



April 2027 Newsletter

Happy April Friends

I am finally moving away from the "Senior" side and becoming "Ageless". I am not fond of using labels or perpetuating any misconceptions that we are "old" because of the year of our birth. Adventures no matter how big are small, are what keeps us moving forward. Sitting in a rocking chair should still be our choice!

So we say goodbye this month to "Senior Travel Adventures" my persona for more than 2 years, and greet "Ageless Adventures" with great joy. My website name will eventually change, but that takes much more effort.

The World Is a Lot Right Now...

But here's Why I'm Still Taking my April trip, and Planning My Next Trip

There's no getting around it: the travel world is going through a bumpy stretch. From weather disruptions and flight delays to staffing pressures and cybersecurity scares, a lot of things that once felt routine about getting from A to B feel a little less predictable these days. I won't fib, I am anxious about my trip – and getting through the obstacles, and yes, I had to eliminate the 2nd part to Dubai, but I am going to Munich, taking a train to Passau and embarking on a beautiful river cruise with AMAWaterways on the Danube, staying a few extra days in Budapest. In fact, my show in May will feature the trip and an interview with an Austrian travel specialist!

Geopolitical hostilities, rising costs on everything, and shifting consumer confidence have made "business as usual" feel like a distant memory for the travel industry. And yet, people are still going. My new travel advisor colleagues report that they are all very busy. The one word many travel analysts are using to define 2026 is *resilience*, with consumers remaining enthusiastic even as the landscape grows more complex.

That tracks with something I've always believed: planning a future trip does something powerful for your state of mind, even when the world feels uncertain. Research backs this up, the *anticipation* of travel is often where much of the joy lives. Having something to look forward to gives us a sense of agency and control when so much feels out of our hands. I know that when I hit an emotionally rough patch, planning future travel is a good step for me.

What's also changing is how people approach travel, it is less impulsive, more intentional. Travelers are prioritizing meaningful, well-planned trips over simply chasing the cheapest deal or ticking off a bucket list. In a way, the current moment is nudging us toward a healthier relationship with travel altogether. Travel deals still exist, but they may not be as financially favorable as they were before – but that is the same on anything we buy.

So if you've been hesitating to dream about your next adventure, consider this your gentle nudge. Open that tab. Pin that map. Start the Wishlist. The planning itself is good for you, and the world will still be worth exploring when you get there.



What If You Could Just... Show Up and Live Like a Local? With The Good Life Abroad, you can...

In this episode of Ageless Adventures, I sit down with Andrew Motiwalla of [The Good Life Abroad](#) to uncover a whole new way to experience Europe, more like living there than just visiting.

It's not a tour. Not DIY. It's that sweet spot in between... and it might be exactly what you've been looking for. 👁️ [Click here for more information](#), and use the code **DEBBIED** for \$50 off if you decide to book. I am planning to do this in the future – when I can fit it in with my other travels.



Solo Travel Safety Tips for Women Over 50: How to Explore the World Confidently

Discover practical solo travel safety ideas for women over 50. Learn how to travel confidently, avoid common risks, and explore the world safely as a solo traveler.

[Read more](#)

Trains, planes, and ...hotels

Planes:

Airports across the U.S. are seeing noticeable disruptions, raising new questions about delays, the airport experience, and what to expect before you fly in the weeks ahead. As of now, TSA agents have received back pay and funding appears to be stabilizing, but this marks the third disruption in less than a year, so it's smart to stay prepared. Pack your patience... and maybe a few snacks. (Hydrate early—before you hit security!)

Here's the bigger tip: don't hesitate to ask for help. TSA officers are there to assist, and most airports have staff or volunteers specifically to support travelers who need a little extra time. A simple "I could use some assistance" can make your experience much calmer—and sometimes even faster.

If you have mobility challenges, you can request a wheelchair at no cost when booking or at check-in. You'll be escorted through security and to your gate, skipping much of the stress along the way.

Travel should feel like the beginning of something wonderful—not an obstacle course. Ask for help. It's there for you.

And a little airline news worth noting: United Airlines is testing a new "Relax Row" concept—economy seats that convert into a couch-style setup with leg rests. Sounds dreamy... but the trade-off? Standard economy seats may get a bit tighter to make room for those upgrades. Ah yes, the classic airline "give and take."

Trains have provided over 200 years of travel around the world

Night trains are having a moment (again!)

A new sleeper train now connects Paris–Brussels–Berlin, with comfy cabin options and budget fares—making overnight travel a realistic (and fun) alternative to flying.

More direct international routes are rolling out

New trains launching in 2026 are connecting cities like Prague–Berlin–Copenhagen for the *first time ever* without transfers.

Train travel is booming across Europe

Passenger numbers are up significantly, travelers are choosing trains for sustainability, comfort, and avoiding airport chaos.

Late-night trains are expanding

New overnight routes (like UK airport connections) are being tested to make early flights and late arrivals much easier without a hotel stay. There is a new option from France to Germany.

Hotel Talk

Let's be honest, hotel stays can either quietly drain your wallet... or quietly upgrade your entire trip. The difference? A few smart moves most travelers skip. Here are three that consistently pay off (and yes, they're easier than you think):

Loyalty isn't just for frequent flyers

Hotel loyalty programs are usually free, and they come with surprisingly good benefits. Think priority check-in lines, complimentary Wi-Fi, room upgrades, and late checkout options. Even if you're not loyal to one brand, it's still worth signing up before you arrive, those points often stick around for future trips. I belong to several programs, and those "just in case" points have turned into real savings (and a few very nice upgrades).

