

Globetrotting

Travel Beyond Borders

**DISCOVER
YOUR OWN
THAI WELLNESS
EXPERIENCE**

**WALK THROUGH
INFINITE HISTORY
IN PETRA**

**PLAN AHEAD:
LESSONS ON TRAVEL
IN THE AGE OF
THE PANDEMIC**

PLUS

**International Flavours
& Global Stories**

**TASTE THE UNIQUE
FLAVOURS OF
NEW ZEALAND**

Contents



FROM ROCK, TO REEF, TO REDS...

There's so much to see in Australia, the only way to experience it is to get out there for yourself. In the Northern Territory, explore the ancient, living culture of Australia's first peoples. Take a tour of Uluru and Kata Tjuta in the red centre, and keep an eye out for crocs in tropical Kakadu. Queensland invites you to explore one of the world's most vibrant ecosystems on the Great Barrier Reef, but stick around for top notch beaches, wildlife encounters, and family fun. Meanwhile, South Australia is all about variety. Sip your way through world class wine regions, explore historic mining towns, come face to face with the cute critters of Kangaroo Island, and taste the festive culture of Adelaide.



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GOWAY
THE WAY TO GO GLOBETROTTING



DEAR GLOBETROTTER

Those who choose to go beyond their borders are currently facing a dilemma: travel now or travel later? While you have to answer that question for yourself, our return issue of Globetrotting is packed with travel insights and inspirational stories to help you make that decision.

"Plan ahead," Carolyn Wepler says in her **Lessons on Travel** (p. 8). That advice is as valid now as it ever has been. Many of us cut off from long-haul air travel at the height of the pandemic tried to make the best of the situation and (re)discovered our own backyards, which we take to heart on **The Great American Road Trip** (p. 6). Of course, times have changed, and depending on your situation and where you're going, staying **Six Feet Apart** (p. 10) could be your idea of a perfect vacation.

One Stray Day in Istanbul (p. 11) uncovers a world of curiosity, cats, and a unique way to explore a great city. **After Expo** (p. 14) includes expert insights from Dubai Tourism as to what's next for the glittering desert metropolis. Wellness has been a buzz word in travel for a decade, but after the past two years, we could all do with a recharge. **Thailand** (p. 16), the Land of Smiles, has massaged wellness experiences into every visit to its kingdom.

One thing that entices many of us onto a long flight is the promise of mouthwatering food waiting at the other end. Travel offers the chance to sample the **Unique Flavours of New Zealand** (p. 20) or savour **Local Delicacies in Korea** (p. 21). These stories offer a taste of what you've been missing.

Our mission is to help you realize a lifetime of travel, whether that means travelling soon or when you're ready. If you need some inspiration, turn to our **10 hand-picked getaway ideas** on pages 28 and 29. Even if your new dilemma is choosing where to go, it's the kind of problem we love to have.

Happy reading and happy travels,

Adam Hodge
VP Marketing, Goway

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Cover: Woman wandering desert in Jordan, Jordan Tourism; Photos from top to bottom, left to right: Tourism Australia, Goway Travel, Carolyn Wepler, RAKxa Wellness & Medical Retreat

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**TRAVEL IS FATAL
TO PREJUDICE,
BIGOTRY, AND
NARROW-MINDEDNESS.**

- MARK TWAIN

PHOTOGRAPHS & IMAGES

Goway would like to thank our photographers for taking us beyond borders in this magazine with their fantastic images. Particularly, thanks to our many tourism board partners, our supply partners, our Goway staff, and freelance photographers on Shutterstock and Unsplash. Goway has taken every effort to obtain all the necessary clearances and permissions for the images that have been used in this magazine. If you have any questions about the use of images in this magazine, you can contact us by phone or email.



EXPLORE YOUR BACKYARD ON THE GREAT NORTH AMERICAN ROAD TRIP



By Colin Rusch

Coast, but, more crucially, offering globetrotters a variety of spectacular scenic highways and byways to explore.

There are bucket list road trips, including Highway 1 from San Francisco to Los Angeles, the Cabot Trail through Nova Scotia, and Route 66 from Chicago to Los Angeles. The good news is that they are all available as pre-planned self-drive itineraries with Goway. A Taste of the Maritimes includes the Cabot Trail, Historic Route 66 takes travellers all the way from the Windy City to Santa Monica, and Postcards of California takes you down Highway 1, while also including fabulous Yosemite. These are just three samples of many that take out the research from your vacation planning and allow you to simply follow the map and enjoy your road trip.

You can also build a trip from scratch and go beyond typical route planning, paying attention to possible detours and creating a more enjoyable experience by slowing things down. You can stretch a 3-day road trip that tries to carve the straightest line across the country into a more leisurely 5 to 7-day trip. You can also start off for a few nights in one of your favourite cities before continuing the journey with some unique side trips and excursions. Take Nashville for instance. It's a popular road trip destination for people in the Northwest who want to experience the capital of country western music. But unless you consider some stops along the way you are seriously missing out on something special.

Say you're driving from New York. First stop along the 95 is Washington, DC, where you can catch up on American history. A stretch of stunning scenery follows by travelling through the Shenandoah Valley, where chestnut trees spread out across the rocky landscape, with possible stops at delightful

Charlottesville (a good place to spend the night) or Appomattox, where the Civil War ended. Turning on the Blue Ridge Parkway, you now enjoy one of the most beautiful drives in the US. Ideally, spend the night in North Carolina's vibrant city of Asheville. En route to Nashville are the Great Smoky Mountains, which you couldn't possibly ignore. Once in Nashville, hop on over to Chattanooga to see the Tennessee Valley Railroad. If you love music, you might as well add a few more days and continue to Memphis. Heck, take Highway 55 south and cap the journey off in New Orleans for that matter.

A seemingly straightforward journey from New York to Nashville can easily unlock a treasure trove of fascinating history, nature, and culture around every turn in the road. You can also consider a pre-planned trip, such as Rhythms of the River, which takes you all the way from Chicago to New Orleans, via Nashville. Slow down, appreciate the drive, and explore the United States and Canada with Goway.



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RETHINK THE NORTH AMERICAN ROAD TRIP WITH OUR EXPERT SUGGESTIONS

To help you start planning your own great North American road trip, we're offering expert insight on how to transform a visit to some of the most appealing cities across the United States and Canada into an unforgettable road trip.



NEW YORK CITY

There's a lot to do in the Big Apple at all hours of the day, but you'll also find so much to experience within a few hours' drive. Drive upstate for three hours to reach the **Catskills**, famous summer getaway for New York's upper classes, or overnight in the picturesque **Finger Lakes**. If you want to turn this into a longer trip, drive on to Rochester and **Niagara Falls**. If you prefer coastal driving, then **Boston** is about four hours away from NYC and you can stop off in **New Haven** and **Mystic** in Connecticut along the way. Once in Boston, **Cape Cod** or **Martha's Vineyard** are essential extensions to your trip. Alternatively, options outside New York also include the classic combo of **Philadelphia** and **Washington**, which offers a lot more than a history lesson. Consider Wine, Water & Wonders of Upstate New York, Colonial America, or New England Explorer for pre-planned itineraries incorporating many of these cities and landmarks.

CALGARY



Canada's capital for country western music is a comfortable urban centre in its own right, but it's also the best gateway to the Canadian Rocky Mountains. A two hour drive into the mountains takes you to **Banff**, the mountain resort town close to breathtaking **Lake Louise** and **Moraine Lake**. Drive north for four hours to reach **Jasper**, the other most popular mountain resort town, stopping at the **Athabasca Icefields** en route. You can connect back to Calgary via **Edmonton**, taking in the Albertan capital. Away from the mountains, take a cultural detour 90 minutes north to **Sundre** to experience Canada's Wild West or head 90 minutes southeast to **Vulcan**, a must if you're a Trekkie. **Drumheller** also lies 90 minutes east in the Badlands and is a haven for dinosaur enthusiasts with dig sites and the Royal Tyrrell Museum. Goway offers a wide selection of pre-planned itineraries from Calgary into the Rocky Mountains. You can choose from eight itineraries, ranging from 8 to 16 days, several of which end in wonderful **Vancouver**.

SAN FRANCISCO



The Bay area is famous for its urban delights, but it doesn't take much time to add on some of the nation's most spectacular natural settings. If you're sticking close to home, drive 45 minutes to **Sausalito** to enjoy a laid back day at art galleries and dining in farm-to-table restaurants or drive an hour to **San Jose** to experience the tech headquarters of Silicon Valley. Get some wine tastings within two hours in **Napa** and **Sonoma**—just be sure to have a designated driver. For natural sights, head east for four hours to **Yosemite National Park** and be sure to spend at least a night amongst the famous peaks and trees. You can return by the coast at **Monterey** or **Carmel-By-The-Sea**, which offers you a chance to follow the magnificent Pacific Highway 1 to **Los Angeles**. Goway's Postcards of California offers a ready-made version of this trip. Time permitting, spend some time in the City of Angels before continuing through breathtaking **Death Valley** and cap off the trip in **Las Vegas**.

DENVER



Experience the mountain air of the Mile High City and visit some attractive mountain towns and natural landmarks all within a day's drive. Start with a 45-minute drive to **Boulder**, an underrated spot for food and craft brews, or, instead, head south to the **Garden of the Gods** outside Colorado Springs to see the magical red rocks against the fading sunlight. If it's winter, get in some skiing in **Breckenridge** two hours to the west of Denver or add another two hours to reach **Aspen**, arguably the country's most famous ski getaway. Enjoy driving the nation's highest paved roads in **Rocky Mountain National Park** or explore **Ridgeway State Park** via Colorado Springs. Drive along **Million Dollar Highway**, which boasts jaw-dropping vistas, and reach **Durango**, the famous Western town, via Ouray and Silverton, or go all out and experience the mountains give way to sparse desert by continuing another four hours from Durango to **Santa Fe** in New Mexico. Denver, Durango, and Santa Fe are all a part of our American Grandeurs pre-planned self-drive, which also includes Yellowstone and Bryce Canyon among other scenic delights. 



PLAN AHEAD: LESSONS ON TRAVEL IN THE AGE OF THE PANDEMIC



By Carolyn Weppeler

Travel has changed and evolved tremendously over the last two and a half years, but we're still in the age of the pandemic and will be feeling its ripple effects for a generation. One of the key changes has been a new focus on organization and planning in the world of travel.

