



# adventure women

THE DESTINATION IS JUST THE BEGINNING



**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.





## 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](http://adventurewomen.com)

## Guest Journeys

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 Ambassadors



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!

**“So positive, so supportive, competent, and fun! 10 out of 10!”**

—Gail B.

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.”**

—Regina E.



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.



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

**“She honestly cared about everyone. She was the heart of the trip.”**

—Wendy H.

# 2020 Adventure Calendar

Activity Level | Moderate | ▲ | Active | ▲▲ | High Energy | ▲▲▲ | Challenging | ▲▲▲▲

## JANUARY

- January 11-21**  
**Thailand & Laos**  
Elephants, Temples, & Beaches  
▲▲
- January 25-31**  
**Iceland**  
Searching for the Northern Lights  
▲▲
- January 26-February 1**  
**Montana**  
Downhill Skiing Clinic at Bridger Bowl  
▲▲▲

## FEBRUARY

- February 2-8**  
**Yellowstone**  
A Dramatic Winter Wonderland  
▲▲ (with high energy options)
- February 8-18**  
**Thailand & Laos**  
Elephants, Temples, & Beaches  
▲▲
- February 9-15**  
**Yellowstone**  
A Dramatic Winter Wonderland  
▲▲ (with high energy options)
- February 16-23**  
**Baja**  
Whale Watching, Glamping & Surfing  
▲▲

## MARCH

- March 1-7**  
**Canadian Rockies**  
The Ultimate Active Winter Adventure  
▲▲▲
- March 1-16**  
**Antarctica**  
Majestic Polar Landscapes & Penguins  
▲
- March 14-22**  
**Galapagos**  
Wildlife Cruise by Private Yacht  
▲▲
- March 15-28**  
**Morocco**  
Sahara Sands, Markets, and a Feast for the Senses  
▲
- March 18-24**  
**Baja**  
A Mother-Daughter Adventure  
▲▲
- March 23-April 1**  
**Oman**  
A Middle Eastern Odyssey  
▲

## APRIL

- April 2-12**  
**Japan**  
Ancient Traditions, Onsen, & Hiking the Kumano Kodo  
▲▲▲
- April 5-18**  
**Morocco**  
Sahara Sands, Markets, and a Feast for the Senses  
▲

## APRIL 12-28

- Nepal**  
Trekking to Everest Base Camp  
▲▲▲

## APRIL 16-26

- Japan**  
Ancient Traditions, Onsen, & Hiking the Kumano Kodo  
▲▲▲

## APRIL 26-May 2

- Utah**  
Zion and Bryce Multisport Adventure  
▲▲▲

## MAY

- May 2-10**  
**Camino**  
Hiking the Portuguese Way in Spain  
▲▲▲

## May 17-27

- Botswana & Zimbabwe**  
Wing Safari: Discovering the Delta & Victoria Falls  
▲

## May 20-29

- Tanzania**  
Crater & Plains Wildlife Safari  
▲

## JUNE

- June 5-12**  
**Iceland**  
Adventure on Horseback in the Land of Fire and Ice  
▲▲▲

## June 7-17

- Botswana & Zimbabwe**  
Wing Safari: Discovering the Delta & Victoria Falls  
▲

## June 13-20

- Alaska**  
A Bear Viewing and Kenai Wilderness Odyssey  
▲▲

## June 20-28

- Croatia**  
Cruise the Islands of the Dalmatian Coast by Private Yacht  
▲ (with high energy options)

## June 21-29

- Switzerland**  
Charming Villages, Hiking & Alpen Peaks  
▲▲

## June 27-July 3

- Iceland**  
A Mother-Daughter Adventure  
▲▲

## June 27-July 5

- Costa Rica**  
Jungle, Wildlife, & Beaches  
▲▲

## JULY

- July 5- July 11**  
**Idaho**  
Rafting the Salmon River Canyons  
▲▲▲

## July 5-17

- India**  
Hiking, Biking, & Rafting Ladakh  
▲▲▲ (with two challenging days)

