

# Travel & Cruise



## Weekly



keep  
*dreaming...*



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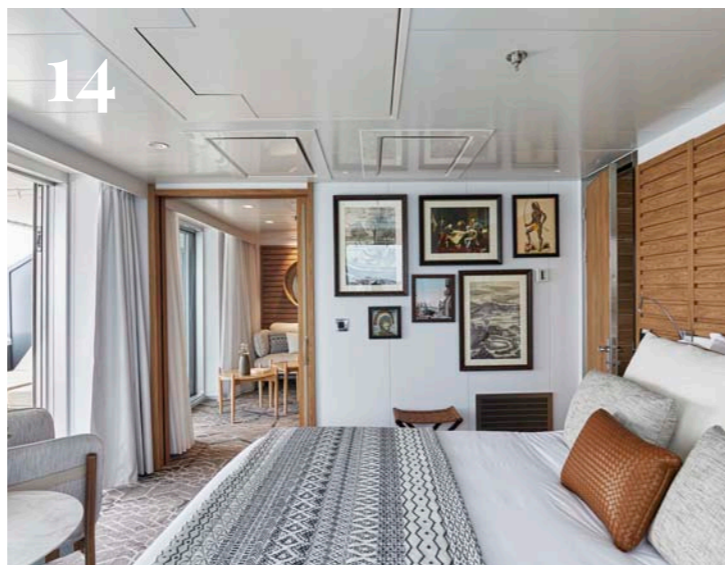
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## From the Publisher

Jenny Piper

For those of you who are just itching to get out and explore our world again, WARNING this week's issue is not going to help your frustration, but hopefully it will inspire you to start some planning for when we can spread our wings a little further. We take a look at Iceland – the land of 'fire and ice'. This is definitely a destination to put on your bucket list. The diversity of the landscape is something to be experienced, with active volcanoes - the source of hot springs, and the land scarred and shaped by previous eruptions, it really is a spectacular place. Having visited only briefly on a cruise, I would love to return and explore more.

If, like me, you love kayaking – then find out about four great Aussie destinations to do just that. There is nothing quite like being out on the water and seeing the aquatic and bird life up close, experiencing a bit of serenity or even doing a spot of fishing.

And in our regular features, for foodies, we give you all the background on 'Michelin star' restaurants – quite fascinating, plus news, cruise reviews, puzzles and more.

Hope you enjoy the read. And follow us on **Facebook** and **Instagram** (@travelcruiseweekly) for more inspiration between issues.

xx Jenny

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# Warrumbungle National Park, NSW

Famous for its wildlife and expansive views of volcanic landscapes, Warrumbungle National Park is also Australia's first Dark Sky Park. Located in central western NSW, the park offers incredible stargazing opportunities, along with one of the best walks in NSW, the Breadknife and Grand High Tops walk. With no light pollution at all, sleeping under the stars takes on a new meaning in this stunning destination.



©Destination NSW





# For foodies

## Who's in charge of the Michelin stars?

Tyres and guidebooks; most would think the subjects would have little in common, but not French brothers Andre and Edouard Michelin.

The founders of the southeastern French tyre company - which many have assumed only shares the same name as the guidebooks due to a coincidence - started the publications at the turn of the 19th century, when there were fewer than 3,000 cars on French roads.

To increase the demand for cars, and tyres accordingly, Andre and Edouard published their first Michelin guide, which included information such as tyre repair and replacement instructions, but also the country's mechanic listings, petrol stations, maps, and importantly, restaurants.

After the extraordinary amount of popularity of its first guide, Michelin subsequently introduced the concept to other countries, beginning with subsequent French-speaking countries such as Belgium, Algeria, and Tunisia.

After World War I, Michelin made several changes that recognised the growing popularity of its restaurant section, recruiting a team of anonymous inspectors to visit and review eateries. The Guide even began to award stars for fine dining establishments in 1926.

