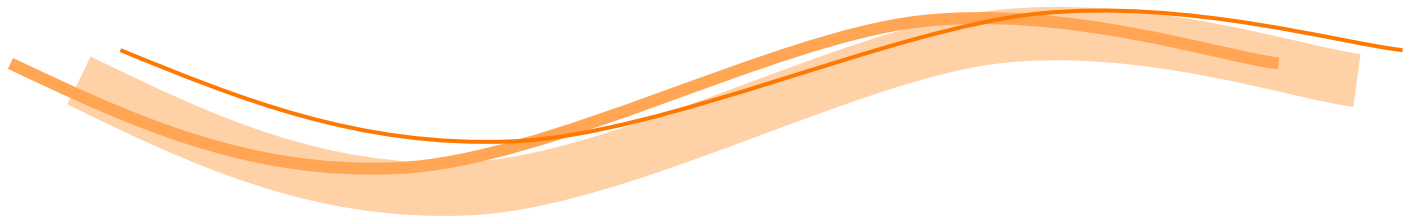




SENIOR DISCOVERY TOURS





SENIOR DISCOVERY TOURS	<p>If you want to take the worry out of travel – an escorted group tour with Senior Discovery Tours is the way to go. They pick you up from home. Your Tour Manager is there with you at the airport as you leave. You won't have to worry about things like baggage, tips for maids, drivers or guides. You won't have to check in or check out of hotels or keep track of admission tickets or booking meals. You won't have to worry about what time you should arrive or leave or about finding your way in unknown places. You can just relax, enjoy the company of your fellow group travelers, and discover the world.</p> <p>Founded in 1975, Senior Discovery Tours is Canada's largest operator of escorted tours for people aged 55 plus who love to travel. With more than 100 different international tours and cruises across six continents to choose from, they are well known for combining outstanding service and value with discovering the world.</p> <p>For many travellers the chance to share the experience with like-minded companions is one of the highlights of the trip. With Senior Discovery Tours everyone starts the journey together from a single departure point. And friends made on the trip are likely to be fellow Canadians who may not live too far away from you.</p> <p>Since many of their clients are retired, Senior Discovery Tours tend to run tours in the shoulder season. They do not offer tours to Europe during the summer months when everyone is travelling with their families.</p> <p>A big part of their program is cruising – they offer many Cruise itineraries including both Ocean Cruises and River Cruises. Itineraries range from Alaska to Europe to the Southern Caribbean. For Ocean Cruises they work with Princess Cruises and for River Cruises they work with Amadeus Cruises and AMAWaterways – all high end leaders in their field.</p>
TRAVEL WITH ME!	<p>Exciting news in 2016!</p> <p>I'm delighted to announce that I will be personally hosting a once-in-a-lifetime tour in South East Asia in November with Senior Discovery Tours. "Ancient Kingdoms of South East Asia" is an 18-day tour departing Nov 5th, 2016 from Toronto and includes flights, hotels and meals.</p> <p>We will explore Vietnam, Laos and Cambodia, a colourful area of great contrasts, from rural villages and French Colonial cities to modern</p>

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	<p>skylines. On this active tour we will see spectacular scenery, magnificent temples and ancient monuments. In all of the countries we visit, open-air markets and villages with their unique culture and traditions thrive along the rivers, surrounded by incredibly lush vegetation.</p> <p>Vietnam stretches from the misty mountains on the Chinese border to the lush tropical Mekong Delta. One of the most beautiful countries in Asia, the land remains relatively unspoiled and the people are extremely friendly, especially to visitors. The scenery, cuisine and history all make this country a fascinating and delightful destination. Laos is a mountainous and landlocked country that has long been isolated from the outside world, and because it remains untouched by the stress of modern demands we will experience a laid-back, simpler way of life.</p> <p>Laos offers pristine landscapes, century-old traditions and a rich cultural heritage. Much of its beauty lies in the peacefulness and warmth of the people who have lived much the same way for hundreds of years.</p> <p>Cambodia is another recently opened country of wondrous beauty. Cambodia offers architectural wonders of its own, the most famous being the many temples in and around the 12th century Angkor Wat. Once a huge city and the capital of Khmer Empire, it is, according to the Lonely Planet team, the greatest single sight anywhere in the world.</p> <p>All the details of this fabulous trip can be found at the Senior Discovery Tours website at www.seniordiscoverytours.ca and I look forward to travelling with you to on this amazing tour!</p>
Why Senior Discovery Tours?	<p>Senior Discovery Tours include many excursions for which you would have to pay extra when travelling with other tour companies. Flights, hotels, meals, baggage handling, meals, pre-arranged sightseeing and entertainment, all taxes, travel insurance and tipping are all taken care of. The price is guaranteed in Canadian dollars, and there are never any hidden or unexpected surcharges.</p> <p>Most meals are pre-arranged so you never have to worry about finding a restaurant in a strange place. On most tours, daily breakfast, dinner and sometimes even lunches are included in the price. In most Canadian cities, they will even pick you up and drop you off at home</p>
New for 2016/2017	<p>Austria 2-Centre</p> <p>Austria is known for spectacular natural beauty with snowcapped mountains, clear blue lakes, brilliant green meadows and alpine villages. Add to this magnificent architecture, medieval cities, lush</p>

