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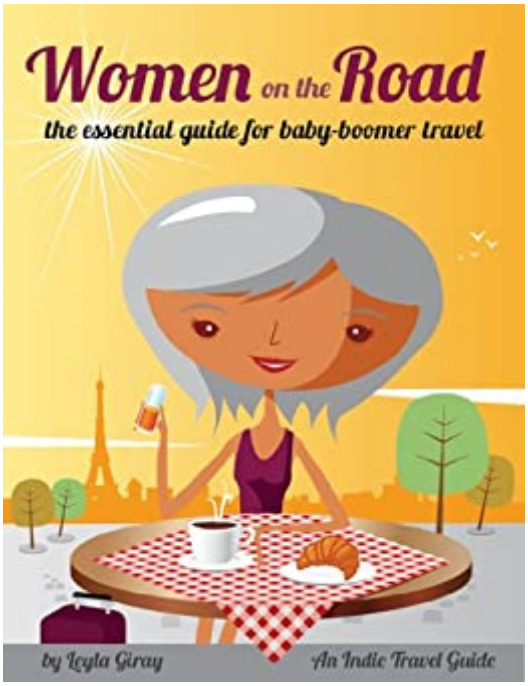
Women On The Road: The Essential Guide For Baby Boomer Travel



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Synopsis

Baby boomer travel? Right here! Want to travel for the first time, or the first time in a while? Is solo travel as scary as it seems at first?Women on the Road: the essential guide for baby-boomer travel is the answer to all your questions on overseas travel: from planning to packing, and budgeting to bargaining, it's all here. Written by journalist Leyla Giray, Women on the Road will help you take the trip you've always dreamed of.Ã¢â ¬Å"This book not only makes solo travel more accessible, it empowers women with the tools to make their solo travel dreams take flight.Ã¢â ¬Â• Kim WildmanIf youÃ¢â ¬â„¢ve been dreaming of traveling to far-off places Ã¢â ¬â œ what are you still doing at home?It's time to load this book on your Kindle, take the first steps, and soon become a woman on the road yourself. OTHER WOMEN LOVE IT...As a long-time proponent of solo travel, I was thrilled to discover Leyla GirayÃ¢â ¬â„¢s first book, aptly titled Women on the Road. Travelling solo is a wonderful, life-enriching experience, but as Leyla points out it can be very daunting and doing so as a woman Ã¢â ¬â œ especially alone Ã¢â ¬â œ can sometimes complicate matters even further. This book is therefore an essential guide for any woman who has ever dreamed of travelling but been too afraid to take the proverbial leap into the unknown. It encourages women of all ages by offering advice gained from years of first-hand, on-the-road solo travel experience on everything from how to travel safely and independently to what to pack and where to stay. This book not only makes solo travel more accessible, it empowers women with the tools to make their solo travel dreams take flight.Kim Wildman, author of Offbeat South Africa and Lonely PlanetÃ¢â ¬â„¢s Athens City Guide. Travel Ã¢â ¬â œ especially solo travel, when youÃ¢â ¬â„¢re 50+ Ã¢â ¬â œ can be a scary prospect if you havenÃ¢â ¬â„¢t done it before. But it doesnÃ¢â ¬â„¢t have to be! Women on the Road will help you plan your trip; from generating ideas of where to go and providing pre-planning checklists, right through to tips on reintegrating after you return, and everything in between.Nora Dunn, TheProfessionalHobo.com A title alone couldnÃ¢â ¬â„¢t convince me that all the essential wisdom needed for women in my age group to travel solo would be contained in this book, but within a few minutes of starting Leyla GirayÃ¢â ¬â„¢s Women On The Road, I knew I had found the real thing. Besides being an extraordinarily experienced traveler, Giray is one of us, and has a true understanding of the travel realities unique to women in this age demographic. Far more than a lightweight overview, Giray addresses in detail the kind of things any of us planning solo travel for any amount of time either is already concerned about or should be, while always reminding that travel can be incredibly rewarding and should be fun. This book will be a important standby on my Kindle, and will no doubt be referred to often during both the planning stages and while on the road. Whether you are already experienced solo traveler or in the early dreaming

