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RESOURCE FOR BOOMERS & SENIORS

SPECIAL **TRAVEL** ISSUE

Dream Vacations

101 Great Adventures For Boomers & Seniors



Inside:

Explore the Wild West
The "Bucket" Cruise to UK

New Career as Tour Guides
"Down Under" Family Reunion

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Spring 2017 Issue

Bigger Buttons

“My friends all hate their cell phones... I love mine!” Here’s why.

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FREE Car Charger

Say good-bye to everything you hate about cell phones. Say hello to the Jitterbug Flip.

“Cell phones have gotten so small, I can barely dial mine.” Not the Jitterbug® Flip. It features a large keypad for easier dialing. It even has a larger display and a powerful, hearing aid-compatible speaker, so it’s easy to see and conversations are clear.

“I had to get my son to program it.” Your Jitterbug Flip set-up process is simple. We’ll even program it with your favorite numbers.

“What if I don’t remember a number?” Friendly, helpful Personal Operators are available 24 hours a day and will even greet you by name when you call.

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“My cell phone company wants to lock me in a two-year contract!” Not with the Jitterbug Flip. There are no contracts to sign and no cancellation fees.



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Publisher's Note



Dream Vacations

In this special **Travel** issue, we list "101 Great Adventure Trips for Boomers and Seniors" compiled by adventure travel columnist Don Mankin.

From horseback riding to wolf tracking to swimming with Humpbacks, you'll find new and exciting adventures in our 2017 *Travel Guide*. And best of all— many of the trip operators offer **special discounts** to the readers of

ActiveOver50. Hard to beat that!

Enjoy the *Travel Guide*, starting page 5.

How to survive a 14-hour airplane ride? Not easy but there are some things you can do that help. Read *Ask Larry*, page 27.

Looking for your next adventure? Join the *ActiveOver50 Adventure Travel Club* exclusively for boomers and seniors. FREE membership. Learn more, page 30.

If you don't have loads of money and not in a hurry, taking a liner from NY to UK may be the best deal in travel. Check out, *The Bucket Cruise*, page 36.

Have you ever stayed at an Airbnb or VRBO? Could save you lots of money. Read "Get Up & Go" by Evelyn Preston, page 40.

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. Or **408.921.5806**.

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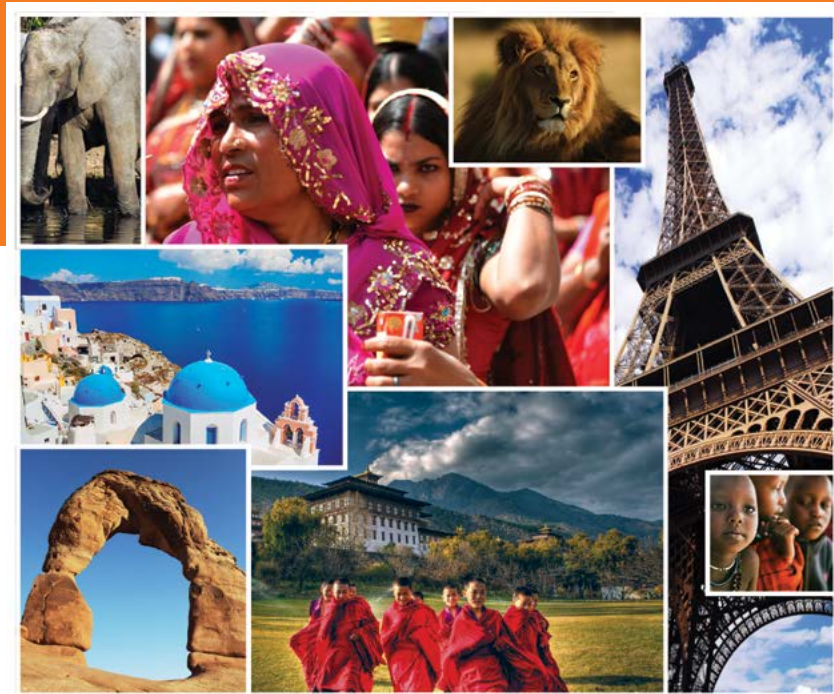


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101 Great Adventures

A050 Adventure Travel Guide 2017

Compiled by Don Mankin, the "Adventure Geezer" Adventuretransformations.com



Looking for your next adventure? Trying to figure out where to go and what to do when you get there? Then consult the A050 Adventure Travel Guide, a comprehensive compilation of adventure trips for travelers 50 years and older recommended by those who know these trips best—the tour operators who offer them.

Tour operators from the Adventure Travel Trade Association have recom-

mended over 100 trips of widely varying length, cost, activity and kind located all over the world including several trips for women only.

These trips are listed by region and organized (approximately) geographically within each region to make it easier for readers to find the kind of trips they're looking for. Listed is the name of the trip, number of days, price, name of the company offering the trip plus the website where

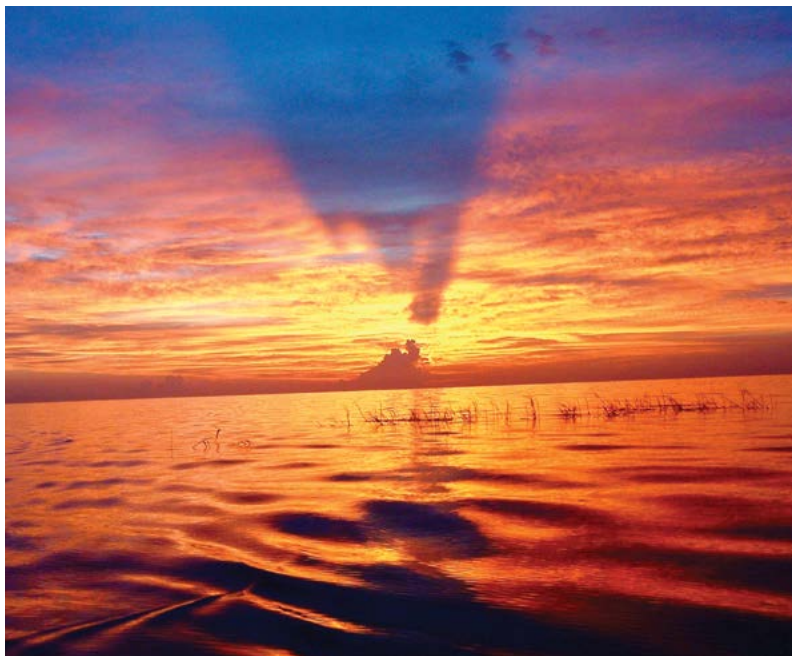
more detailed information can be found. If the location or activity is not apparent from the name of the trip, I have put that information in parentheses after the name of the trip.

