

12 Ways to Travel 'Slow'

1. Savour the journey

When you stop rushing to the destination, travelling becomes a moveable feast.

Relish how light and landscape, sounds and smells, change as you glide through the world. Let your vacation start the second you step out your front door!

2. Master the moment

Being present and alive to the here and now brings joy and pleasure.

Notice a bird nesting in a tree, clouds painting shapes across the sky, a fish leaping from a river, a cup of cocoa shivering as your train trundles through the night. Find the magic in every place, person and pursuit.

3. Take your time

The greatest minds have always understood that pleasure is more divine when taken in small sips.

Linger over an exquisite meal. Lounge in gorgeous surroundings. Lose yourself in a serene forest or a striking view.

4. Do things for the joy of it

Casting off the pressure to tick boxes is a blissful release.

Dawdle in the pool. Daydream in the shade when the sun is

high in the sky. Doodle on the back of a napkin. Read another chapter of that book you can't put down. Enjoy the sweet thrill of sometimes doing nothing at all!

5. Embrace serendipity

The richest experiences are often unplanned and unscripted.

Keep a light schedule. Wallow in accidental pleasures.

Stumble on a big thought or a small detail. Indulge a whim.

Slip into a delicious siesta after lunch.

6. Open the mind

Learning and experiencing new things fills you with zest and purpose.

Dip into another culture. Try a new language or an unfamiliar food. Master the art of people-watching. Let a local teach you how to pick out the best tomato in a farmers' market.

7. Connect with others

Relationships thrive on two things that only slowing down can deliver: time and attention.

Share moments of meaning and rapture with loved ones.

Spark off strangers you meet along the way. Listen to other people's stories and tell your own.

8. Reconnect with yourself

Looking inward helps you figure out who you are and how you want to be in the world.

Marinate in deep thoughts. Listen to the whispers from your

heart. Reflect on life. Ponder your next step. Return home recharged, reset, rebooted.

9. Honour your rhythms

Nothing is more delightful than slipping into your own groove.

Eat when hungry. Rest when tired. Jump into a hot-air balloon when you fancy an adrenaline rush. Play a lazy game of cards when you crave slowness. Travel at your own pace and in your own time.

10. Eliminate distraction

Turning off technology helps you experience the world more deeply.

Luxuriate in the serenity of going screen-free. Rediscover the wonder and charm of doing one thing at a time. Regain your focus. Bathe in the soothing silence.

11. Forge lifelong memories

Slowing down helps every moment leave a deeper imprint.

Take time to embed experiences. Engage all your senses. Sketch what you see. Write what you feel. Mull over what you hear. Turn the best moments into tales to tell yourself and others in years to come.

12. Tread lightly on the planet

Travelling can go hand in hand with protecting Mother Nature.

Use forms of transport that are kinder to the planet. Buy local. Consume wisely. Treat the places you visit as you would like others to treat your home.