

# FIVE WAYS TO ENRICH YOUR NEXT TRAVEL ADVENTURE

*The Ultimate Travel Playbook  
for People in their 60s*



*Spirit  
Safaris*

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Founder and Managing Director, Spirit Safaris





There's a common misconception that when you reach your 60s and 70s, it's time to slow down. To tuck your Granny blanket in around your knees and switch on the telly, because your thrill-seeking days are done.

But as a mature traveller myself and the managing director of a 4WD adventure tour company for the past 20 years, I'm here to bust that myth. In fact, I can tell you the opposite is true. There's a growing cohort of 60 plus-year-olds who are ready and raring for adventure.

They're healthy, active and outgoing, but most importantly they're free to explore. As empty-nesters, they finally have the freedom to indulge their adventurous spirit. So, how can you plan a trip that matches your zest for an exciting new quest? I've come up with five simple tips for people wanting more from their travel experiences. It's the ultimate travel planning tool for go-getters in their 60s.

- 1. Feed Your Soul**
- 2. Feed Your Heart**
- 3. Leave the Baggage at Home**
- 4. Tap into Your Creative Self**
- 5. Unlock the Magnetic You**

# 1. FEED YOUR SOUL

It's interesting to reflect on the travel experiences that make the most sense for us throughout our lives. In our 20s, the focus is on fun, friends and partying. As kids come into the picture, we turn to holidays by the beach, caravan parks and kids clubs!

But by our 60s, many of us seek deeper meaning from our adventures. We begin to yearn for a connection with the land, with other people and even with ourselves.

From my experience guiding people on adventures throughout Australia, I've seen first-hand that the earth is a magnetic place and Australia in particular, is one of the most mesmerising locations you can explore. With one of the oldest, richest, continuous cultures on the planet, there are endless opportunities for people to find a sense of place, a sense of wellbeing and a sense of community. All essential ingredients to feed your soul.

## ACTION

**A life well-travelled is a life well-lived and travelling well is all about making deeper connections along your journey. So, what is important to you? What connections will feed your soul? Write a Connections List, a list of all the things that are important to you, like friendships, nature, your partner and the land. Then develop a Connections Matrix where you rank each item and their relative importance to you, where 1 is least important and 5 is very important. This will help you plan a holiday that deep down, nourishes you.**



# CONNECTIONS MATRIX

CONNECTION	1	2	3	4	5
Yourself					
Friendships					
Nature					
Your Partner					
Spiritual					
Indigenous cultures					
Other					



## 2. FEED YOUR HEART

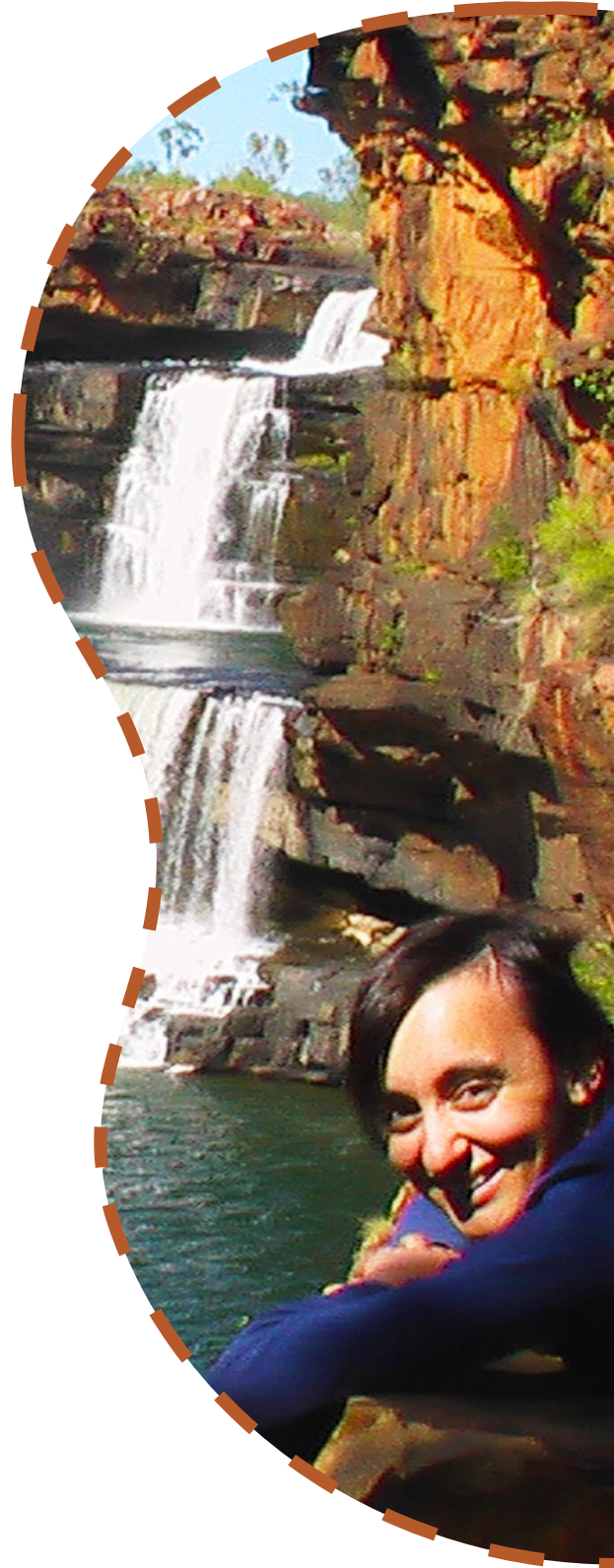
When you think about an adventure, romance isn't the first thing that springs to mind. And yet it's true that the buzz of adventure has the power to strengthen relationships.