Restaurants were offered one star in recognition of being "a very good restaurant in its category"; those adorned with two stars were awarded for "excellent cooking", and establishments decorated with three stars

provided "exceptional cuisine, worth a special journey".

Today, the Guide has reviews of almost 16,000 restaurants in nearly 40 countries (unfortunately, Australia is not included).

Michelin goes to extraordinary lengths to maintain the anonymity of its inspectors, who are strongly discouraged from disclosing their line of work - even to the company's top executives, nor to their own parents!

A trailblazer in its field, Michelin last year introduced "green stars", symbolising excellence in ecological gastronomy - perhaps recognition from the French restaurant cognoscenti is what's required for people to take sustainability seriously!

After all, it was the Michelin brother's ingenuity to sell more tyres which has, more than 100 years later, created a worldwide gastronomic craze - the yearly release of the Michelin guide in its home country France, is set to create a circus of attention akin to the Oscars!



# In the News

## Flight frenzy in \$1.2b plan

The Federal Government last week launched what it is describing as a "flight path to recovery" for the Australian tourism industry, with 800,000 half-price airfares to key holiday spots across the country.

The initiative aims to particularly target regions hit hard by the ongoing closure of international borders, with Prime Minister Scott Morrison saying the package will "take more tourists to our hotels and cafes, taking tours and exploring our backyard".

Flights go on sale from the start of next month, and are also expected to be packaged

with accommodation by travel agents and tour operators to tap into the strong demand for a holiday.

Destinations targeted include Broome, the Gold Coast, Uluru, Alice Springs, Avalon, Burnie, Devonport, Cairns and Hamilton Island, with the Government also recently adding Darwin and Townsville to the list.

## Bubble plan for backlog

A proposed travel bubble with Singapore could be in place by the middle of the year, according to Tourism Minister Dan Tehan who has confirmed ongoing negotiations with

Singaporean authorities over mutual recognition of COVID-19 vaccinations.

The plan envisages quarantine-free travel between Australia and Singapore, as well as the possibility of Singapore becoming available as a quarantine hub for travellers from other parts of the world.

That would in turn free up capacity in Australia's quarantine hotel system which is currently blocking the return of an estimated 40,000 Aussies home.

Tehan has also flagged the possibility of New Zealand joining the Singapore-Australia bubble for a three-way arrangement - despite NZ still currently requiring quarantine for Australians.



# The land of ice and fire

Adam Bishop discovers the ancient volcanoes of Iceland.



*Left: Easily accessible by road, Eyjafjallajokull has become one of the more popular volcanoes to visit.*

*Top right: Askja volcano is home to one of the most impressive hot springs you'll ever see.*

*Bottom right: Head out to the Westman Islands to discover the history of the Eldfell volcano, and spot the curious puffin.*



Raw, dramatic, and beautiful is how most would describe this remote winter oasis. But despite its name, Iceland is also home to an abundance of active volcanoes that regularly spew lava and ash across its frosty landscape. The country is situated on a major tectonic boundary called the Mid-Atlantic Ridge, making it one of the world's foremost hot spots, and for many tourists the allure of exploring this kind of stark geodiversity is simply too fascinating to ignore.

Volcanic activity and countless eruptions over time have scarred, smothered, chipped away and hammered Iceland into shape, resulting in vast plains of black sand, austere horizon lines punctuated by jagged rock, and moss-coated lava that dominate much of the country's idiosyncratic topography.

Some rather daring travellers make their way to Iceland specifically to catch a glimpse of Mother Nature at her angriest, when one of the nation's more than 30 active volcanoes

vents its fury with a colourful display of hot lava flows and ash plumes, however most visitors are happy enough to simply traverse the many spectacular vistas and peaks on offer in every corner of the country during more dormant times, by-products of the violent seismic activity that rages below the surface. For those who have a natural anxiety about visiting a country with so many active hazards, confidence should be salvaged from the many volcanic monitoring

stations strategically positioned around the country, making the risk of finding yourself inadvertently in close proximity to a major eruption minimal.

