You, As Our Guests, Tell Us That You Value...

- The experience of world travel with other women—it's empowering, supportive, and fun
- Daring to go to exotic, remote places you might not have tried on your own; feeling triumphant knowing that you did
- Pushing yourself to try new things then discovering that you actually like rafting, spelunking, and swimming with sea lions
- Expert local guides who are knowledgeable and enthusiastic about their country and culture
- AdventureWomen’s Ambassadors—they're capable, fun, and committed to supporting you on your journey
- Having a worry-free adventure. Everything's been organized for you!
- The restorative power of laughter and friendship
- A judgement-free environment where you can simply be yourself
- The friends you make. Some for a trip. Some for a lifetime.

JOIN US ON
adventurewomen.com

Guest Journeys
The destination is just the beginning

AdventureWomen provides an Ambassador on every trip. She is, a traveler like yourself; she's been carefully screened and trained, and she's committed to elevating your experience!

Your Ambassador
- is upbeat and enthusiastic—Ambassadors set the mood for your trip
- facilitates introducing you to the other women on your adventure
- becomes your go-to contact while traveling with AdventureWomen
- is your in-country support system and liaison with the guide
- lends a helping hand at all times!

“My greatest joy is seeing that twinkle in their eyes when they have accomplished or seen something they’ve never done or seen before!”
- CAPRICE STONER

“I enjoy hearing their stories—their lives, interests, dreams and travel goals. These women are willing to push themselves out of their comfort zone. I love sharing in the fun and discovery!”
- MEGAN MURPHY

“I love the communal excitement of our group’s first gathering. Being a "judgment-free zone" the learning of a new skill, or cheering on someone who’s overcoming a fear.

—RODICA WOODBURY

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The destination is just the beginning

Connect and share stories with women around the world

Feel the pride that comes from learning new skills

Share in the thrill of a remote outdoor adventure

Arrive as strangers, leave as friends

adventurewomen.com

My greatest joy is seeing that twinkle in their eyes when they have accomplished or seen something they’ve never done or seen before!
- CAPRICE STONER

“Absolutely amazing. Not one wish went unanswered.”
- Maggie R.

“I enjoy hearing their stories—their lives, interests, dreams and travel goals. These women are willing to push themselves out of their comfort zone. I love sharing in the fun and discovery!”
- MEGAN MURPHY

“She was helpful, personable, and made me feel welcome.”
- Gina M.

“So positive, so supportive, so competent, and fun! 10 out of 10!”
— Gail B.

“She honestly cared about everyone. She was the heart of the trip.”
— Wendy H.

“I really enjoyed meeting up with the wonderful company of our group’s first gathering. Being a “judgment-free zone” the learning of a new skill or cheering on someone who’s overcoming a fear.

— Rodica W.

“Absolutely amazing. Not one wish went unanswered.”
— Maggie R.

“I enjoy hearing their stories—their lives, interests, dreams and travel goals. These women are willing to push themselves out of their comfort zone. I love sharing in the fun and discovery!”
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“So positive, so supportive, so competent, and fun! 10 out of 10!”
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adventurewomen.com

NEW 2020 TRIP DATES!
CHECK OUT OUR UPDATED CALENDAR!

CELEBRATING OVER
35 YEARS
OF AMAZING JOURNEYS
Our Commitment to You in 2020

• Travel to 30 countries and fascinating destinations (where the destination is just the beginning) —all you have to do is show up

• Small, intimate groups of women on each trip (up to a maximum of 14)

• An AdventureWomen Ambassador as well as a local guide on every trip to ensure you are well taken care of

• “Women-to-Women” cross-cultural experiences where you meet women who are local chefs, artisans, and community leaders

• Delicious culinary opportunities, from cooking classes to “lunch with a local,” and the best in local accommodations

• Single room options for you on most departures

• Private journeys available with customized itineraries just for you and your small group of friends

New for 2020

Mother-Daughter Adventures in Costa Rica, Iceland, and Baja

Discover the joy of getting active together! We now offer three multigenerational opportunities to live in the moment and create lasting memories.