When I was a Destination Specialist many years ago, most travellers wanted the freedom to stay a little longer in one place, leave a little earlier from another, and have the flexibility to make changes on the fly. Those days are gone and will likely be gone for any high-season travel for the foreseeable future. With limited rental cars, smaller group size excursions, hotels that have limited rooms operating, and fewer people working in hospitality, it is imperative to be organized to ensure the smoothest travel experience possible.

But not everything has changed for the worse. There are upsides to this new focus on planning ahead. My recent travels bear evidence of this. On my most recent vacation visiting Croatia and Italy, we organized everything including a few special restaurant reservations in advance. We wanted to avoid renting a car or taking large group transportation, so we opted to book a car and driver for the longer trips and pre-booked daily excursions, splitting costs across the travel party. We also worked with local guides for

walking tours, pre-arranged wine tastings, food pairings, olive tastings, and even cheese tastings. All of this pre-planning led to some memorable times that we wouldn't have had in the past.

One day, we explored Pag, a windswept rocky island in the Adriatic just off the Croatian coast. Our tour on the island included a cheese tasting of the delicious multi-award-winning Paski Sir sheep's milk cheese, which is produced from smaller sheep with limited milk production. Afterwards, we headed over to the Boskinac Winery for a private tasting and food pairing. As Pag is off the beaten path and we were visiting on a Tuesday, the island was quiet and the restaurant's sommelier joined us for a few minutes to give further insight into the wines and accompanying food, which was all locally sourced. The restaurant boasted a Michelin star and all the food for the tasting came from their kitchen, offering us a true gastronomic treat.

We had similar experiences across the Istrian region of Croatia. We went truffle hunting, wandering through pine and oak forests alongside a guide and his trained dogs, feasting on local dishes prepared with fresh truffles at a small local winery, with delicious wines that are only produced for the local community. We also visited the city of Pula, where we gazed upon the remarkable Roman Forum, one of the few Roman buildings with

Packing a little patience goes a long way.



Photos from top to bottom, left to right: Ponte Sisto, Rome, Italy; Old Jewish Quarter, Rome, Italy; Dubrovnik, Croatia; San Juan La Laguna, Lake Atitlan, Guatemala; Tikal, Guatemala; Carolyn Weppeler



all its original pillars intact.

If I had visited Croatia before the pandemic, it's unlikely that I would have explored Pag and Istria the way I did, if I had even explored them at all. But circumstances being what they are led us to places with smaller crowds and the opportunity for more intimate travel experiences. We closed one door and opened another, with new travel memories awaiting us on the other side. We also saved ourselves a lot of time by planning ahead.

Before the pandemic, I would normally arrive in a new destination and wander around with a guidebook or smartphone in hand, discovering landmarks and streets on my own time. I still hope to explore like this again, but it admittedly eats up a lot of time. But this time around, I arranged private walking tours with skip-the-line entry at museums and historic landmarks, which ensured that we missed nothing and wasted no time in long ticket lines. As well, our private guides knew all the back routes and quieter streets, ensuring extra space and little insights into the local ways of life.

When we toured Dubrovnik, there were still crowds aplenty, but our guide taught us all sorts of shortcuts to move around easily. He also gave us some local recommendations on sunset bars and restaurants tucked away in hidden corners of the city, letting us know to make reservations ahead to secure the perfect evening spot. And reservations are needed at all but the most touristy spots, so

if you're hoping for a good meal, book ahead. Beyond Dubrovnik, there were quiet spots in Korcula and Hvar, which offered boutique hotel accommodations with a maximum of eight to 10 rooms, outdoor dining, and landmarks with fewer visitors than the bigger cities.

Another thing that has changed remarkably during the pandemic is baggage delays: they are everywhere! The best way to avoid delays of any kind is to do carry-on. Leave that extra pair of shoes at home, stick to some essential outfits, and use your hotels' toiletries and laundry services. You'll be glad you did as you disembark your flight and stroll right outside the airport to your waiting transfer vehicle, bypassing the delays inside. Also consider travelling with a smartphone with some form of data so you can easily stay in touch with guides and drivers in case of last-minute changes.

Because things can change at a second's notice these days. It's important to have some compassion and understanding in this new age of travel. Companies are strained, service workers are overworked, and many people in hospitality that you meet during your travels may have just started a new job as the industry madly scrambles to rehire. Packing a little patience goes a long way. I had many interesting and positive conversations with people by just extending a little grace their way, and in return, I learned about their lives and about how they had just moved to new cities to start fresh careers.

What hasn't changed in the midst of all the economic upheaval, shutdowns and quick restarts, and general uncertainty over travel is the magnificence of the places themselves. The vibrancy of Rome is the same now as it was three years ago as it has been during its long history dating back to 753 BC. There are still throngs of people tossing pennies into the Trevi Fountain, marching up and down the Spanish Steps, gazing in awe upon Michelangelo's Sistine Chapel and Pieta in the Vatican City, contemplating the Pantheon's concrete dome, exploring the Forum and the Colosseum, eating street food, splurging on fine dining, or simply get lost in local neighbourhoods and relaxing with an espresso on a patio while people watching. This was Rome when I visited in 1993 and this will be Rome in June 2023. At least there are some improvements in the interim, such as no trucks or buses allowed in the CBD and some road reroutes so the Colosseum is no longer in the middle of a roundabout.

There is also still the opportunity to go beyond the most popular destinations and experience the world's many wonders in places less iconic than Rome. I travelled to Belize and Guatemala in January 2022. I explored the Maya ruins in Caracol and Tikal, walked through the colonial streets of UNESCO-listed La Antigua, gazed upon the beauty of Lake Atitlan and the surrounding volcanoes, and relaxed on the sandy beaches of Caye Caulker, Ambergris, (Continued on Page 26)

SIX FEET APART: TRAVEL WHERE YOU CAN KEEP YOUR DISTANCE

By Aren Bergstrom

The first time you're back on an airplane since the pandemic started is a unique experience. So much of it is the same: the safety demonstrations, the seats that are a little too small, the stale air, the waiting...but there's also something that wasn't there before: extra anxiety and that layer of cloth or medical fabric over your face. Thoughts start racing through your mind: Is it fitting right? How do the on-board meals work? Oh no, is that person coughing over there? I hope they keep their mask on. This all feels so weird.

We live in a new world and this new world has a whole new set of anxieties that sit on top of our pre-existing ones. Travel can be stressful for a lot of people, even in the best of times and even for people who love to hit the road and explore new places.

So what happens for people who struggle with the anxieties of the pandemic, but who still want to travel? People who want to see new places and make up for lost time, but who aren't ready for crowded tour buses, entrance queues, and the kind of overwhelming busyness that can greet a person in a foreign city?

They can go somewhere they can keep their distance.

The world is a big place and, luckily, some places are made for this moment. These destinations offer quiet experiences in nature, unforgettable road trips and hikes, and appealing getaways where crowds are never a consideration. They are not compromises. They are wonderful, exhilarating destinations in their own right, ones you should be thrilled to explore at any time, but places with qualities that appeal especially to this moment.

ICELAND

Iceland is arguably the most appealing road trip destination in the world. Follow Highway No. 1, known as the Ring Road, and you can circle the entire nation. There are other cars on the road, and other travellers visit the same waterfalls and glaciers that you do, but nothing is ever hectic or crowded and open spaces are only ever a short ways away. Your travel companions can be black-sand shorelines, waterfalls hidden in hillside clefts, historic churches from the times of medieval settlement, and the odd Icelandic horse

or sheep that strolls through the lush countryside.

PATAGONIA

The landscape in the south of South America, which stretches across both Chile and Argentina, is one of the emptiest places on the planet. People live here and there are tourist towns that form a bridge with the larger cities on the coastlines, but the landscape itself, its magnificent stillness, where there's nothing but rock and grass and wind as far as the eye can see, is the appeal here. Hiking trails abound, from the famous W Trek that takes travellers on a five-day circuit through Chile's famous Torres del Paine to day-long trails to Perito Moreno Glacier and Mount Fitz Roy in Argentina.

KENYA

Long grass swaying in a gentle breeze, golden sunbeams breaking through the canopy of dark green acacia trees, a glimpse of black stripes on white skin or pink feathers on blue waters—these are the sights you'll see on a Kenyan safari. What you won't see and hear: honking cars, power tools, and the chitter chatter of folks rushing across a busy city street. You can find these things in Nairobi—believe us, it's as bustling as cities get—but on the savannah of the Masai Mara or Tsavo West or Mount Kenya or Lake Nakuru, you won't be contending with crowds and hustle and the daily grind. Instead, you'll come face-to-face with nature's majesty and the animals that capture so much of what is good and beautiful about our world.

AUSTRALIA

Australia is a big place and there's a lot of room for travellers here. The cities have their undeniable appeal, but they're not the only thing drawing people downunder and you'll find so much to do in spots where you're not rubbing shoulder-to-shoulder with others or have to worry about stray coughs upsetting your mental balance. Go on a hiking adventure through Walpa Gorge in the Red Centre in between visits to Kata Tjuta and Uluru or take a road trip through the vast expanses of Western Australia to see the otherworldly rock spires of the Pinnacles Desert. Head on



NEED SOME SPACE?

Head to the park! Whether it's the Luxembourg Gardens in Paris or Lumpini Park in Bangkok, city parks usually come with some historic landmarks and plenty of green space to relax in.

a private snorkelling adventure through the Lower Isles of the Great Barrier Reef or camp in the backtrails of Tasmania's national parks.

THE MALDIVES

I know what you're thinking: Really? An island nation? How can you keep your distance when you're staying on an island that's only 500m long? That's the beauty of the Maldives: the island may only be 500m long, but you're some of the only people on it.

The resorts in the Maldives are all located on private islands throughout the nation's archipelago. Resorts favour exclusivity, with many resorts accommodating only a couple dozen guests at a time. Even better, you'll be staying in your own overwater bungalow, with your own private deck, and unfettered access to the waters of the Indian Ocean. Once you get in the water or lie down on the warm sands, you may spot another person halfway down the beach or snorkelling 50m away, but it won't matter, because you'll be so focused on the white and blue around you that their presence will fade from your mind, replaced by the harmony that's only possible in a place of immeasurable beauty.



Photos from top to bottom, left to right: Kenya, Masai Mara (Bushtopps), Tourism Australia

IN PARTNERSHIP WITH TÜRKIYE (TURKEY) TOURISM PROMOTION AND DEVELOPMENT



PRODUCT MANAGER
REESA AVELINO

“Istanbul is a playground for your senses...literally! The stunning view of a skyline of mosques, the soothing sound of the adhan or call to prayer that resonates throughout the city, the colourful garments and spices in the markets, and the taste of traditional Ottoman food—it's all overwhelmingly vibrant. Istanbul is a must-see at any time.”

