

THE PEAK STAGE

Travel Guide



TRAVELING DURING THE PEAK STAGE

The Peak Stage is the time to explore, create memories, and thrive.

5 MUST KNOW TRAVELING TIPS

These 5 must know traveling tips will ensure your next vacation is effortless and smooth.

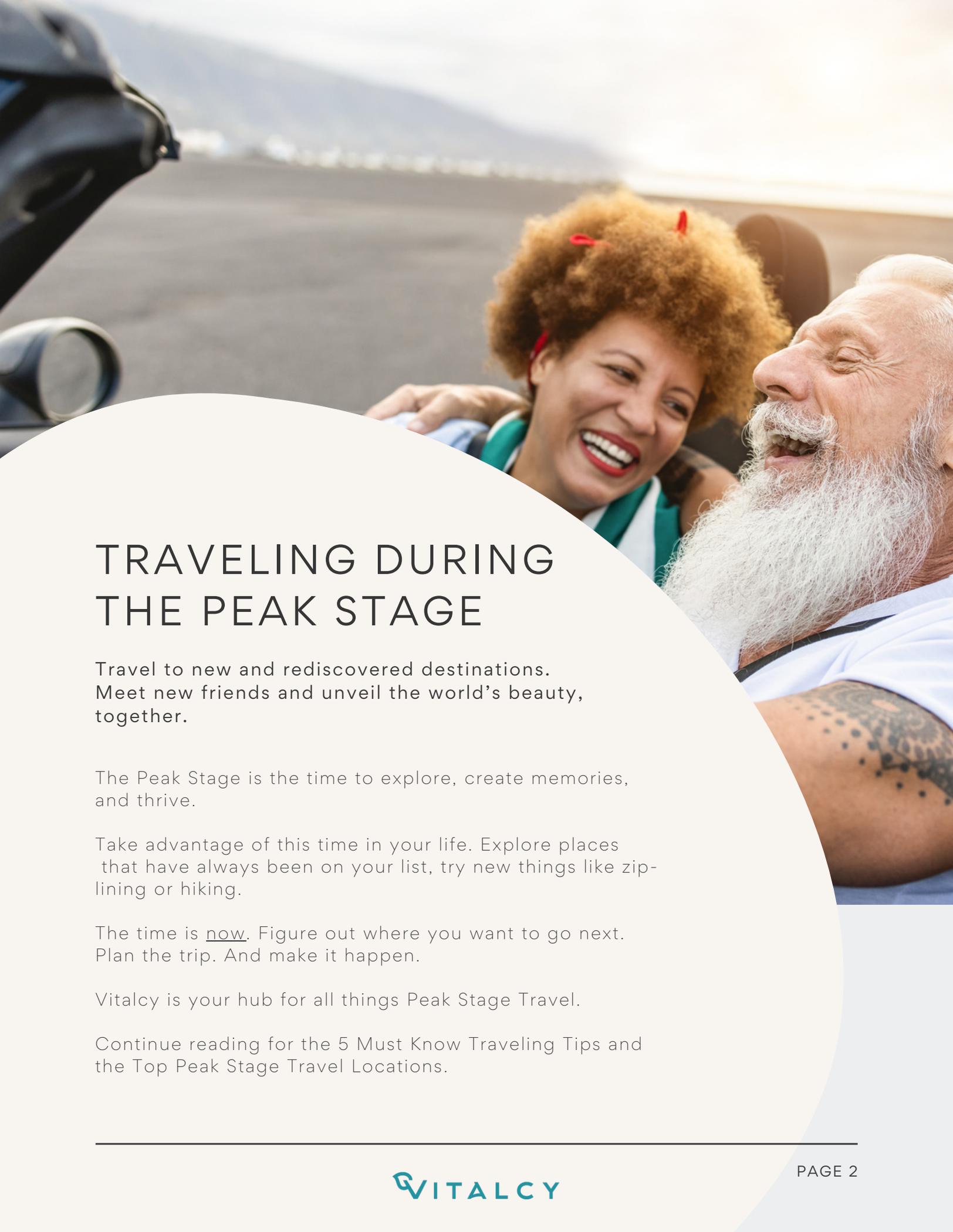
THE PEAK STAGE

When did living our best years become about ignoring how we got here?

TOP PEAK STAGE LOCATIONS

Vitalcys Top Peak Stage Locations. Where does your next adventure lead to?





TRAVELING DURING THE PEAK STAGE

Travel to new and rediscovered destinations. Meet new friends and unveil the world's beauty, together.

The Peak Stage is the time to explore, create memories, and thrive.

Take advantage of this time in your life. Explore places that have always been on your list, try new things like zip-lining or hiking.

