

## FACT SHEET

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### TRAVELING FOR PEOPLE 50 PLUS

Travel is undeniably good for the mind, body and soul. Because of this, ElderTreks and CARP both work to make traveling easier and exciting for people 50 plus.

#### How ElderTreks is Making Traveling Easier

- ElderTreks offers adventures that take travelers all over the world through safaris in Africa, cultural explorations in Asia and South America, and icebreaker expeditions to the Arctic and Antarctic, just to name a few. [ElderTreks, <https://www.eldertreks.com/about.php>, Aug. 29]
- On an ElderTreks adventure, all meals, domestic transportation, entrance fees, drivers, and most other accommodations are included. ElderTreks takes care of every detail so travelers can enjoy their journey to the fullest. [ElderTreks, <https://www.eldertreks.com/about.php>, Aug. 29]
- Each ElderTreks adventure offers a different level of activity (rated 1-5) to cater to diverse ability levels for travelers 50 plus. [ElderTreks, [https://www.eldertreks.com/activity\\_levels.php](https://www.eldertreks.com/activity_levels.php), Aug.29]

#### CARP Helps Members Travel Smart

- CARP Members can receive up to a 40 percent discount on popular hotels, restaurants and other services while traveling. [CARP, <http://www.carp.ca/member-benefits/categories/travel/>, Aug. 29]
- Members can also access the CARP Travel Planner, an online guide to choosing the best travel accommodations at the best price. [CARP, [http://www.carp.ca/member-benefits/carp\\_travel\\_planner/](http://www.carp.ca/member-benefits/carp_travel_planner/), Aug. 29]

#### Health Benefits of Travel for Seniors

- Traveling can help people 50 and over keep their minds active and engaged through navigating foreign cities, exploring museums, learning how to have conversations with people that speak another language, and seeing unique and historical sights. [Care2, <https://www.care2.com/greenliving/health-benefits-of-travel-for-seniors.html>, Aug. 29]
- The physical activity associated with traveling can greatly help people 50 plus stay active and keep their bodies in shape. Simple activities such as city walks and museum visits can give travelers a great amount of exercise without pushing their limits too hard. [Care2, <https://www.care2.com/greenliving/health-benefits-of-travel-for-seniors.html>, Aug. 29]