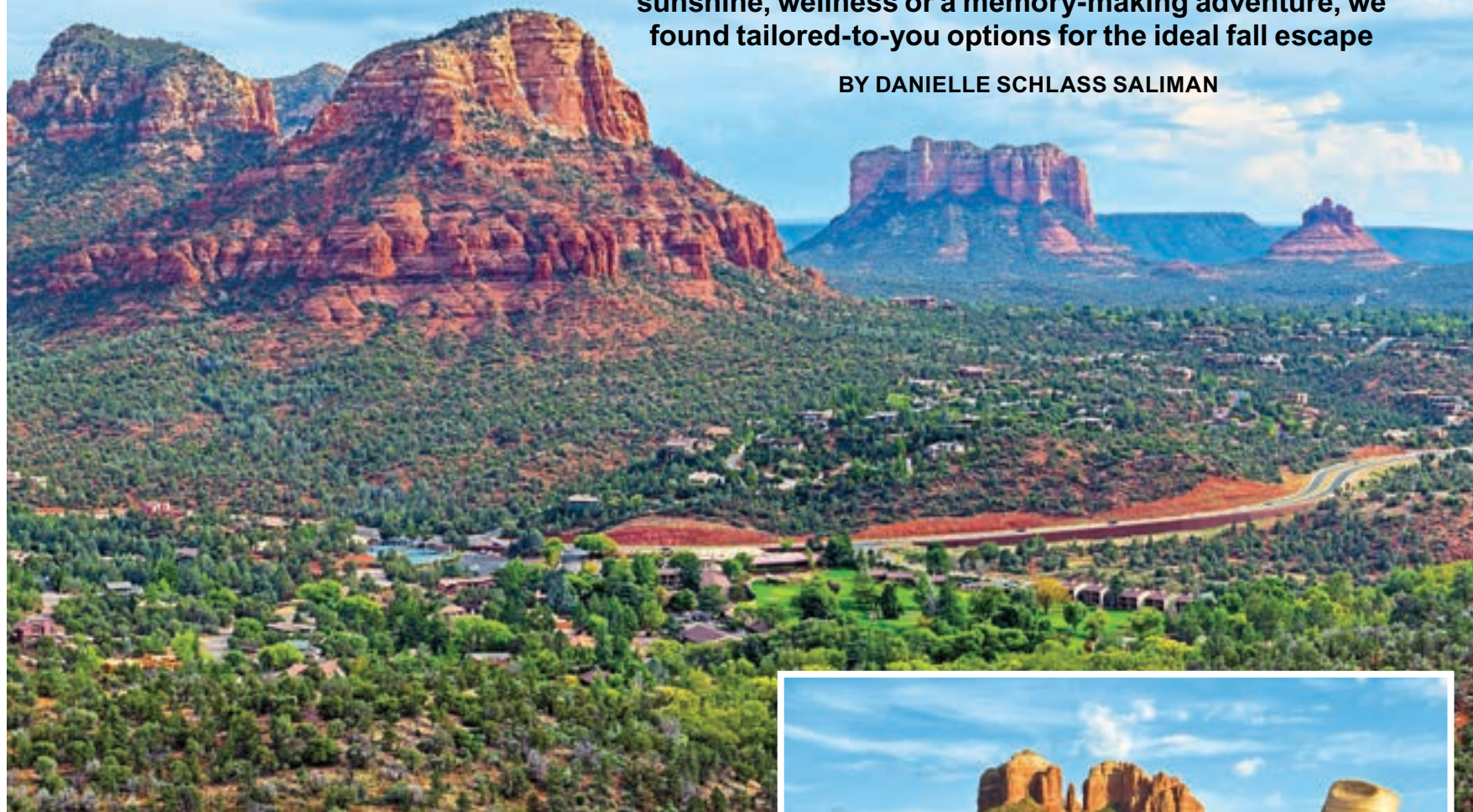


8 Best Places for Midlife Travelers

A recent study found that in the next year, 62% of folks over 50 plan to take a leisure trip. Whether you're seeking sunshine, wellness or a memory-making adventure, we found tailored-to-you options for the ideal fall escape

BY DANIELLE SCHLASS SALIMAN



Best for wellness: Sedona, AZ

Surrounded by majestic red rock formations and known for its healing energy, Sedona is a wellness lover's paradise. "Women over 50 can appreciate its peaceful views, world-class spas and slow-paced charm, which make it ideal for unwinding without sacrificing scenery," says San Antonio-based travel expert Lucy Appel, 54, who has traveled solo across the U.S. and Europe. Want to release tension? Book a sound bath or enjoy a massage with views of the natural cliff formations. Craving fresh air? Try a short hike along the Oak Creek Trail at Red Rock Crossing, a flat, 1½-mile out-and-back path with beautiful views. Or sign up for a scenic Pink Jeep Tour (PinkAdventureTours.com) to watch the red rocks glow in the warm light of sunset. The dry climate and natural beauty make it a soothing place to refresh, reflect and restore your mind and body—no matter your activity level.



