

Tips for Seniors Traveling around the World

Senior travelers find travel adventures being the best way to rejuvenate their lives as a reward for their busy schedule of career building. More and more people in the western world enjoy good health up to older age and many decide to fulfill their travel dreams they were never able to.

Here is a summary of key travel tips for savvy senior travelers.



Season to Travel:

It is wise to choose the less exhaustive seasons especially if you are retired and have a flexible schedule. For European tours, it is recommended that you make your travel plans during the April to June or September and October seasons.

Travel Insurance:

Senior travelers are likely to pay more for travel insurance hence they should know how the medical insurance operates overseas. Some insurance companies may require the travelers to pay additional premiums to cater for the travel season in all the destinations. Another very important policy to consider buying when travelling is evacuation insurance, which basically covers emergency medical care in case you are clinically unable to travel home commercially.

Packing:

Packing for your senior vacation requires a light load, most preferably only one suitcase. A second bag can only be a small sized bag which you will use during your local visits in your destination. Additional spectacles or sun glasses should also be included while a tablet or notebook will aide in taking important notes about the travel as well as keeping reminders.



Medications:

It is recommended that you also pack all your medication and supplements in their original containers when travelling to Europe. Have enough of these for the duration of your trip and carry extra batteries for hearing aids if you wear them because it may be difficult to find compatible sizes in Europe. Make sure you inform your doctors of your planned travel to get enough advice on any necessary prescriptions when you are away.

Flying:

The best tip to consider when flying via connecting flights is to keep track of your bag and request an electric cart or wheelchair to move you faster. You should also think of booking early and getting economy or first class flights for more comfort. Stay hydrated throughout the journey and take frequent walks preferably once every hour to avoid any chances of blood clots.

Accommodation:

Book the best accommodation according to not only your preference of an ideal location but also keeping in mind your health status. For example, it would be wise to find out if your hotel has many floors and whether there are elevators to take you up to top floors. Proximity of a town center also gives you an advantage in the convenience of accessing major services including any emergencies that may arise.

**Moving Around:**

Your transport to various locations on the daily travel program will be mostly facilitated through road or rail; but subways normally involve very much walking up and down stairs. It is therefore recommended that you consider using taxis and buses more and if you prefer hiring a vehicle then you must first find out all regulations and prices involved.

Senior Discounts:

As a senior traveler, you get access to many interesting discounts from the moment you begin your trip to all the locations you visit including concerts and sporting events. For example, in France, Austria, Great Britain, Germany, Belgium, Finland, Italy, Norway, and Spain you can get amazing deals on point-to-point rail tickets including the innovative Eurostar Chunnel crossing between Britain and France. Find out more on the internet about the various deals available and the qualifying ages.

Sightseeing:

Many of the European historic sites and museums have elevators which are sometimes reserved for freight but exceptions are made for older travelers. You will also find benches in museums and parks and you should take frequent rests on them to enjoy the aesthetic attractions in the most relaxed manner.

Long-Term Trips:

In your retirement age, you are most likely able to take longer trips even for months. This calls for a different approach especially in finding accommodation. It is wise sometimes to simply book an apartment or a home to completely cut down on hotel costs. This move will allow you to visit more places without carrying around your luggage thus concentrating on having the most enjoyable moments that may have been missed when you were younger.

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