

Travel & Cruise



Weekly



keep
dreaming...



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From the Publisher Jenny Piper

As I was reading through this week's issue, I was excited to see our story about four helicopter flights worth the price tag. I dug through my old photos to find this pic of me from 2014 when I was lucky enough to be taken to Las Vegas and on a helicopter flight over the Grand Canyon. I can vouch for it being an amazing experience and would say that if you are planning a trip to Vegas in the future – it's well worth the expense.

I was also excited to read about unusual fruits from around the world in our foodie section, especially as I have just discovered that I have a Tamarillo tree in my backyard. It took me a lot of googling to work out what it was as I had no idea – so despite being native to South America you can grow Tamarillo in Australia. Now I know what a gem I have, I will be trying them out in a few recipes.

We have a great feature story on spiritual experiences around the world, I hope this inspires you to think about different places to travel once we can do so, and with the vaccine rolling out this might be sooner than we think.

I encourage you to pop into your travel agent and start planning because once those borders open things are likely to go crazy – so get ahead of the pack!

xx Jenny

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Shoalhaven, NSW

With 100 beaches bordered by breathtaking escarpments and expansive national parks, the Shoalhaven is an adventure lover's paradise and the perfect place to immerse yourself in nature. Located on the south coast of NSW, just 2-3 hours' drive from Sydney and Canberra, this stunning region is perfect for a getaway.



©Jordan Robins

For foodies

Travel bears fruit everywhere

Fruit can play a juicy role in making your holiday more memorable than you think, from the fresh pineapple smells of tropical Hawaii to the sweet scent of coconuts in relaxing Fiji. So here are just a few interesting fruits to keep your eyes diced, squeezed and peeled for.



Durian



Horned Melon



Tamarillo

Durian

When trekking through South East Asia, there is little doubt that at some stage you will encounter the uniquely foul odour of the durian, a spikey and green looking fruit with a smell that is often equated with either rotten onions, turpentine, or raw sewage - yummy! But despite its objectionable stench, the fruit is actually very tasty, with places like Thailand, Malaysia and Vietnam using it in all types of cooking from ice cream desserts to soups combined with freshwater fish.

Horned melon

Horned melon is a lot easier to say than the Latin *Cucumis metuliferus*, a fruit found in many parts of the world like Portugal, Germany, and Chile, but most commonly in Africa. The horny rough orange skin hides a delicious green flesh that is often described as being a cross between banana, passionfruit

and lime. Other monikers this odd-looking guy goes by are the kiwano, jelly melon, the horned cucumber or our personal favourite, cuke-a-saurus. Either way, slice it open, add a dash of salt and feast away.

Tamarillo

The tamarillo can be found growing naturally in South American countries such as Peru, Colombia and Ecuador, but Aussies can also find this tasty little fruit in New Zealand. Tamarillos are generally tangy and sweet in taste with a bold complex flavour, and there are many ways in which to consume this yummy fruit. One option is to scoop out the flesh and chill it in the fridge before lightly dusting it with sugar to be eaten for breakfast. Another yummy way is to add them into compotes, chutneys or curries, with some countries even combining them with apples to make a delicious strudel.



©Nick Bains

In the News

Qantas set to resume in Oct

The rollout of COVID-19 vaccinations in Australia has given Qantas more confidence to plan its return to international flying, with the carrier last week saying it now expects to be operating to 22 overseas destinations from 31 October this year.

That's just three less than its pre-COVID network, and flights to New Zealand could resume even sooner, with Qantas expecting a ramp-up in NZ services from July.

The airline says it remains in close consultation with the Federal Government around the reopening of international borders, and

has extended its flexibility policy to allow unlimited flight date changes on any international bookings.

Qantas credit vouchers have also had their validity extended through until 31 December 2023, for use on both domestic or international flights.

Aurora plots Aussie season

Aurora Expeditions has today announced its first ever domestic Australian cruise program, after three decades of successfully operating polar voyages.

Full details will be released later this week, with destinations on

offer expected to include Tasmania, the Kimberley, Bass Strait islands, Kangaroo Island, Ningaloo Reef and Antarctica, featuring the Ross Sea and Commonwealth Bay.

"Our highly experienced Australian team has crafted exceptional voyages of discovery and will deliver once-in-a-lifetime adventures as well as an unrivalled array of immersive activities by sea, land and air to our passionate expeditioners," promised CEO Monique Ponfoort.

