



ADVENTUREWOMEN®, INC.

FIRST AND STILL THE BEST! SINCE 1982

300 Running Horse Trail Bozeman, Montana 59715

TOLL FREE 800 804-8686 OUTSIDE USA 406 587-3883 FAX 406 587-9449

trips@adventurewomen.com | www.adventurewomen.com

Big Sky-Yellowstone Hiking: Montana – 2016

Montana's Mountain Majesty

Trip Summary

Dates

July 16 - 22, 2016

Cost

\$3,095 from Bozeman, MT (\$600 deposit)

Rating

Moderate to High Energy

Activities

- Hiking
- Whitewater Rafting
- Canopy Zipline Adventure
- Horseback Riding
- Yellowstone Wildlife Safari
- Sightseeing
- Photography
- Natural History

The area of southwestern Montana that surrounds Yellowstone National Park is an integral part of the Greater Yellowstone Ecosystem, the richest wildlife preserve in the lower 48 states. Millions of acres of pristine forests, meadow land, rugged mountain peaks, and river bottoms provide a rich habitat for the abundant wildlife that “knows no park boundaries.” The region also provides premium backcountry hiking in the spectacular Spanish Peaks, Gallatin and Madison Ranges. From every rocky ridge the 360 degree panorama is of massive mountain peaks....as far as the eye can see!

Our Big Sky Country hike begins in Bozeman, Montana, only 90 miles north of Yellowstone. The upbeat atmosphere of Bozeman is that of “a small town with big britches.” While images of cowboys, pioneer women, and rowdy miners are still reflected by the locals’ faces, the city’s historical downtown has everything from gourmet restaurants to wonderful art galleries! The famous Museum of the Rockies, located on the Montana State University campus, is the permanent home of the largest and most complete Tyrannosaurus rex skeleton on exhibit anywhere in the world. It’s worth coming in a few days prior to July 16th to explore Bozeman.

After flying into Bozeman, you travel south by van with our guide through the Gallatin River Canyon to the 320 Guest Ranch near Big Sky, Montana. (Big Sky is the mountain resort made famous by the late newscaster, Chet Huntley). “The 320”, our base for the week, is located just a short distance from Yellowstone Park’s north boundary.

With our Montana-based, naturalist guide, you’ll hike the trails in the Spanish Peaks, the Madison Range, and into one of Yellowstone National Park’s Geyser Basins, leaving the crowds at the roadside! This is Montana hiking at its finest. Hikes are moderate to high energy, up to 12 miles in length, and at altitudes up to 10,000 feet. This trip is for women who LOVE to hike. We also spend an exciting day on a canopy zipline adventure and whitewater rafting trip on the Gallatin River, one of Montana’s prime whitewater rivers!

For superb mountain hiking in the stunning Greater Yellowstone Ecosystem, join AdventureWomen for our premier hiking trip in Montana—the “Last Best Place!”

PLEASE NOTE: This trip is for women who are *active, in shape, and LOVE to hike!* We expect all participants to be in *excellent hiking condition*, and that you have read the description of the Activity Level that you need to be in to take part in this adventure.

Main Attractions

- Hike the majestic mountains of the Big Sky and Yellowstone National Park ecosystem with our knowledgeable Montana-based naturalist/guide.
- Stay in luxury log cabin accommodations at our favorite Montana Guest Ranch in Big Sky, Montana, including a hayride, and Western barbeque.
- Go whitewater rafting on the wild and scenic Gallatin River, experience Gallatin Canyon's zipline canopy tour, and horseback ride through gorgeous mountain and meadow scenery.
- Explore Yellowstone National Park's thermal features and go on a wildlife safari to view bison, elk, moose, wolves, and maybe even a grizzly bear.
- Get up early each morning to greet the day, watching the ranch's horses gallop past you on their way in from their overnight pasture.

What's Included:

- 5 nights of double occupancy, deluxe accommodations in log cabins at the 320 Guest Ranch in Big Sky, Montana.
- 1 night double occupancy hotel accommodations at Bozeman's Comfort Inn.
- Van transfer from Bozeman to Big Sky and all transportation during the trip, from Big Sky to all hiking locations, and back to Bozeman.
- 6 breakfasts, 5 lunches, and 4 dinners: a light dinner on arrival night, a special hayride and barbecue dinner, one dinner in the 320 Ranch dining room; and our last night's dinner back in Bozeman at AdventureWomen's headquarters in the beautiful Bridger Mountains.
- Fully-guided hikes and tours led by Leslie Stoltz, resident naturalist and guide in Big Sky and Yellowstone for more than 20 years.
- Afternoon horseback ride (tips included); full day "Zip and Dip": canopy zipline adventure and guided whitewater rafting on the Gallatin River, made famous by *A River Runs Through It*; sightseeing, entrance fees, and guided hiking in Yellowstone National Park; plus all guided hiking in the Spanish Peaks and Madison Ranges.