Thanks to a recent eruption in 2010, Eyjafjallajokull (try not to sprain your tongue when pronouncing this one) has become one of the more popular volcanoes to visit among tour groups. The active peak located in the south of Iceland is tall and conical, with one hard layer of hardened lava and ash at the



top covered by 100m<sup>2</sup> of ice cap. Thankfully it is easily accessible by road and well worth the detour on your trip if passing through the Suourland region. The best place to start is the dedicated Eyjafjallajokull Visitor Centre which provides visitors with a history of the mountain and what life is like for locals who live in the shadow of such an active monolith. Here you will also find a volcano exhibition featuring stunning images and videos about the 2010 eruption and the challenges it posed at the time to local farmers. For those less interested in its history and more in grandeur, there is also the option of seeing this amazing ice-capped mountain from the air via special aviation tours operating out of Bakki Airport. From up high, travellers have the ultimate view of the mountain's impressive semi-open crater, as well as the breathtaking highlands of Landmannalaugar in the



*Clockwise from top: Driving through Landmannalaugar. A 4x4 tour is a great way to see Iceland's volcanoes up close.*

*Be sure to stop and take in the stunning views of Lake Myvatn.*

*The extinct volcano of Hverfjall is considered to be one of the best-preserved circular volcanoes in the world.*

*Skolaferdalag is just one of Iceland's many geothermal lakes. ©Visit Iceland*

Fjallabak Nature Reserve. Alternatively, tourists can get a little closer to the action by jumping on board the many 4x4 tours that run along Iceland's southern coast, with many leaving the capital Reykjavik and stopping off at must-see destinations along the way such as Eyjafjallajokull. The Jeeps are tailored to meet the demands of the rugged terrain, so although the ride can get a little bumpy at times, the safety records of these operators are exemplary. Drivers of these tours also offer expertise about the area's rich history, so feel free to ask plenty of questions. Above all, safety is key when visiting this peak, so make sure to consult with certified guides when visiting Eyjafjallajokull and keep up-to-date with all of the government advice when you're in town.

Another must-see attraction is the Askja volcano in Iceland's north, namely because it is home to one of the most impressive hot springs you are ever likely to set your eyes on. This volcano is the site of one of the country's most disastrous eruptions in 1875, a blast which was so severe, it led to the mass emigration of Icelanders to the United States and part of Europe and produced an ash cloud that blanketed parts of Norway, Sweden, Germany and Poland. These days however, the peak is much more subdued, with visitors flocking to the famous Viti geothermal lake which can be visited on tours departing from Akureyri and Myvatn in the northern summer.

For families wanting to explore Iceland's fiery ancient past, the best bet is to check out Hverfjall located alongside Lake Myvatn, a smaller extinct volcano with a crater only about 1km wide, making it less taxing to traverse than most. Its size means that families with young children are able to walk the rim of the cone in less than an hour and it is considered by geologists to be one of the best-preserved circular volcanoes in the world. Another advantage for travellers is the volcano's accessibility, with its positioning just off Route 1, complete with visitor parking at its foot.





# Four things

What is perhaps the best way to enjoy travelling without worrying about your proximity to other humans? Kayaking!



## Rottneest Island (Wadjemup), WA

Already a popular day trip from Perth, even if you've visited Rottneest Island (or Wadjemup) before, why not visit again, this time via kayak? With the rise of social distancing during the COVID-19 pandemic, there's a chance this practice becomes even more popular as the years go by. Located 18 kilometres off the coast of Fremantle, a kayak trip is a great way to start your day on this quokka haven, and has the added benefit of saving you a ferry fare.

## Southern Moreton Bay Islands, QLD

With many areas only accessible by kayak, the Southern Moreton Bay Islands offer a sanctuary of discovery away from the crowds, where you can weave in and out of a flotilla of shipwrecks, as well as local dolphins, and whales, depending on the time of year. The range of islands, both habited and uninhabited, lie between one and 10 kilometres off the coast off Redland City, meaning you can go to as much or as little effort as you want exploring before a short trip back to shore.

