

SPECIAL TRAVEL ISSUE

# Active over 50<sup>®</sup>

Resource Guide for Boomers and Seniors

Looking for  
Your Next  
Adventure?

In this issue:

Top 125  
Worldwide  
Trips for  
Boomers &  
Seniors

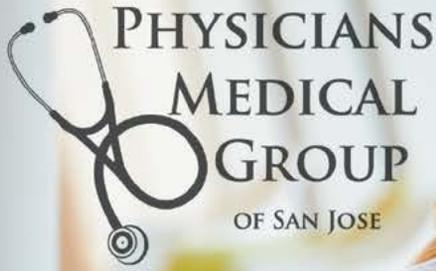
Rick  
Steves

#1 Europe  
Travel Guru

FREE COPY / YOURS TO KEEP

ActiveOver50.com

Spring 2016 Issue



## One decision. All the care you need.

Choosing a physician is one of the most important decisions you make. We can help you find one who personally cares about your health.

Physicians Medical Group of San Jose, a committed group of more than 900 doctors, has been serving the South Bay for over 35 years.

Our motto of "Patient-Centered Care" reflects the core principles under which we operate.

Our doctors speak over 30 languages and accept almost every health plan in Santa Clara County.

We proudly offer the following health plans.



## Members of Physicians Medical Group have access to...

<b>BEST</b> Area Hospitals	<b>900+</b> Physicians
<b>650+</b> Specialists	<b>30+</b> Languages

Professional care, personal interest.  
All from one phone call.

Affiliated with Physicians Medical Urgent Care



[WWW.PMGMD.COM](http://WWW.PMGMD.COM)

## COVER/PROFILE

Rick Steves Travel Guru 18

## IN EVERY ISSUE

Publisher's Note 4

*Walter M. Bortz, II, MD*—  
Sitting IS the New Smoking 30

*Ask Larry*—Why Should I Use a  
Travel Agent? 31

*Evelyn Preston*—Traveling Light...  
Financially 32

*Don Mankin*—"Glutes" on Fire on the  
Kumano Kodo Trail in Japan 34

## TRAVEL GUIDE

Adventure Travel Resource Guide 5

North America Trips 6

South America Trips 8

Europe Trips 11

Africa Trips 13

Asia & Middle East Trips 14

Oceania Trips 16

Women's Trips 17

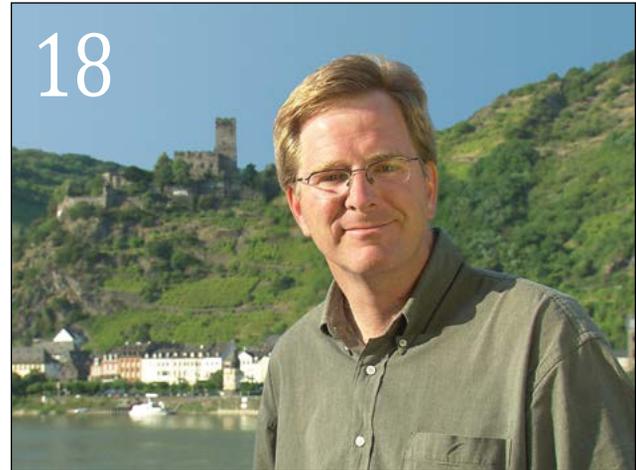
Tips for Travelers 22

Norway's Unique Snowhotel 24

Top 5 Reasons to Use a Travel Consultant 36

## HEALTH

Technology Catches Up to Dementia 26





Published by Hayes Marketing Communications, Inc.  
P.O. Box 321209  
Los Gatos, CA 95032

**Larry W. Hayes** / *Publisher & Editor*  
408.921.5806

Email: [larry@activeover50.com](mailto:larry@activeover50.com)  
Website: [activeover50.com](http://activeover50.com)

**Gloria Hayes** / *VP Operations*

**Charm Bianchini** / *Associate Editor*

**Mabel Tang** / *Art Director*

**To Advertise**

Call 408.921.5806 or [larry@activeover50.com](mailto:larry@activeover50.com)

**To Subscribe**

Call 408.921.5806 or [larry@activeover50.com](mailto:larry@activeover50.com)

Copyright 2016 Hayes Marketing Communications, Inc. All rights reserved. Reproduction in whole or in part of any text, photograph or illustration without written permission by the publisher is strictly prohibited. The magazine is not responsible for unsolicited manuscripts, artwork or photographs. The opinions expressed in *ActiveOver50* magazine are those of the authors and do not necessarily reflect the views of *ActiveOver50* magazine. The magazine assumes no responsibility.

## Publisher's Note



### European Travel Guru: Rick Steves

There is no bigger, well known celebrity in the travel industry than Rick Steves. Author of 50 travel guidebooks, Steves appears on TV, radio and as a syndicated columnist. You'll see him at the Travel & Adventure Shows held in eight U.S. cities

including Santa Clara, CA. He is **Mr. Europe**.

Read about his amazing 40-year travel career, page 18.

#### Where In the World?

**Where do you want** to go on your next vacation? Travel writer Don Mankin compiled 125 adventure trips of varying length, cost, activity and kind from all over the world. To our knowledge, it's the first of its kind ever published in a magazine.

Explore trips in North America. South America. Europe. Africa. Asia & Middle East. Oceania. Check out Don's Top 12 Featured Trips. And trips just for women. Choose your trip of a lifetime. Read articles starting page 5.

**Want to try something really cool?** Try sleeping in a Norway snow hotel with the inside temperature at 25 F. Read more, page 24.

**Keep those emails, phone calls and letters pouring in.** Your comments "keep me going." Love to hear from you on any topic. You can reach me at [larry@activeover50.com](mailto:larry@activeover50.com) or call **408.921.5806**.

Cover and inside photos of Rick Steves provided by Rick Steves.



408.460.6261  
Helen Higinio

[SanJose.OasisSeniorAdvisors.com](http://SanJose.OasisSeniorAdvisors.com)  
[HHiginio@YourOasisAdvisor.com](mailto:HHiginio@YourOasisAdvisor.com)

*Serving These Areas:*

Campbell, Willow Glen, Los Gatos and South San Jose

*Finding the Right Place just Got Easier!*

Oasis understands that changing homes – at any stage in life – is difficult. For seniors, this process is further complicated by the never-ending choices and costs associated with assisted living options. I will meet with you to carefully assess your specific needs, present you with a refined list of suitable assisted living communities, schedule tours, and accompany you on visits.

**Our services are absolutely FREE. There is no cost to you. Ever.**



# ActiveOver50 Adventure Travel Resource Guide

Compiled by  
Don Mankin, the "Adventure Geezer"  
[www.adventuretransformations.com](http://www.adventuretransformations.com)

Looking for your next adventure? Trying to figure out where to go next and what to do when you get there? Then consult the ActiveOver50 Adventure Travel Resource Guide, a comprehensive compilation of adventure trips for travelers 50 years and older recommended by those who know these trips best, the international tour operators of the Adventure Travel Trade Association. They recommended 125 trips of widely varying length, cost, activity and kind from all over the world, including several trips for women only.

These trips are listed by region and organized geographically within region to make it easier for readers to find the kind of trips they are looking for. For each entry, I have listed the name of the trip, the number of days, the price, the name of the company offering the trip and the website where more detailed information can be found.

For costs, I use what is listed on the operators website. In some cases, I have had to convert prices from local currencies into U.S dollars. You should consider the prices listed as approximate. If interested in a particular trip, consult the operator's website for the current and most accurate price.

From the list, I have identified 12 trips that I think are the most unique, unusual and interesting — destinations and activities that may not be on the radar screen of most travelers but offer something different from more familiar destinations and trips. These featured trips are noted in orange on the list followed by a brief description.

Enjoy the *Travel Guide* and start looking for your next adventure!



## SALE

ANNIVERSARY

**SAVE UP TO \$1000 + REDUCED DEPOSITS +**

**3 FREE**

1. **FREE** \$100 Beverage Card\*
2. **FREE** Gratuities\*
3. **FREE** or Reduced Fares for Friends & Kids\*

PLUS, receive 200 FREE Internet Minutes and up to \$500 FREE Onboard Money for Suites\*

  
**Holland America Line®**  
SAVOR THE JOURNEY

Enjoy great values on  
cruise fares & more

Alaska + Asia + Australia & South Pacific  
Canada & New England + Caribbean  
Europe + Panama Canal + South America  
Hawaii & Tahiti + Mexico + Holiday

Discover ALASKA!

FROM **\$799** per person double occupancy  
(Price based on inside stateroom, 7-night cruise, 8/28/2016 sailing. Taxes, fees & port expenses are an additional \$261 per person plus airfare.)

Roundtrip Seattle: Puget Sound, scenic cruising Stephens Passage, Juneau, Hubbard Glacier, Sitka, Ketchikan, Victoria BC



PEAK

TRAVEL GROUP

a Direct Travel company  
[www.peaktravelgroup.com](http://www.peaktravelgroup.com)  
1723 Hamilton Ave, San Jose CA 95125

Contact us at:  
**408.286.2633**  
800.999.2608

Ask for "HAL Sale-A50"  
Promotion

\*Anniversary Sale offers for new bookings only made by 06/01/2016 & based on Promo(s) RFR/G/PJ. Offers are capacity controlled, restrictions apply. Contact Peak Travel for details. ©2016 Holland America Line Ships Registry, The Netherlands. Peak Travel CST#2029625-40.



# North America Adventure Trips

1. **Arctic Express: Greenland's Northern Lights (Fly North, Fly South)**, 10 days, \$5995, Quark Expeditions, [www.quarkexpeditions.com](http://www.quarkexpeditions.com)

2. **Discover Greenland: The Natural Habitat Experience**, 9 days, \$9995, Natural Habitat Adventures & World Wildlife Fund, [www.nathab.com](http://www.nathab.com)



3. **Sailing Canada's Great Bear Rainforest**, 8 days, \$3900, Maple Leaf Adventures, [www.mapleleafadventures.com](http://www.mapleleafadventures.com)

Sail into the mist-laden fjords of British Columbia's Great Bear Rainforest. There are virtually no roads in this 6.5 million hectare region. Instead everyone travels by water: the bears, the wolves, the whales and the humans. Aboard the classic Canadian schooner Maple Leaf, you'll cruise through the rainforest and go ashore in meadows popular with grizzly bears and at creeks where the rare white spirit bear roams. Through it all, the Maple Leaf's expert local guides give you incredible access and great knowledge of the flora, fauna and human culture of the coast.

4. **Kuujuuaq – Aurora Borealis**, 4 days, \$3600, Inuit Adventures (Canada), [www.inuitadventures.ca](http://www.inuitadventures.ca)

5. **Polar Bears at Legendary Cape Churchill (Canada)**, 11 days, \$8500, Frontiers North Adventures, [www.frontiersnorth.com](http://www.frontiersnorth.com)

6. **Interior, Seaside and Bear Viewing (Alaska)**, 7 days, \$9865, Within The Wild, [www.withinthewild.com](http://www.withinthewild.com)

7. **The General's Fortress Adventure (historical hiking, New York)**, 1 day, \$149, The Explorer's Passage, [www.explorerspassage.com](http://www.explorerspassage.com)

8. **Bend Breakaway (Cycling in Oregon)**, 5 days, \$3056, Bicycle Adventures, [www.bicycleadventures.com](http://www.bicycleadventures.com)

9. **Colorado Rocky Mountain Adventure Self-Guided Bike Tour**, 6 days, \$1418, At Your Pace Freestyle Cycling Adventures, [www.atyourpacebiking.com](http://www.atyourpacebiking.com)

10. **Lodore Canyon Star-Gazing Trip (Utah)**, 4 days, \$935, Holiday River Expeditions, [www.bikeraft.com](http://www.bikeraft.com)

11. **Canyoneering Adventure Trip (Utah)**, 1 day, \$199, Get in the Wild Adventures, [www.getinthewild.com](http://www.getinthewild.com)



12. **Guided Grand Canyon Rim to Rim Hiking Tour (Arizona)**, 5 days, \$2395, Arizona Outback Adventures, [www.aoa-adventures.com](http://www.aoa-adventures.com)

13. **Yosemite Camping Tour (California)**, 3 days, \$449, Incredible Adventures, [www.incadventures.com](http://www.incadventures.com)

14. **New Mexico Explorer**, 7 days, \$3450, Mountain Travel Sobek, [www.mtsobek.com](http://www.mtsobek.com)

15. **Hawaiian Seascapes**, 8 days, \$3795, Un-Cruise Adventures, [www.un-cruise.com](http://www.un-cruise.com)

16. **Everglades to Key West Multisport Adventure Tour (Florida)**, 6 days, \$3898 – 4398, Backroads, [www.backroads.com](http://www.backroads.com)

17. **Cuba by Kayak: Cuba's First People-to-People Kayak Adventure**, 8 days, \$3585-3985, ROW Sea Kayak Adventures, [www.seakayakadventures.com](http://www.seakayakadventures.com)

*Cuba is rich in culture, history, music, good food and clear azure waters for first rate sea kayaking. This tour immerses you in Cuban culture as you visit with and learn from the many people you meet along the way. Cuba is known as the Caribbean wild child. Its wildness can be found in its thriving coral reefs and untrodden woodlands. But wildness goes beyond wilderness. It's a feeling and it lies in Cuba's passionate spirit that electrifies the country from its salsa-filled city streets to its peaceful plantations where sugarcane waves in the wind.*



2015 Best Cruise  
Line in Europe

Travel Weekly's 13th Annual  
Readers' Choice Awards

RELOCATE YOUR  
POINT OF VIEW.  
MODERN LUXURY  
LIVES HERE.