Expressions of interest open on Thursday, while bookings will open on 11 March 2020 - and the voyages are expected to be very popular so get in touch with your travel agent ASAP!

Spiritual journeys around the world

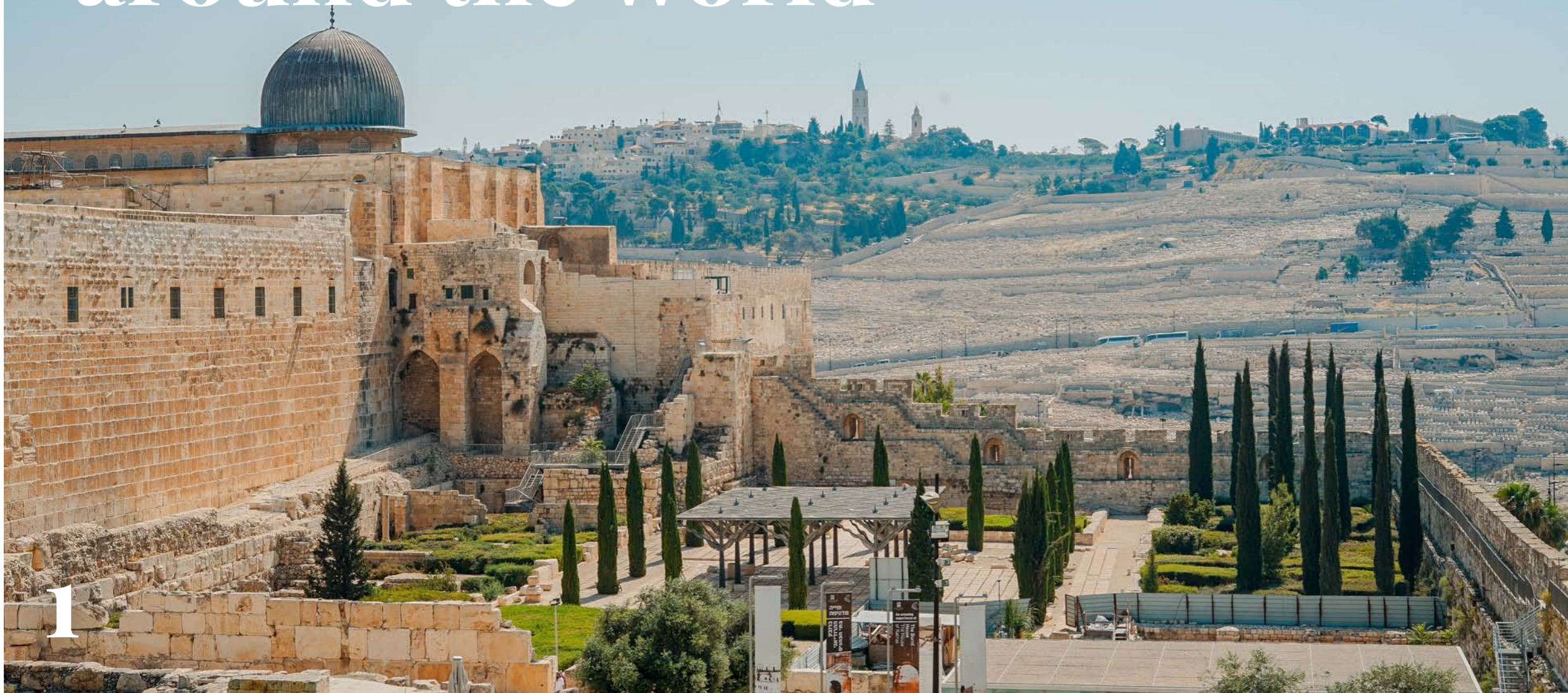
Nina Karnikowski offers up ten very different ways to experience spirituality around the world.

where Jesus walked to his crucifixion, alongside Christian pilgrims, or visiting the Al-Aqsa Mosque on the Temple Mount, it's impossible to leave Jerusalem without a deeper understanding of each of the world's major religions, and without being touched by its special sacred energy.

Journey #2

Hiking Peru's Sacred Valley

Hiking through this wind-swept valley, slung between the peaks of the Andes mountain range, is a soul-stirring experience. Along the way you'll pass tiny villages of thatched-roof adobe houses, terraced farmland where the farmers work with methods unchanged since the time of the Incas and impressive Incan ruins like Ollantaytambo, built in 1536. Surrounded by nothing but vast landscapes and the occasional alpaca herd, walking the high-altitude paths will serve as a healthy reminder of your place in the order of things.