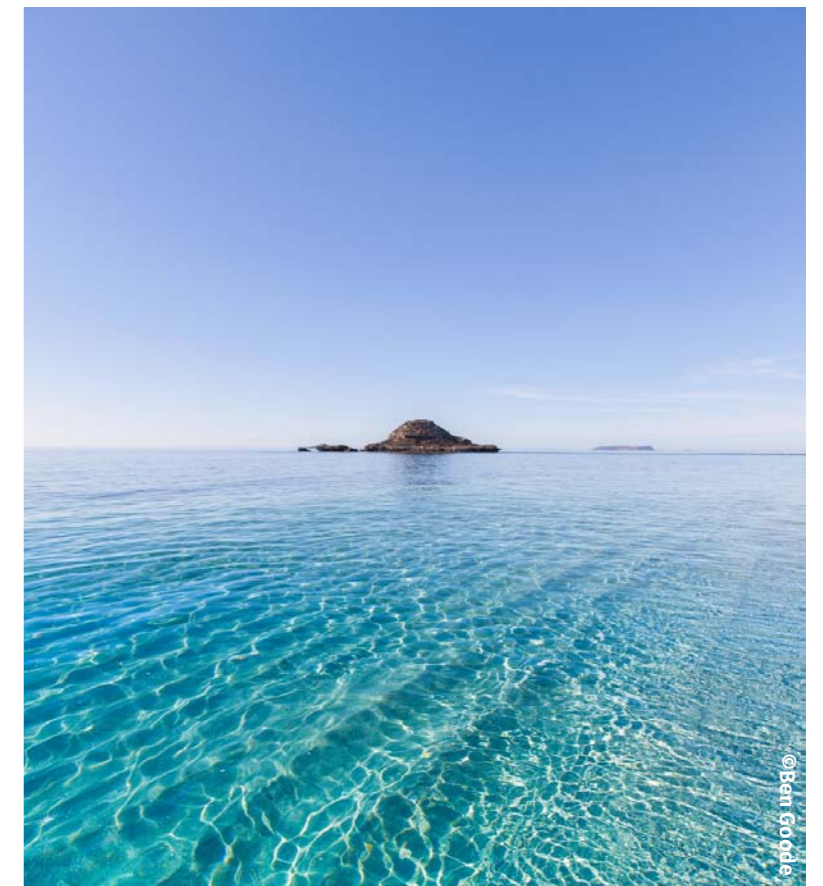


## Point Nepean National Park, VIC

Despite its reputation, Point Nepean National Park, and to a greater extent, the entire Rip, offers great kayaking trips for all experience levels. Extremely popular with Victorian kayakers, those who want to play it safe can start in the Park and head to Sorrento for some lunch, while more experienced kayakers can venture all the way around the opposite side of the Point to Cheviot Beach, the site from where Australia's 17th Prime Minister, Harold Holt, went missing.

## Dhilba Guuranda-Innes National Park, SA

Located at the southwestern tip of the Yorke Peninsula, Dhilba Guuranda-Innes National Park is a popular destination for other outdoor activities such as camping, bushwalking, fishing, surfing and scuba diving, and it was about time kayaking was added to that list also! At least four shipwrecks are located in and around this national park, making a great opportunity for kayak fishing, but if you prefer the pre-prepared type, navigate around to Marion Bay, where plenty of good eatin' awaits you.





# 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 Robyn and Murray Sinfield from Home Travel Company in Penguin, TAS.



