

The **TRAVELER'S** *Guide*

The Ultimate Traveling Guide Full Of Helpful
Tips and Advice



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The Traveler's Guide

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Introduction



Whether you are going on business or pleasure, traveling can be very stressful. Tension can start from the planning stage up to the time you are leaving.

However, stress does not have to ruin your business or vacation. These simple tips are guaranteed to help you get rid of that travel stress bug.

Planning Ahead

There is no replacing good planning. To ensure that your travel will be stress-free, make sure that your flights and hotel accommodations are booked and confirmed. This will put you at ease knowing that delays are unlikely and there will be no surprises at the hotel desk.

If you arrange for transportation for the duration of your travel, all the better. In case, you will have to get around the city by taxi, it is good to ask the concierge to help you find a reputable taxi company.

Be Prepared To Get Lost

Remember that you are on a foreign land and unless you have already traveled there a couple of time, you'll have no way of knowing how to get around. Becoming lost is probably the biggest nightmare for travelers.

Before embarking on your trip, buy a travel book with maps and some useful phrases that you can use with the locals. Carry with you a credit card, identification papers and enough money to get around the city in case you get lost.

It is also a good idea to ask your hotel for a business card which you can show to locals when you ask for directions. By acknowledging that you can get lost, you can better prepare and be ready for anything.

Keep The Communication Open

Nothing can be a better stress-buster than staying connected with your family when traveling. With today's technology, communication is increasingly more available. People who travel can now keep in touch through cellular phones, emails and text messages. Rates in international phone calls are also cheaper now than before.

Reward Yourself

Do not procrastinate. If on a business travel, make sure that you have done all your work before you go sightseeing. Set aside a day where all you can do is travel to different sights in the city.

If your schedule is spread out, make sure that you have ample time to go somewhere. It will also help to make out an itinerary of places to see. You can always ask the hotel to help you with that.

Eat Local Cuisine

Eating can minimize travel stress! So, treat yourself to local foods and stay away from your usual staple of burger, spaghetti and cola. Be adventurous and have fun in local restaurants. Before leaving, you can ask people who already traveled in the country if they can recommend

any restaurants. Hotel personnel can also help you immensely. When you're there, don't hesitate to ask for the house specialty and enjoy!

Keep a Travel Journal

Writing down your experiences during your travel will not only preserves the memories, it will also help you relieve stress. Describe the sights that you have seen, the places that you have been to, even the people you have met.

Get small keepsakes from each experience, a napkin from the restaurant where you have eaten, a receipt from a souvenir shop, a bus ticket going to a special place. This will keep the magic of your travel with you.

Travel Adventures

There are people who are fond of traveling. They like to go to places where they can recharge their souls, unwind, release the tension from work, and simply enjoy what life has to offer.

And there are people who are more of the adventurous type who would rather enjoy the day exploring the forest canopy in Costa Rica or discover the beauty of the wilderness of Siberia.

However, whatever adventure travel most people would like to experience, it is always best to observe safety measures and precautions so as to avoid risk or perils of traveling to unknown lands.

Here's a list of tips for adventure travelers, whether they want adventures that are more inclined to wilderness or just the typical family adventure most people would love to experience:

- 1.** It is best that people should know what the type of travel adventure they are getting into.

Adventure travel may provide the kind of adrenalin rush most adventurers long to experience every time they get out of their territory. It is the feeling of newness and uncertainty on what will

happen that gives them the satisfaction and gratification that they need.

However, it is still important for them to know what they are doing. After all, traveling always involve risky activities especially to those who are set to gain adventure experience.

2. Have a fixed set on the adventure travel destination.

Because of the vastness of locations and adventure locations available today, people might get confused on what areas are best for their adventure travel.

One good tip is to choose a location that can baffle those adventurous minds and mystify the eyes with great mystery.

As much as new and exotic places can be adventurous, it is still best to stick to the classical and typical locations. It would be really risky to try areas which no one has ever dared to go to.

3. Consider the budget.

Adventure traveling can be pretty expensive especially when it entails going to places that entails great adventure packages.

So, it would be better for adventure travelers to shop around first and compare prices before deciding on what kind of adventure travel to take.

Indeed, adventure travel can be one of the most exciting and gratifying travel one can experience. However, with the exotic places, wilderness, and virgin forests that one might consider, it is a must that every travel must know the proper way how to protect themselves and what to do first before trying the place out.

After all, it should be safety that should always be on top priority.

Chapter 1: Budget Traveling Basics



The world of budget travel can be filled with excitement and appeal, and in our expensive world today traveling on a budget is becoming more necessary if you want to travel at all.

It is important to keep costs low when traveling, whether you are traveling solo seeing a foreign country for the first time or a family with your car filled with kids and luggage heading for the beach or an amusement park.

If you want to go the lower cost route while traveling, it is definitely a good plan to generate a travel budget. Determine the approximate costs and prioritize the different portions of your trip, such as hotel, airfare, car rental, visiting attractions and sights, food, and gasoline.

Once you have a good idea of what you want to spend on each part of your trip, then you need to begin shopping around for the best deals.

When it comes time for you to formulate a budget for travel, you should first prioritize by deciding what is most important to you and

what you can cut back on. For example, while some travelers would rather spend a more on a higher class of accommodations, others would rather save money by staying at lower priced hotels or motels splurge on sightseeing or their food budget for the family.

Once you have prioritized the elements of your trip, begin researching what the best deals are. Often, discounted admission rates on area attractions are the most common and easiest to find, since many theme parks, museums and other attractions run specials to draw tourists.

To get big discounts on local attractions, the best place to start is the Internet, specifically the web site of whatever attraction you want to visit. Often you will find great deals online, such as two-for-one deals, free admission for children, special reduced admission days, even discounts on food and lodging.