Delivering the most unique itineraries (61)  
and more overnight stays (76) in Europe.

To learn about our latest offers, visit [CelebrityCruises.com](http://CelebrityCruises.com),  
call 800 CELEBRITY, or contact your travel agent.

© 2016 Celebrity Cruises Inc. Ships' registry: Malta and Ecuador.

Celebrity  Cruises®

18. **Swim with the Whale Sharks (Mexico)**, 1 day, \$105, Cortez Club, [www.cortezclub.com](http://www.cortezclub.com)

19. **“Glamping” on Isla Espiritu Santo National Marine Park (Mexico)**, \$250/person/night, Todos Santos Eco Adventures, [www.tosea.net](http://www.tosea.net)

20. **Mexico Wildlife Adventure**, 10 days, \$2890, Eco Colors Tour, [www.privatemexicotours.com](http://www.privatemexicotours.com)

21. **Xenotes Oasis Maya Tour (Mexico)**, 1 day, \$119, Experiencias Xcaret, [www.en.xcaretexperiencias.com](http://www.en.xcaretexperiencias.com)



22. **Gray Whale and Sea Turtle Research Camp (Mexico)**, 4 days, \$1495 – 1830, Red Travel Mexico, [www.redtravelmexico.com](http://www.redtravelmexico.com)

23. **Active Adventure Huasteca Potosina (México)**, 6 days, \$720, [www.huasteca.com](http://www.huasteca.com)

24. **The Best of Guatemala**, 3 days, \$399-500, Old Town Outfitters, [www.adventureguatemala.com](http://www.adventureguatemala.com)

25. **Costa Rica – Green, Luxury and Adventure**, 9 days, \$4375, GreenSpot Travel, [www.greenspot.travel](http://www.greenspot.travel)

26. **Panama Journey**, 11 days, \$2556, EcoCircuitos Panama, [www.ecocircuitos.com](http://www.ecocircuitos.com)



# South America Adventure Trips

1. **Northern Colombia Birding Trail**, 11 days, \$5150, Evergreen Escapes, [www.evergreenescapesintl.com](http://www.evergreenescapesintl.com)

2. **Yoga Retreats in the Galapagos (Ecuador)**, 8 days, \$3295, The Travel Yogi, [www.thetravelgyogi.com](http://www.thetravelgyogi.com)

3. **The Galapagos Islands: Wildlife, People and Volcanoes (Ecuador)**, 9 days, \$5195, Myths and Mountains, [www.mythsandmountains.com](http://www.mythsandmountains.com)

4. **Quasar Galapagos (Ecuador)**, 8 days, \$5600, Quasar Expeditions, [www.quasarex.com](http://www.quasarex.com)

5. **Galapagos with Lindblad Expeditions/National Geographic**, 10 days, \$6590, Lindblad Expeditions, [www.expeditions.com](http://www.expeditions.com)

6. **10-Day Galapagos Adventure Tour (Ecuador)**, 10 days, \$4199, Galakiwi, [www.galakiwi.com](http://www.galakiwi.com)

7. **Ecuador Multisport – Once in a Lifetime**, 8 days, \$1950, Ecuador Pure Life, [www.ecuadorpurelife.com](http://www.ecuadorpurelife.com)

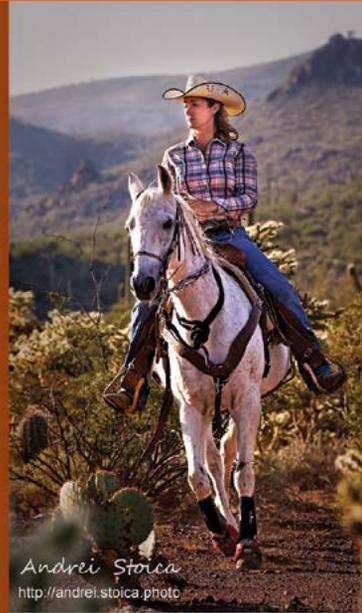
8. **Andes, Amazon and Pacific Coast Tour (by motorcycle, Ecuador)**, 9 days, \$4215 – 5280, [www.freedombikerental.com](http://www.freedombikerental.com)

TDA GLOBAL CYCLING



Aug 14 ~ Oct 2, 2016  
tdaglobalcycling.com/french-connection  
+1 416•364•8255

## Spring in Tucson



Andrei Stoica  
http://andrei.stoica.photo

**The desert's  
in bloom and  
there is no  
better time  
to visit the  
ranch.**

Join us for horseback riding,  
hiking and rock climbing  
or just relax and soak up  
our exceptional hospitality,  
family traditions and warm  
Arizona sunshine.

520.297.0252

www.whitestallion.com  
info@whitestallion.com



White Stallion Ranch

Rated #1 in Tucson for 5 years by TripAdvisor

## RIDE THE RAPIDS!



### Whitewater Rafting in Northern California

- 1/2 day to 2 day trips
- Beginner & intermediate
- Fun, knowledgeable guides
- 35 years in business
- Senior discounts



1.800.750.2386

whitewaterexcitement.com

9. **Patanal: Jaguars, Tapirs, Macaws and More (Brazil)**, 8 days, \$7499, Terra Incognita Ecotours, [www.ecotours.com](http://www.ecotours.com)

*The Pantanal is the largest inundated plain in the world and is a refuge for endangered species like the jaguar, hyacinth macaw, the giant anteater and the giant otter. There are an estimated 3,500 species of plants, 124 species of mammals, 177 species of reptiles, 41 species of amphibians and at least 423 species of birds. On this trip we can be fairly certain you will see wild jaguar. You'll also have the opportunity to spot numerous species like the marsh deer, pampas deer, capybara, caimans, howler monkeys, tapir, peccaries, toucans, jabiru stork and macaws.*

10. **Urubamba Weaver's Trek (Peru)**, 11 days, \$4895-5295, Southwind Adventures, [www.southwindadventures.com](http://www.southwindadventures.com)

*This journey was carefully designed for active senior travelers to enjoy a comprehensive and rich cross-cultural interaction with Andean dwellers (farmers, shepherds, traders and weavers) combined with energetic outdoor activities like white-water rafting and hiking surrounded by breathtaking landscapes of the Andes. This trip also includes a visit to one of the World's Seven Wonders, the Historic Sanctuary of Machu Picchu for a guided and personalized exploration of the archaeological heritage of the Inca civilization. This trip also features a comfortable "glamping" experience complete with cots, plush air mattresses, spacious tents and exquisite gourmet food made by the camp chef.*

11. **Ecuador; Northern Andes Trekking**, 7 days, \$3,699 double occupancy, Cumbre Tours Ecuador, [www.eqt.travel](http://www.eqt.travel)

12. **To the Heart of the Andes: Relaxing and Rejuvenating Spa (Ecuador)**, 10 days, \$2999, Equator Trekking, [www.eqt.travel](http://www.eqt.travel)

13. **Peru Active Explorer**, 9 days, \$2395, Knowmad Adventures, [www.knowmadadventures.com](http://www.knowmadadventures.com)



14. **Peru/Galapagos Adventure**, 25 days, \$6967, Southern Exposure Tours, [www.southernexposuretours.co.nz](http://www.southernexposuretours.co.nz)

15. **Amazon Cruise (Peru)**, 4-5 days, \$3000-4700, Delfin Amazon Cruises, [www.delfinamazoncruises.com](http://www.delfinamazoncruises.com)

16. **Native Naturalist Amazon Jungle Nature Trails plus Machu Picchu**, 8 days, \$2100, Native Tours, [www.nativetours.org](http://www.nativetours.org)

17. **My 15 Night Peru Holiday (4X4 self drive)**, 16 days, \$4449, Peru Safari, [www.perusafari.com](http://www.perusafari.com)

18. **Moonstone to Machu Picchu Trek (Peru)**, 4 days, \$985, Andean Treks, [www.andeantreks.com](http://www.andeantreks.com)

19. **The Lares Adventure to Machu Picchu (Peru)**, 5-7 days, \$2250-2950, Mountain Lodges of Peru, [www.mountainlodgesofperu.com](http://www.mountainlodgesofperu.com)

20. **Andes Grande Traversée (by horseback, Argentina to Chile)**, 14 days, \$5730 - 8030, Open Travel, [www.opentravel.cl](http://www.opentravel.cl)

21. **Across the Andes (by horseback, Chile)**, 11 days, \$4185, Andes Riding Chile, [www.andesridingchile.com](http://www.andesridingchile.com)

22. **Atacama Desert Adventure Trekking and Kayaking Holidays (Chile)**, 6 days, \$1390, Tequirque, [www.tequirque.com](http://www.tequirque.com)

23. **Mallin Colorado and San Rafael Glacier (Chile)**, 7 days, \$2600, Paula Christensen Ecotours, [www.paula-christensen-ecotours.treksoft.com](http://www.paula-christensen-ecotours.treksoft.com)

24. **Discover Patagonia Cruise**, 4 days, \$1189-3338, Australis, [www.australis.com](http://www.australis.com)

25. **Futaleufu Rafting Multi-Sport (Patagonia, Chile)**, 9 days, \$3400, Bio Bio Expeditions, [www.bbxrafting.com](http://www.bbxrafting.com)

26. **Border Crossing from Villa O'Higgins, Chile, to El Chalten, Argentina (trekking, Patagonia)**, 2 days, \$300, Robinson Crusoe, [www.robinsoncrusoe.com](http://www.robinsoncrusoe.com)

27. **Luxury Patagonia Tour**, 11 days, \$6325, Southern Explorations, [www.southernexplorations.com](http://www.southernexplorations.com)

28. **Best of Patagonia**, 9 days, \$1125, Say Hueque, [www.sayhueque.com](http://www.sayhueque.com)

29. **Southern Explorer (Patagonia)**, 13 days, \$3895, Swoop Patagonia, [www.swoop-patagonia.co.uk](http://www.swoop-patagonia.co.uk)

30. **Patagonian Argentina and Chile**, 14 days, \$7999, Yampu Tours, [www.yampu.com](http://www.yampu.com)

31. **Southern Explorer: Mountains & Glaciers of Southern Argentina & Chile (Patagonia)**, 13 days, \$3895, Viva Expeditions, [www.vivaexpeditions.com](http://www.vivaexpeditions.com)

32. **Carretera Uncovered – A Journey to the End of the Carretera Austral (self-drive, Patagonia)**, 18 days, \$5607, Pura Aventura, [www.pura-aventura.com](http://www.pura-aventura.com)

33. **EcoCamp Patagonia Wildlife Safari**, 4-7 days, \$1350 – 2900, Cascada Expediciones, [www.cascada.travel](http://www.cascada.travel)

# Europe Adventure Trips

1. **Glacier Hiking from Reykjavik (Iceland)**, 1 day, \$235, Asgard—Beyond, [www.asgardbeyond.com](http://www.asgardbeyond.com)

2. **Wolves, Bears and Wolverines Conservation Tour in Sweden**, 8 days, \$2900, Wild Sweden, [www.wildsweden.com](http://www.wildsweden.com)

*This is the ultimate holiday for any wildlife enthusiast in the land of Wolves, Brown Bears, Lynxes and Wolverines. We will not only try to spot some of Sweden's most spectacular wildlife but also learn more about them. We aim to gain a deep understanding of Sweden's large carnivores and also discuss solutions to how we can coexist in modern society. We will also aim to see other spectacular wildlife such as Moose, Roe deer, Beavers, Red Squirrels and birds like cranes, owls, divers and woodpeckers.*



3. **Lofoten by Bike – Escorted Tour (Norway)**, 8 days, \$3529, Fifty Degrees North, [www.fiftydegreesnorth.com](http://www.fiftydegreesnorth.com)

4. **Killer Whales of Vesterålen (Norway)**, 6 days, \$3275, Wild Seas, [www.wildseas.no](http://www.wildseas.no)

5. **Whale Safari (Norway)**, 1 day, \$109 - \$114, Whalesafari Andenes, [www.whalesafari.no](http://www.whalesafari.no)



6. **Wilderness Walking: Outer Hebrides and Skye (Scotland)**, 7 days, \$1689, Wilderness Scotland, [www.wildernessscotland.com](http://www.wildernessscotland.com)

7. **Kerry Guided Walk (Ireland)**, 8 days, \$1400, Ireland Walk Bike Hike, [www.irelandwalkhikebike.com](http://www.irelandwalkhikebike.com)

8. **The Lake District – Glittering Lakes, Majestic Mountains (hiking, England)**, 7 days, \$4395, The Wayfarers Walking Vacations, [www.thewayfarers.com](http://www.thewayfarers.com)

9. **Cycle Andalucia – The Heart and Soul of Spain**, 12 days, \$4900, Experience Plus, [www.experienceplus.com](http://www.experienceplus.com)

10. **Rioja – Cycle Through Medieval Towns and Rolling Vineyards (Spain)**, 5 days, \$4000, Echelon Cycling Tours, <http://www.echeloncyclingtours.com>

11. **Walks, Wine and Culinary Adventures in Northern Spain**, 13 days, \$7995, Wildland Adventures, [www.wildland.com](http://www.wildland.com)

12. **Camino de Santiago; French Way – Sarria to Santiago (Spain)**, 7 days, \$606, Camino Ways, [www.caminoways.com](http://www.caminoways.com)

13. **Bike Tour in Alentejo: Cycling the Historical Wine Country (Portugal)**, 7 days, \$1400 - 3090, Live, Love, Ride – Portugal Bike Tours, [www.portugalbiketours.com](http://www.portugalbiketours.com)