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	<p>vineyards, fascinating museums and modern art galleries and you have a first class destination with endless treasures to discover. You will enjoy many fabulous sightseeing excursions included in our tour (see 5 countries!) combined with ample free time to explore “fairy-tale” Austria.</p> <p>British Cuisine and Culture Britain offers a wonderful range of culinary traditions and rich heritage. As we travel the highways and byways we will absorb the atmosphere while enjoying locally sourced products and savour unique brewed ales, wines and ciders.</p> <p>Cruising the Golden Land, Myanmar (Burma) This cruise is an amazing journey down the Irrawaddy River from Bagan to Mandalay and you will experience a way of life and culture unchanged for centuries, as well as some of Asia’s most magnificent temples. We will observe life along the river and explore local villages, learning about the local culture and livelihoods that sustain these friendly people.</p> <p>Romania and Hungary The central European country of Romania is known for the forested region of Transylvania, preserved medieval towns, fortified churches and castles, notably clifftop Bran Castle, long associated with the Dracula legend. On this delightful tour you will explore many of these fortified churches and painted monasteries that stand regally amid a pristine landscape, while old-world folk tales of historic heroism and superstitions abound.</p>
Tour Directors	<p>Travellers always rave about the Tour Managers at Senior Discovery Tours. They attend to every detail, ensuring your trip runs smoothly. Their energetic approach to travel enlivens every tour, and their experience prepares them to gracefully and expertly handle unexpected situations. Their Tour Managers are also expert at creating a positive group dynamic so that everyone enjoys a great sense of camaraderie.</p>
Singles	<p>Most of their tours offer a limited number of single accommodations so a single traveller can book a single room and pay a single supplement. If you prefer not to travel alone they can put you on their “Partner List” - but they do not arbitrarily match travellers up as room-mates. Potential partners are provide with each other’s phone number so they can contact each other and decide if they would like to share accommodations.</p>
Added Value	<ul style="list-style-type: none"> - Home pick-up and drop-off (from most Canadian cities) - All airfare and all airport taxes - Carefully selected accommodation

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	<ul style="list-style-type: none"> - All gratuities (for hotels, drivers, guides & cruise staff) - Most meals - Insurance for cancellation and health while outside Canada - Services of one of our cheerful experienced Tour Managers - All prices guaranteed in Canadian funds! - Your holiday literally begins and ends at your front door
Trip Showcase: Ancient Kingdoms of South East Asia	<p>Travel the world with Senior Discovery Tours! Take an exotic ocean cruise with Princess Cruises along the South American coast from Chile to Argentina. Visit the exciting European city of Barcelona and combine it with a luxury river cruise along the rivers of France. Spend autumn in Tuscany. Have a two centre holiday in California. And more! It's all possible, in the company of like-minded travelers, with Senior Discovery Tours.</p> <p>Tours can be from around \$1600 per person for example, for a five day trip to New York – or if you are ticking things off your bucket list, then tours like an 18-day tour Ancient Kingdoms of South East Asia would be more like \$8500 per person.</p> <p>Here is the itinerary for the Ancient Kingdoms of South East Asia tour that I will be hosting in November 2016: <i>Note: Included meals are shown B=Breakfast, L=Lunch, D=Dinner.</i></p> <p>Ancient Kingdoms of South East Asia</p> <p>DAY 1: November 5 DEPARTURE We depart for Vietnam via Hong Kong with Cathay Pacific</p> <p>DAY 2: November 6 HO CHI MINH CITY (FORMERLY SAIGON) (D)</p> <p>Upon arrival in Ho Chi Minh City, we are met and transferred to our hotel. The balance of the day is at leisure. Tonight is our Welcome Dinner at the hotel. Legend Hotel Saigon (Deluxe rooms – 2 nights)</p> <p>DAY 3: November 7 HO CHI MINH CITY (B,L,D) Ho Chi Minh city is a vibrant metropolis teeming with energy, activity and motion. Everywhere you look, you see the meeting of traditional and modern life. The emerging skyline stands cheek by jowl with colonial buildings and traditional temples. Outside on the streets, young professionals zip by on motorbikes, chatting on cellphones; inside the quiet temple courtyards, worshippers pray amidst clouds of incense. We begin our city tour of this exciting city with a tour of the</p>

