

Elder Expeditions

Multi-Sport Adventures for the 50 plus Traveler

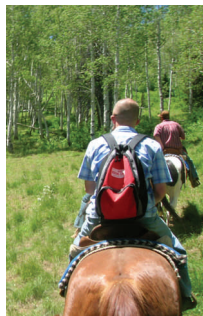
AUGUST, 2011
 ***** N.E.W.S.L.E.T.T.E.R *****
www.elderexpeditions.com

CUSTOM TRIPS IN THE USA

As the US economy continues its uncertain course, the post age fifty set, reluctant to give up their quest for senior adventure travel, are seeking custom made adventures closer to home.

With the assistance of **Elder Expeditions**, seniors from locations throughout the country have embarked upon unusual (and not so unusual) as well as eccentric adventures which have included kayaking with the alligators in the Okefenokee, photography on the Great Plains, touring the southeast (with side trips to Graceland and the Grand Ole Opry), hiking segments of the Appalachian Trail, biking / camping along the shores of Lake Superior, and experiencing the South Carolina Low Country.

Right: On horseback in Utah.
Below: A bison photo opp on the Great Plains.



Below & right: Enjoying the South Carolina Low Country. At right Elder Expeditioner in her mid – fifties eagerly resumes an activity from her tomboy girlhood.



AVAILABLE FALL TRIPS

As summer, 2011 reaches its mid point, our thoughts begin to turn to cooler temperatures, of fewer vacation crowds and downward creeping airfare.

Elder Expeditions shares the passion for fall with a number of exciting trips to fascinating locations. Ireland: (from September 24 to October 1, 2011.) The Emerald Isle sparkles in its autumn glory. Not only is it a magical time to enjoy the vibrant fall colors but also a time to interact with locals who, busy through July and August, finally have time to wind down and relax. It's a time to enjoy the **Elder Expeditions** trip to Ireland where after a day filled with the activities which form the essence of **Elder Expeditions**, you can kick back, outside a restaurant by the waters edge on a balmy evening, eating fresh local seafood and sipping a pint of Guinness or a glass of good wine.

Nepal: (September 29 - October 8, 2011.) The month of September is a superb time to visit the Himalayan gem known as Nepal. A land of festivals and celebrations, September marks the annual TEEJ celebration, with its sumptuous feasts, traditional singing and dancing performances, a time when the spirit of gaiety and joviality permeates the country. Most importantly, TEEJ marks the time of the year when married women, dressed in bright red, the bridal color, fast to honor the Hindu god, Lord Shiva, and to pray for the long and healthy life of their husbands and families.

Right: Nepali women, garbed in the bridal red, are prepared to attend a TEEJ ceremony.



France: (October 1- October, 10, 2011.) Lower airfares, noticeably fewer tourists, more comfortable temperatures, and a more relaxed atmosphere make the **Elder Expeditions** destination to Poitou Charente in southern France an idyllic choice for an unforgettable week of adventure, interspersed with the charming

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FALL, 2011 TRIPS, cont.

and genteel hospitality in the local host's spacious and comfortable country guest manor..

Bulgaria: (September 24 - September 30, 2011.)

Looking for the elements of a memorable post summer vacation ? Start with the charming southwestern Bulgaria town of Velingrad (appropriately nicknamed the "blue pearl "of the Rhodopi Mountains and Eastern Europe's spa capital). Add a touch of vibrant fall color and crisp air, then combine the adventure of an **Elder Expeditions** trip to this unspoiled part pf Europe, sometimes known as the bridge between Europe and Asia.

India: (November 5 to November 20, 2011.) One of the best months of the year to visit India when the intense summer temperatures have subsided, and when enjoyment of the diverse activities that **Elder Expeditions** has planned can be optimized.

Jordan: September 30 - October 11, 2011.) With the departure of the summer crowds and more favorable airfares, a trip to Jordan, site of such incredible natural beauty as the world renown Wadi Rum, and replete with the diverse activities inherent to **Elder Expeditions** trips, is the senior adventure traveler's dream.



Tunisia: (November 2 - November 13, 2011.)

Walk through the ancient town of Carthage (today the modern suburb of Tunis) visit the world famous Bardo museum which houses some of the spectacular mosaics surviving from the period of Roman occupation, explore the desert by camel back, the mountains by horseback, enjoy a day of spelunking, to name just a few of the senior adventures that await us in this exotic country.

Other **Elder Expeditions** international fall offerings include:

Tanzania (September 9 - September 23, 2011); and Peru (September 9—18, 2011).

U.S. trips are being planned and will be announced over the next 30 to 45 days.

A note on Tunisia and Jordan: In January, 2011, Tunisia experienced significant political turmoil as the local populace rebelled against an unpopular government. Jordan, traditionally a bastion of tranquility, reacted quickly to quell any unrest similar to that manifesting itself in the region.

Significantly, the US State Department does not list either country on its travel advisory list. Likewise the Canadian government has lifted its advisory to its citizens to avoid all but necessary travel to Tunisia.

TRAVEL INSURANCE

Elder Expeditions requires participants to carry travel insurance which includes coverage for medical expenses, trip interruption , and medical repatriation. The coverages offered by the different travel insurers can vary widely. It is important to shop carefully to find the company offering the coverage that is best for YOU. As a stating point, in your quest for the insurer that is right for you, you might want to take a look at the list published by the US Department of State at:

<http://travel.state.gov>

It should be noted that the list is for informational purposes only. The US State Department does not endorse any of the listed companies.

Once you have made your decision on which company and which product to purchase, it is essential that you read the policy and have a good idea of its do's and don'ts. Don't wait until a covered (or supposedly covered) event occurs to read over your policy. (You may not be in a position to think clearly.

If you are injured while on a covered trip, most policies require that you see a medical provider (generally a doctor) in the country where the injury occurs. **DO NOT WAIT UNTIL YOU GET HOME TO SEEK MEDICAL ATTENTION.** This is true even if you question the local medical standards. If you do not present evidence that you have complied with the requirement of getting immediate medical attention, your travel insurance policy may not pay.

PROPER PACKING

Elder Expeditions provides comprehensive packing lists to participants in our preplanned group trips. By adhering to our recommended list, you will have everything essential for the needs of the trip in question. **LADIES:** No need to make a fashion statement while on an **Elder Expeditions** trip.

It is important to remember that many airports, especially the smaller ones frequently serving our final destinations, are quite rigid in the baggage weight allowance. If your bag exceeds the allowable maximum, the choice is simple: get rid of the excess weight or pay an exorbitant surcharge.

Remember that you are likely to be making some purchases while away. Factor in this additional homeward bound weight during the initial packing process.

Right: Don't let this be you! The mad dash at the airport to shift and to rearrange can be so easily avoided by leaving the non-essentials at home.

