

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# BHUTAN

## Buddhist Temples & Himalayan Vistas



November 8 - 19, 2020

# BHUTAN

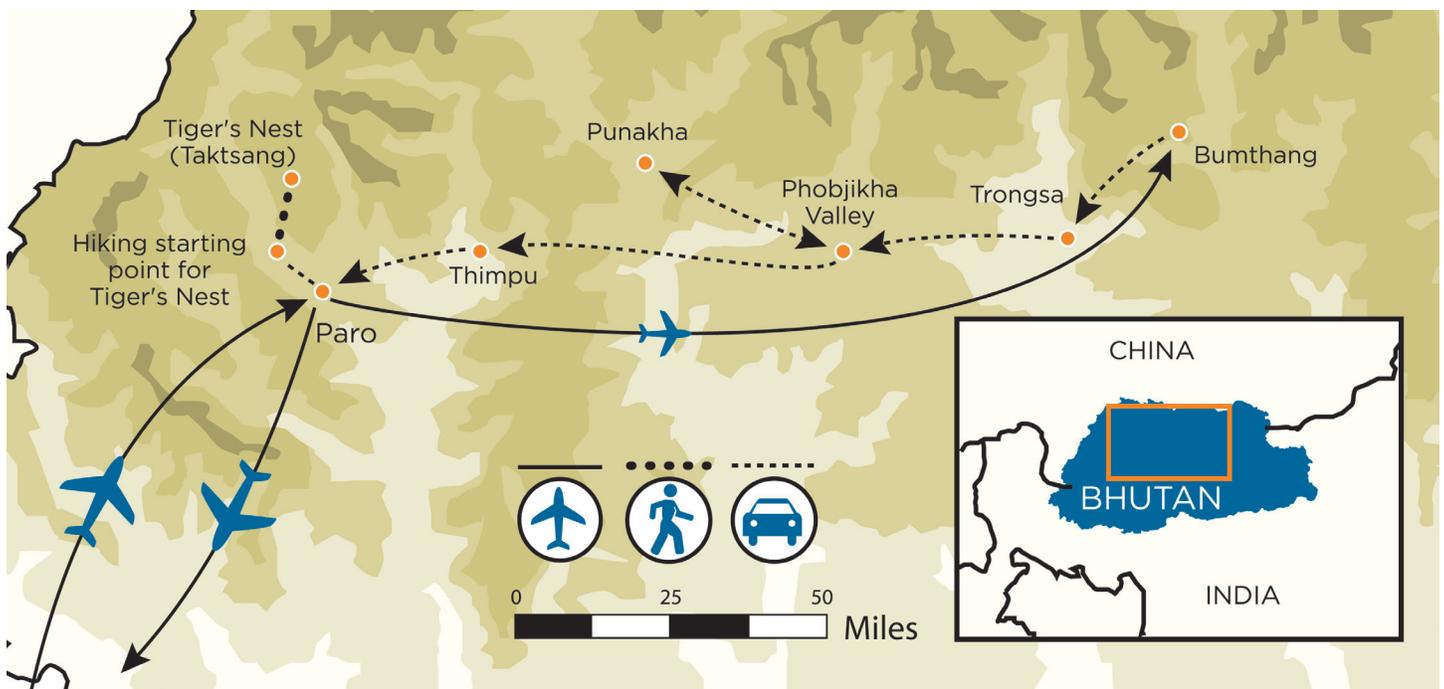
## Buddhist Temples & Himalayan Vistas

November 8 - 19, 2020

### TRIP HIGHLIGHTS

- ▶ Hike to high Himalayan mountain passes for breathtaking views of verdant valleys
- ▶ Visit Bhutan's monasteries including Taktsang Lhakhang, aka "The Tiger's Nest"
- ▶ Learn about and photograph the famous black-necked cranes in the Phobjikha Valley
- ▶ Discover the traditions of Buddhism as you join in Buddhist ceremonies and meet local Buddhist leaders

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1: meet in Bangkok, fly to Paro, Bhutan, welcome dinner
- Day 2: explore the Haa Valley with three prominent hills
- Day 3: fly to Bumthang, visit Jambay Lhakhang, one of Bhutan's most holy religious sites
- Day 4: participate in a drum ceremony and have lunch with local nuns
- Day 5: visit a weaving center, explore Ta-dzong fort, walk around Trongsa
- Day 6: stop at a monastery, learn about the rare black-necked crane, nature hike
- Day 7: visit the Punakha Dzong, spend the night at a tented camp
- Day 8: hike to the Khamsum Yuelley Chorten, dedicated to the "divine madman"
- Day 9: drive to Thimphu, explore the city, see the world's largest seated Buddha statue
- Day 10: last-minute shopping, see the National Museum, archery and dart demonstration
- Day 11: hike to the Tiger's Nest, relax this afternoon, farewell dinner
- Day 12: fly to Bangkok, depart for the US