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historic center, strolling along Dong Khoi Street, the main shopping areas thoroughfare and heart of old colonial Saigon. We will pay a quick visit to the neo-Romanesque Notre Dame Cathedral and the Central Post Office. After that we will dive into the modern history with a tour of the Reunification Palace, former palace of the South Vietnamese president. This 60's style home was stormed by tanks in 1975 signifying the fall of South Vietnam. It has been preserved in its original state, and the original tanks remain on display near the entrance gates. We continue to the harrowing War Remnants Museum, which documents the long Vietnam American War. Inside are detailed photographs, outside a collection of tanks, planes and weapons. This powerful experience is guaranteed to provoke strong emotions.

Lunch is at a local restaurant.

In the afternoon we head out to Chinatown to explore the highlights of this fascinating area beginning with a visit to Binh Tay market, the vast wholesale market which has everything from dried foods to t-shirts to electronics. We continue to Thien Hau Pagoda which was built by the Cantonese congregation and dedicated to the heavenly goddess. We finish with a Cyclo ride back to the hotel.

Dinner is at a local restaurant.

DAY 4: November 8 HO CHI MINH CITY – HANOI (B,L,D)

This morning we visit the famous Cu Chi Tunnels. We will explore and learn about this incredible underground military base (dug out by hand by the Viet Cong during the Vietnam War). These tunnels which stretch over 200 km. were never discovered by the American forces. Dug out by hand, the tunnels connected command posts, hospitals, shelter and weapons factories. You can walk through the area and learn how the VC cleverly disguised entrances and elaborate booby-traps and even venture inside the tunnels, some of which have been modified to accommodate tourists.

Lunch at a local restaurant.

Transfer to airport for flight to Hanoi.

Buffet dinner at the hotel. Intercontinental Westlake Hanoi Hotel (Superior Room – 2 nights)

DAY 5: November 9 HANOI (B,L,D)

Although it is the modern-day capital of Vietnam, Hanoi still retains the mystery and charm of past centuries. You will especially enjoy strolling in Hanoi's Old Town down narrow lanes and traditional shophouses which invite exciting exploration walking, while its many beautiful public spaces – lakes, parks, tree-lined boulevards and monuments give the city an air of elegance and harmony with nature unique among Asian

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capitals. Our day begins with a visit to the Temple of Literature - a peaceful series of walled courtyards and graceful gateways, and one of the best serving examples of traditional Vietnamese architecture. Founded in 1070 and dedicated to Confucius this was also the site of Vietnam's first university.

Lunch at a local restaurant.

We continue to the miniature One Pillar Pagoda and Stilt House. Also dating from the 11th century this monument was rebuilt after being destroyed by the French in 1954. Today it stands bear the vast Ho Chi Minh Memorial Complex, a lovely park setting which is home to Ho Chi Minh's final resting place, as well as a museum and other memorials. Begin at the mausoleum where visitors can pay respects to the embalmed body of Ho Chi Minh. We continue to his stilt House, a simple two room dwelling where he lived from 1958 until his final days (1969). It is preserved in the same condition as it was during his life and can be viewed through the windows. In the afternoon we visit Hoan Kiem Lake and Ngoc Son Temple and the tiny Tortoise Pagoda. Tonight we attend a traditional Water Puppet Show which is a fantastic art form that originated in northern Vietnam and best seen in Hanoi. This evening we are invited to be guest for a traditional dinner at a local house. You can chat with the owner about her motherland and her daily life both past and present.