ONE STRAY DAY IN OLD ISTANBUL

By Christian Baines

On the edge of Europe lies a city that has been the capital of two powerful empires, and a major centre of both Christian and Muslim faiths. Travellers return time and again to discover a new branch of its history, cuisine, or creativity. Through it all, Istanbul has remained one of the world's most important trading ports, and a cultural powerhouse whose reach extends around the world.

Today, it is home to a population of over 15 million... along with over 125,000 stray cats.

Cats are as Istanbul as the Hagia Sophia, the Bosphorus, or döner from a street vendor. They are part of the city's landscape and personality, weaving their way through its streets, bazaars, cafes, shops, and tourist attractions, enjoying the freedom of Türkiye's no kill, no capture policy. Every neighbourhood has its own cats, and you'll often see small 'cat houses' where locals care for the strays as collective pets. It's the modern-day manifestation of a sultan's decree protecting Istanbul's rodent catchers.

A visitor can learn a lot from these cats. Istanbul is one of the world's great cities to wander on your own in search of new discoveries. And just as cats graze their way through each day, visitors should stop and sample often in one of the world's truly great street food cities.

Strays from every part of the world—globetrotters this time, not cats—come to Istanbul each year, and no single landmark draws them more than the Hagia Sophia. Built by the Roman Emperor Justinian I around 535 AD, this magnificent complex was the heart of the Eastern Orthodox Church for almost 1,000 years until Constantinople's fall to the Ottomans in 1453 transformed it into a mosque. A museum since 1935, Hagia Sophia returned as a mosque by government decree in 2020. To avoid busy prayer times, try to visit between 9am and noon. Buried on-site is the Hagia Sophia's resident cat, Gli, who passed in November 2020, leaving 118K Instagram followers, and former US President Barack Obama among her fans.

Just on the other side of Sultanahmet

Square, the Blue Mosque stands guarded by felines of its own. If you think its patchwork of blue hues is impressive on the outside, its interior will show you why this is one of Türkiye's most beloved places of worship. Rules for visiting both mosques, along with others open to visitors in Istanbul, are well signposted as you enter. When you're ready for lunch, follow your nose to the Eminönü district, and graze the famous Grand Bazaar or the nearby Spice Bazaar for tasty souvenirs. If you like fish, there's no more local snack than a *balık ekmek* (fish sandwich) eaten overlooking the Bosphorus, especially if you want to make a local feline friend or two. Note that veterinarians discourage feeding the cats, even though that ferry has long sailed. If you're not a fish fan, pick up the ubiquitous *kumpir* (jacket potato), *gözleme* (a flatbread with a savoury filling), or döner instead. Street food is everywhere in Istanbul.

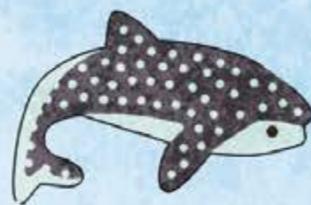
You can spend the balance of the day exploring the bazaars, the city's evocative and ancient cisterns, or Topkapı Palace with its splendid Harem, before a sunset cruise on the Bosphorus with spectacular views over this ancient city. Old Istanbul is compact and walkable, but before you try to do the whole thing in one day, take another lesson from the city's cats. Rush nothing! Two days should be your minimum to see the essential sights, with breaks for people (and cat) watching over a Turkish coffee or tea. Then ideally, take another day or two to explore today's Istanbul in trendy, innovative neighbourhoods like Karaköy, or Ortaköy, where Istanbul tries on new looks for the next of its many lives.

Photos from top to bottom, left to right: Shutterstock



VP, GROUPS ONLY
SHIRLEY ROURKE

“Australia shouldn’t be a ‘someday’ destination. It’s a place to go today! Experience the ancient traditions of its Indigenous culture, spot unique wildlife, and sample amazing food and wine along the way. You’ll fall in love with Australia and be back before you know it.”



Click here for trip suggestions.

RETURN TO OZ



By Anthony Saba

After six long years and a little thing called COVID-19, I returned home to Australia, the country I love and will forever call home. It took setting foot on its soil to realize just how much I had missed it. I’d been putting off a trip to Australia until I “had more time.” Big mistake! One that taught me how important it was to seize the moment when it came to those dream trips.

Recently reopened to the world, Australia invites travellers to experience everything it has to offer. On my return, I stayed in one of my favourite parts of the country, the Southeast. Victoria, New South Wales, and South Australia are all great for city visits, self-drive road trips, and short day excursions. It’s not the Outback or the coral reef, but it offers a great look at the Australian lifestyle, with beaches and coastline, wildlife, wineries, and history to explore. The driving is easy, either on your own or on a day trip, your base is never far away, and the locals are the best (or am I biased?). They’re as eager to learn about you as you are about them and their country.

This corner of Australia offers the Great Ocean Road, the laneways of Melbourne, the wines of the Barossa Valley, the unmatched diversity of Kangaroo Island and the sophisticated grandeur of Adelaide. It has Sydney, the heart of New South Wales, a city as iconic as it is beautiful. And if you venture beyond the Southeast, Uluru and Kata Tjuta, Kakadu, Tasmania, Perth, and all the colours of the Great Barrier Reef await.

Australia has not been sitting idle during the pandemic. Hotels, tours, and travel providers used the time to upgrade and refine their offerings and experiences. You can now benefit from all this hard work. Australia is a big country with the charm, friendliness, and wide open spaces of a country town. If you’ve been waiting for the perfect time to go, that time is now! When travel is part of who you are, you deserve to make each trip one you’ll never forget.

There is so much waiting for you in Australia. It’s time to see it for yourself.



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AUSTRALIA



BRISBANE

NEW SOUTH WALES

SYDNEY

VICTORIA

MELBOURNE

TASMANIA

NORTHERN TERRITORY

QUEENSLAND

SOUTH AUSTRALIA

ADELAIDE

WESTERN AUSTRALIA

PERTH

DARWIN

AFTER EXPO: WHAT'S NEXT FOR DUBAI?

By Aren Bergstrom



**HEAD OF REGION -
NORTH AMERICA,
DUBAI TOURISM**
SORAYA AL OLAMA

It demonstrated Dubai's commitment to sustainability and innovation, as well as the city's ability to pull off a massive event, even in the midst of a global pandemic.

But what's next for this city that defines the 21st century? Unsurprisingly, a lot. We chatted with our industry partners, including Soraya Al Olama from Dubai Tourism, to get some expert insight into what's happening in Dubai in 2022 and beyond. As Soraya says,

The greatest show on earth was a resounding success. From October 2021 to March 2022, Expo 2020 Dubai drew over 24 million visitors to Dubai to experience its exhibitions, shows, and cultural displays from 190 countries around the world.

"Dubai is a destination that is constantly evolving," so there's always something new for travellers to experience when visiting it. As well, "Impossible isn't a word in Dubai." It's always striving to do more, break boundaries, and show the world what is possible. Here, we offer a glimpse of what to look forward to in the city voted "the best place to visit in 2022" by Trip Advisor.

A VISION OF THE FUTURE

The Museum of the Future opened in February of 2022 and it's already making waves on the global scene. The building itself is stunning, dubbed "the most beautiful building on Earth" by Dubai's ruler, Sheikh Mohammed Bin Rashid Al Maktoum. It looks like a massive steel eye covered in Arabic script atop a grassy hill. Inside, travellers can discover exhibits that ponder the future of humanity with regards to space travel, scientific innovation, and our natural environment. There's no other museum like it anywhere in the world.

A MORE ACCESSIBLE WORLD OF TRAVEL

Dubai is dedicated to making travel more accessible to people living with disabilities.

Focused on "People of Determination," Dubai's new initiative works to remove the boundaries to travel for people with all kinds of disabilities, whether mobile, cognitive, or sensory. The program offers transparency about accessible travel options in Dubai, such as wheelchair-friendly beaches and attractions that accommodate the neurodiverse, as well as works to improve the range of accessible activities and accommodations throughout the city. It's tangible proof of the city's progress towards a more inclusive tomorrow.

A SHUTTLE FOR THE WORLD CUP

Dubai will provide air shuttle service for the world's biggest football competition taking place in its neighbour, Qatar, this November and December. Travellers can take advantage of roundtrip shuttle service to Doha, with complimentary ground transfers and a 24-hour visit window to Qatar, offering a convenient way to take in a match while staying in Dubai. There are 30 shuttle flights daily, with prices starting at \$258 US for economy class.

A PLACE FOR FAMILY ADVENTURE

Dubai is always innovating its options for family travellers, which includes many theme parks, beaches, and all-ages attractions. New to Dubai's slate of family adventure options is Jungle Bay Water Park, the third-largest water park in the nation, as well as Deep Dive Dubai, which offers the world's deepest swimming pool for diving at 60m. Add this to other recent attractions, including Ain Dubai, the world's tallest ferris wheel, and Aventura Park, which offers zipline adventures across 35,000 square metres of ghaf forest, and you have the makings of the ultimate family adventure.

A SUSTAINABLE CITY

Dubai understands the importance of sustainability moving forward. That's why the expo grounds for Expo 2020 Dubai are being repurposed into a permanent district of the city, District 2020, with business headquarters, apartment complexes, and year-round attractions filling the space where country pavilions once stood. The evolution of the permanent expo grounds parallels the city's dedication to renewable energies and sustainability mandates for all its new developments.

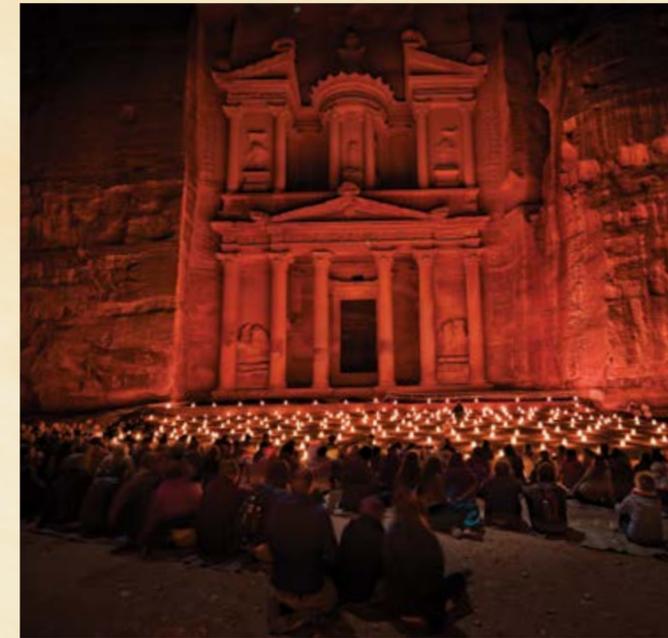
A CONVENIENT STOPOVER HUB

Dubai leads the Middle East when it comes to stopover options, but it's not resting on its laurels. Partnerships with Israel have opened up Middle East travel options even further, with stopovers in Dubai en route to faith-based and historical journeys through Israel and Jordan. As well, Etihad Airways has expanded its connections to Bali, providing Dubai stopovers for North American travellers who want to experience the Emirates before jetting to the famous Indonesian resort island. ✈️

Photos from top to bottom, left to right: Dubai cityscape, Unsplash (Fredrik Ohlander), The Museum of the Future, Unsplash (Riyas Mohammed)

WALK THROUGH INFINITE HISTORY IN PETRA

By Christian Baines



EXTENDED STAY?

