



"The Grande Dame" of Women's
Adventure Travel Since 1982

2013 ~ Celebrating 31 Years!

DATES

October 26 – November 7, 2013

COST

\$5,595 from Bangkok, Thailand. Domestic flights in Thailand included, international flight priced separately. (\$800 deposit)

RATING

Moderate

ACTIVITIES

Archeology, Boat Excursions, Cooking Classes, Cultural Exploration, Elephant Conservation Camp, National Parks, Hiking, Natural History, Sightseeing, Winetasting, Photography

MAIN ATTRACTIONS

- Explore the friendly cities of Bangkok, Chiang Mai, and Chiang Mai, and the ancient ruins of Ayutthaya, ancient capital of Thailand.
- Travel on a luxurious rice barge to discover how the local people have lived with nature for centuries.
- Spend a day at a most respected Elephant Conservation Farm to learn about and interact with these magnificent creatures.
- Learn the secrets of Thai cooking with hands-on Thai cooking classes in each region we visit and discover why Thai cuisine is some of the world's most tasty and renowned.
- Explore ethnic and tribal villages to meet and learn about the indigenous hill tribe peoples who live in remote villages.

(continued on page 2)

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

ADVENTURES IN THAILAND

**Hill Tribes to Ancient Ruins,
Elephants to Gourmet Thai Cooking**

Do you love the beauty of tropical flowers, colorful silks, and splendid tales of Siamese Kings? Can you imagine telling your friends about the time you rode an elephant through the jungle? Is gourmet Thai cuisine one of your favorites? Yes, yes, yes? Then, this exciting and exotic adventure is for you.

Join us for this remarkable 13-day journey through the spectacular landscape of Thailand as we explore the cultural melting pot of Chiang Mai, the "Rose of the North," as well as temples, ancient ruins, and countryside markets. We also visit the Karen Long Neck Village, the Akha people (famous for their beautiful costumes), and the infamous Golden Triangle. And consort with elephants, cruise on a luxuriously-converted rice barge, visit little-known regional national parks, and learn to cook Thai entrées, appetizers, and desserts.

Thai cuisine is complex and piquant, a balance of sweet, spicy, sour and salty flavors. Throughout our travels, we'll enjoy cuisines specific to each region, learning the secrets of Thai cooking and presentation techniques while preparing a variety of Thai dishes, including appetizers, entrees, and desserts.

This exquisite journey will begin in Bangkok, the booming modern capital of Thailand, where we'll experience its unique Siamese heritage and charm. Here we'll learn the fascinating history of the Grand Palace, home to the mysterious Emerald Buddha, and enjoy a cooking class in Central Thai cuisine.

A few of the highlights of this adventure (there are so many!) are spending a full day at an elephant conservation farm, jungle wildlife safaris, and a lesson in negotiating for bargains at the famous Chaing Mai night bazaar.

Accommodations range from luxurious tented spa retreats to riverside boutique hotels. And, of course, throughout our adventure, you'll feast on exquisite Thai cuisine.

While other countries in Southeast Asia have lost their ethnic identities during periods of European domination, Thailand has managed to preserve the ancient cultural traditions of its diverse and friendly people. And now, during this comfortable yet off-the-beaten-path exploration of Thailand, you have a unique opportunity to experience the essence of one of the world's most exotic adventure destinations. Do it!

ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MONTANA 59715

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

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

(continued from page 1)

- Combine the wonders of Thailand with luxury hotel and lodge accommodations and some of the region's best restaurants.

WHAT'S INCLUDED IN THE PRICE OF THIS TRIP

- Domestic round trip flights in Thailand between Bangkok and Chiang Rai.
- Superior accommodations throughout at hotels and lodges listed in the itinerary, or similar.
- Private airport transfers, luggage transfers, and all transportation throughout the trip via air-conditioned motorcoach.
- Private boat cruise, and all other activities and cooking classes as listed in the itinerary.
- All meals as listed in the itinerary (9 breakfasts, 8 lunches, and 2 dinners).
- All applicable hotel gratuities and taxes.
- Admission fees and permits to all parks, reserves and attractions entry fees as per the itinerary
- One Thai guide throughout, and local guides as needed.
- One Adventure Women escort.
- Complimentary baggage tags and passport wallet.

