



March 2026 Newsletter

*Ageless Adventures &
Senior Travel Adventures*



This Month's Show: My trip to Morocco

In this episode enjoy my journey from the vibrant souks of Marrakech to Morocco's breathtaking coastline. If Morocco has been on your "someday" list, this is a beautiful way to see what's possible for

you on your Moroccan adventure. [Click Here To Watch!](#)

In my April episode I will be interviewing Andrew, the founder of [The Good Life Abroad](#), an interesting immersive longer stay community in a city for those over 55. There will also be information on slow travel and wellness. If you don't subscribe to my channel yet, please help me out by following on YouTube (as of this post, I am just 7 away from 300 with a goal of 500).

Want to be on a future show? If you have a great travel story, a favorite destination, or a "bucket list" you're ready to turn into a plan, email me and let me know you're interested in being a guest.

If you don't subscribe yet, click here to sign up!

When the World Feels Heavy

Feeling worried by the world lately? You're not alone. The headlines can feel like a 24/7 alarm clock nobody asked for. Between storms cancelling flights, troubling events abroad, changing security rules, and the relentless news cycle, it's easy to feel anxious and on edge. Today it hit me very hard when I cancelled my May journey to Dubai and Abu Dhabi for a large travel conference.

Here's your gentle reminder: you are allowed to step away. Protecting your peace or safety isn't avoidance, it's **wisdom**.

One of the most powerful resets I know? Planning travel. Taking a different trip. Not the rushed, checklist kind, but the soul-filling kind:

- Wandering cobblestone streets in a place you can't pronounce (yet).
- Locking eyes with wildlife in their natural habitat (Africa Trip coming soon).
- Breathing in crisp mountain air or feeling warm sand between your toes.
- Standing in front of history so old it humbles you in the best way.

Travel doesn't just change your scenery, it changes your state of mind. It reminds you the world is bigger, kinder, and far more beautiful than the news would have you believe.

That's what **Ageless Adventures** is all about: journeys with depth, connection, meaning... and yes, a little magic too. Maybe that "someday" trip is actually your right-now medicine.

Traveling Safely

STEP: A Must-Do Before International Trips

With travel warnings and conditions changing frequently, a little preparation can bring a lot of peace of mind. The Smart Traveler Enrollment Program (STEP) is a free U.S. State Department service that:

- Sends you safety and security alerts for the country you're visiting.
- Makes it easier for the nearest U.S. embassy or consulate to contact you in an emergency.
- Lets you enroll each international trip in about 20 minutes.
- You can learn more and enroll here: <https://mytravel.state.gov/s/step>

UK Electronic Travel Authorization (ETA) Don't Get Turned Away

The United Kingdom is now strictly enforcing its Electronic Travel Authorization (ETA) for eligible foreign visitors, including many who previously did not need advance permission.

Airlines are required to deny boarding to passengers who don't have a valid ETA, eVisa, or other required documentation, even if you're just transiting.

My advice:

- If you're flying through the UK, even just to change planes, get your ETA in advance.
- This protects you from denied boarding, unexpected delays, or being stuck in the airport when you could be out exploring between flights.

I also have detailed [information on my website about visas and transit authorizations](#) for different countries, check it before you book, and you'll travel with much more confidence.

On the Fly: Updates You Should Know

American Airlines is raising the cost of a second checked bag to **\$50** if you pay at the airport (up \$5). Prepay online or in the app and it's still **\$45**. Same deal for the first bag: **\$35 prepaid, \$40 at the airport**. Moral of the story? Tap the app before you taxi.

United Airlines follows a similar model: **\$40 first bag, \$50 second** if you pay at the airport, but you must prepay **at least 24 hours in advance** to snag the lower rate. They've also tightened up their **MileagePlus** loyalty rules. If you don't carry a United-branded credit card, climbing to higher status tiers just got tougher (even though the official thresholds aren't changing for 2026).

On a brighter note, United now lets economy passengers **pre-select and lock in meal orders** through the app before boarding. The airline says it will add additional choices to the preorder menu this summer, including elevated salads, sandwiches, and wraps.

Small win, but we'll take it.

Meanwhile, **Delta Air Lines** remains the calm in the baggage storm. As of 2026, they still charge a flat **\$35 for the first bag and \$45 for the second**, whether you pay in the app or at the airport. No last-minute penalty yet.

Bottom line: Prepay whenever possible. Your wallet will thank you.

On the Rails

 Amtrak is getting some new trains! 70+ new "Airo" trains will include a more spacious interior and seating, improved accessibility, better fuel efficiency, and faster travel times (up to 125 miles per hour).

The first of these new trains will begin service this year on the Amtrak Cascades route in the Pacific Northwest, connecting Vancouver, B.C.; Seattle, Washington; Portland and Eugene, Oregon. Trains earmarked for Northeast Regional service should be up and running by 2027.

Amtrak's California Zephyr is the longest train route in the U.S., and stretches 2,438 miles between Chicago and the San Francisco suburb of Emeryville. During the ride, it passes through some of the most iconic stretches of the American West, traveling through the [heart of the Rocky Mountains](#) before continuing west through the Sierra Nevada. It's no surprise that it's considered one of the most beautiful train routes in the U.S. It is definitely on my list.

Speaking of Trains - the Canyon Spirit Experience Journey by rail crosses the majestic and sprawling landscapes of the American Southwest onboard Canyon Spirit (a spin off of Rocky Mountaineer). You can begin the journey in Denver, Moab, or Salt Lake City. This is also on my list and I am seeking a travel buddy!

