

Travel Tips: Backpacking in Beautiful Vacation Spots



By [Katie Sotack](#)

Need a mental health break? Backpacking through the wilderness, Europe, or even a campsite nearby is an affordable way to explore outside of your usual day hiking. *Greenbelly* suggests it's best to decrease your pack's weight before [traveling](#). If you've decided to hike out with your living space, food, drink, and survival gear on your back, (check [GearWeAre](#) for more), make it ultralight.

Reward your thirst for adventure and your wallet by backpacking at the next beautiful vacation spot with our [travel tips](#) for lightweight, low stakes gear carting.

As far as low-cost ways to travel go, backpacking is brilliant and versatile. The packer can commit to a quest by themselves, take arms with a group of travelers, or go off on a [romantic getaway](#) with their lover, a tent, and the stars above to a beautiful vacation spot. Whatever way the packer decides to travel the number one rule is pack light.

1. Weigh out your gear: By weighing each item before it goes in the pack you'll be able to see if said item is worth its weight. Some things will naturally be heavier, but don't throw them away for that reason alone. Your jug of water? That'll

take a toll on your shoulders, but you'd be worse off dehydrating out on the trail.

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2. Sharing is caring: After weighing and packing each item, weight all the trip's backpacks. If yours is too heavy, for example, but someone else is willing to carry more, give it to them. Another tip for sharing essentials is that there doesn't need to be two of everything. Coordinate with your team to know who's bringing what. This will save the group from carrying more pocket knives than necessary. It may sound like a small, nearly weightless decision, but when you're walking all day with a ton on your back, you'll be grateful for the lessened weight.

3. Synthetic materials: When backpacking, both cotton and denim are a no go. Not only do they weigh more than synthetic materials, but they also retain water. Cotton absorbs water from the environment and your skin so those white socks will be soaking wet for a while once you accidentally step into the trail's puddle. Alternatively, synthetic materials that can be found in certain workout brands keep away sweat to keep you cool and dry.

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4. Say goodbye to technology: It might be hard to step away from the internet, but disconnecting from the world wide web too many benefits to count. While the phone detox might take a day or two, the weight you'll save is worth it. Phones, GPS-s, iPods, and tablets require chargers and cases, all of which will add up. Putting down the tech, for now, will help you build your relationship with your travel companions, too!

5. Factor in the weight of your bag: We're talking about what you'll be carry *in* the bag, but the actual pack is just as important. This is the area to splurge. Buy a bag that's

lightweight and has hip and shoulder straps. Speak to the workers at your local camping store, but be aware that backpacking bares weight on your hips. To alleviate pressure your pack should fit securely around your hips and arms with and without the weight in.

Where would you backpack? Share in the comments below!

Travel Trend: Micro-cations



By [Emily Green](#)

Everyone needs a break from their day to day life, and a vacation is a perfect way to do so! Some people, especially millennials, can't afford to take a week or two off work or to shirk other commitments for the [luxury vacation](#) have been dreaming about. In an attempt to get a break, micro-cations—a vacation no longer than four nights—have become the most popular [travel trend](#) to get out of the office to any [beautiful vacation spots](#) of your choice.

Micro-cations seem to be a popular and easy travel trend among millennials. What are some benefits to taking a micro-cation rather than a vacation?

We've gathered a list of reasons why you might want to plan a micro-cation instead of a vacation. Check out these [travel](#)

[tips](#) if a mini getaway seems doable (and affordable!)

1. You get some time away: No matter how long you go on a trip, you still get a break from any stress, work, or drama. Soak up every ounce of your trip and enjoy every minute of it! Try new things, go on new adventures, and you'll come back with stories that you'll be telling for years to come.

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2. You miss less while you're away: By only taking a trip for a couple of days, you are guaranteed to miss less from any work or responsibilities you might have than if you went on a trip that lasted a week or longer. If you're dedicated to your work but know you need a break, a micro-cation is the perfect way to give yourself that break and get back to work in record time.

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3. Saves money: You might be worried about affording a vacation within the means of your budget. A micro-cation is the perfect way to give yourself your dream vacation in small doses. You can still get that luxurious vacation you've always wanted for a cheaper price by shortening your trip by a few days.

4. Take a load off from responsibility: Asking your workplace to take off for only two days instead of a week is more appealing to your employers. They know you are needed at your job but can understand that you need a PTO every now and then. You'll be able to get that much-needed vacation and get back to your regular day to day life after you're refreshed in no time.

Does taking a micro-cation sound appealing to your travel needs? Let us know in the comments below!

Vacation Destinations: Top 5 Must-See Places in Europe



 By Rhodesia Williams

From sandy beaches to ancient ruins, there are so many [vacation destinations](#) to visit. Always remember, there are a million reasons why you shouldn't do something, but there are even more reasons why you should. Europe is filled with beautiful vacation spots. With different countries and cultures, you will come back with memories well worth the trips.

Whether you are going as a [romantic getaway](#) or just visiting some of Europe's [popular vacation spots](#), here are Cupid's Top 5 Must-See Places in Europe.



