

# Elder Expeditions

Multi-Sport Adventures for the 50 plus Traveler

MAY, 2011

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

## TREK SHARE REGISTRY

In April, Elder Expeditions initiated a new feature designed to make travel easier, more interesting and, yes, more affordable for the solo “would-be” adventure traveler. Elder Expeditions has received a number of comments and inquiries from folks who have never traveled alone regarding the safety and advisability of solo travel. In an effort to help our clients avoid the sometimes costly single supplement, we have always offered the possibility of matching solo travelers of the same sex. Notwithstanding our efforts, it has not always been possible to match same sex solo travelers on a given trip. In response to “all of the above,” Elder Expeditions has added a new, no cost, feature that is intended to allow our solo clients to find potential travel mates before choosing their destination or otherwise making their plans: the Trek Share Registry.

By registering on the Trek Share Registry, you may indicate particular areas which you are interested in visiting and the type of activities that appeal to you. Once we have potential matches we will contact the registrants. If both (or all) are in agreement, we will provide coded contact information.

As Elder Expeditions values the privacy of all of its clients, we will never provide direct contact information. By using our coded contact system your identity will be protected until such time that you opt to disclose your direct contact particulars.

Interested? Visit the Trek Share Registry by going to our Home Page, then click on Trek Registry which is found in the left hand menu.

*It is to be emphasized that Elder Expeditions is not a “singles” matching service and will not knowingly match individuals of opposite sexes.*

## RECENTLY ADDED ADVENTURE TOUR

Following the successful wintertime adventure trek through Transylvania (See article on page 2) Elder Expeditions has elected to add a summer Romanian experience to the ever growing roster of available tours. For information about the summer adventure trip to in Romania, visit our website, then click on “Destinations.”

## ELDER EXPEDITIONS IN NEPAL

In April, 2011, Elder Expeditions adventure travelers set off to spend ten days exploring the Himalayas in Nepal, the roof of the world. In true Elder Expeditions multi-sport style, the adventurers to Nepal enjoyed a number of activities which included an elephant safari, mountain treks high in the Himalayas, a fly-by viewing of the legendary Mt. Everest as well as other lofty Himalayan peaks, whitewater rafting, canoeing and well as more traditional sightseeing opportunities at Nepal’s ancient cultural sites .



Above: Trekking through a Himalayan village in Nepal.



Left: Caron, an Elder Expeditions adventurer from San Francisco describes her experience in Nepal as follows: “The Nepal expedition was incredible. I loved every minute and all the activities -- trekking, river rafting, canoeing, elephant riding, as well as the early morning mountain flight along the Himalayas.”



Above: Setting out for an exhilarating whitewater rafting experience on the Trishuli River in Nepal.

## TRAVELERS' ALERT

You are making the final departure preparations for your long planned trip to a faraway corner of the world. You have your itinerary (a copy of which you have provided to a friend or family member), your plane ticket or e-ticket information, your passport, your visa for your destination country (if required), your emergency phone numbers, your travelers' insurance policy number and phone number for reporting a claim, a list of your credit card numbers and the proper customer service phone number for each credit card that you are taking with you .

### *What are you missing?*

Have you checked the visa requirements in your transit countries, i.e. those countries where you have to change planes. Some countries, e.g. India, will not permit you onto their soil, even to change planes, without a proper visa. When you book your ticket, you may or may not be advised of the visa requirements in countries through which you will pass in transit.

To be safe, make it a practice that once you have booked your ticket, call the embassy or a consul of all of the countries through which you will pass in transit to ascertain what, if any, type of visa you will need. NB: Arriving without a transit or other required visa in a country that requires a transit or similar visa, even to walk across the terminal to your connecting flight, can be a very uncomfortable and expensive proposition.

Elder Expeditions recommends this step (1) whether you have purchased your plane ticket on-line or through a travel agent, and / or (2) even if you have previously passed through a given country in transit. And think that you know the rules.

*Rules change. Please be certain that your information is current.*

### AN ASIAN BIRTHDAY WISH

May your hands always be busy  
May your feet always be swift  
May you have a strong foundation  
When the winds of changes shift  
May your heart always be joyful  
And may your song always be sung  
May you stay forever young  
In mind, heart, soul and spirit. And may your song always be sung  
May you stay forever young  
Forever young, forever young  
May you stay forever young

*Author unknown*

This e-mail is being sent to subscribers of the ELDER EXPEDITIONS, INC. Newsletter  
Copyright © 2011 Elder Expeditions, Inc.

## WINTER IN ROMANIA

For Elder Expeditions adventurers, 2011 started out with a group of hearty souls braving the cold and snow of Transylvania where they spent an idyllic ten days engaged in multiple sporting activities which included building an igloo, cave exploration, horseback riding, snow shoeing, archery and mountain hiking. One of the participants who had never before tried the bow and arrow became quite adept at hitting her target.

*Right.* Elder Expeditioners posing outside of the igloo that they had just completed. All agreed that the building process was great fun although their igloo construction skills were less than perfect.



*Right.* Driver's Ed 101 in Romania. Learner is worried about parallel parking.



*Left.* Mountain hiking in Transylvania.



*Right.* Romanian sledding.

### ADVENTURES WITH ELDER EXPEDITIONS

To learn more about all that Elder Expeditions offers, visit our web site at: [www.elderexpeditions.com](http://www.elderexpeditions.com)

Alternatively, call us, toll free from locations in the USA and Canada, at:

1-877-92ELDER  
(1-877-923-5337)