



Welcome to the end of the day.™

Summer Travel Tips for Seniors

(ARA) June 25, 2007 - If you were to venture a guess, what would you say is the number one pastime of today's retirees? It's not golf, gardening or completing crossword puzzles, but doing something they didn't have the time to do when they were working: travel.

The idea of visiting new places and seeing things they've never seen before -- on their own schedule -- is a huge draw for the 60 plus crowd. Whether you're planning a trip across the country, to one of our national parks, or on some other adventure anytime soon, here are some tips that will help ensure you have a great time:

* Consider booking your trip through a travel agent who can offer deals that lump airfare, hotel and sightseeing adventures into a low-cost package.

* Pay for all travel expenses with a major credit card whenever possible. That way, if you encounter any kind of problem during your trip or need to dispute a charge that shows up on your bill, you'll have the card company to back you.

* If you plan to use public transportation when you get to your destination, always be aware of your surroundings. Pavement may be slippery or uneven when you enter or leave a vehicle. The last thing you want to do is slip and fall. If you'll be taking a bus, have your fare ready to avoid losing your balance while looking for correct change. If traveling by subway, stand slightly to one side to let people exiting the car get off first so you won't get knocked down by the crowd.

* Now that summer is here, the sun is shining strongly. Be sure to wear sunscreen if you'll be spending a lot of time outside to protect yourself from cancer causing UV rays, and stay hydrated. This is easy to do if you always carry a water bottle around with you wherever you go.

* If you'll be booking the hotel on your own, be sure to ask the concierge if they can accommodate any special needs you may have, like an elevator, refrigerator in your room for medication, etc. You'll also want to make sure the room is a place where you're guaranteed to get a good night's sleep. Some hotels make this a priority.

For example, the AmericInn hotel chain features AmericInn SoundGuard construction, a unique system that reduces sound so guests enjoy a quiet night's rest and are refreshed and recharged for the next day's adventures. With over 200 hotels in 22 states across the United States, there's sure to be one near your travel destination. Log on to www.americinn.com/ara to make a reservation.

* Always carry identification that verifies your age so there won't be any question that you're entitled to senior discounts. If you have a membership with AARP, AAA, or a professional organization, be sure to carry that card with you too.

You've earned your freedom, now go out and enjoy it!

Courtesy of ARAcontent

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