

There Are Many Choices for Singles in the Summertime!



By Gayle Crist,
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When summer rolls around, many singles think about how great it'd be to share their vacation time with a special

someone. And, sure, that can be wonderful if you both like to do the same things and visit the same places... and if you're compatible as traveling partners.

But there's also something to be said for traveling alone. In fact, travel journalist Eleni Gage notes that "The whole point of a journey is to be engaged by your new, unfamiliar surroundings, and the best way to do that is to expose yourself to the people, places, and experiences your destination offers—without the buffer of the same folks (or even just the same person) you hang out with at home." She says it can be exciting to travel as a single because you can do what you feel like at any moment, without having to consult with others.

The only time I ever travelled alone—to New Mexico—I found this to be true. I loved letting each day unfold as I decided what would please me and planned my explorations and activities around that. I saw a lot, learned a lot, and came home feeling invigorated as well as relaxed.

Gage says the 7 best travel destinations for younger singles (based on great nightlife) are: the British Virgin Islands, New York City, Barcelona, Playa del Carmen Mexico, Santa Fe, Oahu, and Scottsdale, AZ.

For singles over 50, some great travel options are offered by:

- Road Scholar (domestic and international travel vacations for seniors)
- Holland America Cruise Line (with solo traveler parties on its cruises)
- Eldertreks (for adventurous seniors who like to hike, etc.)
- Vantage Deluxe World Travel (discount vacations for mature travelers)

Gayle Crist, M.S., has been a dating coach since 2005. She helps singles discover places to meet like-minded people, prepare to date again after divorce or widowhood, improve their dating confidence, and create online dating profiles. Gayle is also a motivational speaker and author of *How I Met My Second Husband Online at Age 50*. Information about her dating coaching services is at www.datingsuccesscoaching.com. You can reach her at 267-245-3023 or gayle@datingsuccesscoaching.com.

You might also consider a wellness getaway/ spa/retreat as a solo trip. You'll usually meet other single travelers, and you'll be able to relax and be your best self, which is always attractive to fellow singles.

Two that I can recommend are:

- 1) The Omega Institute for Holistic Studies in Rhinebeck, NY where you can take all kinds of classes—from meditation to dance to relationships—and find plenty of affordable solo accommodations;
- 2) Santosha on the Ridge—a bed and breakfast with healthy meals and yoga classes in the Shawnee Mountain area of the Pocono Mountains.

Nowadays, there are more just-for-singles travel activities, cruises, and groups than ever before. A good source to check is www.singlescruise.com. Or just book a cruise based on your passions. I know a couple who met on a Disney cruise, talked endlessly about their passion for various Disney movies and characters, began dating soon after, and married a couple of years later.

Two other ideas for singles travel:

- 1) There are 8 singles travel groups based in Philadelphia. You can find them on www.meetup.com.
- 2) There are 15 great resorts for singles on the Trips to Discover website: <https://www.tripstodiscover.com/top-15-resorts-for-singles>.

I might also mention three other reasons singles searching for dating prospects can be optimistic in the summertime:

- 1) Many singles groups get more active in the summer, offering more fun outdoor options and excursions.

Singles groups: There are 3 singles-only meetup groups right here in Bucks County

(again, they can be found on www.meetup.com), and they all plan several outdoor activities each month.

Outdoor groups: There are also many walking groups in the area that are more active in the summer, and plenty of singles attend their activities. One of the best is the Appalachian Mountain Club Delaware Valley Chapter (amcdv.org).

2) Summer outdoor activities tend to bring out the carefree, upbeat side of us, so the chances of making a good connection when you are your most positive self are good. There's nothing more attractive than a happy person who's enjoying himself/herself.

3) Traveling to singles activity venues is easier in the summer, when the days are longer and the roads are free of ice and snow. So the number of singles attending usually increases. With more daylight hours to pursue new hobbies, try new groups, and get out and about, it would be crazy not to take advantage!

Don't you feel more energized and motivated to go out and try new things when the weather is nice? Summer makes us feel more fun-loving. That's why attendance at summer singles events is usually higher than at other times of the year. Summer is the good-time season!

Many singles groups have picnics—and picnic games to play. If you're like me, games bring out the kid in you. I remember meeting some great guys at a singles group picnic one summer where we all let loose and laughed a lot playing bean-bag toss, badminton, and frisbee. It was easy to connect in a relaxed, natural way.

If you need some summer singles fun ideas, give me a call. I can guide you to places and activities where you're most likely to meet your type of people.



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