

October 2009 Newsletter

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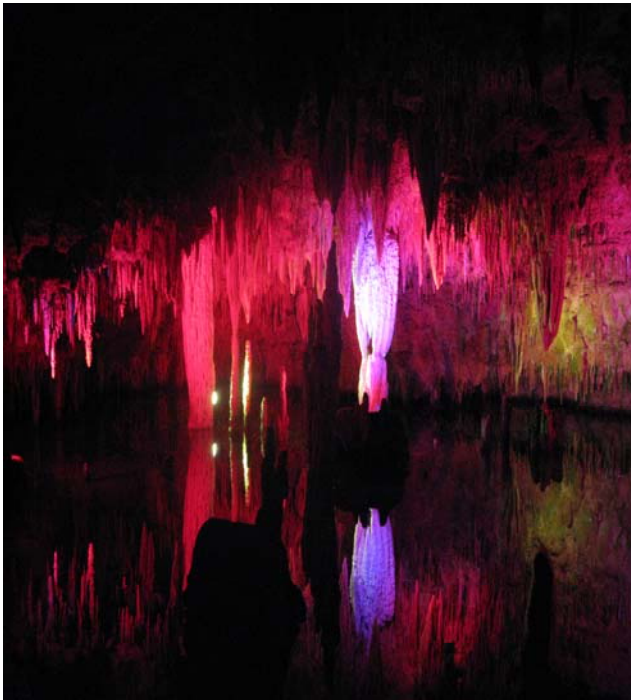


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Feature Destination:

This month's feature destination is St. Louis, Missouri. Located in the heart of the Midwest, the city has plenty of accessible activities including the Meramec Caverns and the mysterious Cahokia Mounds. Plan a visit before it gets too chilly though, or put it on your radar for a late spring trip. To learn more and obtain helpful links, visit our [St. Louis destination page](#).

Picture of the Month:



Meramec Caverns - St. Louis, MO

Please submit your favorite travel photo(s) to: admin@abilitytrip.com to have your travel picture featured in an upcoming newsletter.

AbilityTip of the month:

We all know that travel during the holiday season can be a stressful time. Plan ahead to beat the holiday travel hustle and bustle:

1. Arrive at the airport early and try and relax. Bring a book or iPod.
2. Wear comfortable clothes and layer.
3. Always pack snacks, especially if you're traveling with children.
4. Be prepared for layovers or canceled flights by keeping essential medications and medical supplies packed in your carryon.
5. Be cautious of airplane materials such as blankets, which could pose a disease risk.

Traveler of the Month:

This month's AbilityTrip traveler of the month is Gary. He has been traveling around the world for over 50 years. One of his and his wife's favorite destinations is the beautiful island of Tahiti - where they have visited three times now together. Gary comments, *"the island is so peaceful. Despite often being a difficult island to navigate in a wheelchair, I have witnessed the local people of the island be helpful with getting you where you need to go."* Gary also submitted several pictures featuring some of the island's accessible features. To read and see more, please visit our [Tahiti destination page](#).

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