## Ponant - *Le Laperouse*, New Zealand

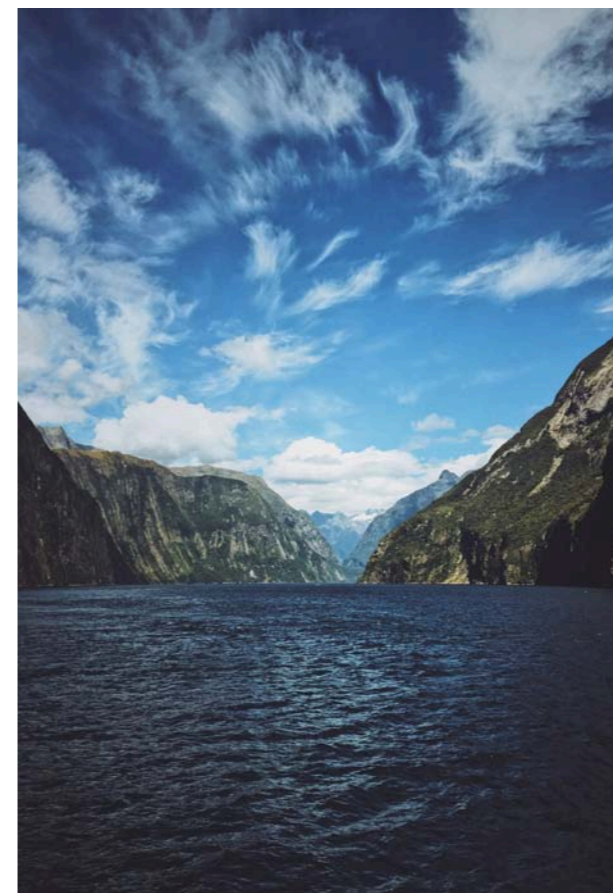


### The ship

Just 88 staterooms and 128m long, *Le Laperouse* was new. She had an intimacy about her, mainly due to her size, and she was beautifully appointed. The Underwater passenger lounge called Blue Eye is an interesting space, she has a moveable marina platform so access is easy, she carries a submersible mini port which is so good when it comes to the nautical activities included, such as kayaking, paddle boarding and more. The ship has a streamlined bow, and onboard an elegant French touch about her with discreet and soothing shades of taupe, grey, white and natural wood which is calming and inviting. She is luxury and expedition rolled into one, a place to call home in the remote parts of the world. She is yacht like, and has a gym, spa, heated saltwater pool and hair salon, so even though she is small she has all the facilities you may need.

### Dining

Ponant has a French flair, and food is from Ducasse Conseil, so whether you are having breakfast, a sun-kissed lunch by the pool or a delicious dinner in Nautilus, it will be gastronomic with paired wines by their expert Sommeliers.

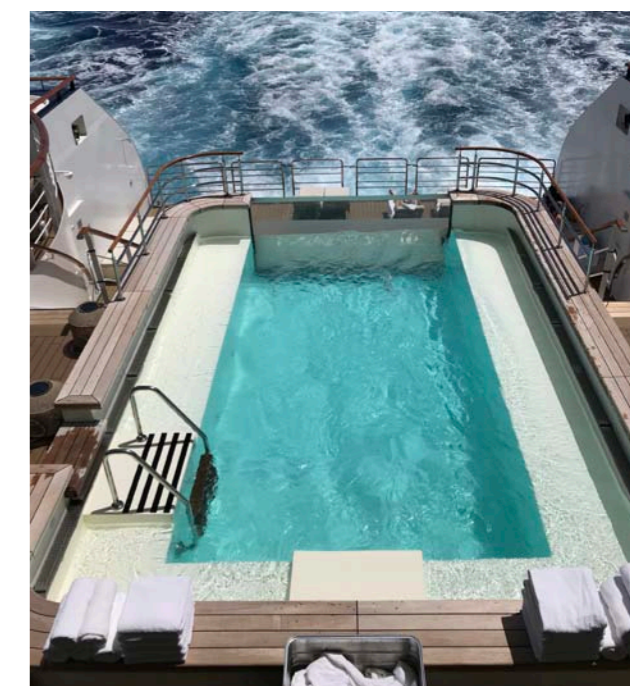


### Itinerary highlight

Our cruise was through New Zealand, and we all know the variety NZ offers. We believe Ponant comes into their own in places like the Kimberley, and is most famous for the Arctic and Antarctica. However, Ponant are putting a lot of effort into NZ, the South West Pacific and now they have purchased Paul Gauguin Cruises, they have their stronghold of Tahiti and French Polynesia.

