








Airport Parking & Hotels

World Travelling After Retirement

What Type Of Traveller Are You?



Contents

Happy Retirement	03
What Type of Traveller Are You?	04
 The Active Adventurer	05
 The ‘Taking it Easy’ Traveller	07
 The Cruiser	09
 The Eco-Friendly Explorer	11
 The Coach Tripper	13
Solo Travelling After Retirement: Do’s & Don’ts	14
Top Travel Tips for Seniors	16
How to Travel: Train, Plane, Sail or Drive?	17
Bucket List Travel: Stuff You Didn’t Already Know	18



You did it.

Gone are the days of setting that dreaded 6am alarm and the pesky Sunday night blues.

Wave goodbye to rotas, clock-ins, timesheets, shifts and day-to-day work stress. Now, it's all about you – and it's the perfect time to start checking off your travel bucket list.

We know that planning a big trip can be complicated. First, you need to establish what type of traveller you are, and where you want your travel bug to take you. Whether you're an adrenaline junkie looking to skydive in New Zealand or a laidback loungeur who is more tempted by a spa resort in Bali, we can help to set you on track. With our handy guide, you'll be scratching your itchy feet in no time.

What Type of Traveller Are You?

Are you an early retiree at the age of 50 looking for your next big adventure? Or have you left it until the golden age of 80 to start travelling? It's true what they say: age is just a number, and there are no limits on when your new lease of life can begin. So, what type of traveller are you?



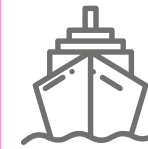
THE ACTIVE ADVENTURER

Active travellers will travel far and wide to seek adventure. Thrill seekers. Dare devils. Trekkers. Always on the go. Sound like you? Head to the yellow section to find out more.



THE 'TAKING IT EASY' TRAVELLER

Now you've retired, you might just want to take a step back and rest easy. But that doesn't mean that you can't see the world at the same time. Are you all about relaxation? Our blue section is perfect for you.



THE CRUISER

What's the best way to tick off several bucket list destinations in one fell swoop? A cruise, obviously. Fancy setting sail on a luxury senior cruise? Or would you rather test out your sea legs on an arctic cruise? Scroll to pink to read more.



THE ECO-FRIENDLY EXPLORER

You're passionate about reducing your carbon footprint, but you're still eager to travel to new places. Discover how you can travel (and help the planet) in our green section.



THE COACH TRIPPER

Retirement should be stress-free, so maybe you'd be happier and more comfortable if someone else was doing all the work while you sit back and take it all in? If so, go to orange for our top coach tripping guidance.



THE ACTIVE ADVENTURER

An active adventurer is more of a ‘close your eyes and jump’ kind of traveller. If you prefer to avoid the beaten track and don’t mind taking risks, you’re definitely cut-out for this style of travel.

Best Destinations and Excursions

Your work life might be done and dusted, but there’s a whole world still to travel! Take a look at our highly recommended destinations and excursions for that once in a lifetime adventure.

■ TREKKING UP MACHU PICCHU

We hope you’re a fan of walking. Because the only thing standing between you and this ‘wonder of the world’ is 4,200 metres of mountain and four days of hiking. If you’re brave, go it alone. If you’re a little skittish, you can book into an organised group for the ultimate tour experience.

■ WALKING SAFARI IN ZIMBABWE

Take a traditional safari to the next level with walking tours around an African National Park.

■ SWIMMING THE GREAT BARRIER REEF

Grab your snorkel or diving gear and get deep into the action with a colourful trip to the world’s largest coral reef water.

■ POLAR BEAR SPOTTING IN CANADA

Find your inner natural historian and visit the Arctic Circle, where polar bears, wolves, orcas and whales excel in their natural habitat. Just don’t forget to keep it safe by enlisting the help of a local guide!

■ SKIING AND PARAGLIDING IN THE ALPS

Combine skiing and paragliding with one extreme adrenaline junkie holiday.

You could also rev your motorcycle up in the Isle of Man, hit the waves by surfing in Sri Lanka or camp out in the rainforest in Costa Rica.





