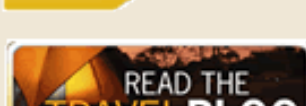


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**Elisa Taylor**

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## The Travel Tip Box

When traveling with liquids — regardless of airline rules — always be sure to take your shampoo, conditioner, toothpaste, perfumes and lotions and pack them in a separate sealed baggy. Shampoo while great for your hair can cause damage to certain fabrics and permanently ruin them. And if you're traveling to higher elevations, air pressure can cause the bottles to expand and explode all over the contents of your suitcase, so be sure to seal everything up good and tight.

## Travel Guiders — Provence: The True Essence of the Region

Welcome travel enthusiasts to this edition of *Passages*. I hope you will enjoy the travel tips, tricks and information contained within this monthly newsletter; however, if you do not wish to receive *Passages*, please opt out at the bottom of the newsletter by clicking on the "Safe Unsubscribe" button. We're here to serve your travel needs not to spam you.

First, we want to thank everyone who attended the first meeting of Travel Guiders. We are excited about supporting travel enthusiasts everywhere. We also wanted to report that we heard some questions about the proposed book-club format. Given some concerns that this format was not what the group expected, we've decided to stay on course and continue with the original concept to host speakers and provide plenty of tips and tricks. With that, we would like to let you know the next meeting schedule:

### Travel Guiders

**February 4, 2010**

7:00 p.m. to 9:00 p.m.

Jericho Coffee  
8711 Sierra College Blvd., Ste. #1  
Roseville, CA 95661

Tel: 916.771.5726

**Speaker:** Marie Feldman

**Topic:** Provence — The True Essence of the Region

Marie Feldman has more than 15 years of experience in journalism. She worked as a reporter-producer in Europe, USA and in the Middle-East, covering a wide range of subjects from politics and social issues to the arts world. She has travelled extensively around France. Marie's depth of experience includes working as evening news anchor for the France Television public network in Montpellier, Marseille, Bordeaux, Reims and Paris. During those 15 years, her numerous interviews included prominent personalities, as well as presidents and prime ministers. Marie produced and hosted an award-winning topical news show for six years. She wrote travel stories for *Provence Magazine*, as well as *Mediterranee Magazine* and *Pays Basque Magazine*.

Marie is the owner of a video production company in Sacramento, [French Touch Productions](#).

P.S., if you really want to read about the hidden travel adventures both regionally, nationally and internationally, don't forget to follow our [blog](#).

Best,  
*Elisa Taylor*

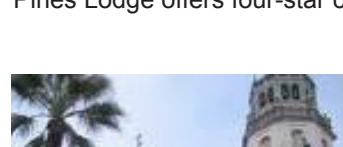
## California Central Coast — Enclave of Majestic Beauty

The California Central Coast in the winter is a hidden treasure where vacationers can escape to find tepid weather and relief from the colder regions of the state and country at large. What most people don't know is the California Central Coast is typically fogged in during the summer with sunny, warm beach days coming and going, which makes it difficult to plan a non-fogged in vacation; however, the Central Coast stays relatively clear and the temperature hovers around 70 degrees for the winter months. Now the temperature isn't bathing-suit weather by any stretch of the bikini, but it's usually fair and beach combers will find it relaxing. The following describes some excellent Central Coast getaways sure to get you out of the cold and into the comfortable.

### Cambria - Quaint, Casual, Beautiful

[Cambria](#) (the Latin word for Wales) is located just six miles south of San Simeon, home of the famous Hearst Castle, and offers a relaxed and quaint vacation experience. Anyone familiar with Capitola near Santa Cruz will find the same kind of seaside town that is at once small, but sweet and great for walking and shopping along the interconnected streets that meander along the ocean and the inlet. Its hillsides are covered in eucalyptus and pine trees, and it's the last bastion of lush foliage-covered hillsides before the deserts of Southern California and the dryer climate.