NOT INCLUDED

- Round trip international airfare from your hometown to Bangkok.
(Please call Mary Jean Eraci at (800-627-1244) if you would like her to set up your international airfare).
- Some meals as listed in the itinerary, and beverages (coffee, tea, extra bottled water, soft drinks, beer, wine, and liquor) with meals.
- Gratuities to guides and drivers:
 - \$3-\$4 U.S./person/day for drivers
 - \$3-\$4 U.S./person/day for local guides
 - \$5-\$8 U.S./person/day for main guide
 (Best to tip in local currency, the Thai Baht.)
- Items of a personal nature and any optional activities.
- U.S. and foreign airport taxes.
- No visas are required for Thailand for US citizens.
- Excess baggage charges levied by airlines.

IMPORTANT INFORMATION ABOUT TRAVEL ARRANGEMENTS

Round-trip airfare from the U.S. to Bangkok is NOT included in the cost of the trip package.

Airfare Price Per Person (Economy Class): \$1,700 per person, includes international airfare from Los Angeles to Bangkok pm Cathay Pacific Airlines, including all departure taxes. Please call Mary Jean to get the current price, which may be less depending on how many months it is prior to the trip.

When you register for this trip, an **AIRLINE RESERVATION FORM** is enclosed in your registration packet. You need to complete the form and send/fax/email it to our outfitter and air agent, Mary Jeane Eraci, who will book your air.

If you book your own air to Bangkok, please make sure to send us your airline schedule.

As of August 6, 2012, the Cathay Pacific Airlines schedule from LAX is the following:

October 26, 2013: Depart LAX at 12:55 p.m., and arrive Hong Kong, then connect with the Bangkok flight and arrive Bangkok 12:55 p.m. on October 27, 2013..

These times may change for 2013, so you will need to coordinate your air with the arrival time into Bangkok for our group pick up at the airport.

Airline Schedules and More

Roundtrip economy-class jet transportation will be provided from LOS ANGELES via Cathay Pacific Airlines through Hong Kong to Bangkok. Rates are based on special promotional fares and cancellation fees apply once tickets are issued. Departures from other cities in the USA are possible at additional cost. Kindly inquire at the time of reservation.

Airline Seating: For this Thailand trip, seats are requested together for the group. All planes are non-smoking. We can request a seating preference on your behalf, however this is only a request and not guaranteed. Requests should be made in writing no later than 60 days prior to departure. Bulkhead and/or emergency row seats can only be requested at airport check-in on the day of departure. Boarding passes will only be issued at the airport on the day of departure. You may inquire during check-in to have a seating change made, however this change is based on availability and is at the sole discretion of airport staff.

Frequent Flyer Mileage: At time of publication, Cathay Pacific is a partner with all oneworld® member airlines, as well as various other partner airlines: American Airlines – AAdvantage; British Airways – Executive Club; Dragon Air; Finnair Plus; Iberia Plus; Japan Airlines – Mileage Bank; LAN – LanPass; Qantas Frequent Flyer.

You may obtain frequent flyer mileage on any of these carriers. Present

your frequent flyer card for all flight check-ins and keep the boarding passes until you receive a statement with the mileage credit.

****Please note that all flight numbers and current air schedules are subject to change with no advance notice! If flights are changed and additional nights incurred, you will be advised of additional costs.**

If you decide to do all or part of your international airfare on your own, instead of using the group air, it is important to be aware that if there are any changes in the group airline schedules (delays, changes or other interruptions), Classic Escapes and AdventureWomen are not responsible for changing your airline tickets/schedules, nor for reimbursing you for any expenses incurred due to your having to change your flight schedule(s).

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 registration form on our website by clicking "Book Now" on our homepage. We can also fax or mail a registration form to you. Return the form to us by mail, fax, or scan and email, and be sure to include the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also register over the phone with a credit card. Once we receive your deposit, we will mail you a packet of information verifying your registration.

Then, call our travel consultants at Classic Escapes, 1-800-627-1244, and ask for Mary-Jeane Eraci to make your airline reservations.

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

PASSPORT, VISAS, AND HEALTH REQUIREMENTS

There is no visa required for U.S. visitors to Thailand, as long as you have a U.S. passport that is valid 6 months beyond your intended stay in Thailand, and be in possession of an onward or return airline ticket.

Citizens of other countries should inquire about requirements for entry. If you do not have a passport, **APPLY NOW!** Please do not wait until the last minute. You should always carry 2 extra passport photographs with you, in case of emergency (if your passport/visa is lost or stolen).

