



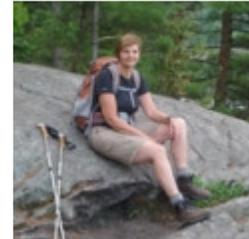
Vol. 1, No. 2

A "Grand" Issue

Welcome to Adventure Woman's second issue of *News Flash*. Our [Adventure of the Moment](#) features the world's most famous natural wonder of the world, the Grand Canyon. You'll get the scoop on two of the Canyon's most popular trips; whitewater rafting and the classic mule ride. Both trips are guaranteed to get your heart racing.

Also, featured in [Retreat to Relaxation](#) is the historic and charming, El Tovar Hotel, located just 20 yards from the rim of the Grand Canyon. You can't mention the Grand Canyon without discussing hiking. In this issue, our [Adventure How!](#) gives you safety tips and a list of 'must bring' essentials for your next hike (in or out of the Canyon). Read the "Seven Secrets to *Liking Hiking*."

In [Notes From the Trail](#) you'll meet three women who have an unbelievable zest for living. You'll meet [Stacy](#), who after the death of a dear friend finds solace and adventure in hiking with her German shepherd, Elsa. [Ivy](#) was a school teacher until the economy derailed her career.





What did she do? She decided to travel the world in an awe-inspiring adventure odyssey. And meet our gypsy grandmother, [Rita](#), whose wander-lust is taking her on a 500 mile pilgrimage of the Camino de Santiago in Spain.



It's back to school! [Adventure Woman University](#) is offering six classes this Fall Term. We will be offering Travelology (the study of travel), Hotelology (the study of hotels), Motherology (the study of motherhood), Recessology (the study of Recess), Husbandology (the study of husbands) and of course, Adventurology (the study of adventure). We've got something for every Adventure Woman. Our Classes start Monday, August 31.

Go to: www.AdventureWomanUniversity.Blogspot.com or visit our [website](#). Classes are free and fabulous!

Drop into Basecamp and say, hi. And make sure to check out [Trix's Fishing Tips](#) it's never too late to start. Please pass our Adventure Woman Newsletter around to fellow adventurers. We love new friends. Thanks!



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