

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Travel To South America: How To Start

By Mark Van Overmeire

You set your mind and you're ready to travel to South America, a magical place of immense beauty

where myth and legend continue to walk hand in hand. I've traveled 18 months in South America and can give you some tips on how to prepare yourself for an unforgettable adventure.

Common Sense

We all hear the unpleasant stories and South America has a fame of being dangerous. I traveled thousands of miles traversing cities, jungles, islands and mountains. I survived 6 weeks in a street child care center in the favelas of Salvador da Bahía (Brazil) and had the party of a lifetime during carnival. Nothing, I repeat, nothing happened. Use your common sense. Avoid badly lit streets at night and if your sixth sense is giving you the "something is wrong" sign then take a taxi to your destination.

Travel Guide Book

The first thing that you will need is a travel guide book. It will be your best companion in your search for adventure. I can highly recommend Lonely Planet's South America on a Shoestring to get you started. The book covers all you need to know to get the most out of your trip and is ideal to plan your journey ahead. I've used the guide extensively during my 18 month adventure. They offer excellent separate travel guides of all the countries (besides using the Lonely Planet Shoestring I've used their separate travel guides of Peru and Brazil). Their guides are the most popular among backpackers.

Other popular guides are The Rough Guide to South America and the South American Handbook. Ideal, but not practical because you want to travel light, would be to enjoy the adventure with a Lonely Planet and either the Rough Guide or the Handbook.

Spanish and Brazilian Portuguese

The most rewarding thing for me was the fact that you can travel in a huge continent like South America with only 2 languages. Spanish and Portuguese. If you plan to travel just for a few weeks you can invest in a Spanish and/or Brazilian Portuguese Phrase Book. English is not widely spoken and

Travel To South America: How To Start

even a basic knowledge of Spanish and/or Portuguese makes the trip so much more rewarding (they're extremely willing to help you, so don't worry, be happy).

If on the other hand you're planning to travel for a few months I can highly recommend taking a language course. Ideal would be in a school in South America (I took lessons in Quito, Ecuador, and had a private teacher for \$2.50/h).

Walking Shoes

South America's nature is overwhelming. You'll walk for many hours day after day. It would be a shame to walk in the footsteps of the Incas with blisters on your feet. My biggest recommendation is to invest in high quality walking shoes with Gore-Tex.

Health Vaccinations

Yellow Fever (if you plan to go to the Amazon Basin), Typhoid (consists of two injections taken 4 weeks apart), Diphtheria-Tetanus, Polio, Cholera (only when necessary), Smallpox

Medical Kit:

Depending on what you plan to do you can include the following:

Antiseptic cream, aspirin, Iomitol for diarrhea, antibiotics, throat lozenges, ear and eye drops, antacid tablets, motion sickness medication, alcohol swabs, water purifier, lip salve, foot and groin powder, thermometer (in a case), surgical tape, assorted sticky plasters, gauze, bandages, butterfly closures, scissors and last but not least, first-aid booklet

Note: malaria pills are required in the amazon basin, please be aware that those pills are very b and you should check with your doctor before departure

Traveling Gear

Backpack:

Obviously a high quality backpack is a must. Choose the type that has different compartments that can be opened separately. Very handy if you need something quickly. Travel as light as possible. A heavy backpack is destined to undermine your traveling pleasure.

Clothing:

Depends on where you go. If it's the mountains and the jungle, get some quality clothing from home. If it's the beach, buy your t-shirts there (cheap).

Camping and Climbing Gear: You can rent camping and climbing material in South America but the quality may be questionable. Always check the material. Bring your own gear if possible. I traveled 18

months with my own tent and various camping utensils.

Photography

Pictures are something personal. Some people just want some snap shots, others want to publish in the National Geographic. All my pictures were taken with a cheap Nikon F50 camera. Have a look at some amazing photographs at

www.travel-amazing-southamerica.com

I had two zoom lenses, a 35–80 mm. and a 70–210mm. I also dragged a tripod and an excellent flash with me. I used FUJI slides (100 ASA) but you definitely need 200 to 400 ASA if you plan to go to the jungle. A polarize filter enhances the colours tremendously on sunny days.

Conclusion

South America will embrace you with open arms. It's nature, people and history are overwhelming. With the right preparation and set of mind you're ready for an unforgettable adventure.

Mark Van Overmeire is a passionate musician, photographer and traveler. He has traveled extensively in South America and Southeast Asia and is the founder of Travel Amazing South America, a travel site at

<http://www.travel-amazing-southamerica.com>

South American Travel And Destinations

By Gloria Diaz

The continuous innovations in modes of travel and the growth of global awareness have incited an increase in the travel and tourist activities all over the world. With the hectic demanding, polluted city life a lot of travelers are in constant search for locations that are still environmentally healthy that will allow them to experience an unspoiled area of Nature. As the world's population keep on increasing, most vacation spots will eventually become more crowded, making it unsuitable for relaxation. Ultimately those in search of a truly unique travel experience will tend to explore new areas of the world.

One such area that is still commercially unexploited is South America. Nowadays more and more people are becoming fascinated with South American vacations. Whether your interest lies in exploring the spectacular archaeological ruins of Machu Picchu in Peru, or the mystery of Rapa Nui off the coast of Chile, or experience the majestic beauty of Ecuador's Galapagos Islands, this is one experience you will never forget.

Travel To South America: How To Start

Salsa, cumbia, Samba and Tango, life really swings in the rhythmic continent of South America. A variety of influences from different countries like Africa, India and Europe penetrated this undiscovered area giving it a very distinct flavor that lures travelers in embarking on an adventurous South American travel.

The exotic continent offers amazing Pre–Columbian sights all along the Andes in Chile, Bolivia, Ecuador, Peru and Colombia. The most popular of these are the Nazca and Machu Picchu in Peru and Ciudad Perdida in Colombia. In addition, tourists are also treated to a tour of stylish colonial churches and palaces in each South–American country. Without doubt architecture lovers and avid historians will flock at South American airlines. People with a more active and sporty lifestyle are captivated with the idea of skiing in exotic Latin countries like Chile, Bolivia and Argentina during their South American vacations. Meanwhile, innate environmentalists cannot wait for an opportunity to see the biggest rainforest and the longest river in the world in Brazil. The abundance of wildlife, especially on the Wadden islands, also added to its appeal.

People who are intend on finding quite and relaxation usually headed for the Carribean, where the coast of Venezuela and Colombia, as well as the beaches of Brazil, offers great beaches and a relaxing atmosphere. If you had enough of the peace and quite and crave some city action, head for the nearest city. There are several to choose from: Sao Paulo, Rio de Janeiro, Buenos Aires, Santiago or Lima all of which offers attractions that you will normally find in the city but still with a touch of South America's exotic culture.

South America is a very diverse continent. Although most countries are speaks Spanish, with the exception of Brazil and three Guyana's. French Guiana, British Guyana and Suriname still speaks the language of their former colonial masters as well as their own languages. Majority of South America's still utilizes the native Indian languages however they becoming less frequent nowadays.

Planning for a dream vacation in South America can now be arranged quite easily and quickly. Gone is the time when planning and booking a dream vacation meant getting in touch with a travel agent, today there are numerous sites dedicated to travel in the internet.

So, if you have been yearning to get away, start logging on to the internet and check out all the details on South American travel and destinations. You'll find all the information on hotels, tours and South American airlines, taking it from there will get you to South America in no time.

Gloria Diaz researches and writes on a variety of topics and interests. For more information on South American Travel and Destinations please visit

<http://www.la-cadenatricolor.com>



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!