Discover Oman

Explore Oman’s colorful culture and rich traditions, meet women entrepreneurs, and enjoy Omani cuisine. Meet local Omanis as you travel from beautiful Muscat to deserts, mountains, and wadis. Visit UNESCO World Heritage sites and iconic landmarks.

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The destination is just the beginning

RAR Text
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The destination is just the beginning
2020 Adventure Calendar

**JANUARY**
- Travel to 30 countries and fascinating destinations to see in 2020
- Private journeys available with customized itineraries just for you and your small group
- Single room options for you on most departures
- Delicious culinary opportunities, from cooking classes to “lunch with a local,” and the best in local accommodations
- Small, intimate groups of women on each trip

**OUR COMMITMENT**
- AdventureWomen.com
- Travel safely with other like-minded travelers
- Enjoy all-inclusive activities
- Local accommodations
- Classes to “lunch with a local,” and the best in local accommodations
- Single room options for you on most departures
- Delicious culinary opportunities

**FEBRUARY**
- Travel to see in 2020
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**MARCH**
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**APRIL**
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**MAY**
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**JUNE**
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**JULY**
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**AUGUST**
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**SEPTEMBER**
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**OCTOBER**
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**DECEMBER**
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**NEW FOR 2020**
- Discover the joy of getting active together! We now offer three activity levels—gentle, active, and high energy—so you can choose the one that best fits your personality and physical abilities.
- Our carefully planned itineraries include a mix of activities such as hiking, biking, rafting, kayaking, and more, all designed to create lasting memories.
- Choose from a variety of destinations around the world that are perfect for travelers who want to explore the natural and cultural wonders of the world.
- Whether you’re looking for a relaxing getaway or an adventure of a lifetime, AdventureWomen has a trip for you!

**ADVENTUREWOMEN.COM**
- Explore women’s culture and history through hands-on activities and cultural experiences.
- Meet local women who share their stories and perspectives.
- Experience the joy of getting active together and creating unforgettable memories.
- Join a community of adventurous women who share your passion for travel and discovery.

**MOTHER-DAUGHTER ADVENTURES IN COSTA RICA, ICELAND, AND BAJA**
- Discover the joy of getting active together! We now offer three activity levels—gentle, active, and high energy—so you can choose the one that best fits your personality and physical abilities.
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**TRAVEL TO 30 COUNTRIES AND FASCINATING DESTINATIONS WHERE THE DESTINATION IS JUST THE BEGINNING**
- All you have to do is show up (where the destination is just the beginning)
Our Top 10 Adventures for 2020

1. **THAILAND & LAOS**
   **ELEPHANTS, TEMPLES, & BEACHES**
   **JANUARY 11-21 / FEBRUARY 8-18 / DECEMBER 5-15**
   - Kayak the Mekong, walk in floating markets,
   - Explore temples, enjoy cycling,
   - Take a journey to the "Land of a Thousand Rice Fields."
   - Visit local markets to experience local culture.
   **PRICE: $6,690**

2. **MT. KILIMANJARO**
   **TREKKING TO THE ROOF OF AFRICA**
   **SEPTEMBER 14-23**
   - Trek to 19,341’, summitting the highest freestanding mountain in the world.
   - Trekking strategy has a 98% summit success rate.
   - Stand on the "Roof of Africa" for breathtaking 360˚ views of the Tanzanian landscape.
   - You’re not alone! Adventure Women work together to reach this challenging goal.
   **PRICE: $5,790**

3. **OMAN**
   **A MIDDLE EASTERN ODYSSEY**
   **MARCH 23-APRIL 1 / SEPTEMBER 21-30**
   - Explore Oman’s colorful culture and rich traditions, meet women entrepreneurs, and enjoy Omani cuisine.
   - Meet local Omanis as you travel from the port capital of Muscat to deserts, mountains, and wadis.
   - Visit UNESCO World Heritage sites and iconic landmarks.
   **PRICE: $5,390**