## July 14-20

- Iceland**  
The Land of Fire and Ice  
▲▲

## July 16-25

- Italy**  
Hiking & Culture in the Dolomites  
▲▲▲

## July 27-August 2

- Iceland**  
The Land of Fire and Ice  
▲▲

## AUGUST

- August 2-8**  
**Canadian Rockies**  
The Ultimate Active Outdoor Adventure  
▲▲▲

## August 3-11

- Costa Rica**  
A Mother-Daughter Adventure  
▲▲

## August 15-23

- Galapagos**  
Wildlife Cruise by Private Yacht  
▲▲

## August 23-29

- Idaho**  
Rafting the Salmon River Canyons  
▲▲▲

## SEPTEMBER

- September 2-11**  
**Tanzania**  
Crater & Plains Wildlife Safari  
▲

## September 5-13

- Croatia**  
Cruise the Islands of the Dalmatian Coast by Private Yacht  
▲ (with active options)

## September 14-23

- Mt. Kilimanjaro**  
Trek to the Roof of Africa  
September 23-28 (optional 5-day safari)  
▲▲▲▲

## September 15-28

- Indonesia**  
Culture, Beaches, Orangutans, & Dragons  
▲▲

## September 18-26

- Camino**  
Hiking the Sanabrés Way in Spain  
▲▲▲

## September 20-26

- Utah**  
Zion and Bryce Multisport Adventure  
▲▲▲

## September 20-October 3

- Morocco**  
Sahara Sands, Markets & a Feast for the Senses  
▲

## September 21-30

- Oman**  
A Middle Eastern Odyssey  
▲

## September 27-October 5

- Camino**  
Hiking the Portuguese Way in Spain  
▲▲▲

## OCTOBER

- October 4-17**  
**Egypt & Jordan**  
Wonders of the World  
▲

- Egypt & Jordan**  
Wonders of the World  
▲

## October 21-November 3

- Nepal**  
Low-Altitude Trekking, Rafting and Wildlife  
▲▲▲ (with two challenging days)

## October 23-November 1

- Uganda**  
Gorilla & Chimpanzee Trekking  
▲▲▲

## October 24-November 2

- Tanzania**  
Crater & Plains Wildlife Safari  
▲

## October 31-November 6

- Baja**  
Day of the Dead Adventure  
▲▲

## NOVEMBER

- November 3-12**  
**Uganda**  
Gorilla & Chimpanzee Trekking  
▲▲▲

## November 5-15

- Peru**  
A Lodge-to-Lodge Trek to Machu Picchu  
▲▲▲▲

## November 7-13

- Baja**  
Seaside Glamping and Sea Lions  
▲▲

## November 8-19

- Bhutan**  
Buddhist Temples & Himalayan Vistas  
▲▲▲

## DECEMBER

- December 5-15**  
**Thailand & Laos**  
Elephants, Temples, & Beaches  
▲▲

## December 6-17

- Bhutan**  
Buddhist Temples & Himalayan Vistas  
▲▲▲



# Our Top 10 Adventures for 2020

Call us at (800) 804-8686 or email  
[info@adventurewomen.com](mailto:info@adventurewomen.com) to book your trip!

We're here to help you have an unforgettable adventure.