14. **The Way of St. James Bike Tour (Portugal)**, 7 days, \$880-2770, Fold n' Visit, [www.foldnvisit.com](http://www.foldnvisit.com)

15. **Provence Chef on Wheels Bike Tour (France)**, 6 days, \$6295, Duvine Cycling and Adventure, [www.duvine.com](http://www.duvine.com)

16. **Corsica Walking Tour (France)**, 8 days, \$3095, Customwalks, [www.customwalks.com](http://www.customwalks.com)

17. **Eiger to the Matterhorn Hiking (self-guided, Switzerland)**, 8 days, \$2790, Alpine Hikers, [www.alpinehikers.com](http://www.alpinehikers.com)

18. **Exploring the Jungfrau (Switzerland)**, 9 days, \$3795, Alpenwild, [www.alpenwild.com](http://www.alpenwild.com)

19. **Alpine Valleys to Snow-Covered Peaks (e-biking, Switzerland)**, 6 days, \$6995, Butterfield & Robinson, [www.butterfield.com](http://www.butterfield.com)

20. **Italy Dream Photo Tour**, 8 days, \$5395, Dream Photo Tours, [www.dreamphototours.com](http://www.dreamphototours.com)

21. **A Taste of Emilia Romagna (walking, Italy)**, 8 days, \$1410, Explore!, [www.exploreworldwide.com](http://www.exploreworldwide.com)

22. **Italy – Tuscany Wine & History (self-guided bike tour)**, 8 days, \$1246, Pure Adventures, [www.pure-adventures.com](http://www.pure-adventures.com)

## WESTERN ADVENTURE VACATION

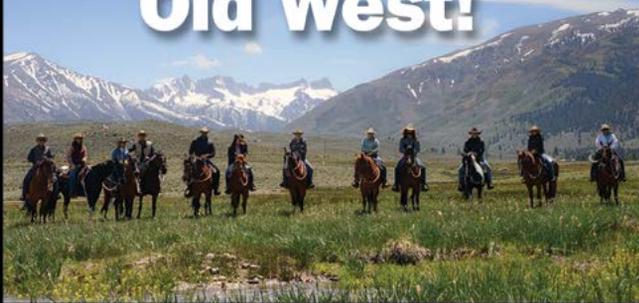


Contact us to experience  
that adventure of a lifetime.



[www.duderanch.org](http://www.duderanch.org) • 1-866-399-2339

## Discover the Old West!



### Hunewill Guest Ranch

- Horseback riding, hiking, biking, fishing or just relaxing
- 4,500 scenic acres in Bridgeport Valley, near Yosemite
- Families, singles, couples
- Established 1861 – California's oldest working guest ranch



**760.932.7710**  
[www.hunewillranch.com](http://www.hunewillranch.com)  
[info@hunewillranch.com](mailto:info@hunewillranch.com)

Journeys  
international



international  
**ADVENTURE  
 TRAVEL 101**  
 June 16, 2016

## San Francisco, you're invited!

Whether you're an adventure travel newbie or a seasoned explorer, this event is for you.

Join Journeys International President Robin Weber Pollak as she answers your questions about adventure travel, shares tips on choosing your first (or 20th) trip, and highlights popular and remote destinations around the world.

- \* Learn about adventure travel
- \* Mingle with other world travelers
- \* Win prizes in a travel gear raffle
- \* Enjoy appetizers and cocktails

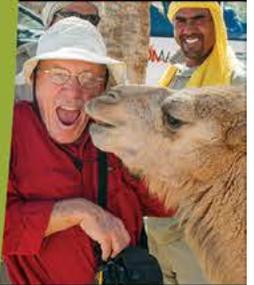
Learn more and RSVP at:  
[journeysinternational.com/sanfran](http://journeysinternational.com/sanfran)

adventuredeeper

Ann Arbor company guiding small group, family and custom adventures to 60+ countries since 1978

800-255-8735 • 107 aprill drive, suite 3, ann arbor, mi 48103

[www.journeysinternational.com](http://www.journeysinternational.com)



23. **Exploring Puglia on 2 Wheels: A 10 Day Self-Guided Cycling with Cultural Adventures (Italy)**, 10 days, \$2799, Puglia Cycling, [www.pugliacycling.com](http://www.pugliacycling.com)

24. **Santorini & Crete (Greece)**, 9 days, \$3280, Trekking Hellas, [www.trekking.gr](http://www.trekking.gr)

25. **Czech Republic Hiking – Vienna to Prague**, 9 days, \$2799, REI Adventures, [www.rei.com](http://www.rei.com)

26. **Walking and Gourmet Macedonia**, 8 days, \$875, Macedonia Travel, [www.macedoniatravel.com](http://www.macedoniatravel.com)

27. **Kayaking Vis Island Croatia**, 7 days, \$1190 – 1360, WearActive, [www.wearactive.com](http://www.wearactive.com)

28. **Wine and Bike in Hungary's Balaton Uplands**, 8 days, \$650 – 1250, BikeTours.com, [www.biketours.com](http://www.biketours.com)

A 7-night guided or self-guided tour in Hungary's Balaton Uplands. Explore charming villages and picturesque countryside dotted with vineyards as you ride along winding forest paths and bike trails. "Leisurely" describes both the cycling pace and the wine tastings at historic cellars and family-run wineries along the route. This tour offers something for everyone: scenery, culture, wine, history, and robust Hungarian cuisine.

# Africa Adventure Trips



3. **Gorilla Trekking in Rwanda**, 8 days, \$4800, Gondwana Ecotours, [www.gondwanaecotours.com](http://www.gondwanaecotours.com)

Encounter some of the last remaining mountain gorillas in the world by trekking into the lush forests of Rwanda, home to hundreds of species of birds and numerous waterfalls. Explore Kigali, one of Africa's cleanest, safest, and most progressive cities and visit the important genocide memorial. Track chimpanzees and the beautiful golden monkey and keep an eye out for elephants and buffalo. Enjoy a boat ride on the massive Lake Kivu, spend time relaxing on the beach and enjoy some of the world's best coffee.

1. **Trekking in Style (Morocco)**, 6 days, \$1006, Kasbah du Toubkal, [www.kasbahdutoubkal.com](http://www.kasbahdutoubkal.com)

2. **A Kenyan Journey – Celebrating 30 Years of "Out of Africa,"** 7 days, \$5732, Angama Mara, [www.angama.com](http://www.angama.com)

**Tuolumne County**  
Where the outdoors meets your front door

**TCEDA**  
TUOLUMNE COUNTY  
Economic Development Authority  
209-989-4058

Your journey begins at  
[www.TCEDA.net](http://www.TCEDA.net)

TUOLUMNE COUNTY • CALIFORNIA

4. **Kilimanjaro Western Approach Route (Tanzania)**, 13 days, \$5690, Thomson Safaris, [www.thomsontreks.com](http://www.thomsontreks.com)

5. **Great Wilderness Journey (Zambia & Botswana)**, 11 days, \$10,185, Borton Overseas, [www.bortonoverseas.com](http://www.bortonoverseas.com)

6. **Namibia: Desert Adventure Safari**, 10 days, \$3995, Boundless Journeys, [www.boundlessjourneys.com](http://www.boundlessjourneys.com)

7. **The Secrets of South Africa**, 14 days, \$3995, Alluring Africa, [www.itinerary.alluringafrica.com](http://www.itinerary.alluringafrica.com)

8. **Classic Rothschild Odyssey: South Africa, Botswana and Victoria Falls**, 13 days, \$6404, Rothschild Safaris, [www.rothschildsafaris.com](http://www.rothschildsafaris.com)

## Asia & Middle East Adventure Trips



8. **Nepal: Mountains, Monkeys and Books**, 12 days, \$2995 – 4995, Myths and Mountains, [www.mythsandmountains.com](http://www.mythsandmountains.com)

*Nepal is not just about climbing Himalayan peaks but also about its friendly people and rich environmental diversity. This trip covers everything from the jungle to the snow-capped Annapurnas. Visit beautiful temples, eat with local families and shop for jewelry and rugs while enjoying the hospitality of the Nepali people. In addition, travelers with Myths and Mountains are supporting the READ Global program which builds libraries and community centers in Nepal and provides career opportunities for the local people. A portion of the tour costs will be donated to this worthy effort.*

1. **Jesus Trail (hiking, Israel)**, 6 days, \$819 to 1349, Jesus Trail, [www.jesustrail.com](http://www.jesustrail.com)

2. **Iran Highlights**, 21 days, \$6995, ElderTreks, [www.eldertreks.com](http://www.eldertreks.com)

3. **Kazakhstan & Kyrgystan: Celestial Mountain Action Adventure**, 14 days, \$3250, Wild Frontiers, [www.wildfrontierstravel.com](http://www.wildfrontierstravel.com)

4. **Colorful Rajasthan Bike Tour (India)**, 9 days, \$4295, Art of Bicycle Trips, [www.artofbicycletrips.com](http://www.artofbicycletrips.com)

5. **Hippie Trail – Delhi to Goa (cycling, India)**, 40 days, \$7900, TDA Global Cycling, [www.tdaglobalcycling.com](http://www.tdaglobalcycling.com)

6. **Annapurna Luxury Trek (Nepal)**, 11 days, \$1587, Earthbound Expeditions, [www.enepaltrekking.com](http://www.enepaltrekking.com)



9. **Black Mountain Trek (Bhutan)**, 13 days, \$4250-4650, Journeys International, [www.journeysinternational.com](http://www.journeysinternational.com)

7. **Everest Base Camp & Kala Pattar Over 55's (Nepal)**, 21 days, \$2599, World Expeditions, [www.worldexpeditions.com](http://www.worldexpeditions.com)



# Seeking Ways to Live Longer and Healthier?

Go to ActiveOver50's website for dozens of useful articles on money, health, housing, travel and more. Past articles include: *How to Make Your Money Last: The indispensable Retirement Guide* by Jane Bryant Quinn; *What is Aging Anyway* by Walter M. Bortz, II, MD; *Time to Move* by Chris Iverson;

*A Perfect Storm in the Sea of Cortez* by Don Mankin and *Money, Magic & Myths* by Evelyn Preston.

For ways to live longer and healthier, go to: [activeover50.com](http://activeover50.com).

**Active**  
*over 50*<sup>®</sup>  
A Media Company

IS YOUR  
**TIMESHARE**  
VACANT LIKE  
THIS AD?

CALL 1-800-655-0917  
to find out how to fill it.

**RESORTSHARE**<sup>SM</sup>

Joan McCreary  
*Professional Organizer, LLC*

ESTATES AND HOMES

Space is for people, not for stuff!

- Estate Organizing
- Downsizing
- Deep Clutter
- Paper Management
- Hands-on
- Collaborative
- Non-judgmental, Confidential
- Free Telephone Consultation



[www.JoanMcCreary.com](http://www.JoanMcCreary.com)

[joan@joanmccreary.com](mailto:joan@joanmccreary.com)

408.896.6262



# IT'S HIP TO BE BIONIC



Give a smile to a friend or family member and show them they've still **'got it'** after hip replacement. A great day brightner for someone on the mend. T's are available in men's and women's styles and sizes and a variety of colors. To order these and see other unique gifts for wine lovers, visit our gallery at [zazzle.com/agraphic](http://zazzle.com/agraphic).

©Copyright 2016 Armstrong Graphics

10. **Bangkok to Phuket (cycling, Thailand)**, 10 days, \$2050, Spice Roads Cycle Tours, [www.spiceroads.com](http://www.spiceroads.com)

11. **Adventure in Northern Vietnam**, 13 days, \$2348, Global Base Camps, [www.globalbasecamps.com](http://www.globalbasecamps.com)

12. **Aqua Mekong River Cruise (Cambodia and Vietnam)**, 4 - 8 days, \$3660 - 8890, AdventureSmith Explorations, [www.adventuresmithexplorations.com](http://www.adventuresmithexplorations.com)



13. **The Mighty Orangutans of Borneo (Indonesia)**, 8 days, \$5550, SeaTrek Sailing Adventures, [www.seatrekballi.com](http://www.seatrekballi.com)

Join SeaTrek as we embark on a unique eight-day tour along the eastern coast of Kalimantan, Indonesian Borneo, onboard our traditionally built ironwood pinisi schooner. On this cruise, we will experience the wonderful wildlife of this mystical island, including crocodiles, proboscis monkeys as well as the star of the Borneo forest, the only Asian great ape, the Orangutan. We will also voyage through pristine tropical waters to the quintessential white-sand tropical paradise of the Derawan Islands where we can snorkel, paddle board, kayak, swim, trek or simply lie on the deck or on the sand in the sun.