Make sure to give yourself more than a day to explore Petra, arrive early with a private guide and leave enough time to visit all the highlights.

Instantly recognized for its rose red stone and intricate design, Petra has carved out its place in our imaginations. There are few globetrotters who don't yearn to visit, and from the moment you emerge from the Siq and first set eyes on the magnificent Treasury, you'll understand why.

Even with stiff competition from Wadi Rum, the Dead Sea, and the ancient city of Jerash, Petra is Jordan's number one draw. This magnificent monument to Nabatean engineering rivals Machu Picchu, Egypt's pyramids or Angkor's temples for sheer 'wow' factor. But beyond the Instagram-ready façades, what's it actually like to visit Petra?

Petra is a much larger site than many visitors expect, with a 4km/2.5mi main trail taking visitors to most of its landmarks. The trail begins at the entrance to the Siq. This narrow gorge-like walkway in the rock beckons visitors to step into history behind its pink sandstone façade. It would seem almost natural if it weren't for the mostly flat walkway, interspersed with plaques explaining points of interest along the 160m/525ft path. Give yourself about thirty minutes for the walk.

No matter how many pictures you've seen of the Treasury, be ready to catch your breath when the Siq at last opens up to that view.

Painstakingly restored over the years, its details leap from the stone, from Corinthian columns to decorative sculptures, to the flourishes of the supposed funerary urn at the façade's top. Over 2,000 years old, Petra has withstood the test of time—and now, the test of human humidity against its pink sandstone—to be one of the best-preserved sites of its period. Tourists aren't allowed inside the Treasury, which to be fair, helps the enduring archeological mystery. Despite its name, experts are far from agreed as to the Treasury's original purpose.

As the gorge opens up onto the Street of Facades, the reality of Petra's past as a flourishing city sets in. Doorways cut into rock loom over the sandy valley. Here, you can hike off the main trail to avoid the crowds and reach some of Petra's more obscure treasures such as the High Place of Sacrifice. These trails however can take some time, so skip the longer ones if you're only in Petra for the day. They also aren't particularly well marked, so hire a guide if you want to stay on track and gain an insight into all you're seeing.

Near the base of the treks, be sure to check out the Royal Tombs. You can even go inside, though they're largely empty. Don't miss the view of them from the Byzantine church

across the way. The Amphitheatre is another highlight of this part of the city, carved to seat 8,500 people. At the very centre of Petra stretches its famous Colonnaded Street. The heart of the ancient city, this Nabatean version of 5th Avenue served well into the sixth century, receiving a few facelifts along the way. There's a lot of history to uncover here, so again, a knowledgeable guide can make all the difference to your visit.

Petra's highlights beyond the Siq can take several days to see properly. One that everyone wants to see however is the Monastery, Ad Deir. Though nicknamed for numerous crosses and other apparent religious symbols carved into its walls, the original purpose of Ad Deir is unknown. While it's spectacular in the late afternoon sun, don't leave a visit too late in your day. There are over 100 monuments in this area alone to explore, so plan accordingly. Petra closes at 4pm during winter, and 6pm during summer, when you'll want to dress for temperatures skimming 35C/95F. 🏜️

Photos from top to bottom, left to right: Visit Jordan, Shutterstock



DISCOVER YOUR OWN THAI WELLNESS EXPERIENCE

By Linda Warner

If ever there's been a time where we all deserve a bit of rest and relaxation, surely, this is it. Two years of being cooped up inside, stuck at or close to home, feeling every crick and crack in our bodies during endless Zoom meetings at makeshift office desks. We could all use a little revitalization—a little, shall we say, wellness in our lives.

Luckily, there are countries made for us with comfortable resorts where we can relax in beautiful natural environments and have professionals coax our bodies back to health. Thailand is arguably the best of the bunch, a haven for resorts and getaways that offer a chance for wellness and relaxation. While it can sometimes be difficult to sort through all the resort options across Thailand, from the jungles of Chiang Mai in the north to the sandy beaches of Phuket in the south, we've enlisted some expert help to offer a perfect sample of the wellness options available for us in Thailand.

We've talked to our Destination Specialists and our partners in Thailand and we've come up with six beautiful resorts with six unique wellness experiences across Thailand. Taken together, these resorts offer a wide variety of wellness experiences in an assortment of locations across the country, ensuring that you'll find a wellness escape that matches your travel needs.

Thailand has a wellness escape with your name on it. Let us prove it.



PRODUCT MANAGER
LINDA WARNER

“For me, arriving in Thailand, always feels like coming home. You'd be hard pressed to find more welcoming people anywhere, and it's the ultimate destination for getting a little bit of everything in one vacation.”

Photos from top to bottom, left to right: Kamalaya, Six Sense Koh Yao Noi, Amatara Wellness Resort, RAKxa Wellness & Medical Retreat, Kamalaya, Chiva-Som, Pa Sak Tong



SIX SENSES YAO NOI, PHANG NGA BAY

This award-winning spa resort consistently ranks at the top of most lists about Thai wellness experiences. Set on an island 45-minutes from Phuket, the resort will activate your senses, with each villa boasting lush jungle surroundings and a private swimming pool. The resort offers a variety of wellness options, including yoga programs ranging from three to seven days.

Signature Yao Noi Journey Ritual - Escape to the resort's hillside spa village for this herbal treatment using plants grown in the spa's private garden. This relaxing, three-and-a-half hour experience begins with a Thai herbal body scrub, followed by a Thai herbal massage that'll loosen your muscles and open up your senses. After getting loose and limber, you'll enjoy a traditional silk cocoon facial that'll exfoliate and tone your skin before you cap off the experience with a relaxing herbal steam.



AMATARA WELLNESS RESORT, PHUKET

This is one of the leading luxury wellness resorts in the nation, with a wide variety of available treatments. Set on Phuket's secluded southern tip, Amatara provides a relaxing environment for wellness experiences. You can add treatments a la carte during your stay, but the resort also offers all-inclusive programs, with three, five, or seven-night options.

Amatara's Thai Hammam - The nation's first Thai version of the traditional Middle Eastern Hammam, this wellness experience combines temperature variations and herbal therapy, aromatherapy, and hydrotherapy to promote sweating, exfoliation, and general rejuvenation. You'll pass through various treatment stages meant to cleanse, rejuvenate, and relax, and experience alternating hot and cold temperatures in a variety of environments, including heated stone beds and saunas.



RAKXA WELLNESS & MEDICAL RETREAT, BANG KRACHAO

The first place of its kind in Thailand: a fully-integrated wellness and medical retreat. Located just across the Chao Phraya River from Bangkok, RAKxa offers a tranquil oasis with a team of on-site doctors and holistic practitioners that offer personalized wellness programs, which combine traditional healing methods with the latest medical technology.

Weight Control & Detox - RAKxa offers a variety of treatment options to those travellers who want to shed a few pounds and learn new insights into leading a healthier lifestyle. Programs span from three to 14 nights, with specific packages focused on gut health, weight management, and general detox. Rely on the expert advice of medical doctors and health specialists to personalize your program and craft the ideal way to manage your weight moving forward or simply to head back home feeling revitalized and refreshed.



KAMALAYA, KOH SAMUI

Those looking for a spiritual approach to their wellness should seek out Kamalaya. The Kamalaya team approaches healing from the inside out, focusing on emotional control in order to rejuvenate the body and mind. All wellness environments offer harmony with nature, such as the Meditative Retreat, which is located in a cave that was once a place of meditation for Buddhist monks.

Asian Bliss - This stress therapy combines a variety of traditions, including Ayurveda, traditional Chinese medicine, and Thai medicine. Staff guide you through a variety of mental exercises and physical treatments, including Ayurvedic massages, lotus scrubs and wraps, and meditation or yoga. Programs are over five to 10 days and all come with one-on-one guidance from massage therapists and wellness mentors, who are dedicated to restoring your mental balance and relieving your stress.



CHIVA-SOM, HUA HIN

To call Chiva-Som award-winning is putting it lightly. This beachfront resort in the nation's central coastal region was voted the "Top Destination Spa Resort in the World" by Condé Nast and "Asia's Best Wellness Retreat" by World Spa Awards in 2021. The luxury accommodations, with natural woods, fine silks, and a jungle beachside environment, are impeccable, but it's the wellness treatments that define Chiva-Som, with a holistic approach drawing on traditional knowledge and Western medicine to craft the right treatment for each guest.

Chiva-Som Signature Herbal Massage - Rely on Chiva-Som to perfect a classic, the relaxing herbal massage. Your expert masseuse applies heated Thai herbal packs and Chiva-Som's own natural oils and uses a variety of deep pressure techniques to relax and warm your muscles. It's a simple, natural way to relax and improve your health.



PA SAK TONG, CHIANG RAI

Located on a secluded estate of gardens and rice fields in the country's north, Pa Sak Tong offers an intimate travel experience, with the two resort villas rented to a single reservation at a time. The resort's exclusive guests enjoy the services of a private hostess, chef, and full therapy team, including a yoga master and meditation master, who offer a variety of spa treatments across three tranquil spa areas.

Pa Sak Tong Thai Massage - Enjoy the quintessential Thai wellness experience. Allow seasoned professionals to relax your muscles and realign your joints. The therapists can even help relieve your specific aches and joint damage, as they've been trained in a variety of physiotherapies. Perhaps best of all, you can enjoy your massage in your choice of environments: the outdoor Spa Pavilion, the indoor Paradise Spa, and the traditional wooden Teak Spa. 