Travel Planning Tips

Let's talk smart travel, especially for those of us who want energy left at the end of the day for gelato and sunsets.

Peak summer in Europe can be... a lot. The heat is real, the crowds are shoulder-to-shoulder, and sightseeing can turn into an endurance sport. Shoulder seasons (spring and fall) are often the sweet spot with lighter crowds, milder weather, and the freedom to layer up or down as the day unfolds. Much more enjoyable. Much less “why did I do this to myself?”

When it comes to budget, the “best” destination may not be the cheapest, it’s the one that speaks to you. The place that connects to your heritage, your curiosity, your love of art, food, or history. With a thoughtful planning, almost any destination can be done well and done wisely. Practical advice from a travel advisor can actual save you time and money.

A few practical habits go a long way. Leave extra valuables locked safely at your hotel instead of carrying everything around town. And don’t dismiss taxis or rideshares as indulgent, sometimes a direct hotel-to-hotel ride can save time, energy, and stress (especially with luggage). I love trains, but sometimes that isn’t an option depending on the size of my suitcase

To stay strong on the road, simple preparation wins: walk regularly before your trip and add some gentle yoga for flexibility and balance. If you’ll be navigating cobblestones or uneven paths, hiking poles are worth packing or renting locally. Solid footwear is integral to safety on the streets of Europe.

And here’s the secret ingredient: context. The more you understand about what you’re seeing, whether the history, the culture, the stories, the more powerful the experience becomes. A little background knowledge can transform a beautiful trip into one you’ll never forget.



Travel Footwear – what NOT to wear

Beyond the obvious safety issues, let’s talk comfort. Airplane cabins are basically flying refrigerators, and sandals don’t do your toes any favors. Exposed feet get cold fast, and they’re prime targets in a crowded aisle.

Between rolling carry-ons and distracted passengers doing the aisle shuffle, toes get stepped on. A lot. And it’s way worse when they’re unprotected.

Do yourself a favor and wear a closed-toe shoe that’s easy to slip off at security but still shields your feet. Think sneakers, loafers, or supportive flats. You’ll stay warmer, safer, and a whole lot more comfortable. Cute sandals? Save them for the destination.



Solo Travel Without the Luxury Price Tag

Traveling solo doesn't have to mean spending a fortune, or sacrificing safety. With the right destination, you can stretch your dollar and feel completely comfortable exploring on your own.

Here are a few affordable, solo-friendly options where safety and strong tourism infrastructure comes first: Oh Canada! I really love Canada - so much beauty from across the entire country.

Canada

British Columbia – Victoria

Instead of Vancouver's higher prices, consider **Victoria**. It's compact, charming, and easy to navigate on foot. You'll find beautiful harbor views, gardens, and a relaxed pace — perfect for solo wandering. Canada consistently ranks among the safest countries globally, making it a low-stress choice.

Winnipeg

Often overlooked, **Winnipeg** offers culture, museums, and surprisingly great food at prices lower than major Canadian cities. Stay downtown or in well-reviewed neighborhoods, and you'll find it friendly and manageable for solo travelers.

Banff

Although pricey, the beauty that surrounds this area is amazing. I was lucky to visit there during my [Rocky Mountaineer](#) trip in 2024. But is pricey. The picture is from my visit to Moraine Lake - yes it was that color blue. Amazing. If you go be sure to ride the Gondola for an incredible view far and wide.

Canmore

Just 20 minutes away, often significantly less expensive, with great restaurants and a laid-back vibe. Many travelers actually prefer staying here and taking the shuttle into the park.

Shoulder seasons (late May/early June and September) are your sweet spot, fewer crowds, lower rates, and that crisp mountain air that makes you feel alive.

Canada does "wide open space" like nowhere else. You can hike, paddle, photograph, and breathe deeply, all without needing a travel buddy.

A Smart Solo Reminder - no matter where you roam:

Affordable should never mean cutting corners on safety. Prioritize:

- Centrally located, well-reviewed accommodations
- Airport transfers arranged in advance
- Daytime arrivals when possible
- Travel insurance (A necessity IMO, I can now give you a quote even on trips I don't book)



Ageless Adventures Travel Company

Certified Fora Travel Advisor
deborah.dotson@fora.travel
949.229.5329



Taste of Bordeaux Wine Cruise - December 10, 2026

You must act fast on this one. There is just a **10% solo supplement** and a variety of **significant savings** if



Secrets of Egypt & the Nile - September 18, 2027

Explore ancient wonders, such as the beguiling Temple of Luxor and the mystifying Valley of the Kings and Queens. Plus, come face-to-face with the last survivor of the Seven Wonders

booked by 3/31/2026. You can book after 3/31/26 but many of the promo perks will not be available that were secured with my group pricing.

Land options available too.

of the Ancient World, the Great Sphinx and the three Pyramids of Giza.

I have secured special group pricing for this, but cabins are limited. Deposits will hold a cabin at the group rate.

[More Info](#)

[More Info](#)

*Note: If anyone is into Pickleball – the AMA Magna has a Pickleball court on the top deck! I am happy to put together a group cruise if anyone is interested. I am also looking for someone to be the “group leader” which will come with special pricing benefits depending on how many people go. **If you are in a Pickleball club – this is perfect for you and your friends.***

My sincerest thanks for your interest. My goal is to provide helpful information via my website, channels, and this newsletter.

Adventure doesn't retire - it rewires!

Senior Travel Adventures - The Ageless Adventurer

United States of America

You received this email because you signed up. You can opt out any time.

[Unsubscribe](#) | [Update preferences](#)