For costs, I use the lowest price listed on the operators

website. Actual prices may vary depending on time of year, number of trip participants, accommodations, etc. 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. Many of the operators are offering discounts to the readers of A050. Contact Larry Hayes, the CEO/publisher of A050 (larry@activeover50.com) for more information.

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

North America Adventure Trips



Top of the World – Nuclear-Powered Icebreaker Cruise to the North Pole, 13 days, \$27260, Poseidon Expeditions, poseidonexpeditions.com/northpole/north-pole-icebreaker-cruise/

Alaska Spencer Glacier Hike with Train, Helicopter and Kayak, 1 day, \$629, Ascending Path, ascendingpath.com/tours/spencer-glacier-hike

Noatak River and Great Kobuk Sand Dunes Combination (kayaking and hiking, Alaska), 12 days, \$5695, Alaska Alpine Adventures, alaskaalpineadventures.com/alaska-adventure-tours/rafting/rafting-trips-gates-of-the-arctic/hiking-rafting-noatak-kobuk-combination/trip

Chugach Royalty Package (Alaska), 3 days, \$1890, Chugach Adventures, alaskanrafting.com/product/chugach-royalty-package/

Icy Bay Sea Kayaking Tour (Alaska), 6 days, \$2600, Expeditions Alaska, expeditionsalaska.com/trip/sea-kayaking/icy-bay-sea-kayaking-trip/

Quebec and the Blueberry Route, 7 days, \$3698, Bicycle Adventures, bicycleadventures.com/destinations/canada-bike-tours/Quebec-&-the-Blueberry-Route---NEW!

Sea Kayaking: One way to the Estuary (Saguenay Fjord, Quebec, Canada), 3 days, \$736, Fjord en Kayak, fjordenkayak.ca/en/activities/2-to-4-days-sea-kayak-expeditions/3-days-expeditions-to-the-estuary

Snake River Scenic Float with Teton Views and Sunset Wildlife Tour (Jackson Hole, WY), 1 day, \$225, Mad River Boat Trips, mad-river.com/specials-packages/snake-river-scenic-float-with-teton-views-and-sunset-wildlife-tour

Four-hut Guided Ski Expedition (Maine), 5 days, \$530, Maine Huts & Trails, mainehuts.org/trips/4-hut-guided-ski-expedition

Colorado Rocky Mountain Adventure Self-guided Bicycle Tour, 6 days, \$1774, At Your Pace Freestyle Cycling Adventures, atyourpacebiking.com/mycoloradobiketours/colorado-rocky-mountain-adventure-self-guided-bike/

Culinary Adventures in the Heart of the Rocky Mountains (Colorado), 7 days, \$2998, Epitourean, epitourean.com/master/1275/Culinary-Adventures-in-the-Heart-of-the-Rocky-Mountains

Mindfulness Trip on the Green River through Lodore Canyon (Colorado), 4 days, \$977, Holiday River Expeditions, bikeraft.com/balance-flow-trips/mindfulness-trip/

New Mexico - Santa Fe to Taos Hike, 7 days, \$3295, The Wayfarers, thewayfarers.com/usa-new-mexico



Self-Guided Cycling Napa Valley (California), 6 days, \$1499, AOA Adventures, aoa-adventures.com/self-guided-napa-cycling/

Ojai to Santa Barbara Bike Tour (California), 6 days, \$3499, Trek Travel, trektravel.com/trip/ojai-to-santa-barbara-bike-tour/

Mexico City: An Urban Adventure with a Touch of Nature, 10 days, \$3500, The Muddy Boot, themuddyboot.org/index.php/mexico-city

Trekking in Oaxaca, Mexico, 8 days, \$965, Crooked Trails, crookedtrails.org/destinations/mexico/

Best of Sierra Tarahumara (Copper Canyon, Mexico), 13 days, \$2100, Copper Canyon Trails, coppercanyon-trails.org/cctburro13.htm

Baja Classic Islands Kayak/SUP Trip (Mexico), 7 days, \$1495, Sea Trek Expeditions, seatrek.com/baja/

Sea-to-Sea Trek in the Sierra La Laguna Biosphere Reserve, Baja California Sur (Mexico), 3 days, \$650, Todos Santos Eco Adventures, tosea.net/trip/sea-to-sierra-trek/

Journey of Purpose and Discovery Cuba: Cultural immersion, 9 days, \$4799 (including roundtrip economy airfare from a US gateway city), Nanda Journeys, nandajourneys.com/cuba.html

Central & South America Adventure Trips



Heartland of Panama, 10 Days, \$2395, Southern Explorations, southernexplorations.com/panama-tours-travel/heartland-panama

Unveiled Wonders – Costa Rica & Panama Canal, 9 days, \$4395, UnCruise Adventures, uncruise.com/destinations/costa-rica-panama-cruises/unveiled-wonders-costa-rica-panama-canal-cruise

Paddle Nicaragua Kayak Jungle Expedition, 11 days, \$2995, paddlenicaragua.com

Camino de Osa Adventure Package Puerto Jimenez (Costa Rica), 6 days, \$3087, Nature Air Vacations, naturevacations.com