ANIMATE YOUR LATIN AMERICA ADVENTURE

By Christian Baines

Few destinations offer the kaleidoscope of music and colour that is Latin America. No surprise then that animators have drawn inspiration from it to create several hit films. If you're looking to animate your Latin getaway, these destinations and traditions inspired three of Hollywood's biggest cartoon hits.

RIO - RIO DE JANEIRO, BRAZIL

Rio is a love letter to *A Cidade Maravilhosa* through the eyes of a neurotic blue parrot that can't fly. Where do you find some of Rio's most colourful feathered residents? The city wraps around Tijuca National Park, a revived urban rainforest that protects over 300 bird species, along with ocelots, howler monkeys and more. Trails abound if you're feeling energetic, but a half-day tour will take you to some of those spectacular Rio views.

If you want to take to the air yourself, hang-gliding over the city is an unforgettable experience. Christ the Redeemer, atop the Corcovado peak, and the cable car that takes visitors to the top of Sugarloaf Mountain both appear in the film. Our feathered heroes cause chaos on a packed Copacabana Beach, and in the Sambadrome on Carnival, the most important night on Rio's calendar.

COCO - MEXICO AND DIA DE LOS MUERTOS

El Dia de los Muertos, the Day of the Dead, is one of Mexico's most important family traditions. Unlike Halloween, this is a celebration of loved ones lost, with gifts called *ofrendas* placed upon home altars that honour the dead. Stealing an *ofrenda* is a pretty grave offence, and no fictional character knows this better than *Coco's* music-loving Miguel, who steals a guitar, only for it to transport him to the land of the dead.

Tourist interest in *Dia de los Muertos* has commercialized the holiday, but traditions such as *calaveras* (sugar skulls) and sweet *pan de muerto* (bread of the dead) live on. This vibrant tradition goes back to the shared Aztec, Maya, and Olmec belief in the inseparable nature of life and death. The arrival of Catholic Europeans moved the festival to the beginning of November. Each October 31, children across the country construct their own altars to invite *Angelitos*, the spirits of dead children, back for a visit.

So, while it's a private, important celebration for many Mexican families, it's not a sombre one. Celebrations vary widely in different parts of Mexico, so consider taking in the festival more than once to experience all it means to various regions. Aguascalientes, San Miguel de Allende, and Oaxaca are among the most famous spots, though Mexico City has since 2016 thrown a lavish



parade. If you want to join in the fun, have your face painted as the skeletal *La Catrina*, regardless of your age or gender (men who wear the makeup are called *Catrins* or *Catrines hombres*).

ENCANTO - COLOMBIA

Encanto's magical *casita* captures a crucial aspect of Colombian culture. Magical Realism is Colombia's contribution to world literature, most notably in the works of Gabriel Garcia Marquez, whose family epic *One Thousand Years of Solitude* might just be the only Colombia-set story more famous than *Encanto* right now. Some of Colombia's highlights can truly feel like works of magic.

The colourful old town of Cartagena on the Caribbean Coast offers up a chequered history and traditions from a wide variety of cultures. Medellin's transformation from one of the world's most dangerous cities into a must-see spot for tourists feels nothing short of miraculous. If you're feeling adventurous, Colombia's Lost City, the world's most colourful river, Cano Cristales, and the Las Lagas Sanctuary, all look like they've escaped a fantastic storybook. Don't discount the capital, Bogota, either. You won't want to miss the evocative Salt Cathedral of Zipaquirá, or the dazzling Gold Museum. Even without magical powers, you can still soar on one of the cable cars that transformed public transit in Bogota and Medellin. 

Photos from top to bottom, left to right: Macaw parrot in Brazil, Unsplash (Diogo Hungria), Colourful houses in Colombia, Unsplash (Leandro Loureiro), Ofrenda for Day of the Dead, Mexico, Unsplash (Tayla Kohler)

WHY KERALA IS A VEGETARIAN'S PARADISE

By Christian Baines

Kerala is one of India's most enchanting regions. Shaped by global influences and the geography of its waterways, Kerala's vegetarian cuisine is no exception. While meat dishes have grown in popularity and are now common, vegetarian (and pescatarian) options are not only more traditional, but will ease you into the sometimes rich and always memorable flavours Kerala is known for.



Idiyappam

Looks like vermicelli. Tastes like heaven. Also known as *noolappam*, these rice flour noodle cakes are made for dipping in your favourite curry. For non-vegans, egg curry is the most traditional accompaniment, but *idiyappam* goes well with just about any variety.



Idli Sambar

Packed with different vegetables, *idli sambar* is cooked with fermented rice cakes and aromatic curry. It's one of the tastiest and healthiest dishes you can have in Kerala.



Roasted Dosa Ghee with Sambar

If you try only one dish on this list, make it this one! A delicious *dosa* is cooked in *ghee*, then roasted to crispy perfection, ready for dipping in flavoursome *sambar*.



Erissery

A hearty pumpkin and lentil curry made from yams or plantains, *erissery* is a staple of the Onam harvest festival, combining an exciting blend of spices. But it makes a hearty comfort food at any time of year.



Meen curry

Learn this recipe, and you'll have a new dad joke about how you make a '*meen*' curry. Boiled *kappa* (cassava) is mashed and eaten with this tasty blend of tamarind, coconut, and fish.



Prawn curry

If you try one curry in Kerala.... So simple, you'll wonder where all those magnificent flavours come from. There's simply no other curry quite like it.



Chatti Pathiri

Halfway between pancakes and 'dessert lasagne' lies this layered stack of sweet bread interspersed with fruit, nuts, cardamom, and other fillings.

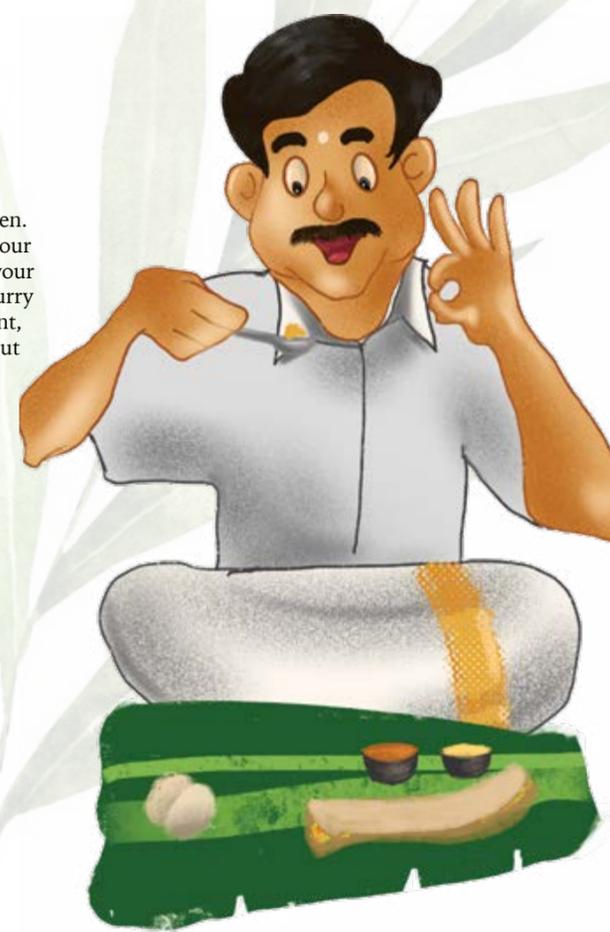


Illustration: Lakshay Khandewal, Photos from top to bottom, left to right: Shutterstock

TASTE THE UNIQUE FLAVOURS OF NEW ZEALAND

By Christian Baines



DO YOU LIKE ADVENTURE?

New Zealand is an adventurer's paradise. Ziplining through lush forests, bungee jumping, or rolling downhill in a gigantic plastic ball are only a few of the many activities on the menu.

New Zealand always enchants visitors with its incredible landscapes, rich Māori heritage, and welcoming hospitality...but a trip here is also delicious! New Zealanders have their own ideas about must-try cuisine. Leaving pretentiousness at the door, tuck into some tasty treats you won't find anywhere else.

For a real Kiwi dinner, it doesn't get much more authentic than the *hāngī*. This communal Māori tradition involves baking a variety of meats, seafood, and vegetables to perfection in an earth oven, creating a buffet of succulent flavours. Preparing a *hāngī* is an all-day commitment, usually reserved for special occasions today, but a Māori cultural encounter will often include New Zealand's most traditional dining experience.

One side you'll want at a *hāngī*, or just a snack you'll want to try anywhere, is *kumara*, best described as a flavoursome sweet potato introduced by the first Māori settlers. A Kiwi burger with a side of *kumara* fries might be the best fast-food lunch you try in New Zealand. What defines a Kiwi burger? Don't worry, nobody's serving up a patty of the beloved bird. A Kiwi burger is a regular burger served with a fried egg and a slice of beetroot. The combo is best enjoyed with

an ice-cold L&P, a strong, sweet lemon soda unique to New Zealand.

With over 15,000km/9,230mi of coast, we can't talk about food in New Zealand without talking about seafood. Yes, a paper full of crispy, fried fish and chips (don't try and say it with a local accent—Kiwi hospitality is warm, but there are limits) is never far away. Oysters, mussels, and crayfish are also favoured throughout the country, especially in seafood hotspots like Kaikoura. Beyond these staples, however, don't be afraid to order a *kina* from a local fish and chip shop. The soft, tasty inside of a sea urchin has been a favourite snack, particularly in New Zealand's north, for centuries.

The whitebait fritter is a staple along the South Island's spectacular West Coast. Whether you've stopped to admire Pancake Rocks in Punakaiki, or just stepped off the TraNZAlpine in Greymouth before heading into glacier country, this fried patty of freshly hatched fish remains a local favourite, despite concerns about overfishing in recent years. A less controversial, but no less unusual delicacy is *paua*. This is a uniquely Kiwi species of sea snail whose beautiful blue, green, and silver shell is used in jewelry and souvenirs throughout the country. What's not so widely known is how tasty the former

occupants of those shells are.

Did someone say sweets? New Zealand goes its own way for every course, and dessert and road snacks are no exception. Pick up a packet of (chocolate coated) pineapple chunks, chocolate fish (encasing delicious marshmallow), or Jaffas to feed your sweet tooth. The country has even chosen its unofficial favourite ice cream, a caramelized honeycomb flavour known as hokey pokey. If you can't find it at a local ice creamery, you're probably not in New Zealand!

