

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

BAFFIN ISLAND

Polar Bears and Glaciers



August 14 - 21, 2017

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TRIP HIGHLIGHTS

- ▶ Experience the rugged beauty of the Canadian Arctic from your camp
- ▶ Explore the natural habitat of polar bears that few get to witness
- ▶ Hike at the foot of a fjord where a glacier ends dramatically in the sea
- ▶ Watch bowhead whales fin and slap their flukes feet from your boat
- ▶ Kayak among icebergs and whales

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is this trip
right for me?

We rate this trip as moderate. You should be able to hike comfortably on uneven terrain, kayak, and get on and off of small boats onto docks and land. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> for more information.

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

the important
stuff

how do I get
there?

pack your
bags!

the fine print

your adventure
in depth

BAFFIN ISLAND

Polar Bears and Glaciers

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is this trip right
for me?

the important
stuff

how do I get
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the fine print

your adventure
in depth

Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before April 7, 2017.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Money:

The currency of Canada is the Canadian Dollar. As of July, 2017, US \$1 = CAD\$1.26. We recommend getting Canadian dollars at an ATM in Ottawa for souvenirs, tips, and other incidentals along the way.

Suggested Gratuities:

- ▶ Camp staff and guides: We recommend bringing \$400-500 for tips for the week. This will be split among the team of guides, which will be about 12 people (chef, guides, Inuit elders, boat drivers, expedition leaders, etc. Of course, tipping is not required and the amount is at your discretion; you should always feel free to tip based on the service you feel that you have received.

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Polar Bears and Glaciers

August 14 - 21, 2017

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Arrive: Arrive in Ottawa, Canada (YOW) on August 14, 2017.

the important
stuff

Depart: Depart Ottawa (YOW) on August 21, 2017 after 6:30pm.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

how do I get
there?

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

pack your
bags!

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

the fine print

your adventure
in depth

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

your adventure
in depth

Packing Considerations: You can bring one 50lb suitcase, one carry-on bag, and one small day pack. Note that you will need to check both your suitcase and your day pack on the internal flight, so you will need to keep all breakable items in your day pack. We recommend dressing in layers in the Arctic. Our suggested packing list will keep you warm and comfortable. Daytime temperatures will vary from 40° - 72°F.

Clothing and Gear:

Base Layers:

- 1-2 short sleeve base layer tshirts
- 4 long sleeve base layer shirts (one for sleeping)
- 3 pairs long underwear pants (one for sleeping)
- 5-7 pairs of underwear
- 5-7 pairs wool socks
- 1 pair glove/mitten liners or lightweight gloves

Insulating/Mid Layers:

- 2 fleece jackets/sweaters
- 2 pairs of pants to wear over long underwear
- 1-2 pairs of comfortable clothing for around Ottawa

Outer Layers:

- Lightweight down jacket
- Waterproof shell jacket
- Waterproof shell pants
- Waterproof and insulated gloves/mittens
- Windproof winter hat

Footwear:

- Insulated waterproof boots
- Hiking boots (if insulated/waterproof, they can replace waterproof boots)
- Walking shoes for around town, hotel, and yurts
- Shower shoes or sandals

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner

BAFFIN ISLAND

Polar Bears and Glaciers

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for me?

the important
stuff

how do I get
there?

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the fine print

your adventure
in depth

Essentials Continued:

- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

.....

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

your adventure
in depth

Cancellations and Refunds

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

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

your adventure in depth

DAY 1
Monday
8/14/17

Arrive in Ottawa

Arrive in Ottawa today and make your way to the Days Inn (accommodation arranged on your own).

Dinner Judi Wineland, AdventureWomen owner, will be in Ottawa and will take you out to dinner this evening. She will leave a note with the front desk with what time to meet in the lobby.

Accommodations
On Your Own
Meals Included
dinner

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

your adventure in depth

DAY 2

Tuesday
8/15/17

Accommodations
Base Camp

Meals Included
dinner

Ottawa to Baffin Island

Discover the remote and rugged beauty of the Arctic. Explore the awe-inspiring glacier-capped and studded coastline, majestic mountain peaks, and dazzling icebergs of southeastern Baffin Island in Canada, a rarely visited and spectacular landscape. Experience the long days and twilight of the Arctic summer, while the midnight sun casts a magical glow both day and night.

Flight to Qikiqtarjuaq

Depart Ottawa around 9:00am for Iqaluit, the capital of Nunavut, and then change planes for the connecting flight to Qikiqtarjuaq. You may want to bring a snack to supplement the lunch you will be served on the plane.

On the Flight

On the way to Qikiqtarjuaq, you will fly over Auyuittuq National Park. Keep an eye out for Mount Asgard and Mount Thor, and the world's tallest, uninterrupted vertical cliff at over 5,000 feet of sheer rock. Qikiqtarjuaq is a small hamlet on Broughton Island with a population of approximately 600. A narrow channel separates the hamlet, which faces the large mountains of Akshakyuk Pass of Auyuittuq National Park, from the main land of Baffin Island.