14. **North Korea Adventure**, 11 days, \$4995, Mountain Travel Sobek, [www.mtsobek.com](http://www.mtsobek.com)

15. **Panay Night Adventure (Philippines)**, 3 days, \$316 - 474, Tribal Adventures, [www.tribaladventures.com](http://www.tribaladventures.com)



## Oceana Adventure Trips

1. **Wewak to Darwin; Total Solar Eclipse Cruise (Papua New Guinea)**, 15 days, \$9500, Aurora Expeditions, [www.auroraexpeditions.com.au](http://www.auroraexpeditions.com.au)

2. **Aranui 5 - Cruising the Great Highway to Paradise (Tahiti)**, 14 day, \$3024 - 8981, Aranui Adventure Cruises, [www.aranui.com](http://www.aranui.com)

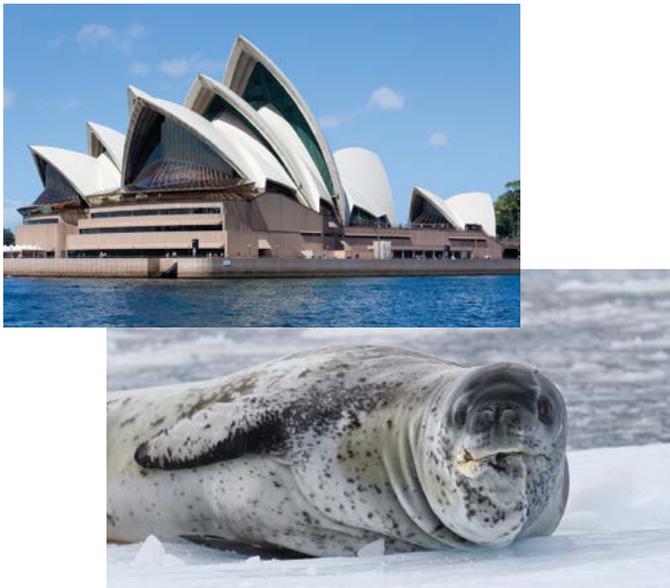
3. **Swimming with the Humpbacks of Ha'apai (Tonga)**, 8 days, \$4995 - 5295, Wilderness Travel, [www.wildernesstravel.com](http://www.wildernesstravel.com)

Each year, humpback whales journey some 5,000 miles from their feeding grounds off Antarctica to Tonga's tropical Ha'apai Islands to mate and bear their young. Ha'apai is one of the few places in the world where you can swim right alongside these majestic creatures in their natural habitat, witnessing mother-calf interactions as you listen to the high pitched echo of whalesong pass through the sea around you. You'll set out from our comfortable beachfront lodge on daily excursions to meet the gentle giants, maximizing your water-time for the most encounters. You'll also snorkel and kayak and meet the friendly Ha'apai islanders who welcome you with time-honored hospitality and Polynesian feasts.



4. **Vineyards and Roos: Cycling Australia's Barossa Valley & Kangaroo Island (Custom trip)**, 6+ days, \$1500/day, Gray & Co., [www.grayandco.ca](http://www.grayandco.ca)

5. **New Zealand Multi-Adventure**, 9 days, \$5499, Backwoods Adventures, [www.backwoodsadventures.com](http://www.backwoodsadventures.com)



# Women's Adventure Trips



6. **Ultimate South Island Adventure (New Zealand)**, 14 days, \$4799, Active Adventures New Zealand, [www.activeadventures.com](http://www.activeadventures.com)

7. **Shackleton Centenary Voyage 2016 (including Falkland, Antarctica, and the crossing of South Georgia)**, 22 days, \$13995, Ice Track Expeditions, [www.ice-tracks.com](http://www.ice-tracks.com)

*Sailing in the Hebridean Sky, we depart from the alluring city of Ushuaia Buenos Aires and head via the historic Falklands to the gateway of Antarctica, South Georgia Island. Rarely visited King Haakon Bay, ghostly whaling stations, dizzying snow-tipped mountains and vast penguin colonies greet us as we tread in Shackleton's footsteps and visit his final resting place. Heading into the ethereal world of Antarctica, swooping albatross lead the way as we enter the playground for fluking whales, sun bathing seals and torpedo penguins. (ActiveOver50 readers can get a discount of \$1,500 per person. Tell them that you saw the trip in the ActiveOver50 Adventure Travel Resource Guide)*

8. **Classic Antarctica – Expedition Cruise to the Antarctic Peninsula & South Shetland Islands**, 11 days, \$5780 – 10410, Antarpplly Expeditions, [www.antarpplly.com](http://www.antarpplly.com)

9. **Epic Antarctica**, 10 days, \$6450, Chimu Adventures, [www.chimuadventures.com](http://www.chimuadventures.com)

10. **Basecamp Ortelius & Basecamp Plancius (multi activity voyage, Antarctic Peninsula)**, 10 days, \$6360 – 9480, Oceanwide Expeditions, [www.oceanwide-expeditions.com](http://www.oceanwide-expeditions.com)

11. **Classic Antarctica Air-Cruise**, 8 days, \$10,795-17,995, ANARCTICA XXI, [www.antarcticaxxi.com](http://www.antarcticaxxi.com)

1. **Adventures in the Adirondacks for Women (US)**, 8 days, \$2250, Adventures in Good Company, [www.adventuresingoodcompany.com](http://www.adventuresingoodcompany.com)

2. **Southern Tier Cross-Country Bike Tour for Women (US)**, 58 days, \$10,990, WomanTours, [www.womantours.com](http://www.womantours.com)

3. **Adventure Trip to Iceland for Women: Fire and Iceland**, 7 days, \$3995, Canyon Calling, [www.canyoncalling.com](http://www.canyoncalling.com)

4. **Bhutan Yoga and Cultural Tour for Women**, 12 days, \$5300, Wander Tours, [www.wandertours.com](http://www.wandertours.com)



Discover the Real Indonesia!

Experience the natural beauty, history and biodiversity of the archipelago on our two traditional pinisi schooner liveaboards - Katharina and Ombak Putih.

**SeaTrek**  
SAILING ADVENTURES  
[www.seatrekball.com](http://www.seatrekball.com)



*Touring the Rhine River*

## Rick Steves

**Age:** 60

**Family:** Son Andy, 28 and daughter Jackie, 26

**Education:** University of Washington, B.A.

**Occupations:** Guidebook Author, Public Television TV Host, President and CEO of Rick Steves' Europe

**Residence:** Edmonds, Washington

**Accomplishment Highlights:**  
*(partial list)*

Host of America's most-watched travel show on public television *Rick Steves' Europe*

Host of the nationally-syndicated travel public radio show *Travel with Rick Steves*

Author of *Europe travel column* syndicated by Tribune Media Services

Author of the popular *blog Gone Europe* and *Facebook page*

Popular *tour operator* that takes 20,000 travelers to Europe annually

*Philanthropist* supporting a wide range of issues including homelessness, poverty and the arts

*Drug policy reform activist.* Co-sponsor of I-502, the initiative that legalized marijuana in Washington State

**Awards & Honors**  
*(partial list)*

Lowell Thomas Travel Journalist of the Year, Society of American Travel Writers

Wittenberg Award, Luther Institute

Outstanding Friend of Europe, European Union

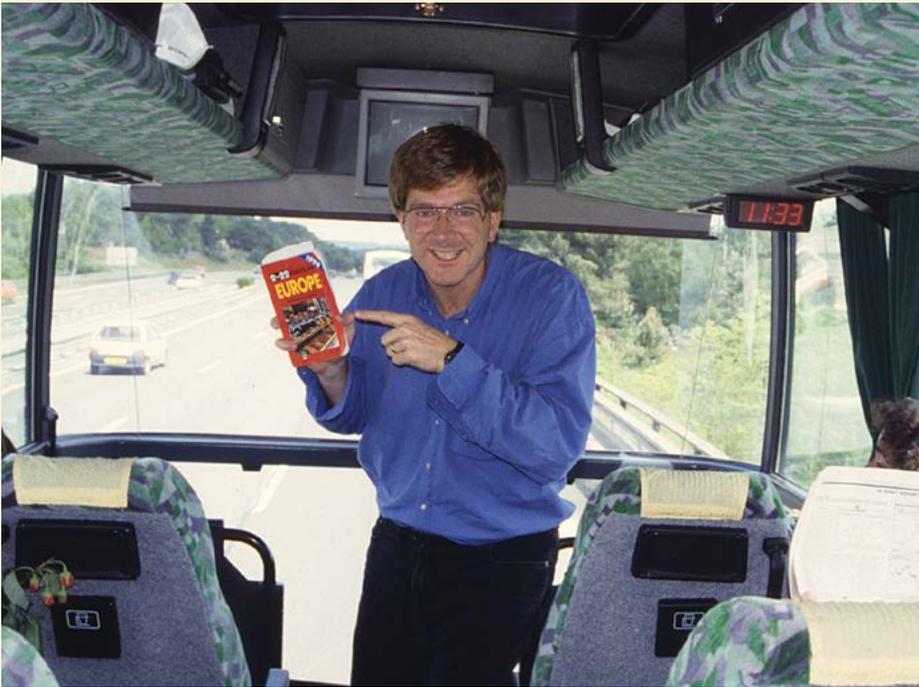
Citizen Diplomat Award, National Council for International Visitors

**Books**

Author of more than 50 guidebooks on European Travel including America's bestselling international guidebook *Rick Steves' Italy* and the popular travel skills handbook *Rick Steves' Europe Through the Back Door*.



*Teenager*



Tour bus 1994

## GETTING TO KNOW RICK STEVES, RENOWN TRAVEL EXPERT!

By Marsha B. Felton



First tour

**MBF: You started 'Europe Through the Back Door' in 1976 as a 1-man business. What have been your guiding principles to achieving phenomenal success?**

**RS:** I help Americans travel smarter and more thoughtfully. My focus is Europe. I love spending four months a year in Europe, bringing back lessons I learn, then design that information in whatever ways will help people travel better. By staying focused on this mission, we thrive. I'm "preaching" the same things now as I did as a college

student. The difference is today I have over 100 wonderful people that work with me and technology beyond my wildest dreams to amplify my teachings and my thoughts.

---

*"I measure my profit  
not on dollars earned  
but on trips impacted!"*

---

**MBF: What are the biggest challenges and recent trends you have seen that you foresee will continue in the future?**

**RS:** One trend people need to deal with is crowds. Many tour Europe and choose well-known places such as the Eiffel Tower, Anne Frank's House, etc. It is important for American travelers to be on the ball and recognize that 95% of Europe is beyond the crowds; there are many places with a warm welcome that are not crowded. I find there are two IQ's of European travelers: those that wait in lines and those that don't!

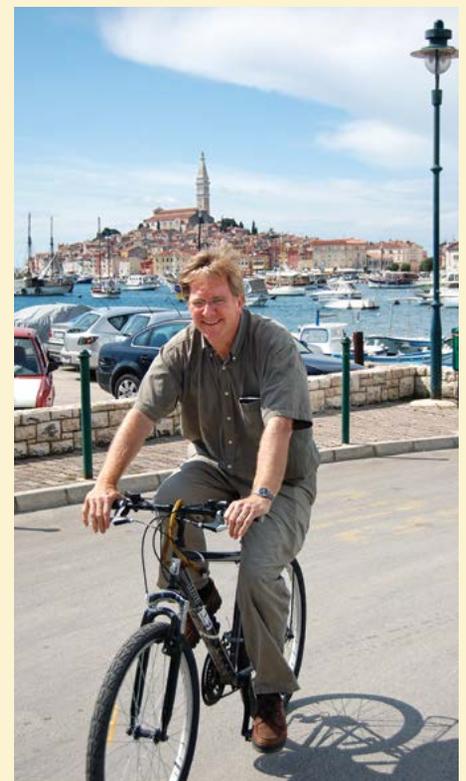
Another challenge: For Americans, with the shortest vacations in the free world,

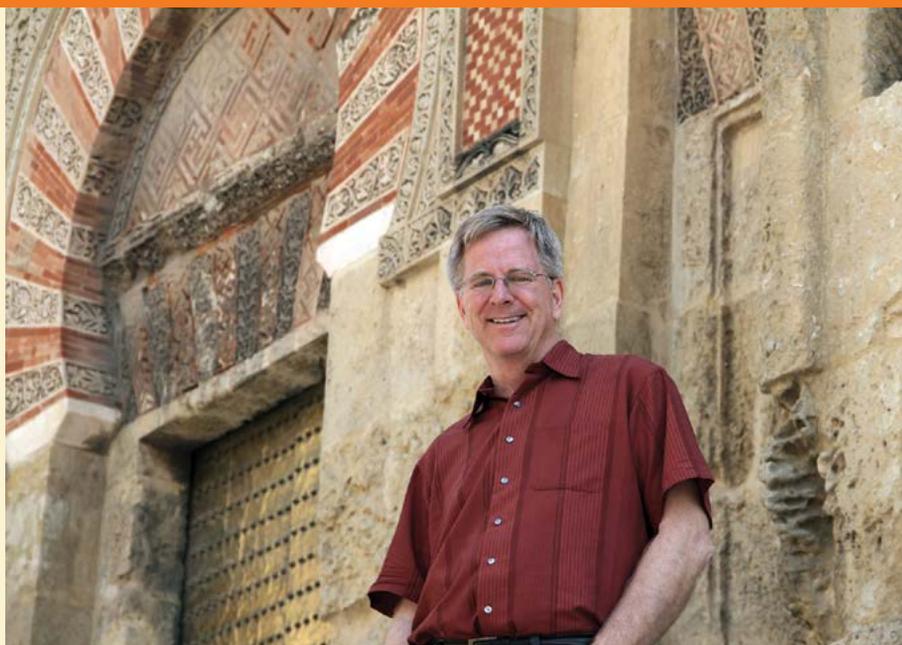
---

*"Another challenge is to travel in a way we get out of our comfort zone, to broaden our perspective and come home with the most beautiful souvenir which to me is empathy for the other 96% of humanity. To experience a better appreciation of culture, cuisine, history, art and nature, an opportunity to travel in a way that is transformational. You return a different person, a better citizen of the planet."*

---

how do I use my precious vacation days smartly? The idea being our time is as precious and limited a resource as our money. My job is to cut through the superlatives so people can have the most travel fun out of every mile, minute and dollar of their vacation.





