



"The Grand Dame" of Women's  
Adventure Travel Since 1982

**2014 ~ Celebrating 32 Years!**

**DATES**

April 25 - May 3, 2014

**COST**

\$4,195 from Avignon, France. (\$800  
deposit)

**RATING**

Moderate

**ACTIVITIES**

Walking, Cultural Exploration, Sightseeing,  
Wine Tasting, Photography

**MAIN ATTRACTIONS**

- A walking tour in the south of France among the landscapes that inspired van Gogh and the French Impressionists, while tasting world-renowned wines and savoring classic Provencal dishes.
- Experience a Provencal farmer's market, bustling with cheeses, pates, produce, flowers and artisan wares.
- Meander up cobblestone paths and alleys to dramatic medieval hilltop villages that date back to the 8th century.
- Explore Gordes, listed as one of the "Plus Beaux Villages de France" ("The Most Beautiful Villages in France").
- Hike to Menerbes, the French village made famous by Peter Mayle in his book "A Year in Provence".
- Stay in two charming and historic French hotels: a beautiful 16th c. mansion in the Old City of Vaison; and a renovated 18th century farmhouse in the Luberon, set amidst lavender fields and herb gardens.

(Continued on pg. 2)

AdventureWomen is the oldest  
adventure travel company for active  
women over 30.

## WALKING IN PROVENCE

### Discover the Essence of the South of France

Roll the word "Provence" around your tongue and feel the warmth of the country of France - the heat of her sun, the delicious taste of her dry rose wines, and the aromas of her pungent herbs. Like gliding through a French impressionist painting, you'll be immersed in the light and life of this land. We'll walk the exquisitely colorful spring landscape and discover sensual Provence along its footpaths, past perched villages painted in pastel pinks, blues and greens, and pause in shaded cafes. Our walks will take us through vineyards and pine forests - along trails which have served for centuries - taking time to picnic on olives, goat cheese, tomatoes and strawberries.

Spring is the season to visit the Provence region in the South of France with every color of flower in bloom. Fields are bright with poppies, yards burst with irises, and stone farmhouses are graced with tall bowers of multi-colored roses. Our trails are lined with wildflowers in purple, yellow, and white, and the perfume of wisteria, wild rosemary and thyme scent the air.

We stay in wonderful hotels and dine as the French do, and our walks will highlight three distinctive landscapes of Provence.

Our adventure begins as you fly into Paris, France and take the high speed TGV train to Avignon. From here we are transported to Vaison-la-Romaine, an ancient Roman city nestled under Mont Ventoux. Day hikes take us into the Dentelles de Montmirail, a wild and beautiful land of spiky, sun-white limestone, pocketed with vineyards and olive groves. We'll visit Crestet, with its art institute and mysterious steps carved into the walls of the chateau, and Gigondas, the famous vine village, which rises from a carpet of vineyards to hang from the hillside.

Next we travel to the Luberon Valley and base in Gordes, elegantly perched high on a hill of golden limestone. Twisting alleys with boutiques and galleries tumble down from the chateau. A day walk here takes us to the charming village of Roussillon, which derives its name and appearance from the surrounding red ochre quarries.

Rising directly behind St-Remy-de-Provence are the Alpilles, the land of Vincent Van Gogh: craggy white mountains, solitary dark cypresses, and groves of silver olive trees dominate this landscape, with poppies and irises dotting the pallet.

Our walks take us to the village of Oppede le Vieux where we visit the ruins of a 10th c. chateau, as well as the dramatic setting of Les Baux de Provence.

Leave your senses tingling on this hiking tour in Provence in Spring, deep within the heart of the south of France!

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406-587-3883 | 800-804-8686 | 406-587-9449 FAX

**MAIN ATTRACTIONS (cont)**

- Enjoy camaraderie and share experiences with other AdventureWomen participants during this delightful, custom-designed walking tour in the South of France.

**INCLUDED IN THE COST OF YOUR ADVENTURE TRAVEL TOUR IN FRANCE**

- 8 days/7 nights. Lodging in twin-bedded, double-occupancy rooms with private baths.
- Meals as specified in the daily itinerary, including 7 breakfasts, 1 lunch, and 6 dinners.
- Transportation and all transfers in France, from our pick up and departure in Avignon, France.
- Fully-guided walks each day led by Gillian Arthur, our European-based guide.
- All luggage transfers.
- All gratuities on meals covered in the itinerary.