1

When it comes to travel, the word spiritual means different things to different people. For some it means taking a pilgrimage to a sacred religious site, for others it's about connecting to Mother Nature, while for others still, it means retreating somewhere serene where they can simply return to themselves. Whatever it signifies to you, travelling to any one of the places listed here will give you both a more profound insight into the culture of the destination and, hopefully, a little more inner peace.

Journey #1 Visiting Jerusalem, Israel

Sacred to Jews, Muslims and Christians, the Holy Land's capital attracts religious pilgrims, spiritual seekers and the culturally curious from all over the world. Whether you're watching Jewish people pray at the Western Wall, wandering down the Via Dolorosa,



2

Journey #3

Staying at a Nepalese monastery

Just an hour's drive from Kathmandu sits the Neydo Buddhist Monastery, where guests can stay in the charming guesthouse and experience daily life as it is for the 200 monks living there. Expect morning and nightly ceremonies, talks on Buddhist philosophies including non-attachment and impermanence, meditation sessions, vegetarian meals eaten in silence and plenty of time for reflection.



Journey #4

Hiking Adam's Peak, Sri Lanka

In the midst of tea country and at the top of a four-hour, thigh-burning hike up 5,500 stairs, you'll find an unusual depression dubbed the sri pada or 'sacred footprint'. Said to be the mark of Buddha, Shiva, Adam or Saint Thomas, depending on who you're talking to, it has been a pilgrimage destination for over a thousand years. No matter what your beliefs, it is an exceptionally peaceful spot to watch the sun rise over the surrounding highlands, if you're up for hiking through the night to get there.



Journey #5

Spending Christmas in Lalibela, Ethiopia

On 6 January each year, 200,000 pilgrims descend on Lalibela in northern Ethiopia to celebrate

Orthodox Christmas. Dressed all in white, the candle wielding devotees gather around the city's 11, 900-year-old churches carved directly into the earth, to chant and pray alongside hundreds of Orthodox Christian priests until sunrise. It is a mysterious, primordial experience that's worlds away from the excessive consumerism that might make you flee Christmas back home.

Journey #6

Meditating in Auroville, India

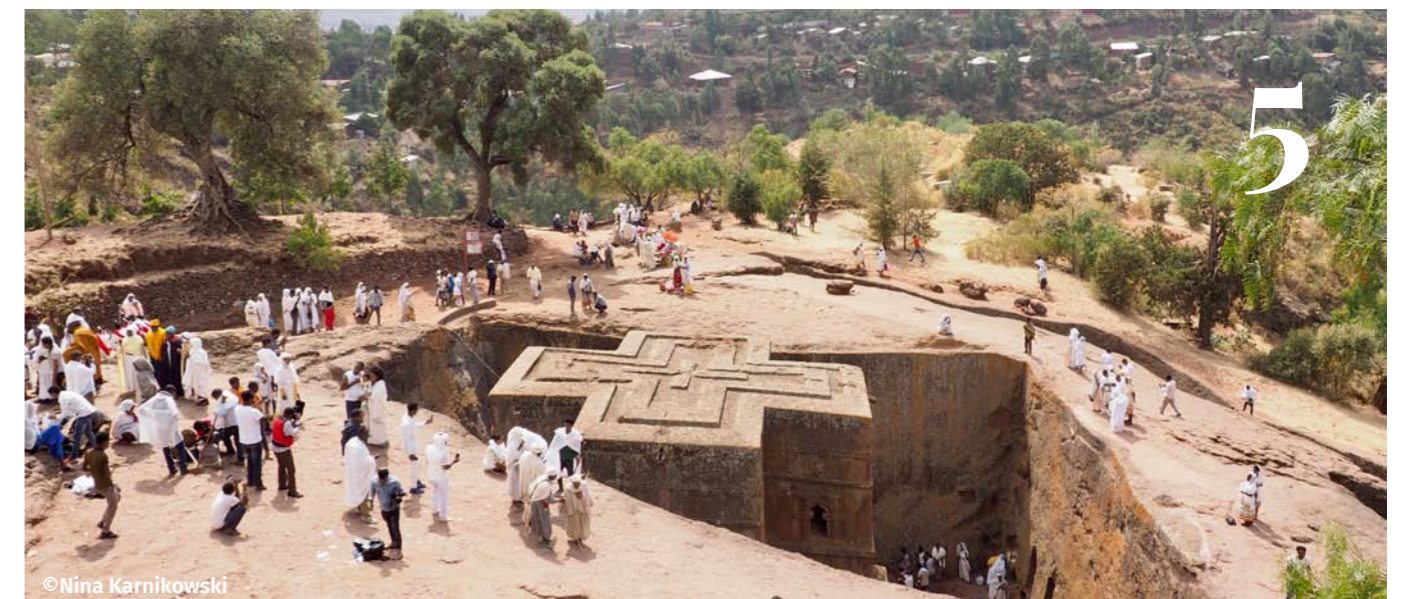
In the centre of Auroville, an international community that has been running just outside Pondicherry in south India since 1968,

