



HAVE A WEEKEND?
Try Prince Edward County, Niagara Region or Kingston.

ISTOCK ILLUSTRATION

Did someone say Road Trip?

Cathy Minz has a confession to make. She is a weekend road warrior. Not the kind from Mel Gibson's first Mad Max movie. The kind that likes to ditch the drudgery and head for the highway with good friends in search of some much-needed relaxation or something like that...

I fell in love with the open road back in high school. Driving south to Florida for March Break with three friends in my dad's car was incredibly liberating at such a young age. It was also an amazing learning experience that helped boost my self-confidence and see what things were like outside of my small hometown. Okay, now the real reason – a road trip with the girls is a great escape from the many roles I play.

Getting away for a girls' adventure is just plain fun. As a wife, mother, daughter, sister, caregiver and entrepreneur, my roles can monopolize my thoughts and time. Most women are on call 24 hours a day to tend to the needs of others whether it's our children, elderly parents, or spouses. A short jaunt into yet-to-be-discovered (by us) territory can shift our focus, thoughts and concerns from others to ourselves. The plight for survival in our three-dimensional, 4-wheeled world becomes the new focus. The result? Worry buttons are reset to zero and a sense of freedom is restored. The weight of the world is then lifted and we are free to breathe in all the fresh air we want.

Can you get away for a week, a weekend or, even just a day? Good times are everywhere and it's true that it's the company that makes the trip but having a common goal in mind is handy. Whether you love to shop, see the sights, enjoy new culinary experiences or you just want some time to get away, a road trip is inexpensive, exciting and rejuvenating.