Finally, we can't talk about New Zealand flavours without talking about New Zealand wine. Its Sauvignon Blanc is deservedly famous, best enjoyed with all that seafood. But the country is almost as serious about its Pinot Noir, the ideal accompaniment for its favourite red meat, lamb. Though modest in production, the Martinborough and Central Otago regions have staked a solid claim on the New Zealand market with Pinot Noir in recent years. Almost 70% of New Zealand's vineyards are found in the Marlborough region, the country's main producer of Sauvignon Blanc, near Nelson on the South Island. Hawke's Bay comes second, adding Merlots, Syrahs, and Chardonnays to the mix. 

Photos from top to bottom, left to right: Te Puia, Rotorua (Tourism New Zealand), Hāngī (Shutterstock)

GO LOCAL TO TASTE KOREA'S REGIONAL DELICACIES

By Aren Bergstrom

South Korea has taken the international scene by storm. First came the rise of K-Pop with BTS. Then Bong Joon-ho's *Parasite* broke barriers with its Best Picture win at the 2020 Oscars. Then *Squid Game* became Netflix's most watched television series ever. In the midst of it all, Korean dishes such as *kimchi* and *bulgogi* became ubiquitous in restaurants around the world. But if you want to experience the best Korean food, you have to go to Korea. And invariably, some of the best flavours are particular to local cities and regions. The following are samples of local regional delicacies that have been perfected over generations and offer a taste of the rich flavours that are only experienced when you go local on a trip to Korea

Bibimbap, Jeonju

This famous mixed rice dish—*bibimbap* literally means “mixed rice”—consists of white rice topped with a mix of sauteed vegetables (often seasonal) and *gochujang* (Korean

red chili paste). It's also often served with a raw or fried egg and meat—there's even a variation, *dolsot*, served in a hot stone bowl, which crisps the bottom of the rice. It was developed in the early 1800s as a way to use leftover vegetables after the harvest and ever since 1952, when Jeonju restaurant Hankook Jib started selling *bibimbap*, it's been the famous flavour of the city. Delve into Korea's past at the traditional houses and stalls of the Jeonju Hanok Village before digging into a steaming hot bowl of *bibimbap* to experience the city's quintessential flavours.

Dakgalbi, Chuncheon

Dakgalbi is one of Korea's most beloved spicy dishes. It consists of stir-fried chicken marinated and cooked in the unforgettable spicy flavours of *gochujang* along with vegetables such as sweet potatoes, cabbage, scallions and even *tteok* (rice cake). The dish was invented on the outskirts of Chuncheon in the 1960s as an inexpensive *galbi* (rib) alter-

native for working people in the local taverns. In the over 50 years since, *dakgalbi* has developed into a wintertime favourite and one of the most affordable and satisfying dishes in the nation.

Heuk-Dwaeji, Jeju

Korea's famous beach island also has the best version of Korea's famous barbecue: the iconic *heuk-dwaeji* or black pig. Consisting of meat from the island's black pigs, which are only raised on Jeju, *heuk-dwaeji* is known as more tender and flavourful than typical pork barbecue. It's traditionally grilled over burning hay for an extra smoky flavour. Head to the stalls of Heuk Dwaeji Street in Jeju City for some guaranteed authentic barbecue. 



MOVE OVER SUSHI, RAMEN IS KING

Photos from top to bottom, left to right: Bibimbap illustration (Shutterstock), Bowl of ramen, Unsplash (J), Ramen stand, Unsplash (Redd)



Sushi has long been the dish synonymous with Japan on the world stage, but in recent years, it's been challenged by the new rising star of Japanese cuisine that's quick, affordable, and unbelievably delicious: ramen. Tender, creamy, savoury broth with thick noodles that are meant to be slurped up by the mouthful. Melt in your mouth pork belly or shoulder, boiled eggs with yolk that spills into your bowl, black sesame seeds or *shishito* flakes adding a dash of umami or spice on top. It's comfort food like no other. No wonder it's so popular.

And boy is it popular. There are over 32,000 ramen shops in the country, with over 10,000 in Tokyo alone. Each region has its own take on one of the iconic four styles: *shio* (salt), *shoyu* (soy sauce), *miso* (soybean), and *tonkotsu* (pork). Fukuoka has popular Hakata ramen with thin noodles and white broth; Sapporo has a hearty *miso* variety fitting for the cold winters. No two restaurants are the same—even if they happen to share the same name.

It won't take you long to find a ramen stall in Japan. You don't even have to leave the train stations or airports to find queues of people lining up for a chance to slurp down some noodles at a small shop or counter. There's even a whole part of Tokyo Station dedicated to ramen: Tokyo Ramen Street.

So next time you're in Japan, make like the locals do and follow the crowds of suited salarymen to a small ramen stall for a bite to eat. (Continued on Page 26)



DISCOVERING SHACKLETON'S ENDURANCE



By Don Forster



Endurance has gone down in history, and in more ways than one. It was the ship that carried Sir Ernest Shackleton and his crew of 27 during the Imperial Trans-Antarctic Expedition in 1914. It has also literally gone down into the frigid waters of Antarctica, thought never to be seen again.

While the expedition gave birth to one of the greatest survival stories in the history of modern exploration, with all the crew surviving over two years stranded on floating pack ice and eventually on Elephant Island, the vessel itself was not so lucky. It was caught in the drift ice and Shackleton and his crew watched in disbelief as the vessel was crushed by the ice flow and eventually pulled beneath the waves on November 21, 1915. The ship was gone, and with it any realistic chance of rescue—or so they thought.

But the ship's name would prove prophetic. Shackleton christened the vessel *Endurance* after his family motto *fortitudine vincimus*, which is Latin for "By endurance we conquer." No better motto could describe the eventual rescue of Shackleton and his crew. Through dogged perseverance, amazing navigational skills, and an enormous faith

in his own abilities, Shackleton, the captain Frank Worsley, and four others made a heroic 15-day voyage in an open ship's boat over 1,300km to South Georgia Island, where they arranged for the rescue of the rest of the crew stranded on Elephant Island.

Photographer Frank Hurley captured much of the voyage, sinking, stranding, and eventual rescue on film. Based on Hurley's images (seen above) of the vessel trapped and crushed by ice, it's hard to fathom that *Endurance* would ever be seen again. And yet, our world is one full of discovery and the latest generation of explorers have brought *Endurance* back into the headlines with their rediscovery of the remarkably-preserved wreck of *Endurance* on March 5, 2022. The ship, much like its story and legend, has endured.

THE SOUTHERN EDGE OF THE WORLD

First mention of Antarctica appears in the time of Ancient Greece. The Greek philosophers, including Aristotle, knew about the Arctic from sailing voyages, which they



DESTINATION SPECIALIST
LUIS LAGUNES

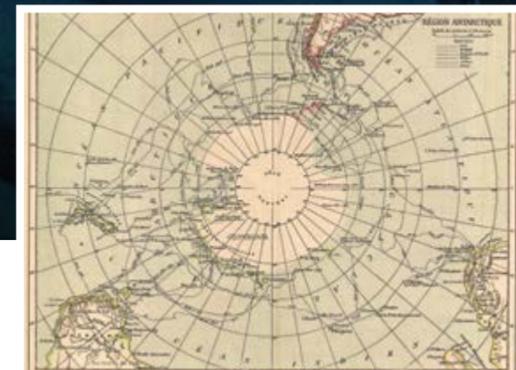
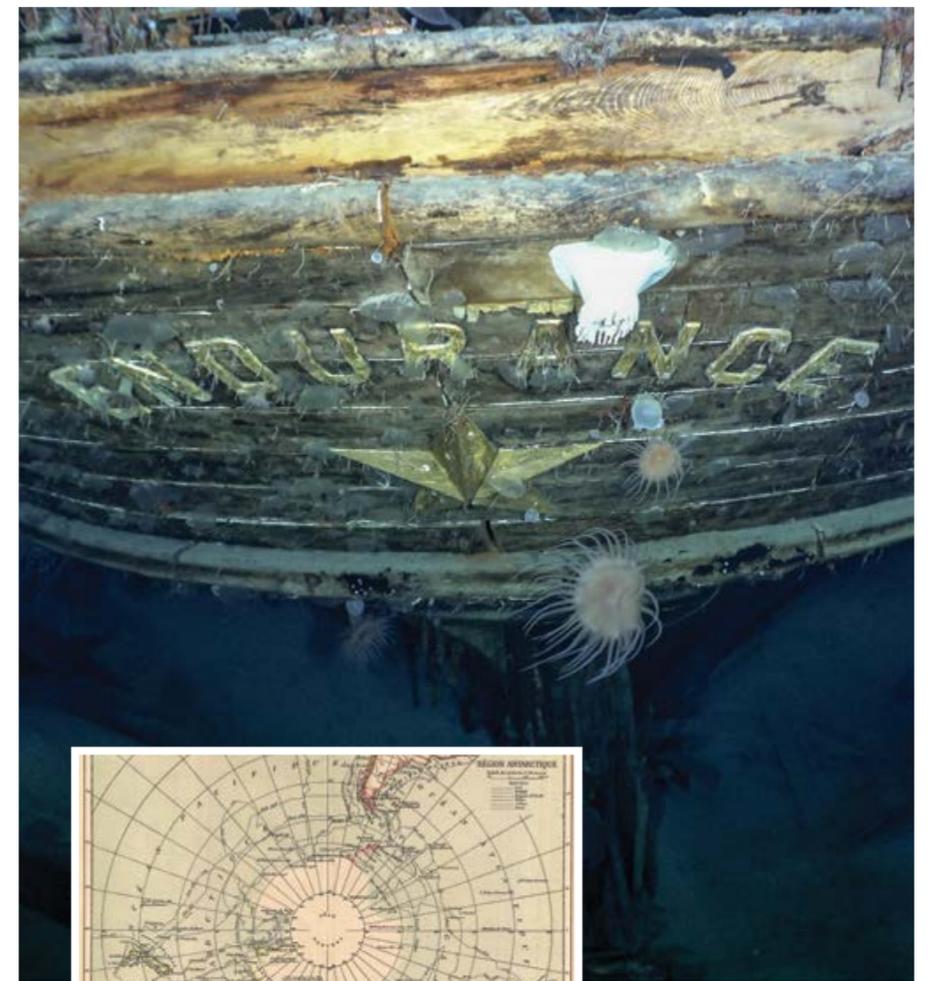
“There is no other place, outside of the Galapagos, that I have visited that allowed me to come so close to the wildlife species that inhabit the region.”

dubbed *arktos* or “the bear,” named for the constellation of the Great Bear, Ursa. The philosophers knew the world was a sphere, so they postulated that something had to exist at the opposite pole to the Arctic to balance out the world. They called this undiscovered land mass *ant-arktos*, meaning “opposite the bear.”