THE ACTIVE ADVENTURER

How to get there?

For the active adventurer, a plane or train journey usually isn't too much to worry about. So if you don't mind roughing it on a sleeper train bunkbed or taking a direct long haul flight, you can get pretty much anywhere without any hassle. But for the best deals, make sure to pick yourself up a Senior+ railcard. This will give you huge discounts when travelling through Europe by train. You'll also make savings on British Airways, Delta Air Lines, United Airlines and American Airlines if you're 65 and over.



What to take with you

If you're planning lots of activities while you're away, your packing list might be endless. And if you're travelling spontaneously, there's not much you can plan ahead of time. But here's a few top tips for the less obvious things an Active Adventurer should never forget!

■ SPORTS EQUIPMENT

Want to save money on renting ski or sporting gear? You can easily take your own by upgrading your luggage allowance.

■ DUCT TAPE

You'll thank us if your backpack or suitcase gets damaged, your clothing rips or your shoes are on their last legs. Basically, it fixes pretty much everything.

■ ZIPLOCK BAGS

Don't stuff wet or dirty clothes in with the fresh ones. Seal the smelly stuff away! They're also great for toiletries or drinks - so you can avoid any nasty spillages.

■ PHOTOCOPIES OF YOUR ID/PASSPORT

You hopefully won't encounter any theft while you're enjoying your retirement trip, but you should plan for it just in case. A simple photocopy could save you a lot of drama.

■ THE LITTLE THINGS

A torch, safety pins, a whistle, power adapters and even baby wipes go a long way. So don't forget the essentials.

Do your research on social and cultural norms regarding clothing at the place(s) you're visiting. Let those norms be your guide for what to pack. You'll blend in like the locals and save yourself from making unwanted purchases on the road!



THE 'TAKING IT EASY' TRAVELLER

If you're a person who prefers to spoil yourself, you're probably more suited to relaxing travel. But that doesn't mean you can't still tick off the retirement bucket list.

Best Destinations and Excursions

Take a look at our recommended destinations and excursions for pampering, slowing down and chilling out.

■ ISLAND HOPPING IN THAILAND

Also known as 'The Land of Smiles', Thailand offers everything you're looking for. An island-hopping trip around the home of Buddhist temples, massage huts and crystal clear waters will ensure that you don't have to lift a finger. However, if you're looking for a touch of adventure on your relaxing trip, Thailand is also the perfect location for a spot of backpacking.

■ YOGA IN BALI

Find the perfect sanctuary of relaxation and health in the yoga capital of the world. Whether you opt for the jungle, the beach or a retreat, unwinding in Bali guarantees peace, meditation and luxury.

■ SOAKING UP SUNSETS IN SANTORINI

Looking for a room with a view? Head to Santorini – the only island with more wine on it than water. Sunsets, Greek cuisine, rooftop hot tubs and picture perfect white-wash buildings. Start your retirement in style.

■ SIPPING COCKTAILS IN CAPE TOWN

Africa isn't all about the wildlife and treks. In Cape Town, you can settle down on some of the world's most beautiful beaches and soak up the culture without going too far. If you're lucky, you might even spot some penguins while you sunbathe!

Still stuck for ideas? Try putting your feet up in Mauritius, the Maldives, Jamaica or Dubai for a relaxing holiday with a bit of extra oomph.





THE 'TAKING IT EASY' TRAVELLER

How to get there?

If you're all about the luxury, your most comfortable option for long distance travel is to fly. If you're 65 or over, you can expect an impressive Senior discount on several popular airlines, leaving more cash leftover for some fancy travel upgrades.

How to upgrade

If you've just retired, you should be spoiling yourself. So why not upgrade your journey to make for an easy, stress-free trip? With APH, you can book yourself into an airport lounge or check into a top quality hotel the night before your flight to start your journey the right way. You can also make your flight more enjoyable by choosing extra leg room, priority boarding or upgrading your seat.