4. **NEPAL**
   **TREKKING TO EVEREST BASE CAMP**
   **APRIL 12-28**
   - Explore theAsin forest and the Kali Gandaki River.
   - Trek through the Annapurna Sanctuary.
   - View the 5,000 year old iceman, Ötzi.
   - Learn how to make artisanal mountain cheeses at a local farm.
   **PRICE: $8,990**

5. **BOTSWANA & ZIMBABWE**
   **WING SAFARI: DISCOVERING THE DELTA & VICTORIA FALLS**
   **MAY 17-27 / JUNE 7-17**
   - Observe African wildlife and learn about them from naturalist guides.
   - Walk through the African bush in search of animals and experience a thrilling game drive at night.
   - Sleep in luxurious tented camps.
   - Hike in the mists of the Zambezi River’s roaring Victoria Falls.
   **PRICE: $8,990**

6. **ITALY**
   **HIKING & CULTURE IN THE DOLOMITES**
   **JULY 16-25**
   - Enjoy delicious homemade Italian cooking with local families.
   - Explore tiny villages and farms set high in the Dolomites.
   - Hike part of the Tre Cime loop and sleep in a mountain hut.
   - View the 5,000 year old iceman, Ötzi.
   **PRICE: $5,790**

7. **COSTA RICA**
   **JUNGLE, WILDLIFE, & BEACHES**
   **JUNE 27-JULY 5**
   - Five days of whitewater rafting fun paddling on the Lower Salmon River.
   - Learn to paddle as a team from experienced rafting guides.
   - Learn about wildlife, geology, and Salmon River history and see native American Indian rock paintings.
   - Enjoy bonfires and camping at the river’s edge.
   **PRICE: $2,990**

8. **ICELAND**
   **THE LAND OF FIRE AND ICE**
   **JULY 14-20 / JULY 27-AUGUST 2**
   - Ride Icelandic ponies, ATVs, and snowmobiles to lava fields and waterfalls.
   - Soak in hot springs—including the Secret and Blue Lagoons.
   - Taste Icelandic delicacies: skyr, lobster, and microbrews.
   - Be wowed on a wildlife cruise in Breiðafjörður Bay.
   **PRICE: $5,990**

9. **PERU**
   **A LODGE-TO- LODGE TREK TO MACHU PICCHU**
   **NOVEMBER 5-15**
   - Take a gorgeous, challenging route less traveled to Machu Picchu.
   - Explore the Sacred Valley to the Salkantay Pass and Huayna Picchu.
   - Stay in welcoming mountain lodges, enjoying Peruvian cuisine.
   - Meet women master weavers and explore incredible Cuzco.
   **PRICE: $5,990**

10. **NEW DEPARTURE ADDED!**
   **THAILAND & LAOS**
   **ELEPHANTS, TEMPLES, & BEACHES**
   **JANUARY 11-21 / FEBRUARY 8-18**
   - Kayak, float by long-tail boats, shop in floating markets.
   - Explore temples, enjoy cycling.
   - Take a journey to the "Land of a Thousand Rice Fields."
   **PRICE: $6,690**

Call us at (800) 804-8686 or email info@adventurewomen.com to book your trip! We're here to help you have an unforgettable adventure.
11 | ICELAND
GOLDEN TRAILS OF THE NORTHERN LIGHTS
JANUARY 23-31
- See the magic of the Northern Lights
- Take a midnight walk in the highlands
- Discover the ancient parliament at Þingvellir
- Visit the ancientAkureyri...prices are land only

PRICE: $3,590

12 | MONTANA
SNOWMOBILE WEEK AT BRIDGER BOWL
JANUARY 26-FEBRUARY 1
- The book of Montana women's short story package
- Learn to 'roar'! Drift along with your einga family
- Expect woman's outdoor action, small group tours
- Fulfill your adventure criteria to help you experience the best
- World-class skiing at the Big Sky, powder and gondola and lift tickets

