

101
TIPS

for

WOMEN TRAVELERS

Edited by Harriet R. Lewis



Dear Traveler,

Whenever I get together with a group of women travelers – which I love doing as Vice Chair of Grand Circle Corporation – it only takes a few minutes before we're all swapping adventure stories and exchanging favorite travel tips. Women with a passion for world travel are a resourceful crowd and I'm always amazed by their expertise and ingenuity. It's entirely from this wellspring of knowledge that "101 Tips For Women Travelers" was born.

Creating this book was an adventure of its own. So how did we do it? Well, first we asked our most experienced travelers, many who've traveled with my family and me in the 27 years we've been at the helm of Grand Circle. We also asked the professionals – our female Trip Leaders, Program Directors, and office staff around the world – to share their best advice. Compiling it all was a challenge and a thrill!

You'll notice the book's arrangement conveniently mirrors the process of planning, preparing and embarking on your trip. Our goal is that no matter where you find yourself setting down your luggage or putting up your tent, these tried-and-true tips will inform and enrich your journey. More than 70% of our travelers happen to be women, and all 101 tips have been road-tested by those who've been to the corners of the earth and back. We believe that even veteran globetrotters will value these insights. But we also aspire to create an indispensable companion for women who are just discovering the magic of travel.

For fun and inspiration, we've woven in some fascinating historical anecdotes to celebrate the legacy of fearless women travelers from all cultures and walks of life who, in spite of great physical, emotional and social barriers, changed the world. Their trailblazing is awe-inspiring to contemporary travelers like us. Who knows, maybe a particular story will remind you of your mother, grandmother or another woman whose audacity and spirit influenced your dreams and worldview.

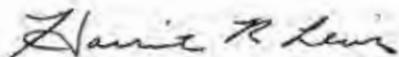
It's my wish that many more women will join me in embracing the joy

of international travel, whether we do so on our own, with spouses, with family, with old friends, or with those we're destined to meet on the road. I've imparted my aspirations to my daughter, Charlotte, as well. She recently returned from trips to Vietnam and Syria and I know how deeply and positively the experience affected her.

My life has been tremendously enriched by my overseas adventures of the last year – from Sudan to England, Italy, Syria, Jordan, Israel, Egypt, and beyond. I recently watched the sunrise from Mt. Sinai (having hiked in the dark to get there), and I confess that seeing beauty in the world has changed the way I view my place in it.

My family and I – and all of us at Grand Circle and Overseas Adventure Travel – strive to change the lives of every traveler who journeys with us, one trip at a time. By opening our hearts toward truly understanding our fellow world citizens, we can make our world a better place. I can't think of any greater reason to pack your bags and find what thrills you, moves you and inspires you to make new connections. So here's to many, many more life-changing adventures. Starting now!

Bon voyage and warmest wishes,



Harriet Lewis
Vice Chairman
Grand Circle Corporation



*"I am not the same having seen
the moon shine on the other side
of the world."*

- Mary Anne Radmacher

We've Come a Long Way...

by Harriet Lewis

...and I do mean *long*, for as I read through the many tips submitted to me for this book of tried-and-true women's wisdom, it occurred to me that we women have been traveling since the nomadic dawn of humankind. We just haven't been given due credit for it! So to correct this glaring omission from the history books, I've chosen the theme of "women's travel through the ages" to help us celebrate some fascinating (but too often, little-known) heroines of world discovery.

The fact is, we women have been traveling via every mode imaginable: by foot, camel, chariot, dragon boat, covered wagon, and space shuttle. But until the 20th century, we did so at great sacrifice, for unless travel was a dire necessity, women were expected to stay at home. Still, plenty of unsung heroines sought adventure aboard Viking ships ... in galleons bound for the New World ... in caravans along the Silk Road. We share their stories in the following pages.

Travel conditions were difficult and dangerous for women. We weren't allowed to set foot aboard certain types of vessels



(such as whalers and war ships), and on land, accommodations were often crude and unclean. Female apparel wasn't designed for ease of movement, and in most cultures, a stigma was attached to women travelers—especially when we ventured out solo. Between the rigors and the rancor, it was a rocky road.

Ah, but where there's a will ... Some women got around restrictions by disguising themselves as men—frequently joining military or mercantile escapades. Many more defied convention and explored *without* hiding their sex. During the Victorian era, pioneering women traveled as scientists and explorers—though their accomplishments were largely ignored by history.

Things changed with the Industrial Revolution, which brought improved modes of transportation and communication. Railroads promoted tourism, and in the 1850s, Englishman Thomas Cook conceived the idea of group tours to encourage women to travel. Since then, we've needed little encouragement to travel for pleasure and have crisscrossed the globe to serve our countries, heal the sick, teach the underprivileged, and learn from every culture.

Inside, we celebrate those brave ladies who opened the door to travel for women everywhere, and say (with affection and pride), "You've come a long way, baby!"



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