It took well over 2,000 years for humans to lay eyes on the fabled seventh continent. In the late 18th and early 19th century, whaling and sealing voyages would venture south when rounding Cape Horn at the tip of South America, but they would not risk going further due to the grave dangers of floating ice and strong sea winds, conditions that persist to this day in the Drake Passage.

Captain James Cook, with the ships *HMS Resolution* and *HMS Adventure*, was the first to cross the Antarctic Circle on January 17, 1773, but he only came within 80km of Antarctica, never sighting land, but merely icebergs and rock deposits promising land further south. It wasn't until January 27 or 28, 1820 that two Russian ships, *Vostok* and *Mirnyi*, would finally sail within sight of Antarctica. The first undisputed landing on Antarctica took another 75 years, when Henryk Bull led his whaling team to land at Cape Adare on January 24, 1895.

Once the continent had been touched, it was only a matter of time before people would want to explore it—when legendary Mount Everest explorer George Mallory was asked why he climbed the mountain, he replied, “Because it is there!” This desire to conquer the unknown led men such as Robert Falcon Scott, Roald Amundsen, Douglas Mawson, and, of course, Ernest Shackleton to explore Antarctica during a period that came to be known as the Heroic Age of Antarctic Exploration.



SHACKLETON'S QUEST

Sir Ernest Shackleton made his first journeys into Antarctic waters in 1902 and 1907 as part of the *Discovery* and *Nimrod* expeditions, respectively. By 1914, Shackleton was determined to reach the South Pole in the heart of Antarctica, so he put forward a new expedition, the Imperial Trans-Antarctic Expedition. He discussed this dream with old harried sailors and new explorers, including Australian Frank Hurley, who would become the expedition's official photographer.

Despite the delays caused by World War I, Shackleton and his crew set out on *Endurance* from Buenos Aires, Argentina on October 26, 1914. However, by early December, after leaving South Georgia Island, *Endurance* was already slowed by pack ice. By February 14, 1915, *Endurance* was trapped in the ice.

For 10 months, the immobilized vessel drifted with the ice floes, while crew members camped out on the ice and waited for their surroundings to thaw. But as spring arrived the following September, the pressure of the shifting ice began to warp, crush, and

twist the boat's wooden frame. Frank Hurley captured this all on film, preserved in his remarkable photographs to this day.

By October, the ship had flooded beyond repair and all hopes of a return trip were lost. The ship slipped beneath the waves on November 21. Forgotten in the dark depths of the Antarctic waters for over 106 years, *Endurance* passed into legend.

REDISCOVERING ENDURANCE

While biographers and historians have chronicled the saga of Shackleton and *Endurance* for years, the precise location of the wreck remained a mystery for over a century. However, in July 2021, the Falklands Maritime Heritage Trust announced a new expedition, *Endurance22*, which would search for the vessel's resting place. Relying on new submersible technology and the notes of Captain Frank Worsley, the *Endurance22* team set out in February 2022 and searched for two weeks, using two submersible crafts to scan the seafloor in a 388-square-kilometre area. (Continued on Page 26)

Photos from top to bottom, left to right: Frank Hurley, Frank Hurley. The stern of the *Endurance*. © Falklands Maritime Heritage Trust. Map of Antarctic Region circa 1890 (Hachette & Company)

THE BUBBLE OF TODAY'S ISRAEL

By Christian Baines

You're standing on a long stretch of sandy beach on one of about 300 sunny days in the year. You're sipping a cocktail, browsing this week's entries on a year-round cultural calendar, seeing what you can squeeze in as you watch local families, bleary-eyed party goers, happy couples of every orientation, and buffed surfers, among a milieu of humanity at its most diverse. Where would you say you are?

Barcelona? Los Angeles? Sydney? Mykonos? What if we said one of the world's holiest cities is less than an hour away by train or bus? You can only be in Tel Aviv, Israel's cultural and business capital, and arguably, its biggest surprise. Modern Tel Aviv stands as a high energy rebuke to any notion of Israel as a destination that's solely about history or pilgrimage. Tel Aviv puts a different face on Israel, one that sometimes puts it at odds with more conservative voices.

What's the best way to discover this progressive port city that welcomes the world to Israel? Start where Tel Aviv began, the ancient Arab port of Jaffa. A stark contrast to the modern city, Jaffa preserves traditional architecture, an acropolis, and a bazaar area and flea market that's a popular night-time dining spot. The Yemenite Quarter is another traditional slice of Tel Aviv to spark both your curiosity and taste buds, as you graze its historic Carmel Market. The oldest part of Tel Aviv proper is the Neve Tzedek quarter. It's one of the most enjoyable neighbourhoods you can explore, with hip cafés, restaurants, and small art museums housed in its traditional houses.

Architecture is a major part of Tel Aviv's identity, and fans of the egalitarian Bauhaus style will wander "The White City" in wide-eyed appreciation, particularly on a dedicated Bauhaus architecture tour. It makes for attractive city walking or biking, however you go...and you will want to walk or bike! Tel Aviv's mostly idyllic weather is too inviting to stay cooped up in vehicles, but the efficient bus system will get you between those further flung highlights.

The Tel Aviv Museum of Art is another architectural highlight that deserves a few hours, even if you have just a passing interest in modern and contemporary art. If such art is your passion, you can easily spend all day wandering its halls, admiring works by Klimt,

Kandinsky, Picasso, and Miro, a stunning sculpture garden, and the best of Israel's modern masters.

History buffs and those interested in Jewish heritage will not want to miss the Diaspora Museum, also known as the Museum of the Jewish People, telling the story of Jewish communities around the world. The Land of Israel Museum is its perfect complement, bringing the story closer to home with its unique blend of historic, artistic, and scientific exhibits.

But what about Tel Aviv, 'The Bubble?' The centre of Israeli media, economy, and night-



DESTINATION SPECIALIST
Yael Marom

"Tel Aviv is called the White City due to the Bauhaus Architecture and the whole city is a UNESCO World Heritage Site. The port of Jaffa is one of (if not the) oldest port in the world."

life? You won't have to look hard for it. If New York is the city that never sleeps, Tel Aviv is a city that's barely heard of the concept. There's a party to be found any night of the week. LGBTQ+ locals and visitors display an open confidence you won't find anywhere else in the Middle East, and are an essential part of Tel Aviv's identity.

For all the ancient wonders of Israel, ever-changing, ever-pulsing Tel Aviv is ready to enchant any traveller as original, fun-loving, and out-of-the-box as the city itself. 🇮🇱



Photos from top to bottom, left to right: Beach in Tel Aviv, Israel (Shutterstock)



Click here for more Eurovision content.

THE PASSION AND KITSCH OF EUROVISION

By Christian Baines

When Will Ferrell's *Eurovision Song Contest: The Story of Fire Saga* hit Netflix in 2020, it was the most many North Americans had seen of the world's biggest song competition. Started in 1956 as a contest between seven countries, Eurovision stands apart from your average reality talent show, demanding a new, original song from each of its forty odd competitors each year. With just three minutes and no autotune, each act represents their home country on the world's biggest musical stage, aiming to wow the judges and the public to collect as many sets of 12 points or *douze points* as possible.

There's no other contest on earth quite like Eurovision. 180 million viewers are drawn each year to its music, drama, glamour, and sheer camp factor. Typically hosted by the previous year's winning country, Eurovision brings its host city alive with anticipation. Get in quick if you want tickets to any of the nine shows that take place over a week at the host arena. Three of these are televised live around the world, while the rest are technical rehearsals filmed as back-up. Though not quite as exciting as the live shows, these offer a fantastic (and slightly cheaper) glimpse into the inner workings of Eurovision.

Festivities aren't confined to the arena, either. Eurovision takes over its host city with a glamorous opening ceremony, plus free

concerts and parties throughout the week, many of which feature past and present Eurovision stars. It's a bona fide all-European celebration. The vibe is very come as you are, unified through music and memories. Nobody judges at Eurovision (well, unless you're on stage!).

Eurovision is so popular in some countries that you can get a taste of it year-round. Stockholm's Pop House celebrates Sweden's accomplishments, including ABBA, whose victory opened the door to Sweden's now countless hit makers. Meanwhile, the small fishing village of Husavik in Iceland has capitalized on its appearance in Ferrell's film, opening Iceland's first Eurovision Museum. While Iceland is yet to claim victory, recent acts like Hatari and Daði & Gagnamagnið have seriously raised its profile.

For all the kitsch, Eurovision has also had a major impact in times of crisis. Ukraine is one of the contest's fiercest competitors, having won three times in just 20 years of competition. Kalush Orchestra's 2022 victory in Turin with "Stefania", a mash-up of folk music and hip-hop that embodies Eurovision's eclectic appeal, feels as symbolic as Ukraine's first victory in 2004, just six months before Ukrainians would take to the streets for election transparency and begin the Orange Revolution.

It's not the first time the contest has had profound political impacts. In 1974, a year

better known for ABBA's victory with "Waterloo", Portugal's song "E depois do adeus" signalled revolutionaries to begin the coup that brought down the Salazar dictatorship. During The Troubles of the 1990s, Ireland won an unmatched four times, lifting the nation's spirit right when it was needed most.

Around the same time, freshly democratized Eastern European countries began using the competition to reclaim their voice, often with strong results. Eurovision's embrace of the marginalized, creative, and unusual has also endeared it to outsiders in some of Europe's most conservative countries. In 1998, the contest's first openly Trans competitor, Dana International, attracted controversy in her home country, Israel. She soon silenced critics, claiming victory with her song, Diva, and further cementing Israel's reputation as a bastion of LGBTQ+ acceptance in the Middle East. While Eurovision may officially be apolitical, it also demonstrates the social and cultural impacts three minutes of music can have.

Whether you're there for the live show, the parties, the campy spectacle of it all, or just happen to be in town by coincidence, seeing Eurovision in person is a pan-European cultural experience not to be missed. 🇮🇱

Photos from top to bottom, left to right: Turin 2022 Eurovision flag (Shutterstock), Måneskin, Eurovision 2021 winners, EBU/Andres Puttling, Netta Barzilai, Eurovision 2018 winner, EBU/Andres Puttling

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PLAN AHEAD: LESSONS ON TRAVEL IN THE AGE OF THE PANDEMIC

CONTINUED FROM PAGE 9

and Placencia.

In January, fewer things were open, services were limited, and we had most restaurants and historical sites to ourselves alongside a handful of fellow travellers.