### Top tip for clients

Don't be shy in letting your cruise advisor know if you are celebrating and travelling for a wedding anniversary, honeymoon, solo or with family and friends in a small group, as Ponant has special pricing and savings for all of these, just like they have benefits when you recommend your friends and family to Ponant. Ponant is also one of the few cruise lines who has Ponant Bonus, that is book early and you will save 30% and as the availability decreases the savings do to, -25%, -20%, -15%, -10%, -5% and for some full fare, itineraries like Iceland, get in quick as they are often full fare.





# Memorable Monaco

Monaco is more than a travel destination, it's the experience of a lifetime.



Internationally renowned for prestige and high-end tourism, Monaco offers visitors a world-class cultural scene, international events, a rich variety of gastronomy and vibrant nightlife scene, and much more.

Extraordinary experiences can be found all around in this sustainable destination. Whether you are travelling solo, as a couple, with friends or family, Monaco is the perfect destination for you.

Here are some of the reasons to visit Monaco.

## Unique history and culture

Visiting the Principality means exploring its historical heritage and treasures linked to the Grimaldi family dynasty. With an outstanding wealth of attractions, sites, museums and monuments, the diversity of places to visit reflects how important art, history and culture are in Monaco.

## Year-round events

Monaco holds more than 500 events of all kinds yearly. From the Monte-Carlo Ballet and the iconic Formula 1 Grand Prix to the most exciting shows and concerts.

## World-Class gastronomy

Home to the world's largest hotel wine cellar, country with the most Michelin stars per square meter in the world, and setting for Elsa- the first all-organic Michelin-starred restaurant, Monaco offers an exceptional culinary journey through incredible wine and dine experiences.

## Legendary hotels

In Monaco, hospitality is an art form. No matter what your preferred hotel style, the accommodation options offer outstanding service and personalised experiences for a delightful stay.

## Sustainable destination

Monaco's inspiring sustainability ethos, driven by its goal to be carbon neutral by 2050, is reflected in many facets of the Principality's tourism offering. From the freshest seafood at the oyster bar Les Perles de Monaco, to the local Condamine market, to the e-bikes or the innovative e-car sharing system Mobee, visitors can engage and contribute to responsible tourism activity.

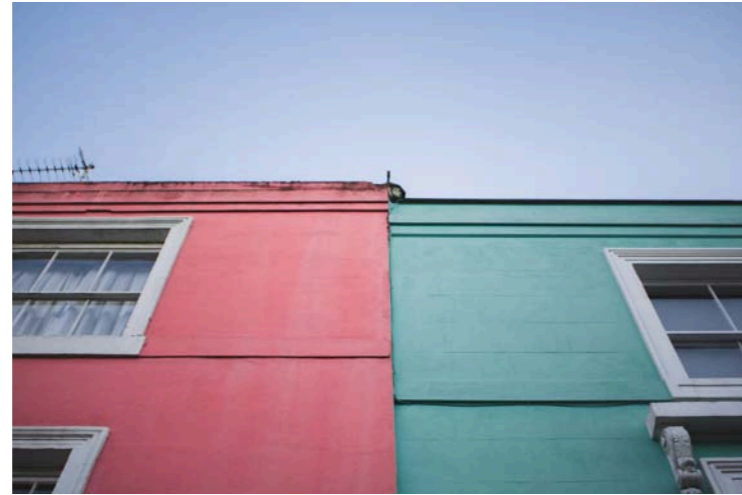


## Pub quiz

- Natura Artis Magistra is a zoo found in which European capital?
  - Amsterdam
  - Berlin
  - London
  - Budapest
- The capital of Slovakia, Bratislava, is the only national capital to directly border two other countries. What are they?
- Times Square is found at the junction of Broadway and which other thoroughfare?
- To the nearest 100 metres, for how many kilometres does the Las Vegas Strip stretch for?
- What is the largest city in the Russian Far East?
- Can you name London's four World Heritage Sites?
- What destination is known as "Jet City"?
- Vincent Thomas Bridge can be found in which city?
- Which was the last of the republics of the USSR to declare independence?
- King William Street runs through which Australian capital?

