## SOME SENIOR TRAVEL RESOURCES\*

#### **Organizations and Tour Companies**

<u>AARP Travel Center. www.expedia-aarp.com</u> 1-800-675-4318: Discounts on flights, hotels, tours, cruises and vacation packages.

Earthwatch. www.earthwatch.org 1-800-776-0188: Volunteers become short term citizen scientists, helping field research projects worldwide, including wildlife and ecosystems, ocean health, climate change and archaeology and culture.

<u>Eldertreks. www.eldertreks.com</u> 1-800-741-7956: Small group adventure travel for people over 50. 5 activity levels from easy to challenging.

<u>Fred.Olsen Cruise Lines. www.fredolsencruises.com</u> 011-44-0845-163-3167: A Norwegian owned British owned Company. Caters to mostly British travelers over 55 and to families. No single supplement for solo cabins.

<u>Gate 1 Travel. www.gate1travel.com</u> Large group tours: US, International and afloat. Also, small group active itinerary tours with Discovery Tours by Gate 1.

<u>Global Volunteers</u>. <u>www.globalvolunteers.org</u> 1-800-487-1074: Short term volunteers help with community development and projects that support children worldwide. 20 percent of their volunteers are 70 or older.

<u>Go Ahead Tours. www.goaheadtours.com</u> 1-877-260-2041: Tours for adults of all ages. Groups of 14 – 35. US and International.

<u>Grand Circle Travel. www.get.com</u> 1-800-221-2610: Land tours and cruises for people over 50. Low cost or free single supplements.

Grand European Travel. www.getours.com 1-888-522-3950: Guided tours and river cruises.

<u>Holland America Line</u>. 1-877-932-4259. A large fleet of ships sailing worldwide. Sailings include families and couples over 30, but the majority of cruisers are usually retirees.

<u>Odysseys Unlimited. www.odysseys-unlimited.com</u> 1-888-370-6765: Small group travel for seniors. 12 to 24 guests.

<u>Overseas Adventure Travel.</u> www.oattravel.com 1-800-955-1925: Small group (10 to 16) adventure travel for people over 50. No single supplement.

<u>Road Scholar.</u> <u>www.roadscholar.org</u> 1-800-454-5768: A non-profit organization providing educational travel experiences for older adults. Several thousand US, international and at sea programs. 5 activity levels from easy to challenging.

<u>Senior Tours Vacations. www.seniortours.com</u> 1-800-227-1100: Escorted US motorcoach vacations and European river cruises.

<u>Silversea Cruises. www.silversea.com</u> 1-888-978-4070: Luxury cruises. Also a listing of travel agents.

<u>Vantage Travel. www.vantagetravel.com</u> 1-888-514-1845: River cruises, small ship cruises and escorted land tours. Low cost or free single supplements.

<u>Viator. www.viator.com</u> 1-702-648-5873: Day trips, sightseeing tours, museum tours and more, US and worldwide.

<u>Viking Cruises. www.vikingcruises.com</u> 1-855-338-4545: River cruises since 1997. Ocean cruises beginning spring 2015. Caters to couples.

Women Traveling Together. www.women-traveling.com 1-800-795-7135: Maximum group size: 18 women. Difficulty rated in percentages. Example: 75% easy; 15% moderate; 10% strenuous. Room share guaranteed. Travelers paired by age. Singles available at extra cost.

The Cruise Marketplace. www.cruisemarketplace.com 1-800-826-4333: Deals on Cruises.

## Websites with Useful Information for Seniors

<u>www.about.com</u> Search "Senior Travel". Articles and information about many aspects of travel for seniors.

www.independenttraveler.com Travel deals and other information for seniors.

<u>www.travelsense.org</u> Travel planning, travel tips and a listing of qualified travel agents across the US.

www.smartertravel.com/columns "Seniors on the go" columns by Ed Perkins.

<u>www.transitionsabroad.com/listings/travel/senior</u> Senior travel articles, programs, tours, volunteer opportunities and senior travel websites.

www.goldenyearstravel.com Information on home exchanges.

www.onetravel.com/flights/senior-travel-deals Senior deals on airfare.