Touring Granada

*“After 25 years of leading travel groups, I’ve been taught “age only matters if you’re a cheese,” and “it’s never too late to have a happy childhood.”*

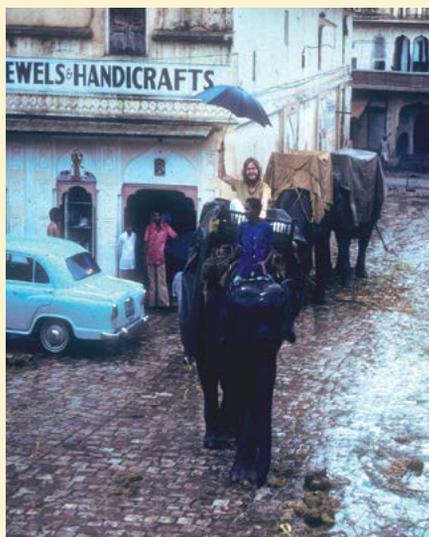
**MBF: Your tours have an impeccable reputation. 80% of your tour participants are age 50+! What are some reasons for boomer/senior travelers to go to Europe, and if they’ve not been, to Europe for the first time?**

**RS:** I’m envious of anybody who is over 50 and has never been to Europe. What a beautiful thing to look forward to! It’s always important to make decisions so you do it right, have stress-free and pleasurable experiences. We have small groups, 24-28 people, half the size of most tour groups and outstanding professional tour guides.

**MBF: What is the most grueling thing about European travel for older travelers?**

**RS:** Heat and crowds. It’s exhausting to be in the Mediterranean area in the summer. I like July and August

in Scandinavian countries, England, Scotland, Ireland, with long days and good weather, which enlivens the countryside. France, Spain and Italy are better touring after the summer.



**MBF: You spend 4 months a year in Europe. How do you take care of your remarkable business growth while researching, producing TV shows, and traveling 1/3 of each year?**

**RS:** I’ve been doing this for 30 years. Two-thirds of that time I am alone, working on my guidebooks, scouting TV shows and researching for my tours; one-third of that time I am with my team creating TV shows. I’m not the

day-to-day runner of my company, that’s not my forte. While I’m the CEO and own the company, my responsibility is to bring home lots of raw material, produce the tours and many programs we offer. I have a wonderful team that holds down the fort while I’m overseas.



**MBF: What is one item you take on every trip; what is one fun fact about you?**

**RS:** I always travel with noise-reduction headphones. They help dull the hum of airplanes and chatty seatmates. I snooze, think, write and enjoy music. I also use them on buses, trains and if a hotel is unusually noisy. Fun fact: I fly economy and I am not in any airline frequent flier program.

**MBF: Your travel shows are the most popular on and have raised millions of dollars for public television...how did you get started and why is public television so important to you?**

**RS:** Twenty-five years after our first pilot program, we’re the most widely distributed travel shows on public television. We have over 100 shows in circulation covering Europe from top to bottom. I’m so proud of my crew. I spend a lot of my time traveling around the U.S. reminding people what



Touring Ireland



*“Our most action-packed tour is ‘Our Best of Europe Tour in 21 days.’ I’m going to lead it from September 13 – October 3, 2016. It was the first tour I led back in the 1970s; it remains my favorite and our flagship itinerary.”*  
 – Rick Steves

(Note: There is a wait-list for this tour. Rick wants everyone to know all his tours provide full-time services of top professional guides and local experts.)

*“Of course, travel, like the world, is a series of hills and valleys. Be fanatically positive and militantly optimistic. If something’s not to your liking, change your liking.”*

based in Washington D.C. I leverage my charity dollars in a way that speaks up (‘lobbies’) to our government on behalf of hungry people and their impact here and around the world.



Favorite pastime



Early days

a treasure it is to have one place on the media dial that respects our intelligence and brings us programming not driven by a passion for advertising but driven by a passion for helping us better understand the world.

**MBF: You are a social activist and philanthropist. What is one of your favorite causes and why?**

**RS:** One of my favorite causes is ‘Bread For the World,’ a lobbying organization

**MBF: What do you do for diet and exercise?**

**RS:** When I return from four months working 10-hour days in Europe, I feel younger and healthier! I avoid desserts and have a sense of eating healthy. In Europe, I eat what’s called a ‘zero-kilometer meal,’ foods that are locally produced and seasonal.

**MBF: What do you do to relax?**

**RS:** I play the piano to relax. I love to take my kids on a 10-day escape somewhere during winter break. Last year we went to Cuba.



**ABOUT MARSHA B. FELTON**

Marsha previously traveled for 1 year on a round-the-world ticket and has international work experience! “I’m on the ‘inspiring and motivating’ beat.”

Marsha Felton is a Marketing Consultant and freelance writer.

<http://marshafelton.tumblr.com/>  
 Email: [marshabf@gmail.com](mailto:marshabf@gmail.com)

# Tips For Travelers

By Don Mankin



**The Adventure Geezer has traveled all over the world on all kinds of trips. Most of the time, the trips have been great. But every now and then, there have been moments of misery – e.g., endless, jet-lagged nights lying in bed waiting for dawn and trails that looked easy in the brochure but turned out to be knee-pounding, glute-burning nightmares.**

At least I've learned a few things from those painful days and sleepless nights and I'm happy to share a few tips with you to help make your adventures more fun and less miserable.

## Before You Go, Get a Realistic Preview of the Challenges

Don't rely on the trip ratings (e.g., "easy," "moderate," "strenuous," etc.) provided by the tour operator. It's not that they are inaccurate. They are probably right on the mark. The problem is that they are rarely

specific enough. For example, if the trip is "challenging," in what way is it challenging?

Does it involve long days of hiking up steep, rough trails at high altitude? Or is it because you will be sleeping on the ground in a tent and walking in the dark in the middle of the night to get to the compost toilet a hundred yards away?

Ask the tour operator for more details or names and contact information for former clients who have already taken the trip. This information is critical to help you make an informed decision about whether to take the trip, and if so, how best to prepare for it.

## Bring Earplugs and a Headlamp

Most every tour operator will provide you with an extensive packing list before the trip. I bet that none of them will include earplugs and a headlamp. If you are a light sleeper like me, these two unlikely items could very well be

the difference between nights of misery and a transcendent travel experience.

The reason why I recommend earplugs is probably obvious, especially for those Saturday discos and wedding receptions with unbelievably powerful sound systems that can rattle your dental implants from miles away. The modest investment I made in a set of custom ear plugs a few years back has more than paid for itself in hours of (almost) restful sleep in places and circumstances where sleep is the last thing you might expect.

If you're not going camping, "why a headlamp" you might ask? Just imagine waking up in the middle of the night which most geezers do on a regular basis, in an unfamiliar hotel room. You can always stumble in the dark to and from the bathroom or turn on the light and ruin any chance of getting back to sleep after your bathroom visit or risk waking up your spouse or travel partner. Or you can use your headlamp to find your way.

## Write a Story When You Get Home

I experience each trip twice—when I actually do the trip and when I sit down in front of my computer, go through my photos and write the story. For the 3-4 days it takes to write the story, I am right back there, paddling the kayak, hiking the trail or standing on the deck watching the scenery slip by. I also get to share my stories with others. Maybe you can too. Try to publish it in a local paper or give it to your friends and grandkids. They might also enjoy it. If you're lucky they won't tell you what they really think. In any case, who cares? You are the primary audience for your story.

---

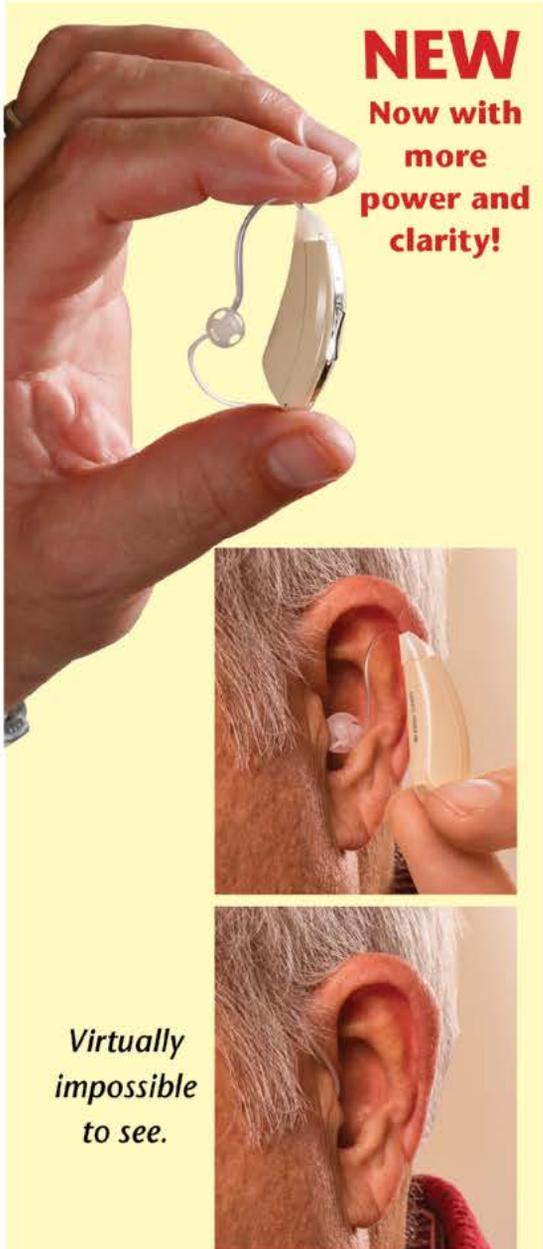
*For more tips and information, go to [adventuretransformations.com](http://adventuretransformations.com)*

Perfect Choice HD™ is simple to use, hard to see and easy to afford...

# Invention of the Year

PERSONAL SOUND AMPLIFICATION PRODUCTS (PSAPs)

## THEY'RE NOT HEARING AIDS



**NEW**  
Now with  
more  
power and  
clarity!

*Virtually  
impossible  
to see.*

Perfect Choice HD is NOT a hearing aid. It is a Personal Sound Amplification Product (PSAP). Hearing aids can only be sold by an audiologist or a licensed hearing instrument specialist following hearing tests and fitting appointments. Once the audiologist had you tested and fitted, you would have to pay as much as \$5000 for the product.

Personal Sound Amplification Products use advanced digital processing to amplify the frequencies of human speech. Thanks to the efforts of a doctor who leads a renowned hearing institute, this product is manufactured in an efficient production process that enables us to make it available at an affordable price.

The unit is small and lightweight enough to hide behind your ear...

only you'll know you have it on. It's comfortable and won't make you feel like you have something stuck in your ear. It provides high quality audio so soft sounds and distant conversations will be easier to understand.

Try it for yourself with our exclusive home trial. Some people need hearing aids but many just want the extra boost in volume that a PSAP gives them. We want you to be happy with Perfect Choice HD, so we are offering to let you try it for yourself. If you are not totally satisfied with this product, simply return it within 60 days for a refund of the full product purchase price. Don't wait... don't miss out on another conversation... call now!



**Call toll free now for  
our lowest price.**

**1-877-505-4275**

Please mention promotional  
code 103297.

1998 Ruffin Mill Road,  
Colonial Heights, VA 23834

Perfect Choice HD is not a hearing aid.  
if you believe you need a hearing aid,  
please consult a physician.

<b>WEIGHT</b>	Less than 1 ounce
<b>SOUND QUALITY</b>	Excellent: Optimized for speech
<b>FITTING REQUIRED?</b>	No
<b>ONE-ON-ONE SETUP</b>	Free
<b>RETURN POLICY</b>	Full refund of product purchase price within 60 days
<b>COLOR</b>	Beige, Brown or Silver

# Norway's Unique Snowhotel

By Kathy Chin Leong



Welcome to Motel Meat Locker, otherwise known as the Snowhotel of Kirkenes, Norway. Here, up beyond the Arctic Circle, for approximately \$310 per person per night, you too can turn into a human popsicle.

The concept is simple. Every season, from December to April, the Snowhotel operates 25 themed, meltable rooms that can accommodate up to 65 lodgers. In early December, professional snow artists breeze in from Harbin, China for 10 days to create the temporary structure completely made of 15 tons of snow and ice they have coined, “snice.”

To build this single story structure, a huge balloon is blown up and covered with snice. After it solidifies, the balloon is removed. The Chinese artists go to work, creating a single hallway with 12 rooms on one side and 13 on the other. This year, the staff picked their favorite theme rooms from the past decade, and the walls are carved and shaped with 3-D precision.

If you go by April, you can sleep under the playful eye of Marilyn Monroe wearing her signature white dress flaring up in the wind. Fans of the movie *Frozen* can book the *Frozen* room featuring an ice sculpture of the snowman Olaf along with the sisters Elsa and Anna carved

on the wall. Other themes include the Taj Mahal, Santa Claus, and of course, a Viking.

What everyone asks is, “Are the beds really made of ice?” Actually, no. Thankfully, beds are comprised of foam mattresses on a wood slat frame with short legs. The headboard and footboard are shaped with sculpted ice to create the illusion that the bed is also made of the frozen stuff.



Ceilings are about 10 feet tall and the walls are rounded and up to 27 inches thick. For this one night, you are living inside a high-end igloo. It's just you, the walls and the bed. No side tables, no closets. You enter your room through a short curtain. At the end of the corridor is a solid door made of metal. Behind this door you are home free because this is the entrance to a deliciously warm building. This is where you can leave

your belongings in the hotel's storage closet. An up-to-date bathroom, tile showers and clean sauna are among the saving grace amenities.

Everyone receives a special mummy bag rated at -22 degrees Fahrenheit, a sheet to slip inside the bed for sanitary reasons and a pair of thick socks. Anna, one of the guides, instructs participants to wear just one layer of long underwear but this untrusting writer chooses to go the Michelin Man route by donning four stacks of winter garb including a thick coat.

