



When traveling to far-off urban centers, we always plan walking times. For at least an hour or two a day, we forget taxis, rickshaws, pedicabs, buses, trains and planes. We just enjoy the stroll, along with surrounding city sights and sounds.

For health-minded senior travelers, we recommend hitting the pavement, path or trail. Walking helps digest food and control weight, as well as fight aches and other ailments. Hiking also relieves mental, as well as physical stress.

Here's a rambling sampling of where we've taken meaningful strolls. Choose to do it on your own, or check with your hotel desk about local guided walking tours.

1. *The Brooklyn Bridge, NYNY*: Frank Sinatra stood on the iconic span in the 1947 movie, "It Happened In Brooklyn". As a returning WW2 GI, he sang:

*"You'll miss her most when you roam,
'Cause you'll think of her,
And think of home;
The good old Brooklyn Bridge."*

One route is to hike the 6,100 feet length from the bridge entrance in Lower Manhattan across to Brooklyn.

Vendors and benches near the bridge's East River walkways relieve serious hiking with rests and refreshments. Views of the Statue of Liberty, cruise ships, tankers, city skylines and other sights are spectacular. www.everytrail.com/guide/brooklyn-bridge-walk-new-york-city

2. *London Bridge, Lake Havasu AZ*: Actually, the span over the River Thames we hiked several times in England is the Tower Bridge. The original 2,000-year-old London Bridge was taken down (not falling down) stone by stone, shipped to Lake Havasu, Arizona, in 1971, and reassembled to be a tourist attraction. It provides an interesting 900-foot stroll with nearby stops and shops. www.pr.state.az.us/Parks/LAHA

3. *Rome, Italy*: Our most recent visit through the ancient metropolis was while on a cruise, following a bus ride from the port. In the Eternal City, we hiked up the Spanish Steps, fed the mouse-hunting cats at the Colosseum, stood reverently in St. Peter's Square, marvelled at the

Pantheon and tossed coins into the Trevi Fountain. We rested along the way at outdoor cafés serving authentic Italian specialties. www.turismoroma.it

4. *Amsterdam, The Netherlands:* We bunked in a small hostel next to the city's winding canals. We visited the Anne Frank house, strolled along the canal and window-shopped among the many souvenir stores. At Museum Square, we admired the works of Rembrandt, Rubens and van Gogh. www.holland.com/us/tourism/cities/amsterdam

5. *Jerusalem, Israel:* We went through the seven gates that lead into this 3,000-year-old city. From Jaffa Gate we took a taxi through the various quarters and shopping areas. On foot, we visited the shrines of various faiths: the Jewish Western Wall, Muslim Dome of the Rock and Christian Church of the Holy Sepulchre. www.itraveljerusalem.com