

# TIPS ON TRIPS

## Going Solo: Tips On Traveling Alone In The Mature Years

(NAPSA)—Traveling alone in the mature years is immeasurably more satisfying than the alternative: sitting at home alone. The trick is having the confidence to do it.

According to mature travel expert Jerry Shilan of Saga Holidays, a travel provider for people aged 50+, there are a number of ways mature travelers can overcome qualms of traveling alone.

“The social benefits of travel provide older persons the opportunity to exercise their mind and body,” says Shilan.

Shilan has this advice to help mature travelers conquer any fears of going solo and maximize their independent experience.

• **Don't Roll the Dice with a Destination:** Traveling solo can be intimidating if you've never done it before, so make sure you feel comfortable with the destination you choose.

• **Beach Bound or Seeing the Sights?:** Decide what you want from your trip—a relaxing vacation, an active journey, or an educational experience.

• **Traveling Solo or Not So Solo:** If traveling completely solo is too daunting, there are alternatives. Participating on a group tour is a great way to travel but never be lonely.

• **Leave the Hassles to Us:** Choosing an organized tour also makes it easier to handle logistics. A tour director takes care of all the baggage, itineraries, tickets, travel visas, and more.

• **The Roommate Decision:** Many tour operators offer to pair solo travelers together in a double room. Be honest with yourself. Do you enjoy nighttime chats, or would you prefer the solitude of

your own room at the end of the day?

• **Keep Your Options Open, You Never Know Who'll You'll Meet:** Traveling with a group is often a bonding experience for solo travelers, and many become fast and long-time friends—some even find romance.

Don't forget your address book or business cards for staying in touch.

• **The Complete Carry On:** Always pack your medications, some toiletries, and a change

of clothes in your carry on bag. If your luggage gets delayed, you don't feel completely empty-handed.

• **Stay Connected:** Sign up for a free e-mail account from any of the well known Internet search engines like Yahoo! or Hotmail, and e-mail your family a postcard during your trip. This is also a great way to monitor your stocks while traveling. You can access the Internet from most major cities.

• **Attention, Sports Fans:** Do you prefer using your own equipment while traveling? It's possible to ship golf clubs to your hotel, and airlines can provide special boxes so you can bring your own bicycle.

• **Home Sweet Home:** To combat homesickness, bring some tastes of home to keep in your hotel room—photos, a favorite tea, etc. This way, being thousands of miles from home won't feel so unfamiliar and home is only a photograph away.

When considering travel, domestic or abroad, remember the old adage—nothing ventured, nothing gained. For information on tours for the over-50 traveler, call Saga holidays at 1-800-343-0273 or visit [www.sagaholidays.com](http://www.sagaholidays.com).



**Make traveling solo enriching, not lonely.**