PRICE: $3,990

13 | YELLOWSTONE
WINTER WONDERLAND
FEBRUARY 3-8
- Take in a glowing wheelchairs, ski outdoor activities
- Enjoy a family-friendly experience at the peak of winter
- Stay in a cozy family or a remove lodge for the ultimate winter family
- Enjoy hot springs and geysers at Yellowstone National Park

PRICE: $4,990

14 | BAJA
WHALE WATCHING, GLAMPING, & SURFING
FEBRUARY 9-15
- Spend quality time with your family during adventure
- Flying over Baja, diving in the crystal-clear waters
- Enjoy whale watching for migrating Gray Whales mothers
- Learn how to “mush”, driving your own dogsled team

PRICE: $5,290

15 | CANADIAN ROCKIES
THE ULTIMATE ACTIVE WINTER ADVENTURE
MARCH 1-7
- Enjoy a full week in the Canadian Rockies
- Skiing and snowboarding in the heart of the Rockies
- Stay in a cozy cabin in the mountains
- Take a traditional Mexican cooking class in Costa Rica

PRICE: $6,490

16 | ANTARCTICA
WILDLIFE WALKS AND PHOTOGRAPHY EXPEDITION
MARCH 1-16
- Experience the world's most remote continent
- Spot wildlife such as penguins, seals, and whales
- Enjoy a private tour of the South Pole
- Explore the amazing landscapes of Antarctica

PRICE: $12,590

17 | GALAPAGOS
WILDLIFE CRUISE BY PRIVATE YACHT
SEPTEMBER 22-24
- Experience the Galápagos Islands wildlife from your naturalist guide on board
- Learn to make tortillas for the evening meal, a Mexican tradition!
- Swim and snorkel with dolphins, whales, and sea lions
- Enjoy a private island camping experience on Isla Espiritu Santo

PRICE: $6,490

18 | MOROCCO
EXPLORER, MARKETS & A FEAST UNDER THE STARS
MARCH 25-30
- Experience the vibrant culture of Morocco
- Visit the city of Fes, Morocco, and learn about its history
- Explore the Sahara Desert on an camel ride
- Enjoy a traditional Moroccan cooking class

PRICE: $3,990

19 | BAJA
A MOTHER-Daughter ADVENTURE
MARCH 18-24
- Get active in Baja with hiking, kayaking, paddle boarding
- Explore the beauty of Baja California with your daughter
- Enjoy a romantic dinner under the stars
- Ride a camel into the desert

PRICE: $5,290

20 | JAPAN
ESPERITU SANTO MURCIA ISLA EXPEDITION
SEPTEMBER 20-28
- Discover the natural beauty of the Galápagos Islands
- Learn to pack your own gear for a base camp adventure
- Swim and snorkel with marine animals
- Enjoy a private island camping experience on Isla Espiritu Santo

PRICE: $6,490

21 | UTAH
JUBILEE MOUNTAIN BIKE CHALLENGE
APRIL 2-8
- Experience the thrill of mountain biking in Utah
- Take on the iconic Ballard Pass climb
- Enjoy a private tour of the canyonlands
- Relax in natural hot spring baths

PRICE: $3,990

22 | CAMINO
WALK THE PORTUGUESE WAY IN SPAIN
MAY 2-10
- Experience the culture of the Camino de Santiago
- Explore the ancient pilgrimage route
- Visit the famous Cathedral of Santiago de Compostela
- Learn about the history and traditions of the Camino

PRICE: $2,990

23 | ICELAND
REYKJAVIK & THE SOUTHERN COAST
MAY 15-28
- Experience the beauty of Iceland outdoors: snowmobiling, fat tire biking, snowshoeing, and ice skating
- Explore Iceland's diverse and colorful landscapes,
- Experience the etiquette and tradition of a Japanese culture
- Meet Japan's Ama pearl divers, Japanese women who

