Hey [Buddy's Name],

I hope you're doing well! I'm planning a trip to [Destination] and I remember you mentioned you've been there before.

I would love to hear your recommendations on:

- Places to visit
- Local food spots
- Activities to try
- Any tips on avoiding tourist traps

If you have some time, I'd appreciate any insights you can share. Thanks a bunch!

Looking forward to hearing from you soon!

Best,

[Your Name]