

January 2010 Newsletter

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Feature Destination:

This month's feature destination is Cancun, Mexico, a popular tourist destination located on the Yucatán Peninsula in the state of Quintana Roo. Located on the Caribbean Sea, the Cancún region is sometimes referred to as the Mexican Caribbean. Cancun is best known for its beach and party scene, but if you are looking for culture, Tulum and other historic Mayan sites are located just a few hours drive away. Cancun is more accessible than most of Mexico, but can still be a challenging area for wheelchairs. Visit our [Cancun destination page](#).

Picture of the Month:



Accessible path at the Mayan Ruins in Tulum, Mexico

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

AbilityTips of the month:

If you are visiting a colder climate or live in a cold climate, there are things you can do to make winter more bearable and safer.

1. Layering and keeping dry is key to staying warm during extreme weather months. All surfaces of your body should be covered to keep in maximum heat.
2. If traveling in snow via wheelchair, make sure you elevate your feet or tilt your chair slightly to avoid accumulating snow on your feet, to keep warm, and to avoid frostbite.
3. Ice is difficult to see and can be hazardous, so be sure to wear appropriate shoes and look out!
4. Winters can be long; planning a winter getaway to a warmer destination can reduce winter blues.

Traveler of the Month:

We want to feature one of you - send us your best holiday travel story. In return we will send you an AbilityTrip gift and we will feature a select group of stories in our next newsletter.

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