



WISE & Healthy Aging

Central Coast Lighthouses, Redwoods & Rails

Monterey, Big Sur Scenic Highway, Cambria, Piedras Blancas & Point San Luis Lighthouses, Coast Starlight Train

September 8 - 12, 2024 – 5 Day Tour

Tour Highlights

- ◆ Enjoy a five-hour rail journey along the California coast from Los Angeles to San Luis Obispo aboard Amtrak's *Coast Starlight* train, featuring an observation car that provides unparalleled and expansive views
- ◆ Enjoy a two-night stay in the heart of Old Monterey at an upscale, bayfront hotel
- ◆ Join a local guide for an in-depth tour of the Monterey Peninsula highlighting historic Old Monterey, Cannery Row, Pacific Grove and sights along the picturesque 17-Mile Drive, along with time at leisure in the charming seaside town of Carmel-by-the-Sea
- ◆ Travel the iconic Big Sur Scenic Highway (Hwy 1) between Monterey and Cambria with a stop at Pfeiffer Big Sur State Park for a picnic lunch and a stroll beneath the giant redwoods
- ◆ Stay two nights in a fireplace room at a charming inn on Cambria's Moonstone Beach with time at leisure in the village of Cambria
- ◆ Guided tours of both the Piedras Blancas Light Station and Point San Luis Lighthouse, known as the "Jewel of the Central Coast"



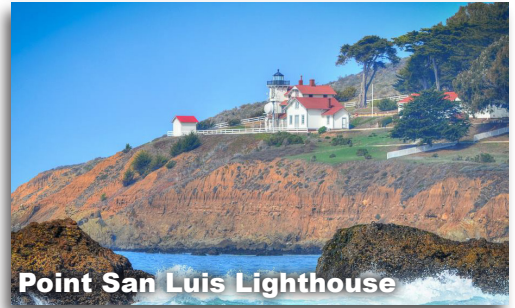
Coast Starlight Train



The Lone Cypress



Pfeiffer Big Sur State Park



Point San Luis Lighthouse

Tour Inclusions

- ◆ 4 Nights deluxe hotel accommodations
- ◆ 8 Meals – 1 dinner, 3 lunches, 4 breakfasts
- ◆ Services of a professional GTT tour director
- ◆ Comprehensive sightseeing with a local guide
- ◆ Admissions per itinerary
- ◆ Transportation aboard a deluxe motorcoach
- ◆ Luggage handling throughout the tour

Tour Prices

Double Occupancy: \$1,699 per person
 Single Occupancy (no roommate): Add \$500

Itinerary

On this unique journey we'll go in-depth on California's Central Coast – traveling by train, along the backroads and on the iconic Big Sur Scenic Highway between Monterey and Cambria. For centuries, artists, poets, explorers and novelists have been drawn to the rugged beauty of the California Coast. The crashing surf...the towering redwoods...the unspoiled wildlife...the historic lighthouses...the embodiment of the quintessential California spirit. We'll experience it all while staying at waterfront hotels, touring historic lighthouses and strolling amongst giant redwoods – providing a true sense of timelessness and reconnection.

Day 1 – Coastal Train Ride, Monterey

We begin our journey at Los Angeles' Union Station to board Amtrak's **Coast Starlight** train for a memorable, **five-hour rail journey** along California's spectacular coastline and through its fertile valleys to San Luis Obispo. We'll travel along Point Conception and through Vandenberg Space Force Base where you'll see the launch complexes and beautiful undeveloped coastline which is only visible by train. We'll enjoy an included boxed lunch onboard along with a snack bar selling snacks and drinks. Enjoy the relaxing ride in your reclining seat or check out the view from the observation car offering unparalleled views. Upon arrival in San Luis Obispo, we'll reboard our motorcoach and continue north. We'll enjoy a two-night stay at the **Portola Hotel & Spa**, a AAA Four Diamond bayfront hotel situated adjacent to **Monterey's Fisherman's Wharf** in Old Monterey. Enjoy the balance of the evening at leisure with dinner on your own at the hotel or a nearby restaurant. (Lunch)

