



The annual Long Beach Grand Prix in early April brings thousands of car racing fans to the area. Just south of Los Angeles, the seaside city is also a great destination for senior visitors.

Long Beach is filled with much to see and do. It's 40 minutes from downtown Los Angeles, and close to Disneyland and other Southern California attractions. The city is served by the Blue Line train system, less than an hour's ride from downtown Los Angeles directly to Long Beach. The airport, LGB, is served by Alaska, Allegiant Air, Delta, US Airways and JetBlue.

Some suggestions: Head down to harbor near Shoreline Village and rent a kayak from Boat Rentals of America. While paddling around the picturesque harbor, admire the skyline and check out the Queen Mary. The historic retired cruise ship carried famous movie star passengers in the 1930s and 40s during World War II. After your kayak adventure, you'll be in the harbor's tourist area of shopping and restaurants. There are many gift shops, carnival games and all kinds of food, from street vendors to fancy restaurants.

After Shoreline Village, it's a five-minute walk down to the Queen Mary. The ship now is a museum and hotel, with several restaurants. An inside stateroom is about \$150 a night, a room with an ocean view is \$200, and a suite is \$500 per night. Tours start at about \$50. Queen Mary, 1126 Queens Highway, Long Beach, CA 90802, (877) 342-0738, queenmary.com

On a cliff overlooking the ocean and a ten-minute walk from the Queen Mary, the Long Beach Museum of Art is another great destination for senior travelers. Exhibitions are on California Modernism and contemporary art. Admission is \$10 for adults. Long Beach Museum of Art, 300 East Ocean Blvd., Long Beach, CA 90803, lbma.org