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CONTRIBUTORS

We asked some of our contributors to tell us about one of the most romantic destinations they've ever visited.



DIANA BALLON

EXPLORING THE FINGER LAKES, PAGE 26

One of the most romantic places I've been to was a rustic but chic eco-boutique hotel my newlyminted husband and I discovered carved into the side of a cliff overlooking the Pacific Ocean in San Agustinillo, Mexico. It was secluded, with a pristine beach below and a dining area up above with a communal gathering area where people played guitar, sang songs and swapped stories while dinner was prepared.



REBECCA FIFI D JAGER

EXPERIENCE AUTHENTIC INDIGENOUS STORYTELLING IN WENDAKE, PAGE 35

One of the most romantic places I've ever been to is the Greek island, Santorini. The architecture is stunning with all of those whitewashed buildings and blue-domed churches baking in the sunshine, but also, there is something about being perched on a cliffside patio sipping wine that is as improbable as falling in love itself. Perhaps it's the imagined danger of falling, too that creates a thrill. What if the long-dormant volcano suddenly awakens causing me and my lover to

tumble into the glorious Aegean Sea? Of course, the odds are a bazillion to one against it, I'm sure, but risk and romance often go hand in hand.



SABRINA PIRILLO

TOP SIX STAMPEDE EATS, PAGE 30

When I was 14 years old I watched the movie Blue Crush and immediately fell in love with Hawaii. Everything seemed so connected--the people, the culture and a natural beauty I had never seen before. More than two decades later, I finally arrived at my destination. I watched sunsets that created a painted canvas that would make Van Gough blush with envy, I listened to the stillness of the waves crashing against the shore while Hawaiians shared stories about their land, I ate food that made my palate dance and I

explored every inch with admiration and respect. I experienced what it was like to find a great love, not in someone, but in something. Aloha aku no, aloha mai no in Hawaiian means, I give my love to you, you give your love to me. And that's exactly what Hawaii did.

Travel Life



COVER PHOTO:

Any trip to Paris-whether a whirlwind few days or a longer vacation-will always have a sense of romance no matter where you stay in this timeless and beautiful city.

Photo by Ekaterina Pokrovsky

EDITOR IN CHIEF

PUBLISHER/ Tammy Cecco

CONTRIBUTING EDITOR Jessica Padykula

DIGITAL CONTRIBUTING Nicola Brown

EDITOR

DESIGN DIRECTOR Joyce Padilla

DESIGN CONTRIBUTOR Mabel Manzano

PRODUCTION Gregory Alexander

CONTRIBUTORS Diana Ballon

lim Bamboulis Lynn Elmhirst Rebecca Field Jager Alison Kent Doug O'Neill Jessica Padykula Sabrina Pirillo Kim Pemberton Chris Ryall Diane Slawych

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ADVERTISING, marketing@travellife.ca

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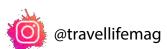
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Summer days AND ROMANCE IN THE AIR



There's just something about summer–I look forward to it with anticipation and excitement every year. Days are longer and warmer and the world seems to turn at a more relaxed pace, giving us all a little more time to enjoy what the season has to offer. And there always seems to be so much packed into this time of year, from weddings and pool parties, to road trips and cottage adventures.

I can't help but feel like this exciting flurry of activity; of hitting the road, embarking on a camping trip, or renting a cabin on the water somewhere-brings with it an element of romance. Whether that be romance with your partner, or just the sheer romance of adventure, it all creates the perfect inspiration for travelling. After all, travel in and of itself is inherently romantic-the newness, the discovery, the thrill of being somewhere new and knowing it's where you were meant to be, at least for a little while.

Maybe it's a glass of wine at a secluded patio table in a quiet neighbourhood in Paris with someone you love,

or a solo beach walk that lets you connect more deeply with yourself–romance is everywhere when you travel. It's something that keeps me continually craving deeper travel experiences, be it with my husband, my friends and family, or simply on my own.

With that in mind, this issue leans on those romantic vibes travel can exude in so many ways, starting with our top destination picks for every type of travelling couple, from history buffs to foodies. We also have a look at some of the traditional ways the lush islands of Tahiti put the focus on romance, as well as some totally unique ways to tie the knot in Las Vegas (hint: they are far from ordinary). If that weren't enough, another writer takes us through some uniquely romantic spa treatments and packages couples can check out across the globe.

If traditional romance isn't on your radar or you're more into the simplicity of celebrating summer with an unforgettable vacation, we have a lot of great seasonal content sure to inspire your next getaway. One of our writers details three city walks through London, England that capture some of the best the city has to offer–from rugged to cosmopolitan. Another writer shares her memorable experience with authentic Indigenous storytelling in Wendake, Quebec. And foodie travellers may want to take a look at Stampede Eats, which features some of the most unique midway offerings at the iconic Calgary festival, while Mindful Mixology dives into some healthier twists on traditional cocktails (think cold-pressed carrot juice and kombucha with your artisanal gin or vodka).

Whatever your plans this summer, here's to tapping into the romance of travel–no matter where your plans take you this season!