THE CRUISER

Got lots of places you want to see but don't want to plan it all yourself? Hop on a cruise and let someone else do all the groundwork for you. Whether you're looking for a 5* experience along the Mediterranean, or you're searching for wildlife on the water, there's a cruise for everything.

Best Destinations and Excursions

■ SAILING AROUND ALASKA

Cruises are the best way to see the mountains, glaciers, marine wildlife and towns of Alaska – just don't forget your warmest coat!

■ TOURING ITALY

From eating famous Napoli pizza and visiting the vineyards of Tuscany, to walking the streets of Ancient Rome and setting your sights on the coastlines of Amalfi. It's the perfect cruise if you prefer to live life in the slow lane.

■ SWIMMING THE CARIBBEAN SEAS

Bahamas, Bermuda, Antigua, Barbados...the list goes on. A cruise around the Caribbean islands is unbeatable. And with 26 countries to choose from, you'll have a lot of freedom when it comes to picking your destinations.

■ SEE THE NORTHERN LIGHTS FROM NORWAY

there's no better way to explore the Baltic seas and history of Norway than from the water. For the best chance of sailing underneath the Northern Lights, book your cruise for October, February or March.





THE CRUISER



CRUISING TOP TIPS

Cruises can vary in length - from a standard one week holiday cruise, to the 245-day Viking World Cruise - which will set you back around £75,000 per person!

As a retiree, you might want to surround yourself with travellers who you have lots in common with – especially if you're doing it alone. So it might be worthwhile checking out the senior cruises from the likes of P&O and SilverSea.

There are also senior discounts on many standard cruise lines, such as Norwegian Cruises, Celebrity Cruises, MSC Cruises and Royal Caribbean. Does your dream cruise set sail outside of the UK? Don't write it off just yet. Instead, book yourself a flight to the starting point and leave your car at a secure APH airport car park for as long as you need.

Keep in mind: Are you sailing from Dover or Southampton? While you're away, keep your car safe at a port car park.



THE ECO-FRIENDLY EXPLORER

Have you been bitten by the travel bug but you're still conscious of the effect that travelling has on the planet? Eco-travel is the answer. Although it's true that tourism produces 5% of the world's carbon emissions, there are ways you can enjoy travel and be conscientious about your surroundings.

Best Destinations and Excursions

Take a look at our highly recommended destinations and excursions for happy travel - without hurting the environment.

■ GOING GREEN IN SLOVENIA

It may or may not surprise you that Slovenia was named the greenest country in the world this year. Its sustainability policy relies on around 75% of its electricity from hydro-electric dams. Its capital, Ljubljana, has buses that run on natural gas and an urban electric train; making it a green globetrotter dream. Not only that, but it's also a beautiful place and is often overlooked. From mountain hiking and swimming with sea turtles, to drinking the authentic cocoa bean coffee, Slovenia is the place to be for guilt-free travel.

■ EXPLORING NEW ZEALAND

with National Parks covering an entire third of New Zealand, it's a fairly untouched place to visit. Here, you'll find glaciers, mountains, tropical forests, fjords and endless natural wonders. You could also opt to stay in a luxury eco-lodge for that extra bit of retirement indulgence.

■ DISCOVERING COSTA RICA

Costa Rica is leading the way for environmentally friendly tourism. With 20 natural parks, 8 biological reserves, 800 miles of pure coastline and an impressive 98% of electricity coming from renewable sources, it supports 5% of the world's biodiversity. Impressive stuff. If you love wildlife, plants, beaches, rainforests, volcanoes, cities, rustic towns...well...pretty much every landscape you could imagine...then you'll love Costa Rica.





THE ECO-FRIENDLY EXPLORER

Extra Eco-travel Insights

- Flying is generally a no-go for greenthumb enthusiasts. But did you know, you can book a flight through a search engine that will offset your flight's CO₂-emissions for free, such as FlyGRN. FlyGRN earns a commission from every ticket sold, which is then used to offset any emissions by planting trees or investing in solar panel projects.
- If you absolutely have to fly, avoid stop-overs and go economy class.
- Take your own toiletries and drinks everywhere with reusable bottles. And bring your own bags for life along with you to avoid buying more plastic bags.





