

TRAVEL+ LEISURE



The feeling is mutual between Patricia Doherty and Cash during the Unbridled Retreat at Sensei Lanai, a Four Seasons Resort.

Credit: Pat Doherty/Travel + Leisure

I Travel With My Best Friends at 50+ Years Old—Here's What It Did for My Health

These are some of the best trips I've taken with friends—good food, new experiences, and lots of laughs included.

By [Patricia Doherty](#) | Updated on August 5, 2026

If laughter is the best medicine, [traveling with friends](#) is a close second. And actually, that combination often turns out to be inevitable if your travel companions are anything like mine. For each of the past five or so years, I've taken several trips with my sister, Jean, and my high school best friend, Linda, heading to both near and far destinations. We laugh a lot, shed some inhibitions (all legal), and firmly believe each trip is rejuvenating in itself—although a spa day along the way doesn't hurt either.

While they're not exclusively for older travelers, wellness retreats dedicated to longevity, recovery, and overall well-being can be found [around the world](#). [Travel + Leisure's 2026 World's Best Awards](#) recognized several standout properties, with [Rancho La Puerta](#) in Tecate, Mexico, earning the top spot among international wellness retreats for more than a decade. There, guests set personal wellness goals—physical, mental, or spiritual—and many return year after year.