EDITOR IN CHIEF

Tammy Cecco

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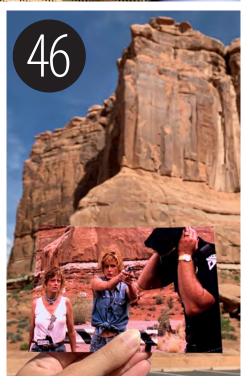












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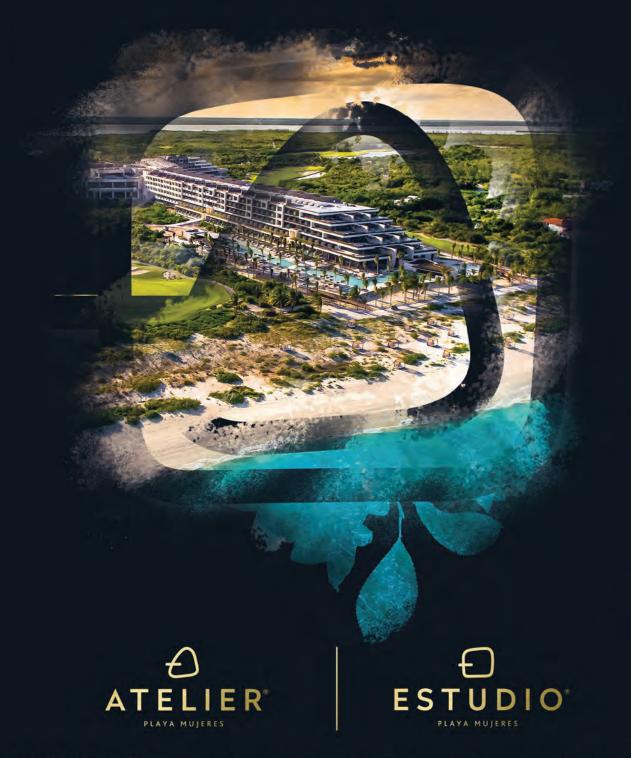
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UTAH IS A SPECIAL PLACE WHERE ARTISANAL TRADITIONALISTS AND CREATIVE VISIONARIES THRIVE TOGETHER



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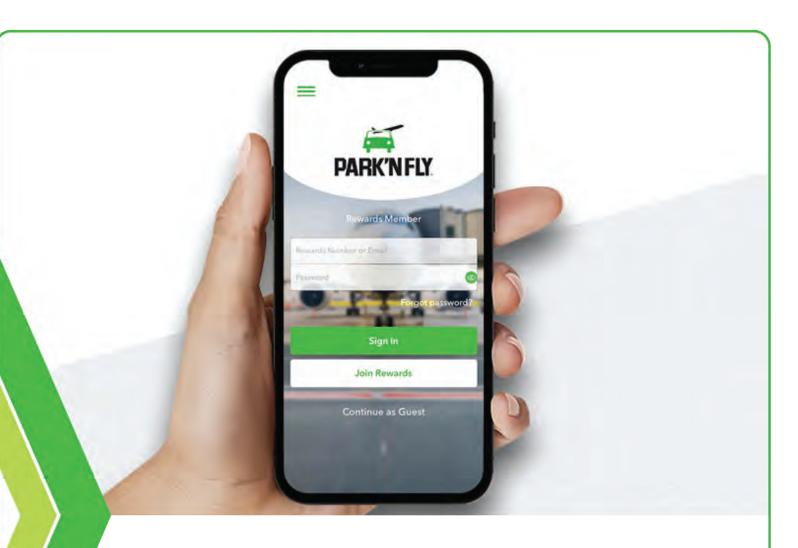
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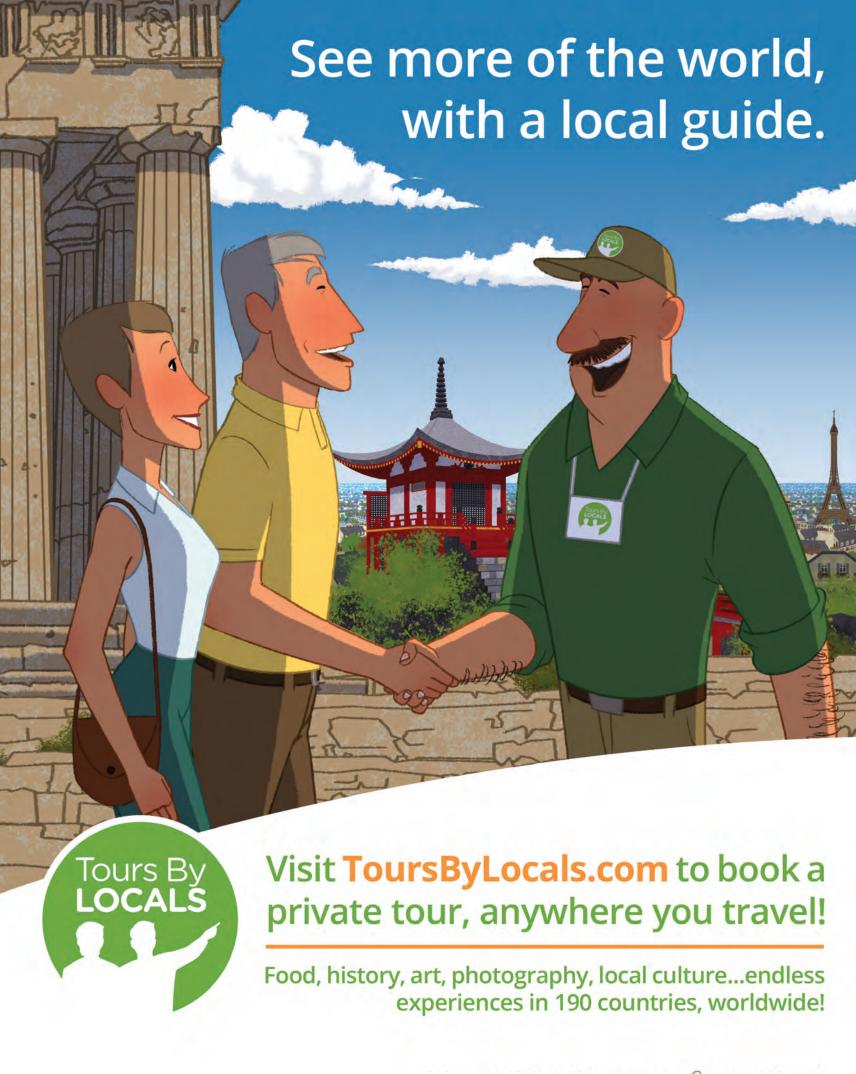














Banding romance in the



With 16 major islands to explore, The Bahamas easily offer something for every interest, but if it's romance you're looking for, it can be found in abundance. Hidden sandbars beckon, as do pink-hued beaches, secluded islands and endless hideaways. It's no surprise then, that The Bahamas is considered one of the world's most romantic destinations—and here are just a few ways to take advantage.



