



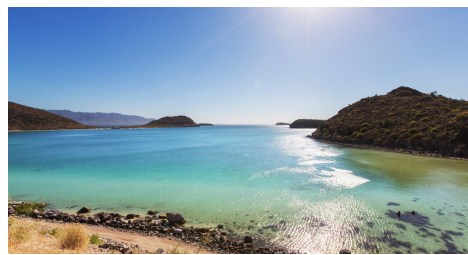
THE RANDOM NEWSLETTER

UNDER THE RADAR TRAVEL

MAGAZINE FOR THE MINIMALIST TRAVELLER



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Normal life shouldn't be so "normal". Travel gives you experiences and challenges that you just can't get at home.

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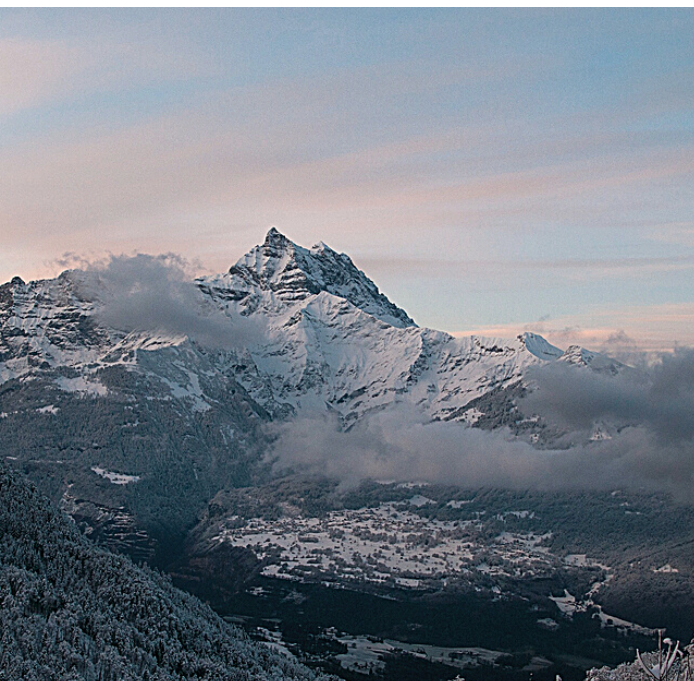
Travel is the ultimate expression of freedom. So say the Under The Radar Travel team. What does freedom mean to you?

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THE ULTIMATE

CHALLENGE

By Robin Thirlwell

It's a cliché, I know... Life is too short. And it is. Before you know it your twenties are well behind you and thirty to forty, well, don't talk to me about it.

Who wants to live a normal life, a boring life, a life with no risk?

Well, that's what we all tend to do when we're at home. At work we are rewarded for competency and getting things right. At home we crave order and routine, going into auto-pilot most of the time. A welcome distraction, oh no, not for me, not when I've got to get the dinner on.

But, there is an alternative. As Ben Aldridge says in his book "How To Be Comfortable With Being Uncomfortable", "the main purpose ... is to complete challenges and leave our comfort zones. It's a very practical concept and something that teaches us about ourselves through direct experience. By facing the unknown and dealing with discomfort, we will become better at being uncomfortable."

So, how can we use Ben's advice when travelling?

The answer is that travel is not the norm for most people.

The very fact that you will be doing something out of the ordinary gives you so many opportunities to challenge yourself.

For minimalist travellers, we are always on the look out for a way to pack less, we enjoy the feeling of lightness and freedom from baggage, and we're not just talking about the physical baggage either - mental baggage is even better to leave behind.

Minimalist travel is one small challenge, and one that has no major downside. If you usually pack luggage that goes into the hold of the plane, why not reduce the case size or better still, take carry on luggage only.

Travel is the opportunity to try something different. To take a break from being the "old" you. Be the daring person you can be, the person you really are.

Start small, build big.



THE ULTIMATE

FREEDOM

By Robin Thirlwell

Wars have been fought in the name of freedom. freedom from tyranny, freedom from oppression, freedom from persecution.

Your personal need for freedom may not be on that level or scale, but I would argue that personal freedom is one of the most important feelings in life. Being able to do what you want, whenever you want. There is no other feeling quite like it.

Sometimes we have more freedom than we think, but we don't realise it.

This is where travel helps.

Quite often we get caught up in our usual routines. We get pigeon holed into being the person that others expect us to be, and we act in that same old predictable way because... well... it's just easier that way, and after all even if we do try to change what we do, our friends and relatives will usually shame us back into the old way of being. It aint easy to change...

Travel changes all that.

Solo travel is preferable as it will really get you out of your comfort zone, but even if you can't manage that, or are not yet ready to take that leap, you can find ways to have a morning or afternoon off by yourself to try something new.

If you are away from your normal routine and the people you normally socialise with you can be who you want to be.