### TRIP PRICE

Main Trip: \$6,490

Optional Single Accommodations: \$1,100

Internal Air: \$1,100

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your adventure  
in depth

### DAY 1

Sunday  
11/8/20

### Arrive in Paro

Bhutan, a jewel between India and China, is about the size of Switzerland. Within its small boundaries the ecological diversity is amazing. Through centuries of self-imposed isolation, Bhutan has been able to preserve its spectacular environment and nurture its unique culture. Drawing inspiration from its neighbour, Tibet, Tantric Buddhism has flourished and influenced art, crafts, and architecture for hundred of years, and has shaped the Bhutanese way of life.

**Flight to Paro** Meet your group at the Bangkok Airport for your flight to Paro, Bhutan. Morning flight time TBD.

**Pick-up and Transfer** Your guide will meet you at the Paro Airport and transfer you to your hotel.

**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 on your trip is excited to explore Bhutan!

### Accommodations

Zhiwa Ling Hotel

### Meals Included

dinner

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#### DAY 2

Monday  
11/9/20

### Paro

Haa is the ancestral home of the Queen Grandmother and the illustrious Dorji family. This valley remains one of the least visited areas in the country and retains the air of an unspoiled, primeval forest. The wooded hills of Haa provides an ideal location for hiking.

#### Excursion to Haa

Drive to Chele La Pass at 13,000 feet en route to Haa. Enjoy panoramic views of the Paro and Haa valleys as well as the Himalayas and the Kachenjunga. With its three prominent hills representing the three guardian deities, the valley is said to have been named by Guru Rimochey himself - "Haa" means mystical.

Enjoy a picnic lunch and explore the area on foot. You'll be blown away by the views of the surrounding countryside.

#### Relax at Your Hotel

Relax at your hotel late this afternoon.

### Accommodations

Zhiwa Ling Hotel

### Meals Included

breakfast, lunch, dinner

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### DAY 3

Tuesday  
11/10/20

### Paro to Bumthang

The name Bumthang has two probable origins; the first is that it is named after a Bumpa, a vessel for holy water which the valley resembles in shape. The second origin implies that it is the Valley of Beautiful Girls. These fertile valleys are covered in fields of buckwheat, rice, and potatoes. Apple orchards and dairy farms are also common sights here. This serene region is one of the most peaceful places in the kingdom.

#### Fly to Bumthang

Take a short flight from Paro to Bumthang this morning.

#### Jambey Lhakhang

Visit Jambey Lhakhang in Bumthang. This temple, along with Kyichu Lhakhang in the Paro Valley, is one of the two oldest temples in Bhutan. It was built around 750 by King Songtsen Gampo of Tibet as part of his pledge to build 108 temples to the Buddha during his lifetime. One of the most holy of Bhutan's religious sites, you will have special permission required to visit the sacred temple.

#### Kurjey Monastery

Continue to Kurjey, a 17th century temple next to which a spectacular monastery has been completed. It was built to resemble the heavenly abode of the Guru Rimpochey. The funeral rites of the senior members of the Royal Family are sometimes conducted here.

#### Walk to the Tamshing Monastery

From Kurjey, begin your walk through the countryside, crossing a bridge over the rushing Chamkhar Chu (river) and walk through paddy fields to Tamshing. This temple complex was founded in 1501 by one of Bhutan's most famous saints, Pema Lingpa. There are many young monks in training here.

### Accommodations

Yu-Gharling Resort  
and Spa

### Meals Included

breakfast, lunch, dinner

your adventure  
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DAY 4

Wednesday  
11/11/20

Accommodations

Yu-Gharling Resort  
and Spa

Meals Included

breakfast, lunch, dinner

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### Bumthang

Pema Lingpa was a Tibetan saint and siddha of the Nyingma school of Tibetan Buddhism. He is considered to be a discoverer of spiritual treasures. In the history of the Nyingma school in Bhutan, Pema Lingpa is second only in importance to Padmasambhava. Padmasambhava appeared before Pema Lingpa at the holy site of Yigé Drukma, blessed him, and placed in his hands an inventory of 108 major termas, or hidden teachings to be revealed. During his lifetime Pema Lingpa revealed only about half of the prophesied treasures.