Please consult your personal physician, local health department, travel clinic, or immunization center about any vaccinations you may need to update, or others that may be personally recommended for you based on your age, health, and past vaccination history.

This trip is rated as MODERATE. You should be able to walk a maximum of 3-5 miles on sightseeing excursions, in towns, villages, cities, and be able to climb flights of stairs to explore ruins.

You must have your own health insurance, and not have any physical problems or conditions that would be adversely affected by moderate walking and the rigors of international travel.

THAILAND TRAVEL INFORMATION

Climate

Thailand's climate is always hot and humid, with the highlands being around 10 degrees cooler. End of October - November through February is the best time to go when the days are more mild. You should wear loose, comfortable clothing made from breathable fabrics.

Currency and Credit Cards

The currency in Thailand is the baht. Please review the current exchange rate for the baht, however, as of August 2012, \$1 U.S. Dollar = 31.2 Thai Baht.

ATMs are located everywhere in major cities.

Tipping: Round up taxi fare to the next 5 or 10 baht. Hotels and restaurants have service charges included in the bill.

Major credit cards are accepted in almost all department stores, supermarkets, gas stations and restaurants.

You should bring \$600-\$800 minimum U.S. cash (this should include your tip money), in small bills (\$1s, \$5s, \$10s, and \$20s). It is always best to make sure the money you bring is in NEW bills, not worn or torn bills.

Local Time

Standard Thailand Time is 7 hours ahead of GMT (GMT+7)

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**

JULY 28, 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.

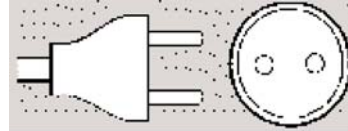
NO SMOKING POLICY

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

Electricity

Voltage: 220 V; #C wall outlet plug, 2 parallel prongs – "French" type.

Most digital cameras have a built in converter so you only need to bring an adapter. Adapters can also be bought while in country.



Plug Type C

C - 2 parallel prongs - "French" type

What items should I shop for in Thailand?

Thailand is famous for its silk (silk from Jim Thompson is good quality). Shop also for lacquerware, painted umbrellas, bronze, silver, temple bells, celadon pottery, tribal weavings, custom-made shoes, opium weights and pillows, and carved water buffalo bells. Note: beware of copycat items in Thailand from clothes to watches. Some 24 carat gold is also somewhat less than 100% pure, but crafted well.

Returning U.S. residents are allowed to bring back \$800 worth of merchandise, duty free. Expensive camera equipment and jewelry purchased in the U.S. (we recommend NEVER bringing or wearing expensive jewelry) should be registered with U.S. customs prior to your departure; or you may retain your sales receipts as documentation for re-entering the U.S.

THE IMPORTANCE OF FOOD IN THAI CULTURE

In Thailand, food forms a central part of any social occasions—and vice versa. That is, food often becomes the social occasion in itself, or reason to celebrate. This is partly due to the friendly, social nature of Thai people, but also because of the way in which food is ordered and eaten in Thailand.

In the West, a "normal" restaurant meal consists of a starter followed by the main course and dessert, with each individual ordering only for herself. In Thailand, there is no such thing as a starter; neither is there any dish that belongs only to one person. As a general rule, Thai diners order the same number of dishes as people present; however, all dishes are shared and enjoyed together. For this reason, it is better to have many guests at the table rather than just one or two. In fact, many Thais believe that eating alone is bad luck.

After the meal is over, there is no such thing as dispensing with leftovers. Throwing food away enrages the Thai "god of rice", a female deity who watches over the people, ensuring everyone has enough to eat. Bad luck or even widespread famine may then ensue.

A typical Thai meal includes four main seasonings: salty, sweet, sour, and spicy. Indeed, most Thai dishes are not considered satisfying unless they combine all four tastes. When eating out, a group of Thai

diners would order a variety of meat and/or fish dishes, plus vegetables, a noodle dish, and possibly also soup. Dessert may consist simply of fresh fruit, such as pineapple, or something more exotic, such as colourful rice cakes, depending on the region.

Aside from meals, Thais are renowned “snackers”. It is easy to pick up a quick but delicious snack for mere pennies along the roadside or at marketplaces in Thailand. Popular snacks consist of spring rolls, chicken or beef satay, raw vegetables with a spicy dip, soups, salads, and sweets.

