

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

NEPAL

Trekking to Everest Base Camp



April 14 - 30, 2019

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TRIP HIGHLIGHTS

- ▶ Explore the shrines and vibrant markets of Kathmandu
- ▶ Take in panoramic views on your scenic flight to Lukla
- ▶ Traverse mountain passes on narrow suspension bridges in the foothills around Everest
- ▶ Hike to the Tengboche Monastery to meet the Tibetan Buddhist monks
- ▶ Celebrate all of your hard work when you arrive at Everest Base Camp

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive Kathmandu, welcome dinner
- Day 2: explore Kathmandu, visit local shrines and temples, gear check for your trek
- Day 3: fly to Lukla, trek 3 hours/4.5 miles to Phakding (8,694')
- Day 4: trek 6 hours/4.7 miles to Namche (11,286')
- Day 5: acclimatization day in Namche, trek 3 hours/1 mile
- Day 6: trek 5 hours/3.7 miles to Tengboche (12,687')
- Day 7: trek 6 hours/5.6 miles to Dingboche (14,862')
- Day 8: acclimatization day in Dingboche, trek 5 hours/1.9 miles
- Day 9: trek 6 hours/4 miles to Lobuche (16,175')
- Day 10: trek 7 hours/4.7 miles to Everest Base Camp (17,598') and back to Gorakshep (17,270')
- Day 11: climb Kala Patthar (18,192'), trek 7 hours/10 miles to Pheriche (14,042')
- Day 12: trek 5 hours/7.5 miles to Tengboche (12,687')
- Day 13: trek 6 hours/10 miles to Monjo (9,350')
- Day 14: trek 5 hours/7.5 miles to Lukla (8,606'), celebrate with your Sherpa friends
- Day 15: fly to Kathmandu, enjoy free time to explore the city
- Day 16: experience the bustle of Kathmandu, farewell dinner with a performance
- Day 17: depart for the US

TRIP PRICE

Main Trip: \$3,290

Optional Single Accommodations: \$700

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Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

DAY 1

Sunday
4/14/19

Arrive in Kathmandu

Welcome to Nepal! Nepal's towering mountains and verdant valleys, ancient cities and villages and the exotic Nepalese people fascinate all who are lucky enough to visit this culturally and geologically rich country.

Pick-up and Transfer

You will be met at the Kathmandu Airport and transferred to your hotel.

Welcome Dinner

Enjoy a welcome dinner this evening with your group in Kathmandu.

Accommodations

Yak & Yeti Hotel
4,593 feet

Meals Included
dinner

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Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 2

Monday
4/15/19

Kathmandu

Kathmandu is at an elevation of approximately 4,600 feet in the Kathmandu Valley of central Nepal. The city has a multi-ethnic population and is a cultural center.

Explore Kathmandu

This morning, you'll explore Kathmandu as a group. You'll visit Swyambunath, a Buddhist shrine also called the monkey temple, Boudhanath, and Pashupathi Nath, a Hindu pilgrimage site. Soak in the hustle and bustle of this busy city.

Lunch On Your Own

Enjoy lunch on your own at one of the many local restaurants.

Trek Briefing

Late this afternoon, meet your trekking guide for a briefing on the trip and a gear check.

Dinner

Dinner is on your own this evening.

Accommodations

Yak & Yeti Hotel

Meals Included

breakfast

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Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 3

Tuesday
4/16/19

Kathmandu to Lukla

Lukla is a town in southeastern Nepal, and is a great place to start your trek to Everest Base Camp. Although the name Lukla means “place with many goats and sheep,” few are found in the area now.

Fly to Lukla Wake up early this morning and head to the airport for your flight to Lukla. During this short flight you'll see panoramic views of the surrounding mountains.

Meet Your Sherpas (and Yaks!) When you arrive in Lukla, you'll meet your Sherpas for the trek, as well as your yaks which will carry your bags.

Begin Your Trek Start your trek today. Head to Phakding located near the river Dudhkoshi, which means “white like milk.”

Accommodations

Sunrise Lodge
8,695 feet

Meals Included

breakfast, lunch, dinner

Trekking

3 hours, 4.5 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 4

Wednesday
4/17/19

Lukla to Namche

Namche is a town in north-eastern Nepal. It is located in the Khumbu area on the side of a hill, and is a main trading center for the area. This is a good place to acclimatize to the altitude.

Trek to Namche

Continue trekking today along the banks of the Dudh Koshi River. Pass by many small mountain villages and cross several suspension bridges. You will trek slowly to help your body adjust to the altitude. Reach Namche this afternoon.

Relax at Your Lodge

Once you arrive in Namche, take some time to kick your feet up at your lodge.

