

THE PREMIER LIFESTYLE MAGAZINE FOR ALL AGES

# HEALTHY AGING®

## ACTIVE TRAVEL GUIDE

**WHERE TO GO**

**WHAT TO DO**

**INSIDER TOURS**

**TOUR OPERATOR  
RESOURCE LISTING**

WINTER 2020  
[www.healthyaging.net](http://www.healthyaging.net)



If you are over 45, you are one of an elite group of travelers... you've been there, done that and are ready for more. You are probably looking for experiential travel ideas, unique opportunities to get to know local food and culture as well as a chance to get to know people who live and work where you are just passing through.

You may be a grandparent "skipping a generation" by taking your grandchildren and not your own children. Or, you may be looking for ideas to finally get away alone.

To help you out, Healthy Aging® Magazine is publishing the first edition of the "Active Traveler Guide" with resources for you to plan your journey.

In this issue, we offer...

## WHAT'S NEW IN CRUISING?

Who better than the Cruise Lines International Association (CLIA), the world's largest cruise industry trade organization, to predict the top trends in cruise travel.

Here are some of the predicted trends:



**Instagrammable Cruise Travel:** Instagram posts are driving interest in travel around the world, so much so that on an average day, there can be close to 351 million posts with the tag #travel. With onboard connectivity, cruise passengers Instagram feeds with diverse travel experiences both onboard and on land from several cruise destinations.

**Total Restoration:** Stressed out from fast-paced lives, travelers are seeking ways to check out from daily responsibilities and rejuvenate more than ever before. Cruise lines are responding by offering total wellness

in the form of restorative spa experiences, onboard oxygen bars, healthy menu choices for a wide variety of diets, and the latest in fitness innovations.

**Achievement Over Experience:** Experiential travel has evolved into achievement travel as vacationers are looking for immersive, cultural experiences beyond sightseeing. Bucket lists have become more goal-oriented and cruise lines are meeting these demands. Passengers can conquer Machu Picchu or complete or complete culinary workshops hosted by Le Cordon Bleu chefs.



**On-Board with Smart Tech:** Cruise lines have adopted wearable technology for cruise travelers—including keychains, necklaces, bracelets, and more—in order to provide a highly personalized travel experience while on and off the ship.

**Conscious Travel:** Travelers want to see the world in a conscious, mindful way. The cruise industry is more conscientious than ever, working with local communities to preserve their heritage and implementing innovations that decrease the environmental footprint of cruise travel. The industry is also working with destinations to bring the benefits of tourism to local economies while preserving local cultures, landmarks and environments.

**Access is the New Luxury:** Travelers are setting their sights on destinations that were previously out of reach, some only accessible now by cruise ship. They want to be among the first of their peers to experience destinations such as the Galapagos Islands and Antarctica.

**Off-Peak Adventures:** The off-peak season is rising in popularity, whether travelers are looking to escape the cold in a tropical place or embrace the chill in a new destination. Cruising offers some once-in-a-lifetime experiences during the colder months that include:

excursions to see the Northern Lights, visiting a penguin colony, and touring European Christmas Markets.

**Working Nomads:** Combining work with leisure time is on the rise. Straying far from the notion of device-free travel, many modern travelers or “digital nomads” are opting for trips where they can work remotely which cuts down on time off and lost wages. With WiFi, desks and work-friendly cafes, travelers keep up with work while enjoying a cruise vacation.

**Female-Centered Cruising:** With the number of female travelers growing, many tourism and travel companies are creating female-centered itineraries based on interests and connecting women with other women. Female-centered cruises can create a female empowerment community at sea while allowing travelers to experience the world around them, as well as visit famous feminist landmarks.

**Going Solo:** With more Google searches for “solo travel” and “traveling alone” than ever before, traveling alone is rising in popularity. Cruising allows for solo travel without the worry of arranging a ton of details while visiting even the most far-reaching destinations and connecting with other travelers, forming community bonds and experiencing once-in-a-lifetime things.

