

New England Travel

ADVENTURES FOR WOMEN ONLY

BY NECEE REGIS | GLOBE CORRESPONDENT



COLIN RUGGIERO

Judi Wineland is no stranger to the adventure travel industry. In 1978 she launched and operated Overseas Adventure Travel from a tiny “converted bathroom” office in Cambridge. She subsequently cofounded other award-winning travel companies, including Thomson Safaris. Recently, her focus has shifted to women-only travels, leading she and her daughters, Nicole and Erica, to acquire AdventureWomen.

Q. AdventureWomen was founded 35 years ago by your friend and colleague-in-travel Susan Eckert. How are you planning to build on and expand the legacy of what Eckert created?

A. In early 2017, we completed some interesting research with women about what they seek today in a travel experience. What we’ve found is that they are looking for ex-

periences which are even more meaningful, memorable, and transformational. So building on Susan’s legacy, we’re adding “insider access,” “women-to-women” experiences, and a broader range of activities into all our trip itineraries. We’re offering single supplements (private room options) for those who want them. We’re creating some shorter and longer trip lengths, as well as some more-active/less-active itineraries.

Q. Why women-only travel? And why now?

A. AdventureWomen was the perfect fit for our strong values: valuing women, protecting the earth, gaining knowledge through education, cherishing friendships, crossing boundaries, and breaking barriers. “Women-only” is so us — it is us. Women love to do lots of things in the company of other women they like, trust, and have fun with.

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AdventureWomen excursions have taken travelers whale watching off Mexico’s Baja Peninsula (top) and kayaking on Lake Tahoe.

OH FUDGE!

For the quintessential New England treat, you won’t want to miss these shops

By Laurie Wilson
GLOBE CORRESPONDENT

Talk about eye candy. Try walking past a fudge shop, especially one with a window tease that shows off the fudge-making process. It’s the perfect sweet treat. Just one little square of penuche or chocolate goes a long way to satisfy a whim. And a box of fudge is the quintessential New England souvenir gift for the next-door-neighbor who looked in on the gerbil while you were away. Here are fudge shops in New England not to be missed.

Sweenor’s Chocolates

The butter and cream that this Rhode Island fudge shop uses in its dairies comes from local New England dairies, and the walnuts are from Rhode Island-company Virginia & Spanish Peanut Co., says Lisa Sweenor Dunham, co-owner with her brother, Brian Sweenor. There are two Sweenor’s locations, in Cranston and

Chocolate walnut fudge from
The Mill Fudge Factory in Bristol, N.H.

Wakefield, R.I. — and Sweenor’s specializes in only five fudge flavors: chocolate, chocolate walnut, penuche, penuche walnut, and peanut butter. “We do not do seasonal flavors, we stick to what we do best,” says Sweenor Dunham. “We do, however, make peanut butter and fudge-filled eggs for Easter. It is our fudge, shaped into an egg and enrobed in chocolate.” www.sweenorschocolates.com

Chatham Candy Manor

Located on Main Street in Chatham, this much-loved candy store had a humble start. When owner Naomi Louise Turner first set up shop in 1955 for the Cape’s busy summer season, she often had to sleep in the back room or in her station wagon with her daughter, Naomi, who owns the store today.

Today, the shop sells fun fudge fla-

vors like fluffernutter (marshmallow and peanut butter) and penuche cranberry, as well as the classics. “As much as we relish all our new, special, and seasonal flavors of our fudge, the chocolate fudge wins the selling race every day,” says Sue Carroll, co-manager. The shop also sells Fantasy Fudges, which are richer but less sweet, like the Fantasy Sea Salt. And there are peanut butter

fudges. A “fudge making team” makes the fudge in the store’s front window, and there are lots of samples, too. www.candymanor.com

Sanborn’s Fine Candies

This Hampton, N.H., candy shop has been making their creamy fudge for 60 years — with the same time-tested ingredients. They make six flavors — chocolate, chocolate-nut, penuche, penuche-nut, peanut butter, and chocolate peanut butter. And, for Easter, Sanborn’s is where you can get your fudge-filled Easter eggs. www.sanbornscandies.com