1. Rome: Talk about history! Visiting Rome will have you thinking you are back in history class. Putting aside the freshly made pasta, there are so many amazing sites to see. From Vatican City, the home of the Catholic Church, to the ancient ruins, such as the Colosseum, you will be in awe. Rome is not only full of art, history and food, but it also has the romantic atmosphere to match. With everything you will get out of the trip, this is worth every penny.

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2. Paris: With its reputation of romance, Paris is another great place for a romantic getaway. With landmarks like the Eiffel Tower and the love locks on the Pont des Arts bridge, this city is a place where you can be relaxed and move at your own pace. You also can't forget about the love of fashion that Paris is known for, as well as their exquisite restaurants.

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3. Athens: If you are interested in history, Athens may be the trip for you! After visiting the ancient ruins, you can visit a few of the 10 Wonders of the World. There are plenty of day trips or excursions, like to the Temple of Poseidon or to other neighboring cities. Don't worry; after your history lessons, there are many places you can go to relax. Greece has many beaches as well as a big party scene and nightlife activity. To fuel up, don't forget to check out the amazing food. With plenty of cafes and restaurants, there is no way you will go hungry.



4. Dublin: Imagine waking up the breathtaking atmosphere of Ireland. With vivid green acres of grass, fresh air and clear blue skies how could you not enjoy yourself? There are all types of things to learn in Ireland. After visiting the Malahide Castle and Gardens, why not stop at the Guinness Storehouse! Dublin also has their own National Wax Museum as well as and Aquatic Centre. Interested in the nightlife? Well,

don't worry. The a country known for their love of beer, there are plenty of bars and clubs. There can't be a dull day in Dublin.



5. Dubrovnik: Sometimes you want to switch it up and go somewhere different and unique. Dubrovnik is a country-like town in Croatia. While this town is outside the capital, there are still so many things to enjoy. With plenty of water activities offered, like kayaking and scuba diving, enjoying a nice hot day on the beach won't be an issue. Plus, there are a few museums and historical sites to visit. While it's always nice to learn something new, there are also so many bars and lounges to choose from when the sun goes down. Explore and enjoy beautiful Croatia, and you never know, this could be one of your favorites.

What are some other must-see places in Europe? Share your thoughts below.

Best East Coast Beaches for Summer 2018



By [Carly Horowitz](#)

The summer months are upon us, and that means it's beach time! Whether you live on the East Coast and are looking to try out some fabulous beaches near you or you are planning to travel to the East Coast, we have narrowed down the best beaches that you should visit.

Ponder taking a swim at one of these [beautiful vacation spots](#) this summer!

1. The Hamptons, NY: Multiple towns make up the Hamptons on Long Island. To name a few, there is Westhampton Beach, East Hampton, Southampton, Montauk, and Sag Harbor. You may have heard of the Hamptons from multiple celebrities taking vacations there. Not only is it a great vacation spot with shopping opportunities and yummy restaurants, but the beaches are amazing as well. The best beaches to visit in the Hamptons are Cupsogue Beach at the end of Dune Road, Rogers Beach in Westhampton Beach, Tiana Beach in East Quogue, Road F Beach in Southampton, and Wilborg Beach in East Hampton. You can venture to the Hamptons for just one beach day or find a place to stay for a few days. The Hampton beaches make for the perfect destination to venture to with your honey for a [romantic getaway](#) or with your family.

2. Cape May, NJ: The vibe of Cape May is so nautical and historical and makes for such an enjoyable overall experience.

You can visit Higbee Beach, Poverty Beach, or Sunset Beach. You would definitely enjoy visiting Cape May with your partner because you will both be able to enjoy the historical aspects of it, more so than children would. Spend the day at the beach and then have a wonderful [date night](#) at one of the cool restaurants nearby! Be sure to visit a winery while you are there as well.

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3. Block Island, RI: Block Island is such an amazing destination because similarly to the spots mentioned above, there is so much to do in addition to the spectacular beaches that are available. Check out Cow Cove near Settlers' rock, Baby Beach, Surf Beach, Mansion Beach, and definitely swing by the Mohegan Bluffs. Block Island presents 17 miles of beaches so there are a lot to choose from. Block Island also has some historical aspects to it. If you don't wish to spend the entire day at the beach in the sand, half way through the day look into renting bikes and bike across the beautiful island.

4. Martha's Vineyard, MA: Martha's Vineyard offers beaches like Lucy Vincent Beach, Menemsha Hills, Lighthouse Beach, Bend in the Road Beach, and many more. The only way to get here is either by boat or air so that makes the destination even more special. There are many lighthouses, beaches, and farmlands. It is located south of Cape Cod. Be sure to indulge in some seafood while you are visiting.

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5. Kiawah Island, SC: If you are looking to venture to yet another island but more down south this time, definitely dip your toes in the water at Kiawah Island. The beach stretches for 10 miles and it is pristinely clean. Also, if you like to golf, spend two days here: one at the beach and one taking

advantage of the wonderful golfing that this island has to offer.

The cool thing about these east coast beaches is that each of them present a different atmosphere. Venture to see which one is the best for you and try to travel to even more that are not mentioned. There is so much to explore!

Do you know of some other amazing east coast beaches? Comment below!