adventure women

THE DESTINATION IS JUST THE BEGINNING

Activity Level | Moderate | Active | High Energy | Challenging |  
▲ ▲▲ ▲▲▲ ▲▲▲▲

MOUNT KILIMANJARO  
Photo credit: Erik Andrews

All listed prices are land only

## 1 | THAILAND & LAOS

ELEPHANTS, TEMPLES, & BEACHES  
JANUARY 11-21 / FEBRUARY 8-18  
DECEMBER 5-15

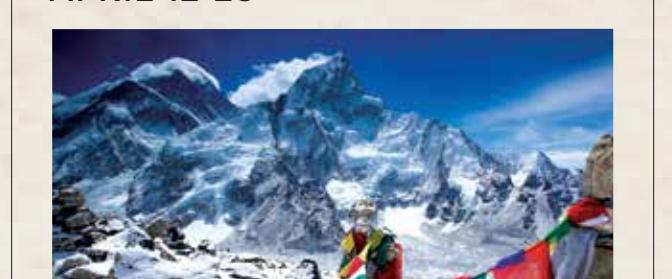


- Kayak, float by long-tail boats, shop in floating markets
- Meet local Thai artisans and entrepreneurs
- Bike through Luang Prabang and participate in spiritual ceremonies
- Snorkel, swim, and relax on Koh Yao Yai island

PRICE: \$6,690 | ▲▲

## 2 | MT. KILIMANJARO

TREK TO THE ROOF OF AFRICA  
SEPTEMBER 14-23



- Trek to 19,341', summittting 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
- Optional 5-day wildlife safari in Tanzania

PRICE: \$5,790 | ▲▲▲▲

OPTIONAL SAFARI: \$3,050 | ▲

## 3 | OMAN

A MIDDLE EASTERN ODYSSEY  
MARCH 23-APRIL 1  
SEPTEMBER 21-30



NEW DEPARTURE ADDED!

- 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 beautiful Muscat to deserts, mountains, and wadis
- Snorkel, swim, and relax on Koh Yao Yai island

PRICE: \$5,390 | ▲

## 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
- Meet local Omanis as you travel from the port capital of beautiful Muscat to deserts, mountains, and wadis
- Visit UNESCO World Heritage sites and iconic landmarks

PRICE: \$5,390 | ▲

## 7 | COSTA RICA

JUNGLE, WILDLIFE, & BEACHES  
JUNE 27-JULY 5



- Whitewater rafting, horseback riding, hiking, swimming, tubing, and jungle canopy ziplining
- Enjoy a chocolate making and Costa Rican cooking class
- Walk through the African bush in search of animals and experience a thrilling game drive at night
- Kayak among sea life in Tortuguero National Park
- Relax in hot springs as you bond with fellow Adventure Women

PRICE: \$4,090 | ▲▲

## 8 | IDAHO

RAFTING THE SALMON RIVER CANYONS  
JULY 5-11  
AUGUST 23-29



- Five days of whitewater rafting fun paddling on the Lower Salmon River
- Traverse mountain passes on narrow suspension bridges in the foothills around Everest
- Enjoy delicious homemade Italian cooking with local families
- Explore tiny villages and farms set high in the Dolomites
- Hike to the Tengboche Monastery to meet Tibetan Buddhist monks
- Celebrate your trekking triumph when you arrive at Everest Base Camp
- Learn how to make artisanal mountain cheeses at a local farm

PRICE: \$5,790 | ▲▲▲

PRICE: \$2,990 | ▲▲▲

## 9 | 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 | ▲▲

## 10 | 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 | ▲▲▲▲

## 2020 ADVENTURES

**11 | ICELAND**  
SEARCHING FOR THE NORTHERN LIGHTS  
JANUARY 25-31

- Search for the Northern Lights in Iceland – an adventure you will never forget!
- Experience the best of Iceland outdoors: snowmobiling, caving, hot tub soaks, glacier walks, dogsledding
- See the Blue Lagoon geysers, waterfalls, and geothermal pools
- Tour Reykjavik and get to know Icelandic culture

PRICE: \$5,690 | ▲▲

**15 | CANADIAN ROCKIES**  
THE ULTIMATE ACTIVE WINTER ADVENTURE  
MARCH 1-7

- Enjoy multisport winter fun: cross-country skiing, dogsledding, fat tire biking, snowshoeing, and ice skating
- Experience a Nordic spa complete with cold plunge pool
- Spot winter wildlife in Banff National Park and Peter Lougheed Provincial Park
- Warm up around a bonfire and swap stories