THE COACH TRIPPER

If you'd actually just prefer to stay a little closer to home or have someone else be in complete control of your trip, a coach holiday is definitely the choice for you.

Best Destinations and Excursions

■ GETTING FESTIVE IN AUSTRIA

Relish in the Christmas markets of Vienna, or marvel in the striking architecture at every corner. The best thing is, Austria is a landlocked country, so when you're travelling by coach, you'll get to see several countries for the price of one.

■ DRINKING GUINNESS IN IRELAND

Ireland may only be a small hop over the border, but its scenery, culture and cities are enjoyed by over 10 million tourists annually. And they can't all be wrong. As it's so small, you can be photographing the Cliffs of Moher in the morning, and dancing to traditional Gaelic music in a Dublin bar by the evening.

■ EMBRACING HISTORY IN POLAND

It's quite a way on a coach – around an 18 hour drive - but the cities and countryside views of Poland certainly make up for it. It's also one of the most cost effective places to visit in Europe, with the average cup of coffee costing just 4 zloty – the equivalent of 80p. And if you're a bit of a history buff, there's no better place to brush up on your knowledge, with thousands of museums and several untouched war sites available to explore.

■ SUNNING IT UP IN SPAIN

Spain has a lot to offer. Madrid, Barcelona, Seville, Valencia, Costa Brava...the list goes on. If you're travelling by coach, you'll be able to tick them all off the list in one go. It also has over 8000 kilometres of beaches and the highest number of bars in the whole of Europe. What better way to relax after retirement?

■ MAKING YOURSELF AT HOME IN THE UK

When all's said and done, you don't need to fly the nest at all to enjoy your retirement. If you're swaying more towards a coach trip and don't want to travel too far, you shouldn't underestimate the UK as a holiday destination. From the awe-inspiring landscapes of Scotland, to the lagoon-style seas of Devon, the UK is full to the brim with stunning coastlines, quaint villages, National Parks, seaside towns and lively cities. Just because it's on your doorstep doesn't mean it's not worth seeing.

Thinking of solo travelling?


A coach trip is the ideal way to get around if you want to see different parts of the world with likeminded people.



Solo Travel After Retirement: Do's & Don'ts

- 01 Does your trip include an adventurous excursion or experience? Make sure you've purchased specialist insurance for any planned activities. You don't want to be up the creek without a paddle if you're all by yourself!
- 02 Now that you're not tied down to annual leave, you can take your trip whenever you like. And if you're travelling outside of the peak months, you're likely to get a much cheaper deal. You can also travel for longer and you don't have to go direct - so you have better opportunities to visit other places on route.
- 03 Don't expose yourself too much as a tourist – it'll be easy for people to take advantage of you if you're alone. Some common tourist scams to look out for include:
 - Taxi drivers informing you that the meter is broken. It isn't – they just want to charge you an escalated price.
 - The ATM helper - someone approaches you at an ATM machine to help you 'avoid local bank fees'. But what they really want to do is scan your ATM card with a card skimmer or watch you enter your pin number. So, be aware of everyone around you while making transactions.
 - Women, children or 'injured' people begging for money. It's all well and good helping the less fortunate, but you have to be careful with this one when you're travelling. Many of them operate under begging gangs. And sometimes an accomplice nearby is just watching to see where you keep your wallet so they can pickpocket you later.
 - Fake free WiFi – this scam includes hackers setting up unsecure WiFi hotspots in public locations, giving them access to your devices and online accounts. To avoid this, never connect to an unsecured network while in public.
 - Keen photographers – if someone approaches you offering to take your photo, you'll often see this as a kind gesture and immediately say yes. But be aware. There have been several instances where the kind gesture turns nasty after the photo is taken and they demand money from you. Or steal your camera. Both are very common.

