



6 Things You Need to Know About How to Have the MOST AMAZING ROAD TRIP Ever of All Time

Life is a highway, right? Read on before you hop behind the wheel.

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Do This First

Choose where to visit—and how far you can go—based on your time frame. "My rule of thumb for a weekend is no more than four hours of driving on either end," says Sara Benson, a travel writer for the *Lonely Planet* guides. (Just visit Google Maps for a timing benchmark.) "If you have a whole week to move from point to point, you could comfortably average about 100 to 150 miles per day."

Peace Talks

Now is not the time for serious chats with your driving mate. "Car trips can facilitate intimacy," says psychologist Irene S. Levine, Ph.D., but since you're stuck with this person, resist the urge "to bring up something they do that's been bothering you." Keep the convo light.

Lodge Wisely

"Book your first and last nights' stays ahead of time, so you have some structure," says Benson. Then, as long as you're game for adventure (read: not picky about top-of-the-line sheets), find mid-journey spots as you go. It may be high season at in-demand B&B's, but you're still sure to find a motel room. If you want to stay inside a national park, reserve ahead; accommodations often fill up six months in advance. "But there are a lot of cancellations," says Benson, so try calling a week or three days before your planned arrival. You may just sneak in.

SNACK ATTACK! When you're famished and a gas station mini-mart is the only structure in sight, look for these (at least somewhat) virtuous picks, says **Franci Cohen, a nutritionist and personal trainer in Brooklyn, New York**. All should pack a good mix of protein and fiber.

Bars: Go for energy bars made of all-natural ingredients, with less than 200 calories and no more than 10 grams of sugar. Add-ins like goji berries or coconut flakes are a bonus.

Mini Cereal Boxes: Choose whole-grain oat-based cereals (paired with skim milk, if you have a minute to sit down).

Trail Mix: You want a combo of seeds and dried fruit, for natural sweetness. No empty-cal milk chocolate allowed, but a little of the antioxidant-rich dark stuff is fair game.

Whole-wheat Crackerland Cheese Packs: These are often shelved alongside unhealthy cookies and chips but are worth sleuthing out for the calcium and fiber.