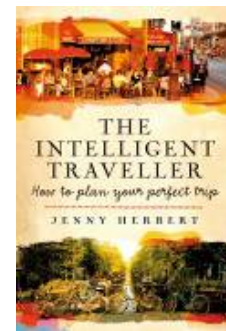




The Five Mile Press

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## Travel Planning Guide An Invaluable Bible For The First Time or Seasoned Traveller

Planning the perfect trip just got easier with the launch of a new book, **The Intelligent Traveller: How to Plan Your Perfect Trip**, by tourism industry expert, Jenny Herbert, to be published by The Five Mile Press, 3 March 2008.

This insightful 'how to travel' guide focuses on the practicalities of seamless travel, but goes a step further to help travellers appreciate what they are seeing or experiencing, as well as discussing ways that travellers can reduce their carbon footprint.

**The Intelligent Traveller** is designed for anyone who wishes to travel:

- wisely (well planned and within a budget),
- thoughtfully (with curiosity and an open mind),
- economically (seeking good value for money), and
- independently (doing research and preparation to create their own unique experience).

It is an essential guide to everything you need to know about planning and travelling. From passports, visas, insurance, safety, packing, credit cards and mobile phone service, to surviving long-haul flights, enjoying local foods without getting sick or putting on weight, and looking for authentic accommodation run by locals – and much more!

There are tips, checklists and spreadsheets throughout to help with planning – budgeting, creating an itinerary, keeping track of reservations, comparing car hire costs and so on, with a website listing of appropriate sites at the end of each chapter.

The author Jenny Herbert says: 'With the advent of the internet many more travellers are looking to design more personalised tours and/or book some components direct. **The Intelligent Traveller** will reduce the stress of planning and supplement existing regional guide books. It is intended for first-timers as well as travellers who haven't honed how to travel wisely and meaningfully. There are many tips on how to travel responsibly and how to consider issues of authenticity, mass tourism impacts, developing skills of observation and curiosity.'

Though designed primarily for long-haul travel, especially from Australia to Europe, the same principles apply for anyone travelling within Australia or elsewhere overseas. According to Herbert, a seasoned traveller and regional tourism operator, the guide will appeal to busy or independent travellers, economy class, budget conscious as well as those who seek to explore beyond the obvious tourism icons and cultural trivia, to make travel more thoughtful, purposeful and memorable.

### **The Intelligent Traveller: How To Plan Your Perfect Trip by Jenny Herbert**

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**For reviews, giveaways or interviews with Jenny Herbert, please contact  
Julie Morgan at JMM Communications 03 9696 5060**