

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# MONTANA

## The BEST Women's Downhill Ski Clinic



January 28 - February 3, 2018

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### TRIP HIGHLIGHTS

- ▶ Discover the pure joy of a ski trip just for women
- ▶ Ski the powder Montana-style at Bridger Bowl
- ▶ Enjoy personalized skiing instruction with expert women instructors
- ▶ Receive helpful video critiques, and the camaraderie of skiing with other women
- ▶ Explore Historic Downtown Bozeman

### TRIP ROUTE



### QUICK VIEW ITINERARY

- Day 1: arrive in bozeman
- Day 2-4: morning group ski lesson, afternoon guided ski
- Day 5: practice skiing on your own
- Day 6: morning group ski lesson, afternoon guided ski
- Day 7: depart bozeman

### TRIP PRICE

\$2,995

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is this trip  
right for me?

This downhill ski week is designed for participants of all abilities, from beginner to advanced. You will have a ski instructor based on your skiing ability, and classes will vary in numbers but will remain small.

the important  
stuff

Beginning skiers will learn skiing fundamentals at a relaxed pace. Intermediate groups will develop parallel turns and increase confidence on a wider variety of terrain. Advanced skiers will refine parallel turns and receive coaching on bump and powder techniques.

how do I get  
there?

You should not have any physical problems or condition that would be adversely affected by skiing and residing at altitudes of 6,000-8,000 feet.

pack your  
bags!

The better physical condition you are in, the more you will enjoy your week. Working out before this trip (walking, treadmill, aerobics, whatever you find most comfortable) so that you are in the best condition possible is important. 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. If you'd like to learn more, please visit: <https://fitfortrips.com/partners/adventure-women/>

the fine print

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that winter fun in Montana requires.

your adventure  
in depth

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

- Information Form
- Booking Conditions Form
- Skiing Questionnaire
- Copy of Flight Information

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before October 30, 2017.

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**Arrive:** Arrive at the Best Western Plus GranTree Inn in Bozeman on January 28, 2018 by 5:00pm

**Depart:** Depart any time on February 3, 2018.

the important  
stuff

We suggest that you book your air reservations with Ciretta Green at Travel Café soon after registering for this trip. Contact Ciretta at: 800-247-3538/406-587-1188, [ciretta@travelcafeonline.com](mailto:ciretta@travelcafeonline.com). When calling, identify yourself as an AdventureWomen traveler.

how do I get  
there?

There is plenty to do in Bozeman if you arrive early. Coming a day early will also allow you to acclimate to an altitude of approximately 5,000 feet, as you will be at almost 7,000 feet while skiing. The city's historic downtown has everything from gourmet restaurants to art galleries. In your final trip information, sent about a month prior to the trip, we will enclose a list of restaurants in downtown historic Bozeman, wonderful places to shop, and some fun things to do if you come early, or stay later.

pack your  
bags!

If you choose to come early or stay longer, please make your own reservations for extra nights either with Ciretta Green when you make your air reservations, or directly with the Best Western by contacting Kristie Ratz at 406-556-6205 or [grantreesales@montana.com](mailto:grantreesales@montana.com) and tell her you are coming on the AdventureWomen ski trip.

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Winter weather in Montana can be variable and extreme; one day it may be above 50 degrees, and the next day may be below zero! During previous AdventureWomen ski vacations at Bridger Bowl near Bozeman, MT it has often been anywhere from -10 degrees to above freezing. The weather this time of year is generally excellent, but please come prepared with the right ski clothing for winter conditions! We recommend layering as it allows you to add or shed clothing according to the weather, snow conditions and your level of exertion on the ski slopes. You can leave extra layers in the lodge for adding or shedding layers during the day.

**note:** Montana's Bridger Bowl is not a mecca of high ski fashion - comfortable and practical ski clothes are the accepted norm!