Accommodations

Khumbu Lodge
11,286 feet

Meals Included

breakfast, lunch, dinner

Trekking

6 hours, 4.7 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 5

Thursday
4/18/19

Namche

Take some time to acclimatize to the altitude today. Spending time here will help your body get ready for the days ahead.

Acclimatize Today

Take a short hike today to help your body adapt to the elevation. Walk to Khumjung, passing the Syangboche airport. On the way, you'll stop at Everest View Hotel for, you guessed it, a spectacular view of Mount Everest, Mount Amadablam, and more (weather permitting of course).

Return to Namche

On the way back to Namche, visit Sir Edmund Hillary's school and hospital at Khumjung and Khunde. Complete your walk down to Namche and rest up tonight.

Accommodations

Khumbu Lodge
11,286 feet

Meals Included

breakfast, lunch, dinner

Trekking

3 hours, 1 mile

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Trekking to Everest Base Camp

April 14 - 30, 2019

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your adventure in depth

DAY 6

Friday
4/19/19

Namche to Tengboche

Tengboche Monastery is the largest gompa, or center of learning, in the Khumbu region. The structure was built in 1923, was destroyed by an earthquake in 1934, rebuilt, destroyed in a fire in 1989, and rebuilt again. Tengboche has a panoramic view of the Himalayas.

Today's Trek Head to Tengboche this morning. You'll start by hiking downhill to the river, and crossing to the other side. Once you cross the river, the trail climbs steeply up at first, and then becomes a gradual ascent through forests and mani stones.

Tengboche Monastery Arrive at the Tengboche Monastery, which boasts the most magnificent view of the Himalayan giants: Kwangde (20,299 feet), Twachee (21,463 feet), Amadablam (22,349 feet), Everest (29,029 feet), and Nuptse (25,850 feet).

Accommodations

Himalayan Lodge
12,687 feet

Meals Included

breakfast, lunch, dinner

Trekking

5 hours, 3.7 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 7

Saturday
4/20/19

Tengboche to Dingboche

Dingboche is a Sherpa village with a population of a few hundred permanent residents. One of the defining characteristics of the village is the kilometers of stone walls, created using stones that cover the whole valley. These stones are removed in order to plow the soil, and end up being piled on top of each other, creating walls.

Trek to Dingboche

Leave Tengboche and descend to Debuche through a forest of birches, conifers, and rhododendrons. Cross the Imja Kohla River on a steel bridge, and then the route begins to climb to Pangboche.

Views from Dingboche

From Dingboche, you will be treated to views of Island Peak, Makalu, and another face of Amadablam.

Accommodations

Everest Lodge
14,862 feet

Meals Included

breakfast, lunch, dinner

Trekking

6 hours, 5.6 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 8

Sunday
4/21/19

Dingboche

The Imja Khola (Imja River) is a tributary of the Dudh Kosi, and drains the slopes of Mount Everest. It collects water from the Imja Glacier through the Dingboche Valley.

Acclimatization Hike

Head out for a short hike near the Nangakarshang Hill to continue acclimatizing. Enjoy beautiful views of Lhotse, Makalu, and Cho Oyu, and admire Cholatse and Taboche peaks before returning to Dingboche.

Accommodations

Everest Lodge
14,862 feet

Meals Included

breakfast, lunch, dinner

Trekking

5 hours, 1.9 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 9

Monday
4/22/19

Dingboche to Lobuche

Lobuche is a small settlement near Mount Everest, and is one of the last overnight stops with lodging on the trail to Base Camp. At this time of year you'll see hundreds of porters and Sherpas passing through Lobuche, making their way to Everest Base Camp, sometimes with yaks carrying supplies.

Trek to Lobuche

Leave Dingboche and trek through the high alpine regions. Cross the frozen glacial river at Thukla and climb as you enter Lobuche, admiring the magnificent views of Cholatse, Lobuche, Pumori, and Nuptse.

Accommodations

Mother Earth
16,175 feet

Meals Included

breakfast, lunch, dinner

Trekking

7 hours, 4 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 10

Tuesday
4/23/19

Lobuche to Gorakshep via Everest Base Camp

The settlement of Gorakshep is named for a frozen lakebed covered with sand. The settlement sits at the lake's edge and is not inhabited year-round. Gorakshep was the original Everest Base Camp.

Trek to Gorakshep

Leave Lobuche and hike very slowly to Gorakshep. Along the way, you'll see the Khumbu Glacier. Once you arrive in Gorakshep, you'll see Mount Pumore and Mount Nuptse standing above you.