Phillips Chocolates

Boston’s oldest chocolatier was established in 1925. Today, the family-owned-and-operated shop uses the original family recipe from founders Phillip and Concettina Strazzula — who began the business in the base-

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THE VIP LOUNGE | JOJO

Singing praises of the staycation

Singer-songwriter JoJo made a splash on the music scene with a pair of hit singles — “Leave (Get Out)” and “Too Little Too Late” — more than 10 years ago. The Atlantic recording artist opened for Fifth Harmony on the group’s most recent tour, and she has dabbled in acting, appearing in movies including “RV” and “Aquamarine.” Last year, the 26-year-old Vermont native, who was raised in Foxborough and now lives in Los Angeles, released her first album since 2006. Her tour in support of “Mad Love” brings her to Boston’s Royale nightclub for a sold-out show on April 30. JoJo said she is looking forward to being back in New England and “seeing my family, hearing the accents, [and] getting a taste of that tried-and-true New England realness that I love so much.” We caught up with the singer, born Joanna Levesque, to talk about all things travel.

Favorite vacation destination? Since I haven’t had time to take a long va-

cation in a while, I’m a big fan of the staycation. This is when you get a hotel or Airbnb in your own state for a weekend. So it’s not crazy far, but it’s still enough of a departure to where it feels like a getaway. For example, currently living in LA, I have taken a staycation in San Diego, Venice Beach, Ojai, [and] Santa Barbara.

Favorite food or drink while vacationing? Ceviche with chips and guac and a drink called “painkiller.”

Where would you like to travel to but haven’t? Africa — particularly the west part of the continent. So much art and inspiration has come from the region, and I really want to experience it. But honestly, any opportunity I get to explore any part I will jump at.

One item you can’t leave home without when traveling? Claritin. My allergies [are terrible].

Aisle or window? Window. I want to

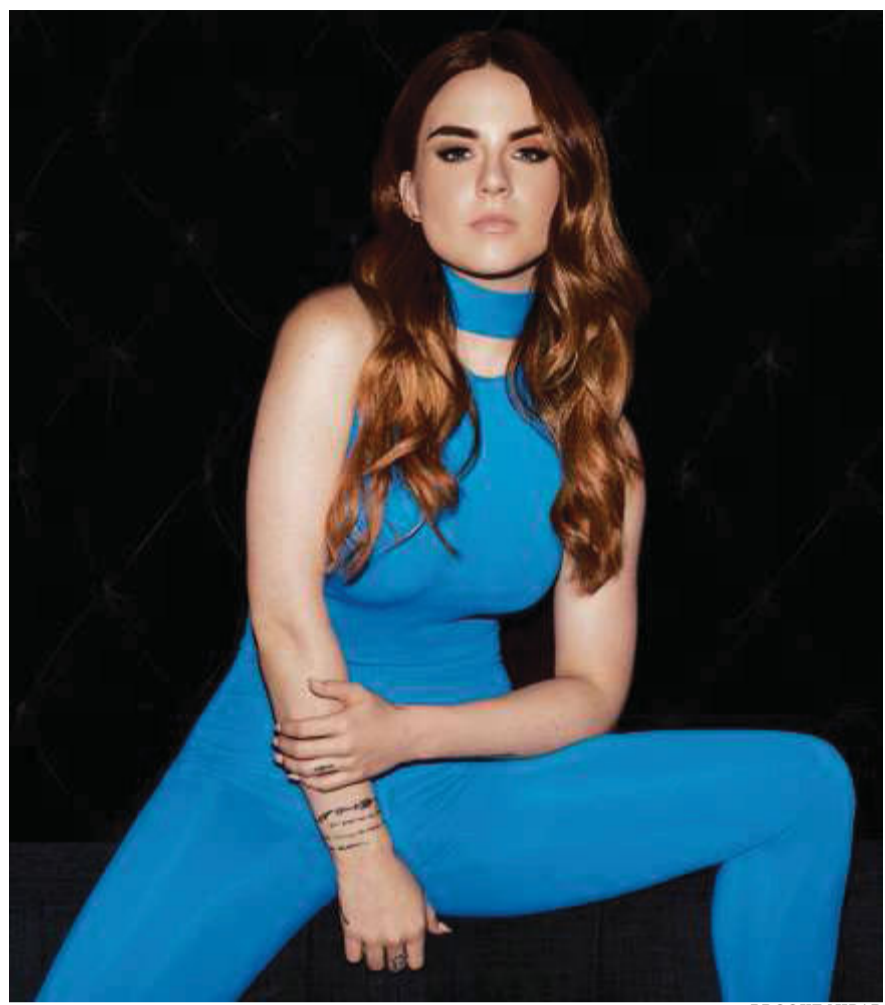
rest my head on it when I fall asleep.