### Ski Clothes / Gear:

- 1 waterproof/windproof ski jacket or shell
- 1 pair waterproof/windproof ski pants
- 1 down sweater or fleece (if using a non-insulated shell jacket you may want additional insulating layers)
- 2-3 pairs long underwear pants
- 2-3 long underwear tops of varying weights
- 1-2 neck gaiters or buffs
- 1 face mask
- 1 pair gloves (for warmer days)
- 1 pair mittens with liners (for colder days)
- 4-5 pair ski socks (bring varying thicknesses when renting boots to ensure the best fit)
- 4-5 pairs wicking underwear
- 1-3 athletic bras
- ski hat
- head band
- scarves
- bandanas (better than tissues on the slopes!)
- sunglasses with strap
- ski goggles
- sunscreen
- lip balm with SPF
- if you have your own ski boots and helmet that fit you well, we encourage you to bring them. Otherwise, these items are part of your rental ski package that is included in the trip price

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### Après-Ski Clothes:

- 1-2 pairs casual pants
- 2-3 casual sweaters/tops
- Winter boots/shoes
- bathing suit for the sauna or hot tub
- toiletries and personal items
- small digital camera (keep it in a plastic bag on the slopes!)

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### 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.

the important  
stuff

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.

how do I get  
there?

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.

pack your  
bags!

### 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.

the fine print

### Health Insurance

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

your adventure  
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### 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

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### your adventure in depth

#### DAY 1

Sunday  
1/28/18

### Arrive in Bozeman, MT

Arrive in Bozeman today. Bozeman is in the southwest corner of Montana, and is the fourth-largest city in this rural state. Founded in 1864, the town's fertile land attracted permanent settlers. By the 1920s, canneries in the Bozeman area were major producers of canned peas, and at one point, Bozeman produced 75% of all seed peas in the country. Today, Bozeman attracts residents and visitors for quality of life, scenery, and recreation. It has been named one of the best places for skiers to live in the west - a perfect place for your women's ski week!

#### Welcome Dinner

Kick off your trip with dinner and a trip orientation along with your ski instructors for the week.

#### Accommodations

GranTree Inn Bozeman

#### Meals Included

dinner

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### your adventure in depth

#### DAY 2

Monday  
1/29/18

### Bozeman, MT

Bridger Bowl is a Montana ski resort made just for you! You will work with expert women ski instructors in small group lessons throughout the week. These small groups provide opportunities for personal attention, allowing women of all skiing abilities to improve their skiing, boost their confidence, and maybe even expand their comfort zones. This trip is perfect for all women, from those who have never put on skis to advanced skiers.

The camaraderie of skiing together with other women and your Bridger Bowl ski instructors is what skiers from our past clinics have valued as the most important aspect of the week - a stress-free environment in which each participant can learn to develop her skiing abilities at her own pace. The "après-ski" fun allows you to swap skiing mishaps and stories as you relax over a fine glass of wine in true AdventureWomen style!

#### Accommodations

GranTree Inn Bozeman

#### Meals Included

breakfast

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### your adventure in depth

#### DAY 3

Tuesday  
1/30/18

### Bozeman, MT

Hop on the ski shuttle that stops right at the hotel's front door for a quick and scenic ride up the canyon to Bridger Bowl, the home base for your women's ski vacation and all-inclusive package and home of Bozeman's famous "ski the cold smoke" snow.

The mountain offers wide-open terrain with a variety of landscapes including long, wide-open slopes, glades, chutes, and gullies. The top of the ridge within the ski area is two miles wide, and the views are stunning.

#### Accommodations

GranTree Inn Bozeman

#### Meals Included

breakfast

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### your adventure in depth

#### DAY 4

Wednesday  
1/31/18

### Bozeman, MT

Skiing with other women is fun! No matter what your ability, you will all meet up for lunch most days to share stories and encourage each other. It's the perfect way to reconnect and talk over your most recent perfect turns, or maybe a funny fall you had on the slopes!