Get married on a Sandbay

There are countless memorable locales for a wedding in The Bahamas, whether an intimate affair or larger gathering. But getting married in a truly unforgettable fashion may be best done with a ceremony on a secret sandbar, surrounded by turquoise water. In fact, you'll feel like you're saying "I do" in the middle of the ocean. And the best part about a Bahamas wedding, no matter where you do it? You can tie the knot on one island-and honeymoon on another!

Enjoy a private dinner in a wine cellar at GVANCIFF

One of the most romantic dinner options in The Bahamas can be found at Graycliff Restaurant, the first five-star restaurant in the Caribbean. The menu here is a fusion of Bahamian specialties and European cuisine and more than earns its AAA 4-diamond rating. But the real showstopper is dinner for two in the private, world-renowned wine cellar (easily arranged on request and home to over 250,000 bottles).

Explore an underwater LNC

Adventure-leaning couples may want to think about a visit to The Exumas to check out Thunderball Grotto, a secret underwater cave system ripe with colourful marine life and vibrant coral reefs to explore together. Dive, snorkel or wade through the cave to experience some of the best natural beauty The Bahamas has to offer.





Escape to solitude on CAT ISland

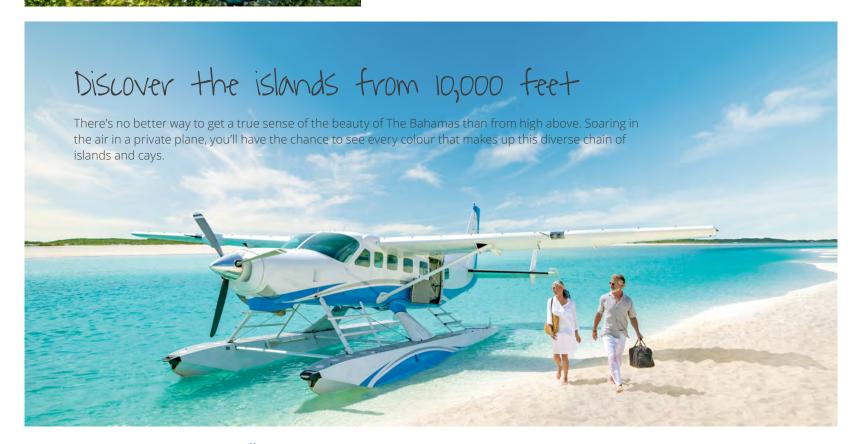
Boasting almost 13 kilometres of pink sand beaches and no large resorts, Cat Island is the ultimate romantic hideaway for seclusion-seeking couples. Dine at laidback beachside restaurants, hike Mount Alvernia (the highest point in The Bahamas), do some kiteboarding or diving and learn about Rake & Scrape, the Indigenous music of The Bahamas.

Find seclusion on Love Beach

Is there anything more romantic than a secluded beach? Though not far from downtown Nassau, Love Beach is decidedly laid back-and aptly named. The scenic stretch of soft sand is perfect for a sunrise or sunset stroll and also known for its snorkelling. When you're not soaking up the sun, Compass Point Beach Resort, just above the beach, is a great spot for a light lunch or romantic dinner.

Have an epic afternoon in a Blue hole

One of the most awe-inspiring things couples can do together is to experience one of The Bahamas' many blue holes. These otherworldly sinkholes are full of marine life and a must-see in the region. Andros, the largest island in The Bahamas, is home to more than 150 of them.



Picnic in the Versailles Gardens

A definite must-see for couples are the Versailles Gardens, located on Paradise Island at The Ocean Club, a Four Seasons Resort, Bahamas. The idyllic green space may not be as grand as the gardens at the Palace of Versailles in France, but the lush foliage and charmingly terraced gardens make the ideal backdrop for a romantic picnic.



A Destination For Every-Type of Couple

Boost your bond on the ideal vacation for two by tailoring your plans to shared interests

BY JESSICA PADYKULA

A vacation is something that defies being pigeonholed—the term means different things to different people and we all have various preferences when it comes to where and how to spend our time off, especially when it comes to travel. Couples trying to decide where to travel as a team have even more to consider and there is no one-size-fits-all answer. Since every couple has their own set of vacation goals-be it beach-hopping or spending as much time soaking up history as possible, the place should match the personalities involved. With that in mind, we've put together some worthwhile-and in some cases unexpected-destinations for several types of travelling couples.



HISTORY & CULTURE BUFFS:

Antigua, Guatemala

Any couple with even a passing interest in being surrounded by history or soaking up some serious culture will likely be intrigued by Antigua. Founded by Spanish conquistadors in the early 16th century, Antigua once served as the capital of Guatemala and offers a photogenic blend of colonial architecture, cobbled streets and a backdrop of towering volcanoes. The small, walkable city's collection of wellpreserved churches and ruins easily sate any craving for history. In addition, Antigua was declared a World Heritage Site by UNESCO in 1979. The laid back vibe here lends itself well to aimless meandering, letting the cobblestone streets gently guide your way. When you're not ogling historic churches, Antigua is filled with cute cafes and great bars and restaurants.

> **DON'T MISS:** If you have time, head to Lake Atitlan (about three hours from Antigua) for an overnight trip. The pretty lake region rivals Muskoka for outdoorsy vibes, especially in San Marcos.