By midnight, people figure out it's time to do the inevitable—try to go to sleep. You first must make sure you have used the toilet and relieved yourself of all liquids. Then, you wriggle yourself with gloved hands into your sheet and sleeping bag combination and pull the top over your head, which of course, is already covered with a knit cap. Note that the temperature is about 25 F degrees so breathing in cold air all night may be difficult.

After all are bedded, it's eerily silent inside this tombed residence. If you do have to get up, you may pass another bundled sojourner in the hallway who has also come back from a bathroom break. For folks who cannot handle the cold or feel claustrophobic, they can go up to the adjacent warm building and ride out the night in the lodge's sitting room, resting on one of the couches. This writer managed to survive the night but slept little. Others slept well.

The once-in-a-lifetime Snowhotel adventure is exactly that, an adventure. While it may not be for everyone, all who have survived the night admit they will never find another hotel as cool as this one.

*Snowhotel*

*Kirkenes, Norway*

*Phone: +47 78 97 05 40*

*Web: [www.kirkenessnowhotel.com](http://www.kirkenessnowhotel.com)*

*Email: [info@kirkenessnowhotel.com](mailto:info@kirkenessnowhotel.com)*

# TYPE 2 DIABETICS:

**You don't have to live with fatigue, diarrhea and nausea from your diabetic medicines.**

**We have helped hundreds of Type 2 diabetics reduce or eliminate their medicines and all its harmful side effects with our natural drug-free program.**

*Here's a current patient's success:*

*"I am very happy with the care I have received from Dr. Gringeri. When I started the program I was taking 7 different types of medications per day. They made me feel tired, sick and I had trouble sleeping. I was slowly getting worse and worse and my MD kept increasing my medications. I came to Dr. Gringeri's seminar and found there was hope to regain my health and possibly reduce my medications*

*After 6 months of treatment I am on ZERO medicines! (with my MD's ok). My blood sugar and blood pressure are normal. I FEEL GREAT! I have lots of energy and I'm finally sleeping well. The care was 10 out of 10. I can't stress this enough. I highly recommend this office for your health care needs." Arsenia N., Santa Clara*



**Enjoy Living Life Fully Again!**

**Attend our Free Lecture**

*Dr. Gringeri DC will address:*

- **The dangers of toxic drugs**
- **The real cause of diabetes**
- **Simple methods to reduce or eliminate your medications**
- **How to live a healthier life**

**Saturday, May 14, 10:00am - 12:00pm**  
**Courtyard Marriott Cupertino**

**Saturday, May 28, 10:00am - 12:00pm** Larkspur Landing, Campbell

**Call for lecture locations in June and July**

*Diabetic-friendly lunch served*

**Seating is limited to first 40 callers**

**CALL NOW TO RESERVE YOUR SEAT!**  
**(888) 295- 6059**



THE HUMAN ENGINE CLINIC Gringeri Chiropractic Corp. 1171 Homestead Rd #160 Santa Clara CA 95050

# Technology Catches Up to Dementia

By Jessica Derkis



“Robot cat” from Joy for All® Companion Pets looks real

Dementia can make aspects of day-to-day life more challenging for the person diagnosed and for those who care for them. Things like repeatedly mislaying keys or needing help with hygiene can be frustrating while others like being unsteady, leaving a gas stove on or driving can become dangerous.

Thankfully, architects, designers, caregivers and even innovative teens are starting to find technological means to overcome common safety concerns, improve social engagement and make caregiving less stressful.

For example, HPI Architects incorporated high ceilings, expansive windows and skylights into Kensington Place Redwood City to improve residents’ sleep/wake cycles. Outfitting every resident suite with the Sentry system

also discreetly monitors agitation, sleep habits, continence needs and more.

An open family-style kitchen boasts an induction cooktop that keeps food hot right through the beautiful granite countertop. The counter stays cool to residents’ sensitive hands. These are but a few well planned features that improve daily care for residents at Kensington Place.

Other tech, such as Someone to Love® therapeutic dolls and Joy for All® robotic pet companions have proven beneficial for those in later stages of the disease. Babies coo and gurgle and patiently endure clothing changes while cats purr, meow, cuddle, and wiggle without leaving their laps, needing treats or a litter box.

Families are also bonding and easing anxieties using recorded reminiscence therapy, interactive video calls and social media. Kensington Place uses ConnectedLiving® to keep residents and families connected with access to schedules, photos and more. There are also a few apps with friendly faces checking in on isolated seniors, ensuring meds are taken and that they’re well.

Whether high or low tech, it is good to know that there are great minds looking out for seniors and the challenges they face with Alzheimer’s and other types of dementia.

To learn more about Kensington Place of Redwood City, contact Jessica Derkis at 650.363.9200. [KensingtonPlaceRedwoodCity.com](http://KensingtonPlaceRedwoodCity.com).

## DOWNSIZING?

But don't know where to start?

**I can help with:**

- Free analysis of home value
- Free home preparation tips
- Organizers and movers
- Housecleaners
- Staging your home
- Free professional photography

I'm with you every step of the way. As a Seniors Real Estate Specialist (SRES), I can help you explore all your options. To get started, call today for our **FREE** "Moving On" guide.

Tina Perez

510.407.5073

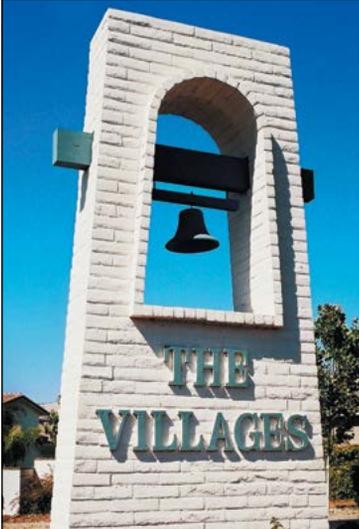
Tperez0663@gmail.com  
www.RealEstateRescue911.com  
SRES ■ CalBRE#01841450

kw

BENCHMARK  
PROPERTIES

KELLERWILLIAMS. REALTY

# Enjoy Resort-Style Senior Living at The Villages Golf & Country Club



Voted among the  
top 20 active adult  
communities in America

## Active Adult Community 55 years+

Villas & homes from 650–2,490 sq. ft.  
Offered at \$250,000 to \$900,000s

- Peace of mind with gated, 24/7 security
- Over 100 clubs & activities
- 18 & 9 hole USGA rated golf courses
- Country club membership INCLUDED
- Riding & hiking trails
- Tennis & fitness centers
- 4 swimming pools
- RV/boat storage lot
- And much, much more!

All Villages properties are  
RESALE VILLAS and HOMES  
offering over 60 floorplans.  
550 acres to 1,200 acres  
near Diablo Mountain range in  
Evergreen District, San Jose.

## Happy Clients Say it Best

*“Carla made the buying experience  
effortless for us.”*

*“Carla provides honest information  
about The Villages’ lifestyle.”*

*“We’re living a lifestyle we never  
thought we could afford.”*



**Carla Griffin**  
“Broker/SRES/CRS”  
CalBRE #00710852

**CALL today for an  
introductory tour.**

**408.274.8766**



BandARealtors.biz  
Facebook.com/B.A.Realtors

# STAY CONNECTED!

## RETIRE IN DOWNTOWN PALO ALTO

Join our active,  
independent, vital  
community and enjoy  
all the benefits of  
Life Care Retirement  
here in downtown  
Palo Alto.



### Amenities include:

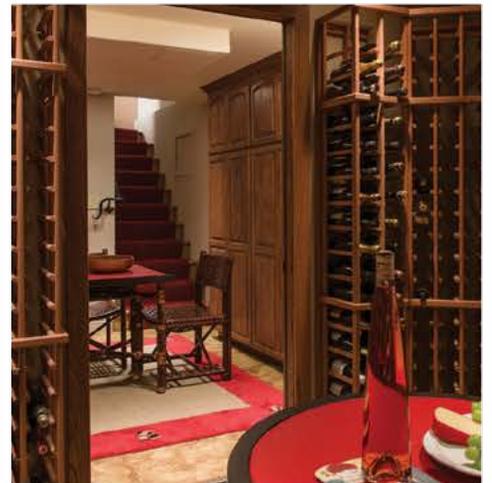
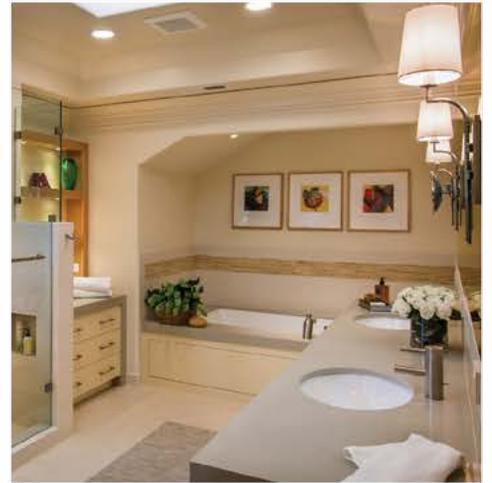
- Our new Assisted Living and Skilled Nursing community
- Delicious meals prepared by our chefs
- Weekly light housekeeping with linen service
- All utilities including high speed Internet and cable TV
- 55 ft. indoor warm water pool plus whirlpool spa
- Complete fitness center with our own fitness instructor on staff
- Full schedule of programs and activities designed by residents, for residents
- Medical and recreational transportation
- Registered nurses on site 24/7
- Clinic hours on site by PAMF physicians and much, much more

**For information, call today: 650-327-0950**



850 Webster Street, Palo Alto CA 94301 ■ [www.channinghouse.org](http://www.channinghouse.org) ■ DSS license 430700136

**CHANNING  
HOUSE**  
ESTABLISHED 1961  
50 YEARS OF SERVICE  
1964 - 2014





**AT HARRELL REMODELING,  
WE WORK WITH PEOPLE WHO  
LOVE WHERE THEY LIVE...**

...but need some level of home improvement. If you are looking for an enjoyable and fulfilling remodeling experience with predictable outcomes and exceptional results, Harrell Remodeling may be a good fit.

**Give us a call today!**

- Universal Design & Retrofitting/Remodeling
- Whole House Renovations & Additions
  - Master Suites & Personal Retreats
  - Kitchen & Bathroom Renovations
  - Wine Cellars & Temperature Controlled Storage
  - Outdoor Living Spaces & Gardens
- Exterior or Interior Design Upgrades



**Woman Founded.  
100% Employee Owned.  
Client Focused.**

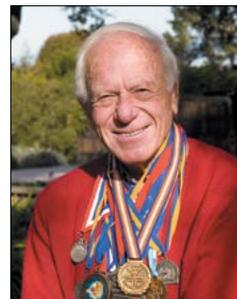
**harrell-remodeling.com 650.230.2900**  
License B479799



# “Sitting IS the New Smoking”

By Walter M. Bortz, II, MD

**This is the new mantra that much of the public health enterprise is now sporting. Its message streams out of a wide range of research reports that utilize a little device called an accelerometer.**



Walter M. Bortz, II, MD

An accelerometer is like a pedometer only more extensive in its applications. It can track much of what your carcass is doing as it does sitting. These studies show that a wide range of significant negative health effects are associated with prolonged and extensive sitting. This fact alone of course cannot prove causation but the association is very strong.

Among the studies is a British one that showed that sitting results in shorter telomeres, the little ends of chromosomes whose length reflects an aging biomarker: long telomeres are thought to confirm longer life.

All of these reports prompted Dr. James Levine of the Mayo Clinic, Scottsdale to develop a standing desk which as its name implies is a piece of furniture that encourages work while standing instead of sitting. This invention is receiving generally high marks.

It also saves wear and tear on your pant bottoms.

I particularly approve of the suggestion that being erect more is good for everything.

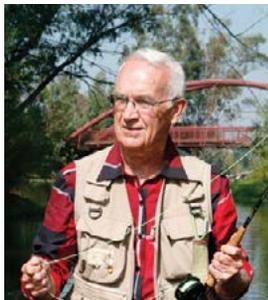
---

*Dr. Walter M. Bortz, II is one of America's most distinguished scientific experts on healthy aging and longevity. He spent his entire career at Stanford University where he holds the position of Clinical Associate Professor of Medicine. An active marathoner, he has written seven books including "Dare to Be 100" and "Next Medicine." To learn more, visit [walterbortz.com](http://walterbortz.com) or email: [DRBortz@aol.com](mailto:DRBortz@aol.com).*

# ASK LARRY

*“Why Should I Use a Travel Agent?”*

**Q:** *We’re planning a two week vacation this summer. It’s easy to book everything on the Internet so why should I use a travel agent?—PJ, Sunnyvale, CA.*



**A:** Why not use both? Use the Internet to do your basic research and the types of trips offered including costs. Then contact your local travel agent and see if they can offer a better deal. Chances are, they can. It’s also comforting to know that if something goes haywire on your trip, you can contact your travel agent for help. Not so on the Internet.

**Q:** *Why are cruises so popular with seniors?—TE, San Francisco, CA.*

**A:** Easy question! Everything is done for you. Food. Lodging. Entertainment. There is always something fun and interesting going on but you also have the option to just “kick back” and do nothing.

**Q:** *What are some “must” things to bring on a trip?—LB, San Jose, CA.*

**A:** Travel Geezer Don Mankin advises everyone to pack earplugs and a headlamp along with the usual stuff trip operators suggest. A set of earplugs is a really good idea because several trips I have taken were ruined due to loud snoring by my friends in the same room. Packing a headlamp is good idea too, although a small flashlight works for me.

