



Item: Fast Lane News #26 in 2024 (Issue #226 since 2020) On June 29th 2024, I'm writing from our offices in beautiful Oldsmar, Florida along the shores of Tampa Bay & the Gulf of Mexico

To: Our Fast Lane Travel Family in Australia, Canada, Dubai, Europe, Iceland, Israel, Japan, New Zealand, Singapore, South Africa and in the USA!



Subjects: Twelve Alpine Passes Tour; Trip of the Week; My Final Thoughts: Why a vacation is good for you.

I. Happy Saturday to our Fast Lane Travel Family!

Contributed by our dedicated staff.

Peter is just returning from two very exciting tours in Europe and traveled on board DL 117 from Stuttgart to Atlanta, connecting on DL 1594 to Tampa. Peter will share details of the trips in next week's Petergram, so stay tuned. If you have been on tour with us then we hope this brings back some fond memories.

II. Trip of the Year: If you haven't yet and have been thinking about it, then let's get you signed up for one of our 50th Anniversary Tours. They are going to be truly "one for the books"! Enjoy!! As always, Peter has planned some surprises and has also invited Senior Porsche Executives to join us at the joint celebratory dinner.

1st 50th Anniversary: Sunday, September 1st to Thursday, September 12th 2024.

2nd 50th Anniversary: Tuesday, September 10th to Saturday, September 21st 2024.

Both trips overlap on Wednesday, September 11th in Stuttgart, where there will be a wonderful joint anniversary banquet.

Highlights of both 50th Anniversary trips include:

1. Peter's personal guidance with Gerald and Fabian as the lead drivers on both tours; with logistics support by Johny in Stuttgart; Miro and Richard handling the luggage van service; Helmut and Christoph presenting PORSCHE History in Gmünd; and Hans managing our visit in Vienna.
2. A rousing welcome in Stuttgart by Porsche Executives.
3. A special visit to the regal Ludwigsburg Palace followed by picking up your pre-selected rental PORSCHEs at the PORSCHE Museum.
4. Lunch at the new Hans-Peter PORSCHE Traumwerk.
5. Driving across the spectacular highest Alpine Mountain Road in Austria: The Grossglockner.
6. A privileged visit to the original 1948 PORSCHE Factory and the Pfeifhoffer PORSCHE Museum. See who bought the first dozen PORSCHE 356s.
7. A Mozart Dinner in "Sound-of-Music" Salzburg.
8. Secure PORSCHE Parking in Vienna at the Blaguss Company.
9. Staying at the renowned historic Sacher Hotel in Vienna.
10. A performance at the renowned Vienna State Opera of "La Traviata". Hans was able to get us THE best tickets available, of course at a 40% premium.
11. Champagne and Canapes during the Opera Intermission in the Opera's Marmorsaal (marble hall).
12. A police escort visit to historic Mürzzuschlag with a reception in the Mayor's Office.
13. An overnight stay in Zell am See, the PORSCHE Family's hometown with a special dinner.
14. The most luxurious hotel in Austria: The InterAlpen with a free day to enjoy THE most amazing spa in Austria.
15. A spectacular drive across the Hahntennjoch Mountain Pass back to Stuttgart.

We still have space for a few participants on each trip. It is urgent that you sign up ASAP. Hotels are almost filled up.

II. 2024 Twelve Alpine Passes Tour

About 12 years ago Fast Lane had a call from a gentleman in **Singapore** who told us that he had a dozen PORSCHE friends, all CPAs, who wanted to drive the twelve most challenging Alpine Passes possible. Thomas, then working in our office, assembled this amazing itinerary starting with the



Hahntennjoch Pass in Austria and ending with the Weissenstein in Switzerland. When Peter added all the elevations of the twelve passes, it turned out to be higher than the 29,000 ft. Mt. Everest... **Perfect!** Well, this year, as always, we offered our annual Twelve Alpine Passes tour. Peter guided the trip with Gerald as the lead driver. They enjoyed every luxurious moment! The scenery was unequalled; the hotels were all 5-star; the cuisine was superb; the shopping was delightful; and the driving was truly what POSCHES was designed for.

A very happy group at the Porsche Museum!
Lined up on top of the legendary Timmelsjoch Pass, 8117 ft.



Dr. Sanjay Gupta and his lovely wife Sadhna ready to head out.











**TRIP of the Week – Please register ASAP – Fast Lane Travel's
50th Anniversary Tour #1 September 1st -12th and
#2 September 10th – 21st**

IV. My Final Thoughts: Why a vacation is good for your health – Benefits begin before you have even packed!

Contributed by April Pappas

It's important to remember that the anticipation of a well-deserved vacation can bring just as much joy as the vacation itself. Scientific studies have shown that looking forward to a future reward can be incredibly fulfilling, thanks to the release of dopamine in our brains. Let's take a moment to ponder: Are vacations truly essential? What purpose do they serve? And most importantly, what are the benefits of taking some time off?

Rest is essential for enhancing cognitive flexibility.

The direct benefits of vacations on our brains have not been extensively explored in scientific literature. However, it is widely agreed that vacations are essential. A 2016 study involving 46 workers from a Dutch company found that after taking a two or three-week vacation, the workers showed greater cognitive flexibility. This means they were able to think of a greater number of uses for objects compared to before their vacations. Most studies suggest that one of the main reasons for this increase in cognitive flexibility, and for the benefits of vacations in general, is stress reduction.

Embrace the recipe for a vacation that recharges your batteries.



The primary benefit of a good vacation for our mental health is its ability to reduce chronic stress levels. When we are not working, our brain can temporarily reverse the negative effects of stress. For vacations to be truly effective, we must ensure that they free us from work-related stress by avoiding non-essential tasks and emails. It's also important to prevent vacations from creating new stressful situations for us.

Furthermore, it's essential to enjoy the anticipation of the vacation. The act of looking forward to our vacations can make us happy because it increases dopamine levels in our brains, which gives us a feeling of pleasure.

The best vacations are the ones where we can enjoy new experiences, such as exploring different places, and indulge in rewards like the legendary cuisine we've been looking forward to all year. Knowing just what gifts you're going to bring back for friends and loved ones from all the amazing places you're going before you even leave. Or taking that "Red Dress" photo in Greece, are reasons to relax and take that well-deserved vacation with us.





To sum it up, it's important to prioritize good vacations for our well-being! We strongly urge you **all** to seek out activities that bring you joy, renew your energy, and alleviate stress to revitalize your dopaminergic system. Happy travels!

Please stay healthy and stay young; be happy and take good care of yourself... Let's look forward to the great times we will have together again on one of our fabulous PORSCHE Tours this year and let's look forward to 2025. I will see you soon in Stuttgart. Can't wait. - Peter