If you plan to drive your car on your trip, make sure you get it serviced so that it is in good condition before you leave. Something small like under-inflated tires or worn spark plugs or brake pads can affect your gas mileage and increase your fuel budget.

A good tip for keeping your fuel spending under control is to invest in a map of your destination. It will keep you from getting lost and therefore wasting gas. Being able to find your way to and from the hotel or other destinations without trouble will make your vacation less stressful and less costly.

No matter how work to save money on your next vacation, planning a budget and adhering to it will let you enjoy your vacation more, and worry about the costs less.

Inexpensive Traveling

Inexpensive travel can be accomplished in two basic ways. First, get the best deals on the specific things you want. This approach is very limited though.

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For example, if you find the lowest price on the best hotel in Honolulu at the height of the season, you'll save money, but still have a very expensive room. Trying to get exactly what you want - or think you want - is an expensive proposition, in travel and in life.

The other approach to inexpensive travel is to be an opportunist. This may be difficult for some, and entirely unacceptable to others. Nonetheless, the travelers who get to travel the most, learn the most and do the most, are the opportunists.

When I first went to Ecuador, I went because it was cheap. If it wasn't, I would have had a great time anyhow - somewhere else. A month cost \$1045, including airfare, a \$130 fee for a guide to take me to the top of glacier-covered Mount Chimborazo, and everything else.

I cut the cost by taking a bus from my home in Michigan to Miami. Round-trip ticket: \$158. The round-trip flight to Quito from Miami costs \$256, because it was a courier flight. This meant I signed for some luggage (car parts), and could only take carry-on luggage.

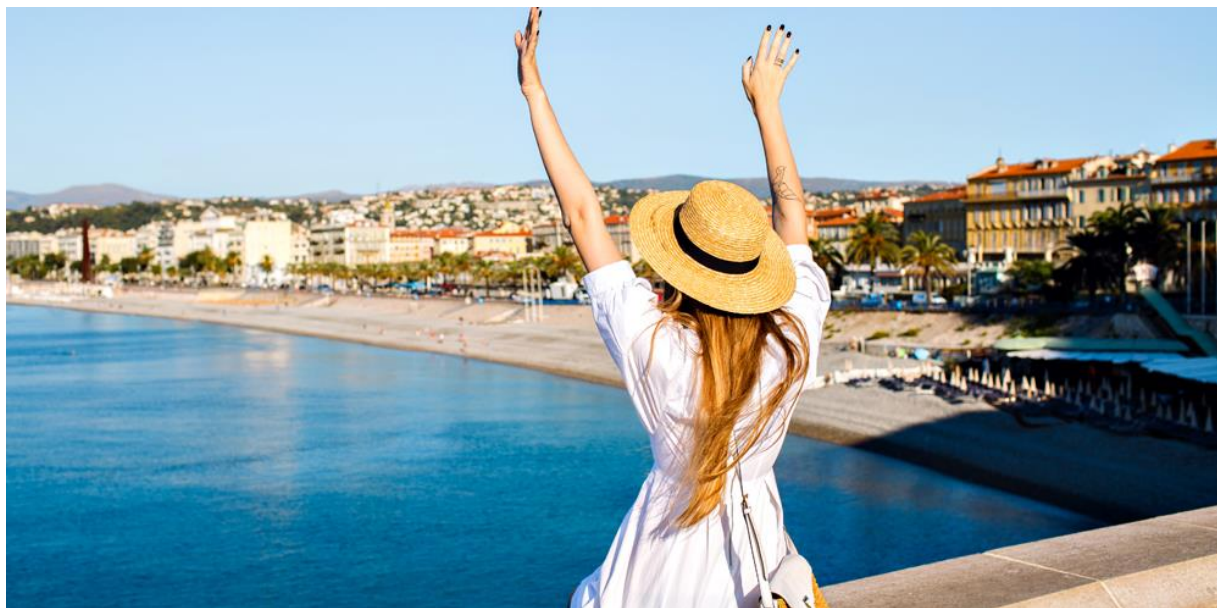
I never felt deprived or bored. I had a great time, eating wherever it was cheap and clean, doing inexpensive and interesting things, and traveling across the country to climb Chimborazo. I also met and fell in love with my wife Ana.

How To Be An Opportunist Traveler

Can you drink rum at a dollar per bottle, instead of your favorite beer? Can you eat chicken instead of steak? How about visiting the free sights first, and dancing in the street festival instead of the disco?

As an opportunistic traveler you'll have more fun, and almost everything you want - eventually. Just stop trying to get exactly what you want exactly when you want it. Good information can save you a lot of money. A flexible, open-minded approach, however, is the real key to inexpensive travel.

Chapter 2: Tips For Healthy Trips



Business outsourcing is becoming more and more popular each day.

You may want the first person you tell about an upcoming vacation to be your insurance agent. The U.S. Department of State recommends travelers check to see if their health insurance is valid in different destinations, before heading off on a trip.

Doing so could help save you more than a few headaches while you're on the road. Try these additional tips for staying healthy while traveling:

Know Before You Go

Talk to your doctor about the places you plan to visit and find out if you need any vaccinations before going. Remember that the Centers for Disease Control and Prevention says some vaccines take up to six weeks to become fully effective.

That means if you need a shot, you should try to get it well before your actual trip.

Healthy Travels

Pack prescription medication and basic over-the-counter medicine in your carry-on luggage-not in your checked bags. That way, if your checked bags get lost, it will just be an inconvenience and not an emergency.

Also, make an effort to sample the local fare, but be certain to tell your waiter about any food allergies you may have before ordering.

Fun In The Sun

Even if you're not going to Tahiti, odds are you'll be walking around in the sun. Be sure to protect yourself by using a sunblock with an SPF of at least 15 and a wide-brimmed hat. Just know that not all hats block the sun's rays equally well. Some are specifically designed and certified to offer maximum sun protection and some are not.