DAY 6: November 10 HANOI - HALONG BAY (B,L,D)

Our scenic coach ride this morning takes us to Halong Bay where we embark on a traditional wooden junk where we will cruise through beautiful islands, granite towers and rock formations with names such as Stone Dog, Incense Burner and Fighting Cock. We also see two wonderful caves and enjoy lunch on board. After the cruise we return to Hanoi.

Dinner will be at a local restaurant.

Novotel Halong Hotel (Superior Bay View Room – 1 night)

DAY 7: November 11 HALONG – HANOI – VIENTIANE (B,L,D)

We return to Hanoi with lunch enroute at a local restaurant. Before departing for the airport for our flight to Vientiane we visit the ethnology Museum.

Upon arrival we transfer to the hotel.

Dinner at the hotel.

Green Park Hotel (Deluxe Room – 2 nights)

DAY 8: November 12 VIENTIANE (LAOS) (B,L,D)

The capital of Laos still feels like a sleep city with a relaxed charm, tree-lined boulevards, interesting wats and colourful markets. We will

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tour the different highlights of the city including That Luang, a gleaming golden stupa which is perhaps the most important national monument in Laos, Ho Pha Keo, the former royal temple, now a museum with beautiful examples of Buddhist sculpture; Wat Si Sasket, Patuxal, a monumental arch inspired by the Arch de Triomphe, but executed with Lao motifs and Wat Si Muang. We end our day at the Talaat Sao or the “morning Market”, the best place to buy traditional Lao fabrics. Lunch and dinner at local restaurants.

DAY 9: November 13 VIETIANE – VANG VIENG (B,L,D)

We drive to the south through the scenic province of Vang Vieng. The climate is pleasant and the views are nice with mountains and cliffs along the first part of the journey.

We will visit the Talat Vish Market in Huay Mor then continue with a boat ride on the serene, man-made Nam Ngum Lake which also generates most of the electricity sold to Thailand. We will also stop at Salt Field in Ban Keun and visit an organic farm which aims to introduce organic farming method to the local people through projects supported by the profits from the farm.

Dinner this evening is at the hotel.

Riverside Boutique Resort (Deluxe Room – 1 night)

DAY 10: November 14 VANG VIENG – LUANG PRABANG (B,L,D)

We travel by coach to Luang Prabang with stops at local villages on the way. We will visit the THam Xang Cave, also called Elephant Cave which contains Buddha images a Buddha footprint and the elephant shaped stalactites which give the cave its name.

Lunch and dinner are at local restaurants.

Luang Prabang View Hotel (Superior Room – 4 nights)

DAY 11: November 15 LUANG PRABANG (B,L,D)

Set between the Nam Khan and Mekong Rivers, Luang Prabang is an enchanting town filled with historic temples and colonial style buildings. The entire town was declared a UNESCO World Heritage Site in 1996. We start the day at Wat Visoun, the oldest living temple in Luang Prabang. Dating back to 1513 the temple contains a collection of antique wooden Buddhas. We then visit the nearby Wat Aham before continuing to Wat Xieng Thong, the crowning jewel of all the monasteries and temples in the city. Its many ornate buildings feature exquisite mosaic and gold-stenciled murals. From here we will stroll down the main street of Luang Prabang stopping at some of the many temples that line the streets.

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Our tour continues at the National Museum (Royal Palace) which is a modest but graceful building which combines traditional Lao and French beaux-arts motifs. This turn of the century royal residence has been preserved as it was when the royal family last lived here and provides unique insights into the history of Laos. Later we visit Wat Mai.

Lunch and dinner today will be at local restaurants.

DAY 12: November 16 VIENTIANE (B,L,D)

Today we travel up the Mekong River to the steep limestone cliffs overlooking the Mekong and Nam Ou rivers, home of the Tham Pak Ou Caves. These extraordinary caves are filled with Buddha images of every style and material imaginable. On the return journey we stop at the picturesque village of HanThin Hong, a Lao Loum village to get a glimpse of daily life.

Lunch and dinner today will be at local restaurants.

DAY 13: November 17 LUANG PRABANG (B,L,D)

Our excursion today takes us on a road journey out of Luang Prabang to visit Kuang Sii Waterfalls. Enroute we will pass scenic Laotian countryside, with rice paddies and many ethnic minority villages. On arrival at Kuang Si you can visit the Bear Rescue Centre where they conserve the black bears from the northern part of Laos. We will enjoy a picnic lunch here and, if water level permits enjoy a refreshing dip in the falls. The beautiful falls cascade over many calcified tiers and down several hundred feet into a series of cool, turquoise pools. After our exploration of the waterfalls we return to Luang Prabang with a stop at Bab Xang Knong (a Sa Paper making village). The balance of the day is at leisure.

