meals Included

breakfast, dinner

#### Hiking

14 miles

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#### DAY 4

Wednesday  
9/4/19

### Tui to Soutomaior

The fortress of Soutomaior was owned by María Vingals, who is considered to be one of the first feminists in Spain. A room inside the Castle has been dedicated to her and to equal rights between men and women.

#### Hike to Redondela

From O Porriño, continue your adventure slightly uphill along peaceful forest paths. Pass by some of the most interesting examples of Galician architecture, the church of Santa Eulalia del Monte and the Pazo de los Marquis in the parish of Mos. Enjoy beautiful views of the city of Vigo and its bay, the Rías Baias, and the Cies Islands (known for having some of the best beaches in the world). After a few hours of walking, you will reach Redondela.

The last part of the trail will be uphill along the coast with stunning views over the Vigo Bay before entering peaceful oak forests. Stop for the day by the infamous bridge of Ponte Sampaio, where during the War of Independence, Napoleon's army suffered one of its greatest defeats.

#### Transfer to Your Hotel

Enjoy lunch on your own in Redondela, and then you will be transferred to your hotel in Soutomaior.

#### Fortress of Soutomaior

Visit the Fortress of Soutomaior this afternoon.

#### Accommodations

Pousada del Castillo  
de Soutomaior

#### Meals Included

breakfast, dinner

#### Hiking

11 miles

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#### DAY 5

Thursday  
9/5/19

### Soutomaior to Meaño

Legend has it that in the year 44, after his Martyrdom, the body of James the Apostle was transported on a stone vessel along the Arousa Estuary to get to the land of Galicia where he was meant to be buried. The boat is said to have travelled from Jaffa to Galicia, upstream on the Ulla river until it reached Iria Flavia (Padron), and on to Santiago de Compostela.

#### Hike to Pontevedra

After a short drive back to Ponte Sampaio, continue your journey through quaint medieval villages walking towards the City of Pontevedra. Enjoy some free time in the center of Pontevedra where you can explore and enjoy a coffee and lunch on your own before continuing your hike to Combarro.

#### Continue Hiking

Follow the inland Portuguese Camino for about an hour before reaching the separation point with the Spiritual Variant/the Maritime Way. This detour is relatively new - it was only accepted by the Pilgrim Office in 2013, but has the oldest origins of all Caminos. During the next two days, you will be following the detour towards Vilanova de Arousa, where you will board a Catamaran and follow the final journey of the Apostle.

Along the way, pass the Monastery of San Juan de Poio and finish the walk in the beautiful town of Combarro, famous for its numerous Horreos (a typical granary on pillars). You will be picked up and transferred to your lovely hotel for the evening.

#### Cooking Class

Enjoy a cooking class at your hotel with a Galician chef. She has written several books and has been on Spanish television!

#### Accommodations

Quinta de San Amaro

#### Meals Included

breakfast, dinner

#### Hiking

12 miles

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#### DAY 6

Friday  
9/6/19

### Meaño to Cambados

Cambados is famous for its Albariño white wine. The area is generally moist, cool, and windy, contributing to the grape's thickness and the wine's strong aroma. It has only been within this last decade that Albariño has become better known. This wine has been nicknamed "the wine of the sea", because of its coastal vineyards and its compatibility with seafood.

#### Hike to Pontearnelas

After a short drive to the Monastery of Armenteira, continue your journey inland towards the Rio Ulla. Start the day with a visit of the 16th century Cistercian Monastery of Armenteira, followed by a walk on the relaxing "Ruta da Pedra e da Auga" (the route of rocks and water) along the Armenteira river. This is a lovely section of trail in Galicia; follow a small river in the woodlands and pass more than 30 medieval water mills built to grain flour within two hours. Finish today's hike at the 16th century stone bridge of Pontearnelas.

#### Lunch

Enjoy lunch on your own either at the end of the Ruta de Pedra or in Cambados.

