

Winter 2011-2012 Get Ready and Pack Now



NEWS FROM THE CLUB AND OUR MEMBERS

A Note from Phyllis and The Office

Many of you know that we are affiliated with a family travel club which has been in existence for some 45 years. Club ABC Tours and The Women's Travel Club have cooperated since 2006 to bring you affordable travel experiences. In 5 years, many of you have also enjoyed Club ABC trips which are part of your membership. In this edition we are bringing you information about additional deals offered by CABC along with loads of travel tips to make your journeys sizzle.

Although CABC travels are not women only, many tours include women traveling solo or smaller groups of our members. A selection of upcoming specials with reduced prices are:

Paris City of Light (air/hotel/transfers,breakfast ParisInfoPack) Sept 17-April 20 2012 many departures reduced. This is an independent package, not a group tour. Hotels offered are 4-5 star; a WTC favorite is 5 star Lutetia, built in art deco style and perfectly placed on the Left Bank. Pre-buy a Metro Pass for movement around Paris, and a Museum Pass for your brain. Friday 3PM fashion shows at Galeries Lafayette are free if pre-booked at welcome@galerielafayette.com. Lutetia deals start at \$2059 + taxes per person; prices change with departure dates.

Flavors of Tuscany (air/transfers/6 nights hotel/breakfast/1 lunch/6 dinners with wine/ 2 cooking classes/ tastings. Tours to Chianti and Brunello Regions, Pisa and Lucca. Option to Florence. Based on Montecatini at the 4 star Nizza et Suisse Hotel. Departures from Nov. 5-May 5 2012 are a deal from \$1799 + taxes singles + \$149.

Receiving this email and not sure you are still a member? Call our office for an update 800-480-4448.



On Tour in the Galapagos Islands.

Galapagos and North Ecuador From Oct. 6-March 15 2012, this adventure is both reduced + new bookings get an upgraded cabin if available. Trip includes: air/transfers/4 nights in Quito-Otavalo-Guayaquil and 3 night Cruise. All meals on ship. For more info and to book, call reservations.
From: \$2799 + taxes for inside cabin, with a \$699 single supplement.

CABC Value Tours for WTC Members. Along with reduced prices, CABC also offers 'Value Tours'. Some which we believe will interest you are:

Splendors of Spain: Madrid, Seville, Granada from \$2399 + taxes. Single: \$599

Queen Mary 2 Trans Atlantic NY-England with nothing in between Sept 5 thru Nov. 17 departures. Eastbound from \$1269 + taxes (Thanksgiving)-fly home. On board, enjoy famous Cunard Line, while reading Simon Winchester's: The Atlantic.

Other **Queen Mary 2** voyages available from NY thru Grand Turk, Tortola, Curacao, Grenada, Barbados, St. Maarten, St. Thomas and back to NY.
Dec. 19 sailing from \$2799++

SOME FREE UPGRADES AVAILABLE. BOOK FAST.

New Trip: Israel with optional Eilat extension. The deal date is January 23-31 2012 from \$2499+ taxes with a single of \$800. This unusual experience includes a stay at a kibbutz near the Sea of Galilee and a visit to the new excavations in Jerusalem. We can even run this as a private group for you and your friends or family.

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THE WOMEN'S TRAVEL CLUB
DESIGNED BY WOMEN FOR WOMEN

NEWS FROM THE OFFICE

Travel Tips and Quips

As many members do not have time to share travel tips, we are devoting this issue to travel advice for women. Some tips were sent in by members and some from our office learned, either the hard way or by happenstance. Here are some categories of travel and related ideas to ease your journey:

Packing- five must brings: Zip lock bags for cosmetics and cash. Heavy tape in case you buy something bulky (boxes are often around but not tape) **GOING WITH US TO INDIA?** NOTE the tape. Wash cloths as they are not used abroad. Camera battery (hard to find) and extra shower caps to wear under a hat in heavy rain.

Preparing to Leave- Drink lots of water 3 days before. Pre-pay bills. Advise bank you are using a ccard abroad. Collect single dollar bills for quick tips. Photocopy everything important and leave with a contact. If you travel a lot, make a list of all your needs and keep it for future trips.

First night away- Drink a lot of liquids and avoid caffeine. Introduce new foods gradually. Do stretches in your room, even if only on the bed. If jet lag prevents sleep, just relax with eyes shut. Do not stress, everyone else is in the same sleepless zone.



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Ten Tips to Upgrade Women's Travel Health