The formal presentation of food is another important aspect of Thai culture. Developed primarily in the palace to please the King of Siam, Thai food presentation is among the most exquisite in the world. Serving platters are decorated with all variety of carved vegetables and fruits into flowers and other pieces of beauty. Palace-style stir-fries include elegantly carved vegetables within the dish itself. For such artwork, Thai chefs use a simple paring knife and ice water (the ice water prevents discoloration of the vegetables as they cut them).

The tastes of modern-day Thailand boast an ancient history. As early as the thirteenth-century, the Thai people had established what might be considered the heart of Siamese cuisine as we know it today: various types of meat and seafood combined with local vegetables, herbs and spices such as garlic and pepper, and served with rice. Later, the Chinese brought noodles to Thailand, as well as the introduction of the most important Thai cooking tool: the steel wok.

Thai cuisine is also heavily influenced by Indian spices and flavors, which is evident in its famous green, red, and yellow curries. However, it would be nearly impossible to confuse an Indian curry with one from Thailand. Although Thai curry incorporates many Indian spices in its pastes, it still manages to maintain its own unique flavor with the addition of local spices and ingredients, such as Thai holy basil, lemongrass, and galangal (Thai ginger).

Other influences on Thai cooking may be found in the countries near or surrounding Thailand, such as Vietnam, Cambodia, Indonesia, Laos, Burma, and Malaysia. Such plentiful and vast influences combine

to create the complex taste of present-day Thai cooking—one of the fastest-growing and most popular of world cuisines today.

OUR EXCITING ITINERARY FOR ADVENTURES IN EXOTIC THAILAND:

DAY 1, Saturday, October 26 Los Angeles to Bangkok, Thailand

Our journey begins as we board our flight in Los Angeles to Bangkok, Thailand.

(Meals Aloft)

DAY 2, Sunday, October 27 Arrive in Bangkok

We arrive in Bangkok, where we are welcomed by our guides and escorted to our hotel. Along the way, we marvel at this frantic and steamy tropical city filled with gleaming skyscrapers, glittering temples, colorful street markets, sophisticated shopping malls, and a bustling nightlife—symbols of the incredible economic growth of the last few years. Bangkok is a booming, modern capital city that has managed to retain its unique and vibrant Siamese culture of wonderful food, exotic architecture, Buddhist tolerance, and Thai hospitality. The new "Skytrain" provides a convenient way to get around and offers great views of the city.

Montien Riverside Hotel welcomes us to a tranquil oasis on Bangkok's legendary River of Kings, the Chao Phraya. This 27-story luxury hotel offers easy access to the city's shopping and business areas. All guest rooms and suites are beautifully decorated and have river views. Facilities include six restaurants and bars.

(Meals Aloft and Welcome Dinner)

Overnight at the Montien Riverside Hotel

<http://www.montien.com/riverside/>

Offering 5-star luxury along Bangkok's legendary River of Kings, Montien Riverside Hotel is a tranquil oasis of pure Thai hospitality and sheer international excellence. All of the hotel's well appointed and spacious guestrooms command panoramic river views, complemented by excellent facilities, gracious Thai hospitality, and impeccable service.

It is situated in a relaxed and open setting away from the city crowds, yet just 40 minutes from Suvarnabhumi Airport and 10 minutes from

**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.

Bangkok's financial and entertainment hub. All guestrooms are equipped with wireless internet access.

DAY 3, Monday, October 28 *Bangkok/Grand Palace/Navy Club/ Jim Thompson House*

After a leisurely breakfast we'll visit the Grand Palace, probably the most important center of Thai culture. The Palace was once the royal home, but today it is used mainly for ceremonial functions. Tourists are allowed inside to see the Emerald Buddha, the displays of royal artifacts and memorabilia, and wall decorations.

Note: We will need to wear long pants and enclosed shoes (that cover the heels) to enter here. This is done out of respect to the Thai people.

We have lunch at the Royal Navy Club before continuing on to the famed Jim Thompson house, a work of art in itself and one of Bangkok's landmarks. Thompson began collecting art while working for the American CIA, eventually assembling a collection that attracted scholars from all over the world. He also gained worldwide recognition for his success in rebuilding the silk industry and for generating international demand for Thai silk.

(Breakfast and Lunch)

Overnight at the Montien Riverside Hotel

DAY 4, Tuesday, October 29 *Bangkok/Central Thai Cooking Class*

One of the highlights of this trip is sampling and cooking the wonderful Thai food of each region. Our first cooking lesson in Thailand begins with a class at the Blue Elephant cooking school, where we'll create a 4-course Central Thai Cuisine meal for lunch.