Best for perfect weather: San Diego, CA

If gorgeous sunshine and mild temperatures are at the top of your list, San Diego won't disappoint. With temperatures hovering in the 60s and 70s year-round, this coastal city offers a blissful mix of sun and sea without the heat or humidity. Stroll through the lush gardens of Balboa Park, spot sea lions at La Jolla Cove or enjoy a harbor cruise with stunning skyline views. The city is easy to navigate and filled with flat, walkable neighborhoods, says Appel. Whether you're sipping coffee in Old Town or watching the sunset over the Pacific, San Diego is heavenly year-round.



Best for a girlfriend getaway: Savannah, GA

"As a self-described 'grandfluencer,' I highly recommend Savannah for women 50+ looking for a girlfriend getaway," says travel blogger Jenny Lynn Anderson (JennyLynnAnderson.com/travel-blog), 62, who also makes her home in the historic city. "It's soulful and stylish while also being a lovely place to create lasting memories with friends—whether that means strolling under Spanish moss in one of the city's 22 historic squares or staying out and enjoying the many restaurants, cultural activities and even dive bars till the wee hours of the morning." Trolley tours also make group sightseeing easy, and the city's tea rooms and art galleries provide plenty of fascinating experiences.



Best for music lovers: Nashville, TN

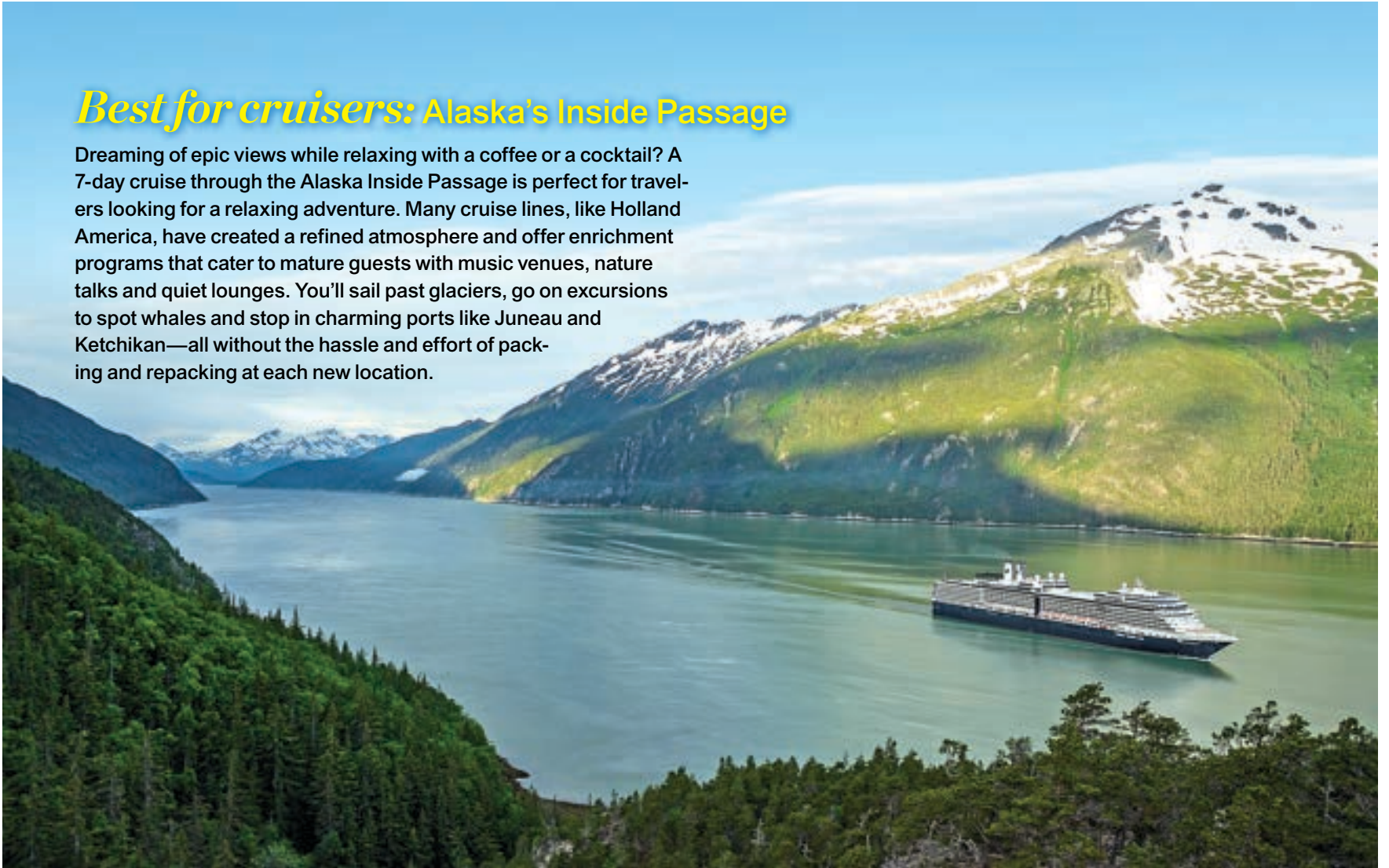
If you love toe-tapping tunes and rich musical history, Nashville is a must-visit. "It should be on everyone's bucket list because it takes you on an unforgettable journey through the heart of American music—from Hank Williams to Taylor Swift—offering iconic memorabilia, immersive exhibits and a deeper appreciation for the legends and legacy that shaped the music footprint of America," says Anderson. Midlifers can enjoy museum exhibits, riverfront strolls and incredible barbecue—all with a soundtrack of country, soul and rock.