What's Not Included:

- Round-trip airfare to Bozeman, Montana.
- Meals where specified.
- All liquor and drinks with meals.
- Tips for zip line and rafting guides (we suggest \$15/person) and a tip to your naturalist/guide (approximately \$100 per person).

Our Guide

Leslie Stoltz moved to Montana more than 25 years ago to conduct research in Glacier and Yellowstone Parks. This served as the foundation for a career of teaching and guiding visitors in national parks and wild areas throughout the Rocky Mountain West. She settled in Big Sky to guide

hiking and cross country ski tours, where she shares her expertise in birding, edible and medicinal plants, and wildlife observation. Leslie has led many AdventureWomen and other company's trips over the years and we are fortunate to have her as our guide for this one!

Health Insurance, Hiking Experience and Physical Condition Required

You **MUST** have your own health insurance, and not have any physical problems or condition that would be adversely affected by hiking and residing at altitudes of 6-10,000 feet.

This hiking adventure requires that you be in excellent condition, and be able to hike approximately 5-13 miles per day in the mountains. This means that the terrain is NOT flat! The most you carry on your back is a day pack with your lunch, camera, rain gear, water, etc. The hikes are at elevations of approximately 6-10,000 feet. Being in excellent physical condition will be essential to your enjoyment of the trip, as well as to your personal safety, and the safety of the group. Although it is not necessary that you have extensive hiking experience, it IS necessary that you are in very good hiking condition prior to your departure. We recommend, with your doctor's approval, that you begin a walking program as your "training" for this adventure. Begin by walking a few miles at least 4 times per week, and work up to walking about 10 miles or so.

How To Register

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and Domestic Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, 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 give us your credit card number over the phone. Once we receive **your deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

Traveling to Bozeman, MT

It is important that you plan to arrive in Bozeman, Montana **no later than 1:30 p.m. on July 16, 2016**, for our group transfer to Big Sky's 320 Guest Ranch.

The last night of your adventure, **July 21**, we are staying at the **Comfort Inn** in Bozeman (**1370 North 7th Avenue, Bozeman, Montana 59715, 406-587-2322**). You are free to make your **departure for any time of the day on July 22, 2016**.

The hotel provides free shuttle service to and from the airport. You can call the hotel (406-587-2322) a day or two ahead of your arrival to request shuttle service and they will be waiting when you arrive. Or you can call when you arrive and they will come pick you up.

You might consider arriving a day or two early, or stay after the trip, to explore the town of Bozeman and its scenic surrounding area. The movies *A River Runs Through It* and *The Horse*

Whisperer were filmed in the area. Coming a day early also allows you to acclimate to an altitude of approximately 5,000 feet.

If you choose to come early or stay longer, please make your own reservations for extra nights directly with the Comfort Inn.

Making Travel Arrangements to Bozeman

We suggest you book your air reservations with our travel consultant soon after registering for this trip! Summer air schedules in Bozeman fill up fast, since it is the gateway to Yellowstone National Park.

There is PLENTY to do in Bozeman if you arrive early. Plan to explore the fun town of Bozeman and its historic downtown area. The movies *"A River Runs Through It"* and *"The Horse Whisperer"* were filmed in the area! Coming a day early will also allow you to acclimate to an altitude of approximately 5,000 feet. The upbeat atmosphere is that of "a small town in big britches." While images of cowboys, pioneer women and rowdy miners are still reflected by the locals' faces, the city's historic downtown has everything from gourmet restaurants to art galleries. The famous Museum of the Rockies, located on the Montana State University campus not far from downtown, was the permanent home to one of the largest and most complete Tyrannosaurus rex skeletons on exhibit anywhere in the world. It was recently sent to the Smithsonian to be on exhibit. In your final trip information, sent about a month prior to the trip, we will enclose a list of restaurants in downtown historic Bozeman, wonderful places to shop, and some fun things to do if you come early, or stay later.

In order to facilitate group arrivals and departures, we ask that you work directly with our travel consultants at **Travel Café** to make your travel arrangements. Either before or after booking your trip, please contact **Ciretta Green** at:

1-800-247-3538 OR FAX 1-406-586-1959
email: ciretta@travelcafeonline.com
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 and rental cars, should you want to come early, stay longer, or share a rental car or hotel room with another participant. If you do not purchase your air ticket through Travel Café, you are responsible for making your own arrangements 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 up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

Liability Form and Final Payment

Part of what ADVENTUREWOMEN, INC. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the LIABILITY FORM carefully, return it with the remainder of your balance due by **APRIL 18, 2016**.

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. A brochure 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.