The cooking lesson is conducted in English and features a brief lecture, ingredient preparation, a hands-on demonstration, and time for questions and discussion.

After we enjoy eating the delicious food we've prepared, we return to the hotel and have free time to explore Bangkok at our leisure.

(Breakfast and Lunch)

Overnight at the Montien Riverside Hotel

DAY 5, Wednesday, October 30 *Flower Market, China Town, and Mekhala Riverboats*

Every day the roadside of Pak Khlong transforms into a kaleidoscope of color as vendors from across the country meet to trade colorful and fragrant flowers at the Pak Khlong Talat Flower Market. In addition to roses, daisies and chrysanthemums, we'll see other fascinating blooms unique to tropical climates. We'll also walk through Chinatown, a network of tight streets and alleys lined with shops.

Lunch is at a local restaurant before we transfer to the pier and board our Mekhala Cruise boats—a collection of restored rice barges that provide daily transportation between Bangkok and Ayuthaya, retracing the paths of former royal processions.

We cruise for the rest of the day, and enjoy the magic of an unhurried voyage that captures the subtle colors and moods of life on the river. A few hours into the journey, the bustle of the city is replaced by the tranquillity of the countryside. As the sun sets, the boats dock at Wat Kai Tia, a Thai temple set in a tranquil rural village, and

enjoy an exquisite candlelit dinner of mouth-watering Thai cuisine served on deck.

Each of the staterooms in our rice barges are fully air-conditioned with private facilities and deluxe amenities, and beautifully furnished with teak and rare woods, Thai fabrics, antiques, art and Oriental carpets.
(Breakfast, Lunch and Dinner)

Overnight aboard the Mekhala River Boat

DAY 6, Thursday, October 31 *Mekhala Riverboat Cruise to Ayutthaya Ruins and Khao Yai National Park*

The wonderful part of being on the river is the slow and relaxing pace. The river culture in Thailand is fading into the past, so this is a rare opportunity to see the simple way rural Thai residents live—something not many visitors experience.

Our riverboat trip ends near the King's Palace and the 4,000-year-old ruins of the Ayutthaya region. This once magnificent Thai capital was praised by foreign emissaries as the finest city they had ever seen. Surrounded by rivers and a canal, it flourished under 33 Siamese kings from 1350 until the Burmese destroyed it in 1767. We'll visit the notable temple remains of Phra Sri Sanphet, Chai Wattanaram and Yai Chai Mongkol, home to a large, white Buddha built by King Naresuan.

Continuing to Khao Yai, we enter Thailand's oldest and most revered national park—one of the best preserved tracts of evergreen forest in all of Indochina. The park is noted for its large forest birds, 3,000 species of plants, and its variety of terrain. Wildlife in the park is as varied as its terrain. It is home to more than 70 mammal species, including elephant, white handed gibbons, gaur, Asiatic black bears, and wild dogs. Its bird population of more than 350 species includes a wide variety of hornbills. The entire area is crisscrossed by hiking trails, ranging in length from one to five miles. There are also many waterfalls, the tallest and most spectacular of which is Haew Narok at 260 feet high.

This evening we set out on a guided night safari in search of the resident wildlife.

Our beautiful home for the night is Kirimaya, a hotel nestled at the edge of the park and overlooking glorious

evergreen hills and grasslands. Some of the amenities include wellness spas, exceptional cuisine, and beautiful views of an 18-hole championship golf course designed by Jack Nicklaus.

(Breakfast and Lunch)

Overnight at Kirimaya

<http://www.mrandmrsmith.com/us/luxury-hotels/kirimaya>
Khao Yai boutique hotel Kirimaya, a few hours' drive from Bangkok, is as close as it gets to a sexy safari in Thailand. Exuding understated good taste, this sublime hotel combines modern sophistication with traditional simplicity. The hotel features rustic trimmings, such as antique doors, wooden decks, rooms furnished with the best of contemporary Thai design, and elegant Tented Villas.

DAY 7, Friday, November 1 *From Khao Yai National Park to a Wine Tasting in Chiang Rai*

This morning we enjoy another safari, with opportunities to see and photograph the area's wildlife, landscapes, rivers, and waterfalls.

A highlight today is our visit to Gran Monte Winery, where we meet the Winemaker, Ms. Nikki, who loves to share her knowledge about, and passion for, wine. During an exclusive tour, we'll learn about the various processes she uses to create her wines. Then we enjoy a late Italian lunch and wine tasting with Nikki before heading back to Bangkok for our flight to Chiang Rai, in northern Thailand.