Since San Simeon is so close and doesn't offer anything in the way of lodging, most visitors opt to stay in Cambria, which features an array of bed and breakfasts and several nice inns. You may also want to consider renting a home for a week versus staying confined to one room. Several beautiful rental homes adorn the cliffs and provide gorgeous ocean views. If you do decide to make a simple weekend out of it, visit the [Cambria Pines Lodge](#), which sits in the heart of Cambria, with pristine, clean and lovely rooms that feature fireplaces. Cambria Pines Lodge offers four-star comfort and amenities.

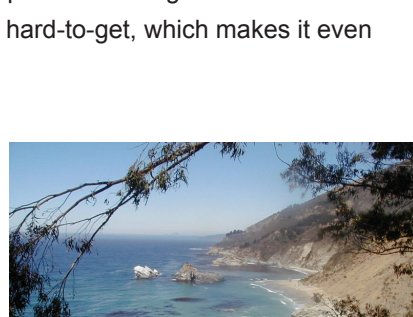


You can hike, bike and tour the beaches or chose to explore the more than 30 art galleries sprinkled throughout the region. History lovers won't want to miss out on a tour of the majestic [Hearst Castle](#), which sits on top of the rolling foothills that overlook San Simeon. Take a tram excursion up to the castle and enjoy a tour of the historic monument built by the publishing mogul William Randolph Hearst. The evening tour, which is offered by reservation only, allows tourists to view the castle's grand and swimming pools lit up. Grown-ups and children alike will enjoy the tour and wonder at the dozens of art treasures collected by Hearst and eventually donated to the State of California.

### Pfeiffer Big Sur State Park

Another well-known but often not as crowded Central Coast region is [Pfeiffer Big Sur](#) located about 26 miles south of its more famous sister region, Carmel. The further south you drive the along the California coastline the fewer majestic California redwoods you will find. Pfeiffer offers the last of the southern redwood areas to explore but that doesn't make it any less glorious to visit. Celebrated for its winding hiking trails and beautiful expanse of ocean views, Pfeiffer Beach is an incredible weekend getaway, especially for families that enjoy the great outdoors. You can make reservations to camp at Pfeiffer Big Sur State Park but beware reservations in the peak season are hard-to-get, which makes it even easier to visit in the winter months.

If you're just not into camping and prefer the great "indoors" then check out the famous Big Sur Lodge. [Big Sur Lodge](#) has been a famous destination for writers, artists and travelers for years. It is actually considered an artist's enclave and offers warmth and seclusion in a pristine and rustic location. The room rates run about \$189 to \$369 with extras such as a kitchenette. Although you don't have to leave the premises to eat as they offer on-site four-star dining. And if you need to take a break from your art project then check out the regional art galleries most of which can be found along scenic Highway 1 that curves along the coastline.



The Lodge itself is nestled away in a forested area and connects to central pathways that lead down to the rugged coastline. The real draw, however, is Pfeiffer's famous winding hiking trails through the beautiful redwoods. Start at the trailhead and follow the trails to Pfeiffer Falls and veer off to your left and head toward Valley View, which will also be your return path. You should be aware the hike is quite long and the terrain vastly changes as you ascend to the top. It can be rugged in some spots so take your time and be careful. You might also want to pack a picnic lunch, as the hike can easily take half a day. Once at the top, you will marvel at the stunning view of the Pacific Ocean. It is definitely worth the climb.

## Travel Guiders

Have you ever wondered what it's like to visit Italy and find the best pasta? Want to know how to beat the crowds and avoid long lines in Disneyland? Ever wanted to vacation in Yosemite and discover the best camping spots in the park? Want to know the off-the-beaten path vacation destinations both in the U.S. and around the world? Travel Guiders, a unique travel group hosted by World Less Traveled is designed to share the hidden secrets, share tips and tricks, and provide advice on where to visit to maximize your vacation dreams, invites travel aficionados to join its inaugural meeting scheduled for January 7 from 7:00 p.m. to 9:00 p.m. at Roseville-based Jericho Coffee, 8711 Sierra College Blvd, Suite #1. Roseville, CA 95661 (916) 771-5726. For update log onto the World Less Traveled website.