sits the 29m-high Matrimandir. The enormous golden sphere took Auroville's inhabitants 37 years to build and if you're patient (you need to book in person for the following day), inside you'll find crystals, golden fountains and a tear-inducingly beautiful meditation chamber where you can contemplate life for a precious 15 minutes.

Journey #7

Bali's Spirit Festival

In March each year, thousands of spiritual seekers descend on Ubud in the mountains of Bali for this seven-day festival, which includes everything from yoga and meditation, to ecstatic dance and sound healing, to talks and workshops run by



spiritual teachers. Once the festival ends, you can keep the good vibes going at the abundant massage parlours, yoga studios, and surf spots found throughout Seminyak and Canggu.

Journey #8

Walking the temple circuit, Shikoku, Japan

By the end of this trail, one of the oldest pilgrimages in the world linking Shikoku island's famed 88 temples, you'll likely have walked off all your worldly frustrations. Whether you stop at each temple (you'll need about 40 days for that) or just a selection, along the way you can stay at temples and inns, bathe in mineral-rich hot springs, dine on Japanese cuisine and take in the serenity of the mountains, valleys and cliff-lined shores you'll pass en route.



Journey #10

Pilgrimage around Mt Kailash, Tibet

Towering 6,714 metres over western Tibet, Kailash is Asia's most holy mountain, revered by Buddhists, Jains, Hindus and Bons. Perform a kora, a 52km pilgrimage around the mountain that takes three days to complete, and Buddhists will tell you you've absolved the bad karma of one lifetime – if you do 108 koras, you're rewarded with complete enlightenment. Either way, there are spectacular views along the way and many interesting pilgrims to meet too.



Journey #9

Being a yogi in Rishikesh, India

The yoga capital of the world and the place where the Beatles famously found enlightenment in the '60s, the streets of Rishikesh are lined with every form of spiritual salvation, from tarot card readers and reiki healers, to meditation classes and yoga ashrams. For the equivalent of about \$30 a day you can stay at these ashrams and dive deep into stress-elimination and self-development, via a rigorous program of chanting, meditation, yoga, spiritual talks and simple vegetarian meals. Phool Chatti ashram is one worth trying.



Discover Okinawa

Japan's paradise isles, 160 islands, stunning coral reefs and rainforests but there is more to Okinawa than meets the eye.



Experience culture and beauty at Taketomi Island ©Hoshino Resorts

The unique Ryukyu history and culture leaves travellers with fond memories of their visit. With so much to do, sometimes it's difficult to know where to start and these three must do's are our recommendations for your future visit.

Visit Taketomi Island

This beautifully preserved island is located just off the coast of Ishigaki Island and is the site of a traditional Ryukyu Village where throughout your visit you will make your way around a small village of traditional one-storey houses, stone walled streets, red-tiled roofs, and shisa statues which ward away evil spirits. Extend your stay and overnight at the HOSHINOYA Taketomi Island for something extra special.

Experience the Taste of Okinawa

Located in Naha, the Taste of Okinawa cooking experience runs over 3 hours and begins with a tour of the Naha Public market where you learn about the locally grown produce and delicacies while selecting the ingredients which will be used in the cooking class.

The class consists of a four-course menu and is run by a bilingual Okinawan food enthusiast while being instructed by professionally trained chefs. Overall, the tour allows you to have your own memorable Okinawan food experience where you will learn all about the famous Okinawan cuisine and ingredients.