On arrival in Chiang Rai, we are escorted to our beautiful hotel, The Legend Chiang Rai, situated on the banks of the Mae Kok River.

(Breakfast and Lunch)

Overnight at The Legend Chiang Rai Resort

<http://www.thelegend-chiangrai.com/>

The Legend Chiang Rai Resort features Thai Lanna architecture, an infinity pool, and an on-site spa and health club with outdoor treatment rooms. The hotel is away from the city yet within walking distance of the city center. The quiet surroundings and the large area of the resort make the Legend a great retreat for relaxation, and for enjoying the views of the river and surrounding mountains. The unique landscape is a combination of small "klongs" and ponds, surrounded by trees and colorful tropical flowers and plants. In the evening, lighting enhances the natural beauty of

the development. All the rooms are decorated in Northern Thai style and equipped with modern amenities. There are 3 on site restaurants at the resort, and guests can sample classic Thai cuisine at Ou Kao.

Each of the Legend Resort's spacious and contemporary rooms is equipped with a natural stone outdoor shower. The open Sala living area has large windows which look out to river or garden views.

DAY 8, Saturday, November 2 *Chiang Rai, the Hill Tribe Museum, Ethnic Village Visit, and the Golden Triangle*

This morning we visit the Hill Tribe Museum for a briefing from the head of the Population and Community Development Association about the various hill tribes in the region. Then we continue to Baan Lorcha to visit one of the villages. Here we learn about the women wearing the famous brass rings around their necks at the Karen Long Neck Village; or the elaborate, colorful dresses of the Lisu at Ban Bangjars; or we'll visit the only Hill Tribe to have a written language, the Yao at Ban Pong Takham. Visits to these small mountain villages, which are surrounded by the great natural beauty of the north country, are an unforgettable experience.

Originating in different parts of Southeast Asia (mostly southern China), the residents migrated into Thailand on a quest for freedom and security. There are six large minority ethnic groups in the north of Thailand, and several smaller ones. Each tribe has unique characteristics and its own identity, which is expressed through distinctive costumes, ornaments, musical instruments, weaving products, and weapons. The two most prominent hill tribes are the Lisu and Akha.

The Akha people are famous for their very exotic and beautiful costumes, and they can be seen in many towns in northern Thailand selling their unique handicrafts. They are not shy, and you might find yourself engaged in an animated bargaining session with one of these gregarious salespeople.

After lunch at a local restaurant, our next stop is the infamous Golden Triangle, known for centuries as the center of the opium trade, although the illicit crops have long since been replaced by the small tourist village of Sob Ruak. Opium is now only to be found in the Golden Triangle museums. Before returning to

Chiang Rai in the evening, we enjoy a scenic boat ride along the Mekong to the provincial riverside town of Chiang Saen.

(Breakfast and Lunch)

Overnight at The Legend Chiang Rai Resort

DAY 9, Sunday, November 3 *"Lanna Cooking" Lunch, Herbal Medicine Visit, and Reforestation Project*

This morning we begin our drive to Chiang Mai. En route, we'll visit Phrao and the lovely wooden house where we create our second Thai meal, a "Lanna" or Northern Thai 4-course lunch. YUM! After our delicious meal, we ride pushbikes to a nearby village. Here we meet a local elder and learn how herbs have been used for centuries in medicine and holistic healing.

Next stop is the Himmapaan Re-Forestation Foundation, which encourages collaboration among local communities, associate partners, and specialists to find sustainable solutions in areas affected by tourism.

Our accommodation for the next three nights is the De Naga hotel, a new luxury boutique hotel designed in Northern Thai style. It is conveniently located next to Tha Pae Gate in the old city. Shopping and cultural attractions are within walking distance.

(Breakfast and Lunch)

Overnight at the De Naga Hotel

De Naga's low-rise architectural style is distinctly Northern Thai or "Lanna" style with a resort feel, and it features a view of the imposing Doi Suthep Mountain Temple. Each of the 55 rooms is grouped around the courtyard swimming pool and all are air-conditioned with en suite bathrooms.

DAY 10, Monday, November 4 *A Day at the Patara Elephant Farm*

What would a trip to northern Thailand be without getting up close and personal with an elephant?

