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**ABCs of Adventure Travel**

**By News Canada**

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**by: News Canada**

A - Address peel and stick labels for all your family and friends before you go. Then stick to postcards along the way and you'll come home looking good.

B - Bottled water is a must - don't drink anything else.

C - Cookbooks from your travels are always a great souvenir. Cook a dish from one when you have friends over to see your video and pictures

D - Digital cameras save the day; their small and you never run out of film

E - Expect excitement; go with anticipation, not trepidation

F - Food is fun, try something you've never eaten before like zebra pate or Australian wine

G - Give generous tips, especially in poor countries, you'll be so glad you did

H - Hang out with the locals. Get to know a new person on your trip and get a photo with them

I - Inform someone at home of your itinerary

J - Journal every day. Can you remember now what you did last week?

K - Kids love it when you have packed little surprises to open along the way

L - Learn something: Take a pasta making course in Italy, Scuba diving in Argentina or Belly dancing in Bagdad (just kidding)!

## ABCs of Adventure Travel

- N - Note the local artisans and buy something authentic
- O - One substantial souvenir is better than a lot of small things. Then ship it home to lighten your luggage
- P - Postcards will rescue you when your photography fails. You can never have too many
- Q - Questions help you get the most out of all you see and experience.
- R - Read before you leave. Read lots of books about your destination. Find out who the local best sellers are, and read one of their books.
- S - Scrapbook within the first week of getting home
- T - Travel as light as humanly possible. Dragging luggage is no fun.
- U - Unpack as soon as you get home.
- V - Vaccinations and certain medications are necessary in some countries - be sure to check with the World Health Organization about what you need.
- W - Whining never fixes anything - buck up and deal with the differences
- X - exchange your currency at the airport or a bank and be sure you understand the value of your money
- Y - You are the one who will make or break your adventure. Plan to be positive
- Z - Zero in on one or two experiences and squeeze the most out of them. Adventure overload will leave you confused.

For information on travel adventures of the heart, visit

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### **Overseas Adventure Travel In Nepal**

**By Carl Walker**

Thinking about overseas adventure travel? Have you put any thought into the best places to go when it comes to overseas adventure travel? Nepal is one of the most popular places of all, when you visit this magical country you will have the best adventures right there at your doorstep. Only overseas adventure travel in Nepal will give you these kinds of opportunities so if this is not on your list of possible places to visit yet then now is the time to put it on there!

In Nepal your overseas adventure travel is going to be fascinating. You will get to see the Himalayan Mountains and experience all that the rich Nepalese culture has to offer. They are an amazing people who have managed to hang on to their own culture and beliefs longer than most other countries. When overseas adventure travel takes you to Nepal you will have the chance to see all of the fantastic and one of a kind lakes and forests and you can even spend days or weeks camping out in their forests with a specialized guide. And the waterfalls in Nepal are to die for, you will never see anything more gorgeous in your life as their waterfalls! This should be at the top of your overseas adventure travel destination list for sure!

When you get into overseas adventure travel you are going to have to bring your own supplies, at least some of them. For example your hiking boots are a must, as well as special jackets and such. These can literally save your life when you are out there in the wilderness so don't forget them when you are packing for your overseas adventure travel.

When you get to Nepal you will find that the most popular of all overseas adventure travel there is trekking. Thousands of people come to this fabulous country each year to trek through the mountains and the forests. You will generally go trekking with a group of people, most of them visitors in overseas adventure travel as well. You will all have a trained and specialized guide to take you on your trek and this trek can last from a day to weeks, all depending on the what kind of overseas adventure travel you are interested in.

Those who run the trekking will usually bring along their own staff, this staff is there to help you with anything that you need and to carry all of the camping gear. They will often even carry your bag for you when you go on this kind of overseas adventure travel. They are simply there to make your trip and trek easier and more fun and relaxing. This overseas adventure travel staff will also be the people who cook for you each day and who set up and break down the camp when called for.

There is no better place to go for your overseas adventure travel than Nepal. It is a friendly and

hospitable place where you can get back to nature and enjoy the wonders of the world through overseas adventure travel.

Adventure Vacations: put some excitement into your next travel journey!

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# ABCs of Adventure Travel

