



Time to Take Flight: The Savvy Woman's Guide to Safe, Solo Travel

Jayne Seagrave

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Pack your bags! A reassuring handbook geared toward women between the ages of 40 and 65 who are eager but apprehensive to take a solo adventure.

Chicago, St. Louis, London, Vienna ... bestselling author Jayne Seagrave has traveled there, and she's done it solo. Now she wants her readers to know that not only can they do it too, they *should*.

Seagrave shares her tips as a mature woman travelling solo in general including booking transportation and accommodation, packing, buying medical insurance, and getting over jet lag. She then profiles 24 cities in North America and Europe for which she provides guidance on how get from the airport to your hotel, shares the safest neighborhoods in which to stay, and recommends the best activities for your holiday, all with an eye for the kinds of activities older women would enjoy. It's the boost of confidence you may need to finally take flight!

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