Because stepping outside of your everyday existence generates the kind of buzz and excitement you felt when the world was still fresh and exciting to you. Like standing in awe of a 1.8 billion-year-old rock or a taking a bird's eye view of a vast waterfall. It forces you to live in the moment. To shed thoughts of the past or the future and connect with what's happening right now. But most importantly, to connect with the people you're with right now.

When you share a moment like that with someone you love, it creates an invisible bond that can last a lifetime.

### ACTION

**Write a list of events and trips you've experienced throughout your life that created a Buzz Moment. Recall what triggered the buzz and why? What sensations and memories thrilled you? Writing them down is a powerful way of making them clear in your psyche. To truly know what's important to you. Also reflect on how long it's been since you've felt that buzz. Has it been too long?**



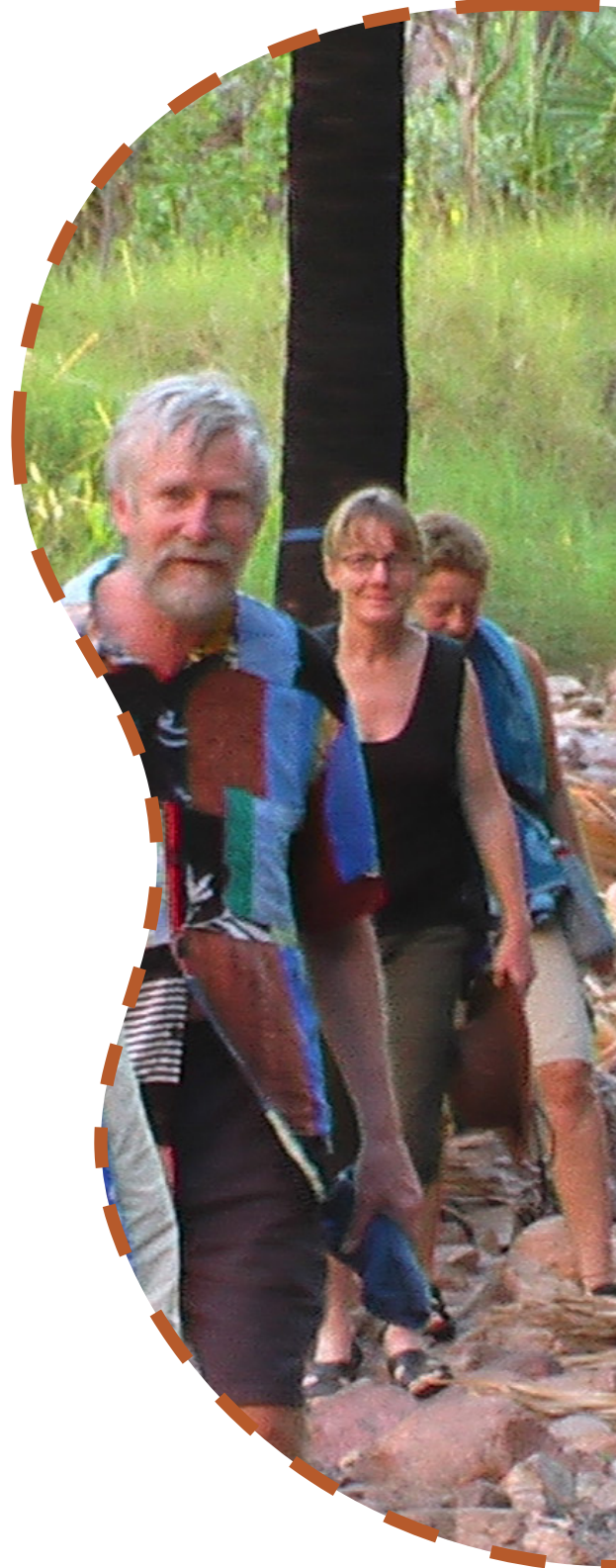
## 3. LEAVE YOUR BAGGAGE BEHIND

I'm talking about both physical and emotional baggage here! But let's start with what's weighing on your mind. When you travel, it's important to leave the worries and minutiae of your everyday life at home. Make sure you're well-organised before departure. Ask family members and trusted neighbours to look after your home, pay important bills in advance and suspend mail deliveries. Trust me, nothing ruins a holiday faster than fretting about things that are now out of your control.

Leaving the baggage at home also simply means travelling without a stack of suitcases and accessories. Pare your belongings back to basics, so you're not weighed down by material things, which you'll only worry about leaving behind at every place you stop.

### **ACTION**

We've developed a simple guide for travelling light. Download "Top 10 Tips for Travelling Light" at [www.spiritsafaris.com](http://www.spiritsafaris.com).



## 4. TAP INTO YOUR CREATIVE SELF

We all have an inner creative self that often gets forgotten in our day-to-day lives. We get so caught up in getting things done that there's little time left for creative pursuits.

Luckily, the best adventures are interactive and that means creatively immersing yourself in the trip. For example, you could create a photographic log of the local flora and fauna. Write short stories or a travel journal describing the places you visited and the people you met. Or even, make pencil sketches of the scenery. Some people I know have compiled a restaurant diary that highlights menus, the meals they ate and the chefs they met.