Reservations

Fill out and mail or fax reservation form to: **Wise & Healthy Aging**
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
Attention: Grace Cheng Braun
Fax: (310) 394-7152
(310) 394-9871, ext. 440
trips@wiseandhealthyaging.org

Tour operated by Good Times Travel
California Seller of Travel License #: 2018390-40

Accommodations

- ◆ Nights 1-2 Portola Hotel & Spa
Monterey, CA
- ◆ Nights 3-4 FogCatcher Inn on Moonstone Beach
Cambria, CA

Departure Information

Join this tour from the Los Angeles Union Station
Overnight parking fees apply

Payment Information

- ◆ Full payment due at time of booking by attaching a check to your reservation form, money order, or credit card payment

Cancellation/Travel Protection

A travel protection policy (which includes cancellation protection and other benefits) is highly recommended and available through a third-party. A travel protection brochure will be provided with your payment receipt and invoice. Regardless of the reason, cancellations, credits and transfers of paid bookings require us to retain an administrative fee (ranging from \$50-\$250 depending on the date of cancellation) in addition to all non-recoverable fees paid to our tour suppliers on your behalf. Those guests who have purchased travel protection and must cancel for a covered reason, will be reimbursed by the travel protection company the balance of any non-refunded or credited monies (minus the premium itself). Visit <https://www.goodtimestravel.com/GTT/PageInfo/Protection.aspx> for more information.

Health & Wellness

While face masks and proof of COVID-19 vaccination are not required to join this tour, if a vendor requires face masks and/or proof of COVID-19 vaccination at a later time, guests will be required to comply in order to visit with no recourse for refund/credit.

Tour Pace & Activity Level



Visit our website for further explanation of what each of these designations means to assist you in determining which tour is right for you based on your physical abilities and the pacing you prefer.

Itinerary Continued...

Day 2 – 17-Mile Drive, Carmel

Following an included breakfast, we'll join a local guide for a comprehensive area tour. Wrapped by the Pacific Ocean on three sides, the Monterey Peninsula is often described as "the greatest meeting of land and sea." On this in-depth driving tour, we'll travel through historic **Old Monterey, Cannery Row, Pacific Grove** and along the famed **17-Mile Drive**. One of the most picturesque drives in the world, 17-Mile Drive is an enchanting journey full of dramatic coastal cliffs, snow-white beaches and mystical forests. Along the way, we'll encounter such spectacular sights as **The Lone Cypress, Bird Rock**, celebrity homes and the world-renowned **Pebble Beach Golf Links**. Enjoy time at leisure for lunch on your own and browsing in the quaint seaside town of **Carmel-by-the-Sea**. This town that deftly straddles the balance point of rich history and new wealth, features great restaurants, boutiques and galleries. We return to the hotel with the balance of the afternoon and evening at leisure. (Breakfast)

Day 3 – Big Sur Scenic Highway

Following an included breakfast, we'll board our motorcoach and head south along one of the greatest stretches of coastline on Earth! This iconic stretch of the Pacific Coast Highway between Monterey and Cambria, known as the **Big Sur Scenic Highway**, has been described as "the face of Earth as the Creator intended it to look." As we travel south along Highway 1 – with the imposing Santa Lucia Mountains on one side and the sea-sprayed, rocky Pacific Ocean on the other – around every curve is another spectacular view of a craggy canyon, unspoiled shoreline, crashing surf and picturesque lighthouse. It's a journey that will surely take your breath away. We'll travel over the famed **Bixby Bridge** and take in views of Point Sur Lighthouse before we arrive in **Big Sur**. At **Pfeiffer Big Sur State Park** we'll enjoy time at leisure for an included picnic lunch and leisurely stroll beneath the giant **Coast redwoods**. This beautiful park also features conifers, oaks, sycamores, cottonwoods, maples, alders and willows – along with open meadows and abundant wildlife! This afternoon we continue south past Ragged Point to the quaint seaside village of **Cambria** – the artists' colony nestled in a forest of towering Monterey Pines along a craggy stretch of the California Central Coast. We'll enjoy a two-night stay at a charming inn featuring boutique rooms with cozy fireplaces and a heated pool and spa. The inn features an oceanfront setting on Cambria's **Moonstone Beach**, a spectacular stretch of rugged coastline which offers an extraordinary array of tide pools, walkable bluff-top boardwalk and a spectacular vantage point for memorable sunsets. Enjoy dinner on your own this evening at a variety of restaurants in Cambria's charming East Village. (Breakfast, Lunch)