Surprising Colombia, 22 days, \$1940, Better Places Travel, betterplacetravel.com/surprising-colombia/

Ecuador Culture and Nature Tour, 14 days, \$4199, latintrails.com/ecuador-cultural-and-natural-tour/

10-day Galapagos Adventure Tour, 10 days, \$4599, Galakiwi, galakiwi.com/our-tours/galapagos-adventure-tour-10-days

Origins of Species Galapagos Cruise, 10 days, \$7995, INCA-International Nature & Cultural Adventures, inca1.com/galapagos-origins-of-species/

Jericoacoara and the Sunset Coast (self drive dune buggy escorted tour, Brazil), 9 days, \$1620, Brasil Adventure, brasil-adventure.com

The Salkantay Trek to Machu Picchu (trekking or by horseback, Peru), 7 days, \$3240, Mountain Lodges of Peru, mountainlodgesofperu.com/salkantay/the-trek/

Machu Picchu Expedition (Peru), 7 days, \$1698, Andean Treks, andeantreks.com/trip/machu-picchu-expedition

Bolivia, Biking the Salt Flats and Hiking the Amazon, 11 days, \$2899, BikeHike Adventures, bikehike.com/bolivia/bolivia-cycling-salt-flats-hiking-amazon

Chile, Patagonia, Easter Island and Atacama -Luxury Adventures at Explora, 14 days, \$7495, Eureka Travel, peurekatravel.net

Argentina: Vision & Vine, 9 days, \$5400, Ciclismo Classico, ciclismoclasico.com/trips/photo-tour/

Explore Patagonia Safari - Chile and Argentina (self drive), 9 Days, \$7,480, Quasar Expeditions, quasarex.com/patagonia/chile-and-argentina

End of the World, 11 days (Chile and Argentina), \$4675, Adventure Life, adventure-life.com/patagonia/tours/419/end-of-the-world



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Explore the Wild West

By Colleen Hodson

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Expedition to Greenland, 9 days, \$6595, Wilderness Travel, wildernesstravel.com/trip/greenland/hiking-cultural-expedition-to-greenland

Iceland & Natural Wonders of Greenland, 12 days, \$2995, Iceland Procruses, icelandprocruses.com/pages/cruise-trips-2018/iceland-and-natural-wonders-of-greenland-itinerary.html

3 day Silver - and Golden Circle in Iceland, 3 days, \$1730, Asgard, [asgardbeyond.com/guided-tours-](http://asgardbeyond.com/guided-tours-iceland/multi-day-tours/glacier-hiking/3-day-silver-circle-and-golden-circle)

iceland/multi-day-tours/glacier-hiking/3-day-silver-circle-and-golden-circle

Expedition Svalbard with Sea Endurance (Norway), 11 days, \$7490, PolarQuest, polar-quest.com/trips/svalbard-spitsbergen/expedition-svalbard-with-sea-endurance-2017



Hiking the Fords of Norway, 10 days, \$3550, Norway Adventure AS, norway-adventures.com/english/adventure_vacations/hiking_the_fjords_of_norway/

West Sweden Explorer 2017, 8 days, \$2205, Borton Overseas, bortonoverseas.com/find-journey/scandinavia/west-sweden-explorer



Mountains and Malts (highlands of Scotland), 3 days, \$650, Scot Mountain Holidays, scotmountainholidays.com/tours/mountains-and-malts/

The Dingle Way Hiking Tour (Ireland), 4 days, \$355, Hillwalk Tours, hillwalktours.com/hiking-ireland/dingle-way-overview

Coast to Coast, UK, 16 days, \$2306, HF Holidays, hfholidays.co.uk/holidays-and-tours/coast-coast-guided-trail/

Classic River Thames: England Rowing Trip, 8 days, \$2825, Rowing The World, rowingtheworld.com/package/classic-riverthames-2017-1/

A Taste of Camino de Santiago Walking & Hiking Tour (Spain), 6 days, \$3898, Backroads, backroads.com/trips/WSTI/portugal-spain-walking-trip

Southern Spain and Morocco, 16 days, \$4000, I, Like You, Tours, ilikeyoutours.com/110_spmrc_16day.html



com/austria/danube-bike-path-7-nights

Serbia, Macedonia, Kosovo), 16 days, \$2130, Explore Worldwide, exploreworldwide.com/holidays/former-yugoslavia-rail-adventure

Best of Slovenia Bike Tour, 8 days, \$1945, Pure Adventures, pure-adventures.com/show-tour/44/Slovenia+%E2%80%93+Best+of+Slovenia+Cycling+Tour

Trans-Siberian Railway: Tsar's Gold Luxury (Moscow to Beijing), 16 days, \$4950, The Russia Experience, trans-siberian.co.uk/package/tsars-gold-moscow-to-beijing/

Heart and Soul of the Douro Wine Region (Portugal), 8 days, \$1199, Portugal Green Walks, portugalgreenwalks.com/activities/heart-soul-douro-wine-region/

Wolf Tracking in the French Alps: 3 days, \$609, Undiscovered Mountains, undiscoveredalps.com/holidays/winter-wolf-tracking-trip

Burgundy Biking (France), 5 nights, \$4995, Butterfield & Robinson, butterfield.com/trip/burgundy-biking/

Enchanting Rhine Wine Cruise (Basel to Amsterdam), 8 days, \$2049, AmaWaterways, amawaterways.com/destination/europe-river-cruises/2017/the-enchanting-rhine-wine-cruise

Cycling Holiday from Munich to Venice, 9 days, \$862, FUNActive TOURS, italybike.info/en/cycle-holidays/munich-venice/

Active Outdoor, Wine, Food and Feelgood (Italy), 5 days, \$765, Saras Italy, sarasitaly.com/en-GB/available-travels/active-outdoor-feelgood-30-aug-3-sep-35671990

