



ADVENTUREWOMEN® INC.

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Walking and Wine in Provence: France— 2016

Trip Summary

Dates

October 8 - 16, 2016

Cost

\$4,395 from Avignon, France (\$800 deposit)

Rating

Moderate

Activities

- Walking
- Hiking
- Cultural Exploration
- Sightseeing
- Wine Tasting
- Photography
- Train

Our October 2016 Walking and Wine vacation in France celebrates the tastes, sights and sounds of Fall in Provence as we hike through the pastoral French countryside, enjoying the wine and cuisine, villages and charm of Southern France.

Roll the word "Provence" around your tongue and feel the warmth of Southern 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. On this walking tour in Provence, we'll stroll through exquisitely colorful Fall landscapes and discover sensual Provence along her footpaths, in her villages painted in pastel pinks, blues and greens, and in delicious "déjeuners" enjoyed in local cafes. Our scenic walks will take us through vineyards and pine forests - along trails which have served for centuries – as we linger for picnics of olives, goat cheese, tomatoes and strawberries.

This adventure vacation in France begins the moment you fly into Paris and hop on the high speed TGV train and head south to Avignon. Our walking tour will highlight three distinctive landscapes of Provence, starting from 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 Bonnieux, 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.

Our walks take us to the village of Oppède le Vieux where we visit the ruins of a 10th century chateau, and the 12th century Abbey of Senanque, a Cistercian abbey surrounded by lavender fields.

This walking vacation in Southern France is a sensual indulgence on every level. We stay in wonderful hotels and dine as the French do. Leave your senses tingling on this hiking tour in Provence in colorful Fall, deep within the heart of the south of France!

PLEASE NOTE: This trip is for women who are active, *in shape, and LOVE to hike!* We expect all participants to be in *very good hiking condition*, and that you have read the description of the Activity Level that you need to be in to take part in this adventure.

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, busting 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 French hotels: a beautiful small auberge ensconced in lovely, green and tranquil countryside with views of the sea and facing Mont Ventoux; and a renovated 18th century farmhouse in the Luberon, set amidst lavender fields and herb gardens.
- Enjoy camaraderie and share experiences with other AdventureWomen participants during this delightful, custom-designed walking tour in the South of France.

What's Included:

- 8 days/7 nights, lodging in twin-bedded, double-occupancy rooms with private baths.
- Meals as specified in the daily itinerary, including 7 breakfasts, 3 lunches, and 5 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.

What's Not Included:

- Round-trip airfare and/or train to Avignon, France.
- Drinks including all alcoholic beverages, wine, and beer.
- A tip to your main guide (\$100/person), assistant guide (\$50/person), and if you have a driver (\$20/person).

Our Professional Guide

Born in England, Gillian lived much of her life in Australia and for the past twenty five years has lived in Italy with her daughter and husband. She has been designing and leading trips in Europe for AdventureWomen for almost 20 years. Gillian's knowledge, her enthusiasm for the great outdoors, and her passion for good food and wine always creates a truly memorable experience on the

AdventureWomen trips that she guides. She has recently been awarded the Diploma of Wine from WSET (London). Her expertise in wine on this trip will be truly appreciated! When not researching and guiding tours, Gillian divides her time between Friuli, Italy and Scotland.

Passports and Money

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 (see the next paragraph!). You should bring a few hundred dollars in cash, which you can exchange into Euros, for your spending money and tips. Tips are also accepted in U.S. Dollars.

***Important information about credit cards! Please note:** You should bring **at least one smart card, usually referred to as a chip card, or chip-and-PIN credit card** for travel to Europe and to other overseas destinations. These new cards are more secure and you are more protected from credit card fraud.

These so-called smart cards have embedded microchips in them. You will see the silver or gold microchip on the front of your card. They also have the traditional magnetic stripe, so can be used the same as your regular credit/debit card. You'll either sign for purchases, or enter a 4 digit PIN into a terminal. (Confirm with your bank that your PIN, or 4 digit number, will be the number that you use the FIRST time that a PIN is required for use with your new card. So just make sure you remember it for all future transactions!)