Your Health While Flying

Flying is a routine activity for millions of Americans, and raises no health considerations for the great majority of them. However, there are certain things you can do to ensure that your flight is as comfortable as possible.

Changes in pressure can temporarily block the Eustachian tube, causing your ears to 'pop' or to experience a sensation of fullness. To equalize the pressure, swallow frequently; chewing gum sometimes helps. Yawning is also effective.

Avoid sleeping during descent; you may not swallow often enough to keep ahead of the pressure change. If yawning or swallowing doesn't help, use the 'Valsalva maneuver':

- Pinch your nostrils shut, then breathe in a mouthful of air.

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- Using only your cheek and throat muscles, force air into the back of your nose as if you were trying to blow your thumb and finger off your nostrils.
- Be very gentle and blow in short successive attempts. When you hear or feel a pop in your ears, you have succeeded. Never force air from your lungs or abdomen (diaphragm); this can create pressures that are too intense.

Babies are especially troubled by these pressure changes during descent. Having them feed from a bottle or suck on a pacifier will often provide relief.

Avoid flying if you have recently had abdominal, eye or oral surgery, including a root canal. The pressure changes that occur during climb and descent can result in discomfort.

If you have an upper respiratory or sinus infection, you may also experience discomfort resulting from pressure changes. Postpone your trip if possible. (Check to see if your fare has cancellation or change penalties.) A final tip on pressure changes: they cause your feet to swell. Try not to wear new or tight shoes while flying.

Alcohol and coffee both have a drying effect on the body. Airliner cabin air is relatively dry to begin with, and the combination can increase your chances of contracting a respiratory infection.

If you wear contact lenses, the low cabin humidity and/or consumption of alcohol or coffee can reduce your tear volume, leading to discomfort if you don't blink often enough.

Lens wearers should clean their lenses thoroughly before the flight, use lubricating eye drops during the flight, read in intervals, and take the lenses out if they nap. (This may not apply to extended wear lenses; consult your practitioner.)

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If you take prescription medications, bring enough to last through your trip. Take along a copy of the prescription, or your doctor's name and telephone number, in case the medication is lost or stolen.

The medicine should be in the original prescription bottle in order to avoid questions at security or Customs inspections. Carry it in a pocket or a carry-on bag; don't pack it in a checked bag, in case the bag is lost.

You can minimize the effects of jet lag in several ways:

- Get several good nights' sleep before your trip.
- Try to take a flight that arrives at night, so you can go straight to bed.
- Sleep on the plane (although not during descent).
- During the flight do isometric exercises, eat lightly, and drink little or no alcohol.

Try to use a rest room in the airport terminal before departure. On some flights the cabin crew begins beverage service shortly after the "Fasten Seat Belts" sign is turned off, and the serving cart may block access to the lavatories.

Chapter 3: Travel Safety Tips - Things to Consider When Traveling



Traveling is, indeed, one of the most indulging activities one could ever experience.

People get to discover the most exciting beaches, the undiscovered taverns, and the virgin forests.

However, along with all of these great places are the risks of getting into trouble, especially if the person is not yet familiar of the new surroundings and environment.

Here's a list of some safety tips that one can use when on travel:

Do The Homework

Like any kind of decisions people have to make, it is always important to know the area they will be visiting so as to familiarize themselves

with the laws, locations of best tourist spots, and the kind of people they have to deal with.

Going to a place without having the slightest idea what it is all about is just as bad as going to the wilderness with beasts lurking everywhere and there's no gadget to protect them.

Never Travel Alone

Of course, there are times when people just want to be alone and unwind so as to shed off all of the hustle and bustle of urban living.

However, with the imminent danger lurking everywhere, it is better to travel with someone than to risk their lives traveling alone.

After all, people will never know what will happen next as soon as they arrive at their destinations, especially when it is their first time on the area.

Planning

When traveling, it is extremely important to plan ahead. This will give the traveler enough time to decide on which things need to be on top priority and which should be considered at a later time.

Besides, when a person has enough time to plan things ahead, he or she will be able to think on things that will protect them when they are on travel already.

Always Be Prepared For Emergencies

It does not necessarily mean that people must be pessimistic on the way they plan their travels. It's just that they have to consider any possible emergencies and be prepared for it.

As they say, an ounce of prevention is always better than a pound of cure.

Be Aware Of Hotel Accommodations

It is best to choose hotels that are equipped with the best innovative safety equipment. This is to ensure that travelers will be safe once they are alone in their room.

So, whether a person is traveling for the first time or for the nth time, it is still best to keep in mind safety traveling tips such as these one so that the experience will always be a gratifying one.

Travel and Terrorism

The first and best protection is to avoid travel to areas where there has been a persistent record of terrorist attacks or kidnappings.

Most terrorist attacks are the result of careful planning. Just as a car thief will first be attracted to an unlocked car with the key in the ignition, terrorists are looking for the most accessible targets.

The chances that a tourist, traveling with an unpublished program or itinerary, would be the victim of terrorism are slight. In addition, many terrorist groups, seeking publicity for political causes within their own country or region, may not be looking for American targets.

Nevertheless, the following pointers may help you avoid becoming a target of opportunity. These precautions may provide some degree of protection, and can serve as practical and psychological deterrents to would-be terrorists.

- Schedule direct flights if possible, and avoid stops in high-risk airports or areas.
- Be cautious about what you discuss with strangers or what others may overhear.
- Try to minimize the time spent in the public area of an airport, which is a less protected area. Move quickly from the check-in

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counter to the secured areas. Upon arrival, leave the airport as soon as possible.

