

Paula Baker

Adventurer • Storyteller • Travel Memoir Guest

Four women in their sixties decided it would be a brilliant idea to hike the Inca Trail to Machu Picchu.

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WHY THIS CONVERSATION MATTERS

When four longtime friends set out to hike to Machu Picchu, they expected beautiful scenery and a physical challenge. What they found instead was a deeper understanding of friendship, aging, courage, and the importance of pursuing adventures while the opportunity still exists.

POPULAR PODCAST TOPICS

- ✓ **Four Old Women Go to Machu Picchu**
- ✓ **Adventure After Sixty**
- ✓ **Friendship and Aging**
- ✓ **Peru & the Inca Trail**
- ✓ **Facing Fear**
- ✓ **Bucket-List Travel**
- ✓ **Travel Memoir**
- ✓ **Saying Yes to Life**

SAMPLE INTERVIEW QUESTIONS

- **Why Machu Picchu?**
- **What made you think you could do the Inca Trail?**
- **What was the most difficult part of the adventure?**
- **What surprised you most about Peru?**
- **What did the trip teach you about aging?**
- **How did traveling together affect your friendships?**
- **Why did you decide to write the memoir?**

ABOUT PAULA BAKER

Paula Baker is a Canadian author, retired educator, and lifelong believer that adventure should not come with an expiration date. After spending thirty-five years as a teacher and librarian, she joined three friends in their sixties to hike Peru's Inca Trail to Machu Picchu. The experience inspired *Four Old Women Go to Machu Picchu* and We're Not Getting Any Younger, humorous and heartfelt memoirs about friendship, aging, courage, and saying yes before someday slips away.

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