



Travel for Seniors Made Easy: Staying Alive @ 65

Mike Eicher

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Travel for Seniors Made Easy is an enlightening and humorous collection of tips and tales designed to educate anyone who qualifies for an AARP card and who has a yearning for international travel. This is a first-hand view from the 70+ author who continues to travel the world after the -usual- heart, leg, and stamina problems. Full of great 'why didn't I think of that' information, Travel for Seniors Made Easy provides practical tips, funny anecdotes, and senior-friendly site recommendations that will inspire you to continue (or restart) your travel adventures for years to come! For example, The Spanish Steps in Rome are a must see, but one's physical condition should dictate the manner by which they are experienced. Either visit the foot of the steps and simply admire (for low stamina and low leg strength or balance) or taxi to the top of the steps (if in a little better shape) and walk down to get a sense of the place without uncomfortable exertion. By the way, climbing around rock-laden ruins in Rome is to be avoided choose the bus tour instead and save the ankles! Travel is so life-enriching and healthy for one's mind that it is a shame to give it up because of various problems that come with advancing age. With good planning and clever practical adjustments, Travel for Seniors Made Easy will help you travel comfortably.

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