

OCTOBER, 2011
***** **NEWSLETTER** *****

ELDER EXPEDITIONS Opens New Destinations

ELDER EXPEDITIONS has listed several new destinations, with others looming on the immediate horizon, to be listed in the next few days. In December, 2011, **ELDER EXPEDITIONS** will be off to Nicaragua, one of the best kept secrets of the Americas. Although still remembered for its turbulent politics of nearly two decades ago, a new Nicaragua has emerged on the adventure traveler's horizon. This wonderful new Nicaragua boasts a wide range of exciting activities: hiking, ziplining, biking, kayaking and swimming. **ELDER**

EXPEDITIONS is adding an entirely new activity concept to the upcoming Nicaraguan holiday: yoga and healthy living culinary skills, activities that will bring a fresh new perspective to the **ELDER EXPEDITIONS'** experience.



Above: Happy hour in Nicaragua.

Moving into 2012, we have a number of trips, some already announced on-line, others to be announced in the next few weeks: In April, 2012 we will be off to Turkey where we will start off on a traditional Turkish seafaring vessel, sailing around the Turquoise Coast of Turkey, making stops at the quaint Aegean islands along the way where we will engage in kayaking, hiking and biking. We will spend the final three days of our amazing Turkish adventure in the region around Patara where we will



Above: Kayaking in Turkey.

enjoy hiking and exploring by horseback as well as swimming in crystal clear sea waters.

Two spectacular new treks are on the horizon for June, 2012: an unforgettable excursion across the Asian steppes and the Gobi Desert in Mongolia as well as a spectacular journey from Vienna to Prague, the picturesque capital of the Czech Republic. In these two destinations, Mongolia and Austria / Czech Republic, half a world apart, we will combine our passage across amazing vistas with the active sports inherent to **ELDER EXPEDITIONS** holidays.

New Destinations continued on next page



Above left: Hiking in Austria.



Above center: Horseback riding in Mongolia



Above: right: An awesome view of the City of Prague.

Two new destinations that will appear on the **ELDER EXPEDITIONS** website within the next few days include a Spanish immersion long weekend in western Georgia and a seven day adventure trip to Chilean Patagonia.

There are currently two Spanish immersion trips scheduled: November 11 to 14, 2011 and February 17 - 20, 2012. The cost is \$675.00 which will include all lodging, transportation, food, and activities from the arrival point on Friday until departure on Monday. A native Spanish speaker will accompany the participants throughout. This promises to be a great opportunity to improve your ability to speak and comprehend Spanish while simultaneously enjoying the active sports which are central to **ELDER EXPEDITIONS'** holidays.

Our weeklong trip to Patagonia will include trekking and kayaking through unforgettable vistas as well as other activities such as horseback riding. From \$2130 per person, the 2012 Patagonian trips are scheduled from February 5 to February 11 and from September 23 to September 29.

Adventure trips to Ecuador and to Namibia are envisioned in the near future.

Staying Germ Free While Traveling

The flu season is upon us! The easy preventative steps that we can take are while traveling include:

- have a flu shot;
- wash your hands thoroughly and frequently and use generous amounts of hand sanitizer;
- purchase bottled water (after you pass through airport security) to bring on board;
- when the cabin attendant takes your beverage order, stick to soda and pre-packaged beverages;
- avoid tea and coffee as the water to brew these drinks frequently does not get hot enough to kill harmful bacteria;
- do not use ice cubes in any drink that you order on board;
- do not put any of your personal items in the seat pocket (this is akin to sticking your hands in a bin filled with someone's used tissues, hankies, and the like
- bring clorox wipes to wipe off seat trays, arm rests and belt buckles.

Meeting Life's Uncomfortable Changes

As baby boomers, we have experienced a myriad of changes in our lifetime: flower power, anti-establishment sentiments, the hippie movement, Vietnam protests, marriage, children, the Yuppie period, turning forty, turning fifty, grandchildren, approaching retirement. As we reach our fifties and sixties, we have become quite proficient at handling changes in our lives, of passing through.... and surviving..... transition periods.

But what of the emotional transition of suddenly finding ourselves single after decades of marriage? Whether it's the death of a spouse or divorce, the reason for being suddenly single again is irrelevant.

The pain and emptiness are real. The Christmas holidays are especially difficult, particularly that first year of being suddenly single.

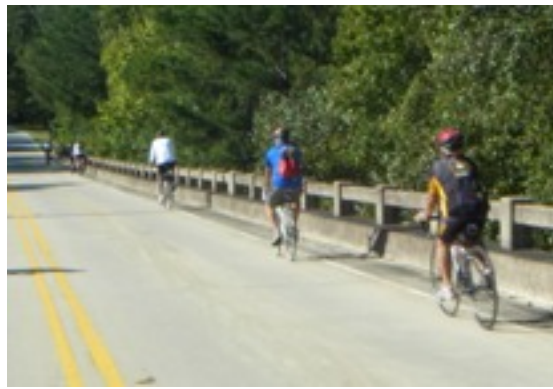
For many people, an ideal is to view the holiday period as the quintessential rebuilding opportunity, i.e. a chance to experiment with a new lifestyle, a chance to shelve old fears, a chance to try out those activities that have languished on the secret wish list for years.

Did you always have that whim to set out and see the world? But, you are a bit nervous to travel alone? As the majority of Elder Expeditions adventurers are solo travelers, we invite our “suddenly single” readership to (1) contact us about a possible Elder Expeditions Christmas holiday adventure trip, and (2) to register on the Trek Registry, found on our website.

ELDER EXPEDITIONERS Enjoying the Summer



Above left: Hiking on Pine Mountain (Georgia)



Above center: Biking in Georgia



Above right: Canoeing in the Wisconsin woods.

Below left: Horseback riding in Alaska

Below center: Kayaking on the Chattahoochee in Above Above right:

Below right: Tree climbing in Florida.