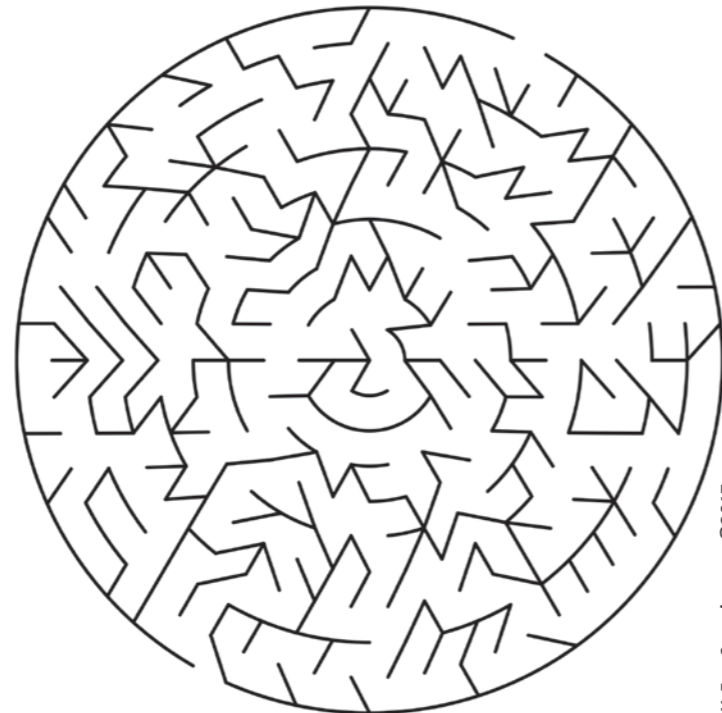
## Icon under a microscope

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? Coloured buildings are quite common in cities, but this area rose to fame due to its setting for a number of films. The houses are painted by homeowners and can be worth up to 20% more than regular-coloured ones, but you do have to put up with Instagrammers.



## 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

- What landmark bills itself as "the entertainment capital of LA"?
- From which country does the beer Heineken come?
- Which country's capital city is only 1km away from the border with Argentina?
- Approximately how many stations does New York City Subway have?
- New Century Global Centre in Chengdu, China, is the world's largest what?
- In which city could you find the tallest freestanding observation tower in the United States?
- Which city is set on the Shawmut Peninsula?
- Which destination is known as Africa's "Sin City"?
  - Johannesburg, South Africa
  - Tripoli, Libya
  - Marrakesh, Morocco
- Which is the largest hotel in the United States by rooms?
- The design of Chongqing Art Museum is said to be inspired by which Chinese invention?

## Sudoku

FIENDISH

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.

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

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

## Seen it at the movies



The natural beauty and thick jungles of Mexico are on full display in this eighties classic. Most of the film was shot in the jungles of Mismaloya, a perfect setting for a bunch of gnarly looking commandos to fend off a malevolent being from another world. Can you name the movie?



## 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 baseball stadium is sometimes known as “The Friendly Confines”, and is the oldest park used in the country’s national baseball league. It was designated a national historic landmark last year and is known for its ivy-covered brick outfield wall and hand-turned scoreboard. The field is also located in a residential neighbourhood and many people can buy tickets to sit on rooftops with a view of the stadium. Do you know the name of this stadium and where 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.

