

The Essence of Travel

Take with you an open heart and a clear mind. Too much luggage will weigh you down; too much worry will hold you down, and unrealistic expectations will often let you down. If you miss a train, you'll see another one follow. If you get lost, you will find your way again. If your shoes are uncomfortable, you can buy another pair.

Your journey is a story only you can write. Talk to strangers. You'll be surprised at how quickly they become friends. Try the local food. You'll be delighted at how your senses come alive. Walk instead of taking a cab. You'll be amazed at how much you discover.

Make the most of your adventure. Laugh and explore when you get lost—you never know what amazing moment is right around the corner.

Look around you—not through a camera's lens but with inquisitive eyes. Write a few lines in your travel journal every day—one day you'll want to remember.

Cherish each moment.

Have an unforgettable trip.