#### Explore the Tang Valley

Drive to Tang Valley, one of the most remote valleys of Bumthang. As it is higher than Chokhor and the soil is not as fertile, there is not much agriculture here, although the valley turns bright pink with buckwheat flowers in fall. The people of this valley raise sheep and, at higher elevations, Yak.

#### Drum Ceremony with Nuns

Arrive at the Pema Choeling Nunnery, a large nunnery where about 100+ anim (nuns) complete 12 years of study. This is one of the few places for women to be educated as nuns. Once in the Lhakhang, participate in an impressive spiritual drum ceremony with the nuns for the well-being of all sentient beings and world peace. Share stories with the nuns about your life and learn about theirs!

#### Jakar Lakhang

On the way back to your hotel, visit Jakar Lakhang, the temple manifested as the celestial abode of Guru Rinpoche.

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### DAY 5

Thursday  
11/12/20

### Bumthang to Trongsa

Trongsa is situated on a steep ridge and offers spectacular views of the deep valleys surrounding it. Trongsa Dzong is easily visible from anywhere in the town and is always an impressive sight as it is situated atop a steep ridge that drops off into the clouds on its south side.

#### Drive to Trongsa

Leave Bumthang this morning for Trongsa. Stop in the Chumey Valley at a traditional Yahtra sheep wool weaving center. Pick up some souvenirs here if you want! Drive over Yotongla Pass at 12,000 feet, and descend down to Trongsa.

#### Ta-Dzong

This watchtower, which once guarded Trongsa Dzong from internal rebellion, stands on a promontory above the town. It was built by Chogyal Minjur Tempa, the 1st Governor of Trongsa in 1652. It has four observation points resembling Tiger, Lion, Garuda, and Dragon. Climb up the path to visit Ta Dzong which now houses a shrine dedicated to the epic hero, King Gesar of Ling. A visit to this former watchtower provides visitors with an insight into the significance of Trongsa in Bhutan's history.

#### Explore the Town

Explore this narrow town on your own late this afternoon and evening.

### Accommodations

Yangkhil Resort

### Meals Included

breakfast, lunch, dinner

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#### DAY 6

Friday  
11/13/20

### Trongsa to Gangtey

Black-necked cranes in Bhutan are winter visitors, arriving in late October and staying until mid-February in the Phobjikha Valley as well as Ladakh, India, and Arunachal Pradesh, India. They arrive from the Tibetan Plateau, where they breed in the summer. They visit the Phobjikha valley in large numbers, which is a declared protected area for the cranes, and also to other valleys in smaller numbers in central and eastern Bhutan. On arrival in Phobjikha they are seen to circle Gangtey Monastery three times as if practicing kora (“circumambulation”), and repeat this act as they begin their return to Tibet in early spring.

#### Gangtey Monastery

After breakfast leave Trongsa, and drive to the Phobjikha valley. The journey will take approximately four hours on fairly rough roads, depending on the number of stops you make along the way. On arrival in the valley, you will see one of the oldest and wealthiest private monasteries in Bhutan - Gangtey Goenpa. The head lama of Gangtey Goenpa is the ninth incarnation of Pema Lingpa, a famous 14th century blacksmith from Bumthang who is one of Bhutan’s most famous Buddhist saints and teachers.

#### Visit the Crane Center

This area is famous as the winter home for the very rare black-necked crane. Experts estimate that fewer than 6,000 cranes exist in the wild. Every year, approximately 800-1,000 birds arrive in Phobjikha Valley late October and stay through mid-February.

#### Nature Hike

Take a beautiful nature hike through the valley, overlooking the plains created by the glacier that some claim is like the setting of a Shangri-La. The forests surrounding the valley are full of birds and mammals alike, and this hike is a wonderful way to experience this pristine ecosystem.

#### Accommodations

Dewachen Hotel

#### Meals Included

breakfast, lunch, dinner

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### DAY 7

Saturday  
11/14/20

### Gangtey to Punakha

Punakha has been inextricably linked with momentous occasions in Bhutanese history. It served as the capital of the country from 1637 to 1907 and the first national assembly was hosted here in 1953. Punakha valley has a pleasant climate with warm winters and hot summers. It is located at an average elevation of 3,900 feet above sea level. Owing to the favorable climate, rice grows very well in this region and is the main cash crop cultivated here.

#### Punakha Dzong

The Punakha Dzong was built in 1637 by Shabdrung. It is situated at the confluence of the “Pho” and “Mo” Chus (Father & Mother rivers), guarding the Southern end of the Punakha valley. This huge fortress was the capital of Bhutan until 1966. The “Je Khenpo” (head religious abbot) of Bhutan and most of the monks in Thimphu live in this Dzong throughout the winter, as the lower elevation of the Punakha valley is warmer than higher elevations. In 1651, Shabdrung went into retreat and passed away soon after. For fear of civil unrest his death was kept a secret for over 50 years.