- As much as possible, avoid luggage tags, dress and behavior that may draw attention to yourself.
- Keep an eye out for abandoned packages or briefcases, or other suspicious items. Report them to airport authorities and leave the area promptly.
- Avoid obvious terrorist targets, such as places where Westerners are known to congregate.
- Watch for people following you or "loiterers" observing your comings and goings.
- Report any suspicious activity to local police, and the nearest embassy or consulate.
- Keep a mental note of safe havens, such as police stations, hotels, and hospitals. Formulate a plan of action for what you will do if a bomb explodes or there is gunfire nearby.
- Select your own taxicabs at random. Don't take a vehicle that is not clearly identified as a taxi. Compare the face of the driver with the one on his or her posted license.
- If possible, travel with others.
- Be sure of the identity of visitors before opening the door of your hotel room. Don't meet strangers at your hotel room, or at unknown or remote locations.
- Refuse unexpected packages.
- Check for loose wires or other suspicious activity around your car.

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- Be sure your vehicle is in good operating condition.
- Drive with car windows closed in crowded streets. Bombs can be thrown through open windows.
- If you are ever in a situation where somebody starts shooting, drop to the floor or get down as low as possible. Don't move until you are sure the danger has passed. Do not attempt to help rescuers and do not pick up a weapon. If possible, shield yourself behind a solid object. If you must move, crawl on your stomach.

Hijacking/Hostage Situations

While every hostage situation is different, there are some general considerations to keep in mind.

- U.S. Government policy is firm: we do not make concessions to terrorists. When Americans are abducted overseas, we look to the host government to exercise its responsibility under international law to protect all persons within its territories and to bring about the safe release of hostages.

We work closely with these governments from the outset of a hostage-taking incident to ensure that our citizens and other victims are released as quickly and safely as possible.

- At the outset of a terrorist incident, the terrorists typically are tense, high-strung and may behave irrationally. It is extremely important that you remain calm and alert, and control your own behavior.
- Avoid resistance and sudden or threatening movements. Do not struggle or try to escape unless you are certain of being successful. Don't try to be a hero, endangering yourself and others.
- Consciously put yourself in a mode of passive cooperation. Talk normally. Do not complain, avoid belligerency, and comply with all orders and instructions.

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- If questioned, keep your answers short. Don't volunteer information or make unnecessary overtures.
- Make a concerted effort to relax. Prepare yourself mentally, physically and emotionally for the possibility of a long ordeal.
- Try to remain inconspicuous, avoid direct eye contact and the appearance of observing your captors' actions.
- Avoid alcoholic beverages. Eat what they give you, even if it does not look or taste appetizing, but keep consumption of food and drink at a moderate level. A loss of appetite and weight is normal.
- If you are involved in a lengthier, drawn-out situation, try to establish a rapport with your captors, avoiding political discussions or other confrontational subjects.
- Establish a daily program of mental and physical activity.
- Think positively and avoid a sense of despair. You are a valuable commodity to your captors, and it is important to them to keep you alive and well.

Safe Travel - What To Bring

Travel today can be confusing with rules and regulations changing on a regular basis. Last year I could bring a bottle of water but no lighter. This year it is the opposite. Zippo lighters are OK but no bottled water – go figure. Sometimes the rules vary by country – so check, check, check.

Safety Begins When You Pack

To avoid being a target, dress conservatively. Don't wear expensive looking jewelry. A flashy wardrobe or one that is too casual can mark

you as a tourist. As much as possible, avoid the appearance of affluence.

Always Try To Travel Light

You can move more quickly and will be more likely to have a free hand. You will also be less tired and less likely to set your luggage down, leaving it unattended.

Carry The Minimum Amount Of Valuables

Carry the minimum amount of valuables necessary for your trip and plan a place or places to conceal them. Your passport, cash and credit cards are most secure when locked in a hotel safe. When you have to carry them on your person, you may wish to conceal them in several places rather than putting them all in one wallet or pouch.

Avoid handbags, fanny packs and outside pockets that are easy targets for thieves. Inside pockets and a sturdy shoulder bag with the strap worn across your chest are somewhat safer. One of the safest places to carry valuables is in a pouch or money belt worn under your clothing.

If You Wear Glasses, Pack An Extra Pair

If you wear glasses, pack an extra pair. Bring them and any medicines you need in your carry-on luggage.

To Avoid Problems When Passing Through Customs

To avoid problems when passing through customs, keep medicines in their original, labeled containers. Bring copies of your prescriptions and the generic names for the drugs.

If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug. If you have any doubt about the legality of carrying a certain drug into a country, consult the embassy or consulate of that country first.

Bring Travelers Checks

Bring travelers checks and one or two major debit/credit cards instead of cash.

Pack An Extra Set Of Passport Photos

Pack an extra set of passport photos along with a photocopy of your passport information page to make replacement of your passport easier in the event it is lost or stolen.

Your Details

Put your name, address and telephone numbers inside and outside of each piece of luggage. Use covered luggage tags to avoid casual observation of your identity or nationality. If possible, lock your luggage.

Consider Getting a Telephone Calling Card

It is a convenient way of keeping in touch. If you have one, verify that you can use it from your overseas location(s). Access numbers to U.S. operators are published in many international newspapers. Find out your access number before you go.

Are There Any Restrictions

Check with TSA or your local airlines to see if there are any restrictions – like liquids, lighters, matches, etc. These rules change often – so – check before you go.

Chapter 4: Saving Money When Traveling



Traveling, particularly overseas, can be a great experience.

For many people, it can also be an expensive one, which means you need to know how to save on expenses.

Saving Money When Traveling

For many people, traveling is the ultimate method of rejuvenating their zest for life. On one hand, you get away from the constant interruptions of daily life that occur at work and home.

On the other, you get to see a whole different way of living in another location, even if it is in your country. The only problem with traveling, of course, is it can put a whammy on your bank account.

Saving money when traveling is not as hard as you think. The number one thing to remember is that practically everything is negotiable. If it is not, such as the cost of flights, there are often timing issues that

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can result in savings. While there are hundreds of tips, here are a few you might be unaware of.