BEACH-HOPPERS:

Curação

The Caribbean is never going to be a bad choice when it comes to beach-hopping, but if you're looking for variety, you may want to check out a few of Curacao's 35 stretches of postcard-perfect sand, suitable for everything from leisurely swims and secluded tanning sessions, to epic snorkel excursions. Playa Knip is one of the prettiest on offer and makes for a relaxing half-day. If you're looking for more action, Jan Thiel Beach is home to restaurants, shops, beach bars and a lively atmosphere.

DON'T MISS: No matter where you're based on the island, spend some time exploring the pedestrian-only cobbled streets and winding alleys of Curaçao's capital Willemstad, a UNESCO World Heritage City.









SECLUSION-SEEKERS:

Tapa'a, Tapiti

Any couple in search of near-total seclusion should look no further than Taha'a, a quiet gem in the South Pacific. With a population of just over 5,000 the flower-shaped island surrounded by tiny motus (islets) offers much in the way of solitude. And if your vision of a blissed-out paradise to (almost) call your own involves overwater accommodations, you're in luck-minus rows upon rows of resorts. Since the only way to get to Taha'a is by plane from nearby Raiatea, the number of places to stay here is relatively low, meaning more space to stretch out on the sand or watch abundant sea life swim by you. Le Taha'a by Pearl Resorts is ideal for seclusion-seeking couples who also want to enjoy lush surroundings, beautiful beaches and snorkel-worthy waters just steps away from where they're sleeping.

DON'T MISS: Taha'a is known as "Vanilla Island" and as such, there are many opportunities to tour a vanilla farm to gain insight into the seed-to-bean process of harvesting this highly-prized spice.

OUTDOOR ENTHUSIASTS:

Da Lat, Vietnam

Couples take note—Da Lat is known as a top destination among domestic honeymooners. Located in Vietnam's central highlands, here you'll find an abundance of outdoor-based activity. The mountainous resort town was at one time a summer getaway for the French (European-inspired architecture is everywhere, including a small replica Eiffel Tower) and now serves as the perfect jumping-off point for everything from mountain biking and hiking, to canyoning and waterfall-scouting. There are several tour companies in town to choose from, depending on your activity of choice. Couples may also want to add the vibrant Da Lat Flower Gardens and a pedalboat ride on scenic Xuan Huong Lake to their outdoor itinerary. And because it's over 1,000 metres above sea level, Da Lat is comfortably cool compared the rest of Vietnam.

DON'T MISS: The "Crazy House" is a must-see while in Da Lat. Designed by Dang Viet Nga, a Vietnamese architect, the surreal series of interconnected structures has a whimsical, maze-like quality-akin to something out of *Alice in Wonderland* crossed with a Dali painting.

ADVENTURERS:

South Africa

There's a reason South Africa winds up near the top of so many bucket lists—the diverse destination is a veritable one-stop-shop for everything from great food to epic safari excursions. It's also ground zero for many exciting adventures. For starters, adventurous couples can opt to summit Table Mountain via one of many trails, or if an extra dose on adrenalin is needed, Abseil Africa offers visitors a chance to hike up the mountain and then rappel down the side. Other options include cage diving with great white sharks near Cape Town, helicopter tours, undulating ATV rides through wineries, day and night wildlife safaris and hot air ballooning tours over Johannesburg.

DON'T MISS: Make sure to include the seaside city of Durban on your South African itinerary. Home to nearly six kilometres of golden beaches, this is also the spot to browse local markets and fill up on no-frills but delicious local dishes.

FOODIES:

Chiang Mai, Thailand

When you think of culinary travel, locales like Italy and France likely come to mind almost instantly (with good reason). But another option—and one you may not expect—is Chiang Mai, Thailand. The northern Thai city is ripe with opportunities to take cooking classes that range from three hours to multiple days. You'll get the rundown of local ingredients while browsing bustling markets and then cook up a storm of traditional specialities. Chiang Mai is also a mecca for street food fans while at the same time offering a varied mix of cuisines, from Indian to Italian. Base yourself in Nimmanhaemin (or "Nimman") for easy access to a robust selection of cafes, bistros, bars, restaurants and boutique hotels. Or settle someplace in the Old City for close proximity to quaint cafes, street food stalls and buzzing night markets.

DON'T MISS: Spend an afternoon (or full day) hanging out with rescued elephants at Elephant Nature Park. Hike with the gentle giants, hop in the water with them and enjoy a traditional Thai lunch along the way.



The lush islands of Tahiti offer couples an enticing array of romantic traditions and activities

BY CHRIS RYALL

Mention the word Tahiti and it immediately evokes images of crystal clear turquoise waters, swaying palm trees and amorous couples nestled in each other's arms relaxing in luxurious overwater bungalows.

French Polynesia consists of 118 islands and atolls, each with its own distinctive character, landscape and traditions. Romantic settings are abundant and diverse. Perhaps the island of Huahine, which can resemble a lush green blanket of verdant rainforest and kaleidoscope of colour is more your speed. Or for blue waters in multiple hues, the island of Bora Bora ranks at the top of the list for romantic destinations.

Visitors on a honeymoon, renewing vows or sharing an expression of love can dial up the romance while embracing a range of Tahitian traditions, from fertility dances and floral displays to island music dating back centuries. Hotels and wedding planning services will ensure any relationship will blossom.

Tahiti Traditions

The Intercontinental Bora Bora Resort & Thalasso Spa takes a vow to organize a truly romantic wedding ceremony encompassing many Tahitian traditions. Majestic Mount Otemanu, an iconic image of French Polynesia, provides a colourful backdrop. Exchange your vows on a secluded stretch of powdery white sand. No need for a limo. A fully decorated outrigger canoe will pick you up from your overwater villa and paddle you to the beach. The sound from conch shells will announce your arrival, while a Polynesian priest, dancers and musicians dressed in traditional outfits await. The bride and groom are draped in aromatic palm fronds. No need to bring the tux and dress.