**NOT INCLUDED IN YOUR WALKING TOUR IN FRANCE**

- Round-trip airfare and/or train to Avignon, France.
- Drinks including all alcoholic beverages, wine, and beer.
- Tips.
  - \$100 per person, to your main guide;
  - \$50 per person, for assistant guide.
  - \$20 per person, for local driver.

**HOW TO REGISTER FOR YOUR PROVENCE VACATION**

**First**, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

**Next**, complete and sign the Trip Registration and International OR Domestic Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

**Then**, call our travel consultant assigned to your trip, Ciretta Green (1-800-247-3538), to make your airline reservations.

**HIKING EXPERIENCE, PHYSICAL CONDITION & HEALTH INSURANCE**

This AdventureWomen trip is rated as MODERATE and requires that you be in very good physical condition, and be able to hike 7-10 miles. The most you will carry is a small day pack with your rain gear, camera, water, etc. Paths are through rolling terrain and can be rough and uneven, so good hiking boots are recommended, as well as a walking stick if you prefer to hike with one. The pace on this hiking tour is leisurely, with stops that include plenty of time for lunch, and exploring villages, cultural, and historical sites.

**You MUST have your own health insurance and be in very good physical condition for this adventure**, which is essential for your enjoyment, as well as to your personal safety, and the safety of the group.

**TRAVELING TO FRANCE: ARRIVAL AND DEPARTURE**

You should plan to fly into Charles de Gaulle International Airport in Paris on the morning of April 26, 2014. You will then need to transfer to the TGV high speed train, which is located inside the airport, for a direct TGV to Avignon. The TGV that departs from DeGaulle at 9:51 a.m. will get you to the Avignon TGV station, just outside of the town of Avignon, at 1:09 p.m.

Please note: There are two train stations in Avignon: the TGV station, a 10 minute taxi ride from downtown, and the main station in downtown Avignon. Trains from Paris, other than the TGV, arrive at the main train station.

**Pick up on April 26 will be at 2 p.m. at the TGV station.**

If you can't make that pick up time, you should come a day early to Avignon. The city is designated a UNESCO World Heritage Site, and there is so much to see and do there!

For those arriving early and already in downtown Avignon, you can get a taxi for the 10 minute ride back to the TGV station for pick up.

**Departure and drop off will be at 9:30 a.m. on May 3 at the Avignon TGV station.** There are frequent TGV trains that go directly into Paris. The 9:51 a.m. train arrives in Paris at 1:20 p.m.

### LIABILITY FORM AND FINAL PAYMENT

Part of what AdventureWomen hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the LIABILITY FORM carefully, sign it, and return it with your final payment by:

**JANUARY 25, 2014.**

### CANCELLATIONS AND RE-FUNDS

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 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. Information will be sent to you in your registration packet.

### SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a **\$75 fee to switch.** You may not switch your deposit to a trip in another calendar year.

### 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.

### MAKING TRAVEL ARRANGEMENTS TO FRANCE

**We suggest you book your air reservations with our travel consultant soon after registering for this trip!**

On this AdventureWomen **WALKING IN PROVENCE** trip, we ask that you work directly with our travel consultant at MONTANA TRAVEL to make your travel arrangements. After booking your trip, please call **CIRETTA at MONTANA TRAVEL**, in Bozeman, Montana, to discuss your air schedule based on the arrival and departure times we have set for the **group pick-up and departure Avignon, France.**

**1-800-247-3538 OR FAX 1-406-586-1959**

**email: [ciretta@mttravel.com](mailto:ciretta@mttravel.com)**

**CANADIAN RESIDENTS, please call 406-587-1188**

When calling, please identify yourself as an AdventureWomen traveler. If you leave a message on CIRETTA'S voice mail, she will return your call promptly. She will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate. If you purchase your ticket through her, she can also help you with hotels, should you want to come early, stay longer, or share a hotel room with another participant. If you do not purchase your air ticket through Montana Travel, you are responsible for making your own arrangement for hotels, rental cars, trip extensions, transfers, etc.

### PASSPORTS AND CURRENCY IN FRANCE

Citizens of the U.S. must possess a valid passport to travel to France. There is no visa required. If you do not have a passport, **APPLY NOW!** You should always carry two extra photos, just in case of emergency (i.e., if your passport is stolen).

Credit cards are widely accepted in France and ATM machines are accessible in many towns. It is easiest to bring a few hundred dollars in cash, which you can exchange into Euros, for your spending money.

### OUR EXCITING ITINERARY FOR WALKING IN PROVENCE, FRANCE

**DAY 1, Friday, April 25, 2014: *Depart the U.S. for Your Overnight Flight to Paris, France***

Fly overnight to Paris from the U.S. to begin your walking tour in the Provence region – the heart of the South of France.

(Meals Aloft)

### **DAY 2, Saturday, April 26: *Transfer to Avignon, Tour Crestet and Walk to Vaison-la-Romaine***

After arrival in Paris, transfer by high speed TGV train to Avignon. Your guide, Gillian Arthur, will pick you up in Avignon at 2 p.m. on April 26 at the TGV train station just outside the city.

You should take the time to explore the historic town of Avignon, deemed a UNESCO World Heritage site. Highlights of Avignon include the magnificent Papal Palace, home to the Popes during the 14th century; the famous medieval Avignon bridge made famous by the 15th century song "Sur la ponte d'Avignon"; and "Les Halles," Avignon's covered market square, which offers shopping for "treasures" from Provence every morning.

Departing Avignon, we drive 45 minutes to the charming hilltop French village of Crestet. The town of Crestet boasts a 14th century church, Renaissance homes, and a 12th century chateau that offers superb views of Mont Ventoux, the Ouveze Valley, and the mountains of "Les Baronnies". Here we stretch our legs and for our first

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French hike, walk across the hilly countryside which connects Crestnet to the dramatic medieval village of Vaison-la-Romaine, set on the banks of the Ouvèze River and famous for its 2,000 year old Roman ruins.

Our base in Vaison-la-Romaine for the first three nights is the Hostellerie Le Beffroi ([www.le-beffroi.com/anglais.htm](http://www.le-beffroi.com/anglais.htm)), one of the most beautiful 16th century mansions in the Old City of Vaison. Vistas of southern France soar over Vaison-la-Romaine's Roman bridge with narrow, cobblestone streets leading us to this fascinating and beautifully furnished mansion. Breakfasts are served on the terrace, complete with exceptional views of the French countryside.

We dine tonight at a family-run restaurant that serves very traditional French food.

(2 hour walk)

(Dinner)

### Hostellerie Le Beffroi

2 rue de l'Évêché

Cité Médiévale

84110 VAISON LA ROMAINE

Provence - France

Tél. : +33 (0)4 90 36 04 71 - Fax : +33 (0)4 90 36 24 78

[www.le-beffroi.com/anglais.htm](http://www.le-beffroi.com/anglais.htm)

### DAY 3, Sunday, April 27: A Gentle Walk Through Provencal's Quintessential Landscape

We begin this morning's walking adventure at the lower slopes of the mighty Mont Ventoux, the highest peak in Provence at 6,262 feet, and famous as one of the most grueling stages of the Tour de France. We will not be scaling its dizzying heights today, but opt instead for a gentle walk through the undulating hills at the foot of Mont Ventoux, a quintessential South of France landscape showcasing the vineyards and cherry orchards of Provence. We stop for a picnic lunch in the middle of the vineyards.

Returning to Vaison-la-Romaine, you'll have time to explore this charming small town. Located in the Haut-Vaucluse region in France, Vaison-la-Romaine is charmingly situated between the Alps and the Mediterranean. The town lies at the foot of Mont Ventoux, the "giant of Provence", and enjoys a Mediterranean climate in the heart of lush, fertile countryside. Both the town and the surrounding area offer a rich variety of French landscapes, colors and tree species whose very names have a wonderful "South of France" aroma to them.

On a market day there is time to explore local French delicacies like goat cheese and fragrant olive "fourgasse" (a flat loaf similar to focaccia), seasonal fruits and vegetables, and local specialties such as lavender

honey and olive tapanades.

(4 hour walk)

(Breakfast and Dinner)

### Overnight Hostellerie Le Beffroi

### DAY 4, Monday, April 28: A Hike Through the Dentelles de Montmirail, and Winetasting in Gigondas

This morning we drive to Gigondas, famous for its delicious Cote de Rhone red wines. For its small size, the French village of Gigondas boasts an astonishing collection of wine caves.

We hike through the spikey Dentelles de Montmirail, an area of dramatic limestone ridges, reminiscent of lace (from where it gets its name), with expansive views of vineyards and farm country cultivated since Roman times. Although not high in elevation, the peaks of the Dentelles have a distinctly Alpine appearance and create a striking backdrop against the valley of terracotta French vineyards below, home to the famous wine villages of Gigondas, Sablet, and Séguret.

