

time off

solo travel

Escape to rejuvenate your mind, body and spirit

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Who says you can't go solo? Stop using your unorganized friends as an excuse for not taking that spa vacation, or your single status for not seeking out beautiful scenery in the mountains. Join the legions of women who are taking the solo-trip plunge, and loving it.



Relax and restore yourself at the Red Mountain Spa.

BUDGET-FRIENDLY

Single-Parent-Friendly months at Beaches Resorts, Jamaica

PERFECT FOR: Jugglers. Yes, you can take your little ones on your getaway and still unwind. They'll enjoy supervised activities like face painting, arts and crafts, treasure hunts, Xbox and a water park, while you go to Single Parent Receptions and take part in the other singles' activities and social scenes.

COST: \$262 and up per night; up to \$180 discount during SPF months; (800) BEACHES or beaches.com.



Get pampered.

LUXURIOUS

Alaska Fjord Cruise, Royal Caribbean Vision of the Seas

PERFECT FOR: Sea women. From the observatory you can check out scenes of your destinations—Juneau, Skagway, Icy Strait Point, Inside Passage, and Victoria, British Columbia. After you've taken advantage of the 24-hour complimentary cabin service or tried rock climbing, chill out at the casino or the champagne bar with your shipmates. Organized by Singles Travel International, this trip has enough parties to pump up your social life.

COST: \$263 for two nights at the Westin in Seattle (optional), \$689 and up for the cruise from August 25 to September 1; (877) SOLO-TRIP or singlestravelintl.com.

SUPERLUXURIOUS

Red Mountain Spa, School for Adventure Cuisine, St. George, Utah

PERFECT FOR: Explorers. Spark a healthier lifestyle with this five-night package. Wake up to the sunrise over the red rock mountains and lava fields, and prepare for your daily morning hike through those gorgeous mountains. Savor your daily healthy gourmet meals and—we hope—learn how to replicate the delicious food in cooking class. In your downtime, take advantage of the unlimited fitness classes, including ballet and yoga, and relax at the spa or in a whirlpool.

COST: \$1,695 for the package with classes in June, July and August; (800) 407-3002 or redmountainspa.com. —J.G. >

TRAVEL SMART

SAFETY IN ONE

Whether it's to visit relatives, sightsee, or just relax, 36 percent of African-Americans travel alone, says a 2004 YPB & R/Yankelovich Partners, Inc., travel study. To plan safe, smart trips, try this advice: **USE REPUTABLE TRANSPORTATION PROVIDERS.** Use hotel shuttles or hotel-recommended taxis, and give the driver a password instead of a display placard with your name.

MAP OUT YOUR TRIP. Eleanor Berman, author of *Traveling Solo* (Globe Pequot Press), says cities are easy to navigate on foot and by public transportation. But if you're driving, bring a compass to prevent getting lost, the Women's Travel Club advises, and have a taxi lead you to the main highway.

DON'T SETTLE FOR JUST ANY HOTEL ROOM.

Request that your room number be written on the key envelope and not mentioned aloud, says the Women's Travel Club. "Make sure your room has working door and window locks, and bring an extra wedge to put behind your door," says Catherine Comer, author of *The Traveling Woman* (Impact). **GO LIGHT.** When you're traveling on foot, Victoria Pericon, a Black-lifestyle expert, suggests taking only the necessities—one ATM card, one credit card, some cash and/or travelers checks, and your passport. Make copies of everything, she adds, including your tickets and reservations, in the event you're robbed. To decrease that risk, Pericon says to avoid wearing provocative clothing, expensive jewelry and any items that attract attention. —J.G.

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