The ceremony begins with a Polynesian priest unifying the couple with sacred words and special local touches that could include flower crowns, flower necklaces and pure lagoon water. Be baptized and given new Polynesian names and a wedding certificate on traditional tapa cloth. The fun continues with the tifaifai (Polynesian wedding quilt) symbolizing the new union, followed by spirited dancing and music played on instruments passed down through generations. Remember, if you're married or in any committed relationship and presented with a Tahitian flower, make sure to wear the flower behind the left ear–that means you are "taken." Doing it the other way is at your peril!



The Instruments of love and Music, Tahiti Style

Despite attempts by past missionaries to suppress Polynesian music and dance, it lives on today with its energetic, rhythmic and sensual sounds and dance movements. Unlike Hawaiian style hula dancing where arm movements are more predominant, traditional Tahitian dances are more about swivelling those hips. Elvis would be proud! The dances are expressions of Mana which can represent everything from power, authority, elegance, beauty and more depending on the context. It transcends everything and can be seducing and enchanting.

The combination of rhythmic dances, melodious voices and powerful beats emanating from pahu, (a drum with two skins), a vivo (nasal flute) and pu, (conch shells) create a memorable and mesmerizing ceremony.

No Tahitian ceremony would be complete without one of its richest resources—the coconut. A variety of interesting sounds can be produced by banging the coconut shells. Europeans and the first Protestant missionaries also influenced music and it merged into the himene, a cross between religious hymns and Tahitian chants.

Islands of Romance

Cultured pearls, vanilla and coconut products are major exports for Tahiti but you can add romance to that list. There are many ways to infuse romance into your trip besides an overwater bungalow. Embrace the culture, food, drink and beauty of Tahiti and its customs while adding spice to your love life. Here are just a few ways while vacationing in Tahiti.

- Indulge in a picnic on a secluded motu (small islet) off the island of Rangiroa.
- Hike Mount Temehani in Raiatea searching for the rare but beautiful tiare apetahi flower-a symbol of undying love in Tahitian folklore.
- Visit a pearl farm on the island of Taha'a and choose a Tahitian cultural pearl to always remember your Tahiti holiday.
- Take a tour then create your own skincare/massage oils you can bring home at the Laboratoire de Cosmétologie du Pacifique Sud.
- Hike or take an exhilarating ATV tour up Magic Mountain on Moorea with stunning views of the ocean and island below.
- Enjoy breakfast or dinner in your overwater bungalow delivered by an outrigger canoe in Bora Bora.
- Experience Tahitian culture together at Espace Loisirs Kultur (ELK), a cultural center on the island of Moorea, where you can participate in making Poisson Cru (Tahiti's national dish) and learning traditional dances and craft making.



- Tantalize your taste buds by indulging in distinctly Tahitian flavours of the land and sea with Tahiti Food Tours.
- Go on a leisurely cruise with Teahupoo Tahiti Surfari viewing one of the world's best surfing waves. Snorkel, swim in a cave, then finish off with a soothing couple's massage in a private lagoon and mangrove forest where you can make your own body scrub from native flowers.

With a bounty of options for romance, Tahiti has a soul, a culture and a feeling of mana– omnipotent and everlasting–perfect for couples looking to connect.

IF YOU GO

Start your romantic getaway with Air Tahiti Nui. The award-winning airline flies daily non-stop to Papeete from Los Angeles year-round. They are the only airline flying to Tahiti offering all-inclusive airfares, including everything from one free checked bag and Tahitian influenced meals and alcoholic beverages, to pillow, blanket and sanitary kit for all passengers.



Wild Ways To Tie The Knot IN VEGAS

Trade traditional for totally over-the-top with these unforgettable ways to say "I do" in Las Vegas

BY JESSICA PADYKULA

Las Vegas is known as the "Marriage Capital of the World." In fact, over 150 couples get married in the city every day according to Visit Las Vegas. While having a wedding in Sin City will always be a unique experience, there are more

than a few ways to kick your Vegas nuptials up a notch or two. From ceremonies performed at 550 feet to an Elvis-led soiree, it's easier than ever to pull off an unforgettable Las Vegas wedding.



Have an iconic Elvis ceremony

Despite some questions surrounding the longstanding Vegas tradition earlier in the year, you can still get married by Elvis, and according to recent news it seems like many chapels are working out licensing agreements to continue to use his likeness. Couples may want to tie the knot at Graceland Wedding Chapel, the oldest wedding chapel in Las Vegas and recognized as the first chapel in the world to conduct an Elvis themed wedding ceremony.

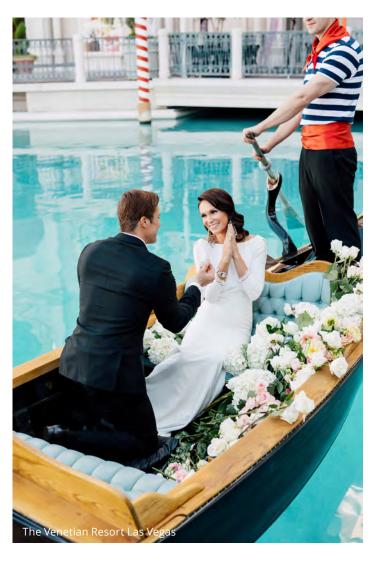
Tie the knot at the Mob Museum

Whether you've re-watched Married to the Mob and the Godfather trilogy several times, or you just want to get married in a totally unique venue, The Mob Museum in downtown Vegas could easily fit the bill. Say "I do" in the historic 1930s courtroom or have the events team plan a roaring 20s-themed wedding in the hidden VIP room, among other fun options.









Have a sky high wedding at The Strat

In addition to having a wedding on the High Roller, alter-bound couples can go even higher with a ceremony at Chapel in the Clouds at The STRAT Hotel, Casino & SkyPod-the only venue in Las Vegas located 800 feet high above the Las Vegas Valley (exceptional views included). Options include indoor and outdoor observation deck weddings and on-site planners are available to ensure a seamless ceremony.