Elephants hold great spiritual significance in this part of the world, most notably signified by the elephant-headed Hindu god and remover of obstacles, Ganesh. Also, Asian elephants have been integral members of the region's rural landscape for centuries, especially in the timber trade. However, poachers and an ever-shrinking habitat have devastated populations of wild

elephants. And the country's ban on teak logging in 1989 left Thailand's working elephants unemployed.

After breakfast this morning we drive about 30 minutes to Patara Elephant Farm to spend the day learning about and interacting with these magnificent creatures. Here, the owner shares his copious knowledge and intense love of elephants with the small groups permitted to visit the verdant, hilly farm each day. We will be assigned individual elephants and will do everything from checking their health (by sniffing their, thankfully, unsmelly poop) to brushing and washing them (often getting sprayed with a snootful of water). We also enjoy a bareback elephant ride to a jungle waterfall.

We'll enjoy a traditional Thai picnic today, and return to Chiang Mai late this afternoon, where we can spend the rest of the day exploring on our own. Known for its eclectic cultures, scenic beauty, and historic architecture, the city of Chiang Mai has more than 100 temples and other attractions, and the shopping is superb.

(Breakfast and Lunch)

Overnight at the De Naga Hotel

DAY 11, Tuesday, November 5 *Visiting a Local Market and Cooking a North Thai Lunch and Dessert*

This morning we'll visit the local market to learn about the different vegetables, herbs, roots and spices being sold. Then we return to our cooking school to prepare and devour a four-course lunch, using some of the ingredients found during our market trip. This afternoon we create and enjoy two traditional Thai desserts.

Later, we visit the famous Chiang Mai Night Bazaar. Better hone up on your bargaining skills! The Night Bazaar is a shopping haven where one can find handmade products and souvenirs from many Chiang Mai villages and hill tribes.

(Breakfast and Lunch)

Overnight at the De Naga Hotel

DAY 12, Wednesday, November 6 *Chiang Mai to Bangkok*

This morning we are free to explore more of Chiang Mai or just relax at our hotel before boarding our flight to Bangkok, where we are transferred to our hotel at the airport.

The Novotel Suvarnabhumi Hotel is just a 5-minute shuttle ride from the airport, but it is a fabulous place to relax, eat, and sleep before our long flight home. This ultramodern hotel has a great range of facilities including tropical gardens, a swimming pool, fitness center, 2 bars and 4 restaurants, as well as comfortable accommodations. A stay here is a great way to end our Thailand adventure!

(Breakfast)

Overnight at the Novotel Suvarnabhumi, Bangkok Airport

Day 13, Thursday, November 7 *Bangkok to Los Angeles and Flights Home*

Early this morning we return to the airport for our flight to the USA, arriving in Los Angeles and connecting to flights home.

(Meals Aloft)

Please Note: The itinerary sequence is correct at the time of publication, but is subject to change without notice.

WHAT TO BRING

Three words of packing advice: LIGHT, LIGHT, LIGHT! It is best to condense your luggage into one manageable suitcase with wheels and one daypack or backpack (carry-on size). Also, a spare, very light duffel bag or day pack rolled or folded into your wheeled suitcase is useful to have to transport souvenir items home. There are wonderful handicrafts and weavings available in the villages we visit, and in the night bazaar in Chiang Mai.

We suggest you use your daypack as your carry-on bag during your flights. In it you should have all valuables and essentials: medications, passports and all important documents, cameras and film, a day's change of clothing, lightweight sleepwear, and toiletries.

Put luggage ID tags on the outside AND inside of your baggage. If your bag is lost and the outside ID tag and baggage stickers are dislodged, the airlines may open the bag to search for an ID inside your bag. (AdventureWomen sends you 3 tags for the outside of your bags.)

Pre-Departure Tasks

- Obtain or renew passport.
- Evaluate and obtain trip cancellation, baggage, and medical insurance.

- Consult with physician for physical examination, immunization, and prescription medicine recommendations.