stage, you need this book!Margo Milure, TravelBelles.comABOUT LEYLA GIRAYLeyla Giray is a journalist and development worker with a passion for travel and improving peopleÃ¢â ¬â„¢s lives in developing countries. At 43 she made a major life decision to reinvent herself, leaving her profession, possessions and a dead-end relationship to travel the world solo for six months. Along the way she got lost in a Mozambican minefield, almost drowned off Zanzibar, paddled her way out of a flood in the Philippines, was stampeded by an elephant cow in Nigeria and stranded in a South African wildlife reserve for a week; she met with dissidents in Cuba and unwittingly sat on an anaconda in Brazil. Now, sheÃ¢â ¬â„¢s packed a lifetime of experiences into a book thatÃ¢â ¬â„¢s practical, inspiring, and just right for you. Buy Women on the Road today, then let us know how travel changes your life in the review section on .com.

Book Information

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Customer Reviews

DonÃƒÂ¢Ã â ¬Ã â„¢t be fooled by the title ÃƒÂ¢Ã â ¬Ã Å“for Baby BoomerÃƒÂ¢Ã â ¬Ã Â• travelÃƒÂ¢Ã â ¬Ã Â| This book is chock-full of good travel nuggets that can be used by anyone

regardless of age. Using just one of the author Leyla GirayÃƒÂ¢Ã â ¬Ã â„¢s advice will more than pay for this e-book.First, it asks if traveling solo is for you. Then it lists the benefits such as meeting more people, seeing things differently, and becoming empowered. To be fair, the author also lists the disadvantages. So it will be up to you to decide. The book tackles finances including how to save money, providing examples of when to visit certain countries during low season, pointing out meal costs are cheaper in India and in the Philippines and expensive in Norway and Denmark, etc.Leyla Giray provides a timeline including actions items within each period. There are lots of links providedÃƒÂ¢Ã â ¬Ã â •hostels, cost of living rankings, around-the-world trip planner, packing lists, etc. It suggests ways of staying safe for women (many are common sense but itÃƒÂ¢Ã â ¬Ã â„¢s always good to be reminded of them).Leyla suggests to pack lightly and what to pack and where to pack your stuff inÃƒÂ¢Ã â ¬Ã â •backpack vs suitcase. She also talks about appropriate and practical clothing items in Asia, Africa, and Middle East. Some suggested essentials are pashmina, solid walking shoes, bandanna, and skirt.Transportation addresses airplanes, trains, automobiles, cruise ships, boats, cyclo in Hanoi, junk boat in Hong Kong, camel in Morocco, donkey in Spain, chicken bus in Guatemela, and zoom around in a colorful and heavily decorated Filipino jeepney.The other topics discussedÃƒÂ¢Ã â ¬Ã â •ÃƒÂ¢Ã â ¬Ã Â¢ Accommodation - why stay in a hostel if you can stay in a chateau?ÃƒÂ¢Ã â ¬Ã Â¢ Food and eating habits/etiquettes ÃƒÂ¢Ã â ¬Ã â œ like a very long lunch in France, late supper/dinner in Spain, never sticking chopsticks upright in a bowl of rice in China, etc.ÃƒÂ¢Ã â ¬Ã Â¢ Health and your digestive system ÃƒÂ¢Ã â ¬Ã â œ bring first-aid kit what medicine to bring, eat wiselyÃƒÂ¢Ã â ¬Ã Â¢ Insurance ÃƒÂ¢Ã â ¬Ã â œ health and travelÃƒÂ¢Ã â ¬Ã Â¢ Shopping ÃƒÂ¢Ã â ¬Ã â œ learn to haggle, shop wisely (donÃƒÂ¢Ã â ¬Ã â„¢t buy animal goods like ivory, tortoise goods)ÃƒÂ¢Ã â ¬Ã Â¢ Volunteering ÃƒÂ¢Ã â ¬Ã â œ if you want to help and have timeÃƒÂ¢Ã â ¬Ã Â¢ Loneliness is temporaryÃƒÂ¢Ã â ¬Ã Â¢ What happens nextÃƒÂ¢Ã â ¬Ã â • o YouÃƒÂ¢Ã â ¬Ã â„¢ll have different perspective o YouÃƒÂ¢Ã â ¬Ã â„¢ll become more confident o YouÃƒÂ¢Ã â ¬Ã â„¢ll become more self-sufficient o Travel will make you appreciate the little thingsÃƒÂ¢Ã â ¬Ã Â¢ Travel Resources o Travel Blogs: follow LeylaÃƒÂ¢Ã â ¬Ã â„¢s blog, I do and I love it: http://www.women-on-the-road.com/ o Volunteer organizations o Airline discounts, frequent flyer programs, low-cost airlines, flight aggregators o Hotel discounts, sightseeing discounts o Travel checklists: short-term and long-term o Suggested itineraries o Testimonies of other solo female travelers who have trekked the worldI will be traveling with my family to Athens, Santorini, and Istanbul this summer and will be following many of the valuable travel advice I learned from this e-book and Leyla GirayÃƒÂ¢Ã â ¬Ã â„¢s travel blog. After your travels, youÃƒÂ¢Ã â ¬Ã â„¢ll