PRICE: \$4,290 | ▲▲

**12 | MONTANA**  
DOWNHILL SKIING CLINIC AT BRIDGER BOWL  
JANUARY 26-FEBRUARY 1

- The best all-inclusive women's downhill ski package offered in the US!
- Ski clinic "for women by women" means an encouraging, judgment-free experience!
- Expert women ski instructors, small group lessons
- Videotaped ski session critiques help you improve your downhill style and confidence
- World-class alpine skiing on the long, wide-open slopes, glades, chutes, and gullies at Bridger Bowl

PRICE: \$2,990 | ▲▲

**16 | ANTARCTICA**  
MAJESTIC POLAR LANDSCAPES & PENGUINS  
MARCH 1-16

- Cruise between the South Shetland Islands and the Antarctic Peninsula on a new, modern expedition vessel
- Explore the fords by Zodiac pontoon boat with expert guides
- Visit the King penguin and Macaroni penguin's immense colonies, witness abundant wildlife on South Georgia Island

PRICE: \$15,395 (Porthole Cabin) | ▲

\$17,495 (Veranda Cabin)

**13 | YELLOWSTONE**  
A DRAMATIC WINTER WONDERLAND  
FEBRUARY 2-8  
FEBRUARY 9-15

- Snowshoe across rolling landscapes to spot wildlife
- Learn how to "mush", driving your own dogsled team
- Witness geothermal wonders found nowhere else in North America
- Ride in a jingling horse-drawn sleigh out into the profound calm and star-filled night of a Montana winter

PRICE: \$3,590 | ▲ (with high energy options)

**17 | GALAPAGOS**  
WILDLIFE CRUISE BY PRIVATE YACHT  
MARCH 14-22  
AUGUST 15-23

- Observe the iconic animals that have evolved and adapted in isolation, 600 miles from the mainland
- Learn about wildlife conservation efforts and the fascinating Galapagos Island wildlife from your naturalist guide on board
- Swim and snorkel with dolphins, whales, and sea lions
- Visit a sea turtle sanctuary and meet blue footed boobies and pink flamingos

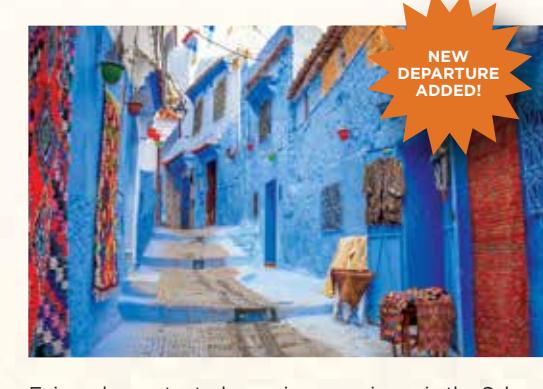
PRICE: \$4,990 (Standard Cabin) | ▲

\$5,490 (Junior Cabin)

**14 | BAJA**  
WHALE WATCHING, GLAMPING, & SURFING  
FEBRUARY 16-23

- Enjoy whale watching for migrating Gray Whale mothers and their offspring in Magdalena Bay
- Swim and snorkel with sea lions in the Sea of Cortez
- Learn how to make delicious Mexican cuisine from a talented Mexican "Maestro" using fresh local produce and seafood
- Get active in Baja with hiking, kayaking, paddle boarding

PRICE: \$3,790 | ▲

**18 | MOROCCO**  
SAHARA SANDS, MARKETS, & A FEAST FOR THE SENSES  
MARCH 15-28  
APRIL 5-18  
SEPTEMBER 20-OCTOBER 3

- Enjoy a luxury tented camping experience in the Sahara, dining under the stars; ride a camel into the desert
- Stroll Chefchaouen's blue-painted Old City and medina
- Study the iconic artistic, cultural, and architectural influences of Islam, Northern Europe, and Spain
- Shop the bustling medinas and explore the vast, twisting paths through Fes and Marrakesh
- Tour women-owned artisans' cooperatives and meet their artisans, and learn from local female leaders in education

PRICE: \$6,290 | ▲