

# Free information

to help you plan your vacation

## THE CARIBBEAN

1  **Caribbean:** Plan a vacation to one of 30 sun-filled destinations with the comprehensive 300-page *Caribbean Vacation Planner*. It will answer all your questions.

2  **Caribbean Small Hotels:** A 64-page catalog will show you why these unspoiled, uncrowded inns are the Caribbean's best-kept travel secret.

3  **Aruba Palm Beach Resort:** Beachfront resort has luxurious suites, casino and Aruba's only Olympic-size freshwater pool.

4  **Sapphire Beach Resort:** This affordable St. Thomas resort set on a beautiful beach has great water sports and tennis.

5  **St. Croix:** Powdery white beaches and some of the Caribbean's best duty-free shopping on the largest of the U.S. Virgin Islands.

6  **Grand Cayman:** Divers and snorkelers adore the spectacular coral reefs, landlubbers enjoy shimmering Seven Mile Beach.

7  **Barbados:** This scenic, welcoming island has afternoon tea, cricket, sensational beaches and good restaurants.

8  **St. Lucia:** Lush greenery, the dramatic Piton mountains and white beaches make this island a tropical paradise.

9  **British Virgin Islands:** Take to the water on these pristine islands where sailboats cruise by unspoiled beaches and lovely resorts.

10  **Nevis:** This sleepy sister island to St. Kitts has charming inns, a friendly atmosphere and cute villages for touring.

## CARIBBEAN ALL-INCLUSIVES

11  **Couples, Ocho Rios, Jamaica:** Secluded hammocks, a private island and a spectrum of excursions at this romantic couples-only resort.

## ALL-AMERICAN WEEKENDS

12  **Cape Cod, Mass.:** Explore this unique peninsula with sandy beaches, peaceful harbors and classic New England villages.

13  **Charleston, S.C.:** Elegant houses and special inns mix with luxurious hotels and shops in this southern city.

14  **White Mountains:** Spectacular scenery, family attractions, camping and tax-free shopping in this appealing New Hampshire region.

15  **Massachusetts:** Renowned museums, historic sights and fun restaurants in Boston; colonial towns and unspoiled beaches outside.

## GLAMOUR, MAY 1996

Note that it will take at least six weeks for information to reach you.

This offer is open only to residents of the United States and Canada. Please type or print clearly. (Be sure to include your zip code.)

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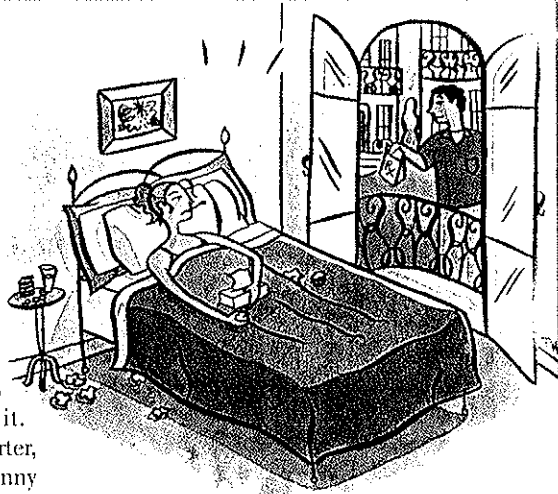
# Travel

## My worst travel problem

LAST FALL MY HUSBAND SURPRISED me with a long weekend in New Orleans. I began to get the sniffles on the plane but thought nothing of it. After walking all over the French Quarter, though, I knew I didn't just have a runny nose. By Sunday I felt so sick it took all my energy just to get out of bed. Not knowing what else to do, my husband went to the pharmacy and got me over-the-counter medicine. I spent the next two days in bed in the hotel feeling absolutely lousy, wishing I could see a doctor. Are there any sort of emergency medical services for sick travelers? How can you find a doctor in a strange city?

—Marilyn Maxwell,  
Delray Beach, Florida

*Yes, there are medical services and other options both at home and abroad. But Bradley A. Connor, M.D., medical director of Travel Health Services in New York City, suggests that you try to anticipate certain problems and take along the appropriate medication. If an unexpected illness arises, he advises calling your doctor at home for a recommendation and if that doesn't work, a medical school or the best hospital in*



*town. A service called Hoteldocs claims a network of 750 doctors in 54 cities who will come to your hotel room, usually within 35 minutes. The service costs \$150 plus the cost of medicine and is covered by most insurance companies. Call (800) HOTEL-DR for information. If you plan to travel abroad, you might want to contact the International Association for Medical Assistance to Travellers (IAMAT), which can provide an up-to-date list of English-speaking doctors in dozens of foreign countries. Call (716) 754-4883. Dr. Connor also suggests calling the U.S. embassy or military base—or even a multinational corporation with expatriate American employees—for recommendations in foreign countries. In addition, some credit card companies offer medical assistance; contact your credit card company for information.*

## 10 tricks that make European travel cheaper

If you've heard horror stories about prices in Europe, take heart. There are ways to cut corners without cutting fun.

1. **Travel off-season** Everything is less expensive before May and after September.  
2. **Buy a package** A package that includes airfare and hotel (and sometimes airport transfers) is usually the best deal.  
3. **Or buy a discount flight** Consolidators such as Unitravel (800) 325-2222 and Travac (800) 872-8800 offer lower airfares than the airlines. And Council Travel and STA Travel, with locations around the country, offer discounts to students.  
4. **Fly midweek** Weekday flights are always cheaper than weekend flights.  
5. **Book your rental car from home** Car rentals are far more expensive if you book them after you arrive in Europe.  
6. **Buy a rail pass** Train travel is a bargain with Eurailpass or the even-cheaper youth passes, which must be bought in the United States. Call (800) 4EURAIL.

7. **Stay in youth hostels** Hostelling International has 5,000 hostels that average \$17 a night. A one-year membership for travelers 18 to 54 costs \$25. Call (202) 783-6161.

8. **Eat breakfast in a café** Even if you stay in a hotel, don't eat breakfast there. You'll pay half the price in a neighborhood café.

9. **Get a student ID card** These cards, for students and nonstudents under 26, give you discounts on attractions, museums and theater tickets, as well as basic insurance coverage. The Council on International Educational Exchange (CIEE) sells them for \$18. Call (800) GET AN ID.

10. **Check the outside menu** Most European restaurants have menus and price-fixed meals posted outside. Read them before you go in, so you'll know the prices and what the deals are.