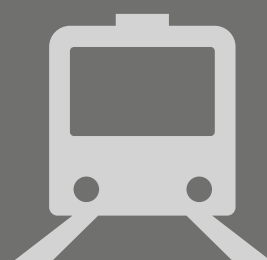
Solo Travel After Retirement: Do's & Don'ts

- 
- 04 Be aware of exchange rates before you go and consider taking a currency card with you to avoid carrying cash.
 - 05 Leave your vehicle somewhere you trust – at APH car parks, you can rest assured that your car is secure, with 24/7 CCTV, barriers and fully fenced off locations.
 - 06 Register with your embassy – when you're travelling alone, you need to be prepared for any emergencies.
 - 07 Give your friends or family a copy of your travel itinerary so they know where you are if they end up losing contact with you.
 - 08 Get a phone card or upgrade your data to keep in touch with loved ones at home. If you're with the EE phone network, you can get data roaming all over Europe completely free.
 - 09 Request special services as needed in advance. There's no reason why any sort of disability or ailment should slow you down. If you require an accessible hotel room, extra baggage allowance for medical equipment, or you need assistance on public transport, just let the hotel, airline or tour provider know ahead of time.

Top Travel tips for Seniors



TRAIN



Ensure you've got a Senior+ Railcard to save money.

Travelling around Europe? Look at the Interrail Pass or the Eurail Pass.

Give yourself plenty of layover time at train stations.

Clue yourself up on train classes (and know what to expect) – first class in Germany is very different to first class in India.



PLANE



Look for Senior airfare discounts before booking your flights.

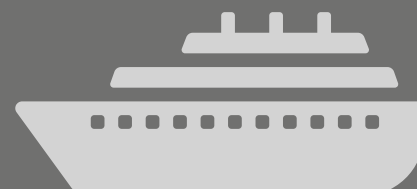
Opt for priority boarding and extra legroom – you've earned it!

Plan your airport transfer at the other end in advance – APH can help you with this on the Travel Extras area of our website.

Top Travel tips for Seniors



SAIL



Going on a cruise? Research each of your destinations in advance. You've only got limited time to visit, so you don't want to miss anything out.

Travel without noisy children on an adults-only senior cruise.

Setting sail for a long time? Pick yourself up some sea sickness medication. It could get choppy!

Book yourself into a cabin on ferries if you can – it'll make for a much smoother crossing.



DRIVE



Read up on road traffic signs in the destinations you're travelling to.

Keep an eye on your mileage and fuel – and clue yourself up on gas costs abroad.

Make a note of where your rest stops will be ahead of time.

Need to hire a car abroad? No stress. Get started with car hire deals at APH.

Bucket List Travel: Stuff You Didn't Already Know

Speak like the locals

The five most spoken languages in the world are: English, Spanish, Arabic, Portuguese and Mandarin. Knowing even the most basic terms when you're in a foreign country goes a long way with the locals. Here's how to say 'Hello', 'Goodbye' and 'Thank You' in all of them!

SPANISH

Hello: Hola

Goodbye: Adios

Thank you: Gracias

ARABIC

Hello: Marhabaan

Goodbye: Wadaeean

Thank you: Shukraan

PORTUGUESE

Hello: Ola

Goodbye: Tchau

Thank you: Obrigado

MANDARIN

Hello: Ni Hao

Goodbye: Zaijian

Thank you: Xiexie

If you have a smartphone, you can even download Google Translator to help you speak openly with everyone you meet on your travels!

- **Make a note of taxi numbers** Decide on a price with your taxi driver before getting in. Don't rely on the meter.
- Keep a note of the taxi number for security purposes or if you leave something behind.

Check out some singles holiday groups

Joining a group of single travellers can give you the best of both single and group travel. Take some time to do a bit of research on which group tours are best suited to you.

Benefits of travelling (at any age!)

- Lowers risk of heart disease
- Money spent on travel makes you happier than money spent on materialistic goods
- Promotes overall brain health
- Lowers stress levels
- Keeps you active in your retirement!

Making the Most of Retirement Travel

Wherever you're going - whether it's a road trip on a budget or a once-in-a-lifetime holiday on the other side of the world - you need to be in the know. Being organised and prepared will allow you to relax and enjoy the experience you've waited so long for.

Start planning your dream retirement now with travel extras from APH.



Airport Parking & Hotels

