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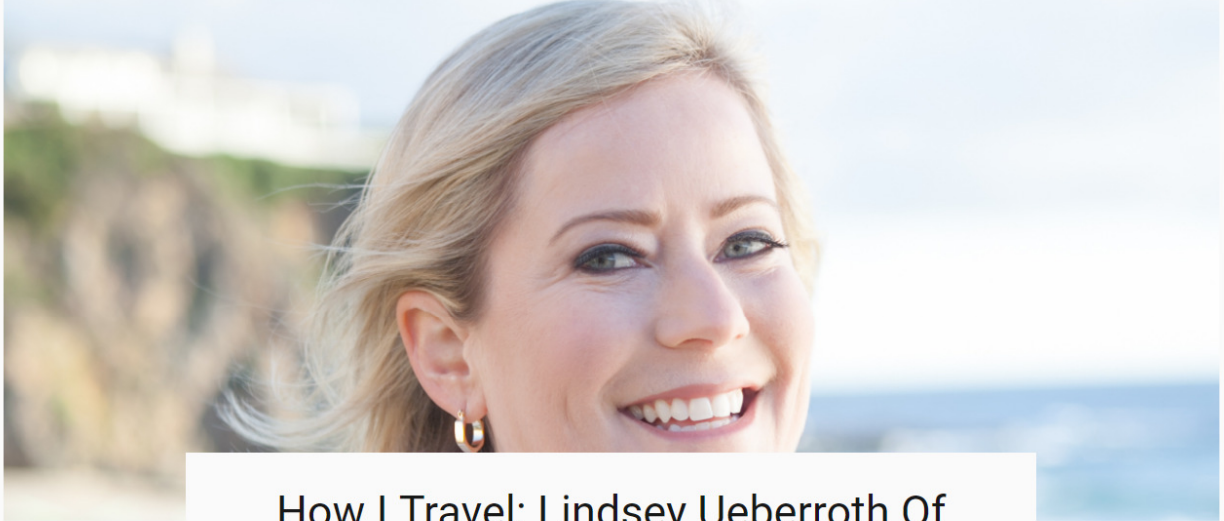
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## How I Travel: Lindsey Ueberroth Of Preferred Hotels

OCTOBER 12, 2017 | BY ERICA FONG

TRAVEL

On Peruvian adventures, travelling with best friends and staying curious

As President and CEO of **Preferred Hotels & Resorts**, Lindsey Ueberroth is used to being on the road. In fact, the charismatic jet-setter has travelled to more than 100 countries already, and there's no sign of stopping yet.

Besides rebranding the group to Preferred Hotels, Lindsey has also launched its first points-based **iPrefer guest loyalty program**, which gives members instant benefits such as room upgrades, priority early or late check-ins and check-outs, exclusive rates and more.

*See also: [How I Travel ft. Marcel Thoma](#)*

Between her latest travels, we had a quick chat with Lindsey about her love for travel, best experiences on the road, and her number one tip for overcoming jet lag.

**Last trip?**

My last trip was to Honolulu, Hawaii with my nephews. I went to high school in Hawaii so it always feels like home to me and has so many special memories.

**Next trip?**

Orlando, Florida for a meeting we are having with our hotel partners.

**What do you love most about travelling?**

I am a curious person by nature so travel allows me to experience so many new things—meet new people, enjoy local food and music. Travel inspires me.



Photo: Courtesy of Lindsey Ueberroth

### Most memorable travel experience?

I just came back from doing some philanthropic work in the **Peruvian** side of the Amazon. It was the most rustic of travel experiences I have ever had, and yet it was the best. I slept in a hammock, had no access to electricity, running water, w or cell phones, and we worked repairing water wells all day long. It was a rewarding, nourishing and very adventurous which is what made it so memorabl



**lindsey ueberroth**  
Peru

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My first hug with a sloth... now I want one. #winetowateramazon  
#dowhatyoulovenothingelse

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**And the worst?**

I don't think I have a worst experience. Even when things may not go the way I planned when travelling, I always look at it as an adventure.

**One place you'd visit over and over again?**

**India**—I have been there more than 12 times and I still find it one of the most fascinating places in the world.

*See also: [Tour Nirav Modi's Jewellery Workshop In India](#)*

**Three things you always travel with?**

My iPad, noise cancelling headphones and a hat so when I get off the plane from long-haul flights, I can look a little more put together.

**What do you normally read on the plane?**

I get caught up on all of my travel and business magazines. I usually have at least 15 of them!

**Favourite travel companion?**

My best friend.

**Aisle or window seat?**

The aisle seat.



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Nothing better than puppy love! My grandmother's new puppy - another Chinese crested powder puff joins the family! #lifeisgood #chinese crested powder puff

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### **Favourite travel app?**

**Tripit**—I love that you can put every facet of your itinerary in one place.

### **Your best travel tip?**

Ask the locals where they would eat, drink, shop, watch a sunset and visit. That is the best way to have a very authentic experience.

### **Any tips on overcoming jet lag?**

Water, water, water. Staying hydrated is key and if you can, arrive late in the afternoon or evening. Try to get a good night's sleep on day one and you should be fine after that.

*Follow Lindsey Ueberroth on Instagram @[lindsey\\_ueberroth](#)*

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