What can I expect on a Woodswomen trip?

Are you ready for adventure or challenge in your life? Do you want to meet new people? Or, perhaps you want to see new places with old friends but don't have time to plan?

At Woodswomen, we have been making dreams a reality for women since 1977. As the oldest and largest women's adventure travel company, we have experience turning trips into events —to remember, to cherish, to build on.

Our guides are experienced group leaders, outdoor educators, and safety experts. They know the areas they travel in thoroughly and speak the languages. Most of all, our guides are committed to supporting you in achieving your goals.

Our participants are women like you. They range in age from 20 to beyond 70. They are usually looking for something special and nearly all say they find it. Our calendar includes trips for women of all skill and fitness, and experience levels. We travel to some of the most beautiful places on our planet: the Boundary Waters Canoe Area Wilderness, the Appalachian Mountains, the Cascade Mountains, the deserts of Utah and California, the Galapagos Islands, the Himalayas, the backroads and byways of Europe, New Zealand, South America, Africa, and dozens of other wonderful spots.

Whether canoeing a local river or climbing a mountain, trekking in Nepal or biking in New Zealand, our trips have several common characteristics:

Fun: Participants say it's the number one characteristic of our trips. We think so too!

Safety: We don't compromise in our efforts to create an environment of physical and emotional safety. We teach what's necessary for your safety and comfort. In addition, your individual wishes are respected, as is your need for relaxing and time alone.

Environmentally sensitive: We are in the outdoors or a foreign land to enjoy our environment. We work with the land and its inhabitants, walking lightly.

Empowering: It's a great confidence builder to realize the strengths and skills you have, to try new things, and to wonder what you'll try next. You have the opportunity to develop your own traveling style free of traditional roles and expectations. You are encouraged and supported in taking on new challenges as you decide you are ready for them.

Educational: Emphasis is placed on discovering the life around us whether it be lake shore geology, haute French cooking, Tibetan Buddhist rituals, or Renaissance art. With guide support and self-directed learning, you can increase your physical skills and outdoor judgment.

Comfortable: Traveling with Woodswomen is like traveling with a small congenial group of friends. The pace is flexible and group interaction is easy. We have time to take side trips, go bird watching, and gaze at sunsets. Dinners are in the best local restaurants where we can linger over food and conversation. Our cuisine under the stars gets superb reviews and there are gourmet touches for breakfasts and lunches. Our trips don't build in stress—we cope with what comes up with good cheer and resourcefulness.

Denise Mitten

1993 TRIPS

As you check the trips and dates below, remember we do all the planning, logistical arranging, and trip managing. All you have to do is bring yourself, your personal gear, and your dreams. We offer bicycle touring, trekking, backpacking, flat-water canoeing, whitewater canoeing, sea kayaking, whitewater rafting, snorkeling, SCUBA diving, rock climbing, mountaineering, horsepacking, and skiing. Look under each of our locations for the activity you enjoy. For a quick reference check the complete chart on page 8. To register, call us at 612-822-3809 in Minnesota or outside Minnesota call 1-800-279-0555. Or send in the registration form on the last page. Our office is open from 9 to 5 Central Standard Time. Many of our trips fill early, so we urge you to call soon.

FAR HORIZONS

Our international trips provide a variety of experiences —for some a relaxing and exotic vacation free from the cares of independent travel and in the company of an interesting group of women; for others the opportunity to try a new activity, like trekking or climbing in a unique setting; and for still others the experience of immersing themselves in a different culture.

International travel can be delightfully civilized. Our gear is often carried by mules or local porters; our lodging includes hotels, haciendas, or tea houses noted for comfort and local flavor. All trips also offer the possibility of adventure, whether SCUBA diving in Roatan or bargaining in the markets of Kathmandu.

At the same time, international travel requires a sense of adventure, flexibility, and good humor. The best laid plans can go astray when a bridge is washed out, a vehicle breaks down, or different cultural expectations meet.

Our staff will assist you in finding air transportation. Prices will vary depending on your reservation date and point of departure.

GALAPAGOS ISLAND CRUISE, ECUADOR
January 8-19 (Fri-Tues)
Visit with animals who are curious about you. These islands are lost in time and hold a wealth of amazing wildlife: giant tortoises, flightless cormorants, blue-footed boobies, sea lions, and more. We swim and snorkel with fur seals in the Humboldt current, walk through old lava flows, and enjoy fine cuisine relaxing on our ship at night. Includes three days in Quito to explore high volcanoes, Indian markets, and one of the most exciting cities in South America. SCUBA option.

TOURING NEW ZEALAND: AN INSIDE LOOK
February 22-March 9 (Mon-Tues)
New Zealand, a vast country of spectacular landscapes, sea coasts and river valleys, is known for its clean air, clear waters and friendly people. We'll go by bicycle with van support to see the highlights of this varied land. This is a special opportunity to see more than the beaten path, at a time of the year when the weather is good and the crowds have thinned out. This trip is designed for women who want an active vacation, as well as those who want a leisurely travel experience.

SCUBA DIVE AT COZUMEL, MEXICO
March 9-15 (Tues-Mon)
Cozumel, with its protected coral reefs, colorful fish, and clear turquoise blue water, is a spectacular and renowned place to dive. This trip is open to women who are PADI/NAUI certified SCUBA divers.

VACATION IN COZUMEL, MEXICO
March 16-22 (Tues-Mon)
Cozumel, a tropical Caribbean island off the east coast of Mexico's Yucatan Peninsula, is an ideal place to snorkel, explore miles of rarely visited beaches, body surf, and sunbathe. We visit Mayan ruins in Tulum and shrines devoted to Ixchel, goddess of fertility, weaving, and the moon.

EXPLORING COSTA RICA
March 25-April 3 (Thurs-Sat)
Costa Rica is a peaceful country and a tropical paradise. From the lush rain forests to high volcanos, to coral reefs and lovely beaches, it is home to over 850 species of birds, protected wildlife, and tropical foliage. We'll explore it from the tops of the volcanoes to the bottoms of the ocean reefs, by foot and boat. This is a rare opportunity to travel this untrampled country with a Costa Rican ecologist as our guide.

NEPAL: A JOURNEY INTO TIME
April 13-May 3 (Tues-Mon)
Trek in the beautiful Langtang National Park and experience the rich living traditions—Buddhist, Hindu, and shamanic—of Nepal's peoples. We pass through diverse ecological zones and landscapes and we feature an optional climb of Mt. Naya Kanga (19,180 feet). This is a great trip for women wanting a taste of rugged Himalayan travel and mountaineering. You carry your day pack, porters carry the rest.

CELTIC EXTRAVAGANZA IRELAND
July 28-August 10 (Weds-Tues)
Immerse yourself in Celtic culture. See ancient stones with spiritual meaning handed down through oral traditions. Learn about the role of women and goddesses in Celtic history and today. We travel via bicycles. Our relaxed riding allows us to experience the countryside. We enjoy traditional hospitality at bed and breakfasts in an area of stone circles and cairns, rich in folklore.

HIKING IN THE SWISS ALPS
August 12-22 (Thur-Sun)
The Hasliberg-Goldern area is quintessential Switzerland. Cow bells echoing through the mountains, sheep