Traveling in a group is a great way to save money. Businesses in the travel industry like groups because they represent a pool of guaranteed money. If you can swing a group of 10 people for a trip, hotels, cruises, guides and such will provide you with their services for free. Just you, not the entire group. This may sound like a strange strategy, but it can work if you are mad about some location.

You simply offer to provide a guided tour to the area and do some marketing. The cost of your trip is next to nothing and you may be able to write-off much of the remaining expense on your taxes. Of course, make sure to run it by your accountant.

When it comes to hotel bookings, it is important to understand that the price of every room is negotiable. A hotel assigns four, five and even ten different rates to each type of room they have.

Obviously, they want to get the most for it, but they offer all types of deals to attract bookings during slow times. The best way to take advantage of this is through online hotel booking sites.

Since these sites move massive quantities of bookings, they usually get the lowest or close to lowest prices. You just need to compare prices, point and click.

If you are traveling somewhere by plane, you are inevitably going to need ground transportation. Car rentals at airports tend to be price compared to in town options. If you must rent at the airport, the best way to get a deal is through your frequent flyer miles.

Rates can be half as much as those posted at the desks. If you do not have frequent flyer miles, try to book through the online sites for the various rental companies. A number of them will be offering specials that can really add up to significant savings.

Taking small steps to save money on trips can make all the difference. Follow the above advice and you should see less of a drain on your bank account.

Vacationing On a Budget

Looking for some vacation money saving ideas? There's nothing wrong with vacationing on a budget. Hey, we all can't travel like the rich and famous.

You save all year to get the money for a well-earned vacation. You want to stretch your vacation budget but still enjoy yourself. Sounds like a good plan. To help you out I've together some vacation money saving ideas that I hope you will find useful.

If you have a particular destination in mind it pays to plan ahead. Research the attractions and facilities. Find out what specials or discounts they may have going. Look for other things to do or see nearby so that you can make good use of your time and cut down on the running from place to place.

Plan your vacation for the off season. You can usually get better deals on lots of things like plane tickets, hotels, car rentals, cruises and lots of other things.

If you have friends or relatives nearby your destination consider asking them if you can stay with them. Don't be a freeloader though. Even though you help pay for the groceries and other expenses your host incurs, it's still a good vacation money saving idea.

If you are flying try to plan your trip for when tickets are traditionally cheapest. That would be Feb thru May and September thru December (except the week before Thanksgiving and the two week period before Christmas). Try to avoid flying on Friday afternoons as this is often the busiest time of the week for airlines.

Meals can be expensive at restaurants so you can save some money by packing food for the road.

When eating out try to avoid the places that obviously cater to tourists. Find out where the locals eat. Ask around. The smaller family owned places usually have better food at better prices. You may have to go a little out of your way but it is usually worth it for some vacation money savings.

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Hotels are typically more expensive the closer you get to a major attraction. With a little planning you can find a good balance between price and distance.

When picking hotels don't just go by the ratings. Compare the amenities they offer. Often you will find that you really don't need everything offered by that 4 star hotel and you can do very nicely at the 3 star...with a better price!

Consider buying or renting an RV. You travel at your own pace. Cooking and bathrooms are always close by. You can meet a lot of other friendly RVers who will usually be glad to point out the best places to go.

When traveling by car you can save fuel by renting a smaller fuel efficient model. Packing light, reducing your speed and maintaining proper tire air pressure will also cut the gas costs.

Make sure that your car is ready for the trip. Good tires, oil change, tune-up and all that good stuff. It's a heck of a lot cheaper and more convenient to deal with these things before you go rather than on the road somewhere.

Check out the local transportation system of buses, trains or trolleys. These can be considerably cheaper than using taxis.

Camping is a great vacation money saving idea. There are lots of campgrounds around. They are cheap and you may end up with an experience that outshines anything you can get a fancy hotel.

Plan activities that don't require a lot of money. Hiking, and swimming are good ones. Local Museums and historical sites are often very reasonably priced as well as being quite educational and fun. The big theme parks have their appeal but you can really go through the cash at those places.

Plan picnics. These can be excellent vacation money saving opportunities as well as a chance to really relax and enjoy the local area.

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Avoid buying souvenirs. It's easy to get caught up and blow a bundle on these overpriced goodies. Set some mental rules ahead of time about how much you will spend on souvenirs and it will be easier to stick to it when the time comes.

I hope that you find some of these vacation money saving ideas helpful. Make a plan and stick to it. There's no reason why you can't have a great vacation without emptying the bank account.

Chapter 5: Traveling For Seniors



Senior travel is growing in popularity. Instead of relaxing at home, a large number of senior citizens are making the decision to get out and travel.

If you are a senior citizen and you are interested in taking a summer vacation, you may be wondering which summer vacation destination is best.

Senior citizens enjoy a wide variety of different activities. If you enjoy golfing, a golf resort may be an ideal location for your next vacation. If relaxing by the beach is more your style, you have a large number of beaches to choose from.

In addition to on land vacations, you may enjoy taking a summer vacation cruise. Deciding what you would like to do while on vacation is the best way to find the perfect summer vacation destination.

While the activities that you'd like to participate in on your vacation are important, so are the activities that you'd like to avoid.

Unfortunately, a large number of popular summer vacation destinations are targeted towards the younger crowd. If excess loud music, late night partying, and excess drinking is not on your "to do list," then you may want to consider avoiding destinations that promote these activities.

Due to their price, domestic vacations are often the most sought after for seniors. If you are able to afford the cost of overseas travel, you may want to consider an overseas vacation.

The preparation and travel required to have an overseas vacation is often long and large. You may want to examine your health and ability to withstand a long journey before booking an overseas vacation.