Witness the Shuri Castle festival and parade

Normally in late October or early November, the Shuri Castle Festival is one of Naha's biggest events which celebrate the Ryukyu Kingdom. Featuring stunning and colourful attire and elements from the era, the festival includes a picturesque parade on Kokusai Street which is one of the highlights of the event. At Shuri Castle Park, the Ryukyu Dynasty Festival in Shuri is held showcasing a variety of performances including traditional music and dances, Shishimai (lion dance) and hatagashira (banner performances).

Four things

Helicopter flights that are worth the price.



Victoria Falls

One of the world's largest waterfalls, the 1.7-kilometre-wide Victoria Falls also provides habitat for several unique species of plants and animals, which are not always visible to those visiting from land. Entry-level flights focus on these sights, and the Falls themselves, but more expensive options will take you downstream to Batoka Gorge, from where you can spot elephants, hippopotamuses, crocodiles, and giraffes.

Denali National Park & Preserve

Centred around its namesake mountain – the tallest in North America – Denali National Park & Preserve is larger than five states. This size makes the Park almost impossible to visit in one day, but not when doing so via helicopter, which allows you to explore Denali's boreal forests, tundra, snow, and glaciers, including Kahiltna Glacier, the longest in the Alaska Range.



©Michael DeYoung



Grand Canyon

Carved out by the Colorado River, the Grand Canyon attains a depth of almost two kilometres, meaning this gigantic gorge is almost impossible to explore well without the rotary access provided by a helicopter. Many airborne trips over the Canyon also offer views of the Las Vegas Strip, the Hoover Dam and the Mojave Desert.

Great Barrier Reef

You don't even need to leave home to enjoy the world's most stunning helicopter flight. The planet's largest coral reef system, the Great Barrier Reef stretches for over 2,300 kilometres, making it the largest living organism on the planet. The Reef is so big it can be seen from outer space, meaning you're in for some spectacular views via a flyover. Google Maps has even launched an underwater street view in 3D of the Reef, but for those who don't like getting wet, there's no better way to take in this marine park than by helicopter.



Keep your cruising dream alive

Travel agents are some of the best people to help you plan a cruise holiday. Not only are they experts who have trained and studied up on all the different cruises and ships, often they've experienced them themselves! This week's review comes from Courtney Kynoch from Helloworld Travel, Lane Cove.



U by Uniworld - *The A*, The Danube Flow



Top tip for clients

I found U by Uniworld was very relaxed and we were able to move at our own pace, there are so many shore excursions included and for those yogis, you can even enjoy sunrise yoga on the rooftop. We did not feel pressured to be overly active in towns when we did not want to be and some days just loved sitting on the rooftop taking in the scenery. The food was excellent and the beverage menu was very reasonable priced, you're not hit with a big tab at the end of your cruise.



Brand imagery ©U by Uniworld

The ship

The décor of *The A* was classy, modern yet funky at the same time. The moment you step on board you feel like you're on a floating 5 star hotel. The cabins were fresh and very well thought out and the communal areas were comfortable, the designers had really thought about what passengers want whilst on board.

Dining

The main dining room where you have your included brunch and dinner was spacious; you did not feel like you were on a ship. The variety of food was faultless and catered to all tastes and dietary requirements. After one day the wait staff remembered your beverage of choice and were extremely professional and attentive. Alternatively, if you felt like a casual bite or snack to eat whilst cruising, you could order from a snack menu in the bar and enjoy your meal on the rooftop.

Itinerary highlight

The highlight for me was stopping in Durnstein, Wachau Valley. We enjoyed a wine tasting in an underground cellar at Relais & Chateaux Hotel Schloss Durnstein, a 17th century castle overlooking the Danube. Whilst wandering back to the ship, we stumbled across a hidden family-owned & run vineyard where we sat on bean bags and enjoyed chatting to the local owners.

Pub quiz

1. The Svalbard archipelago belongs to what country?
2. Paris is served by two airports – Charles de Gaulle Airport and which other aerodrome?
3. True or false: New York has been the United States' largest city since the 18th century? True – since 1780
4. The first location for the new Atari Hotels brand will be which city?
5. The African Union is headquartered in which city?
6. What is the capital of Alaska?
7. Which narrow waterway connects the Mediterranean Sea to the Atlantic Ocean?
8. Which six states comprise the United States' New England region?
9. What is the river that runs through Lisbon?
10. Jan Mayen is a volcanic island belonging to what country?