Favorite childhood travel memory? Going to Aruba with my mom and dancing each night away at the all-ages beach club. Also, walking along the water at sunset with her. I must’ve been around 11.

Guilty pleasure when traveling? I never watch reality TV at home; usually it’s all about series and documentaries. But when I get to a hotel, it becomes the only thing I watch!

Best travel tip? Stock up on single-sheet, single-use face masks from a Korean beauty store/ shopping center to make sure your skin gets all the moisture and love it needs while traveling through different extremes. It’s probably a bit cheaper than going to Sephora or Urban Outfitters, but they are starting to carry them [in] a lot of other places, too. Also, invest in durable, easy-to-maneuver luggage with a good warranty. It’s worth it.

JULIET PENNINGTON



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Adventurous woman helms AdventureWomen

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Q. Tell me about your daughters and how they are involved in the business?

A. Nicole is our director of programming, and she has an extraordinary eye for new and exciting destinations, and really understands how to make each AdventureWomen trip special — be it a meeting with a former female president, or the opportunity to visit a remote school for nuns in the mountains. Erica is our director of communications, and she is not only adept at crafting our message and explaining who we are and what we do, she is a true adventurer and mountaineer who inately knows what women trav-



elers want when it comes to adventure and challenge.

Q. How are you rebranding the company?

A. We’ve recently launched a brand refresh including a new logo, brand look, positioning statement, and messaging strategy. Our goal is to signal that AdventureWomen is building on our strong foundation but also moving in some new directions. More than just a travel company — we’re really a “relationship” company, inviting women through travel to build new connections with the world, with themselves, and with other like-minded women. Our new tagline says it all. “The

Judi Wineland, owner of AdventureWomen, with a Maasai woman.

destination is just the beginning.”

Q. How would you describe an “Adventure Woman?”

A. Women are complex and don’t tend to enjoy being pigeonholed, so I wouldn’t want to lump “Adventure Women” into a few generic “types.” What unites us is our passion for the world outside of ourselves and outside of our lifestyles — our thirst for new experiences. Our willingness to take risks and reach outside our comfort zones to succeed, ending up

feeling triumphant and empowered. Our love of the outdoors and actively engaging with the world around us.

Q. What kind of experiences are women looking for in 2017?

A. We’re actively tracking this through our survey research. Cultural immersion opportunities are very appealing to women — trips which allow our guests to meet and interact with women and community leaders living in our destinations. Culinary experiences are also very popular right now — cooking classes, market tours, tasting events. And of course wildlife trips will always be a favorite. We’re adding learning and educational opportunities, exposure to wildlife protection and habitat preservation projects, and on-trip photography tips.

Q. What is the average age of the women on your trips? Are your trips aimed at a specific demographic?

A. Women on our trips are typically somewhere between 45 and 65, but many are younger and many are still very active and traveling at 65-plus. We welcome all adult women and multiple generations on our trips as our guests tell us they

like traveling with a diverse mix of fellow travelers.