never be the same person againÃƒÂ¢Ã â ¬Ã Â|. Happy Travels! #wanderlust

Even if you are convinced you no longer capable of an undertaking as bold as traveling alone, THINK AGAIN. I am slightly 65 years old. I have recently returned home from a beyond fabulous two month solo trip, which turned out better than I could have ever imagined. Many, many thanks go to Leyla Giray for the inspiration, information and encouragement she has provided me through her website Women On the Road. I hold her largely, if not entirely, responsible for convincing me that I could do this.Just like her website, Women on the Road: the essential guide for baby boomer travel, is well thought out, sensibly organized, very informative and immensely readable. Leyla has opened the door to my future. Next trip, thanks to this book, I will be hitting the road even better informed. If you are thinking about traveling, solo or not, boomer or not, this book is a MUST READ.

I’m not as adventurous as the author - by a very long shot! - but knowing that she had been to so many wild and wonderful places and come out unharmed reassured me as I read her advice on how to make the solo travel experience a good one. I loved the straightforward, down-to-earth writing style; it was like chatting with an incredibly knowledgeable friend.She suggests great itineraries for people who have only a week to spare, but also for 2-week and 3-week jaunts, and longer. Reading these really made me question what I look for when I travel: is it beautiful scenery? once-in-a-lifetime experiences? contact with people I would otherwise never have met? How much discomfort would I be prepared to put up with? What kind of things would make the discomfort worthwhile? Sorting out this kind of thing beforehand is very valuable if you want your travels to leave you with fabulous memories.I also really enjoyed the solo travel stories of all the women over 40 (most of them well over!) who were interviewed. This is a book you know you can trust. (And I’ll be using her packing tips for my next trip, even though I won’t be alone.)

This is a must have for ANY woman whose never traveled to Europe, let alone never traveled ALONE. I was especially interested in discovering what essentials I needed for the trip and how to stay safe. The information this book provided was comprehensive. It contained everything one would need in one handy guide. I would recommend it to everyone I know..

It’s ok, but got more info in Solo Traveler’s Handbook

clear,concise,encouraging to women who are becoming ready to enjoy travel solo or sans tours.

recommended to women of any age and experience

This is a great reference book. I have read it over every time I take a trip. I was glad that there was info about travel insurance . Wonderful book!!!

Fast delivery. Thanks!

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