1. **Menstruating Overseas:** Tampons are not sold in many countries. Pads, which come in a long roll and are cut by a pharmacist, are NOT sanitary. Bring your own supplies.
2. **Yeast infections and UTI's:** Women travelers get urinary infections due to skimping on drinking water. Yeast infections also occur after one has taken or is taking an antibiotic. Carry Monistat, Canestan cream, or a single dose tablet, Diflucan. Eat yogurt if available.
3. **Safe sex, even with your husband:** Carry birth control pills, don't pack them. Lock medicines in the hotel safe. If you use a diaphragm, do not wash it in iffy water, but bring trustworthy condoms; local products may be harmful.
4. **Medical records:** Always visit a travel doctor before taking a trip, especially to an exotic locale. List all vaccinations + medicines (the latter in the generic). Bring your eyeglass prescription.
5. **Dress modestly:** Notice and adhere to local customs. Scarves that cover shoulders and head are invaluable and light. Pack socks for walking shoe-less in temples and mosques.
6. **Protect your skin.** Carry a foldable hat. Sun-proof clothes with RIT Sunguard Laundry Treatment. In insect prone areas, slather on high SPF lotion, spray yourself and clothes with DEET. Remember the higher the DEET, the longer the protection-make sure to read the labels!
7. **Proof of parentage-** If you plan to cross borders with children, be prepared with proof of parentage or guardianship. Single parents need a letter from the absent parent with permission for children to leave the country. If separated or divorced, have copies of legal documents regarding custody rights for minors traveling with you. These are important if children need medical treatment abroad.
8. **Wedding rings and jewelry:** Ward off unwanted male attention by wearing a wedding band. If you are married, bring an inexpensive substitute. Make sure it is not tight; many women find feet and hands swell on long flights.
9. **The bathroom:** We've all hovered over filthy toilets. Welcome the PMate, a nifty invention that is light-weight (fits into an envelope), made of a sturdy disposable coated cardboard and is very discreet. <http://www.pmateusa.com>
10. **Clean water and avoiding buying water:** Consider purchasing a simple water filtration system. SteriPEN, for example, has many options available at www.steripen.com.

If you live in New Jersey, make an appointment with the experts at Travel Care by calling **888-830-5970** or speak with a primary care physician in your area for a referral.

IDCARE GIVES 10% OFF CONSULTATIONS FOR OUR MEMBERS THRU END 2012

Check out our India trip this year being run both in 2011 and 2012, during perfect weather. Book to read for your brain: Monsoon. for your heart: Heat and Dust.

China booking for Oct and March. See special price \$1699. Book to read for your brain: The Man who Loved China, for your heart: anything by Ha Jin and for a plane ride: Man in the Wooden Hat & Old Fifth. Both great.

Italy for Thanksgiving. Read 100 Places Every Woman Should Visit Susan Van Allen.

Staying home? Check out Thethreematoes.com site for women's events in the NYarea.

**Refer a new member and earn \$100.
You will get a free membership and
when they take a trip, you will earn
\$100 as a thank you.**



THE WOMEN'S TRAVEL CLUB
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CALENDAR FOR 2011/2012

**Nov 5-14 Treasures of Egypt NEW LON-
GER CRUISE From \$3199+taxes.**

We improved this itinerary- adding a day to the popular cruise portion after hearing members loved their time on the Nile.

**Nov.16-30 Turkey for Thanksgiving?
From \$1999+taxes.**

We added this date for its price and holiday departure. Just bring a coat and save \$\$\$\$

**Nov 6-20 India - Nepal From
\$3449+taxes.**

We added the Kingdom of Nepal plus days in Varanasi and Khajuraho to this itinerary.

**Nov Thanksgiving in Tuscany From
\$2099+taxes.**

Please note we are combining with CABC's Cooking in Noble Tuscany. The more the merrier.

**Dec. 5- 21 Vietnam-Cambodia + Op-
tional Hong Kong Extension and a touch
of Bangkok From
\$ 4439+taxes.**

Dec 22-27 Rome for Christmas From \$1599+ taxes.

We recommend the mid priced Quirinale of the three hotels. Though this is an independent trip, we will give you a list of others at your hotel so you can join up.

Dec 21-27 Spain: Costa del Sol "Express" From \$1749+taxes.

We recommend the mid priced Melia Costa del Sol, and again ask for a list of other members going.

Dec 29-Jan 3 Rome for New Years See Above.

**Jan 15-29 India and Nepal ROOM SHARES NEEDED
From \$3449**

**Feb 2-10 Galapagos and North Ecuador Sale Limited Time and Pay
by deadline From \$2899+taxes**

**Feb 6-22 Vietnam-Cambodia Optional Hong Kong Extension and a
touch of Bangkok From \$4439+taxes**

March 24-31 Flavors of Tuscany From \$1899+taxes

**March 15-23 China Highlights Pay by Sept 30 \$1699+taxes for this
special price.**

NEW ISRAEL SPECIAL JAN 23-31 AIR/LAND From \$2499+taxes

with Eilat extension optional. Great trip to include a kibbutz experience and a visit to new excavations from the time of the First Temple.

Many women hesitate to take a cruise solo. Our affiliate offers many deals, we wanted to share solo cruise tips: 1. See what organizations or religious groups are meeting on board and join in. 2. Wear a hat, t-shirt or other that tells people where you are from. 3. Ask others if you may join them for non seated meals. 4. Sign up for an interactive event: cooking, trivia pursuit, fitness class, kitchen tour. Definitely tell the social director, you are alone and would love to have him/her help you integrate.

**Receiving this email, not sure
you are still a member? Call
our office 800-480-4448. M-F
and Saturday morning. Bring
in a friend and get a discount
on your next trip.**

**Cornell released a 2011 study on
business women's travel wants:
safety, comfort, pampering and
"empowerment" or full use of ho-
tel's amenities. We look for real
evidence that we are a valued
customer**

**We have a Facebook page for your fun.
Photos needed! On that page and on
Twitter, we send out news, trends and
deals on women in travel.**



www.womenstravelclub.com 800-480-4448 For general questions not related to billing: info@womenstravelclub.com.