Get married on a gondola

If a trip to Italy is out of the question for now, rest assured you can still say "I do" on a gondola, albeit a lot closer to home. The Venetian offers an idyllic reproduction of the canals of Venice, complete with arches, cobbled walkways and loads of charm. Choose from one of several scenic wedding locations for a European-inspired ceremony you won't soon forget.



Or the Neon Museum

The Neon Museum is another cultural space that makes for an eye-popping wedding venue in Las Vegas. Decades of the city's iconic neon signs are preserved here meaning that your backdrop will be more than photo-perfect. The museum's private North Gallery venue (with capacity for up to 50) means couples will be surrounded by vintage neon.

Say "I do" at 550 feet

The High Roller at The LINQ Promenade is known as the tallest observation wheel in North America-and what better venue for an awe-inspiring "I do?" Reaching heights of 550 feet for a one-of-a-kind wedding, the observation wheel offers several packages and various services for the 30-minute ceremony.







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RED LANE SPA, SANDALS GRANDE ANTIGUA

FOUR SEASONS RESORT MAUI AT WAILEA

Indulge in spa treatments inside the beautifully appointed spa or outside in an open-air hale (thatched treatment hut) with views of Wailea Beach and the Pacific Ocean. Feel a deep sense of relaxation with a traditional Hawaiian Lomi Mohola Massage, meant to be soothing as well as heart opening. Love the water but want privacy? Try the property's Serenity Pool After Hours package where you can reserve the adults-only pool, swim under the starry night sky and enjoy a private dinner together.

■ SENSE, A ROSEWOOD SPA AT BAHA MAR RESORT: NASSAU, BAHAMAS

As the old ad slogan goes, "It's better in the Bahamas." At Sense, a Rosewood Spa, couples can experience the 180-minute Escape Together spa package. In your private spa suite select from a menu of essential oils custom blended to symbolize your relationship. Your blend is mixed in with signature bush tea elements like mint, sage and fresh coconut to create a healing scrub and wrap. Lay back and enjoy a relaxing and restorative couple's massage.

■ 124 ON QUEEN HOTEL & SPA: NIAGARA-ON-THE-LAKE

Niagara-on-the-Lake's newest boutique inn combines many romantic elements in one visit. Experience the entire 12,000 square foot spa, complete the water circuit with jetted hot pool, warm pool, sensory shower, eucalyptus steam room, sauna and even a snow room-a first for the Niagara region. After the spa, a candlelit dinner awaits at the inn's farm-to-table restaurant, Treadwell while tasting Niagara's finest wines. Finish the night off holding hands while being entertained by one of the Shaw Festival Thetre's first-rate plays.

■ TEN SPA, THE FORT GARRY HOTEL: WINNIPEG, MANITOBA

The hottest and steamiest place in Canada is in Winnipeg. Experience an ancient cleansing and rejuvenating ritual at the Ten Spa, in Canada's only co-ed hamam (Turkish bath). Start your spa visit with mint tea and house-made Turkish delight in the lounge, then enter the hamam and give a gentle (or invigorating) salt scrub to one another. Lay side by side as a specially trained hamam therapist gives you a head-to-toe massage on a heated marble slab, then settle into the relaxation lounge. Book the hotel's Romance Package and continue with a bottle of sparkling wine, chocolate-covered strawberries and breakfast for two the next morning.

■ RED LANE SPA AT SANDALS RESORTS: ANTIGUA

Learn the 3 Rs at Red Lane Spa-reconnect, relax and rejuvenate. Start with the Love & Trust Massage Tutorial wherein a Red Lane therapist will teach you and your partner calming massage techniques you can use to massage each other. Or try the Scents of Love Couples Massage where a therapist guides you through a romantic candle lighting and warm massage oil ritual based on your chosen sensory experience. In addition, the Neroli Jasmine Candle Massage combines the seductive aromas of neroli and soothing warm water sensations to heighten the levels of romance. Following your treatment, you are given a massage oil candle to continue the ritual at home

■ SERENITY SPA AT PEEK'N PEAK RESORT: CLYMER, NEW YORK

Take a peek at the spa menu at this resort and you will find a variety of couples' spa treatments. Why not try a Couples' Clay Body Mask Ritual? Apply a detoxifying red kaolin clay body mask to one

another with a hint of peppermint, followed by a slate stone shower and the chance to snuggle up by the fireplace afterwards. Or try the Couple's Shower Refresher which includes an invigorating peppermint body scrub you apply to each other and rinse off in a shower built for two. Cozy up and treat your taste buds to a glass of wine post-treatment. A variety of hot stone, deep tissue and Swedish massages side-by-side are also available.



PEEK N PEAK RESORT



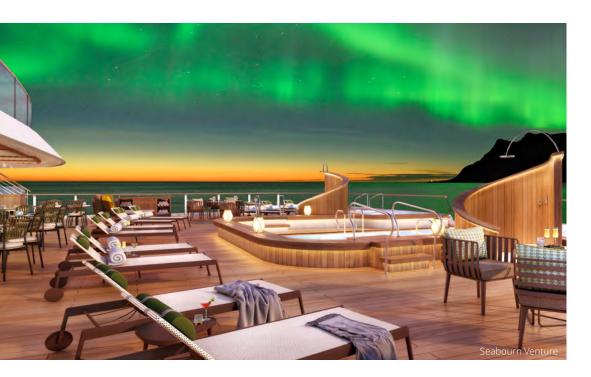
BAHA MAR RESORT BAHAMAS



YOU, ME, AND THE SEA The Most Romantic Cruises

Couples can enjoy quality time together on the water aboard unique cruises that set the stage for romance

BY LYNN ELMHIRST. HOST OF WORLD'S GREATEST CRUISES ON PBS



WONDER AT THE NORTHERN LIGHTS ON A SEABOURN EXPEDITION CRUISE

Who said it had to be hot for your relationship to get steamy? Instead of gazing in awe at a tropical sunset, imagine the wonder of an evening on deck cuddled up with your beloved, viewing the magic of the Northern Lights. That's the experience couples will enjoy during Seabourn Venture's inaugural season of Iceland cruises, along with icebergs, glaciers, relaxing in outdoor hot springs bubbling up from a volcanic landscape and captivating Nordic scenery. Luxury cruise line Seabourn is launching its first expedition ship in 2022. The Venture has an ice-class hull and is equipped to explore the most remote and secluded corners of the earth, making it tailor-made for couples who want to focus on each other. Guests on board can expect an intimate atmosphere (only about 250 guests) and days exploring new horizons together and being pampered by the ship's crew that pride themselves on anticipating every guest's needs or desires-even before they do!