Turn for more destinations! ►

Best for cruisers: Alaska's Inside Passage

Dreaming of epic views while relaxing with a coffee or a cocktail? A 7-day cruise through the Alaska Inside Passage is perfect for travelers looking for a relaxing adventure. Many cruise lines, like Holland America, have created a refined atmosphere and offer enrichment programs that cater to mature guests with music venues, nature talks and quiet lounges. You'll sail past glaciers, go on excursions to spot whales and stop in charming ports like Juneau and Ketchikan—all without the hassle and effort of packing and repacking at each new location.



Best road trip: Utah's Mighty 5

“Road trips are great because you can pack everything you need and you don’t have to worry about assistive equipment being lost or damaged,” says blogger Candy Harrington, who writes about travel for wheelchair and walker users on [EmergingHorizons.com](#). Travel blogger Charlotte Simpson (@travelingblackwidow) agrees, “I love driving through any of the 63 national parks across the country—each one is unique and fabulous.” The top of her list is the Mighty 5 in Utah—Zion, Bryce Canyon, Arches, Canyonlands and Capitol Reef—because they’re easy to drive between. Simpson’s tip: “Get an America the Beautiful Senior Pass for those 62 and up, which runs \$20 for an annual pass or \$80 for a lifetime pass. It offers free entry to all parks plus additional discounts.”



Best for Accessibility: Washington, D.C.

History, culture, beauty and the ease of getting around make Washington, D.C., a fantastic pick for travelers who use mobility aids or want a stress-free experience. Most museums, including the Smithsonian network, the National Gallery of Art and the National Zoo, offer free wheelchair rentals and are fully ADA-compliant. The National Mall features wide, paved paths, and the city's Metro system includes elevators and priority seating for people with disabilities and seniors. More good news: With most attractions free to enter, it's also very budget-friendly.



TRAVEL TIPS FOR CAREGIVERS

» Try pre-sending luggage: Services like Ship&Play (ShipPlay.com), UPS or FedEx let you send luggage ahead of time, so you and your loved ones avoid the stress of long airport lines and heavy bags. You can include items that airlines often restrict, like extra medications, mobility aids or bulky essential items.

» Tap the power in lists: "Pack a printed list of current prescriptions, insurance card info, medical equipment and emergency contacts," advises Maureen Scalesi, VP of Resident Services at The Bristol Assisted Living. Lists ensure nothing is forgotten in unfamiliar settings.

» Build in moments of rest: Choose guided tours that offer multiple activity levels and built-in breaks. Pausing when needed keeps energy high, makes sightseeing enjoyable and helps everyone savor the experience at their own pace.



Best for history buffs: Williamsburg, VA

If you love American history, Williamsburg lets you step back in time without sacrificing comfort or convenience. Founded in 1699, the destination features costumed guides, colonial buildings and horse-drawn carriages that bring the past to life. Visitors can take guided walking tours or explore the cobblestone streets at their own pace, with benches and shaded paths throughout. Nearby Jamestown and Yorktown round out the experience, offering immersive museums and waterfront charm. Bonus: Many attractions also offer senior discounts.

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