If an overseas vacation is possible and sounds ideal, you have an unlimited number of destinations to choose from. Popular destinations include France, Italy, and Spain. Many of these destinations are famous for their rich history.

While vacationing overseas, you can visit a number of well-known tourist attractions. If domestic vacations are more your style, you can often find fun, but relaxing vacations at, the above mentioned, beach and golf resorts. Myrtle Beach, located in South Carolina, is a well-known beach that caters to visitors of all ages.

With a large number of vacation destinations designed with seniors in mind, you are sure to find the perfect location for your next vacation. Whether you choose to spend your vacation at the beach, travel overseas, or stay at a well-known golf resort, you are sure to make an unlimited number of memories.

Traveling Over Fifty

You've reached midlife and find you need to organize and downsize what you take with you when you travel. When traveling alone heavy suitcases are no longer an option.

Convenience and comfort are what baby boomers seek out. Backaches, sore feet and fatigue are not my goal especially when I

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realize I haven't used half of what I brought with me. Traveling as a mid-lifer is definitely not what it used to be! I've become a lot fussier and have higher expectations on arrival.

Aging Baby Boomers tend to travel differently and I would say somewhat smarter. We look for conveniences that pamper us on our long or short journeys.

We are shoppers when it comes to travel. We like a short flight, the best seat at the lowest fare. Personally I pay a little extra for the quickest flights with the shortest layovers.

We can travel off season as we are not typically restricted to children's school vacations unless of course you travel with your grandchildren. Off season usually gets us bigger and better accommodations for longer periods of time for less money.

Hopefully, we no longer over pack. We find the lightest weight luggage for the best price. If we travel often, we learn that heavy luggage only leads to backaches and more chiropractic visits than we care to admit. We no longer pack heavy carryon luggage or pretty bags that weigh a ton.

We opt for good looking and practical. Everything gets lighter as we tend to have to get our stiff bodies from terminal to terminal and if we lug stuff with us, we always swear we will never do it again. It takes us a few times to get this. If we have anything at all with us, it has wheels or fits in an appropriate looking back pack.

The travel clothes available for us middle age folks has improved tremendously over the years. I personally like one company's travel collection. It allows me a great up to date look all the time. Wash, dry and roll it up and I'm on my way.

Most areas or places have accommodations for laundry and a load here or there while having breakfast or watching a movie works right into the schedule (most of the time). Comfortable shoes are a must also.

No more walking long distances in heels. The agony isn't worth it. How pretty can you look when you're dragging yourself along with an

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agonizing look on your face. I have invested in correctly proportioned great fashion savvy looking walking shoes and it was worth the money and I'm much better looking with a smile and straighter posture. If I can put tires on my car, I can put expensive, good looking shoes on my feet. I consider it a necessary travel expense.

We tend to want rooms with a view. We like to take our time and enjoy our surroundings. Personally, I love a lanai where I can sit and sip a glass of good wine and indulge in reading an awesome mystery. I enjoy the ability to sit outside in wonderful weather and write articles like this.

I prefer the comforts of home away from home. We aging baby boomers tend to pick scenery, fabulous dining experiences, delectable wine and some of us, golf courses that create an ambiance of sport and visual delight.

We all have our dreams of travel. We all have something we enjoy. How many of you are creating them as your reality? Are you making any of them happen or are you waiting to retire? I vote on these experiences now in my life. How about you?

Chapter 6: Most Important Travel Tips



Experienced travelers the world over know the tried and true saying: Less is more.

Who wants to schlep around heavy, bulky bags when you're far from home, most likely running from place to place, trying to make sure all of your belongings continue to be your belongings?

The trick of the trade, according to seasoned travelers, is to consider packing only one bag. What's more, to consider making that bag the size of a carry-on bag.

That's right, the size of a bag that fits, or mostly fits, in the overhead compartment on today's commercial airlines.

Consider the following reasons to travel light:

Safety

Simply put, one bag is easier to keep tabs on than two bags, or three, or... You get the idea. You don't have to check your bags and risk losing them altogether as you travel.

Efficiency

One bag means less to carry, which means you don't have to pay someone to help you or pony up for one of those Smarte Cartes at the airport. Also, with one bag, you won't be as tempted to buy as many useless souvenirs you'll never need, because there won't be room for anything extra in your bag on the return trip.

Flexibility

With only one bag, you don't have to worry about getting to the airport so early or sticking around so long after your flight lands. You can run through train terminals more speedily and shove yourself more quickly into the backseats of taxi cabs. And customs inspections? No problem.

So, now that you're convinced you should limit your travel bags to one, you may well be wondering how on earth to fit all your necessities into a single satchel.

Plan carefully what you will need for your trip and take only those things: If you think, "I might need this" then it's probably safe to assume that you won't. If you think "I can't live without this," then into your travel bag it goes.

Other Tips

- Plan to do laundry while you're traveling (even if that means doing them in your hotel room sink!). This way you won't feel as compelled to take as many clothes.

- Take clothes that you can mix and match.
- For your toiletry items, use travel-size products. Even if they're not easy to find, you'll be glad you took the trouble. And remember that most of them can be refilled and reused—even toothpaste tubes can be refilled with enough patience and manual dexterity!
- Pack underwear, socks, and other small cloth items inside larger items, such as shoes, to maximize all available space.
- Check the weather of your destination ahead of your departure time so you can plan your wardrobe accordingly.
- If you're the type of person who can't resist a good—or a bad—souvenir, take one or two items of clothing that are mostly worn out. Wear them once, toss them, and fill up the space they occupied with that plastic replica of Mt. Rushmore that you just can't live without.

And, of course, the most important travel tip of all: remember to have fun, wherever you go and however you get there.

Planning Your Vacation

Planning for an exclusive holiday abroad? Surfing the Internet for best hotels leaves you more confused? Unable to decide which hotel to choose from as all hotels project a perfect image of themselves? Never been to the hotel destination? Looking for discount hotels which will offer you the best holiday packages without burning a hole in your pocket?

