Slide Presentation: **Traveling Through Life Off The Beaten Path**

When Meg Peterson speaks to groups and shares her slides of thirty years of travel, this is her message:

>*Live and travel off the beaten track, even if not in a physical sense.
>*Risk walking into the unknown.
>*Never lose your sense of wonder.
>*Do what you have always wanted to, but told yourself you couldn't, you weren't ready, it was too much trouble, or you were too old. Nobody can predict the future or how long any of us will live, so don't wait around for something to happen. Make it happen!

Meg's emphasis is mainly on Africa and Asia, though she's traveled extensively in Europe. She brings attention to diverse cultures and exotic places, and shares the excitement and danger of high-altitude treks in the Nepalese and Indian Himalaya. She offers a variety of presentations, each tailored to the interests of the audience.

What makes Meg Peterson's message different?

>*Her age and mode of travel. In 2009, at 81, she climbed Mt. Kilimanjaro. In 2010, at 82, she backpacked in Sikkim, the Indian Himalaya, and in southern India. She made her way up the coast, traveling on a small budget by the seat of her pants, meeting a host of interesting, diverse, people along the way, and sometimes meeting up with old friends. In 2012 Meg trekked in the Langtang area of the Nepalese Himalaya, and in 2014 she trekked in the Helambu/Yolmo area of Nepal. Her upcoming trip will take her to Mustang in the Indian Himalaya.

>*Meg can talk about the joys of solo travel and what faces women in this situation. The only tours she took were with trekking groups in the mountains.

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Topics:

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India without reservations:

>From Delhi to Rishikesh in northern India to Ft. Cochin in the south. Included are Gokarno, Udupi, Hampi, the Ajanta and Ellora caves, Bandhavgarth Tiger Reserve, Dharamsala, and the Tibetan (TVC) schools in Suju.

Put on your hiking boots and let's go!

>An overview of treks to Everest Base Camp, Annapurna, the Kangchenjunga Range in Nepal and Sikkim, northern India, Mt. Kilimanjaro in Tanzania, Mt. Kailash in Tibet, and Langtang in the Nepalese Himalayas.

Countries in Crisis:
>An in-depth view of Myanmar, Tibet, and Ladakh, in separate shows or
>together, depending on time constraints. All three of these countries
>are in the news and experiencing difficult problems, which Meg has observed
>up close during her travels.

Asian Overview:
>*Nepal
>*India (includes Sikkim and Ladakh)
>*Myanmar

Trekking in Norway and Sweden.
>*The high spots of both countries: mountains, glaciers, waterfalls, fjords,
>*historic stave churches, ice hotel, and villages.

Meg Noble Peterson is the author of a travel memoir**, Madam, Have You Ever _Really_ Been Happy? An Intimate Journey Through Africa and Asia.** It tells the story of her first round-the-world backpacking trip when, as a recently divorced mother of five grown children, she took off, carrying only a backpack, camera, journals, and an open ticket. To read more about Ms. Peterson's adventures visit her website and blog at: www.megnoblepeterson.com

Here's what people are saying about Meg Peterson's presentations:

I have a whole new perspective on Myanmar, its problems, and the beautiful people who are struggling there.
>Peg Henning

Meg Peterson had the whole audience mesmerized. Her photos were vivid and her stories compelling. Can't wait to have her back!

>Nancy Toolin, activity director, Woodrows, Princeton, NJ

Wonderful speaker. She had me mesmerized. I can't wait to hear about her next trip.

>Carol Goodman, author, _Never Lie Down_

I'll never climb a mountain, again, but I don't have to⋯.Meg made me feel that I was right there with her the whole time. Brava!

>Jan Slepian, author, _Astonishment,_ and

Your most recent show gives me unique views behind the scenes of life and adventure off the beaten path, and a new respect for trekking in the high mountains of Africa and Asia. Superb!

Dr. Paul Sharar, Director of Counseling Services,
YMCA of Greater New York, retired