Reach Everest Base Camp

After taking a short break in Gorakshep, hike to Everest Base Camp (17,598 feet). You may get to have lunch in the camp at Everest Base Camp, depending on weather. Take some photos and head back down to Gorakshep for the night. Celebrate your accomplishment with a well-deserved good night's sleep.

Accommodations

Himalayan Lodge
17,270 feet

Meals Included

breakfast, lunch, dinner

Trekking

7 hours, 4.7 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

DAY 11

Wednesday
4/24/19

Gorakshep to Pheriche

Kala Patthar, meaning “black rock” in Nepali, is a small prominence above Gorakshep. Climbing Kala Patthar gives you the most accessible close-up view of Mount Everest.

Climb Kala Patthar

Climb Kala Patthar this morning to take some photographs of the panoramic view of Mount Everest and its range.

Lunch

Enjoy lunch in Gorakshep.

Descend to Pheriche

Start hiking down to Pheriche. You will move faster going downhill, and descending to lower elevations will feel great!

Accommodations

Himalayan Hotel
14,042 feet

Meals Included

breakfast, lunch, dinner

Trekking

7 hours, 10 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 12

Thursday
4/25/19

Pheriche to Tengboche

Tengboche Monastery was built in the early 20th century by Lama Gulu, and has strong ties to its mother monastery, the Rongbuk Monastery in Tibet. The monastery is in the Sagarmatha National Park, a UNESCO World Heritage Site of “outstanding universal value.”

Continue Your Descent

Keep trekking down from Pheriche to Tengboche today. You'll be thankful for your trekking poles on these long, downhill days!

Accommodations

Himalayan Lodge
12,687 feet

Meals Included

breakfast, lunch, dinner

Trekking

5 hours, 7.5 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 13

Friday
4/26/19

Tengboche to Monjo

Monjo lies just below the Sagarmatha National Park entrance gate, and is a good place to stop on your way back down to Lukla.

Keep Going Down!

Today is another long descent day to Monjo. You'll have a great time celebrating your accomplishment with your fellow AdventureWomen trekkers along the way! Don't forget to enjoy the views as you hike downhill.

Accommodations

Mt. Kailash Lodge
9,350 feet

Meals Included

breakfast, lunch, dinner

Trekking

6 hours, 10 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 14

Saturday
4/27/19

Monjo to Lukla

The only way to get supplies to Lukla at the moment is by flying, so this is quite a busy airstrip! The Nepalese Airport announced plans to build a road from Kathmandu to Lukla, but plane is the most likely transport in and out for the time being.

Last Hike Enjoy your final hike in the Himalayas as you descend to Lukla. Celebrate this evening with your Sherpa friends as they share their culture with you.

Accommodations

Khumbu Resort
8,606 feet

Meals Included

breakfast, lunch, dinner

Trekking

5 hours, 7.5 miles

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 15

Sunday
4/28/19

Lukla to Kathmandu

Kathmandu is the center of Nepal's history, art, culture, and economy. The multiethnic population gives the city a lively and colorful feel.

Fly to Kathmandu

Leave Lukla today and fly back to Kathmandu. You'll be transferred to your hotel.

Time to Explore

Enjoy some time to explore Kathmandu today. Have dinner at one of the many delicious local restaurants.

Accommodations

Yak & Yeti Hotel

Meals Included

breakfast

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure in depth

DAY 16

Monday
4/29/19

Kathmandu

Exploring Kathmandu is like finding yourself in a treasure trove of art and sculptures, which are made of wood, stone, metal, and terracotta, and found in temples, shrines, stupas, gompas, and palaces. Art can also be found on street corners, in lanes, in private courtyards, and just out in the open.

Free Day in Kathmandu

Today is free to explore. Check out the markets and do some shopping, wander the streets, or just relax with a coffee and watch the hustle and bustle of daily life in this busy city.

Farewell Dinner

Have a farewell dinner with your group this evening. Enjoy some traditional performances as you celebrate the end of a bucket-list adventure with your AdventureWomen group!

Accommodations

Yak & Yeti Hotel

Meals Included

breakfast, dinner

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

DAY 17

Tuesday
4/30/19

Kathmandu and Depart

Enjoy one last morning in Kathmandu before departing for the US.

Transfer to
the Airport

Say goodbye to your new AdventureWomen friends
as you transfer to the airport for your flights home.

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.

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

Accommodation Details

Yak & Yeti Hotel

The restored 19th-century palace houses two restaurants, several grand banquet halls, and the Casino Royale. In the lobby, granite floors, carved wood pillars, and gleaming brass and copper provide a suitably exotic feel, and through a wall of glass you can see the hotel's extensive gardens. All of the guest rooms are comfortable and nicely equipped to give a feeling of being home while away from home. It is THE place to stay in Kathmandu!