**Q:** *Is buying travel insurance worth it?—SB, New York, NY.*

**A:** When traveling overseas, travel insurance is definitely worth checking into, especially if you’re past 70 and not in the best of health. While on a recent European cruise, my wife’s brother became ill and nearly had to be flown home from Venice. Travel insurance can save you thousands. It’s always wise to prepare for the unexpected.

## **Got a question?**

Ask me anything—email: [ASKLARRY@activeover50.com](mailto:ASKLARRY@activeover50.com). Or call 408.921.5806. “Ask Larry” is written by Larry Hayes, publisher of ActiveOver50 media.

# REDISCOVER COMMUNITY.



## Connect with nature, and each other.

Nestled in the foothills of Cupertino is Sunny View, a 12-acre full-service retirement community that has all the charm of a neighborhood park. It’s a setting that’s both relaxing and rejuvenating. And with some of the best weather in the Bay Area, it’s no surprise that our residents are always outdoors walking trails, gathering together and soaking up the natural beauty with friends and family.

CALL JUDY AT  
**408.454.5600**  
TO LEARN MORE!



22445 Cupertino Road  
Cupertino, CA 95014  
[sunny-view.org](http://sunny-view.org)



**We’re an equal opportunity housing provider.**

CA License# 435201317 COA# 214

# Traveling Light...Financially

By Evelyn Preston



**For all avid travelers, the quest for that perfect trip continues. Past columns explored cost-conscious use of mobile devices, SIM phone cards, exchange rates and VATs. 21st century travel imposes new costs and increased concerns. Seniors bitten by the travel bug may be seasoned sojourners but when it comes to globetrotting, there's the potential for costly snags or expensive perils. Especially as we age, it's important to "plan ahead" for possible setbacks along with sightseeing.**

**Q: More than one friend has tripped on Paris cobblestones or slipped on Rome's ancient steps resulting in sprains, fractures, expense and frustration. What's the best way to anticipate and handle health and accident problems when abroad?**

A: Flor Harris, broker-owner and consultant of Benefits Simplified Insurance Solutions, advises travelers to check their specific plan coverage, especially out-of-the country provisions; the same caveat holds for Medi-gap/Supplemental and Medicare policies. "Access to doctors and hospitals is mainly for true emergencies or urgent situations," Flor says, "so become familiar with what's available in your travel area." Travel insurance depends on numerous variations (length of stay, type of travel, etc.), which correspond to the amount of plan coverage (\$250,000 and up to a million), with typically 80 percent reimbursement.

**Q: Besides existing medical plan coverage or buying basic travel insurance, are there other alternatives in case of emergencies when abroad?**

A: Flor particularly advises separate insurance for rarely covered evacuation services.

Be sure to check any affiliations you have in professional, fraternal or charitable organizations that may offer low-cost, short-term or other insurance options to active members. Ditto for credit cards. Seniors with special needs should carefully check details. Staying for an entire season? An Expat? In case of serious illness or medical emergency, sew up Medevac, SkyMed or GeoBlue in advance.

**Q: Don't tours and cruise packages carry their own insurance?**

A: As an insurance expert, Flor reminds passengers that group travel plans will require individual participants to carry a certain amount of travel insurance typically outlined by the travel company managing the tours. Know what's covered—and what's not.

**Q: To avoid costly surprises before foreign travel, how else can travelers plan ahead?**

A: Travel deals—from credit card "extras" to airline/hotel rewards programs help save money. Research rental car coverage, bank/card spending limits, foreign fees or personal loss and cancellation procedures. Due to heightened security, always apprise your card carriers and bank of your specific itinerary and travel dates. ATM availability/cost is a major consideration so ask about any rules and restrictions. Extra peace of mind can be purchased with a comfortable money belt!

**Q: Is there less costly travel that's off the beaten track but opposite the high-end adventure-travel tours?**

A: Surf the web for groups who work at "digs," teach on a kibbutz, and share skills around the world volunteering from Africa to Iceland thru organizations like Omprakash. Alumni groups may offer a range of



**Q: Adding ever-growing hotel "tourist taxes" and fees for formerly free airline amenities really dent the travel budget; what are some ways to mitigate these expensive extras?**

A: 1) Travel light and lighter—duffel and backpacks make great carry-ons with room for apples and snacks. (Rick Steves' packing guide helps whittle down the luggage.)

2) My 50-ish year old son delights in as-he-goes transportation—finding smaller, local carriers as part of the adventure of rambling through foreign countries—an everyman's Orient Express.

3) Families rent apartments or homes via websites, Airbnb thrives, singles double up.

4) Seniors are sought to see the USA via (practically free) inter-city Driveaway car delivery among others.

trips, and Road Scholar caters to seniors, focuses on education and even offers airfare assistance. There's always in-vogue biking and walking tours the world over—less costly but demanding much more training and prep.

The modern senior's travel mantra to "Be Prepared" can offset the modern world's travel message of "Expect the Unexpected."

*Evelyn (Evie) Preston is a finance columnist for ActiveOver50 and has worked as a financial advisor for over 25 years. Her book, "Memoirs of the Money Lady" is available at [www.eviepreston.com](http://www.eviepreston.com). She can be reached at 650.494.7443.*



Reveal your  
**best self.**

We offer a full range of surgical, non-surgical, laser, and skin care services to help you achieve the look you want. Available to both members and nonmembers.

**San Jose Cosmetic Services**  
2440 Samaritan Drive, Suite 2, San Jose, CA 95124  
408-851-8200 / [kpcosmeticservices.com](http://kpcosmeticservices.com)



Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your covered health plan benefits, please see your Evidence of Coverage. Photo of model, not actual patient.

Millions of American  
could use a sound amplifier.  
Are you one of them?

- HI-TECH
- ALMOST INVISIBLE
- AFFORDABLE



Sound amplifiers have  
4 listening environments:

- NORMAL LISTENING  
*Conversations, TV, etc.*
- NOISY SITUATIONS  
*Restaurants, Games*
- DISTANT SPEAKERS  
*Church, Music*
- TELEPHONE  
*Hear better than ever!*



**\$399** SHIPPING INCLUDED!  
**\$599 for two**



**ORDER YOURS TODAY!** 100% Satisfaction Money Back Guarantee.

**Call 888-818-1713**  
[www.Soundtastic.com](http://www.Soundtastic.com)



## Free Caregiver Resources Seminar Series

Join Kensington Place's free Caregiver Resources Seminar Series to learn skills and information that will help you care for your loved one with Alzheimer's or other dementias.

Kensington Place is hosting its second annual Caregiver Resources Support Seminar Series for families, friends, neighbors, and others caring for those with any of the nearly 100 types of dementia. Learn about options for care, available local and national resources, proven tips and techniques for improving care, and much more.

### Caregiver Tips & Tools

*Presented by Viki Kind*

**Thursday, May 12, 2016**  
7:00 PM - 9:00 PM  
and

**Saturday, May 14, 2016**  
10:00 AM - 2:00 PM

### Financial & Legal Concerns Caring for A Loved One with Dementia

*Presented By Tom Bromm & Matthew O'Donnell*

**Thursday, June 2, 2016**  
7:00 PM - 9:00 PM

### Anticipated Grief, Depression and Dementia: There Is Hope

*Presented By Dr. Patrick Arbore*

**Thursday, July 7, 2016**  
7:00 PM - 9:00 PM



**KENSINGTON PLACE**  
*A Memory Care Community*  
REDWOOD CITY

2800 El Camino Real,  
Redwood City, CA 94061



Hosted at The Pavilion at Holbrook-Palmer Park • 150 Watkins Ave. • Atherton, CA

**RSVP online, by phone or email**

650-363-9200 [info@KensingtonPlaceRedwoodCity.com](mailto:info@KensingtonPlaceRedwoodCity.com)

[www.KensingtonPlaceRedwoodCity.com](http://www.KensingtonPlaceRedwoodCity.com)

# “Glutes” on Fire on the Kumano Kodo Trail

By Don Mankin



Historical Nachi-Taisha shrine on the Kumano Kodo trail

## Hiking the Kumano Kodo Trail in Southeastern Japan is no walk in the park.

The Kumano Kodo Trail is actually a network of trails in the remote, mountainous Kii Peninsula, southeast of Osaka and Kyoto. The trails, which were established as Buddhist pilgrimage routes in the 10th century, connect several sacred sites, collectively designated a UNESCO World Heritage Site.

Physical hardship is key to the spiritual experience of hiking the trail. It only took a few minutes to grasp what that meant. I figure that these trails were established before the switchback was invented. Instead

of walking gradually uphill on a series of gently sloping switchbacks, we were either trudging up or carefully picking our way down long, steep staircases of high, uneven steps. All I could think about as I panted up the trail was that I should have spent more time on the Glute machine in the gym.

The reward? Silence, serenity and seclusion. We walked through green, sun-dappled tunnels formed by tall ancient cedars, broken up by occasional peek-a-boo views of distant ridges, valleys and quaint villages. The trail was relatively easy to follow, especially with the detailed trail notes provided by Oku Japan ([www.okujapan.com](http://www.okujapan.com)), the tour operator that hosted us on this self-guided trip.

At the end of the day, we slid into the baths at the Japanese-style inns where we stayed each night. The baths soothed my aching muscles and joints and the elaborate dinners served in the inns – featuring sashimi, pickled vegetables, tofu and God knows what else – replenished my depleted reserves of energy just enough to get my body off the floor each morning (literally – we slept in futons on tatami mat floors most nights) and trudge uphill once again into the mountains.

Every night we stayed in local inns and most mornings took local buses to the trailheads. This intimate immersion in the pace and texture of everyday life in rural Japan was another plus and a welcome counterpoint to the hustle and bustle of the big cities.



Don & wife Katherine taking a break

Our days on the trail were bookended by visits to two of the most important shrines in Japan. Mount Koya is a special place in the spiritual history of Japan. Since the 9th century when the monk Kobo Daishi founded the first temple on the mountain and established the Shingon sect of Buddhism, devout Japanese have started their religious pilgrimages with visits to Mount Koya. The setting of steep hills, heavily-wooded with majestic cedars adds to the spiritual sense of place.

We spent our one night in Koya at the Saizenin Monastery, a complex of simple, serene and elegant buildings and gardens, an exemplar of Zen design. As soon as we arrived at the monastery, I sat back and relaxed...sort of. First, there is no sitting back in a Japanese monastery. The thin cushions on the floor have no back rests making it impossible for me to slouch and lounge, my default position for kicking back and relaxing.

Second, I just didn't know how to act. I am large and loud and can be a bit of a bull in a china shop. And we were the only gaijin in the place. So, behaving in a way that wouldn't attract too much attention was a real challenge for me. The simplest acts, ones I never think about when I'm home, required a Zen-like focus to get right, like using the right slippers and aligning them up properly outside the dining room and shared baths. At some point, I figured what the hell and just tried to be as unobtrusive as possible. Since they didn't throw us out or even glare at us, I guess we did all right. Next time, though, I'll know how to line up the slippers.

The hike ended in Nachi-san, the site of Nachi-Taisha, the most important shrine on the Kumano Kodo trail, and Nachi-taki, a spectacular waterfall over 400 feet high. For hours, we explored the magnificent complex of temples spread up the side of a mountain. We climbed real stairs – instead of the rocks, roots, and timber steps on the trail – that weaved in and out among the temples. The stairs were pretty steep and long so we got plenty of exercise

but we stopped whenever we wanted to soak up the atmosphere of the place and linger over the views.

The next morning we took a local bus to the nearby port town of Kii-Katsuura to catch the train to Tokyo (actually two trains, including the legendary “bullet train”). We had time to explore the dock, eat fresh sashimi and make friends with a bunch of local guys about our age. They understood just a few words of English and we understood even less Japanese but we managed to share a few laughs and a large plate of sushi, their treat.



Katherine on trail

They were typical of the people we met throughout our visit to Japan – friendly, good-natured, helpful and generous – and nothing at all like the reserved, distant stereotypes we expected. We went to Japan for the sites, the history and the food but it was ultimately the people that really made the trip.

*(For more information and photos, including from Don's stops in Kyoto and Tokyo before and after the Kumano Kodo Trail, see the blog on his website, [www.adventuretransformations.com](http://www.adventuretransformations.com))*

WHAT'S ON YOUR BUCKET LIST?

Riding the Hulahula to the Arctic Ocean:  
A Guide to 50 Extraordinary Adventures  
for the Seasoned Traveler

Part how-to guide, part inspirational narrative, this delightful book details the world's best off-the-beaten-path trips for active people over forty.

BY ACTIVE OVER 50 TRAVEL WRITER DON MANKIN AND SHANNON STOWELL  
WITH A FOREWORD BY SIR RICHARD BRANSON

"One of the best travel books ... a wonderful and inspiring read."  
—THE WALL STREET JOURNAL

NATIONAL  
GEOGRAPHIC

AVAILABLE WHEREVER  
BOOKS ARE SOLD

nationalgeographic.com/books

# TOP 5 REASONS to Use a Travel Consultant

By Jean Dyer

**For a busy person (aren't we all?) time is valuable. Using a travel consultant to plan your travels not only gets you more benefits, it also gives you more time.**

Here are five reasons to use a travel consultant in this digital age:

**1. Save time.** A consultant can review multiple airline, hotel and car availabilities simultaneously and quickly zero in on crafting your personalized journey. They'll use their expertise and work alongside you to craft the kind of trip that fits both your budget and your travel goals.

**2. Get more for your money.** You can't VIP yourself but your consultant can. Travel companies book airline seats, cruises, hotels and unique journeys all year long. They work with wholesalers and are members of travel consortiums.