If you take an afternoon off from skiing, or if you still have energy after you return from the slopes in the afternoon, you can explore the local color and culture of Historic Downtown Bozeman, a "mecca" in the western US boasting small-town culture and friendliness with cosmopolitan amenities amidst a spectacular mountain setting.

#### Accommodations

GranTree Inn Bozeman

#### Meals Included

breakfast

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### your adventure in depth

#### DAY 5

Thursday  
2/1/18

### Bozeman, MT

Enjoy a free day today to put some of the tips you've learned to the test, exploring the mountain on your own or with some of your new AdventureWomen friends!

Your Montana ski package wouldn't be complete without some après ski fun! Catch the ski shuttle back to the hotel in late afternoon, and soothe your muscles with a hot bath, in your own private room, or sit in the hotel's hot tub. Meet in the newly renovated Best Western GranTree Bar and Grill to get together for a drink before dinner with your new AdventureWomen ski friends. You can stay at the hotel for dinner, or choose to go to one of Bozeman's other wonderful restaurants, which we will tell you all about. Most restaurants are within walking distance or shuttle of the GranTree Inn.

#### Accommodations

GranTree Inn Bozeman

#### Meals Included

breakfast

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### your adventure in depth

#### DAY 6

Friday  
2/2/18

### Bozeman, MT

Whatever your ability level, you will enjoy learning tips for better skiing from your expert women ski instructors and a small group of fellow AdventureWomen skiers matched to your level. As the week progresses, see your confidence and skiing skills dramatically improve, with personalized skiing instruction and helpful ski video critiques along the way.

Take a break and have a hot lunch at the beautiful mid-mountain Deer Park Chalet or Jimmy B's Bar and Grill at the base lodge at Bridger Bowl. After lunch and a short rest, enjoy guided skiing on Bridger Bowl's world-class slopes with your group and instructor for a chance to explore the variety of terrain that the ski area offers.

**Dinner** Celebrate an amazing AdventureWomen ski trip at a group dinner with your ski instructors.

#### Accommodations

GranTree Inn Bozeman

#### Meals Included

breakfast, dinner

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### your adventure in depth

#### DAY 6

Saturday  
2/3/18

### Depart from Bozeman, MT

Bid farewell to your new friends and journey home.

#### Accommodations

GranTree Inn Bozeman

#### 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.

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### Accommodation Details

Cradled between the Bridger, Gallatin, and Spanish Peaks mountain ranges, the Best Western Plus GranTree Inn offers perfect lodging that is conveniently located near restaurants, shops, and Historic Downtown Bozeman. Each large, non-smoking room is attractively decorated and has one king-size or two queen-size beds, cable TV and pay movies, dataports, voicemail, high-speed internet access, clock radios, hairdryers, coffee/tea makers, irons and ironing boards, and two phones with dual lines. Excellent amenities include a heated indoor pool, hot tub, exercise room, convenience store, gift shop, a business center, and the GranTree Bar & Grill. The hotel also offers room service, 24-hour airport shuttles, 24-hour front desk service, valet laundry service, and 24-hour laundry facilities.

#### Included:

- ▶ private luxury room at hotel
- ▶ full breakfasts throughout
- ▶ 2 dinners (day 1 and day 6)
- ▶ Lift tickets serving all lifts throughout trip
- ▶ 4 days of morning instruction with women ski instructors (based on your ability)
- ▶ 4 days of guided skiing in the afternoons with your instructors
- ▶ 1 free day to practice skiing on your own or with others in your group
- ▶ 5 days of bag checks for all ski equipment to be left at the ski area
- ▶ All equipment (helmets, skis, boots, and poles)
- ▶ Before and after videos (If you dare to watch!)
- ▶ One AdventureWomen Associate

#### Not Included:

- ▶ Round-trip airfare
- ▶ Drinks and alcoholic beverages with included meals
- ▶ Tips throughout
- ▶ Items of a personal nature