It is best to have your chip card as a VISA or MasterCard, since American Express is often not accepted in many places. In Europe and in parts of Asia, they simply don't acknowledge magnetic-strip cards anymore unless they are chip-and-PIN enabled. In addition, in any automated transactions such as train stations and gas stations, ONLY chip-and-PIN cards are accepted.

Chip-and-PIN cards have become standard in many European countries because of their superior fraud-prevention abilities. Now countries in Asia, North America and South America, and Canada are doing the same.

Health Requirements and Physical Condition Required

This AdventureWomen trip is rated as **Moderate** and requires that you be in very good physical condition, and be able to hike/walk 7 to 10 miles a day. 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 not have any physical problems or conditions that would be adversely affected by participating in any of the planned trip activities and the rigors of international travel.

How To Register

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 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.

Traveling to France: Arrival and Departure

You should plan to fly into Charles de Gaulle International Airport in Paris on the **morning of October 9, 2016**. 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. (You will need to check on this time to make sure it is still the same).

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 October 9 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 October 16 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. (Please check for current schedule).

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 Travel Café, Montana's Travel Agency, to make your travel arrangements. Ciretta can help you with air, and also the train tickets from Paris to Avignon. After booking your trip, please call Ciretta Green to discuss your air schedule based on the arrival and departure times we have set for the group pick-up and departure.

1-800-247-3538 OR FAX 1-406-586-1959
email: ciretta@travelcafeonline.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 Travel Café, you are responsible for making your own arrangement for hotels, rental cars, trip extensions, transfers, etc.

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 often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

Liability Form and Final Payment

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the LIABILITY FORM carefully, return it with the remainder of your balance due by JULY 10, 2016.

Cancellations and Refunds

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. A brochure 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.

Trip Itinerary

DAY 1

Saturday, October 8, 2016

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 enroute

DAY 2

Sunday, October 9

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 October 9 at the TGV train station just outside the city.

You should consider arriving a day or two early 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 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.

We dine tonight at the hotel's restaurant, which gets very good reviews!

(2 hour walk)

Dinner

Our base near Vaison-la-Romaine for the first three nights is the **Hotel Le Mas D'Hélène**.

Le Mas D'Hélène

Quartier Chante Coucou

84110 Crestet, France

Tél : 04 90 36 39 91

mas-helene@orange.fr

www.lemasdhelene.com

Le Mas D'Hélène is located just outside Vaison-la-Romaine. A charming auberge, it is ensconced in lovely, green and tranquil countryside facing the Mont Ventoux, and close to the village of Crestet, one of the prettiest villages in Provence. Breakfasts are served on the terrace, complete with exceptional views of the French countryside.

DAY 3

Monday, October 10

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 spiky 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 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.

(4 hour walk)

Breakfast and Dinner

Overnight **Hotel Le Mas D'Hélène**

DAY 4

Tuesday, October 11

A Gentle Walk Through the Quintessential Landscapes of Provence

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 "fougasse" (a flat loaf similar to focaccia), seasonal fruits and vegetables, and local specialties such as lavender honey and olive tapanades.

(4 hour walk)

Breakfast, Lunch and Dinner

Overnight **Hotel Le Mas D'Hélène**

DAY 5

Wednesday, October 12

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.

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.

We leave you free tonight to enjoy dinner in one the town's many wonderful restaurants.

(3 hour walk)

Breakfast

Our home base for the next four nights is **Le Clos de Buis**

Le Clos de Buis

Rue Victor Hugo, 84480 Bonnieux, Vaucluse

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

www.leclosdubuis.fr

Situated in the gorgeous hilltop village of Bonnieux, we take over the whole house during our stay. The Hotel sits on one of the village's 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.

DAY 6

Thursday, October 13

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 Rousillon's spiralling streets or to the stunning contrast of the green of her pine trees or the contrast of the French blue sky against Rousillon'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

Friday, October 14

Hike to Lunch in Buoux

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 a restaurant right by the river. 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.

We leave you free tonight to enjoy dinner in one the town's many wonderful restaurants.