Completing our loop, we walk through fruit orchards, vineyards and pine forests, then hike back to Gigondas, where we continue wine tasting a selection of different style Gigondas red wines.

Tonight you are free for dinner in one of Vaison-la-Romaine's wonderful restaurants.

(4 hour walk)

(Breakfast)

### Overnight Hostellerie Le Beffroi

*"The breeze is deliciously sweet, the sun is already warming the earth, and yet the air remains sharp and dry, like the taste of wine. Everywhere are the fragrances of honey, thyme, lavender, all the herbs of the nearby hills."* - Cezanne

### DAY 5, Tuesday, April 29: The Luberon Region, Abbey of Sénanque, and the Majestic Village of Gordes

Today we travel to the Luberon region of Provence. This French landscape features the Petit and Grand Luberon mountain ranges with medieval villages perched on the ridge-tops towering over the open plains below. This creates a mosaic of subtle shades of earth and stone, vineyards and orchards, and cultivated fields, with the impressive "Luberon Massif" as a backdrop.

Along the way we drive to the 12th century Abbey of Sénanque. Nestled in the hollow of a small canyon and considered to have one of the most beautiful views in Provence, the Cistercian abbey stands in an isolated spot surrounded by lavender fields, at the end of a remote and rugged valley. It is still inhabited and run by monks, who spend their days harvesting lavender and tending their bee hives in this bucolic landscape.

### ABOUT ADVENTURE TRAVEL TODAY

#### Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants 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!

In this spirit, the successful adventure traveler should be a 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!

*Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.*

We end our hiking tour just outside the majestic village of Gordes, a picturesque French village perched on a rocky spur, where houses tower above a deep valley on the edge of the Vaucluse Plateau. It is named one of the "most beautiful villages in France" by those in the know, and for good reason – its beauty, authenticity, and ambiance are simply unparalleled.

Our home base for the next four nights is Le Clos de Buis, situated in the gorgeous hilltop village of Bonnieux. We take over the whole house during our stay. The Hotel sits on one of the villages lower terraces, looking north to the surrounding hills and the legendary Mont Ventoux. Part of the building used to be the town bakery. The original front of the hotel and the oven have been restored. The house features Provençal country cupboards that rise to the ceiling, ancient patterned cement tiles, a stone staircase with an iron bannister leading to clean, uncluttered bedrooms, another stair leading to the garden – a lovely surprise of a shady green oasis within the village. Provence surrounds us, from the pretty quilts on the beds to the excellent food, served by Monsieur. The beautiful garden frames the large, delightful terrace, pool, and summer kitchen.

(3 hour walk )

(Breakfast and Dinner)

#### Le Clos de Buis

Rue Victor Hugo, 84480 Bonnieux, Vaucluse

Phone: +33 (0)4 90 75 88 48

[www.leclosdubuis.fr](http://www.leclosdubuis.fr)

#### Overnight Le Clos de Buis

#### DAY 6, Wednesday, April 30: *17 Shades of Ochre – The Town of Roussillon*

After a leisurely breakfast, we drive into the town of Gordes and begin our walk to the picturesque French village of Roussillon through the sublime orchards and vineyards of the Luberon. Our path offers great views

over the perched villages and a magical landscape. This region in France is noted for its ochre rocks of many different shades, and the colors are featured in the local houses.

It is hard to do justice to the unique splendour of Roussillon. You can say that there are 17 shades of ochre daubed across the houses of the village, drawn from the palette of the old ochre quarry next door. But that doesn't do justice to the flamboyant, technicolor glory of Roussillon, the reds, yellows, oranges and pinks that merge one into the other as you wander around Roussillon's spiralling streets or to the stunning contrast of the green of her pine trees or the contrast of the French blue sky against Roussillon's red cliffs.

The ochre this land is made of is a natural pigment that was used in paints. Roussillon's ochre quarry was one of the most significant ochre deposits in the world.

After lunch in Roussillon, we'll take a fascinating walk through the ochre quarry along the signposted footpath that gives an insight into the quarry's special flora and geology.