Stop worrying as all your worries and problems can be solved very easily. Just keep some tips in mind and you are assured of getting your dream hotel.

Check Hotel Ratings and Customer Reviews

What comes to your mind naturally when the word vacation is mentioned? Of course! Hotel - a decent place where you can stay! Planning vacation with friends or family is always special which you want to cherish it for the rest of your life.

What a better way than to make it lifetime memory by staying in a hotel which provides you the comforts and the feeling of home away from home. The task of finding the kind of hotel you are looking for can become quite daunting with every hotelier presenting the best image which may necessarily not be true.

However, you can get some idea about a hotel by comparing the star ratings and the customer reviews that are posted in top 2-3 websites. While going through the customer reviews you can easily judge whether the reviews are from genuine customers or fabricated by hoteliers as the other features mentioned on the hotel detail page should substantiate its ratings and reviews.

Hotel Chains and Services

If you are not sure about hotel facilities provided and to avoid being taken for a ride, always go for hotels according to your needs and budget.

If you want to stay in luxury hotels which offers world class services including concierge, shuttle services to the city, laundry services, airport transfers, Internet access etc. you can select the best luxury hotel nearest to public transport.

For those who do not want to spend fortune on accommodation, you have the choice of budget or discount hotels with modest amenities and facilities. If you are going for a business trip, check out for hotels that provides meeting rooms, conference halls.

But if you are on vacation or leisure trip, opt for hotels that offer outdoor activities, conduct tours, events, and located near tourist destinations.

Destination Guide

All best travel-based websites have good destination guide which includes travel, accommodation, food, shopping and attractions. Choose your hotel in such a way that the destination is centrally located, easily accessible to tube station, shopping complexes, and tourist attractions.

While looking for hotels you can check out for nearby restaurants and its menu and specialties. However, if you are budget conscious go for hotels that suit your budget but at the same time offer best services.

Exclusive Rates and Discounts

Accommodation plays a vital role in travel. Choosing the right kind of hotel according to your budget will decide the future course of your trip. So, plan your travel beforehand to avail of exclusive rates and discounts offered by hotels.

Find out hotels that offer seasonal discounts and take advantage to book your hotel at the lowest prices. If you want to travel during particular event, check out for hotels which give event-based discounts. Make your stay and travel memorable by capitalizing on the various irresistible rates and discounts offered by hotels.

However, to get the best travel deal you can always check out different websites that lists hotels and their rates. Compare the rates of the different websites and select the best one offering the lowest prices.

Your choice of hotel can either make or break your trip. Therefore, try to meticulously pursue the above tips and make your vacation unforgettable! The ball is in your hand!!

Chapter 7: Overseas Traveling



Making some minor preparations before you go overseas will save you time and effort and give you peace of mind.

Here are some quick tips to make your travel easier and safer:

- Register so the State Department can better assist you in an emergency: Register your travel plans with the State Department. This will help them contact you if there is a family emergency in the U.S., or if there is a crisis where you are traveling.

In accordance with the Privacy Act, information on your welfare and whereabouts will not be released to others without your express authorization.

- Sign your passport, and fill in the emergency information: Make sure you have a signed, valid passport, and a visa, if required, and fill in the emergency information page of your passport.

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- Leave copies of itinerary and passport data page: Leave copies of your itinerary, passport data page and visas with family or friends, so you can be contacted in case of an emergency.

Keep an extra color copy of your passport and visa and stick it in your wallet. Secure your passport in the hotel safe and carry the copy wherever you go.

- Check your overseas medical insurance coverage: Ask your medical insurance company if your policy applies overseas, and if it covers emergency expenses such as medical evacuation. If it does not, consider supplemental insurance.
- Familiarize yourself with local conditions and laws: While in a foreign country, you are subject to its laws. Laws in other countries may be stricter than at your home country. Learn the laws before you go. Regardless of what country you are visiting; do not get involved in drugs.
- Take precautions to avoid being a target of crime: To avoid being a target of crime, do not wear conspicuous clothing or jewelry and do not carry excessive amounts of money. Also, do not leave unattended luggage in public areas and do not accept packages from strangers.

Prior planning will prevent future problems. It only takes a few minutes to register online, copy your passport, and check the local laws. It may save you minor aggravation or possibly time behind bars.

Traveling With Pets

Sometime things happen and you need to leave right away. If you have pets, this can cause a major problem. What if no one is available to watch your pet?

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If you don't want to leave your pet at a shady kennel where most dogs are kept in cages, you can simply take them with you; it's easier than you would ever imagine.

Most airlines allow pets. Some airlines even allow your pet to be carried onto the plane if it is small enough to put into a kennel that will easily slide under the seat in front of you. If the dog is too large, it will be kept in cargo which is temperature and pressure regulated just like the passenger area.

It is imperative to make sure that your airline will make accommodations for your pet as there are a few discount airlines that will not. Especially if you buy your airline tickets online, call ahead to verify their policies.

Each airline that accepts pets will ask you to make reservations for your pet ahead of time because they can only carry so many pets each trip. It is important to make these reservations as soon as possible to ensure your pet's seat on the flight.

Pets also require health certificates to fly. You can purchase one from your vet, but they only last for 10 days. If your voyage is longer, you will need to purchase another for the trip home.

As mentioned before, your pet will need a kennel/carrier. These can be purchased usually for very cheap at your local pet store. They come with padded inside walls and in various sizes from extra small to extra-large depending on your needs.

You will have to be careful with your kennel purchase as there are some carriers that aren't approved for airline travel and some that are. Be sure to ask the pet store workers for help if you need it.

There is no need to tranquilize your pet, either. Air travel will put your pet to sleep just like it does you. The only thing that may aid your pet in travel is to crate train it. Otherwise, everything will be fine! Have fun traveling with your pet!

