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**Impair Healthy Healing In People Over The Age Of 30!**

## How To Improve Your Group Travel Experience

By Darlene Berkel

I took my first group tour this summer. That was a learning experience. Don't get me wrong. I had lots of fun, but for someone who has always traveled alone, I had some "learning" to do.

First things first! Getting to know my co-travellers! This was easy and fun, cause our group leader organized several get-togethers way in advance, so we could get to know each other, and get all or questions answered. And there were many questions, like, where would we stay, where can we buy travel insurance, what should we bring, what will immigration and customs documents will be need! And more.

Then roommates had to be assigned, because it would be cheaper to share a room than to have your own room. So unless you were a family , you got a roommate. I got two roommates, and we really hit it off. One roommate was a die hard shopper, and the other was an eternal organizer. So between the three of us, we had a ball.

But I did have to learn to be patient. Our group was very diverse. We had kids, teenagers, and some older persons. So things did not always move as quickly ( or as efficiently) as when I travel alone. We usually had to wait and make sure that everyone was accounted for before our tour bus could leave for the next stop. Hotel check-ins did not always go smoothly, but once we got settled the rooms were comfortable.

The key to enjoying group travel is to be patient and to be considerate. Be flexible and tolerant in order to accommodate others in the group, and do your best to stick to the itinerary schedule. Don't show up at 7:30 when the Bus was scheduled to leave at 7AM. Take your sense of humor with you, and you will definitely have a good time.

Group travel is an excellent way to make new friends and to foster old friendships. If you want to spend quality time with your friends, family members, or business colleagues and enjoy a wonderful vacation experience at the same time, then I highly recommend a group travel tour!

Darlene Berkel, of

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<http://www.every1loves2travel.com>

, writes on a variety of subjects and

recommends

<http://www.vacationing-with-kids.com>

and

<http://www.on-a-cruise.com>

for more family

travel tips and ideas.

### **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

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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.

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