Kayaking Venice and the Dolomites (Italy), 10 days, \$4595, Tofino Expeditions, tofino.com/italy/kayaking-venice-and-the-dolomites/

Amalfi: The Coast of Emotions - Guided Walking Tour (Italy), 8 days, \$4150, Caspin Journeys, caspin.com/small-group-walking-tour-amalfi/

Former Yugoslavia Rail Adventure (Slovenia, Croatia, Bosnia and Herzegovina, Montenegro,

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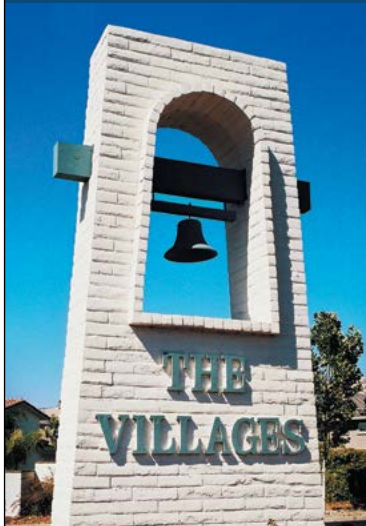


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\$5890, Access Trips, www.accesstrips.com/tour/japan-culinary/

Shikoku Temple Trek (Japan), 9 days, \$5195, Mountain Hiking Holidays, mountainhikingholidays.com/shikoku-pilgrimage-hiking-in-japan/

Japan Culinary Tour – Behind the Noren Curtain, 9 days,



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Samoa & Tonga: Swimming with Humpbacks, 14 days, \$9980 per person, Zegrahm Expeditions, zegrahm.com/expedition/samoa-tonga-swimming-with-humpbacks-august-2018/overview

Australian Icons: Sydney, Uluru, & Great Barrier Reef, 12 days, \$4250, Audley Travel, audleytravel.com/us/australia/itinerary-ideas/australian-icons

Tasmania & South Australia – Coastal Walks, Wine and Wildlife, 15 days, \$10419, Evergreen Escapes, evergreenescapesintl.com/trip/australia-adventure-coastal-walks-wine-wildlife/

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ASK LARRY

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Q: We’re planning a dream vacation to Australia but dreading the grueling, long 14-hour flight from San Francisco to Sydney. How to handle? — G.S., Palo Alto, CA.



A: Timely question as my wife and I returned recently from our 7th trip to Australia—a 7,416 mile journey. Some things I have learned:

- Calm your mind. Prepare yourself mentally and remind yourself to “relax” and not stress out during the long haul.
- Bring a book, magazine, iPod, laptop—whatever—to kill time.
- Watch movies, TV shows. Listen to music, play video games.
- Wear comfortable clothing. Bring a sweater. Kick off your shoes.
- Bring your own water bottle and snacks. Drink lots of water. Don’t overeat or drink alcohol.
- Try to nap or sleep. I can’t, although my wife actually sleep 4+ hours.
- Get up, stretch and move around. Leg blood clots can happen to older passengers.
- Upgrade your seating class, if you can. We flew economy plus and those extra 4-6 inches of leg room really helps.
- Get an aisle seat. Avoid the middle seat. Some people prefer window seating but harder to get up and about.
- Don’t watch the travel map. The first 7 hours are the longest. The last 2 fly by the quickest.
- Take a late night flight so you’ll arrive in Sydney in the morning. This “late departure, early arrival” reduces jet lag. We stayed awake all day, took a long outdoors walk and went to bed our usual California time. No jet lag. Coming back is another story.
- On long haul flying—the destination is the journey. Enjoy.

Got a question?

Ask me anything. Email: AskLarry@activeOver50.com. Or call 408.921.5806. “Ask Larry” is written by Larry Hayes, publisher of ActiveOver50 media.

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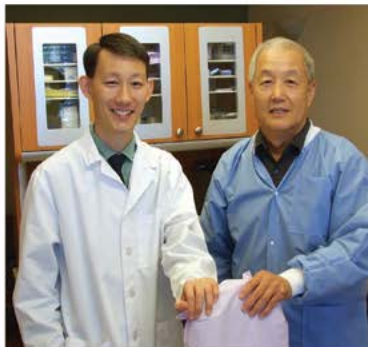
By Larry Hayes

Recently, my former dentist recommended that I needed three crowns to replace some old fillings on my front teeth that became stained and worn.

"Is there an alternative treatment?" "No" was the reply.

The cost seemed awfully high so I sought a second opinion and I'm glad I did.

Dr. Louis Hau examined my teeth and listened to "what I wanted" which was not a "Hollywood" smile. He explained that there was another less costly option besides crowns.



What I got from Lou was an honest evaluation. No hardsell or "upselling" like some dentists.

Lesson learned: Shop around. There is always another option and usually less costly.

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"Down Under" Family Reunion

By Larry Hayes



It had been six years since our last trip to Australia to visit my wife's sister in Sydney and her two brothers in Melbourne.

We were hesitant to make the exhausting 14-hour flight again due to having been there six times and seeing most of the country including Darwin, Alice Springs, Cairns and the Gold Coast.

Several things motivated us to go again. Our daughter Charm was going to Sydney on a business trip and she wanted us to come along. Our son-in-law Tim was also going,

Another big motivation was to provide support to my wife's sister whose husband is on kidney dialysis three days a week. The treatment is grueling not only for the patient but for the caregiver as well.

A third reason, and equally important, was to reconnect our daughter with her cousins of similar age in Australia since my wife's family lives there having immigrated from India 35 years ago.

WHY THIS TRIP WAS SPECIAL

Our first week was spent in Sydney spending time with my wife's sister

and husband, and their son Robin and family. They live in the suburbs close to a ferry service so we commuted to downtown Sydney by boat. What a spectacular sight! I envy commuters riding the ferry from Marin and Oakland in the Bay Area. It's a relaxing, beautiful way to commute to work.