Chapter 8: Traveling With Style



Your heading out for that vacation you've been waiting so long for.

You've got your tickets, passports current. Don't sacrifice comfort for fashion as you jet off to paradise - you can truly have both!

What to take? It's really quite easy. Don't just squeeze whatever you can into that suitcase, then hope you've got everything to travel in style. We're going to help you pack the perfect "fashion statement" suitcase for your trip to paradise!

Trip to the Airport - For your trip to the airport dress comfortably but don't overdo it. Don't be a "show off" at the airport, you'll draw as much negative attention as the "scruffy person." Remember you've got security to clear so keep the jewelry simple to avoid setting off alarms and creating long lineups of backlog as they take you apart one piece at a time.

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Carry a travel wallet with slots for your ID, passport and boarding pass - it will keep things moving smoothly. Have a pocket in your carry on where you can place your jewelry and coins in prior to clearing security. Remember your jacket, poncho, or overgarment may be removed so make sure what your wearing underneath is appropriate for others to view.

Basics to Pack - Pack a lightweight coat, white or light colored shirt that goes with many of your other wardrobe pieces, neutral pants, and a tote bag. Be sure to include a cardigan for the cooler evenings.

Pack a versatile dress than you can dress up or down depending on what your plans are. Pack both flat sandals and sandals with a slight heel - wedges are perfect.

Wardrobe For Sightseeing - As glamorous as you may want to look while out exploring the sites and shopping at your destination, stilettos are out of the question!

Comfortable shoes are a must for the mileage you're going to put on your feet. As well you must bring jeans or similar type casual pant, day or night jacket, a versatile skirt and a dress is great.

Your Trip To The Beach - Don't overpack for a week in the tropics. Just bring the minimum, you'll not be wearing much more than that in your "hot" tropical location. Make certain you have a pair of strappy flat or near flat sandals that you find comfortable for walking in and don't mind if they get covered in sand or water.

Don't forget your bathing suit or bikini - most important. Sunglasses and a tote are also needed. Add a light sundress, cotton blend shirt, hat, denim or similar type causal short skirt, shorts, and a light sweater.

Make yourself a checklist. Remember - pack for your destination, pack simple but pack fashionable. Add accessories and jewelry and you'll have fashionable fun in paradise!

How To Enjoy Traveling Alone

Want to go to a new exciting place, but don't have anyone to tag along? There may be times when you have to travel alone in a foreign land.

Whether just for fun or on official business, you have to take safety measures. Traveling alone need not be lonely. It could be fun in more ways than one.

Don't be reluctant to travel just because you're on your own. Just remember these things:

Plan Ahead

Research and read about the place you're heading to. Know where's the nearest hotel, restaurant, and such. Make reservations too, if possible. That way, your travel is on a good start.

Take a City Map

You better study how to read maps. Needless to say, these can guide you where you are going, especially if it's the first time you're going to that place. Relying too much on the cab driver is not a good idea.

Learn The Language

Just study the basics, and the most common things you're likely to ask a local. Learn it before you arrive.

Hide Your Valuables

Put your guard up. Don't invite muggers to come and get you. Don't wear too much jewelry outside the streets. Use inexpensive accessories.

Dress Appropriately

Check what the locals wear on a given time of day. You don't want your clothes screaming you're a tourist. The lesser attention you draw to yourself, the better.

Don't Be Afraid To Ask For Directions

It would be okay to ask someone for directions, but be sure you are going to choose who to ask. You can ask a waiter in restaurant, or the receptionist in your hotel. Just be sure you get all information. Asking from a complete stranger outside is not advisable.

Bring Some Cash

Take just enough. Traveler's checks and credit cards are good, and it could be your primary mode of payment, but you might want to keep a few extra dollars in your pocket with local money.

Enjoy Yourself

Well, you are traveling, so make the most of it. Make friends with a local. Talk to somebody over lunch in a café. Get the addresses of the friends you make to send them a thank you card. Maybe next time, you'd be their host.

Traveling alone can be your best experience. With solo traveling, you will definitely learn more about yourself and what you can do. Try it. It would be fun!

Conclusion



It is not usually wise to be traveling during holidays as these are the times when almost every other person in the world is traveling.

It is of course best to plan ahead or book ahead and go to your destination early to avoid all the hassle but if you're one of those last minute people or probably one of those who can't really avoid it, you should follow the next few tips for a better journey and maybe a cheaper stay.

Holiday travel packages were never made with only one person in mind; no two people are alike, keep this in mind because the agencies that packed them have kept these in mind, use this fact to haggle your way into cheaper or sometimes better deals.

Even if there are ready made packages, you can ask for extra perks especially if you're staying for more than a week.

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Be careful of travel agents. Travel agents may give you the best deal for your package, which normally include airfare, lodgings and transportation, but a really good agent can be really flexible.

One example would be if you want a rental car for the first half of your trip but you want to get rid of it by the second half, a good agent can arrange this for you, sometimes for a cheaper price.

Be sure that the package you want is available, you don't want to get pulled into something that ends up being sold out, some people give out too-good-to-be-true packages which end up being "sold out" in the end, so before you make a deal or transfer a morsel of cash, make sure that it is still available.

Be sure to know exactly what airline and route your taking, you won't want those unpleasant layovers which can be a real pain, not to mention delay your schedule.

A good sign of a good package is one that is very flexible, as said before, no two people are alike, and a good package should reflect that, it should allow you to choose between destinations, as well as brands and lodgings without changing the price.

A choice in which rental car to take is also a sign of a good package.

Finally, it's good to ask for discounts that you might get if you do certain stuff, like stay in the hotel for more than a week, or sign up on the internet instead of by phone.

Research first before you cough up the money for down-payment; make sure you've exhausted all possible discount generating ways before you decide on a package.

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