(4 hour walk)

Breakfast and Lunch

Overnight Le Clos de Buis**DAY 8****Saturday, October 15****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, Lunch and Dinner**Overnight Le Clos de Buis****DAY 9****Sunday, October 16****Depart Avignon, France and Flights Home**

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

Breakfast**Weather, Fall Color and Wine Harvest**

With plenty of blue sky days, great hiking temperatures (pleasantly warm during the day, with an average high of 70 and cool at night), and changing foliage enhancing the already picture-perfect villages, the South of France is perhaps most beautiful in the Fall. While September is still in the tail end of tourist season, October in France marks the beginning of low tourist season, which means no crowds, fewer tourists, cheaper rates on airfares, and gorgeous weather!

For those of you who enjoy French wine (which should be just about everyone reading this right now), October is one of the main months during the grape harvest (vendanges) season, meaning there are lots of wine-related events and festivals around the country. The vines are changing colors and it is stunningly beautiful. October is also the month that brings some of France's best harvests, with the best produce filling the markets. Foodies and gourmands have long loved France as a

culinary destination, and this is a particularly great time to be shopping in France's markets for the freshest, best ingredients.

What to Bring

As in all outdoor activities, you must be prepared for weather changes.

Dress in Provence 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!**

- Medium-weight hiking boots: It is best not to wear shoes, even if they are walking shoes, because ANKLE support is absolutely essential in mountain terrain. Please do not buy heavy leather boots as there are numerous medium-weight quality hiking boots on the market that will better serve your purpose. Asolo, Garmont, Merrell, Vasque - to name a few - 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 fit properly and are well broken-in. Wear them around town to thoroughly break them in. Please do not come on this trip with a pair of boots you have never worn before!
- Rain gear: You should be well prepared for whatever conditions occur. Therefore, it is very important to bring a good water PROOF (not just water REPELLENT) rain suit (jacket and pants). A rain parka or poncho will not keep your legs and feet dry, and it is important that your entire body is covered in a downpour. Many outdoor stores carry inexpensive rain suits, but beware of cheap VINYL gear that may tear easily at the seams. Your rain parka can also act as a lightweight wind jacket.
- Socks – it is best to wear 2 pair of socks inside your hiking boots, such as a pair of wool socks, and a thin pair of liner socks underneath the wool socks. We like Thorlo hiking socks and polypropylene liner socks which wick moisture and reduce blistering. Bring plenty of socks!
- Comfortable shoes for the evening in hotels.
- Medium-weight jacket, fleece jacket, or sweater for cool evenings.
- 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.
- Sun hat and sunglasses with securing strap.
- A spare pair of glasses (if you wear glasses).
- Swimsuit.
- Day pack that is water resistant for carrying rain gear, camera, water bottle, etc., on day trips (you can use this for your carry-on bag). If not waterproof, bring a garbage bag to line the inside of the pack.
- 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.

- 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.
- Bandanas. Bring 2 or 3 (100% cotton) for instant sweat bands and other uses too numerous to mention, some of which you have never even dreamed! Besides, it's a tradition at AdventureWomen!
- Swiss Army knife or equivalent (for picnics, opening wine bottles, cutting cheese, etc.). Be sure to pack this in your checked luggage.
- 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.earplugstore.com. Good to 22 decibels!
- Small travel alarm clock.
- Toiletries, prescription medications, and a washcloth (sometimes not provided in Europe).
- Pre-moistened towelettes or baby wipes.
- Hand sanitizer (alcohol based).
- 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 adaptor.

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 chargers. You will be able to charge all of your batteries in hotels.
- Any camera gear you carry during the trip should be in a backpack or in a bag that will leave your hands free. It is also recommended that a tight sealing camera bag be used to protect your camera equipment from moisture, dust, sand and dirt. Large Ziploc bags are especially handy.

Personal First-Aid Kit (bring in small amounts in small containers)

- Foot powder for moisture absorption; cloth, not plastic Bandaids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Tweezers.
- Ace bandage.
- Systemic antibiotic (prescription)/optional (but not a bad idea to always take this on international trips.)
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.

- Imodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle).
- Laxative tablets.
- Visine or similar eye drops.

Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra 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 and airline tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time.

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

We are always updating and adding items for all international trips. With over 32 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.
- 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.
- 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®.
- 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.

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.

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