We did the usual tourist things in Sydney—taking the "City by Bus" tour, visiting the Opera House, St. Mary's Cathedral, Darling Harbour and Bondi beach. However, the best time was spent with my wife's family. Staying at their homes, eating meals



together, sharing stories and catching up with life. Charm and Robin have a special relationship and it was great seeing them get along so well.

After a grand time in Sydney, we flew to Melbourne for a week with Gloria's two brothers and their families. In the past, we've taken vacations all over the world with her brother Trevor and his wife Dolly who is like a sister to my wife Gloria. Her brother Trevor is my favorite fishing buddy.



Charm with cousins Shane (Left) and Robin

We stayed with Trevor and Dolly while Charm and Tim stayed with their son Shane and his family. Bonding this time with cousin Shane.

One of the highlights in Melbourne was booking a tour of the Great Ocean Road, one of the world's most scenic coastal drives. Although we've visited Melbourne many times, we had never taken this trip. Stops along the way included iconic beaches, lush rainforests and the famous 12 Apostles ocean rock formations. "Must see" even in 100 F heat.

There are many wonderful things to do and see in Australia but the main event for us was the "Family Reunion" held at Trevor's home. 40 relatives showed up—young and oldies like us. My wife's sister, husband plus Robin and his family flew down from Sydney to celebrate with us.

It was a very special, fun time seeing and connecting again with Gloria's close knit family. Well worth the "no sleep," 14-hour plane ride!

TAKE AWAYS

- Australia is expensive. Everything is approximately 30% more than the U.S. However, the U.S dollar is worth 30% more than the Australian dollar—making it a wash cost wise.
- If you love California, you'll love Australia. Sydney is often compared to San Francisco. Australians are pro American and very friendly. And speak English—with Australian slang!
- Sydney and Melbourne are "bucket list" destinations but my favorite places are Darwin, Ayers Rock and Cairns (the Great Barrier Reef.)
- Favorite Indian restaurant in Sydney—Aki's on the waterfront.
- Australians love their beaches, beer and a good time. Just like Americans.

Bucket Cruise To The UK

By Dan Ehrlich



It's a no-brainer. Taking the boat between New York and the UK is possibly the best deal in travel.

When traveling from New York to London and back it could be a choice between seven hours of near agony in an economy airline seat or seven days of first class luxury on Cunard's Queen Mary 2 at less cost than the cheapest airplane seat.

For people with time to kill, even if that may seem like an absurdity to seniors, traveling on some cruise ships such as Cunard's 1,100-foot-long Queen Mary 2 during the peak summer months now offer first class service to all passengers at less than economy class air fares. And what you get is vacation resort experience.

Yet, the ship's master is more realistic about the weeklong voyage. "Most people will always choose the

speed of air travel," QM2's Captain Christopher Wells admits. "But for those who don't like flying, you can't get a better deal than what Cunard is offering on the Queen Mary 2."

Why seven or eight days when past liners have made the voyage in four? "Cost overheads," Captain Wells says is a main reason in explaining the faster the QM2 sails, the more fuel she burns. "But most passengers are here to experience the QM2... and the diversity of passengers is what I love the most about this crossing." The lion's share of diversity is among seniors who normally account for the majority of passengers.

What's just as important, if not more so, a round-trip peak summer economy flight from New York to the UK costs between \$850 to \$1,150. Yet, you can travel to or from the Big Apple by Cunard liner on a luxurious week-long holiday voyage for an advertised all inclusive saver fare price, no airport taxes or baggage fees, of \$750 per person for a basic inside cabin.

Some special deals actually include return air tickets. The key is to shop around with the best fares at the beginning and end of the cruising season normally from May to January.

What many passengers do is arrange for a few days in London or New York. One British couple said they spent three days in New York and their total bill for the voyage came to \$2,000, a bit more than the price two return economy air tickets to London.

The fare increases by the size of cabin or stateroom you choose. Yet there are many variances from the lowest listed price. It may depend on

from whom and when you buy your ticket. Some passengers wait until the last minute to get reduced space available rates.

But is it all that inclusive? There are some catches. First, and foremost, as with most holidays, the fare is based on two sharing. A single person may have to pay nearly double a couple's individual fare. Considering the core clientele for many cruise lines is the senior population, people who have lost their partners may feel they can't afford the voyage.



However, fierce competition within the industry is forcing more and more cruise firms to offer single berth cabins. According to Captain Wells, the Queen Mary 2 will be offering such cabins.

Another catch is when buying your ticket, it isn't made clear to you that in addition you will be asked to help finance the Cunard wonderful service staff to the tune of from \$11.50 to \$13.50 per day or \$92 to \$108 dollars for the trip. But it will be made clear on your credit card statement.

It's one thing giving your personal cabin steward and waiters parting gratuities. But the Cunard charge isn't going to them personally. It's supposed to help finance the entire staff. In effect, guests are asked to assist Cunard in paying its hard working personnel a decent wage. If you are informed about and object to this charge, you can opt out by signing a waiver.

Finally, there's the shore to ship and ship to shore transfers to consider. Unlike major airports such as New York's JFK or London's Heathrow, there's no direct public transit to Cunard's ports in Southampton or Brooklyn. But the company does offer a limited coach service from central London and New York. The cost is around \$40.

As for the cruise itself, an amazing experience. That's because of the extraordinary quality and quantity of food, the high standard of accommodation and the amount of professional entertainment booked for each sailing offered to guests free of charge.

Your basic ticket entitles you to a cabin of various sizes and prices, all meals and snacks including beverages such as coffee, tea, milk and juices, use of most ship facilities and all activities. Not free are soft drinks, bottled water, alcoholic beverages and Internet access. And buying time on the Internet is one of the most costly services on the ship.

The old class structure of ocean liner travel has been abolished over most of the ship. There are no more first, second and steerage classes. But, those passengers who book into deluxe staterooms are given special dining rooms, such as the Queen's Grill, and lounges, exclusive to them. So, in a sense there still is a first class.