A	O	T
L	G	Y
H	N	O

**Good – 13 words**

**Very good – 20 words**

**Excellent – 26 words**

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

## Brazil word search

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

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

BRASILIA  
PORTUGUESE  
AMAZON  
ANACONDA

CAIMAN  
CHRISTREDEEMER  
RIODEJANIERO  
CARNIVAL

GAUCHO  
BOSSANOVA  
RAINFOREST  
BOLSONARO

SAOPAULO  
COFFEE  
IGUAZUFALLS

## Whose flag is this?

This country didn’t have any symbols of its own during rule over it by colonial powers.

The colonial administration developed a flag with a vertical tricolour of blue, yellow and green as a possible national flag, with the southern cross on the left and the bird-of-paradise on the right.

This flag wasn’t particularly exciting to the locals but a young student submitted the current design to the government and it was adopted in 1971. Do you know whose flag this is?





# Make it at home

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



## Chocolate Macarons

The French treat of macarons has risen in popularity over the last few years, and if you're missing being able to sample some on the streets of Paris, you can sate your appetite with this recipe from Viking Cruises. The filling of these is where you'll find the true chocolate indulgence.

### Ingredients

**MACARONS**  
¾ cup almond meal  
¾ cup icing/confectioners' sugar  
1 tbsp unsweetened cocoa  
2 large egg whites  
2 tbsp water  
¾ cup sugar  
**FILLING**  
¾ cup heavy cream  
200g dark chocolate (between 66% and 72% ideally), chopped  
50g unsalted butter, melted

### Method

Preheat oven to 170°C. Line a baking sheet with parchment paper. Place a damp kitchen towel on kitchen counter. Place almond meal, confectioners' sugar and cocoa in medium bowl, stirring to combine. Place 1 egg white in a medium bowl and beat with an electric mixer until firm, shiny peaks form. Spoon into almond mixture; gently fold to combine. Place remaining egg white in a clean medium bowl, beating until soft peaks form; set aside. Place water and sugar in a small saucepan over medium-low heat, stirring frequently until sugar has dissolved. Increase heat to medium and continue to boil until mixture reaches 120°C on a candy thermometer. Very gradually pour sugar syrup into egg white, constantly beating with an electric mixer until shiny peaks form. Fold into almond mixture. Spoon mixture into a large pastry bag fitted with a large round tip and squeeze out 24 disks about 5cm across onto parchment paper, leaving 2cm between each. Let stand at room temperature for 20 minutes, then bake for 12 minutes. Remove from oven and, leaving macarons on parchment paper, move paper on top of damp kitchen towel. Let cool to room temperature. Place cream in a small heavy saucepan over medium heat; cook until bubbles begin to appear around the edges. Remove from heat; add chocolate and butter, stirring until smooth. Let stand, stirring occasionally, until cool. To assemble, spoon a dollop of filling between two macarons, forming a sandwich.

## Puzzle answers

### Page 18

Pub quiz: 1 a) Amsterdam, 2 Austria and Hungary, 3 Seventh Avenue, 4 6.8 kilometres, 5 Vladivostok, 6 Greenwich, Kew Gardens, Tower of London and Westminster Abbey, 7 Seattle, 8 Los Angeles, 9 Kazakhstan, 10 Adelaide

Icon under a microscope: Notting Hill, London, United Kingdom

### Page 19

Pub quiz: 1 Universal Studios Hollywood, 2 Netherlands, 3 Paraguay, 4 Almost 500, 5 Building (by floor area), 6 Las Vegas, 7 Boston, 8 c) Marrakesh, Morocco, 9 MGM Grand Las Vegas, 10 Chopsticks

Seen it at the movies: Predator

Sudoku:

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

### Page 20

Where in the world: Wrigley Field, Chicago, Illinois, USA

Pick the nation: Japan

Unscramble: agony, along, ANTHOLOGY, galoot, gaol, ghat, gloat, gnat, goal, goat, goon, hang, lagoon, lang, logo, long, ology, tang, tangly, tango, tangy, thong, toga, tong, yang, yoga

### Page 21

Whose flag is this: Papua New Guinea



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your next dream holiday

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