(4 hour walk)

(Breakfast and Dinner)

#### Overnight Le Clos de Buis

#### DAY 7, Thursday, May 1: *Hike to Lunch in Buoux at the Auberge de la Loube*

We begin today with a transfer to the hamlet of Bonnieux, where our walk takes us through one of the wildest parts of the Luberon to the tiny hillside town of Buoux. Located on the north side of the Luberon, Buoux is known for the high cliffs that surround it, making it a hot spot and world-famous among rock climbers, as well as the ruins of

a medieval fort that was built in the 13th century and destroyed in 1660.

Our well-deserved treat is a typical Provencal lunch at the restaurant Auberge de la Loube. The food is totally delicious, clearly local, and simple. And the landscape, classic Provence, will charm you, with views of the cluster of stone buildings hardly numerous enough to call a village.

After lunch there is the option of an hour's walk to Buoux Fort, which has excellent views of this famous rock climbing area. We then drive back to the hotel, where you might choose to relax by the pool before dinner this evening.

(4 hour walk)

(Lunch and Dinner)

### Overnight Le Clos de Buis

#### DAY 8, Friday, May 2: *Walk to Menerbes ("A Year in Provence") via Oppede le Vieux*

This morning we drive across the Vaucluse plain to Maubec, to begin our hike to the beautiful perched village of Oppede le Vieux. We climb the cobblestone streets to visit the ruins of the 10th century French chateau, and enjoy a simple picnic lunch with panoramic views over the village.

We continue our walk into Menerbes, the village made famous by the author Peter Mayle in his book "A Year in Provence." This superb little village is considered one of the finest in France. It sits on top of a rocky spur overlooking the vineyards of the Luberon, and from its castle it watches over the neighboring "most beautiful villages" of Gordes and Roussillon. Inside, the narrow streets of Menerbes reveal a wealth of heritage, with old houses and the town hall square with its 17th century belfry and bell tower.

At the end of the day we return the hotel for our last night in France. This evening we celebrate our last night together, rejoicing in the bounty of this fantastic region in the south of France and our beautiful walking tour in Provence, with a sumptuous farewell dinner.

(4 hour walk)

(Breakfast and Dinner)

### Overnight Le Clos de Buis

#### DAY 9, Saturday, May 3: *Depart Avignon and Flights Home*

This morning after breakfast we are transferred to the Avignon train station or the Marseilles, France airport. Some of you may want to extend your stay in Paris, to spend more time in this wonderful city.

### WHAT TO PACK FOR YOUR WALKING TOUR IN THE SOUTH OF FRANCE

Spring weather in the south of France can be variable, with daily high temperatures in Provence, France from

65-80 degrees. As in all outdoor activities, you must be prepared for weather changes. Provence has a famous wind called "Le Mistral", which blows cold air in from the north. Le Mistral typically blows for several days, and then stops completely. On the positive side, the French skies are always sunny when the Mistral blows!

Dress in the Provence area in France is informal, although for evening dining, something nicer than jeans is preferred.

Ideally, you should bring one suitcase or duffel bag, and your daypack should act as your carry on bag. Your carry on bag should contain one change of clothing, your camera equipment, all medications and your important travel documents. **PACK LIGHTLY!**

- ☐ Waterproof parka and rain pants. The TravelSmith, LLBean, and Campmor catalogs have excellent, breathable rain gear. See the "Resources" sheet in your registration packet.
- ☐ Medium-weight womens hiking boots. It is best NOT to wear shoes, even if they are walking shoes, because ANKLE support is absolutely essential, as is a good Vibram hiking boot sole. You do not need to buy heavy, leather boots as there are numerous, medium-weight, quality hiking boots on the market. Asolo, Garmont, Merrill, Vasque, and other makes are widely available and designed especially for women. Since they are waterproof, Gore-tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. **MAKE SURE** your boots are well broken-in and that they fit properly. **PLEASE DO NOT COME ON THIS TRIP WITH A PAIR OF BOOTS YOU HAVE NEVER WORN BEFORE!**
- ☐ Comfortable hiking socks (Thorlo's or similar). It is best to wear two pairs of socks while walking, a thin liner sock and a thicker wool or hiking sock.
- ☐ Regarding Foot Care: To prevent blisters, many hikers use moleskin. However, we recommend bringing a small roll of ordinary duct tape as an alternative. Applied before the hike, it reduces friction much better than moleskin. If you develop a blister, Spenco "2nd Skin" is a very comforting necessity. Your foot care kit should also include: cloth Band-Aids (not plastic), individually wrapped alcohol pads, a small tube of Neosporin or other antibiotic cream, and foot powder.
- ☐ Comfortable shoes for the evening in hotels.
- ☐ Medium-weight jacket, fleece jacket, or sweater for cool evenings.
- ☐ Small day pack: this should be large enough to carry a spare sweater, rain gear, camera, and a drink