For most passengers, there's the elegant evening meal, included in the basic fare, at the two-story Britannia Restaurant, which alone for a week would easily be worth half the cruise fare price when compared with a swish Midtown Manhattan or Central London restaurant. More informally there's King's Court endless buffet dining for breakfast, lunch, afternoon tea and dinner.

If you don't have loads of money and aren't in a hurry, taking a liner such as the QM2 to or from America is a fun and elegant way to get to where you're going. See: www.cunard.com.

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New Career As Tour Guides

By Brian & Sharyn Seibert

Canadians Brian Lauder and his wife Sharyn Seibert have taken their love of all things Italian and turned it into a business venture organizing small tour groups to Tuscany and the Amalfi Coast in Italy.

Seibert, a former high school art instructor turned specialist in Italian Renaissance art, says what became important to them was the desire to share their mutual passion. To improve her knowledge of Italian art, Seibert had previously studied in Italy. She claims the experience “lit a fire in my soul,” and wanted to share this excitement with others. Her passion was contagious, and before long, Lauder was also smitten.



“I married my love of wine with that of going to Italy and it seemed like a natural fit,” he says. In addition to their wine, he was captivated by the Italians’ food, architecture, language, landscape, and, above all, their zest for living.

The couple has already taken several groups to both Florence and Tuscany as well as to the famously photogenic Amalfi Coast.

“Each time we go, we enrich our lives further,” says Lauder.

“We want our fellow travellers to have the same intimate, immediate experience that we have had so many times,” Seibert adds. To enhance their experience, she assists them in creating travel journals. Meanwhile, Lauder conducts daily wine tastings and up to two wine tours (both optional), giving the oenophiles on the tour the chance to sample many local wines little known on this side of the Atlantic. Of course, not every minute of every day is scheduled.

“It’s important for our guests to have some time to explore the area on their own or perhaps just to relax back at their hotel room or apartment.”

The accommodation in Florence is in hotels while the Amalfi Coast trip includes individual apartments in a villa set inside a lemon grove, just outside the picturesque town of Sorrento. Guests are greeted every day with heady tropical fragrances, beautiful vistas and the vibrant colours of bougainvillea and roses.

The trips can accommodate about eight travellers at a time. And now that the couple has been retired for a few years, it seems fitting to be able to travel while teaching others the things they have learned along the way.

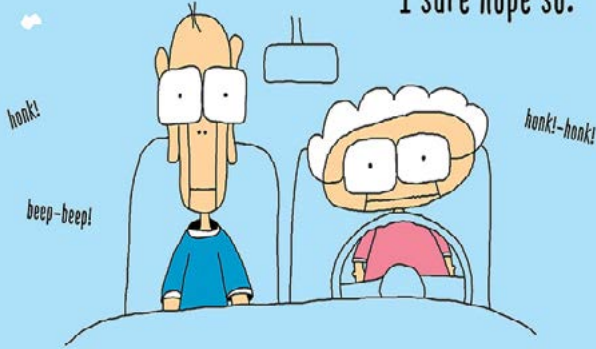
“This is the time of life to do something we really love to do,” says Seibert. Brian can be reached at 519.830.0736.



When she retired, the couple decided to apply their experience with students to adult travellers, this time combining art and wine—two of Italy’s most beloved assets. Lauder had long been fascinated with wine, not just as a beverage but also as a cultural phenomenon. He subsequently completed several courses at the International Sommelier Guild.

Is this one of those new
"SELF-DRIVING CARS"?

I sure hope so.



UNDER CARDIAC ARREST

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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

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I work with many realtors, eldercare advisors, CPAs, financial planners and anyone in the eldercare world. I would appreciate the opportunity to meet and explain all of the wonderful options available, not only to homeowners but anyone connected with helping seniors remain in their home and attain freedom from financial worries. Please call me for a complimentary analysis.

Get Up and Go!

By Evelyn Preston



Marrying an Australian, I envisioned worldwide travel until I realized that my husband lacked a valid passport due to his confusing dual citizenship. “I can leave,” he said, “but I might not get back in!”

We did spend months in the U.S. Virgin Islands and vacationed in Hawaii. And we often compared our two cross country driving trips 40 years apart: the reasonable prices and easy (often free) access of our original ‘60s trek with the charges and reservations later needed for National Parks, historical sites, campsites and museums. However crowded or costly, it remains priceless to explore the sweep and scope of our fabulous country via bus, train, tour or car.

Q: Have you ever stayed at an Airbnb, a VRBO (vacation rental by owner) or similar set up?

With hotel rates plus taxes climbing especially during peak travel times, I’m tuned into these alternative venues. Many years ago, I took advantage of inexpensive European “pensions” (room in private home/bath down the hall). Modern equivalents showcased online can close shave the price of a hotel IF you spend the time searching. My friend’s daughter “negotiates” terms and deposits with rental owners from Paris to New York. Become your own travel agent for rewarding discoveries and substantial discounts.

Q: Do many people still travel using hotel chain points or airline miles?

My old boss would spend a whole day behind closed door, with a muffled, “I’m busy,” if we needed him. Turns out he was figuring his frequent flyer miles, blackout dates, best routes, etc. My cousin got us a free room and amenities at a fancy hotel on Hilton points. I’ve heard it’s no longer as easy or cost-effective due to industry changes. ActiveOver50 publisher, Larry Hayes, found it nearly impossible to use overseas travel points without planning more than a year in advance.

For better options, a travel expert I know wisely points out the connection between the types of credit card you choose and the travel perks it might offer. She makes the comparison with financial planning: figure out your goals, needs, wants and priorities to narrow your search. A high-end credit card allows top level amenities with specialized bookings, airline upgrades, etc.—well worth the yearly fees. Since I don’t travel much, I prefer a no-fee, no-frills card with generous cash-back allowances.