Trip Itinerary

DAY 1

Saturday, July 16, 2016

Arrive in Bozeman and Transfer to Big Sky

Plan to arrive in Bozeman, Montana by 1:30p.m. at the latest for our group transfer to Big Sky and the historic 320 Guest Ranch (a little more than a one hour trip through Gallatin Canyon). Your guide, Leslie Stoltz, will meet you in Bozeman or at the airport and drive you by van through beautiful Gallatin Canyon to the 320 Guest Ranch. Check in at the ranch, have a light dinner, and meet with your guide for introductions and trip orientation.

Dinner

Overnight at **320 Guest Ranch**

205 Buffalo Horn Creek

Gallatin Gateway, MT 59730

406-995-4283

www.320ranch.com

In 1898, when the west was wilder, two homesteads totaling 320 acres were combined to form the 320 Ranch. In 1936 Montana's first woman doctor and first pathologist, Dr. Caroline McGill, purchased the working cattle ranch as a rest and relaxation retreat for her friends and patients. Today, the 320 offers comfortable, modern, log cabin accommodations, a bit of western history, and an abundance of mountain air.

DAY 2

Sunday, July 17

Big Sky Hike Along a Lovely Creek Bottom and Horseback Ride

This introductory and nearly flat hike along a river of singing mountain water follows a canyon through the quiet beauty of wildflower meadows and a mature forest dominated by lodgepole pines. The drainage crosses bridges over feeder streams to an open meadow, as it brings us upstream closer its mountain source.

You'll learn about a variety of plants and birds in the area on this 5-6 mile hike. Be sure to watch for signs of elk and moose.

Early afternoon we'll horseback ride from the ranch, to view the beautiful scenery of the surrounding area from the back of a horse. After riding you have time to kick back, read a book, take a nap, or just enjoy the ambiance of the front porch at the 320 Ranch.

Tonight you have dinner on your own at Buck's T-4. Buck's restaurant is known for its wonderful food.

Breakfast and Lunch

Overnight at **320 Guest Ranch**

DAY 3

Monday, July 18

A Day of Hiking in Yellowstone

After an early breakfast, we head into Yellowstone National Park. Getting off the main road for our walk is a quiet way to experience the Park, and to learn about its vast diversity.

Yellowstone, the world's first and most beloved national park, contains within its borders more than two million acres and the earth's largest concentration of hydrothermal features. On our way to or from the trailhead we stop to explore some of these famous geysers and hot springs. We picnic along the way and return to the 320 in time for dinner on your own at a local restaurant, or at the 320 Ranch.

Breakfast and Lunch

Overnight at **320 Guest Ranch**

DAY 4

Tuesday, July 19

Beehive Basin Walk

Today's hike to this classic alpine basin launches at 8,000 feet, where we get a head start into this beautiful environment. This spectacular 5-6 mile round trip hike, with a 1,300 foot elevation gain, delights you with bountiful wildflowers, crystal-clear alpine lakes, glaciated mountains, and the magic feeling of hiking in Montana's incredible high country. It leaves you feeling exhilarated, and at the same time, with peace in your heart that only a hike in the wild country can bring.

Tonight we celebrate with dinner at the 320 Steakhouse.

Breakfast, Lunch, and Dinner

Overnight at **320 Guest Ranch**

DAY 5

Wednesday, July 20

"Zip and Dip": Canopy Zipline Adventure & Whitewater Rafting

This morning we experience one of our newest and most exciting activities, a zipline canopy tour! During this tour you'll get to experience climbing into the forest canopy, a magical world that exists only in the treetops. From the platforms in the pine forest canopy, you'll soar like a bird over wide open fields dotted with wildflowers, through forests, and across the river; connecting to nature in a new way, and gaining a deepened sense of "place" from the bird's eye view of the environment and geography that you witness.

After lunch, we trade ziplines for paddles, and enjoy one of summer's most popular pleasures, whitewater rafting on the Gallatin River! Each boat has a raft guide and we all paddle right, paddle left. Let's go, team!!

Before dinner, you may want to sit on your deck and enjoy the pristine silence, take a walk around the ranch, or watch the wranglers put the horses out to overnight pasture.

Tonight we are treated to a traditional hayride and western barbeque dinner on the banks of the Gallatin River!

Breakfast, Lunch, and Dinner

Overnight at **320 Guest Ranch**

DAY 6

Thursday, July 21

"Guide's Choice" Hike

This morning we say good-bye to the 320 Ranch and depart early for our 6-8 mile round trip hike.

There are so many options for hikes in this beautiful part of the Rockies that we like to leave some flexibility for our guide to decide on today's destination. However, a favorite of ours is Porcupine Meadows, a high rolling valley surrounded by stunning mountains. The hike takes us through wildflower meadows and up to a high point that overlooks the beauty of the Gallatin and Madison Ranges. We then wander back through the high grasses and wildflowers, crossing a number of bridges that take us into wildlife habitat that supports both local birds and mammals.