# ACTIVE TRAVEL AGENT GUIDE

Our selection of travel agencies and tour operators are excellent resources for ideas on:  
Where to hike • Glamping experiences • Top spas • Where to go to be active but not too active  
Best places for beach vacations • Best places for off-season travel • Where to go to explore  
retirement locations while vacationing at same time



Photo: Bar W Guest Ranch, Dude Ranchers' Association



C. Worthington

## Lasting Vacations

Briarcliff Manor, NY 10510

<http://lastingvacations.com/>

## Sights and Soul Travel

Germantown, MD 20874

<https://www.sightsandsoul.com/>

## Veronic Travel

Mamaroneck, NY 10543

<https://www.veronictavel.com>

## Alpha J Travel

Brooklyn, NY 11228

<https://alphajtravel.com/>

## Expedia Cruise Ship

Centers Merrick

Merrick, NY 11566

<https://www.cruiseshipcenters.com/en-US/corporate>

## Tradesco Tours

Davis, CA 95616

[https://www.tradescotours.com/fooldal/index.php?id=about\\_us](https://www.tradescotours.com/fooldal/index.php?id=about_us)

## Cornelio's Traveler's Club

Manhattan, NY 10036

<https://corneliostravelers.club/conocenos/>

## IMPULSIVETRAVEL

Roseland, NJ 07068

<http://www.impulsivetravel.com/>

## Rivas Travel Service

Brooklyn, NY 11226

<https://rivastravel.com/>

## Garden Expeditions LLC

Forest Hills, NY 11375

<https://www.garden-expeditions.com/>

## Exciting Worldwide Vacations, LLC

Philadelphia, PA 19111

<https://hburstin.dreamvacations.com/travel/HomePage.html>

## Devine Designer Travel

New York, NY 10017

<http://devinedesigner.travel/>

## Around We Go Travels

Windsor Mill, MD 21244

<http://christinebailey.inteletravel.com/booktravel.cfm>

## Healing Expressions Unlimited

Brooklyn, NY 11203

<http://www.ericdahl.massagetherapy.com/>

## Trail to Table Tour Collections

Chattanooga, TN 37403

<https://pure-adventures.com/trail-to-table/>

## JSD Healthy Living

Harleysville, PA 19438

<https://www.jsdhealthyliving.com/>

## Cuba Candela

Miami, FL 33130

<https://www.cubacandela.com/>

**INSIDE EUROPE**  
Los Angeles, CA 90502  
<http://www.incantato.net/>

**Van Gogh Tours, Inc.**  
Cambridge, MA 02139  
<https://vangoghtours.com/>

**Ski Souls**  
Brooklyn, NY 112154303  
<https://www.skisouls.com/>

**Valera Global**  
Long Island City, NY 11106  
<http://www.valeraglobal.com/>

**Whitnell Travel**  
Blandon, PA 19510  
[https://www.travelleaders.com/travel\\_agent/agent-details.aspx?id=72839](https://www.travelleaders.com/travel_agent/agent-details.aspx?id=72839)

**The River Cruise Company**  
Haslett, MI 48840  
<https://thewaltonadventure.com/>

**Marlin Travel Miramichi**  
Miramichi, NB E1N1B2  
<https://www.marlintravel.ca/travel-agencies/miramichi/miramichi-water-st-42659>

**Passionate Travel/Classic Travel**  
Vancouver, BC V6Z3B3  
<https://www.virtuoso.com/advisors/6949769/randi-winter#.XD4iuc9Kit8>

**New View Tours**  
Stockbridge, MA 01262  
<https://www.newviewtours.com/>

**Hoopoe Safaris**  
Waccabuc, NY 10597  
<https://www.hoopoe.com/>

**The Walton Adventure**  
Mesa, AZ 85205  
<https://thewaltonadventure.com/work-with-us>

**World Travel Service**  
Centreville, VA 20120  
<https://www.worldtravelservice.com/>

**European Experiences**  
Knoxville, TN 37923  
<https://european-experiences.com/>

**Especially Puglia Travel Service LLC**  
New York, NY 10038  
<https://www.especiallypuglia.com/farmstay/>

**Cruise Planners**  
Mount Joy, PA 17552  
<https://www.cruiseplanners.com/>

**One Ocean Expeditions**  
Squamish, BC V8B0C4  
<https://www.oneoceanexpeditions.com/>

**Miranda Vacations**  
Bridgeport, CT 06610  
<https://mirandavacations.com/>

**Quest Travel Adventures**  
Needham, MA  
<https://questtraveladventures.com/>

*The list of tour operations and travel agents represents sources Healthy Aging® Magazine editors interviewed at the New York Times Travel Show, New York City. The resources are not endorsed, just suggested.*



Photo: Bar W Guest Ranch



Jerome Fayon



Photo: Bar W Guest Ranch