Consider: miles, routes, frequency traveled, length of stay, time of year, cities and countries visited, lodging type, number of guests, etc. Cross-check with the corresponding “best deal” card for discounts and freebies. Credit cards from airlines and hotels to Disney (grandparents take note) and gas companies have diverse and distinct advantages. Remember that miles/points are often the most valued gift you can offer friends or family.



Q: When is it worthwhile to call a travel agent?

Over the years, the role of travel agents has evolved and narrowed. Most people now book a flight or mainstream travel on their own. There are separate cruise and tour companies for every corner of the globe and agents who specialize in specific countries or interests (fine art, famous cuisine, shopping.) To obtain visas, hire a private car or find a personal guide, travel pros enjoy cost-effective access and contacts built up over years. Although I worked well with our highly recommended Israeli guide via phone/email (ActiveOver50, summer, 2016), for planning an extended trip, special excursion or unique destination, using a knowledgeable agent can save money, time and be the catalyst for a perfect trip.

Q: Any basic money saving advice for travelers?

It’s necessary to constantly surf the net to follow changing fares and accommodations. Besides the better known Travel Advisor, Expedia, Yelp, there are probably hundreds of sites, blogs and specialized offerings like the Frugal Traveler and popular gurus. ActiveOver50 travel issues and magazines and newspaper travel sections add to the wealth of info. While DIY travel requires patience and time, many people find the challenge exhilarating and fun!

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

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Limping Through the Czech Republic

By Don Mankin



a local café and on the bus. I also gradually tested my knee on short walks through a local village and on easy portions of the trail.

At the end of the first day, I joined the hikers in an ambling exploration of the Chateau Valtice, a baroque castle that is the most impressive of the Dukes' work. At the end of the second day we visited the historic town of Mikulov, once the home of a thriving Jewish community that at one point comprised over 40% of the town's population.

The day ended with a visit to a local wine cellar for, as our guide described it, "wine-drinking, not wine-tasting." For several hours the hearty host plied us with one sample after another from the barrels in his cold, damp cellar.

What's worse than hiking with a bum knee? Not hiking. Not doing much of anything for that matter, other than obsessing about growing old.

That's the prospect I faced the day before the start of a recent weeklong hiking trip in the Czech Republic. After two days of walking around Vienna, the starting point for the trip, my knee hurt like hell and I could barely move.

I was ready to head back home and have my knee doctor operate immediately (as I get older I seem to acquire a doctor for every body part). But after several email exchanges with him and REI Adventures (www.rei.com/adventures), my host

for the trip, we came up with a plan involving ice, drugs and adjustments to the schedule of activities.

The nature of the hiking trip made it easy to make these adjustments. It was guided; most days were broken up into 3-4 mile morning and afternoon segments and we had a roomy mini-bus to shuttle us to and from the trailheads. I could just stay on the bus until my knee healed enough to get on the trail.

While the others hiked on the first day of the trip through the Lednice-Valtice Cultural Landscape -- a UNESCO World Heritage site of 17th Century castles, monuments, ponds and gardens created by the Dukes of Liechtenstein—I hung out in



The cellar grew warmer and more comfortable the more we drank. And we drank a lot. When we finally had enough, we stumbled in the dark back to our hotel.

My knee felt fine. I was ready to hike.

For the next two days, we hiked under clear skies dotted with puffy clouds, through thick, dark forests, alongside agate lakes and golden fields of blooming rapeseed. This is not a wild, dramatic landscape of wilderness and steep mountains and gorges but a peaceful countryside of vineyards, farms and gently rolling hills.



The tranquility of the area belies its history as a border region rife with conflict and intrigue—first, with Austria over the border; then, among the Dukes fighting for control of the land, and most recently, during 50 years of occupation by Nazi Germany, then the Soviet Union.

But this dark history of intrigue, assassination, oppression and ethnic persecution was only a backdrop to our quiet, serene hikes in almost perfect solitude. In the morning, we would hike 3-4 miles on mostly flat trails, ending in a short climb to a castle on a hill. Before diving into a picnic spread of cheese, meat, salad, chips, beer, bread, fruit and cake, we climbed up the castle tower for 360 degree views of the Dukes' domain.

After lunch, we hiked another 3-4 miles to a post card village of medieval squares lined with classic houses dating back centuries. The villages are so picture perfect they could be Disneyland attractions or a set for a Czech remake of the Sound of Music.

The most charming village of all was the UNESCO World Heritage site, Cesky (pronounced Chesky) Krumlove (pronounced Krumlove), the locale for days 5 and 6 of our trip. More town than village, Cesky Krumlove is, after Prague, the second most popular tourist destination in the Czech Republic. What makes the town so picturesque are the huge castle complex and cathedral on a hill in the middle of the town and a fast flowing river that goosenecks through it, affording views of castle, cathedral and river from almost everywhere.

The trip ended on day 7 with a challenging 3 hour, 7.5 mile hike to the well-preserved village of Holasovice. The first few miles involved a steep climb up a forest trail, then a steep descent to the end. My knee did OK on both sections – as did my other knee, my lungs and most of my other body parts.

When I got home, I decided to get the knee surgery I had been putting off for the last several years. I am now four months into my recovery and I figure I have about 2-3 more months before attempting my next hiking trip. It hasn't been fun but what's another operation at this age? I'm just glad I had the option.

For more information on the trip and Don's visit to Vienna before the trip and to Prague and Budapest afterwards, go to the blog on his website, www.adventuretransformations.com.

WHAT'S ON YOUR BUCKET LIST?