We'll celebrate tonight with a farewell dinner at AdventureWomen's headquarters in the Bridger Mountains outside Bozeman.

Breakfast, Lunch, and Dinner

Overnight at **Comfort Inn, Bozeman**

1370 North 7th Avenue
Bozeman, Montana 59715
406-587-2322

DAY 7

Friday, July 22

Departure

Depart Bozeman, OR stay a longer to explore the wonderful, western town of Bozeman.

Breakfast

What to Bring

Since weather is always unpredictable in a mountain environment, you must dress accordingly, and bring the proper clothing and outdoor gear to be safe and comfortable. July daytime temperatures in these mountains usually average in the 70s and 80s; evenings can cool off rapidly, sometimes into the 40s. Most days you will be comfortable hiking in a T-shirt and shorts. However, even in July, high elevation hikers must be prepared for rain storms that can rapidly turn to snow. Warm clothes are essential, even if it is 80 degrees when you begin your hike.

- Medium-weight hiking boots. It is best not to wear shoes, even if they are walking shoes, because ANKLE support is absolutely essential in mountain terrain. Please do not buy heavy leather boots as there are numerous medium-weight quality hiking boots on the market. Asolo, Garmont, Merrell, Vasque, and other makes are widely available and designed especially for women. Since they are waterproof, Gore-tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. Make sure your boots fit properly and are well broken-in. Wear them around town to thoroughly break them in. **Please do not come on this trip with a pair of boots you have never worn before!**
- Rain gear. Weather in the mountains can be extremely variable, and you should be well prepared for whatever conditions occur. Therefore, it is very important that you bring a good rain suit (jacket and pants). A rain parka or poncho does not keep your legs and feet dry, and it is important that your entire body stays dry in a downpour (be it rain or snow). Your rain parka can also act as a lightweight wind jacket.
- One wool or fleece sweater, one wool cap, and gloves. The wool sweater or fleece jacket can be layered under your rain parka to act as a warmer jacket.
- An extra pair of comfortable shoes such as tennis shoes or sport sandals to wear in the evenings...ahhh!
- Day pack. Your pack must be large and comfortable enough to carry your lunch, cameras, rain gear, drinks and 2 water bottles on all hikes. Please note that fanny packs are not suitable.
- 2 water bottles. 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. Note: Drinking large quantities of water ensures that your body acclimatizes to high altitudes more easily
- Long pants and hiking shorts, several pairs.
- Long-sleeved shirts and T-shirts, underwear, sleepwear.
- Bathing suit for a dip in the ranch's hot tub.

- Socks. It is best to wear 2 pairs of socks inside your hiking boots, a pair of wool socks, and a very thin pair of liner socks underneath the wool socks. We like Thorlo or Smart Wool hiking socks and polypropylene liner socks which wick away moisture to reduce blistering. Bring plenty of socks!
- Sun hat and sunglasses, as sun protection is crucial at high elevations.
- Bandanas. Bring 2 or 3 (100% cotton) for instant sweat bands and other uses too numerous to mention, some of which you have never even dreamed! Besides, it's an AdventureWomen tradition.
- Sunscreen, lip balm with SPF, insect repellent, lotion (Montana's humidity is quite low), all with no fragrance.
- Toiletries, including toilet paper. However, remember that absolutely all used paper must be carried out of the backcountry in small Ziploc bags. To cover all your bases, you can also include an Ace bandage, Pepto Bismol, Imodium, and Correctol!
- 6 quart-size Ziploc bags to carry in your day pack, for waste paper and left over food.
- Lightweight flashlight.
- Small travel alarm clock.
- Swiss Army knife or equivalent with scissors (be sure to pack this in your checked luggage, not your carry-on). To be used for picnic lunches, cutting moleskin or duct tape for your feet, etc..
- Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drug stores, or at www.earplugstore.com. Good to 22 decibels!
- Camera, plenty of extra memory cards and camera batteries, and battery charger. You might also want to bring a disposable panoramic camera for the raft trip.
- Extra clothes for evenings. Nice, casual clothes for relaxed dinners out.
- Regarding foot care: To prevent blisters, many hikers use moleskin. However, we recommend bringing a small roll of ordinary duct tape as an alternative. Applied when you feel a "hot spot", before a blister forms, it reduces friction much better than moleskin. If you develop a blister, Spenco "2nd Skin" is a very comforting necessity. Your foot care kit should also include: cloth Band Aids (not plastic), individually wrapped alcohol pads, a small tube of Neosporin or other antibiotic cream, and foot powder.
- Optional: lightweight long underwear or tights, lightweight binoculars, journal, a relaxing book, and field guides to western wildflowers, mammals, and birds.

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, 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!

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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