

## FOR IMMEDIATE RELEASE

Cross-Country by Train, Is Riding the Rails in Your Future?

**Sandwich, MA, May 24, 2017** Mention to someone the topic of cross-country train travel and you are guaranteed one response, “I’ve always wanted to do that.”

A “happy accident” is how author Lisa Bates refers to the family’s first train trip in 2014. Today after three years, four cross-country trips, and over 21,000 miles; she is a self-proclaimed “trainamping” expert.

For less than the cost of an airline ticket, you can visit eight Amtrak destinations in one cross-country train trip. Lisa’s new book, *Beyond the Rails*, will show you how to plan your trip of a lifetime. Complete with insider secrets, over 20 unique destinations, first-hand experiences, journal notes, pictures of life on the train, lists, cost savings, benefits for children, and so much more. Learn the ins and outs of using Amtrak’s USA Rail Pass including what to expect on the train from sleeping to eating to yes even the bathrooms.

Lisa’s new book, *Beyond the Rails – USA Cross-Country Train Travel* will help you plan your trip of a lifetime! (Published by LB Living Better, 2017, ISBN-13: 978-1545161074, \$24.99, book website: [www.crosscountrytraintravel.com](http://www.crosscountrytraintravel.com))

Beyond the Rails is divided into three important sections:

- I. Planning a Train Trip with Amtrak’s USA Rail Pass
- II. “Trainamping” ~ Life on the Train
- III. Daytrippers, Beyond the Rails in Over 20 Destinations

Each section is part “how to manual” and part journal or scrapbook. Lisa uses pictures, lists, and personal anecdotes to not only help the reader easily plan their own train journey, but also get a true glimpse of what that journey might entail. From weather to bathroom door lights to incredible scenery, no detail is too big or too small.

Lisa keeps the reader entertained throughout the book with journal notes such as this one from the section called “Oh the people you will meet”:

### ***JOURNAL NOTES***

*On my recent trip home I had a sleeper car which comes with communal meals. In one day, I had breakfast with an Amish couple who had seven children and 49 grandchildren.*

*I had lunch with television and movie star Melissa McCarthy’s parents  
~complete with family photos and celebrity stories!*

*And, I had dinner with a mother and daughter who did not speak English –  
food is a universal language.*

In the Daytrippers section the author and her family describe their 20 plus destinations, from what to expect at the train station, to the best places stay and the not to be missed opportunities. One thing is for sure, no two train stations are alike!

How much will it cost? Who should go? What if I miss a train? What is a segment? Will I be able to sleep on the train? What to pack? Where should we stay? Does the conductor really yell "All Aboard" (spoiler alert, the answer is yes!)

With summer around the corner, train travel is truly an intergenerational adventure suitable for young children and their grandparents. Additionally, a rail pass, coupled with this book would make an excellent gift for recent graduates looking to see the country. Safer and more relaxing than the proverbial cross-country drive, put your millennial or your family on board the train for up to 45 days of adventure.

To learn more about a cross-country train trip adventure or to purchase a book, please visit the website at [www.crosscountrytraintravel.com](http://www.crosscountrytraintravel.com) .

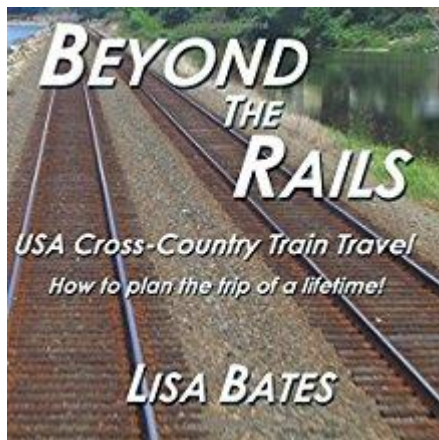
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#### About the Author:



Lisa Bates, crazy enough to travel with her family, including three teenagers, across the United States four times by train! A consultant and project manager, Lisa owns LB Living Better... "the only mistake is not to begin". Please visit her business website at [www.livingbetter.com](http://www.livingbetter.com). Beyond the Rails you can find Lisa at home on Cape Cod enjoying as many outdoor activities as possible and usually planning her next adventure!

#### About the Book:



Beyond the Rails, shares expertise on planning a cross-country train adventure using Amtrak's USA Rail Pass and provides the information you will need to visit over 500+ destinations. Time to plan your trip of a lifetime.

Beyond the Rails, Published by LB Living Better, May 2017, [www.crosscountrytraintravel.com](http://www.crosscountrytraintravel.com) ISBN-13: 978-1545161074. The book is available for sale at Titcomb's Bookstore, East Sandwich and on-line through [Amazon in both digital and print formats.](#)

#### Review Copies and Media Interviews:

For a review copy of Beyond the Rails, or an interview with Lisa Bates, please contact Lisa by email at: [lisabates@livingbetter.com](mailto:lisabates@livingbetter.com) or by phone 508-477-8597 or by text at: 774-313-6764.

If you would like to receive this information as a Word document, please let us know.