Transfer to Your Boat

On arrival in Qikiqtarjuaq, you will be welcomed by your expedition escort and transferred to a waiting boat.

Boat Ride to Base Camp

Threading your way past many islands along the mainland of Baffin Island, you will pass floating icebergs, reaching your camp after a 45-minute boat ride.

Arrival and Dinner

Upon arrival, settle in to your personal yurts and enjoy a deliciously prepared meal while watching the crimson red sky all night long.

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

your adventure in depth

DAY 3

Wednesday
8/16/17

Baffin Island

From your Arctic Kingdom base camp, the next few days will be spent taking in the highlights of the area and experiencing the true essence of an Arctic summer. Your camp is ideally located with a river passing through that provides fresh drinking water for food preparation and one of the best cups of tea or coffee you'll ever have.

Explore the Arctic

Explore this stunning, barren landscape, looking for wildlife and soaking in the scenery.

Accommodations
Base Camp

Meals Included
breakfast, lunch, dinner

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

your adventure in depth

DAY 4

Thursday
8/17/17

Baffin Island

Each day provides an opportunity for adventure. Enjoy day trips to Akshakyuk Pass, where you can hike at the base of North Pangnirtung Fiord, as well as take a boat trip to the Penny Ice Cap Glacier for some hiking and exploration.

Full Day of Exploration

Enjoy another full day exploring this incredible area. While you aren't out on the boats or on foot, you will have delicious meals at camp.

Accommodations

Base Camp

Meals Included

breakfast, lunch, dinner

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

your adventure in depth

DAY 5

Friday
8/18/17

Baffin Island

Fishing for Arctic char right in camp and gathering fresh blueberries and blackberries nearby are popular activities, for sure!

Polar Bears Keep your eye out for polar bears while you are on the boat!

Accommodations

Base Camp

Meals Included

breakfast, lunch, dinner

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

your adventure in depth

DAY 6

Saturday
8/19/17

Baffin Island

Wildlife discoveries are always a highlight. Bowhead whales are known to frequent an area just 30 minutes to 1 hour from camp. Polar bears can often be spotted on islands throughout the area. In some cases, more than 20 polar bears can be seen on a boat ride from Qikiqtarjuaq to your base camp. Also provided are inflatable kayaks that be deployed at any time for your personal use.

Full Day in
the Arctic

Enjoy another full day in the Arctic!

Accommodations

Base Camp

Meals Included

breakfast, lunch, dinner

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

your adventure in depth

DAY 7

Sunday
8/20/17

Baffin Island

The base camp is a short boat ride from the iceberg capital of the Canadian Arctic. If local conditions permit, the group will try to reach the remote location where ice castles glisten in the sun.

Icebergs from the Boat

Go out to see icebergs from the boat. Hopefully you will get to see (and hear!) an iceberg calve.

Accommodations

Base Camp

Meals Included

breakfast, lunch, dinner

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

.....

your adventure
in depth

DAY 8

Monday
8/21/17

Baffin Island and Depart

Depart Base Camp and head back to Ottawa, where your journey ends.

Transfer and Flight Logistics

Transfer to the airport for a 10:00am flight to Iqaluit and onwards to Ottawa. Arrival in Ottawa will be between 4:20pm and 4:50pm. Transfer to a hotel of your choice or connect for an evening flight (departing at least after 6:30pm) to your next destination.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

your adventure
in depth

Accommodation Details

Base Camp Inspired by mobile African safari camps, premium safari camp tented accommodations will be your home away from home at your Base Camp. Set in a backdrop of incredible Arctic scenery, these specially-designed yurt-style structures have double walls with insulation, are warm and fully equipped, allowing you the opportunity to rest easy and enjoy delicious meals that fuel you for daily adventures.

BAFFIN ISLAND

Polar Bears and Glaciers

August 14 - 21, 2017

.....

your adventure
in depth

Included/Not Included

Included:

- ▶ Services of Inuit guides and expedition staff
- ▶ All transportation to/from Base Camp, including local boats for the duration of your camp stay
- ▶ All accommodations from Qikiqtarjuaq (6 nights in a Premium Safari Camp)
- ▶ All meals while at Base Camp
- ▶ Return transfers in Qikiqtarjuaq

Not Included:

- ▶ International airfare to and from Canada
- ▶ Round trip flights from Ottawa to Qikiqtarjuaq. This flight package is \$3,000 (including taxes and fees)
- ▶ Any pre- or post- accommodation in Ottawa
- ▶ Gratuities, personal expenses. Suggested tipping is between \$400-\$500, and will be split among the team of guides, which will be about 12 people (chef, guides, Inuit elders, boat drivers, expedition leaders, etc.)
- ▶ Trip cancellation, trip interruption, and medical and evacuation insurance coverage. You will be required to obtain appropriate travel insurance that includes emergency medical evacuation coverage
- ▶ Additional costs associated with weather and/or layovers in Qikiqtarjuaq, Iqaluit or Ottawa including flight changes, additional hotels and meals
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature