



“The Grande Dame” of Women’s
Adventure Travel Since 1982

2013 ~ Celebrating 31 Years!

DATES

September 13 – 20, 2013

COST

\$3,995 from Dijon, France (\$800 deposit)

RATING

Easy with Moderate options

ACTIVITIES

Barging, Walking, Hiking, Bicycling, Cultural
Exploration, Sightseeing, Wine Tasting, Beer
Tasting, Photography

MAIN ATTRACTIONS

- 7 day/6 night barge cruise in France on the Burgundy Canal, the most beloved canal in all of France.
- Stay in comfortable accommodations on board our elegant, privately chartered hotel-berge, exploring the “soul” of the region from our “floating country inn.”
- Bike, hike, and enjoy motor and walking excursions into famous cities and towns of the region full of renowned art and architecture.
- Feast on gourmet regional cuisine, exquisite 4-course dinners, superb wines and wine tastings, and experience caring service.
- Come early to Paris or extend your trip to explore the “City of Light.”

AdventureWomen is the oldest
adventure travel company for
active women over 30.

A FRENCH TOAST

Travel France by Barge through Burgundy

In France, rivers and canals flow from bustling cities to quaint hamlets, linking towns and villages. Everywhere there are tranquil and breath-taking landscapes. Follow these waterways and you encounter a quieter, more relaxed side of Europe. Discover France's Burgundy region on a barge cruise, and capture the true essence of the local lifestyle, culture, cuisine and wine from our floating hotel.

Welcome to the wonderful world of waterways cruising! This is a very special way to discover the heart of France, gliding through the French countryside at 2–4 miles per hour, allowing plenty of time to see the detail you would miss with any other form of travel. This is the graceful way of life that seems long forgotten to us today. In fact, this may be the first time you experience such a relaxed voyage and vacation.

Amble through cobblestone streets of medieval villages, where the stones have been walked on for centuries. Discover the light that gave life to the impressionist paintings of the 1800s as the morning sun shines soft, the afternoon light filters through the trees, and the evening light forms pastels on the panoramas of one of France’s most famous regions. This is real life French impressionism, like being in your very own Van Gogh painting!

Situated on the rich trade route between the Mediterranean and northern Europe six centuries ago, Burgundy was the wealthy and powerful cultural center of a dukedom that counted Holland, Flanders, Luxembourg, Belgium, and Northern France among its possessions. The artistic legacy of the finest architects, musicians, and artists of that era still grace the region, which became part of France in 1477.

The Burgundy canal is part of the French canal system that was excavated between the 17th and 19th centuries in a pre-rail engineering feat designed to link France's major rivers. The famous canal now serves as a canal boater's passport to the delights of the Burgundy region... the wines, the food, the landscape, and the celebrated chateaux! Burgundy is perfection, the pure essence of France.

Each day brings a new guided shore excursion via the barge's private air conditioned coach. We will visit villages where time seems to stand still, vineyards where we stop for wine tastings, and world historical sites that help give us an insight as to who we are and why.

A towpath runs alongside the canals, giving us the option to walk or bicycle between the locks, or stay on board and watch the world go by as the scenery changes with every bend in the waterway. Bicycle to explore nearby villages and countryside, or ride the towpath alongside the barge, which stops at locks along the way.

Our elegant barge is the *Caprice*, a 21 passenger first class canal and river barge renovated and returned to service in 2010. Caprice's cozy

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EMAIL: advwomen@aol.com | WEB: www.AdventureWomen.com

406 587 3883 | 800 804 8686 | 406 587 9449 FAX

WHAT'S INCLUDED IN THE PRICE OF THIS TRIP

- Double occupancy, fully air-conditioned cabin accommodations aboard the barge, including full bathroom and shower in each cabin.
- Transportation to and from the barge to the Dijon Train Station.
- All meals while on the barge, from dinner on the first day to breakfast on the last morning, including wine and beverages served with lunch and dinner. Certain of the more rare chateau-bottled vintage wines may be excluded.
- Private coach transportation on daily sightseeing excursions with a guide and entrance fees.
- Bilingual guide services throughout the trip.
- The use of bicycles to ride on the towpaths.
- Use of an onboard laptop computer for emails, since there are places along the route where cell service is not available. (A small charge is levied to cover costs of service.)
- One AdventureWomen Associate.

NOT INCLUDED

- Round trip airfare from the U.S. to Paris, and round trip train from Paris to Dijon.
- Optional hot air balloon excursion, booked separately with the balloon company but coordinated by the barge crew.
- Gratuities for the barge crew (suggested tip of approximately \$175 U.S. Dollars per participant). The crew and cooks provide superb service. They also serve as your guides, bus drivers and barge drivers.

salon, bar, and dining room are comfortably furnished. There is a two-level forward sundeck at the bow, wreathed in flowers, chairs and colorful parasols. On the lower deck there are 11 comfortable cabins with ample storage in closets and beneath beds, and each room has a private fresh white tile bath including shower. The *Caprice* offers a laptop computer for passenger use, two French cell phones for rent, and optional hot air ballooning where available. Experienced bilingual crew provide highly personalized service.

Of course there is the serious pleasure of the "perfect gourmet." We dine on meals prepared by chefs who were trained in some of the finest schools in France: they are culinary artists, excelling day after day with meals created from fresh foods supplied by the finest wholesale food purveyors and delivered directly to our vessel. After finishing one meal, you will already be looking forward to the next!

Who said that "a day without wine is like a day without sunshine?" The complimentary wines that accompany both lunch and dinner are carefully selected from the vast choice of quality French vineyards. During our week onboard we will enjoy 22 different wines served at lunch and dinner in a relaxed atmosphere. They gracefully compliment each meal and bring about a feeling of well being and contentment which will linger as the evening unfolds and you sit and chat with friends, old and new.

It doesn't get any better than this, so join AdventureWomen for another amazing trip through unforgettable France! Ooo-la-la!

HOW TO REGISTER

First, call (800-804-8686) or email (advwomen@aol.com) the AdventureWomen office to determine space availability. We will hold a space for you for 5 days while you complete the application process and make personal and travel arrangements.

Next, complete and sign the Trip Application form on our Web site by clicking "Book Now" on our home page. We can also fax or mail one to you. Include, with the application the required deposit that can be made by credit card (Visa or MasterCard), personal check, money order, or cashier's check. You can also register over the phone with a credit card. Once we receive your deposit and your trip application, we will mail you a package of information verifying your registration.

Then, call our travel consultants at **Montana Travel (800-247-3538)**, and ask for Ciretta to make your airline reservations.

Note: We will only hold your space for 5 days without a trip application and deposit payment!

ARRIVAL AND DEPARTURE

You must be at the Dijon Train Station on Saturday, September 14, 2013 at 4:30 p.m. for the group pick up and transfer to the barge.

For the 2012 trip, there were two trains that would get you from Paris to Dijon on your arrival date, and they each leave from a different railway station in Paris:

LIABILITY FORM

Part of what AdventureWomen hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the Liability Form carefully, sign it, and **return it to our office with your final payment by**

JUNE 15, 2013.

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. Information 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.

- There is a train from Paris Bercy station to Dijon. Train 17761 departs Paris 1:58 p.m. and arrives Dijon at 4:30 p.m. Bercy is very close to the Gare De Lyon station, but a much smaller and simpler station to navigate.
- If you want to take a TVG (high speed train) you may book the Lyria 9269 which leaves Paris Gare De Lyon station at 11:57 a.m. and arrives Dijon at 1:34 p.m. It would give you an opportunity to have lunch at a restaurant in Dijon near the station.

We suggest you pre-buy your railway tickets from Paris to Dijon prior to your arrival into Paris. You can check out the website www.raileurope.com. If you buy your airline tickets through **Ciretta at Montana Travel (800-247-3538)**, she would also be happy to get your train tickets too. You can also buy your railway tickets (not your plane tickets) from our outfitter by calling **866-850-2935** and ask for Lynn.

If you arrive a few days early in Paris, you might also consider taking the train to Dijon a day ahead of time and spending the night there. It's a nice town and might be relaxing to get there one day early.

On Friday, September 20, 2013, you will be returned to the Dijon Train Station at 10:30 a.m. You can depart on train 6704 departing Dijon at 11:01 a.m. and arriving Paris Gare Lyon at 12:37 p.m. Or if you do not want to be rushed, there is a TGV Lyria 9210 departing at 12:01 p.m. and arriving Paris Gare de Lyon at 1:37 p.m.

PHYSICAL CONDITION AND HEALTH INSURANCE

Physical activity during the trip includes easy walking. Easy to moderate options are available daily, including biking and hiking.

You MUST have your own health insurance and be in very good physical condition for this adventure.

TRAVEL DOCUMENTS

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 2 extra photos, in case of an emergency.

IMPORTANT INFORMATION ABOUT TRAVEL ARRANGEMENTS

We suggest you book your air reservations with our travel consultant soon after registering for this trip!

On this AdventureWomen French Barge trip, we ask that you work directly with our travel consultant at MONTANA TRAVEL to make your travel arrangements. After booking your trip, please call **CIRETTA at MONTANA TRAVEL**, in Bozeman, Montana, to discuss your air schedule based on the barge arrival and departure times set up from the Dijon Train Station.

1-800-247-3538

Email: ciretta@mttravel.com

FAX 1-406-586-1959

**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, train tickets and schedules, and should you want to come early, stay longer, or share a hotel room in Paris or Strasbourg with another participant. If you do not purchase your air ticket through Montana Travel, 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 6 to 12 weeks prior to departure! Please keep this in mind when making your travel plans.

OUR EXCITING ITINERARY FOR A FRENCH TOAST: TRAVEL FRANCE BY BARGE ON THE BURGUNDY CANAL

Day 1, Friday, September 13, 2013 *Depart the USA for Your Overnight Flight to Paris*

Day 2, Saturday, September 14 *Arrive Paris and Take the Train to Dijon to Meet the Barge*

This morning you'll arrive at Charles de Gaulle Airport in Paris and transfer to one of two Paris train stations (Bercy or Gare de Lyon) for your train to the Dijon train Station.

Meet at the Dijon railway station this afternoon at 4:30 p.m. Here we are picked up by the crew and transferred to Caprice, located at the Port in Dijon. A welcome aboard Kir Royale (with champagne) awaits us, and we are introduced to the crew and to Caprice while our luggage is quietly taken to our cabins.

Before and after dinner there will be time to use the internet cafe at the Port, have a quiet drink at the Bargie Lounge across the street, stroll along the tow path or walk uptown. Dijon center is but 10 minutes away. Tonight we'll enjoy our first gourmet dinner on board Caprice.

Located southeast of Paris in east-central France, Burgundy is a region known for its rich history, rich red wines, prestigious gastronomy and castles. Marked by gentle rolling hillsides covered with vineyards. As one of France's most reputable wine producing regions, this region of France is often considered to be at the

heart of French cuisine. Many traditional French dishes such as coq au vin, beef bourguignon and escargot all come from Burgundy.

Day 3, Sunday, September 15 *Dijon to Longecourt via the Canal de Bourgogne*

After breakfast we begin our cruise on the Canal de Bourgogne. Later our motor coach will whisk us off for a tour of Dijon, the capital of Burgundy. After returning to Caprice we continue via the Canal de Bourgogne, where there are many opportunities to walk along the towpath or cycle into nearby villages.

This evening we moor in Longecourt, a quiet canalside town. Our mooring spot allows a magnificent view of the Chateau Longecourt from the forward deck. There is time to explore the village after dinner, stroll along the tow path, or sit on the deck and get to know each other over an after dinner drink.

Day 4, Monday, September 16 *Longecourt to Seurre, with a Private Wine Tasting in Nuits St. George*

This morning our guide takes us on a visit to Clos de Vougeot, where wine was produced as early as the 12th century by the local monks. A private wine tasting follows in Nuits St. Georges, the prestigious vineyards which account for virtually all the red Burgundy Grands Crus.

Returning to Caprice, we continue our cruise to St. Jean de Losne, where the Canal de Bourgogne merges with the river Saône. There are hundreds of barges moored here, in addition to major barge manufacturers, and live aboard barge owners are abundant.

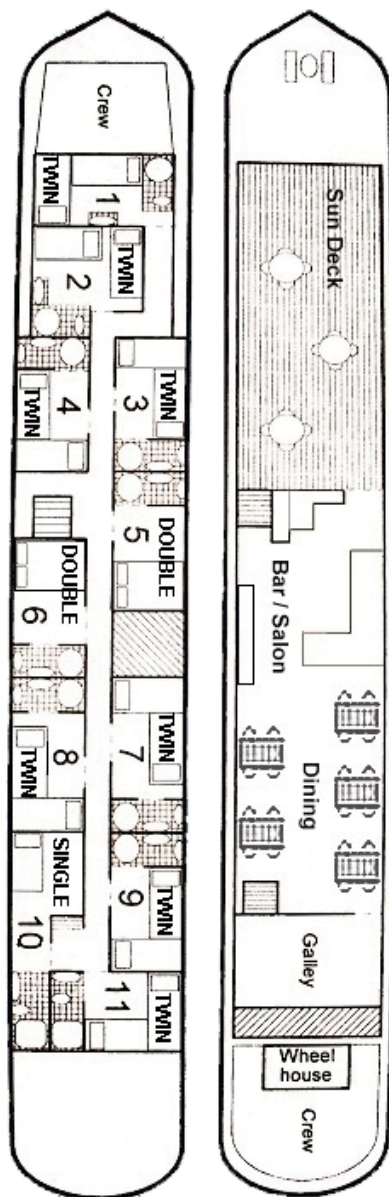
We then continue cruising on the Saône to Seurre, a lovely riverside town with a 16th century church and beautiful brick houses from the 17th century.

During the day, there is ample opportunity to walk between locks on the tow path or to bicycle into nearby villages.

Day 5, Tuesday, September 17 *Seurre to Chalon-sur-Saône*

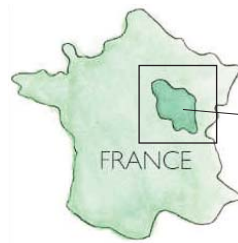
This morning we visit the Museum of Seurre before setting out on a beautiful river cruise to Chalon sur Saône, where we arrive in mid afternoon. We'll have a guided walking tour of the magnificent old town, with time for shopping in the town's elegant shopping district.

Chalon Sur Saône was built alongside the Saône about 3000 years ago. During antiquity, the town was a naval base, the location of big fairs during the Middle Ages, and a trading center in modern and contemporary times.



FLOOR PLAN AND AMENITIES OF OUR ELEGANT HOTEL-BARGE

- 128 feet long x 17 feet wide
- 19-21 passengers in 11 cabins: two doubles, 8 twins, 1 single, approx. 82 square feet including ensuite bathroom and shower
- 7 crew members
- Lounge/bar and separate dining room with modern decor and large windows
- Air-conditioning, bi-level sundeck at bow with tables and chairs
- Bicycles on board
- Laptop computer (extra charge)
- French cell phones for rent



A TYPICAL DAY ONBOARD THE BARGE

Never has doing so much felt so relaxing . . .

- 7:30 a.m.** Wake up and draw the curtains to see the sun breaking through the morning mist over the canal.
- 8:15 a.m.** Enjoy a delightful buffet breakfast on the sun deck.
- 9:15 a.m.** Bike along the shady canal towpath. Pedal into a village to watch the morning hustle.
- 10:15 a.m.** Meet the barge at the next lock and reboard.
- 10:30 a.m.** Tour a centuries-old winery and taste the fruits of the vintner's labor in his private cellar.
- 12:15 p.m.** Indulge in a three-course lunch prepared by the barge's own French chef. Time for more fine regional wine and a delectable selection of local cheeses. You will sample 22 wines this week.
- 1:30 p.m.** Drive to an enchanting château. En route, your guide fills you in on the local history. At the castle, enjoy a special-access private tour and time to wander the grounds.
- 3:45 p.m.** See the region from a new point of view as you glide over the French countryside on an optional hot-air balloon flight.
- 6:30 p.m.** Return to the barge just in time for aperitifs on the sun deck.
- 7:00 p.m.** Join your AdventureWomen friends for an elegant five course dinner. Begin with exquisite hors d'oeuvres, a delicate soup, and a masterpiece main course. Then linger over a traditional cheese complete with retelling of the legends that surround nearly all French cheeses. Regional wines are interwoven with each course giving you a new understanding of the art of pairing wine and food. Finish off with a desert nearly too lovely to eat.
- 8:30 p.m.** Savor a cognac on the deck as the sun sets behind the lovely medieval village where you moor for the night.
- 9:30 p.m.** Wander off the barge for an evening stroll through the village, pausing for a nightcap at a local café.

OR, does your perfect day involve whiling away the hours with a good book? Strolling along the canal? Napping in the sun? A ten-mile morning run? No matter how you envision passing the time, chances are you can make it your special day on this fabulous barge vacation with AdventureWomen. Relax, enjoy, and let yourself be taken care of by a dedicated crew who's only concern is to make this the "Best Week of Your Year."

❧ Sample Menus ❧

Special Farewell

Dinner

*Foie Gras in Filo Pastry
with Blackcurrant Sauce*

*Leg of Lamb with
Rosemary Sauce*

Potato Flan

Provencale Vegetables

~ Cheeses ~

*Brie de Meaux &
Roqueforte*

*Gourmandise au
Chocolate*

~ Wines ~

*Saint Veran &
Saint Emillion*

Lunch

Quiche Lorraine

*Lentil Salad cooked in
Orange Juice*

*Grated Carrots with
Sumac Spice*

Green Salad

Chocolate Mousse

~ Wines ~

*Reisling &
Touraine Gamay*

Dinner

*Warm Goat Cheese
Salad with Pine Nuts*

*Scallops with Balsamic
Butter Sauce*

Risotto

Cherry Tomatoes

~ Cheeses ~

Camembert & Gaperon

*Fresh Fruit with
Sabayon Sauce*

~ Wines ~

Sancerre & Brouilly

Dinner

Cheese Souffle

*Duck Breast served with
a Whole Grain Mustard
Sauce*

~ Cheeses ~

Valencay & Morbier

Almond Cake

Lemon Tree Mousse

Exotic Fruits

Lime Sorbet

~ Wines ~

*Bourgogne Aligote &
Chinon*

Lunch

*Sun Dried Tomato and
Goat Cheese in Pastry*

Rice and Tuna Salad

Cucumber Salad

Green Salad

Pistachio Creme Brulee

~ Wines ~

*Borgogne Aligote &
Cotes du Rhone*

Dinner

*Escargots with Garlic
Cream Sauce*

*Beef Bourguignon
served with Tagliatelli
Pasta*

~ Cheeses ~

Comte & Epoisses

Burgundy Desserts

~ Wines ~

Chablis & Pinot Noir

Day 6, Wednesday, September 18 *Chalon-sur-Saône to Chagny, and Market Day in Beaune*

Today we enter the Canal Du Centre from the river Saône, through a lock with a fifty foot rise. Our shore excursion is to beautiful Beaune, the wine capital of Burgundy and home to the magnificent Hôtel-Dieu, a charity hospital founded in 1443. This monument boasts the finest Burgundian-Flemish architecture in the world.

Wednesday is market day in Beaune! We'll spend some time at the market before returning to Caprice and setting off for the canal-side town of Chagny. This beautiful cruise is in the midst of the vineyards of the Chalonnaise and Santenay, and there will be ample time to walk and cycle the tow path.

Day 7, Thursday, September 19 *Chagny to St Leger, with a Guided Visit to the Chateau Rully*

Today's interesting shore excursion is to the village of Rully for a private guided tour of the 12th century Chateau Rully, which has been in the same family for 900 years.

This Medieval fortress is built around a 12th century keep and reveals some interesting features of medieval military architecture with its parapet walk, battlements, machicolis and loop-holes. The main building dates back to the Renaissance. The vaulted kitchen in the keep has a monumental fireplace and an extensive range of copper utensils. An 18th Century building boasts Burgundy's largest stone roof. The Rully vineyards surround the Chateau.