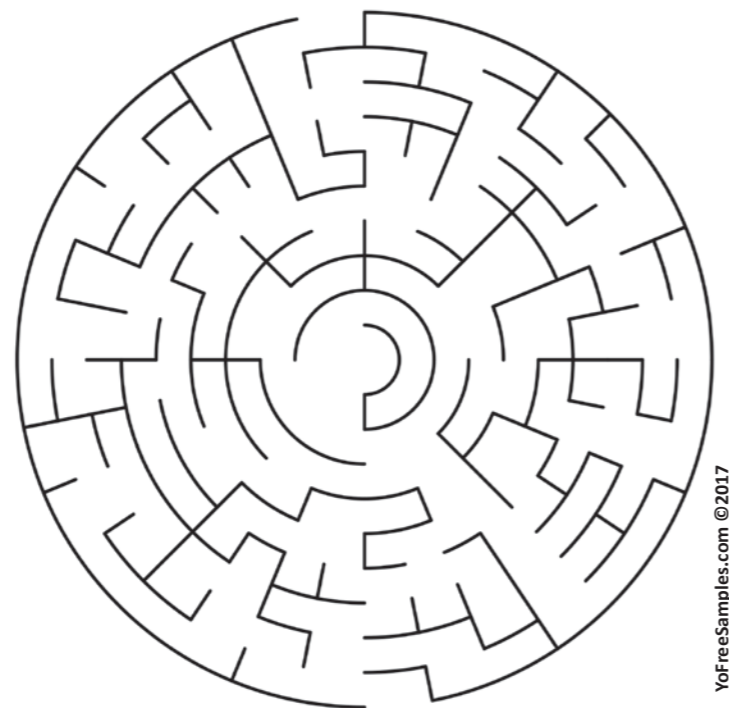
Icon under a microscope

This landmark is iconic and easily recognisable when you see the whole picture, but can you identify it from this small portion of the image? Although only one is depicted in this image, there are actually three in this landmark, one of the Seven Wonders of the World. One of the greatest mysteries of this icon is how exactly it was built.



A-maze-ing

Can you find your way through this maze? Start at the top right corner and finish in the bottom left.



YoFreeSamples.com © 2017

Pub quiz

1. What is the second most populous city in Italy after Rome?
2. The former Fourth Avenue in Manhattan is now known by what name?
3. You can visit Pike Place Market in which city?
4. Bridge Road, Swan Street and Victoria Street are notable thoroughfares in which inner-city Melbourne neighbourhood?
5. Charles de Gaulle Airport is located in which Parisian suburb, which occasionally gives lend of its name to the aerodrome?
6. Which European city is home to the continent's most billionaires?
 - a) London
 - b) Monte Carlo
 - c) Moscow
7. Which city has hosted the most Summer Olympic Games, doing so three times?
8. Which New Zealand city is centred around Cathedral Square?
9. True or false: Antarctica has a top-level domain, equivalent to .au.
10. Helsinki is located on what body of water?

Sudoku

DIABOLICAL

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Numbers can only be used once in each row, column & 3x3 box.

			9			2		
				4	7		5	6
7	8					3	4	
8	9			3				
			7		4			
				9			1	2
	4	6					9	7
9	2		5	7				
		1			9			

www.sudokuoftheday.com – visit them and get a new Sudoku every day!

Seen it at the movies



This famous “chick flick” tear-jerker of modernity was originally based on a novel by Nicholas Sparks before being made into a highly successful feature film. The book was primarily set in New Bern, North Carolina, however, when the filmmakers began scouting for locations, they decided to shoot in another US state entirely. Can you name the film starring the hunky Ryan Gosling?

Pick the nation

Countries have unique geography, ethnicities and cultures which come together to often form very distinctive symbols.

Based off the four different symbols and famous faces, see if you can figure out which country they represent.



Where in the world?



This combined palace and fortress was originally built in 889 AD, on top of the remains of a Roman fort. It was then largely ignored until its ruins were renovated and rebuilt in the mid-13th century by the local Arabian ruler. Today it is one of the country's major tourist attractions and displays some of the nation's most significant and well-known Islamic architecture, combined with 16th century and later Christian building and garden additions. Do you know the name of this UNESCO World Heritage site and where in the world it is?

Unscramble

How many words can you make out of these nine letters? Every word needs to include the centre letter, have four letters or more and not be a proper noun or a plural. You can only use each letter once.

R	I	C
Y	H	N
E	M	A

Good – 24 words

Very good – 36 words

Excellent – 47 words

NOTE: We've used Chambers Dictionary to decide what words are acceptable.