Cruising may be the most romantic way to travel. Imagine the sea breezes caressing you as you gaze into the sunset, one arm around your sweetheart, the other hand holding a glass of wine, to the gentle soundtrack of waves on the hull as you sail towards a new port of call and new adventures.

It's the ultimate escape, on board your ship, cocooned in luxury, away from a busy world and our over-scheduled lives. These cruises in particular set the stage for romance.

ESCAPE TO TAHITI AND THE SOUTH SEAS ON WINDSTAR

Tahiti. Bora Bora. Moorea. Just the names of these destinations conjure up dreams of a remote, tropical island paradise in the South Seas. But a trip to French Polynesia is even more off-the-charts romantic on a Windstar cruise by breathtaking sailing ship. This one-of-a-kind cruise delivers not only saturated tropical hues, rainforestcovered peaks, deserted beaches and lagoons caressed by warm breezes-but also the evocative flapping of canvas sails above a pristine white cruise ship as you island-hop from one jewel of a Polynesian island to another. Swimming and snorkelling in crystal-clear waters, experiencing local culture and cuisine from tikis to tiare flowers, pearls to vanilla, in this remote paradise, you'll rediscover why your own match was made in heaven.









Bordeaux is the capital of one of the finest historic wine regions in the world, with three picturesque rivers running through it. A river cruise in Bordeaux brings wine lovers into the heart of a world of famous French wines and chateaux, grands crus, towns and viticulture legends like Medoc, Chateau Margaux, Saint-Emilion and Cadillac. Uniworld's river cruise ship is designed as a floating boutique hotel reflecting local French design and materials. Beginning in the grand city of Bordeaux with its magnificent 18th century cityscape, guests sail along the region's three storied rivers into fabled towns, vineyards and chateaux that hug the riverbanks and gave birth to the legendary wines of Bordeaux. The cruise line's local connections give you access and even tastings in wine estates not open to the public, and with your ship awaiting, you never need toss a coin about who gets to sip, and who drives. Epic French landscapes, vineyards and wines? The local oysters served on board are just icing on your romance cake.





Your usual date night might be dinner and a movie, but you take that homey concept to stratospheric romantic levels by moving it under the stars on a Princess Cruise anywhere its ships sail in the world, from the Caribbean to the Mediterranean to exotic destinations beyond. Your ship's open-air, poolside amphitheatre morphs into an evening venue for viewing films under the star-bedazzled skies at sea. There, 'date night' takes on new proportions under a cozy blanket in a poolside lounger, holding hands and sharing popcorn. Or up the ante and book a Sky Suite on one of Princess Cruises' newest ships. Sky Suites give guests a 270degree view from the very top of the ship-including a private view of evening "Movies Under the Stars" from what Princess Cruises says are the largest balconies at sea. You can even order a private dinner to be catered on your balcony for movie time-now that's a date night to remember!





Buttonwood Reef villa in Jamaica-the Perfect Place to Gather Settling on the perfect location for a destination event-whether a casual family gathering or beachfront wedding-can be stressful. This is especially the case if you're planning a more intimate affair, when privacy is a requirementalong with the requisite showstopping scenery. Both of these criteria are easily attainable at Buttonwood Reef villa in Ocho Rios, Jamaica. The luxury six-bedroom villa perched on the ocean's edge features ample outdoor space for everyone to enjoy the lush surroundings and many activities on offer. Soak up the stunning 180-degree views of the coastal landscape from the infinity pool, and if you end up needing more space, the adjacent Sea Biscuit cottage is a convenient and equally gorgeous option for additional guests.

ON OUR RADAR JAMAICA



■ The Almond Tree terrace with barbecue is a shaded terrace overlooking the sandy beach area to the east. A lower terrace with sun loungers, a 3-pin putting green and numerous other quiet areas for peace and tranquillity are available to guests.



All of the 'Modern-Chic' bedroom suites boast ocean views with your very own private balcony.









fter almost no international travel since the pandemic hit in March 2020, I was overjoyed to discover that passing through the Canada-US border at the Peace Bridge en route to the Finger Lakes was a breeze.

Despite the mental block you might have to going for a "quick weekend away" to another country, the Finger Lakes in western and central New York State are a cinch to get to, particularly for Torontonians.

Within a few hours' drive, you can be transported to luxury wellness retreats with lakeside accommodations and spas; more than 100 distilleries, breweries and wineries; and elevated farm-to-table dining overlooking rolling farmland and vineyards.

Here are some highlights:

Accommodations and spa

Two exceptional wellness destinations are the Inns of Aurora on 350 acres of farmland on the shores of Cayuga Lake, and—an hour away—The Lake House on Canandaigua on, you guessed it, Canandaigua Lake.

The Inns of Aurora consist of five historic mansions from the 19th century, each with between seven and 11 guestrooms, majestic parlours and original artwork. Some come with dining rooms sporting three sets of china (in case people want a catered meal) and many complimentary add-onslike a light breakfast you can help yourself to in the morning, wine and cheese before dinner and s'mores in the evening at the firepit outside. An innkeeper acts as in-house concierge, creating a convivial atmosphere and ensuring guests have access to whatever they need.