#### Wine Tasting

Cambados is considered to be the capital of Albariño, one of the best white wines in the world. Enjoy an Albariño wine tasting and visit the Pazo's private winery before enjoying a seafood dinner in a delicious restaurant in Cambados.

#### Accommodations

Parador of Cambados

#### Meals Included

breakfast, dinner

#### Hiking

8 miles

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#### DAY 7

Saturday  
9/7/19

### Cambados to Lestrove

The Portuguese Way of the Camino spans from Lisbon to Santiago and boasts stunning coastal views. It was even used by the Queen of Portugal in the 13th century. Nowadays it is known for its extraordinary scenery, beaches, and food!

**Boat Cruise** Drive to the harbor in Cambados and board a catamaran for a 90-minute cruise. Following the journey of the stone boat carrying the remains of the Apostle Saint James, you will sail towards Pontecesures next to Iria Flavia. Many miracles are said to have taken place during the crossing of the body of Saint James. Learn about the myths and legends of the region (including dragons, witches, and terrifying soul-seeking processions) from your guide.

**Walk to Padrón** Walk a short distance to the town of Padrón, where the stone boat is said to have moored with the body of the Apostle Saint James. The town is also famous for its mild green peppers, so be sure to order them for lunch! Lunch is on your own today.

**Visit the Pazo de Faramello** After a break in Padron, continue your journey through charming villages and hamlets until you reach the Pazo de Faramello, probably one of the most beautiful and important private palaces in Galicia. The Marquis Gonzalo Rivero de Aguilar will show you through his family home and beautiful camellias garden. Gonzalo is a knight of Saint James and is the only person allowed to enter the Cathedral of a horse. Share a glass of his homemade Albariño before returning to Lestrove for the night.

#### Accommodations

Pazo de Lestrove

#### Meals Included

breakfast, dinner

#### Hiking

9 miles

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### DAY 8

Sunday  
9/8/19

## Lestrove to Santiago de Compostela

Santiago de Compostela is the capital of Galicia, and the old town was designated a UNESCO World Heritage Site in 1985. The Cathedral is where you will finish your hike on the Camino.

### Finish the Camino!

After a short drive back to Faramello, the Camino will bring you through the charming Baroque sanctuary of A Esclavitude. You'll also walk by the mysterious, abandoned ruins of the castle A Rocha Vella and the Chapel of San Martiño. Then, finally, from the hills of Agro dos Monteiros, you will get your first glimpse of Santiago de Compostela, which you will reach by following a pretty river path.

Enter the Old Town, and the Cathedral will present herself to you, beautiful and powerful from the Plaza del Obradoiro. Simply stop here to soak in the moment. Congratulations! You have finished the Camino de Santiago!

### Lunch

Enjoy lunch on your own in Santiago - there are many delightful restaurants nearby!

### Welcome Ceremony

Learn about the importance of the Camino de Santiago and the history of Saint James. You will be presented with your Compostela, or Certificate of Achievement of the Camino de Santiago given by the Pilgrim Office, followed by the Pilgrim Mass at a nearby church. The Cathedral of Santiago is closed for Mass due to renovations, but you will be able to visit the cathedral and hug the statue of St. James, a pilgrim tradition!

### Farewell Dinner

Enjoy a farewell dinner to toast the end of a spectacular adventure. A wise pilgrim once said that "the real Camino starts where the Camino de Santiago finishes but I will not be afraid because the Camino will always be there for me." We hope the Camino has helped you find what you were looking for, or that you have found something unexpected along the way!

### Accommodations

Hotel Monumento  
San Francisco

Meals Included  
breakfast, dinner

Hiking  
7 miles

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### DAY 9

Monday  
9/9/19

### Depart Spain

Enjoy one last morning in Santiago 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.

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### Accommodation Details

**Carris Hotel  
Ribeira** This charming hotel is in a renovated historic building, overlooking the Douro River. It is an ideal location from which to explore Porto - either just for a day, or a few days before your trip.