Sometimes spending a little more... saves you more

That cheaper hotel on the outskirts might look tempting but pause for a second. When you factor in things like parking fees, breakfast costs, transportation, and convenience, a slightly higher-end hotel in a central location can actually come out ahead. Comfort, time saved, and included perks often outweigh the initial price difference. Some tour operators always use hotels that aren't centrally located to save costs. That is something you may not realize ahead of time. You might have to take public transportation or use taxi/ride share services on your free time. It's not about spending more, it's about research and setting your own expectations.

Ask (nicely)... and you might be surprised

This one sounds simple because it is. A friendly, polite ask can go a long way. I've received room upgrades, late checkouts, and even extra perks just by asking kindly, with zero expectations. Whether it's a better room, a breakfast voucher, or a small pre-arrival touch, it never hurts to ask. Worst case? Nothing changes. Best case? Your trip just leveled up.

And here's one more that can make or break your travel budget: **refundable vs. non-refundable rates**. That cheaper, non-refundable option can look very tempting at booking, but it comes with zero flexibility if plans change (and let's be real... life happens). A refundable rate may cost a bit more upfront, but it gives you breathing room to adjust dates, rebook if prices drop or cancel without penalty. I often book refundable first, then keep an eye on prices, and if a better deal pops up, I rebook and save. Think of it as paying a little extra for peace of mind... and the freedom to pivot when needed.

Travel Essentials that make a difference

I'm attending the Travel Goods Association conference in June in Salt Lake City with the express purpose of finding my mature travelers' products and travel clothing that work for us!

Airplane cabins can get *seriously* cold. But while it may be tempting to spring for an ultra-thick, ultra-heavy fleece sweatsuit, consider grabbing a lightweight, breathable alternative instead this spring. You can always add more layers to your outfit or snuggle up with a travel blanket if you're still cold, and you'll feel less hot and so much more comfortable when taxiing on the tarmac or rushing through the airport a two piece soft outfit, with jogger pants is a fine choice; it has a relaxed fit that won't dig into you during the flight, can be worn for multiple different occasions, and is constructed with lightweight fabric that's "[super soft and cozy](#)." Add a cardigan on top, and you've got a first class-worthy fit that won't weigh you down. *Don't wear wide leg pants on flights – they will touch the bathroom floor – yuck...I wear jogger style or something that doesn't go below my shoe.*

inflatable donut pillows don't take up much space when deflated, but their neck support is abysmal. Memory foam pillows, on the other hand, cradle your chin and neck in plush cushioning—but are a headache to lug around the airport. If you're willing to take a risk on something new this season, we suggest skipping both for the [Trtl Neck Pillow](#). This unique, brace-like neck pillow takes up minimal space in your bag and uses internal supports rather than hefty cushioning to keep your head and neck upright. This design also prevents the dreaded head nod that can happen on flights, ensuring you won't jolt yourself awake.

Theft can happen anywhere, but exploring a new destination can leave you especially vulnerable to pickpockets. Rather than buy a normal fanny pack or belt bag for your excursions, do future you a favor and invest in an anti-theft version instead. This [style from Travelon](#) is flush with pickpocket-detering features, including an RFID-blocking card pocket, a lockdown strap, a slash-resistant main compartment, locking zipper pulls, and a hidden rear pocket,

as well. I have a larger Travelon which I do love, but this one might be my next buy!

In 2026, you should expect more from your suitcase organizers. Standard packing cubes only keep your clothing items separate; compression packing cubes, on the other hand, actually free up extra space in your carry-on by squeezing out excess air. So, if you want to maximize the number of outfits you can pack this spring, be sure to scoop up some compression packing cubes, like this [set from Bagail](#)—it includes five cubes of various sizes and even comes with a zippered shoe bag, perfect for keeping walking sneakers or hiking boots separate from your other belongings. I also like large [Ziplock style bags](#), and use them on every trip in addition to my compression cubes. I always put the dirty laundry in the bag and squeeze out the air (sitting on it works well). Just remember that compression bags can make your luggage much heavier (as you pack more stuff)!

Ageless Adventures Travel News

Despite the rapid rise of generative AI tools in travel planning, 60% of travelers still prefer human-curated recommendations and verified information, according to a recent survey.

These findings suggest that while artificial intelligence is increasingly used as a starting point for travel inspiration or logistical questions, travelers still rely heavily on trusted platforms and human verification before making final decisions.

AI as inspiration, human verification for decisions and help!



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Where your days are filled with:

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- 🍷 Wine tastings in the Rhône Valley
- 🎨 Art, culture, and charming French villages
- 🀄 And yes... Mahjong on board!

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- 🚢 7-night luxury Nile River cruise
- ✈️ Flights included Cairo ↔ Luxor
- 🗺️ Expert Egyptologist brings history to life
- 🏛️ Exclusive visits: Queen Nefertari's Tomb, Abdeen Palace & a Nubian village

[Click Here for More Info](#)

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Thanks for reading this far! I am off to experience the Danube River for myself in a few weeks and will be posting a lot of content on the trip. I am also going to discuss multigenerational travel in an upcoming blog and episode.

As always, I truly appreciate your support by continuing to follow me either here on on my other social media platforms.

Keep moving forward,

Debbie Dotson

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(formerly Senior Travel Adventures)

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