

## Short and Sweet, or One Big Adventure? Choosing Your Ideal Travel Style

When life gifts you the opportunity to travel, it's one of the greatest blessings. New places to explore, new memories to make, a fresh chance to reset and breathe. But it does raise an interesting question - when you have the chance, do you prefer taking a few shorter breaks throughout the year, or do you lean towards planning one longer, more immersive trip?

Let's unpack each option a little as they each hold meaningful pros and cons:

### The Case for Shorter Breaks

There's something wonderfully refreshing about squeezing little adventures into the year. A long weekend at the coast, a spontaneous few days in the mountains, a mid-year bushveld escape to recharge the soul. These short breaks feel like mini-lifelines, little reset buttons that keep the spirit from becoming too tangled in the busyness of life.

One of the best parts of taking shorter trips is that you always have something to look forward to just around the corner. Planning doesn't have to be stressful or months in advance, and often, the smaller budget makes it easier to say "yes" to those quick escapes. They can keep burnout at bay too, giving you regular moments to breathe and refocus before plunging back into everyday life.

But sometimes, by the time you've truly managed to relax and settle into holiday mode, it's already time to pack up and head home again. And when you're constantly organising little trips — booking accommodation, planning routes, packing and unpacking - it can start to feel a bit like a chore rather than the carefree getaway it's meant to be. Plus, shorter breaks can sometimes limit how deeply you connect with a place. You scratch the surface, but you don't always have time to really sink into the rhythm of somewhere new.

### The Beauty of a Lengthier Trip

Then there's the magic of a long, slow, soul-deep trip. The kind of adventure that you plan months (or even years) ahead of time, pouring over maps, reading articles, counting down the sleeps. A longer journey gives you the precious gift of time - time to truly *sink in*, to explore beyond the usual tourist routes, to lose track of days and let the journey shape itself.

When you stay longer, you form deeper connections with the places you visit. Meals aren't rushed; they're savoured. You stumble upon hidden corners and secret beaches, find markets that aren't in any guidebook, and perhaps even befriend locals who share their stories with you. There's a special kind of magic in moving slowly, in giving yourself permission to stop chasing the next thing and simply *be*.

That said, longer trips come with their own challenges too. Not everyone can take that much time away from work or family responsibilities. Extended travel often means a bigger upfront cost - and sometimes, with so much riding on it, you find yourself putting a little too much pressure on it to be "perfect." Travel, by its nature, is full of unexpected twists and turns - and embracing those is part of what makes it beautiful.

So, which is better?

Honestly? It depends entirely on you.

Your life stage, your energy levels, your work commitments, your family situation, your budget - they all play a part. Some seasons of life lend themselves beautifully to short, regular escapes. Other seasons beg for that once-a-year, slow, soul-deep exploration.

Maybe you're someone who thrives on having frequent trips to look forward to - each one giving you a new surge of energy. Or maybe you crave the kind of journey where you can truly lose track of the days, where you stop being a visitor and start feeling part of a place.

There's no right or wrong - only what feeds your spirit best.

Of course, in a perfect world, we would do both - sprinkling little getaways into our calendar while still saving up for that once-a-year (or once-in-a-lifetime) adventure! And for as long as I can remember, that's exactly what we tried to do. We made it a family tradition to fit in as many trips as possible, with Dad always doing his best to stretch out leave days from work so we could enjoy both quick breakaways *and* a big, exciting adventure later in the year.

But this year, life looks a little different for us. With Mom bravely facing a difficult time with cancer, we've chosen to slow things down. Instead of trying to squeeze in multiple trips, we're putting our energy into planning one incredible journey - a December trip to Cape Town that we hope will be filled with unforgettable moments. Slowing the pace has been the right choice for us right now, but I won't lie: it's definitely left us craving the bush, craving those spontaneous escapes that breathe life into tired hearts.

For us, it's about building something special to look forward to at the end of a difficult year. But that doesn't stop us dreaming about the bushveld, the crackle of a campfire, and the golden mornings that come with a weekend away. And that's the beauty of travel - even when you're standing still, it's always calling.

In the end, whether it's a quick two-night getaway to a nearby nature reserve or a month-long road trip across provinces, travel is one of the purest gifts you can give yourself. Both shorter and longer trips offer something precious: a chance to step out of the ordinary, to experience wonder, to remind yourself that the world is vast and beautiful and waiting for you.

It's no secret, my true dream is to always do a little of both when life allows - small adventures to keep the soul dancing, and bigger journeys to let it soar.