But I'll tell you what: I wouldn't trade June in Rome for January in Belize. They were both great experiences, but there's something inherently positive about full restaurants, busy hotels, and people living life to the fullest. It's a new world of travel out there and you'll have to navigate it however you feel most comfortable. Just remember to plan ahead and pack some patience, and the wonders of travel should take care of the rest. 



MOVE OVER SUSHI, RAMEN IS KING

CONTINUED FROM PAGE 21

Order from the machine, bow to the chefs, and take your seat at the counter ready to enjoy one of Japan's—soon to be the world's—favourite dishes. And don't forget to slurp. 



DISCOVERING SHACKLETON'S ENDURANCE

CONTINUED FROM PAGE 23

On March 5, 2022, Endurance22 found the wreck, lying 3,008m deep on the floor of the Weddell Sea and only 6.4km to the south of where Frank Worsley had predicted in his notes. To almost everyone's surprise, the vessel is in excellent condition, despite the time spent in the water and the expectation that the ice had crushed the vessel beyond recognition. In fact, the ship sits upright on the ocean floor and remains intact. As marine archaeologist and expedition director Mensun Bound told BBC News, it was "Without any exaggeration the finest wooden shipwreck I have ever seen. By far."

As the wreck is designated a protected historic site and monument under the Antarctic Treaty System, it cannot be touched, nor can anything be removed from it. Rather, Endurance22 researchers took ultra-high-definition 3D scans in order to capture a digital recreation of the wreck.

Over 100 years after its initial loss to the Antarctic waters, *Endurance* continues to capture imaginations and inspire a new generation of explorers to brave the sea ice and explore the haunting, breathtaking landscape of the South Pole.

If you are bold enough to visit Antarctica, you can walk in the footsteps of Shackleton and his crew and visit the whaling station on South Georgia Island where he heroically sailed to in order to rescue his crew. You will not be forced to undergo the hardships that Shackleton and other Antarctic explorers of the early 20th-century underwent. In fact, you can enjoy complete luxury and comfort during your journey.

But that moment you step foot on one of the last true frontiers on our planet and become one of the few humans to ever walk the shores of the great white continent, you are transported to another time, another place, and filled with the spirit of exploration that endures to this day. 



Photos from top to bottom, left to right: San Juan La Laguna, Lake Atitlan, Guatemala (Carolyn Weppeler), Ramen ticket machine, Shutterstock, Taffrail and ship's wheel, aft well deck, (© Falklands Maritime Heritage Trust), De Bortoli Yarra Valley Estate, Tourism Australia

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Classic Australia

MODERATE | TAILOR-MADE: Spend 12 days exploring Australia's most diverse cities and natural wonders. Cruise along Sydney Harbour and see the iconic Sydney Opera House. Then discover the traditional Aboriginal legends surrounding Uluru, snorkel the Great Barrier Reef, and explore the colourful laneways and coffee shops of Melbourne.

Island Hopper: Tahiti, Moorea & Bora Bora

FIRST-CLASS | TAILOR-MADE: Enjoy the magical islands of Tahiti on this 10-day island hopping vacation. Splitting time between first-class resorts on Tahiti, Moorea, and Bora Bora, enjoy exquisite beach accommodation, jungle and lagoon excursions, access to sublime beaches and lagoons, and all Polynesian culture has to offer.

Cape & Kruger Escape

FIRST-CLASS | TAILOR-MADE: From the dramatic landscapes of the Western Cape to thrilling sightings of the Big Five, this 9-day trip to South Africa invites you to the wild side. Explore the history, beauty, and diversity of the Mother City, sip South Africa's best wines, and keep your eyes peeled for elephants, big cats, and more in Kruger National Park.

Costa Rica Signature with Airfare

DELUXE | TAILOR-MADE: Discover the *Pura Vida* lifestyle on this 8-day journey to Costa Rica. After getting a taste for the capital city, San Jose, buckle up and explore the rainforest of Arenal Volcano on hikes to waterfalls and canopy bridges and a river safari. Then connect to picturesque Manuel Antonio on the Pacific coastline to explore the verdant jungle and enjoy the pristine beaches.

Greece Deluxe

DELUXE | PRIVATE-GUIDED: Explore the collision of past and present on this 9-day journey across Greece. Gaze upon the iconic Acropolis and the ruins of ancient Greece in the capital Athens before you connect to the magical island of Santorini to stroll along the volcanic landscape dotted with white-washed homes. Cap off the vacation on Crete, where you'll feast on feta and olives in between tours of ancient palaces.



Classic Italian Highlights

FIRST-CLASS | TAILOR-MADE: The classic *la dolce vita* combo. Take in three of Italy's most enchanting cities over 8 days. Bask in the history of Rome with its ancient ruins and Vatican City. Sip Tuscan wines in between exploring the magnificent art and architecture of Florence. Finally, lose yourself in enchanting Venice, the city of canals.

Japan Zen & Wellness

FIRST-CLASS | PRIVATE-GUIDED: Explore Zen Buddhism and meditation on this 10-day journey to Japan. Visit Buddhist temples and learn about Zen traditions in historic Kyoto. Stay in a mountaintop monastery on Mount Koya. Soak in the views from the serenity of a Hakone onsen, before diving into the world's ultimate megacity for food and culture, Tokyo.

Incan Explorer

DELUXE | PRIVATE-GUIDED: Uncover the Inca's legacy on this 7-day tour of Peru. Fly from Lima to Cusco, the Sacred Valley, and peerless Machu Picchu for a glimpse of this powerful empire. Marvel at the engineering they used to master the beautiful Andes, and feast on traditional Peruvian and cutting-edge cuisine in one of the world's best culinary destinations.

Egypt Odyssey Special

FIRST-CLASS | SMALL GROUP: This 9-day classic tour of Egypt is an ideal introduction to its most popular sites. Start in Cairo, where the pyramids of Giza unlock the magnificence of Egypt's past. Connect south to Luxor to cruise the Nile and explore temples and tombs dotted along the river. After touring the Aswan High Dam, return to Cairo to stroll its medieval markets and places of worship.

Signature Maldives & Dubai with Airfare

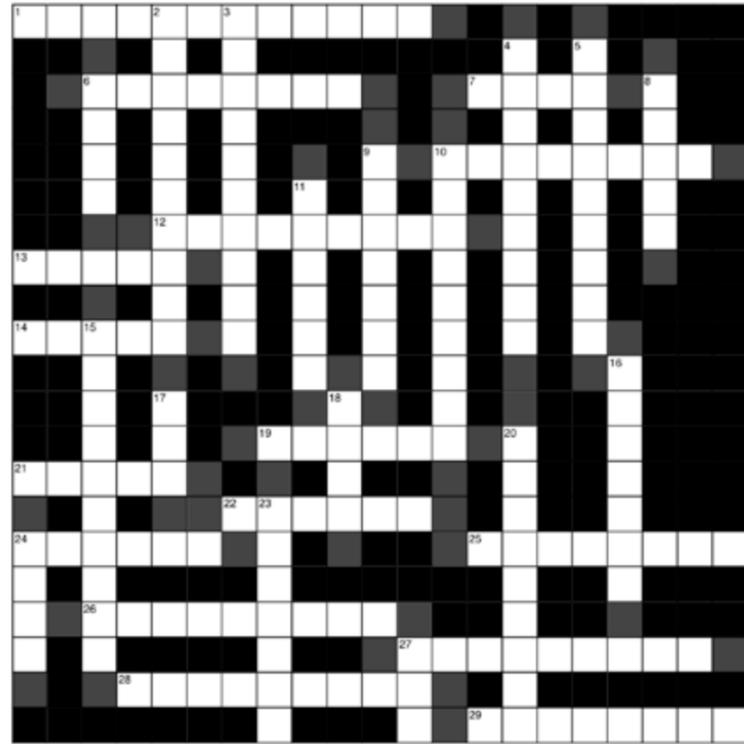
DELUXE | TAILOR-MADE: Enjoy the perfect shop-and-flop vacation on this 13-day vacation to Maldives and Dubai. Start in the futuristic city of Dubai, where you'll go on a shopping spree in the city's world-class malls and traditional souks in between visits to its architectural marvels. Then jet to the Maldives for a week of snorkelling and sunbathing at a 5-star private island resort, with the white sands and blue waters all to yourself.

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Games



ACROSS

1. Island where Shackleton sailed over 1,300km in an open ship's boat in order to arrange for his crew's rescue
6. Highway No. 1 in Iceland is known as the...
7. Miguel's journey to the land of the dead
10. Famous reef off Western Australia
12. This river runs through Istanbul
13. Formerly known as Ayers Rock
14. Maya ruins in Guatemala
19. Tel Aviv is known as the '----' of Israel?
21. The Burj Kalifa touches the sky in which city?
22. This region of India is famous for its waterways
24. A colourful bird from the tropics
25. Island nation consisting of over 1,200 islands in the Indian Ocean
26. Shackleton's sunken ship
27. Massive landscape in South America stretching across Argentina and Chile
28. UNESCO-listed colonial city in Guatemala
29. Napoleon prefers not to sing about it

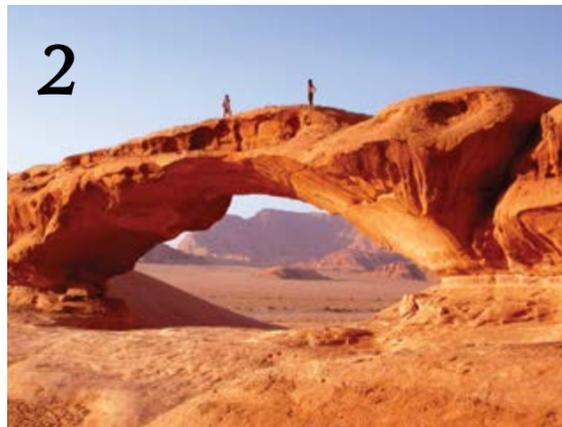
DOWN

2. First sailor to land on Antarctica in 1895
3. The world's biggest song competition
4. Common term for Australia
5. At the end of Petra, you reach the...
6. This national capital was founded in 753 BC
8. The first people of New Zealand
9. Wine valley in Australia's state of Victoria
10. Known as Music City
11. Thailand's best known island
15. Comes with beetroot and a fried egg
16. What animal is Australia's Phillip Island best known for?
17. Famous cat buried at the Hagia Sophia
18. Sweden's original musical superstars
20. Famous Kenyan safari game park
23. This movie doesn't talk about Bruno
24. Croatian site of an intact Roman Forum
27. Windswept Croatian island in the Adriatic Sea



Click here for digital version of the crossword.

Where In The World?



Answers: 1. Croatia, 2. Jordan, 3. Japan

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