Day 4 – Piedras Blancas Light Station, Cambria

After an included breakfast we'll travel north to **Piedras Blancas Light Station**, located on a rugged windswept point of land just north of San Simeon. A visit to this historic light station will provide a glimpse into an earlier time and a brief escape from the modern world. The lighthouse was first illuminated as an aid to navigation in 1875 and it still casts a beam of light to guide mariners along the rocky California coast. We'll continue south to the **elephant seal rookery at Piedras Blancas**, one of only a few spots in the world where northern elephant seals can be seen in vast numbers. Although elephant seals spend most of their lives in the open ocean, they arrive at this rookery to give birth, breed, molt and rest after long ocean migrations in search of food. At **William Randolph Hearst State Beach** we'll take a leisurely stroll on the historic pier in this protected cove. Enjoy the afternoon at leisure to explore Cambria's Village, relax at the inn or take a walk along the Moonstone Beach boardwalk. This evening we'll enjoy an included dinner with choice of entrée at **Linn's Restaurant**, the Cambria icon and locals' favorite that's known for its contemporary comfort food classics like chicken pot pie. But be sure to save room for what they're most famous for – warm olallieberry pie with a scoop of vanilla ice cream on top! (Breakfast, Dinner)

Day 5 – Point San Luis Lighthouse, Journey Home

After an included breakfast, we'll begin our journey south. In Avila Beach we'll enjoy the breathtaking ocean views as we travel along Lighthouse Road to **Point San Luis Lighthouse**. Known as the "Jewel of the Central Coast," this historic light station built in 1890 enjoys dramatic views stretching from Avila Beach south to Vandenberg Air Force Base. Learn what life was like for the Lighthouse Keeper and his family as we tour the grounds, the beautifully restored lighthouse, the horn house, and see the lustrous original Fresnel lens. We'll then enjoy an included lunch at this restored sentinel of the sea. This afternoon we continue south to the Union Station, arriving this evening with many fond memories of our time along California's beautiful Central Coast. (Breakfast, Lunch)

While we make every effort to operate our tours as outlined in the itinerary, we ask for your patience, understanding and flexibility and to retain a sense of adventure while traveling with us. Situations may arise that necessitate changes to the itinerary. Should we need to adjust the itinerary either prior to or while on tour, these changes will be communicated to you and only done when absolutely necessary.

Central Coast Lighthouses, Redwoods & Rails

September 8-12, 2024 (5 Days)

\$1,699*/traveler (based on Double occupancy)

*If paid by check or money order (\$1,749 if paid by credit card)

Within California Tour, No Flying!

Mail reservation form to:
WISE & Healthy Aging
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
Attention: Grace Cheng Braun

Please make check payable to:
WISE & Healthy Aging
Phone: (310) 394-9871, ext. 440
Secured Fax: (310) 394-7152
Email: trips@wiseandhealthyaging.org

Please find FULL payment of \$ _____ to secure reservations for _____ (#) person(s).

I want to purchase the SINGLE supplement: No Yes (\$500 additional if paid by check; \$515 by credit card)

Check if paying by credit card: VISA MasterCard AmEx Discovery

Credit Card # : _____ Exp: _____ Code: _____

Amount to be charged: \$ _____ Signature: _____

(form can be securely faxed to (310) 394-7152 or scanned and emailed to trips@wiseandhealthyaging.org)

> > > **Please PRINT full name(s) exactly as it appears on legal photo ID** < < <

Last Name: _____ First: _____ Middle: _____

Gender: Male Female Date of Birth (mm/dd/year): _____ Nickname: _____

Your Address: _____ City: _____

State: _____ Zip Code: _____ Cell: () _____ (needed also for while on trip)

Your Email: _____ Emergency Contact Name: _____

Relationship and His/Her Phone Number: _____ () _____

(If applicable)

Roommate's Last Name: _____ First: _____ Middle: _____

Gender: Male Female Date of Birth (mm/dd/year): _____ Nickname: _____

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