Another good idea is to purchase small items and souvenirs that will evoke pleasant memories long after you've packed away your suitcases. That way, when you leave a place that's truly beautiful, it stays with you forever.

### ACTION

**Think about the type of creative pursuit you could explore on your next adventure. Have you always wanted to dabble in photography? Do you enjoy doodling? Or are your fingers twitching to pen a story or two. Perhaps you're keen to connect with your mind, body and soul through meditation or yoga in a remote and serene location? Choose one or two ways you can tap into your creative self and then consider how you'll weave these pursuits into your next trip.**





## 5. UNLOCK THE MAGNETIC YOU

Many of us go through life dedicating much of our time to those around us, perhaps it's our children, our partner, our friends or even elderly parents. Or all of the above! Giving our time and love to others is enriching, but it's just as important to dedicate time for ourselves. But that can be tricky when you're out of practice! It could be that the Magnetic version of yourself is a little dormant or hidden away.

And that's what's wonderful about travelling, because when you open yourself up to new experiences, when you tap into your creative self and feed your creative soul, all of these things enrich and feed the Magnetic You. They help to unlock the part of you that's animated, quirky and imaginative.

### ACTION

**Visualize how magnificent you'll feel after returning from a great adventure. Do you want to feel that it was just another holiday or do you want to re-enter your life feeling empowered? Imagine how it will feel when friends say, "You've changed. I can't put my finger on it, but you're different somehow. What have you been up to?"**





## WHO IS RICHARD O'NEILL?



**Richard O'Neill** is the Founder and Managing Director of **Spirit Safaris**. Based in the Kimberley, the company offers private, personal, small group Eco Tours by luxury 4WD to remote Australian Wilderness & Outback Australia. Creator of Spirit Safaris and a fifth generation Aussie explorer, Richard is also a bushman, adventurer and songman. He has a deep love and connection to the land of Australia.

[www.spiritsafaris.com](http://www.spiritsafaris.com)