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# Five Miles Up with ... Usain Bolt

By [Bekah Wright](#)

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Usain St. Leo Bolt. The proclamation following that name – World's Fastest Man. The [Jamaican](#)-born track and field star claimed six Olympic gold medals and broke the 100m world record three times and the 200m record two times. His impressive stats: 100m in 9.58, 200m in 19.19 and 4X100 in 36.84. Of course, breaking all those records involves traveling the globe; this year alone to [Rio](#), [Grand Cayman](#), [Paris](#), [Moscow](#), [Zurich](#) and [Brussels](#). Bolt's itinerary rarely includes sightseeing. "Sadly, my competition schedule didn't allow me to visit anywhere in [London](#) during the 2012 Olympics." So where does the fastest man on earth like to vacation? Far from the maddening crowds where Twitter feeds can't find him.



(Photo: Ricky Simms)

### What's something you never fail to pack in your suitcase?

I always pack my sweater/coat, because I hate being cold.

### Carry-on or check-in?

Definitely carry-on.

### Window or aisle?

Oh, must be a window. The only instruction I give to my travel agent when I'm flying is that it must be a window seat.

### What's your idea of the perfect vacation?

Doing absolutely nothing but relaxing and getting a lot of rest.

### Tell us about a vacation you've taken that's come close thus far.

After this year's Olympics, I went to a private villa in Jamaica where no one had access to me for a week and just relaxed.

### What's the worst vacation you've taken?

I honestly can't recall ever having a bad vacation.

### Where's your favorite destination for practicing your sport?

There are quite a few, but wherever the energy is great from the crowd, I usually enjoy the meet.

### What's the most unusual souvenir you ever came back from your travels with?

I was given a lucky stone on vacation in [Australia](#).

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**Ever try a food you wished you hadn't?**

Anything with onion, I always regret it.

**Favorite hotel, resort, yurt, train, boat you've ever stayed in/on?**

Stayed at a hotel in Paris after the Olympics. I can't remember the name, but it was the best room I've ever had in all my travels.

**Biggest regret you've ever had while on vacation?**

I tweeted where I was staying and that's when the vacation ended. People turned up every day to see me.

**The one thing you're willing to splurge on above all else.**

Cars.

**Three songs (or artists) on your travel playlist?**

Jay-Z, Rihanna and a lot of Reggae/dancehall music.

**Where would you take someone visiting your hometown for the first time?**

I would take them to experience rafting on the Martha Brae River in [Falmouth](#), Trelawny. It's an exhilarating river ride on a 30-foot handmade bamboo raft that's piloted by a trained "raft captain" who will glide the raft upstream through the lush Jamaica countryside.



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They're the ancient ruins of an indigenous people. Or it's a tourist trap that's fake, fake, fake. The Manitou Cliff Dwellings have certainly stirred up debate on the Web. The truth lies somewhere in between, but we'll get to [Compass](#)

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**Sacred tourist site: Flickr photo of the day**

Muslims are called to prayer five times each day and no matter where, they turn toward Mecca, kneel and pray. In cities throughout the world the Adhan (call to worship) can be heard coming from loudspeakers at local [Compass](#)

**Dec. 6, 1897: London first licenses motorized taxis**

London's black cabs are some of the city's most beloved icons, and for good reason. Drivers are required to pass a test showing they know the locations of not just streets but also hospitals, parks, theaters and other [Compass](#)

### Michael Mina to Spearhead Restaurant in New 49ers Stadium

It's no surprise that Michael Mina will be spearheading the state-of-the-art restaurant within the new 49ers stadium coming in August 2014.

[The Daily Meal](#)

### Holiday Trip Tips: Hot Chocolate & Ice-Skating in San Diego

Kimpton's Hotel Solamar in San Diego, Calif., has launched a new urban skating package called "Fall on Your Ice." Valid for stays from Dec.

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### 8 Hotels with Free Minibars

Late-night cravings that cause you to reach for a snack in the hotel minibar can be real money traps.

[The Daily Meal](#)

### Ziplining takes winery tours to new heights

Wine lovers who also happen to be adrenaline junkies are being courted in an emerging trend with ziplining tours that soar above vineyard canopies. There is a disclaimer, however: don't drink and zip.

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### Saudi Arabia now open to foreigners

Saudi Arabia launched a new tourist visa program this week that allows foreigners to visit the kingdom's tourist and historical sites. Announced out of the Saudi Commission for Tourism and Antiquities earlier this year,

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### Hotel prices rise in Prague and Vienna before Christmas

The daily rate for a standard double room saw a decline in October and it has continued to drop in most of the 16 major European cities analyzed

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### Japan agency offers travel for your teddy bear

Then Japan has just the thing for you -- a travel agency that takes stuffed toys on package tours and even provides the holiday snaps to prove it. The more adventurous bear might like to see some of the grand temples

[AFP Relax News](#)

### Luxury river cruise to sail Myanmar waters next year

In yet another sign that Myanmar is generating major interest as a travel destination, a luxury all-suite ship is set to sail the mysterious waters of the once reclusive country next year. Custom-built by local Burmese

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### Best Food News on the Web: 12/6/2013

Sure, it's been a busy week. So you may have missed some of the great stories put out by The Daily Meal's talented editors and their fantastic special contributors.

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### 6 Super Ski Deals for Families

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### Food of the Day: Chocolate-Banana Pavlova in Finland

When visiting my hometown Vasa in Finland I usually have a pretty simple and short agenda: spend time with my family and eat at a few of my

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### Royal Caribbean International Offers New Holiday Menu

How about spending Christmas aboard a cruise ship, sailing the warm waters of the Caribbean or some other exotic location?

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### **Cold-Weather Cocktails to Celebrate Repeal Day**

We really have it lucky these days. Seriously: Can you imagine not being allowed to drink alcohol? It's a pretty preposterous proposition.

[The Daily Meal](#)

### **Flickr photo of the day: Boys will be boys**

Photographer Jeremy Villasis writes that as he was leaving his hotel in Mandalay, Burma, he saw these boys laughing mightily at something. That something turned out to be another boy coming to join them.

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### **Vegas is most searched travel spot in 2013; New York doesn't crack top 10**

The most-searched travel destination this year was Las Vegas, with Myrtle Beach, S.C. at No. 2 and New Orleans at No. 3.

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### **America's strangest museums**

Bananas, bad art, and barbed wire are among the quirky collections on proud display.

[Travel+Leisure](#)

### **World's most stunning mountaintop hotels**

Some of the world's most breathtaking resorts are located far from sea level. Nestled in mountain ranges and perched on top of desert cliffs, these hotels offer visitors picturesque views and quiet retreats away from

[Fodor's](#)

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