Clothing

- Clothing should be lightweight, quick drying and be able to breathe. Pay special attention to sun protection needs. Long sleeves and wide brim hats are highly recommended.
- Underwear. Synthetics are easier to wash and dry.
- Sleepwear.
- Shirts: Long-sleeve, synthetic or cotton shirts because they are featherweight, durable, wrinkle-resistant, and dry quickly. Those with multiple, closed (velcro or zipper) pockets are excellent.
- Short-sleeve synthetic or cotton T-Shirts. Those with multiple, closed (velcro or zipper) pockets are excellent.
- Sweater/Jacket: Medium-weight sweater or jacket made of synthetic fabric (fleece) for cool evenings.
- Vest: A lightweight, multi-pocket, photo journalist-type vest is excellent for day use (use it to store film, cameras, binoculars, etc.).
- Pants: Full-length pants, preferably of quick-drying synthetic fabric with many zippered pockets. Convertible pants that convert from long pants to shorts save room and are very convenient for use during a long day.
- Hiking shorts, preferably of a synthetic fabric and to the knee (modesty is respectful here). You rarely see shorts in urban areas.
- Bathing Suit.
- Sun hat with a wide brim, preferably with a chin strap to keep it from blowing off.
- Gore-Tex rain/wind parka and/or sturdy poncho to protect day pack and camera gear from rain or water spray. (This can be your jacket, as listed above, as long as it is waterproof).
- Athletic socks (synthetic for easy washing and drying) that are suitable for your lightweight hiking boots/or walking shoes.
- Sturdy, properly fitting footwear can make your trip much more comfortable and enjoyable. Good ankle support and good traction are critical. Lightweight hiking boots are excellent, OR very comfortable, lightweight walking shoes are another option.

- Sandals for boats, water, and for walking around towns (Teva-type sandals or similar: Merrill's, Keens, etc., or any thing that can get wet and dry fast).
- 3-4 cotton bandannas.
- One or two sets of nice, casual city clothes that are dressier for evening restaurants or social activities (maybe a lightweight skirt to be included).

Personal Items

- Passport.
- 2-4 spare passport photos to bring on the trip (in case of lost/stolen passport).
- Battery operated travel alarm clock.
- Extra batteries for cameras, alarm clock, etc.
- Small flashlight with extra batteries and bulb.
- Sunglasses, case (90% - 100% ultraviolet and some infrared protection).
- Contact lenses, cleaner, saline solution, extra eye-glasses with safety band.
- Money belt.
- U.S. Cash and credit cards.
- Address book, writing paper, or journal, pen/pencil.
- Daypack (also serves as an airline carry-on bag).
- Water bottle. We recommend the 22 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.
- Locks for your suitcase and duffel bag (when left in rooms).
- Ziploc-type bags for packing shampoo or other liquids, or wet, dirty clothing.
- 1-2 heavyweight plastic garbage bags.
- Washcloth (not used in most hotels).
- Personal toiletries in small leak-proof bottles.
- Biodegradable bar soap (can double as laundry soap).
- Tampons or sanitary napkin supply (not always widely available).
- Thread, needles, safety pins for minor repairs.
- Insect repellent with the percentage of DEET recommended by your travel medicine physician. It's important that you bring an ample supply of good

quality repellent. If you use DEET, try to wipe it off your hands before touching plastic surfaces such as your binoculars or cameras (DEET damages some plastics).

- Wash & Dries (or other antiseptic wipes) for hand washing and emergency toilet paper.
- A mini-sized English - Thai - English phrase book/dictionary.
- Eyewitness or Lonely Planet books on Thailand.

Camera Equipment

Since Thailand is a photographer's paradise, you should bring twice as many memory cards and camera batteries as you think you might need, and zip lock plastic bags for dust protection. We suggest you bring the following:

- Digital camera, lots of memory cards and extra batteries, battery charger, and adapter. You can charge your digital batteries in hotels.

Personal First Aid Kit (bring in small amounts and in small containers)

- Foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Adequate quantity of sweat-resistant sun screen with at least an SPF 15 rating or higher, and lip balm with sunscreen.
- Tweezers.
- Ace bandage.
- Antibiotics.
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle).

Optional

- Small, lightweight binoculars.
- Pictures of your house, pets, and family (local people love to see this!).

- Reading material.
- Extra, lightweight duffel bag (empty, and packed inside your suitcase).

Last-Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport and put them in different locations (suitcase, carry-on bag, etc.).
- Bring your 2-4 additional passport size photos to use in emergencies.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home (don't wear expensive gold and diamond jewelry).
- Remove extra credit cards, driver's license, and personal items from wallet or purse.
- Make sure passport and plane tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time.

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 and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing. 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. 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®. 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. Comparable in quality to the Bose Quiet Comfort 3.

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.

AdventureWomen, Inc.
300 Running Horse Trail
Bozeman, MT 59715
800-804-8686 or 406-587-3883 (outside the U.S.)
Email: advwomen@aol.com