

# ADVENTURES IN GOOD COMPANY FACT SHEET

- ❑ Adventure activities include hiking, canoeing, sea kayaking, dog sledding, cross country skiing, rock climbing, backpacking, and horseback riding (many trips include a combination of multi-activities)
- ❑ The number of women who have participated in adventure trips since the company's inaugural year in 1999 has grown by 300 per cent.
- ❑ The age of women participating in adventure tours spans the entire range, with our youngest participant being 20 years of age, and our oldest coming in at 81.
- ❑ A variety of trips are offered to provide different levels of physical activity (from vigorous to relaxed) and most of the trips accommodate women of various fitness stages.
- ❑ There is no typical profile for adventure trip partakers... our enthusiasts have been harried businesswomen, stay-at-home moms, and women at a crossroads in their life (such as a divorce, career change, or children who have left the nest).
- ❑ Women have joined us from all over the United States, as well as women from Canada and Germany.
- ❑ Our destinations are located all over the world, and are chosen for their aesthetic beauty and interesting terrains.
- ❑ Accommodations vary by trip, and may include cabins, lodges, resorts, inns, hotels, and camp site locations.
- ❑ Among our trips, we always offer several low-cost, high fun options. We also provide financial assistance to single mothers.



*"Life is a daring adventure or it is nothing!" - Helen Keller*