Accommodations  
Tented Camp

Meals Included  
breakfast, lunch, dinner

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### DAY 8

Sunday  
11/15/20

### Punakha to Thimpu

Thimphu is the most modern city in Bhutan with an abundance of restaurants, internet cafes, nightclubs, and shopping centers. However, it still retains its cultural identity and values amidst the signs of modernization.

**Relax at Camp** Enjoy breakfast at your camp this morning before packing up and heading to Thimpu.

**108 Stupas** Visit the 108 stupas built by the Queen Mother at the Dochu La Pass (10,300 feet).

**Memorial Chorten** The Royal Grand Mother Ashi Phuntsho Choden built this Chorten in 1974 in memory of the third King Jigme Dorji Wangchuck who died in 1972. You will find Bhutanese from all walks of life circumambulating the stupa for merit and for liberating sentient beings from suffering.

**Lunch** Check in at your hotel and enjoy lunch at a local restaurant.

**Kuensel Phodrang** This afternoon, visit the world's largest seated Buddha statue at 169 feet, the Buddha Dordenma. This Buddha is seated amidst the ruins of Kuensel Phodrang. If you are interested, there is an excellent nature trail here.

### Accommodations

Zhiwa Ling Ascent

### Meals Included

breakfast, lunch, dinner

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#### DAY 9

Monday  
11/16/20

### Thimphu

One of the most curious features of Thimphu is that it is the only capital city in the world that does not use traffic lights. Instead a few major intersections have policemen standing in elaborately decorated booths (small pavilions), directing traffic with exaggerated hand motions. The juxtaposition of ancient tradition and modernity make Thimphu the ideal location to immerse yourself in the lifestyle of contemporary Bhutanese.

#### School for Arts and Crafts

Visit the School for Arts and Crafts, where children and adults are enrolled and study multiple years before they graduate and start a career.

#### Paper Factory

See a small-scale paper factory. Paper here is made out of the Daphne plant.

#### Craft Bazaar

Take some time to shop for traditional wares at the local craft bazaar.

#### Dinner

You'll be joined by local dignitaries for dinner this evening.

#### Accommodations

Zhiwa Ling Ascent

#### Meals Included

breakfast, lunch, dinner

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#### DAY 10

Tuesday  
11/17/20

### Thimphu to Paro

Along the main street of Paro, you can see traditional architecture with richly decorated buildings housing small shops, institutions, and restaurants. Paro is also home to Bhutan's tallest building - at 72 feet it has six floors!

#### Morning on Your Own

Enjoy some free time in Thimphu to enjoy some last minute shopping or to explore the city.

#### Drive to Paro

Depart Thimphu and drive about an hour to Paro. Enjoy lunch at a local restaurant.

#### National Museum

Visit the National Museum in Paro. An earthquake destroyed the old circular tower, which is being rebuilt. The artifacts have been moved to the outer buildings of the museum.

#### Archery and Dart Demo

Enjoy an archery and dart demonstration this afternoon. Try your hand and see if you are any good at hitting your mark!

#### Accommodations

Zhiwa Ling Hotel

#### Meals Included

breakfast, lunch, dinner

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### DAY 11

Wednesday  
11/18/20

### Paro

Taktsang Lhakhang is Bhutan's most iconic landmark and religious site. The name Taktsang translates to "The Tiger's Nest." This temple is one of the most holy sites in the kingdom and clings impossibly to a sheer cliff face 900 hundred meters above the Paro Valley. It was first built in 1692 at a cave where Guru Rimpoche meditated in the 7th century. Legend states that Guru Rimpoche flew to the site atop the back of a tigress and meditated in the cave for three years, three months, three days, and three hours in order to subdue evil demons residing within it. The cave has been considered a sacred site ever since and many famous saints have traveled to meditate in it.

#### Hike to Taktsang Lhakhang

Some pilgrims walk for a month to reach this temple. The surrounding area has many temples, monasteries, and cells where many monks, nuns, and lay-people can meditate, some even for a lifetime. Although you are not allowed inside the monastery, you can hike up to the view-point for a spectacular and breathtaking view of Taktsang. The hike is 4-5 hours round trip and goes up to just over 10,000 feet in elevation.

#### Afternoon at Leisure

Return to the hotel this afternoon. Relax or take advantage of the spa.

