

## **FAQ**

### **1. What is Adventure Ladies Travels?**

Adventure Ladies Travels is a travel company specializing in creating meticulously planned trips for women over 45. Our trips blend adventure and relaxation, offering unique and curated experiences.

### **2. Who can join your trips?**

Our trips are designed for women over 45 who are seeking new adventures and memorable experiences. Whether you're an empty nester, recently retired, or just looking for a well-deserved getaway, you're welcome to join us!

### **3. Do I need to be in good physical shape to join the trips?**

We accommodate various mobility levels and plan our activities to be inclusive. While some activities may require a moderate level of fitness, we offer options and support to ensure everyone can enjoy their trip.

### **4. What is included in the trip cost?**

The cost typically includes accommodations, transportation during the trip, guided activities, and some meals. Specific inclusions vary by trip, so please refer to the detailed itinerary for each trip.

### **5. Are flights included in the trip cost?**

Flights to and from the trip's starting location are generally not included. We can provide guidance on booking flights and suggest the best arrival and departure times. Most trips will also have transportation to and from the designated airport specified in the trip description. We will coordinate pickup and drop off times after the trip "let's go" has been issued.

### **6. Can I have a room to myself?**

Yes, we offer single room options for an additional fee. If you prefer, you can also share a room with another traveler to save on costs.

### **7. What if I have dietary restrictions?**

We strive to accommodate dietary restrictions and preferences. Please let us know your needs when booking, and we'll make the necessary arrangements.

### **8. How do you handle group communication?**

Each trip will have its own GroupMe group chat set up as soon as the trip is full. We use this communication channel for all updates and group interactions, allowing everyone to get to know

each other. Additionally, we will have a "Get to Know You" Zoom meeting one month before the trip date.

### **9. What should I pack?**

We provide a packing list tailored to each trip, ensuring you have everything you need while encouraging you to pack light for ease of travel.

### **10. How do I book a trip?**

You can book a trip through our website. Simply select the trip you're interested in, complete the booking form, and make a payment. If you have any questions, feel free to contact us.

### **11. What is your cancellation policy?**

Each trip has a 48-hour cancellation period to receive your deposit back. After this time, no refunds are available, and all future payments are due on the specified due dates. We recommend purchasing travel insurance to safeguard against unforeseen reasons that might prevent you from attending the trip.

### **12. Is there a deposit required to secure my spot?**

Yes, each trip requires a deposit to secure your spot. The balance can be paid in installments set up when booking the trip.

### **13. Do you offer travel insurance?**

We strongly recommend purchasing travel insurance to protect your investment. While we don't offer insurance directly, we can recommend trusted providers.

### **14. What happens if the trip doesn't meet the minimum requirement?**

Each trip has a minimum participant requirement. Please do not book transportation until we have given the "let's go." If a trip does not meet the minimum requirement within 30 days of departure, it will be canceled, and all money will be returned.

### **16. How can I stay updated on new trips and special offers?**

Join our newsletter to receive updates on upcoming trips, special offers, and travel tips. You can sign up on our website.

These FAQs provide comprehensive information that can help potential travelers understand and feel confident about booking a trip with Adventure Ladies Travels.