Maori culture in NZ word search

H	A	K	A	W	L	W	F	C	A	V	L	P	C	U
V	A	E	G	O	E	J	A	S	T	I	J	J	O	M
J	O	L	Y	O	O	R	W	K	U	P	M	M	D	A
B	R	E	B	D	N	I	E	C	H	C	A	L	A	N
K	A	J	Y	C	A	S	R	A	A	W	R	Q	U	U
V	E	V	H	A	C	E	A	L	M	A	A	I	Y	O
U	T	K	S	R	W	V	W	B	E	I	E	G	Y	P
A	O	H	Z	V	J	A	E	L	N	T	U	N	S	A
N	A	L	Y	I	X	E	R	L	A	A	N	A	X	F
A	A	D	Q	N	T	L	A	A	T	N	G	H	Q	T
H	T	G	G	G	S	X	K	Z	R	G	C	U	S	Q
W	A	T	S	U	W	A	A	X	H	I	R	D	A	I
S	F	L	O	K	D	L	H	I	W	D	P	E	X	Q
I	K	I	T	J	A	F	W	O	I	A	L	J	T	P
X	Z	R	O	T	O	R	U	A	T	Y	R	O	N	X

See if you can find these words. They are hidden horizontally, vertically and diagonally, forwards and backwards.

ROTORUA
WOODCARVING
TIKI
AOTEAROA

MARAE
WAITANGIDAY
TANEMAHUTA
ALLBLACKS

WHAKAREWAREWA
WHANAU
CANOE
FLAXLEAVES

HAKA
POUNAMU
HANGI

Where in the world?

This is one of the favourite holiday and premier freshwater fishing destinations for travellers and residents of this country alike.

A perfect place for outdoor adventures – from kayaking and cruising on the lake to snow sports, hiking, cycling and adrenaline adventures, this place also become an iconic cultural attraction for the region.

This beauty is a must-visit, but do you know where it is?



Make it at home

In the lead up to Easter we're celebrating chocolate recipes from around the world



Irish Chocolate Bailey's Dip

Flavoured with cream cocoa and Irish whiskey, Baileys is always a crowd pleaser when it comes to liqueurs. Take Baileys and add chocolate to it and you've got a sure-fire winner.

Ingredients

300mL sour cream
2 tbsp brown sugar
1 cup Baileys liqueur
2 Cadbury Flakes, crumbled
Fruit to serve
TV Snacks to serve

Method

Mix the sour cream, brown sugar and Baileys together in a bowl until well incorporated. Refrigerate the mixture at least three hours. Remove the mixture from the fridge and crumble the Cadbury Flakes over top and mix. Serve with fruit such as strawberries, mandarin, orange segments and raspberries, and a packet of milk and dark chocolate TV Snacks to dip into the mixture.

Puzzle answers

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Pub quiz: 1 Norway, 2 Paris Orly Airport, 3 True, 4 Las Vegas, 5 Addis Ababa, 6 Juneau, 7 Strait of Gibraltar, 8 Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont, 9 Tagus River, 10 Norway

Icon under a microscope: Pyramids of Giza, Egypt

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Pub quiz: 1 Milan, 2 Park Avenue, 3 Seattle, 4 Richmond, 5 Roissy-en-France, 6 c) Moscow, 7 London, 8 Christchurch, 9 True – it is .aq, 10 Gulf of Finland

Seen it at the movies: The Notebook

Sudoku:

6	3	4	9	8	5	2	7	1
2	1	9	3	4	7	8	5	6
7	8	5	2	1	6	3	4	9
8	9	7	1	3	2	4	6	5
1	6	2	7	5	4	9	8	3
4	5	3	6	9	8	7	1	2
5	4	6	8	2	3	1	9	7
9	2	8	5	7	1	6	3	4
3	7	1	4	6	9	5	2	8

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Where in the world: Alhambra, Granada, Spain

Pick the nation: Korea

Unscramble: ache, achier, achy, ahem, arch, chain, chair, char, charm, chary, chime, chimera, chimney, chin, china, chine, chyme, each, enrich, hair, hairy, hame, hare, harem, harm, hear, heir, henry, hernia, hire, hiya, hyena, hymen, hymn, inch, machine, MACHINERY, march, menhir, mynah, niche, ranch, reach, rhea, rhyme, rich, yeah

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Where in the world: Lake Taupo, Taupo District, New Zealand

Feeling inspired?

Contact your local travel
agent to start planning
your next dream holiday

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