Dinner is at a local restaurant

DAY 14: November 18 LUANG PRABANG - SIEM REAP (CAMBODIA) / ANGKOR WAT (B,L,D)

We fly to Siem Reap. Upon arrival we will be transferred to a local restaurant for lunch.

The crowning jewel of Khmer architecture, Angkor Wat is the national symbol and the highlight of any visit to the fascinating country of Cambodia. The largest, best preserved, and most religiously significant of the Angkor temples, Angkor impresses visitors both by its sheer scale and beautifully proportioned layout and delicate artistry of its carvings. To approach the temple you must first cross the vast moat and continue along a broad causeway lined with naga balustrades. We will thoroughly explore this temple which impresses with its sheer scale, graceful proportions and the artistry of its carvings. Along the

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outer gallery walls run the longest continuous bas-relief in the world, which narrates stories from Hindu mythology, including the famous Churning of the Ocean of Milk.

Dinner at Malis Restaurant

Victoria Angkor Resort & Spa (Superior Room – 2 nights)

DAY 15: November 19 SIEM REAP (B,L,D)

The fortified city of Angkor Thom covers an area of 10 square km. which is enclosed by a wall and wide moats. The city includes many of Angkor's most popular sights. We enter by the monument. We will see the Terrace of the Elephants and Leper Kings, and the mysterious Bayon Temple with its giant smiling stone faces smiling down at you from all angles. At last we visit Ta Prohm - embedded in the jungle it is one of the most popular attractions of Angkor. Much of the jungle has not been cleared around To Prohm and it looks very much as it would have appeared when the European explorers first stumbled across them.

Lunch at a local restaurant.

This afternoon we drive to Ton Le Sap Lake, the largest fresh water lake in Southeast Asia and the lifeblood of the Cambodian fishing industry. The Mekong River from as far away as Phnom Penh reverses the direction of the Ton Le Sap river to bring an overflow of water and silt to support both rice growing and fish farming which you will experience close up. If the water level permits we will hope onboard a small shaded vessel and move between the floating homes and small fish farms for a close up look at life here. On the way back to Siem Reap between the palms and the other large vegetation you may take an optional visit to a development project teaching young adults, stone carving, wood carving, lacquer application, Les Artisan d'Angkor is a heart-warming reminder that progress in Cambodia can go hand in hand with traditional crafts.

This evening we enjoy dinner and a cultural dance show at Angkor Village Theatre.

DAY 16: November 20 SIEM REAP - PHNOM PENH (B,L,D)

We drive to Cambodia's capital, stopping in Angkor SamborPrei Kuk to visit some of the most important pre-Angkorian temples. Before the rise of the Angkor this was the capital of Chenla during the 6th century known as Isanapura; today there are over 100 small temple ruins which sit peacefully in a forest setting. We will explore the main central complex and gain an insight into the early architectural styles of Cambodia.

Lunch at a local restaurant.

Dinner at the hotel.