Q. What new trips are you adding to your roster for the upcoming year?

A. We’ve got some exciting new locations launching, including Myanmar, Colombia, Morocco, Finland, Mongolia, Bay of Fundy, Japan, and Bhutan — to name just a few. But the real excitement is in the itineraries. We’ve carefully selected some truly amazing “experiences within the experience” in these fascinating places.

Q. How many women are typically on a trip?

A. We very deliberately keep our groups small to deepen the connections between the women traveling together and to keep our travel experiences more intimate and special. Our trips tend to have between eight and 14 guests, some smaller, some larger.

Q. What are upcoming “hot” destinations?

A. Based on our survey in January: Thailand, Morocco, Greece, Ireland, Ecuador, Alaska, and New Zealand.

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A sweet tradition to savor

► **FUDGE**
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ment of their Revere home. The secret family fudge recipe is “under lock and key,” says a spokeswoman for the shop. But what is known is that it is hand-made in small batches, and without the use of preservatives. Popular flavors include time-tested standards like chocolate, chocolate walnut, penuche, and penuche walnut, and couple of hundreds of pounds of the sweet stuff are made weekly and each 60-pound batch of fudge is made over a two-day time. A labor of love. www.phillipschocolate.com

Prides Crossing Confections

This 35-year-old sweets shop is housed in an historical train station in Beverly Farms — and still gets its butter and cream for the homemade fudge from the same local dairy, Dunajski Dairy in Peabody. “Although I can’t reveal any secret ingredients, fresh and local is definitely a factor in our success,” says owner Milissa Oraibi, who bought the shop three years ago from Chris Flynn, who taught her the trade.

“We don’t do the fad flavors, and stay true to a more classic old-fashioned recipe,” says Oraibi. The biggest seller is chocolate, but chocolate walnut and penuche are also favorites. www.pridesandy.com



Maine Line Products

This fudge shop has two locations — in Bethel and in Greenwood. Owners Rick and Ellen Whitney make their homemade fudge from a pure butter recipe, and standard flavors include chocolate and maple walnut — there are seasonal favorites, too, like blueberry cheesecake in the summer. But it’s their ski country location that inspires the most popular fudge flavors — Sunday River Supreme, a combo of penuche, topped with Heath Bar Crunch and caramel, and Mt. Abram Madness, which is the same recipe but with added walnuts. Free samples! www.maineline

Samples of fudge from Chatham Candy Manor (top) and Prides Crossing Confections.

products.com

Maple City Candy

Creamy maple fudge is a big seller at this sweet little candy store in Swanton, Vt. The fudge made here is based on an old recipe — and pure maple syrup is a star ingredient. Flavors include maple fudge, maple walnut, chocolate, chocolate walnut, peanut butter, and peanut butter chocolate chip. The shop

also sells maple sugar candy and other Vermont-centric items. www.maplecandyvt.com

Bavarian Chocolate Haus

Favorite fudge flavors sold at this tiny Bavarian-style shop in North Conway Village, N.H., are chocolate coconut, peanut butter fudge, and maple walnut fudge — made from all natural ingredients. And then there’s the signature fudge, the Mt. Washington Medley, a creamy vanilla fudge with rum-soaked raisins, pecans, and maraschino cherries. It comes in a personal pan-size portion (with a little plastic knife). You can view the fudge-making process through a glass observation window. “Customers love the incredible aroma that permeates the store when we are making a batch of fudge, and we love it, too,” says Scott Ferrari, owner. www.bavarianchocolatehaus.com

The Mill Fudge Factory

The Mill Fudge Factory makes its home in a 1767 mill house in Bristol, N.H. The family-owned, community-driven business has been making artisan, Scottish-style fudge for more than a decade — using only natural ingredients like Cabot butter. There are 20 flavors such as traditional penuche, Irish Cream, and Scottish Whisky. And you’ll find poetry nights and music in The Back Room at The Mill. Join the Fudge of the Month Club and you’ll get fudge delivered by mail to your door each month. www.themillfudgefactory.com

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