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**Trip Quest Travel Services**

## It's fall y'all!

Just returning from a fun trip to Colorado yesterday, we have already experienced all four seasons in the last five days! I hope our newsletter continues to offer inspiration for future adventures and even sparks some travel dreams. Please enjoy our two main articles this month on exploring "out of the way" places. When you get ready to travel next, there is also some great information on flying with medication.

If you are interested in small ship sailing, please take a few minutes to look at the Viking Star video below. It is a stunning ship, full of Nordic culture yet beautifully appointed for the American traveler. Intimate places and spaces will make you feel safe and cozy! The spa is spectacular and the staterooms comfy and well equipped. This is the ship we took to the Scandinavian countries two years ago and will be taking on the Adriatic Antiquities sailing next March. Come join our group!

Lauren



What makes a trip memorable? Is it always that everything moves along perfectly, the route is well laid out, the food is delicious, and the weather is always cooperative? It has been my experience that while these things might bring you contentment, they don't always make for unforgettable memories. Think back to your best trips and what made them great.

Some of my best trips have been punctuated by some lodging that was a bit "iffy." There was a little bed and breakfast in Abingdon, Virginia that had a room so small that when you rose up in bed, "bam" went your head against the ceiling. Otherwise, the inn was charming with a beautiful backyard for wine sipping and a lovely basket of muffins delivered the next day. There was a historic inn near Joshua Tree National Park that was all about the charm and local flavor...the only thing the description missed was the moans of the howling coyotes and their pups as we were trying to nod off to dreamland. Formula hotels can be predictable but occasionally, let me help you find one that might be quirky but interesting!

Expect the unexpected particularly if you go "off road!" The "auto road" up Mount Washington in New Hampshire proved that you can travel several miles straight up with no guard rails and live to tell about it, much to the surprise of my non-adventure-seeking husband. The views and engineering marvels were so worth it! The Valley of the Gods in Mexican Hat, Utah announced at the onset the requirement of a multi-terrain vehicle. I promised to turn around as soon as it got too bad for our rented Crown Victoria. Seventeen miles later and with nary a car in sight for the last fifteen of those miles, we completed the journey with nothing but pride and beautiful photos to help us remember that beautiful experience!

How many of you have chuckled at the unexpected places that attract tourists? Would you delay your trip to go see the world's largest ball of string? Of course not! One of the most interesting and unusual stops was on our way to Page, Arizona. We actually answered the "out in the middle

of nowhere” hand-written sign inviting us to see “dinosaur prints.” What a great stop this turned out to be! John, our Navajo guide, took us a few hundred feet beyond a sandy pull off to huge field of more rocks and sand. For tips, he told us of the history of the area and then showed us, you guessed it, very large and well worth the cost of admission dinosaur prints.

Can you describe some of your best unexpected adventures in travel? I'd love to hear about them and might even print them in a future newsletter!

Hope you have a wonderful month!  
Lauren



**As some of you are beginning to fly again and travel to Europe will resume soon, I get lots of questions about flying with Medication. Here are some answers that might help!**

**Do I have to pull all of my medication for the TSA examiners?**

- Not unless it is in liquid form. Medically required liquids will be subjected to additional screening and could include being asked to open the container.

**Is there a limit on bringing medication in pill form?**

- As long as it is screened as part of your checked or carry-on luggage, you can bring pills or solid forms of medication.

**Do I have to have my medication in their original prescription bottles?**

- Although TSA does not require medications to be in prescription bottles, some states have individual laws regarding the labeling of prescription medications with which passengers need to comply. Nitroglycerin tablets and spray (used to treat episodes of angina who have coronary artery disease) are permitted and have never been prohibited.

**What about sleep CPAP machines?**

- When you fly, keep your CPAP machine with you, either in a separate bag—which does not count against your baggage allowance—or in your carry-on baggage. Do not check a CPAP machine; devices in checked baggage are subject to delay, damage, or theft. Also, do not leave any water in the humidifier!

**So—that's it! There is no need to stay sidelined if your medical condition requires devices and prescriptions. Most of us are right there with you!**

## Quick Links for Group Travel



View the amazing ship that we are taking on our March, 2021 voyage shown here! Click above for a video of all of the beautiful amenities you'll find on-board. Come join the other 27 of us! This great itinerary includes Italian ports and also visits Greece, Croatia, and Montenegro. If you want to know more, click and then give me a call to get pricing for your stateroom. I just added two more to this and there was still availability!



Iconic Adriatic Antiquities

## The Holy Land

Our Israel and Egypt trip this year had to be postponed! A November 1 departure in 2021 will be perfect. New brochures have been printed - email me and I will send you one! We have 20+ going and will have room for about 10 more.



### Fun Fact:

- Israel is the only country in the world that has more trees today than it had 50 years ago.
- Israel has more museums per capita than any other country, including the world's only underwater museum!

Bible Land Exploration Brochure



Email me here!

### About Me!

I am Lauren Williams, a partner in Trip Quest Travel Services for the past five years. Moving from three decades in education to becoming a travel consultant has caused me to shift from "The Doctor of Education" to "The Doctor of Travel." My clients are often just like me – they want a rejuvenating vacation that teaches them about the world and the cultures around them. I love beautiful scenery, exploring new places, and learning something new every day! Aside from travel, I stay busy with my husband, Steve, and our four children and twelve grandchildren. Staying active in the church and in our community feeds our soul as well. I love to play tennis, pickleball, and bridge when I am not helping clients plan that perfect trip! Because our world is so much smaller now, I am happy to work with clients wherever they might live...but by referral only! Hope you enjoy my monthly newsletter – let me know if there is something you'd like to know more about!