<u>www.dunhilltraveldeals.com/travel-themes/travel-over-50</u> Deals on cruises, resorts, hotels and vacations.

www.cruisecritic.com Search "best cruises for seniors", Information on cruises.

<u>www.travelwithchallenge.com</u> Seniors travel magazine. Travel news and creative tour opportunities for seniors as well as other information such as volunteer vacation listings.

www.discounts.aarp.org Click on Travel, then "discounts on senior travel".

<u>www.goeco.org/tags/senior-volunteering</u> Volunteering in humanitarian, wildlife or conservation projects.

<u>www.smartertravel.com</u> Search "Senior volunteer vacations" for article "Giving back: Affordable volunteer vacation for mature travelers.

<u>www.nytimes.com</u> Search "Reaching Out on the Road" by Stephanie Rosenbloom, NY Times Travel Section, February 8, 2015. Article about safely connecting with people when traveling alone.

#### **Some Senior Travel Books**

<u>Guide to Home Exchange</u> by Sam and Judy Robbins (2013). How to swap your home for free accommodations around the world.

<u>Seniors Travel Tips: Make the most of your Senior Status in your Travels</u> by Bronwyn White (2011). How you get the best deals and discounts on senior travel.

<u>65 Things to Do when you Retire: Travel</u> Edited by Mark Evan Chimsky (2013). 65 essays by writers and travel experts. Personal experiences and advice.

<u>Travelling for the over Sixties</u> by Timothy Blewitt (2013), a British author. Information and advice for the adventure traveler including a long directory of useful websites.

<u>Travel for Seniors made Easy: Staying Alive @ 65</u> by Mike Eicher (2013). Travel advice and personal anecdotes.

<u>Travel Secrets for Seniors</u> by Adele Thomas and Ely Lazar (2014). Advice for senior travelers, including disability and health issues, and a list of online resources.

## **Some Travel Insurance Companies**

Allianz Global Assistance. www.allianztravelinsurance.com 1-866-884-3556.

CSA Travel Protection. www.csatravelinsurance.com 1-877-243-4135.

HTH Worldwide. www.hthtravelinsurance.com 1-888-243-2358.

Travelex. www.travelexinsurance.com 1-800-228-9792.

TravelGuard. www.travelguard.com 1-800-826-4949.

Travel Safe Insurance. www.travelsafe.com 1-888-885-7233.

# Travel Resources for People with Disabilities and Chronic Medical Conditions

<u>Accessible Journeys. www.disabilitytravel.com</u> 1-800-846-4537: Worldwide wheelchair cruises and tours for disabled people, their friends and family.

<u>Flying Wheels Travel. www.flyingwheelstravel.com</u> 1-877-451-5006: Tours and cruises for travelers with disabilities, chronic illnesses, slow walkers and mature travelers. Charges a single supplement on most tours.

<u>Sage Traveling. www.sagetraveling.com</u> 1-888-645-7920: European accessible travel for people with all kinds of mobility issues-- wheelchair and scooter users, cane and walker users and senior travelers.

<u>Access-Able Travel Source. www.access-able.com</u> Information about travel with a special need, including information about travel agents specializing in travel with disabilities.

<u>www.cruisecritic.com</u> Information about best cruises for seniors with disabilities. Also, articles about cruising with oxygen, heart disease or diabetes. Go to "Search" in upper right hand corner of home page.

www.disabled-world.com/travel/ Information and trip planning resources for disabled travelers.

www.heart.org Search "Travel and Heart Disease". Advice for travelers with heart conditions.

www.nationalmssociety.org Search "Travel with ms" for travel tips.

www.kidney.org\_Search "Travel with kidney disease" for travel tips.

www.joslin.org Search "Travel with diabetes" for travel tips.

www.mda.org\_Search "Travel with neuromuscular disease" for travel tips.

www.travelguide.org\_Travel information for people with disabilities.

www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions Information about TSA Cares Help Line, a line to assist travelers with disabilities and medical conditions.

www.disabled-world.com/travel\_Information on wheelchair and slow walkers travel.

\*This resource list is by no means complete. BAiP is providing the list as a service, which does not mean that we endorse any of the resources listed.