Why not experiment a bit.

Try being Mr or Mrs Brave. Do something that would normally scare you and pretend you can do it. Put yourself in a new and positive state when facing your travel challenges. You will be amazed at what you can achieve, survive and cope with. It is almost guaranteed that you are currently functioning well below your potential.

Grab that freedom while you can. It's right there for you now and you don't even have to fight for it.





THE ULTIMATE

FREE & EASY

By Robin Thirlwell

You don't have to spend big to get the most out of your destination. Sometimes it just takes a little bit of curiosity to uncover some hidden gems.

A lot depends on what you like to do. There's no point in going to a museum if there is nothing of interest to stimulate you, but what you can do is target activities that appeal to your interests, like photography, history, culture, food etc.

As with most things you can Google search for "Free activities in (wherever you are)", but make sure you add the extra interest words such as "for photographers" for "music lovers" and so on.

My own personal interest is local graffiti art (yes - it is a "thing") and if you ask the receptionist or other guests at your hotel they can usually come up with a few good recommendations for you.

Of course, most people recommend free walking tours, museums etc. and these can be really good options if they are what you want to do, as they'll add to the experience of being in the new location.

To get more out of your free or paid for activities why not get better value for money and create some "micro challenges". Have a look at an activity you've already decided you want to do and add a small challenge to the experience - for example, if you're going to try somewhere new to eat, why not order something from the menu on the back of a recommendation, or better still, look for a busy eaterie and just give it a go.

A great, low cost way of getting a good feel for your new location is using the bicycle or scooter hire options you can find in most large cities. For very little money you can see more of the area than you would be able to on foot, and in most cases you can pick up and drop off in different places. All you'll need is a credit card, which you'll be able to use in one of the multi-lingual machines (most are pretty easy to use). We've found this option a brilliant way of seeing cities from Cape Town to Vienna, although watch out for the backpedal brakes on the Austrian bikes!

Go for it - There's a world out there to explore!



THE ULTIMATE

BEAUTIFUL BAJA

By Robin Thirlwell

Baja California is a Mexican state on the Baja California Peninsula, bordering the U.S. State of California. The landscape spans mountains and beaches on the Pacific Ocean and Gulf of California. Towns near the U.S. border include Tijuana, famous as a nightlife and shopping destination, as well as the town of Rosarito, with its wide, sandy Pacific beaches.

Food and drink is cheap and our recommendation for snacks and coffee is Dolce Cuarenta in La Paz.

La Paz is popular for its inexpensive trips to swim with the giant whale shark. When we were there in December the lagoon was packed with these enormous and beautiful creatures, and you can get right up close to them in snorkelling gear. Another favourite trip is out to Isla Espirito Santo where you get to see pristine white sand beaches, lots of bird life and if you're lucky you'll get to swim with the resident sea lions on the way back.



Our favourite destination in Baja is La Paz, the capital of Baja California Sur State. You can fly in direct to La Paz city airport and it is served by regular low cost flights from Mexico City (another of our favourite destinations).

Accommodation is varied and very affordable, particularly when the Mexican Peso is being hammered on the international currency markets

A short bus ride out of La Paz is one of the most beautiful beaches you will ever see, Playa Balandra. It has been said by some to be the best in Mexico, well known for its shocking white sand and clear, shallow water, it certainly lived up to our expectations. It's here you'll also find the well photographed "mushroom rock".

We hope to see you there on our next trip!





the ultimate

MINIMALIST PACKING SOLUTION

Super secure and extremely stylish travel pack for minimalist travel. Light weight, compact, weatherproof and ultra secure, this cross body pack is ideal for high risk travel locations.

Big enough to hold a minimum of clothing options, together with your essential toiletries and electronics. This is true light weight minimalist travel at its best.

The main access area is secured by a 3 digit TSA approved combination lock. A secret pocket also accommodates your credit cards keeping them hidden from sight, with a secret rear security pocket for securing valuable items, like your passport and documents.

The external material is slashproof, durable and water resistant, ideal for higher risk travel environments.

Lots of pockets for organising your travel gear inside the main bag. If you can't be without some bigger tech this sling style bag will house a 9.7 inch iPad in a padded computer interlayer

You can connect your phone to the external charging port and ensure you always have access to a fully charged phone. (Internal charger is not included).

Made of water resistant Oxford material on the outside and hard wearing but light polyester on the inside this bag will serve you with stylish travelling for many years.

The swappable strap allows you to switch from right to left and you can wear the bag on your front for more security or on the back with little effort. The beauty of this bag is the easy take on and take off which is significantly easier than a double handle rucksack, particularly if you have to negotiate multiple airport/other checks on your luggage.

This bag is small enough to meet all current airline carry-on baggage restrictions, and will fit under most airline seats.

You can buy at www.undertheradartravel.com