Trekking Lodges

The lodges you will stay in on this trek are small, simple tea houses. At some lodges, you will have en suite bathrooms and showers, and at others, you will have shared bathrooms and no showers. All of the lodges provide comfortable, clean, and basic accommodations, plentiful food, and boiled water.

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

Included/Not Included

Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ All transportation throughout the trip
- ▶ All activities as listed in the itinerary
- ▶ English-speaking female guide throughout the trip
- ▶ Services of local guides and porters
- ▶ Boiled drinking water
- ▶ All entrance fees
- ▶ Domestic airfare
- ▶ Duffel bag (provided upon arrival)
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare
- ▶ Meals not specified in itinerary
- ▶ Alcoholic beverages, unless otherwise specified
- ▶ Items of a personal nature
- ▶ Passport and visa fees
- ▶ Travel insurance
- ▶ Gratuities for your guide and porters

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as Challenging. Our Challenging adventures get your heart rate pumping, these are demanding yet deeply rewarding and designed for seasoned outdoor enthusiasts. You should be in excellent physical condition, and be able to hike up to 10 miles, in steeper, more rugged terrain.

We strongly recommend training before your trip

(with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

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

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

is this trip right
for me?

**the important
stuff**

how do I get
there?

pack your
bags!

the fine print

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

- Information Form
- Booking Conditions Form
- Supplemental Trekking Release
- 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 January 14, 2019.

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!

You will need a tourist visa to enter Nepal. You can obtain your visa upon arrival at the airport for US\$25. You must bring two passport photos for your visa. If you choose, you can apply for your visa prior to your trip. For more details, please visit <http://www.nepalembassyusa.org/tourist-visa/>

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

is this trip right
for me?

**the important
stuff**

how do I get
there?

pack your
bags!

the fine print

Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Nepal, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Nepal.

Money:

The currency of Nepal is the Nepalese Rupee. US Dollars are generally not accepted in Nepal except for gratuities. Credit cards are accepted in a few large hotels, where there is generally a surcharge for credit card use of 3-4%. ATMs are in larger towns only. You should plan on bringing cash and exchanging it for local currency.

Suggested Gratuities: We will advise the number of assistant guides and porters closer to departure.

- ▶ Main guide: \$10 per day
- ▶ Assistant guide: \$8 per day
- ▶ Porters for the trek: \$5 per day
- ▶ Drivers: \$5 per day

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Arrive: Arrive in Kathmandu, Nepal (KTM) on April 14, 2019 by 2:00pm.

Depart: Depart Kathmandu, Nepal (KTM) on April 30, 2019.

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

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.

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.

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

As you get ready to pack for your adventure, have a look at The AdventureWomen Store at www.theadventurewomenstore.com - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

Packing Considerations: Temperatures on your trip tend to be quite cool in the morning and evening, and will warm up a bit at midday. You will experience temperatures as low as 10°F and highs of about 60°F during the day. You need to be prepared for all weather on this trek. Dress in layers.

Note: You MUST bring four passport photos with you to Nepal for your visa and your trekking permits.

You are allowed one 22 pound checked bag and one 11 pound carry-on bag on the flight from Kathmandu to Lukla. You can store extra luggage in Kathmandu while you are trekking.

Clothing and Gear:

- 1 day pack (30-40L)
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 4-5 pairs wool hiking socks
- 5-7 pairs underwear (quick dry recommended)
- 2-3 sports bras
- 2 short sleeve shirts (quick dry recommended)
- 1 long sleeve shirt (quick dry recommended)
- 2 long underwear tops (1 medium weight, 1 heavy/expedition weight)
- 2 pairs long underwear pants (1 medium weight, 1 heavy/expedition weight)
- 1-2 pairs of hiking pants
- 1 heavy fleece jacket
- 1 pair fleece pants
- 1 down parka
- 1 shell jacket with hood, Gore-Tex or equivalent
- 1 pair shell pants, Gore-Tex or equivalent
- 1 pair fleece gloves
- 1 pair warm gloves/mittens
- 1 fleece/wool hat
- 1 baseball cap
- 1 camp towel
- 1 pair collapsible trekking poles
- 2 one-liter water bottles
- 1 set of nicer clothes for dinner in Kathmandu
- 1 bathing suit
- Sleepwear

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

**pack your
bags!**

the fine print

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 6 passport photos - 2 for your tourist visa, 2 for your trek permit, and 2 extras in case your passport is lost or stolen
- 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
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)

Essentials Continued:

- 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.

NEPAL

Trekking to Everest Base Camp

April 14 - 30, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

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