

"It's safe because I'll have a tour guide."

Having a guide doesn't eliminate risk. There are many situations that guides cannot control.

A young, physically fit woman went on a guided rafting expedition in Nepal. On her way back to base camp, she and three others, including her guide, were crossing a small river. The current swept her down the river to her death. Her body was never found.

"It's safe because I'll be part of a group."

Travelling with a group doesn't eliminate risk, either. Never yield

to others the responsibility for your own safety. Carefully research the company you plan to travel with. Speak to other clients who have already made the trip. Is the company responsible enough to reject clients who do not meet established preconditions?

A woman from Toronto signed on for a nature tour in Latin America. She became tired and told the guide she was going to stop for a rest and wait for the group to return. The group returned as arranged, but she wasn't there. She was never found despite extensive searching.

Take precautions

1. Know what to expect on your trip. Enquire about the accommodations and food. Find out about the group size and about the gender, age and ability level of fellow

travellers. Some companies offer adventure tours geared to families or to specific groups based on age, gender or physical ability.