**Parador Tui** The Parador is in the center of Tui, and is a faithful reproduction of a Galician country house. The hotel is the perfect place to sit back, relax, and enjoy the view of the mountains and river. The décor creates an ideal atmosphere in which to relax and get away from it all.

**Pousada del  
Castillo de  
Soutomaior** Pousada del Castillo de Soutomaior is a small hotel set in landscaped grounds next to an ancient castle, surrounded by outstanding natural beauty. It's a great place to relax and dine in style and features amazing views of the countryside including the surrounding mountains.

**Quinta de  
San Amaro** The Quinta de San Amaro is a tastefully renovated Galician Manor in Meaño. This picturesque rural house offers access to a swimming pool, a unique walk-in horreo, and has one of the best restaurants in the region.

**Parador of  
Cambados** Housed in a mansion built in the 17th century, Parador de Cambados is a charming hotel. The hotel has its own pretty interior courtyard where you can relax, or you can take a dip in the swimming pool.

**Paze de  
Lestrove** This emblematic 16th-century building, a recreational mansion that used to belong to Compostela's archbishops, was erected on a walled plot of land with woodland and gardens. It is a short walk from the historic town of Padrón.

**Hotel  
Monumento  
San  
Francisco** Located a stone's throw from the Cathedral, right in Santiago de Compostela's historic city center, this hotel has the tranquility and silence of an 18th-century Franciscan convent combined with all the services and comforts of a 4-star hotel.

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### Included/Not Included

#### Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ All transportation throughout the trip
- ▶ Luggage transfers from hotel to hotel
- ▶ All activities as listed in the itinerary
- ▶ English-speaking guide throughout the trip
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ Round-trip airfare
- ▶ Meals not specified in itinerary
- ▶ Alcoholic beverages, unless otherwise specified
- ▶ Items of a personal nature
- ▶ Gratuities

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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 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
- 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 June 3, 2019.

### Passports and Visas:

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

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### Health Considerations:

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

### Money:

The currency of Spain is the Euro. Visa/MasterCard are generally accepted for purchases over €15. For snacks and lunches that are not included, you should budget €15-20/day. For meals in Porto and on the last day in Santiago, you should budget €50/day.

Suggested Gratuities: All of your guides, drivers, hotel, and restaurant staff are well-paid and no gratuity is required on this trip but if you feel the person has gone the extra mile a small tip is always appreciated.

- ▶ Main guide: €5 to €10 per person per day
- ▶ Drivers: €5 to €10 per person per day
- ▶ Bars: €1 tip for a round of drinks average
- ▶ Restaurants for lunch: €1 per person average

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**Arrive:** Arrive in Porto, Portugal (OPO) on September 1, 2019 before noon.

**Depart:** Depart Santiago de Compostela, Spain (SCQ) on September 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.

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The weather in September should be sunny and pleasantly warm during the day and cool at night. The temperature can be fairly unpredictable, with cool and rainy weather one week and temperatures in the 90s the next week. Historically, the average low is 53°F and the average high is 72°F.

You are allowed one checked bag with a maximum weight of 55 pounds and you should carry a day pack. The best clothing for the Camino is made of wicking materials which dry quickly, such as synthetic materials or merino wool. Avoid cotton as it takes much longer to dry and does not wick sweat away from the body.

### Clothing and Gear:

- 1 small suitcase/duffel bag
- 1 day pack with rain cover
- 1-1.5 liter water bladder or two water bottles
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 4-5 pairs wool hiking socks
- 2-3 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1 pair of shorts
- 1-2 sets of nicer clothes for dinner
- 1 bathing suit
- 1 GoreTex, waterproof rain jacket
- 1 pair GoreTex, waterproof rain pants
- Hat for sun protection
- 5-7 pairs underwear (quick dry recommended)
- Sleepwear

- Trekking poles (must be in checked baggage on flights, so be sure they collapse and fit into your luggage)

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2 spare passport photos in case your passport is lost or stolen
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch

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### Essentials Continued:

- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White 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

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