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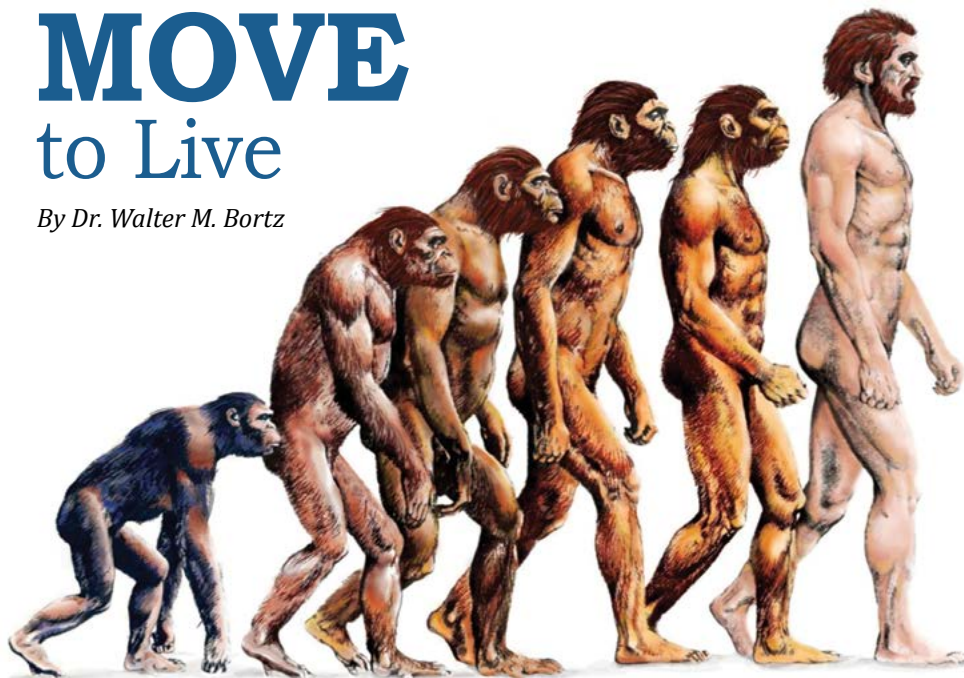
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MOVE to Live

By Dr. Walter M. Bortz



The most important trip that Homo sapiens ever made was out of the jungle to the Serengeti 5 million years ago.

Our chimpanzee cousins—our closest relatives—stayed behind and are still chimps. Our Paleo ancestors decided to move to a different habitat—to the plains instead of the jungle.

This journey committed our Paleo buddies to a different life style, a different diet, a different exercise pattern, a different societal relationship. We became human because we moved.

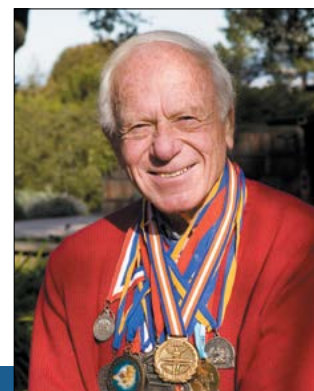
That lesson is with us still.

Travel generates growth, adventure, cultural opportunity and education. Our species is very adaptable; we inhabit the entire globe.

One of travel's principal virtues is the opportunity to learn new things. Personally if I had stayed home in Philadelphia where I was born, the whole kaleidoscope of my life would have been vacant.

I've traveled extensively, above and below, to the east and west, to the north and south. I still travel and hope to do so for the rest of my days.

Movement is life. Keep moving.



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 or email: DRBortz@aol.com.

Racing for A Cure

By Robert Hess

I've always loved sports cars and I've always wanted to race them but it took a prostate cancer diagnosis to put me into the driver's seat of the Mazda Miata that I'm now racing for prostate cancer awareness.

My first car was a Fiat 500 that I bought in 1959 with money from my paper route. Next came an MGB when I graduated from the Virginia Military Institute – thanks Dad! Then a Porsche 911 in 1970 during my first assignment in Germany. It was amazing to hit the autobahn and legally peg the speedometer at 150 mph.

After Vietnam, though, it was family time so I raced bicycles and drove Volvo sedans.

Fast forward to October 2015 when I received a call from Karen Schwartz (just recently diagnosed with breast cancer) whose husband Johan was racing in the 2015 Pirelli World Challenge for prostate cancer awareness.

Karen invited me to meet Johan at Mazda Raceway. I'm a prostate cancer survivor myself and prostate cancer is a key focus of the non-profit I lead so I jumped in my car and met them at Laguna Seca and watched Johan race. I came away inspired.

The following month I met Dean Case of MazdaSpeed while I was ogling the new 2016 race-ready MX-5 Miata at the LA Car Show. We talked about racing and prostate cancer awareness. At that point, the hook was set.



I researched the SCCA's racing programs and found autocross. Perfect! I sold my motorcycles (my wife was thrilled), bought a used 2010 Mazda Miata, and joined the autocross racing scene. I chose the Mazda Miata because it's very affordable and super reliable. The car puts a smile on my face every time I crank the engine.

**Almost
28,000
American men
die each year
from prostate
cancer because
they don't know they
have the disease in
time for effective
treatment.**

Why racing cars at 71?

At age 58, I was diagnosed with prostate cancer when all of my prostate cancer risk markers were in the normal range. As it turned

out, I had Stage T2A prostate cancer with multiple tumors. Mine was an accidental diagnosis and I was fortunate that I found early when it was treatable.

But not all men are as lucky. Almost 28,000 American men die each year from prostate cancer because they don't know they have the disease in time for effective treatment.

In Vietnam, I was awarded the Distinguished Flying Cross for rescuing downed helicopter crews. My giveback to society would be helping reduce the prostate cancer death toll. In 2012, I developed a prostate cancer early detection tool using the simple PSA blood test that makes men's prostate cancer risk visible.

I've wrapped my Miata in bright yellow with the Prostate Tracker App logo and I drive it everywhere. It's a guaranteed conversation starter.

Ready to grab some adventure? Want to help stop prostate cancer? Contact us at <http://cancerjourneysfoundation.org/autocross/>

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Dr. Dino Tomić currently works as a medical doctor, specializing in gynecology and obstetrics. For the past 20 years, he has explored and experimented with alternative medicines such as quantum and bioresonance medicine, homeopathy, acu-puncture, and energy techniques



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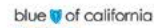
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