



How to travel more comfortably

Jon Baines, Dale Magee

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Before you Travel

- 1 **Obtain Travel Insurance.** Travel insurance provides peace of mind and covers three main areas: health care, baggage loss and cancellation. When evaluating coverage look at the total amount per person as well as the reasons covered. Is it cancel for any reason? If not, look at cancelling for illness, quarantine, border closures. Look for coverage for delays, lost baggage, medical coverage and medical evacuation.

You may look at travel insurance recommendations from the [Boston Globe Travel section here.](#)

Credit Cards: Travel insurance is sometimes included when you purchase travel with your credit card. Not all credit card companies provide this. In addition, when checking your credit card you may find that a different credit card option for your current card company will carry travel insurance even if the one that you currently have provides little or none. For example, my (DM) Chase Freedom card initially had \$1,500/pp travel insurance but by upgrading to a Chase Sapphire Preferred for a \$95/yr fee I got \$10,000 in travel cancellation insurance. This is basic insurance not “cancel for any reason” but it does the trick for me and includes coverage for delays and lost baggage.

Check your health insurance to see if you have international coverage. I (DM) have Blue Cross Blue Shield of MA Medicare Advantage and they do provide international coverage. However, this DOES NOT include medical transport back to the US. You can buy travel health insurance from [Blue Cross Blue Shield as an independent coverage here](#) if you do not have coverage with your current policy. The GeoBlue plans DO include medical evacuation.

- 2 Please see current **Covid Information relating to the UK** <https://uk.usembassy.gov/covid-19-coronavirus-information/> You do not have to take any COVID-19 tests or fill in a passenger locator form when travelling to the UK from abroad. US Visitors to England will not be charged by the UK's National Health Service for testing or treatment related to coronavirus.
- 3 Check your **Passports and Global Entry** now! There are long delays in renewing.
- 4 **Pack a change of clothes, toiletries etc in your hand luggage**

Flights

- 1 Consider booking flights from a local travel agent. Although you can book flights easily online, local travel agents provide more options on flexible tickets. Flexible tickets allow you to change dates and/or cancel with a refund. The more flexible the ticket the more it costs, but travel agents are on top of the rules and regulations and can advise
- 2 If you are booking yourself online, book directly from an Airline (as opposed to a third party organisation like Expedia). Although the third party organisations are often cheaper, booking direct from an airline provides more security. Some flights can be overbooked, those booking direct have more security.
- 3 Arrive the day before. This allows you to get over jet lag and get orientated at the hotel. Jon Baines Tours can book additional accommodation on request. Additional Room \$242 per room including breakfasts \$298 per room for a club room including breakfast

On Arrival

- 1 The nearest airport to the hotel, the [Copthorne Tara Hotel Kensington](#) (Address: Copthorne Tara, Scarsdale Place, Kensington, London W8 5SY), is London Heathrow. Book a transfer via <https://www.pinkberrycars.com> This will cost from £60 or currently \$75 per car via their site. Depending on traffic the drive is 40 minutes to an hour.
- 2 Cheaper options include the taking the tube to Kensington High Street around £8 or currently \$10 pp, but it takes around an hour and you have to travel with your bags and change tube line, not recommended after a long flight
- 3 The Heathrow Express train takes 20 minutes and costs £25 to Paddington Station and a taxi from there is no more than £20. This takes 30 to 45 minutes in total.
- 4 Please note check in time is 3pm. It is also busy at that time. If arriving in the evening, you can check straight in. If arriving in the morning, request an early check in. After midday it may be free, or if not, it will be much cheaper. So, arriving at say 10:00am you could leave your bags in storage at the hotel and go for a local walk (see below) and check in after midday.
- 5 June in the UK is a time of long days. Upon arrival go for a walk in the local area in Kensington High Street for shops and cafes or go to Hyde Park, [Kensington Palace](#) or take a walk up [Kensington Palace Gardens](#) to Notting Hill Gate. A good way to acclimatise and get to know the area.
- 6 Visit a nice traditional pub [The Scarsdale Pub](#), [The Abingdon](#) and the [The Builders Arms](#) are all excellent pubs, serving food and are close to the hotel. The Abingdon is known for its cuisine (a Gastronomic Pub).

On the tour

- 1 On the first evening of the tour, you will meet with your tour leader, Janice and fellow participants. Your tour leader will tell you what you will be doing, day by day. From this point onwards, relax, take part in the tour and be guided through England, its medicine and history, enjoy!