

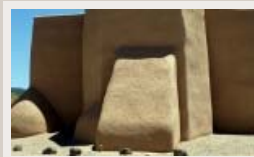
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Ladies, inspire yourself: travel ops for women

August 19th, 2010 10:09 am

Reported by J.S. Fletcher and Kathy M. Newbern

"Eat, Pray, Love." We saw it and liked it. Both of us.

But it was just a movie (OK, a great book written by Elizabeth Gilbert, who lived the story).

Here's some advice: live your story, and here are a couple of trips for women that can get you on your way.

- Take a Girlfriend Getaway to a Whole New Level- Everest Basecamp

Have you ever dreamed of trekking to the famous Mt. Everest Basecamp? This fall, [Adventures in Good Company](#) joins with adventure travel fitness specialists [Fit for Trips](#) to provide the opportunity to be in the best possible shape to experience an epic girlfriend adventure.

Sign up now through September 15, 2010 for the [Trekking to Everest Basecamp](#) trip departing April 18, 2011 and receive a complimentary 8 week personal fitness program that has been designed specifically for the trek to [Everest Basecamp](#) by [Fit for Trips](#). Travelers can choose a home or gym training program, as well as choose from a beginner level program or replace their current workout with a trip specific one. Each fitness program combines resistance and endurance training that will prepare travelers mentally and physically for their journey.

- All Girls' Weekend in Sheridan, Wyoming

Why should the boys get to have all the fun? [Rangeland Hunting Adventures](#) has recently wrapped up the 3rd Annual All Girls Getaway, and as photos of the good times are being posted, they look forward to another great gal expedition next summer.

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Just outside of [Sheridan](#), Wyoming in the Bighorn Mountains, ladies can let loose and take on the outdoors. The [All Girls Getaway](#) weekend is filled with hikes, trail rides, fishing, and fun. Amateur photographers can share the merriment and beauty of the mountains with those back home. Pre-constructed tents, cots, and meals included. Don't forget to bring your favorite beverage to enjoy by the evening campfire. Registration for next summer's event is now open with dates scheduled for August 12-14, 2011.

- Eat, Pray, Dive

[Kosrae Village](#) in Kosrae, Micronesia, (on the other side of the world from North Carolina) has just announced a 20% reduced rate for November travelers. Now is the perfect time to leave behind the stress of daily life and head to the peace of your own thatched beach-front cottage in Micronesia. We've been to this resort and can tell you that the atmosphere is completely unique and the reef is nearly 100% intact.

Eat: [Kosrae Village](#) boasts the island's best restaurant. Here, chefs offer traditional Micronesian fare alongside other international dishes, using the freshest local fish and produce. Prepare to meet some locals here, because Inum is a favorite eatery for Kosraeans as well.

Pray: New England missionaries arrived on Kosrae Island in 1852 and, over time, converted the majority of Kosraeans to Christianity. Visit during December and see the intertwining of Christianity and island culture during the annual Christmas March.

Dive: This is a prime destination for divers from around the globe. If pristine coral reefs, tropical fish, and a variety of turtles and rays aren't enough, there are underwater ship and plane wrecks beckoning to be explored. And, many of Kosrae's dive spots have mild currents, which are perfect for novice divers and underwater photographers.

- Girlfriend Getaway To Costa Rica - Wildlife And Wilderness

Taking advantage of the plethora of adventure activities in all of Costa Rica's marvelous locations, spirited women lucky enough to join this [Girlfriend Getaway To Costa Rica](#) will whitewater raft the Pacuare River, sea kayak the lagoons and jungle waterways of Tortuguero National Park, horseback ride on Cocles beach, explore the rainforests during an Aerial Canopy Adventure, sit in hot spring pools, hike the lava flows of the Arenal Volcano, and snorkel in the fabulous Caribbean waters of Cahuita National Park.

[AdventureWomen, Inc.](#), a pioneer in active women's travel is offering an adventure vacation for solo women travelers who want to see the exotic side of Costa Rica. Costa Rica is one of the most biologically diverse countries in Central America, and an ideal setting for an 11-day active travel tour. On this unique Costa Rica vacation, AdventureWomen Inc. will take visitors from the beaches of the Caribbean to the beaches of the Pacific Ocean, from volcanoes to tropical rainforests, and from Costa Rica's rushing rivers to its canals and lagoons.

Travelers stay in first-class hotels, extremely comfortable lodges, and beautiful resorts in the rainforest and at the foot of a volcano. The Costa Rican cuisine is fresh and delicious, and these women will be treated to the services of a knowledgeable (and vivacious) Costa Rican guide throughout this journey. Participants can do all of the activities or pick and choose the ones that are right for them. Group numbers are kept small, but the adventure is big. Dates: October 7-17th, 2010.

Be an adventure.

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AUGUST 2010						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- 20** Aug 2010 [Tell Me On a Sunday](#)
8pm - Progress Energy Center for the Perf...
- 20** Aug 2010 [Tim Wilson](#)
8pm - Goodnights Comedy Club/The Grille...
- 20** Aug 2010 [Lifhouse](#)
6pm - Lincoln Theatre

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International Travel Examiner J.S. Fletcher and spouse, Kathy M. Newbern, report on luxury destinations, spas and cruising around the globe. They are award-winning members of the Society of American Travel Writers and created [YourSpaReport.com](#) and [YourNovel.com](#), their personalized romance novel business.

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