The time is now. Figure out where you want to go next. Plan the trip. And make it happen.

Vitalcy is your hub for all things Peak Stage Travel.

Continue reading for the 5 Must Know Traveling Tips and the Top Peak Stage Travel Locations.

5 MUST KNOW TRAVELING TIPS



TIP #1

KEEP A LOOSE, FLEXIBLE ITINERARY.

Keeping a loose and flexible itinerary will keep your trip stress free. It's important to remember that unplanned events can account for a lot of your vacation time. The last thing you want is a delayed flight to throw your whole itinerary off schedule.

TIP #2

TREAT YOURSELF

Life is precious and we shouldn't put anything off for a "someday". Life is meant to be lived and you can't take your bank account with you when you go. So get busy using up that stockpile of vacation days because now is the time to go big!

TIP #3

BREAK OUT OF YOUR COMFORT ZONE

Challenge yourself to try new things! Get out of your comfort zone. If you aren't a fan of hiking, go on a hike!

TIP #4

TAKE LOTS OF PICTURES!

When traveling, take as many pictures as you can. Don't be shy, ask someone to take your picture for the best shot! Photos with you in them are special and they'll mean a lot more to you when you look back at them.

TIP #5

ASK THE LOCALS

Aren't sure where to get dinner or which hike to do? Ask a local! Locals will know all of the best spots at your destination. Locals usually name some of the best hidden gems.

THE PEAK STAGE

By Mel Greenberg

When did living our best years become about ignoring how we got here?

We've crossed the threshold and stepped into our *Golden Years*. We're about to embark on our grandest adventure. This is often the rhetoric associated with aging, at every milestone really.

And yet, as we are told to make the most of these years, a louder voice weighs in. It urges us to reverse, wherever and whenever possible this thing called aging. Just pick up a magazine, watch a commercial, walk through a cosmetic department. It's all there reminding us that getting older is great, but denial is better.

I'd like to ask you to consider a different perspective: that perhaps – *this stage of our lives is not better or worse than any other.*

Simply different.



“

We're about to embark on our grandest adventure.

That's just maybe all the experiences, the roads traveled, the missteps, the ups and the downs that got us here are the real gifts we are told to embrace.

Not the preponderance of 'experts' selling us on the idea that time is running out, so we'd better make the most of it - by defying it.

As Mitch Albom poignantly notes in *The Timekeeper*:

"Try to imagine a life without timekeeping. You probably can't. You know the month, the year, the day of the week. There is a clock on your wall or the dashboard of your car. You have a schedule, a calendar, a time for dinner or a movie. Yet all around you, timekeeping is ignored. Birds are not late. A dog does not check its watch. Deer do not fret over passing birthdays.

Man alone measures time. Man alone chimes the hour. And, because of this, man alone suffers a paralyzing fear that no other creature endures. A fear of time running out."

For many of us, these years have ushered us through significant changes. We've raised children and sent them off to college, endured taking care of aging parents, struggled through illness, divorce, established new careers, new relationships.

A continual flow of beginnings and endings. How we navigate the transitions is a result of we processed each of these challenges along the way.

The question looms large... What next?

I like to think of my own life as one long upward climb. Turning 50 opened new doors, it never felt like the downhill slide I'd been warned about. Turning 60 presented a new appreciation for where I am, who I've become and what I can look forward to.

I'm ready to keep living, venturing up the mountain – this is my PEAK stage. Mastering the art of living life's moments as they come, with an open mind and heart.

Think about it... We are armed with the beauty of experience and knowledge. Now we have the opportunity to express ourselves in ways we'd never imagined.

What does that image conjure up for you? What new roads might you wander? Will you travel, take up new hobby, sport, return to school, the list goes on.

Life goes on. Your one beautiful life.

It's your story to write as you dream. Here! Now!

Define it as you will, as you live your peak stage...

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TOP PEAK STAGE LOCATIONS

Where are you going next?

TAHITI

Located in the South Pacific Ocean, The Islands of Tahiti are a mythical destination.

Some of the islands are filled with jungles, waterfalls and dramatic cliffs that have been virtually untouched since they were discovered by French explorers in the 1800s



ALASKA

Alaska is bordered on the north, west and south by oceans, and its beautiful coastal environment draws many visitors every year.

Alaska is known for glaciers, national parks, the vast wilderness, Northern lights, midnight sun, and more.

VIRGIN ISLANDS

The US Virgin Islands is the only territory in the US to have coasts on both the Caribbean Sea and the Atlantic Ocean

Sugar white, lapped by turquoise waters and bathed on year-round sunshine, they are amongst the most glorious in the world.





Now is the time to take advantage of the
Peak Stage and explore the world.

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