#### 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

Zhiwa Ling Hotel

### Meals Included

breakfast, lunch, dinner

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### DAY 12

Thursday  
11/19/20

### Paro and Depart

Enjoy one last morning in Paro before departing Bhutan

- |                      |   |
|----------------------|---|
| Flight to<br>Bangkok | Transfer to the airport this morning for your flight as a group from Bhutan to Bangkok. Time TBD (likely early evening arrival in Bangkok). |
| Depart<br>Bangkok    | Say goodbye to your new AdventureWomen friends as you connect with your flights home from Bangkok.  |

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

#### Zhiwa Ling Hotel

The Zhiwa Ling hotel combines the sensibilities of a fine Bhutanese guesthouse with the best of 21st century technology. Created by a local Bhutanese company, the hotel's elaborate hand-carved wooden cornices and masterful stonework coexist beautifully with cutting-edge telecommunication systems and Swedish under-floor heating.

#### Yu-Gharling Resort and Spa

The perfect retreat for mind, body, and soul, Yu-Gharling Resort offers ultimate rejuvenation and relaxation. All rooms offer spectacular views of Chokhor Valley.

#### Yangkhil Resort

Within walking distance from Trongsa town, Yangkhil Resort is the most elegant resort in town. The lush green gardens and breathtaking panoramic views of Trongsa Dzong, Taa Dzong, Mangde Chhu, and the view of mountains soaring over 10,000 feet create an unforgettable setting at Yangkhil Resort.

#### Dewachen Hotel

The Dewachen Hotel is designed and decorated in modern traditional Bhutanese style, and is perfectly blended with the natural garden and apple orchard surroundings. The resort is a perfect hideaway relaxation. Take advantage of individual balconies to enjoy the breathtaking view of the valley.

#### Tented Camp

Enjoy your stay at this remote tented camp. Basic amenities include cots, an open dining area with a fire pit, and separate toilet and shower facilities.

#### Zhiwa Ling Ascent

Located just outside the center of the city, Zhiwa Ling Ascent welcomes you to relax in a park-like setting with panoramic views. Relax in one of 20 spacious rooms designed in the most energy-efficient way to capture as much sunlight as possible and take in superb views of the surrounding countryside.

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### Included/Not Included

#### Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ All ground transportation throughout the trip
- ▶ All activities as listed in the itinerary
- ▶ Entrance fees
- ▶ English-speaking guide throughout the trip
- ▶ Gratuities for baggage handling, drivers, and hotel staff
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare
- ▶ Domestic airfare
- ▶ Meals not specified in itinerary
- ▶ Beverages, unless otherwise specified
- ▶ Items of a personal nature
- ▶ Gratuities for head guide

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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. 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 August 10, 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!

You will need a tourist visa to enter Bhutan. We will arrange the visas for the group and your Ambassador will have all needed documentation for you.

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### Health Considerations:

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

### Money:

US Dollars are accepted in Bhutan. Credit cards are not generally accepted beyond a few large shops in major cities. Visa and MasterCard are more commonly accepted than American Express. ATMs are only available in Thimphu, the capital city. We advise bringing cash for your trip.

### Suggested Gratuities:

- ▶ Main Guide: \$60-70

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**Arrive:** Arrive in Bangkok, Thailand (BKK) on November 7, 2020. Your flight to Bhutan (arranged by AdventureWomen) will be booked closer to departure.

**Depart:** Depart Bangkok, Thailand (BKK) on November 19, 2020 after 8:00pm.

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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Temperatures will fluctuate depending on elevation and time of day. You should be prepared for a low of 20°F and a high of 80°F. Plan on dressing in casual, comfortable clothing and layering for this AdventureWomen trip.

### Clothing and Gear:

- Duffel bag
- Daypack and rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 4-5 pairs wool hiking socks
- Underwear & bras
- 1-2 lightweight long underwear tops
- 1-2 lightweight long underwear bottoms
- 2-3 short sleeve shirts (quick dry recommended) -
- 1-2 long sleeve shirts (quick dry recommended)
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of casual clothes for evenings
- 1 bathing suit
- 1 medium weight fleece sweater/jacket for cool evenings
- 1 heavy jacket (down or synthetic)
- 1 pair gaiters
- Waterproof jacket (Gore-Tex recommended)
- Waterproof pants (Gore-Tex recommended)
- Warm hat, gloves
- Hat for sun protection
- Comfortable shoes and/or sandals
- Sleepwear
- Telescopic trekking poles (optional)

### 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.
- Money belt or neck pouch
- 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 silicone earplugs

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### Essentials Continued:

- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 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