PRICE: $6,290

24 | ICELAND
ADVENTURE ON HORSEBACK IN THE LAND OF FIRE AND ICE
JUNE 5-12
- Experience the thrill of horseback riding in Iceland
- Go on a guided tour of the Golden Circle
- Explore the beautiful landscapes of Iceland
- Take a traditional Icelandic cooking class

PRICE: $5,490

25 | ICELAND
A MOTHER’S DAY GIFT ADVENTURE
MAY 28-JUNE 5
- Enjoy a mother’s Day gift for a memorable experience
- Experience the beauty of Iceland outdoors: snowmobiling, fat tire biking, snowshoeing, and ice skating
- Explore Iceland's diverse and colorful landscapes,
- Experience the etiquette and tradition of a Japanese culture

PRICE: $5,490

26 | ALASKA
ALASKAN CRUISE & EXPLORATION
MAY 26-JUNE 4
- Experience Alaska's breathtaking scenery
- Explore the beauty of the Inside Passage
- Take a traditional Icelandic cooking class
- Enjoy a private tour of the canyonlands

PRICE: $3,590

27 | SWITZERLAND
CHARMING VILLAGES, HIKING, & ALPEN REAKS
JUNE 21-29
- Experience the魅力 of the Swiss Alps
- Take a traditional Icelandic cooking class
- Enjoy a private tour of the canyonlands
- Go on a guided tour of the Golden Circle

PRICE: $8,990

28 | ICELAND
THE ULTIMATE ACTIVE OUTDOOR ADVENTURE
AUGUST 2-8
- Experience Iceland's natural wonders
- Explore the beauty of the Golden Circle
- Visit the famous Cathedral of Santiago de Compostela
- Learn about the history and traditions of the Camino

PRICE: $2,990

29 | INDIA
MOUNTAIN BIKING & RAFTING IN VARANASI
JULY 5-17
- Experience the thrill of mountain biking in India
- Take a traditional Icelandic cooking class
- Enjoy a private tour of the canyonlands
- Go on a guided tour of the Golden Circle

PRICE: $5,990

30 | CANADIAN ROCKIES
THE ULTIMATE ACTIVE OUTDOOR ADVENTURE
SEPTEMBER 20-28
- Enjoy a full week in the Canadian Rockies
- Skiing and snowboarding in the heart of the Rockies
- Stay in a cozy cabin in the mountains
- Take a traditional Mexican cooking class in Costa Rica

PRICE: $6,490

31 | COSTA RICA
ALOHA SURFING - A TOGETHER ADVENTURE
AUGUST 31-SEPTEMBER 7
- Experience the thrill of surfing in Costa Rica
- Take a traditional Icelandic cooking class
- Enjoy a private tour of the canyonlands
- Go on a guided tour of the Golden Circle

PRICE: $6,290

32 | INDONESIA
SEA BUDDIES, SHARKS & ORANGUTANS
OCTOBER 15-27
- Experience the thrill of shark diving in Indonesia
- Take a traditional Icelandic cooking class
- Enjoy a private tour of the canyonlands
- Go on a guided tour of the Golden Circle

PRICE: $8,990

33 | BAJA
Hunting the Whales in Mexico
SEPTEMBER 18-24
- Experience the thrill of whale watching in Baja California
- Take a traditional Icelandic cooking class
- Enjoy a private tour of the canyonlands
- Go on a guided tour of the Golden Circle

PRICE: $4,990

34 | EGYPT & JORDAN
WONDERS OF THE WORLD
OCTOBER 1-7
- Experience the thrill of exploring ancient Egyptian culture
- Take a traditional Icelandic cooking class
- Enjoy a private tour of the canyonlands
- Go on a guided tour of the Golden Circle

PRICE: $3,990

35 | NEPAL
SAGAHA MADHVA NATIONAL PARK & WINES
NOVEMBER 1-15
- Experience the thrill of exploring ancient Nepalese culture
- Take a traditional Icelandic cooking class
- Enjoy a private tour of the canyonlands
- Go on a guided tour of the Golden Circle

PRICE: $6,490

For more information on trips and registration, visit us at adventurewomen.com or call (808) 804-8686