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	<p>Intercontinental Phnom Penh Hotel (Deluxe Room – 2 nights)</p> <p>DAY 17: November 21 PHNOM PENH (B,L,D) This afternoon we will learn about a chapter from Cambodia's more recent, tragic past at the Museum of Genocide, the interrogation and torture facility for the Khmer Rouge. Kept largely unchanged, this prison showcases photographs and exhibits about the thousands of victims who passed through the doors – only 7 came out alive. Those who wish may visit the Killing Fields of Choeung Ek, a peaceful rural setting and stark reminder of the atrocities under the Pol Pot regime. Thousands of people were killed here between the years of 1975 and 1978 and buried in mass graves. If time permits you will have an opportunity to explore the modern-day city, visiting one of the city's two great markets, the Central Market or the sprawling Russian Market, a labyrinth of stalls selling everything from CD's to silks, crafts, jewelry and more. Dinner this evening at a local restaurant.</p> <p>DAY 18 November 22 PHNOM PENH – TORONTO (B) We fly home via Hong Kong.</p>
Europe	<p>Senior Discovery Tours offer 57 tours in Europe, from Oktoberfest in Austria to Wales, England and the Isle of Man. They include hotspots like Croatia and Dubrovnik and multi country tours that take in the grand cities of Europe.</p> <p>There are also tours that are themed around events like Christmas or Tulip time in Holland and for those who like their trips on the water, there are luxury river cruises too.</p> <p>New for this year are the new rambling tours.</p> <p>Enjoy gentle walks up to 8 kms with ascents of 200-600 ft., led by an expert hiking guide, through impressive countryside and picturesque villages. Stay several nights in 2 or 3 different locations and take walks and tours from there. Here are some examples:</p> <p>Rambling through South Wales and the Cotswolds (May 3, 2016 departure)</p> <p>Rambling through the Yorkshire Dales and Shropshire (Sept 21, 2016 departure)</p>
Further Afield	<p>Senior Discovery Tours also features other exotic tours besides Ancient Kingdoms of Southeast Asia...</p> <ul style="list-style-type: none"> - Other tours in Asia such as "Cruise & Tour in Myanmar". - Tours in Cuba, Dominican Republic and Bermuda. - Costa Rica, Belize, Panama and Mexico in Central America. - Brazil, Ecuador, Colombia and Peru in South America. - Other exotic locations from Iceland to New Zealand..... <p>As well as US tours from Florida to California and Canadian tours from</p>

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	the Rockies to Newfoundland and Labrador.
Payment	<p>For any of their tours you pay a deposit of \$300 per person on booking, and the balance 60 days before departure.</p> <p>If you take the cancellation insurance that is part of the tour you can cancel for an insured reason up to 61 days before departure and pay only \$75.</p>
Travel Tips	<p>Senior Discovery Tours have put together some very useful travel tips for those considering a trip...</p> <p>Always try to travel light and pack only what you can carry.</p> <p>If you are having difficulty lifting your suitcase then you have probably packed too much.</p> <p>A good rule of thumb is to take half of what you think you will need. Carry the minimum amount of valuables necessary for your trip and plan a place or places to conceal them.</p> <p>Your passport, cash and credit cards are most secure when locked in your hotel safe.</p> <p>When you have to carry them on your person, you may wish to conceal them in several places rather than putting them all in one wallet or pouch.</p> <p>Avoid handbags, fanny packs and outside pockets – they are easy targets for pickpockets.</p> <p>Inside pockets and a sturdy shoulder bag with the strap worn across your chest are better.</p> <p>One of the safest places to carry valuables is in a pouch or money belt worn under your clothing.</p> <p>To avoid problems when passing through customs, keep any medication in their original labeled containers and bring copies of your prescriptions.</p> <p>If a medication is unusual or contains narcotics you should bring a letter from your doctor attesting to your need to take the drug. If you have any doubt about the legality of carrying a certain drug into a country, consult the embassy or consulate of that country first.</p> <p>Never check any of the following: your toothbrush, prescription medications, your deodorant, your pj's.</p> <p>Pack a set of passport photos along with a photocopy of your passport information page to make replacement of your passport easier in the event it is lost or stolen.</p> <p>Put your name, address and telephone numbers inside and outside each piece of luggage, and wherever possible lock your luggage.</p> <p>Consider obtaining a telephone calling card. It is a convenient way of keeping in touch. If you have one, verify that you can use it from your overseas destination(s). If you have an unlocked cell phone you may wish to bring it along and purchase a local SIM card.</p>

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	<p>Flights within North America almost never provide meals, so for these trips you may want to pack snacks in your carry-on luggage (in case you're stuck in a long security line and run out of time to buy anything in the departure lounge).</p> <p>The food selection on the aircraft is limited and they may not sell anything you find suitable to eat.</p> <p>It is also a good idea to leave a copy of your itinerary with family or friends at home in case they need to contact you in an emergency. And, most importantly, get plenty of rest the day/night before your departure.</p>
Contacts	<p>To find out more, or to book a tour, you should contact Senior Discovery Tours directly. By not going through a 3rd party travel agent or tour operator they believe it enables them to offer the best price possible. Friendly, experienced Travel Consultants are available to help you with all aspects of your booking and to help you choose the tour that's right for you.</p> <p>Website: seniordiscoverytours.ca Telephone: 1-800-268-3492 To request a brochure: http://seniordiscoverytours.ca/contact-us/request-a-brochure/ Facebook: https://www.facebook.com/SeniorDiscoveryTours/</p>

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