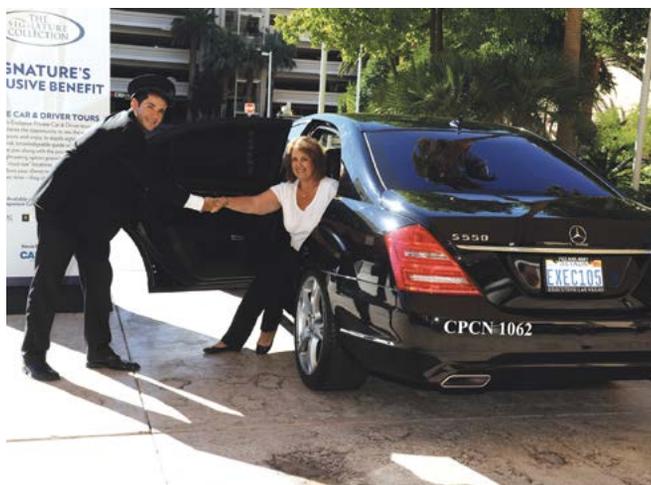
This means they have access to upgrades, extra shipboard credit or other benefits to include in your trip. They will invariably be able to get more for you than you can get for yourself.

**3. Get first-hand knowledge & personal connections.** Good travel consultants have traveled extensively, explored destinations and sampled many cruises plus their clients provide feedback each time they return from a trip. Consultants tap into this consistent flow of first-hand knowledge to give you current, reliable advice and appropriate recommendations for each aspect of your journey.

private car and driver or afternoon tea with the wife of the current Earl at Highclere Castle (aka Downton Abbey). Many of the experiences or benefits simply can't be found on Google.

**4. Get a value interpreter.** By all means, scan the Internet for what interests you. With so much information available, it's easy to become confused and overwhelmed. A good consultant can determine true bargains and what really qualifies as valuable for you. Let them explore, research and recommend options for you—many of which can't be found online.

**5. Avoid problems.** A consultant's services include overseeing all your travel arrangements and resolving issues so you can relax. They will be your advocate before, during and after your trip. They'll help you understand if there is a difference between a Beach View or Beach Front room. They know when you need a visa and can help you get one. They'll monitor your trip and be there for you from the minute you contact them until you are home safe.



Their personal contacts worldwide provide unique benefits for you—access unavailable to the general public--skipped entrance lines, a

Jean Dyer is Leisure Marketing Director at Peak Travel Group. She can be reached at 408.286.2633. [PeakTravelGroup.com](http://PeakTravelGroup.com) Email: [jdyer@peaktravel.com](mailto:jdyer@peaktravel.com).

## Hometown Friendliness Meets Personalized Care



- 2012 Webby Nomination for "Design and Accessibility"
- 2011 Spirit Care Ministry to Seniors Award
- 2010 Bay Area Top Workplace
- 2010 Assisted Living of the Year
- 2010 Volunteer of the Year
- 2010 Bay Area Top Workplace
- 2009 Administrator of the Year
- 2001 HUD Secretary's Commendation
- 2001 Humane Society's Paws for Applause Award
- 1996 Chamber of Commerce Beautification Award



### Locally Owned and Operated



Senior living with hospitality and concierge services



Please call to arrange a personal tour.

707 Elm Street,  
San Carlos, CA 94070  
**650.595.1500**

[www.sancarloselms.com](http://www.sancarloselms.com)

Email: [info@sancarloselms.com](mailto:info@sancarloselms.com)

A Non-Profit Community Sponsored by the San Carlos Development Corporation License # 415600135

## We Care Every Day In Every Way.

Experienced senior care for total peace of mind

Bathing Assistance • Dressing Assistance • Grooming Assistance with Walking • Medication Reminders  
Errands • Shopping • Light Housekeeping  
Meal Preparation • Friendly Companionship • Flexible Hourly Care  
Respite Care for Families • Live-in Care



Sunnyvale 408.735.0977 Fremont 510.284.0000  
Redwood City 650.777.9000 West San Jose 408.241.5100

America's Choice in Homecare.  
**Visiting Angels**  
LIVING ASSISTANCE SERVICES

Each Visiting Angels agency is independently owned and operated.

# FREE SEMINARS

## For Seniors and their families



- Clearing Clutter
- Selling your home
- Estate Planning
- And more...

More information or register at:

[www.DebraSchwartz.com/events](http://www.DebraSchwartz.com/events)

(408) 558-6644 [DSTeam@DebraSchwartz.com](mailto:DSTeam@DebraSchwartz.com)

**Debra Schwartz**   
REAL ESTATE TEAM

BRE# 00815454



# BELMONT *Village*

## SENIOR LIVING

Distinctive Residential Settings  
Chef-Prepared Dining and Bistro  
Premier Health and Wellness Programs  
Award-Winning Assisted Living & Memory Care  
Therapy and Rehabilitation Services

*The Community Built for Life.®*

[belmontvillage.com](http://belmontvillage.com)

SAN JOSE | 408-984-4767

SUNNYVALE | 408-720-8498

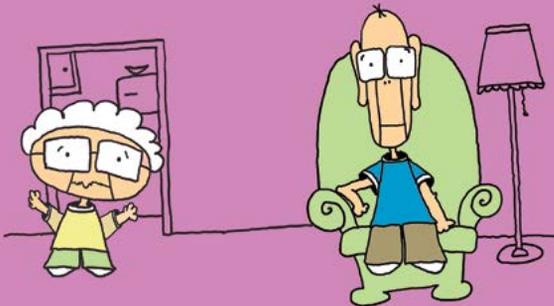
Winner of the George Mason University Healthcare Award for the Circle of Friends® memory program for Mild Cognitive Impairment.

RCFE Lic. 435202350, 435202351 © 2016 Belmont Village, L.P. 

# I am flabbergasted!

Have you heard the things  
these politicians are saying?

I have gas too.



**UNDER CARDIAC ARREST**

John Donaghue is the creator of "Under Cardiac Arrest" comics. Living in San Francisco, he is "Active and Well Over 50." To see more comics, go to [UnderCardiacArrest.com](http://UnderCardiacArrest.com)

©2016 JOHN DONAGHUE

# VILLA SIENA

SENIOR LIVING COMMUNITY



**INDEPENDENT LIVING, ASSISTED LIVING,  
AND SKILLED NURSING CARE**

- Studio and One Bedroom Units
- Beautiful Landscaping
- Compassionate Care

*We provide a serene atmosphere  
where residents can enjoy their  
golden years and maintain  
their dignity.*



To schedule a tour please  
call: 650-961-6484  
1855 Miramonte Avenue  
Mountain View, CA 94040  
[www.villa-siena.org](http://www.villa-siena.org)

Licensed by the CA Dept. of Health Services  
#220000432 and CA Dept of Social Services  
#430708114. Sponsored by the Daughters of  
Charity of St. Vincent DePaul.

## IN-HOME HOURLY OR LIVE-IN HOME CARE & PERSONAL CONCIERGE



WE SERVE SILICON VALLEY AND THE BAY AREA

We are your advocate. We take care of you or your loved ones like our own family. With respect, dignity and compassion.

- In-home hourly or live-in home aide
- Personal Concierge or "Summer Time" Concierge
- Services at the place of your choice
- Specialty care including Alzheimer's or Dementia
- Professional, trained and reliable staff
- Tailored service to your needs 24/7
- Member of CAHSAH

Call today for a FREE consultation.  
**408.489.9674** or

Email: [info@auxilio-homeaide.com](mailto:info@auxilio-homeaide.com)  
[www.auxilio-homeaide.com](http://www.auxilio-homeaide.com)

**AHA Auxilio-HomeAide**

*"When You Can't, Together We Can"*



**Earn FREE Concierge Hours!**

## FreedomWand®

Personal Hygiene & Toilet Aid  
Toll Free: 1.866.931.0886

Protect your or a  
loved ones dignity  
and active lifestyle  
when reaching is  
difficult!

The FreedomWand Helps You Keep  
Your Dignity & Independence

View Our Demonstration  
Video At  
[www.FreedomWand.com](http://www.FreedomWand.com)

- Toileting
- Bathing
- Shaving
- Ointment Application



U.S. Patent No.  
8,875,337

Made In MI, USA



# Resource Guide

Large Enough to Serve,  
Yet Small Enough to Care



- Certified Public Accountants
- 25 years experience serving individuals & businesses
- Full tax services including electronic filing, accounting & payroll service

Call today:  
**408.559.3337**

Email: [mervr@aol.com](mailto:mervr@aol.com)

**\$10.00 DISCOUNT**

**"LYN ALWAYS GETS TO PLACES ON TIME, HELPFUL AND LOVING."** —MARIE G



- Personalized Transportation
- Escorted Round Trip Service
- Serving Seniors 7 Years in the Bay Area

Call Lyn today

**408.590.5898**

**Delivered by Grace**

[www.deliveredbygrace.org](http://www.deliveredbygrace.org)

CPUIC: TSP0028989

# LIVE LONGER

Go to [ActiveOver50.com](http://ActiveOver50.com)

**FREE**

## SENIOR HOUSING ADVICE?

Need help selecting the Senior Community that is best for you? Whether it's an active retirement community or caring support that you need, we can help you choose.



Senior Seasons **877.373.6467**

[www.SeniorSeasons.com](http://www.SeniorSeasons.com)

# SUBSCRIBE TODAY

Go to [ActiveOver50.com](http://ActiveOver50.com)

**FREE!**



Resource Guides

- **San Francisco Bay Area Housing** —24 page guide listing what's available in Bay Area senior housing
- **Healthcare & Technology** —20 page guide on innovations in health-care and latest apps
- **Real Estate** —20 page guide with latest information for buyers and sellers

Download your free copy today!

Go to: [activeover50.com/resourceguide](http://activeover50.com/resourceguide)



# FIND HOUSING

Go to [ActiveOver50.com](http://ActiveOver50.com)

Rest Assured with reliable  
**SENIOR HOMECARE**

**1-888-397-1570**

**CLOVERLEAF CARE**

Serving Santa Clara, San Mateo, Alameda and Contra Costa counties

Alzheimer's, Dementia, Stroke, Hospice, Parkinson's, Cancer, Respite, Veteran's provider, insurance, Care Management

[WWW.CLOVERLEAFCARE.COM](http://WWW.CLOVERLEAFCARE.COM)

- » Companionship
- » Light housekeeping
- » Transportation
- » Meal preparation
- » Medication reminders
- » Laundry, Ironing
- » Shopping, Errands
- » Toileting, Bathing
- » Transfers, Positioning
- » Memory care
- » Vitals, Feeding
- » Dressing, Grooming
- » Post-surgery care

And More...

## Change a Life Forever

Give something back. Volunteer as a tutor teaching adults to read and write. Your reward is helping adults improve their literacy skills to support themselves and their families. Discover how you can help.



Call **408.676.7323** today or visit [www.visionliteracy.org](http://www.visionliteracy.org).

**VISION & LITERACY**  
Partners Creating Opportunities

# GO FISH!



Discover San Francisco Bay Area's hot spots for salt and fresh water fishing from members of the Bay Area Sportfishers club.

- Monthly club meetings & events
- Share fishing tips & stories
- Meet new fishing buddies
- Host "Fishing In the City" for kids
- Fish fry's & fun picnics

To learn more,

call Larry Hayes at 408.921.5806 or email: [Larry@ActiveOver50.com](mailto:Larry@ActiveOver50.com), [BayAreaSportfishers.com](http://BayAreaSportfishers.com)



## 100% Satisfaction Guarantee

Taking care of your family is my passion and an extremely personal experience. As primary caregiver for my mother, I was determined to develop a supportive senior community that would provide superior services and allow her to be independent and enjoy her life. That's when I made a commitment to build caring, family-based communities to meet her needs and the needs of other seniors, too.

Our communities offer vibrant activities, fun outings, fresh meals, and live entertainment. Most important is that our staff is well trained, caring and family-oriented. Years ago, my mom ingrained in me "If a job is worth doing, do it right." Those words still ring in my ears and we strive to live them every day.

**Tom MacDonald**  
Founder

# We're Here When You Need A Little Help



When living life to its fullest means you need a little help, we're here. Carlton Senior Living is a family of communities offering independent living, active assisted living, enhanced assisted living and memory care located throughout the region. At Carlton Senior Living, we don't want you to just **move in**, we want you to **move home.**<sup>TM</sup>

## Chateau III

*Independent Living, Assisted Living,  
Enhanced Assisted Living and Memory Care*

175 Cleaveland Road • Pleasant Hill

**(925) 935-1001**

Lic. No. 075600194

## San Leandro

*Independent Living, Assisted Living  
and Memory Care*

1000 East 14th Street • San Leandro

**(510) 636-0660**

Lic. No. 015600341

## Chateau Poet's Corner

*Dedicated Memory Care*

540 Patterson Boulevard • Pleasant Hill

**(925) 287-8750**

Lic. No. 075601363

## Fremont

*Independent and Assisted Living*

3800 Walnut Avenue • Fremont

**(510) 505-0555**

Lic. No. 015600118

## Chateau Pleasant Hill

*Independent and Assisted Living*

2770 Pleasant Hill Road • Pleasant Hill

**(925) 935-1660**

Lic. No. 071440541

## San Jose

*Independent Living, Assisted Living  
and Memory Care*

380 Branham Lane • San Jose

**(408) 972-1400**

Lic. No. 435200727

## Chateau on Broadway

*55+ Active Independent Living*

1700 Broadway Street • Concord

**(925) 686-1700**

Lic. No. 5005347



*While they may look like glamorous professional models, the people pictured in this advertisement are actual Carlton Senior Living residents, family, and staff!*

Independent Living • Assisted Living • Memory Care

