

Elder Expeditions

Multi-Sport Adventures for the 50 plus Traveler

MARCH, 2011

***** N.E.W.S.L.E.T.T.E.R *****

ELDER EXPEDITIONS EXPANDS

As Elder Expeditions grows we are constantly expanding our destinations and the scope of our services.

Our newest destination is Jordan, a trip that will include the ancient wonders of Petra, bicycling through the scenic beauty of the Wadi Rum, a night in a Bedouin camp, a three hour camel safari and much more.

In early 2011, we launched our new Custom Trip Department which works with our clients who want to design their own adventure trip either here in the United States or abroad. You need only tell us what part of the world, you wish to visit, the number of people in your group, whether you envision an escorted or unescorted trip, the type of activities that you wish to include and your approximate budget. We will do all the legwork to present you with your ideal excursion. Yes, of course, we will do the fine tuning necessary to assure you the trip of your dreams.

Before the end of March, 2011, we at Elder Expeditions anticipate announcing the opening of a new service that can take the bite out of single supplements. Watch our website for this new and exciting adventure travel service.



“Fine Dining,”

Elder Expeditions style

Above: Dinner in Corsica after a day on horseback.

Below: Lunchtime in a Guatemalan village after a morning on the trail.

ADVENTURES WITH ELDER EXPEDITIONS

Left: Two wheeling it in Georgia.

To learn more about all that Elder Expeditions offers, visit our web site at:

www.elderexpeditions.com

Below: Four wheeling it in Florida.

Alternatively, call us, toll free, at:
1-877-92ELDER
(1-877-923-5337)



TRIPS FOR ALL SEASONS

RIGHT: Winter in Romania.

Far Right: Summer in Alaska



POST AGE 50 BRAIN FITNESS

Elder Expeditions believes that as we age, it is essential that we take steps to safeguard both our physical and mental health. While all of our trips are multi sport, i.e. a focus on the physical, we are constantly seeking ways to protect, enhance and expand our mental acuity. Here are some tips that we hope will be beneficial to the post age fifty adventurers.

1. Eating dark chocolate aids your brain to release dopamine, a chemical that improves overall brain function.
2. Walking on uneven terrain such as cobblestones or a rocky surface is believed to stimulate the vestibular system of the inner ear, which plays a central role in balance and equilibrium.
3. Writing an outline of everything that you remember after completing a tour of a museum or a historical site.
4. Using your subordinate hand to do familiar activities such as brushing your hair can drive your brain to make positive changes.
5. Taking on more difficult hobbies will require additional concentration and will re-engage your brain's learning ability.

Source: Based on information contained in the Media Planet supplement to the Los Angeles Times.

ELDER EXPEDITIONS' GOOD TRAVELER POLICY

It is the policy of Elder Expeditions to respect the national and regional culture, beliefs and ethical principles of our hosts, both domestically and internationally. Cultural sensitivity and environmental friendliness are our watchwords.

Cultural sensitivity includes showing respect for local dress and modesty customs, following local rules and traditions regarding alcohol consumption and using respectful and courteous language, i.e. learning to say "please" and "thank you" in the local language.

Environmental friendliness includes conserving our valuable natural resources just as you would at home.

FRIENDSHIP

Adventure trips provide a great opportunity to forge new and lasting friendships and rejuvenate old ones.

Right:
In Romania

Below:
In Florida



Below: Nepali women celebrating their annual fasting feast known as "Teej." Married women observe the Teej fast to honor Lord Shiva and to pray for a long and healthy life for their husbands and families. Unmarried girls pray for a good husband. Traditional dances and songs form a significant feature of Teej celebrations. Red is the traditional color for Teej celebrants.