Today there is ample time for waking or cycling, before we cruise on to the picturesque village of St Léger-sur-Dheune. This is our last night on Caprice, and tonight is our Gala Farewell Dinner.

Day 8, Friday, September 20 *Farewell and Transfer to Paris by Train*

This morning after breakfast we are transferred by coach back to the train station in Dijon, arriving at 10:30 a.m. Please schedule your departure based on arrival times of the train, and check all train schedules for up to date times

Please note: *This itinerary is subject to change. It may run in reverse, from St. Leger to Dijon, on alternate weeks.*

WHAT TO BRING

Mid-September weather in this climate generally averages day-time temperatures in the mid 60s to 80s, with cooler morning temperatures and warmer afternoons. As in all outdoor activities, you must be well prepared for weather changes.

We recommend that you pack as lightly as possible. Although the closets in the barge cabins are adequate, they only allow for a few clothes to be hung on hangers. You may want to keep some of your clothes in your suitcase.

**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, however, 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.

Ideally, you will need one suitcase plus a carry-on bag that contains one change of clothing, your camera equipment, all medications, and your important travel documents. Pack light!

- Casual clothes for anything from bicycling, hiking, sightseeing or lounging on the deck of the barge:
 - Pants (loose and comfortable for walking), pair of walking shorts/capris.
 - Shirts (long- and short-sleeved).
 - Underwear, sleepwear, socks.
- Smart casual clothes for dining and evening dinners on the barge.
- Medium-weight jacket, fleece jacket, sweater or blazer for cool evenings.
- Lightweight robe for the boat.
- Hat for sun and rain protection.
- Waterproof parka or poncho, plus lightweight umbrella. TravelSmith, LLBean, and Campmor catalogs have excellent, breathable rain gear. See the "Resources" sheet in your registration packet.
- Comfortable walking shoes or lightweight hiking boots are essential for our daily excursions. Hiking socks.
- Comfortable shoes for wearing on the boat.
- Small day pack large enough to carry a sweater, rain gear, camera, water bottle and your shopping purchases on our daily excursions off the boat, or for your bicycle rides from the boat.
- Money belt, waist pouch, or a way to carry your money, passport, and airline tickets with you while traveling. You can leave most of this on the boat when we are off touring.
- 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 cabin lights.
- 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.

- Three bandannas (100% cotton) for uses too numerous to mention.
- Sunglasses, sunscreen, and lip balm with sunscreen.
- Earplugs (for noisy moorings or snoring roommates?..)
- Small travel alarm clock.
- Toiletries and prescription medications, and a washcloth (sometimes not provided in Europe). To cover all your bases, you might also include an Ace bandage, Pepto Bismol, Immodium, and Correctol
- Ziploc bags in various sizes for dirty boots and dirty clothes, toiletries, etc.
- Camera and plenty of extra memory cards, batteries, adaptor, and battery charger.
- Book, notebook, pen, lightweight binoculars (optional).
- Electricity: French electric current is 200 volts, so if you are traveling with electrical appliances you will need an international converter.

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

With more than 30 years of experience flying around the world, we think these items help make your long airline flights much more comfortable:

- ❑ Neck pillow: Inflatable neck pillow for support and deep sleep. It folds into itself and has a self-sealing valve. The soft microfleece cover removes for washing. Check out the Eagle Creek® Large Inflatable Travel Neck Pillow at TravelSmith.
- ❑ 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. Check out the Eagle Creek® Comfort Eye Shade at TravelSmith.
- ❑ 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 cool-max®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®. Check out TravelSox® Cushion Walk Sock™ at TravelSmith.
- ❑ 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.
 - Bose Quiet Comfort 2: List Price: \$199.99. Oval shaped around-the-ear design, an iPod fits nicely in the center of the case between the headphones. You can get the next generation of Bose Quiet Comfort 3, but the cost is \$349.00.
 - Audio Technica ATH-ANC7- List Price: \$219.95 Excellent sound quality and above average noise cancellation. Comfortable leather cushioning around the ear and can be worn for long periods of time with no discomfort. Excellent headphones with a reasonable price tag.

*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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Email: advwomen@aol.com