- (or water bottle).
- ❑ Money belt, waist pouch, or a way to carry your money, passport, and airline tickets. You can leave these valuables at the hotels while day hiking.
- ❑ One-quart water bottle. We recommend the 24 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages.
- ❑ Pants (loose and comfortable for walking) and two pairs of walking shorts (if you like to wear shorts). Zip off pants are often the most versatile.
- ❑ Shirts (long- and short-sleeved) and a few T-shirts.
- ❑ Underwear, sleepwear.
- ❑ Hat for sun and rain protection.
- ❑ Swimsuit.
- ❑ Washcloth (sometimes not provided in Europe).
- ❑ Three bandannas (100% cotton) for uses too numerous to mention.
- ❑ Swiss Army knife or equivalent (for picnics, opening wine bottles, cutting cheese, etc.). Be sure to pack this in your checked luggage.
- ❑ Sunglasses, sunscreen, lip balm with sunscreen.
- ❑ Small flashlight with spare batteries and bulb to use if you need to get up at night and don't want to wake your roommate by turning on the lights.
- ❑ Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drug stores, or at [www.earplug-store.com](http://www.earplug-store.com). Good to 22 decibels!
- ❑ Small travel alarm clock.
- ❑ Toiletries, prescription medications, and a washcloth (sometimes not provided in Europe). To cover all your bases, you might also include an Ace bandage, Pepto Bismol, Immodium, and Correctol.
- ❑ Ziploc bags in various sizes for dirty boots and dirty clothes, etc.
- ❑ A collapsible walking stick (to fit into your suitcase) if you prefer to hike with one.
- ❑ Book, notebook, pen, lightweight binoculars (optional).
- ❑ Electricity: France's electric current is 220 volts, 2 prong European outlets, so if you are traveling with electrical appliances you will need an international converter. Cameras only need the 2 prong European adapter.

### Camera Equipment

For many women, photography will be a VERY LARGE part of this trip. The opportunities are endless, and the scenery spectacular! We suggest that you bring many more memory cards and batteries than you think you could ever use!

- ❑ Digital camera, memory cards, battery charger, and adapter. In India, triple round pin sockets are the norm. Most digital cameras have a built in converter so you probably only need to bring an adapter. You can also purchase adapter plugs in stores. You will be able to charge all of your batteries on the boat.

### Last-Minute Reminders

- ❑ Make photocopies of your airline tickets and the first two pages of your passport, plus any visas (if they are stamped inside your passport) and put them in different locations (suitcase, carry-on bag, etc.).
- ❑ Bring 2-3 additional passport size photos to use in emergencies.
- ❑ Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- ❑ Remove extra credit cards, driver's license, and personal items from wallet or purse.
- ❑ Make sure passport, tickets, and visas are valid and in the correct name.
- ❑ Check with airline to reconfirm reservations and departure time (most airlines want to hear directly from the client for confirmations).

### Some Extra Items to Add to your "What to Pack" List

We are updating and adding the following items for all international trips. With more than 30 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable.

- ❑ **Neck pillow** - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.  
Eagle Creek® Large Inflatable Travel Neck Pillow at TravelSmith.
- ❑ **Sleep mask /Comfort eye shade** - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.  
Eagle Creek® Comfort Eye Shade at TravelSmith.
- ❑ **Travel compression socks** - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.

TravelSox® Cushion Walk Sock™ at TravelSmith.

- **Noise canceling headphones** - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.
  - Bose Quiet Comfort 2 - List Price: \$199.99. Oval shaped around-the-ear design, an iPod fits nicely in the center of the case between the headphones. You can get the next generation of Bose Quiet Comfort 3, but the cost is \$349.00.
  - Audio Technica ATH-ANC7- List Price: \$219.95 Excellent sound quality and above average noise cancellation. Comfortable leather cushioning around the ear and can be worn for long periods of time with no discomfort. Excellent headphones with a reasonable price tag. Comparable in quality to the Bose Quiet Comfort 3.

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*Thank you for choosing to travel with AdventureWomen!  
If you have any questions or concerns, please don't hesitate to call, write, or email us.*

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