Their spa, which opened in 2021, is a 21,000-square foot space of splendor, with hydrotherapy circuits, sauna and steam rooms, a café with light bites throughout the day, extensive Ayurvedic treatments and many quiet places to relax and unwind.

The Lake House on Canandaigua is another great spot for a luxurious wellness escape, albeit with a completely different feel: think bright and modern versus historic mansion. Their lakeside pool and hot tub feel decadent, while signature spa treatments, like their barrel sauna ritual, are fun and unique. We spritzed with eucalyptus and rosemary during our schvitz, applied a pink rosé honey mask to the face and chest and cooled ourselves down with a chilled towel and cold shower between sits, while gazing out at the lake.

Both of these accommodations boast excellent calendars of daily activities—with everything from yoga to innovative classes like whiskey and woodburning art at the Lake House and essential oil blending and tea blending at the Inns of Aurora. Each destination also provides complimentary access to bikes.





Wine

The Finger Lakes region boasts more than 120 wineries, distilleries and breweries, and is responsible for putting New York State on the wine map! While cold-climate Riesling and Cabernet Franc are the most popular grapes used, you will also find some excellent Chardonnay and red varietals like Pinot Noir and Merlot.

Seneca Lake has the largest Finger Lakes wine trail, with more than half of the region's wineries, although wineries are scattered throughout the region. Dr. Konstantin Frank Winery near Hammondsport, N.Y is one of the oldest wineries in the Finger Lakes. Heart & Hands on the eastern shore of Cayuga Lake has a small but mighty 2,000-case production. Hermann J. Wiemer Vineyard is another pioneer of winemaking and viticulture in the region. And the Finger Lakes Wine Center at Sonnenberg Gardens & Mansion Historic Park is a great place to sample wines from more than 40 New York State wineries.

Food scene

Don't underestimate the booming food scene in this predominantly rural region where farm-to-table dining isn't difficult to find. The region includes Rochester, Syracuse and Ithaca, along with many quaint villages such as Penn Yan and Hammondsport, Naples and Aurora-with farmers' markets, elevated cuisine and some great local finds.

Some serious highlights on the culinary scene are the rustic seasonal menu at Rose Tavern and the more casual Sand Barboth at the Lake House on Canandaigua; as well as NY Kitchen next door, which also has a classroom kitchen offering cooking classes! Also noteworthy is F.L.X. Table, which has one set prix fixe menu and F.L.X. Frv Bird—both in Geneva. For serious vegetarians, visit the iconic Moosewood Restaurant in Ithaca: I am committed to my dog-eared Moosewood cookbook, and am determined to dine here when I next get a chance.





MINDFUL MIXOLOGY

Better-for-you beverages served shaken or stirred

BY ALISON KENT



If the COVID-19 pandemic has had any redeeming factors, perhaps it would be that it has contributed to a surge in people thinking more about their personal wellbeing than ever before. This, in turn, has prompted a reassessment of daily routines and a shift toward a more active and healthful approach to food and drink selections.

Enter, functional cocktails. These better-for-you beverages may help prevent or deter certain conditions. It's thought that these beverages with benefits may contribute, in part, to supporting and maintaining certain body functions due to their active ingredients. Think turmeric, kombucha, matcha, apple cider vinegar, ginger and carrot juice (to name a few). Meanwhile, a few factors addressed may include boosting mental performance and enhancing immune system function.

For instance, take coconut water-a natural, electrolyte-filled drink that aids in hydration without the added sugars, colours and flavours found in many bottled sports drinks. It's also high in potassium and low in calories. Serve it chilled over ice in a tall glass stirred with a shot of vodka, along with orange and cucumber slices, and you've got yourself a refreshing cocktail with functional benefits. Reduce the alcohol to half an ounce? Even better. Replace the vodka with a non-alcoholic spirit such as herbaceous Seedlip Garden 108? Better still. Watch for cocktail mixers with the addition of collagen, extra protein, vegetable juices and even vitamins or minerals-all are growing areas of interest.

Many of us were already enthused about such drinks, and the pandemic has only served to strengthen this demand, as seen on an ever-growing number of cocktail menus, in take-home cocktail kits and on supermarket shelves.

Specializing in authentic Nikkei cuisine, Toronto's Chotto Matte features more than merely exceptional Japanese-Peruvian food. Their innovative cocktail offerings include such fan favourites as the Nikkei Negroni–a twist on the classic Negroni with the addition of green tea and the juice of ají amarillo (a Peruvian yellow chili pepper).

Why Honest Cocktails? Founder, Andrew Fletcher, explains. "Honest Cocktails was born [from] a lack of focus on the benefits of wholesome, organic produce as the base of menu ideation. Bringing cold-pressed juice to our cocktails allows us to offer something new, nutritious and health-focused." Their deliciously popular The Doctor's Orders cocktail kit includes cold-pressed carrot, orange, lime and ginger juices, along with gin and zingy ginger syrup. Blended, shaken, poured over ice and garnished with dehydrated orange wheels and ginger candy, this is one fetching refresher, and is a functional cocktail with benefits galore.



GARDEN BOOCH

Makes: 1 non-alcoholic cocktail

This fizzy beverage's benefits are thanks in part to its fruity kombucha mixer. It's refreshing, alcohol-free and flavour filled.

- 1-1/2 oz Seedlip Garden 108
- 5 oz passion fruit kombucha (or another favourite kombucha), chilled
- · Mint sprig

Stir Seedlip and kombucha over ice. Garnish with a mint sprig and enjoy.

Top Six Stampede **Eats**

The Calgary Stampede is back with another year of new midway food offerings ranging from twists on old favourites to unique, bold additions

BY SABRINA PIRILLO

Billed as 'The Greatest Outdoor Show on Earth,' the Calgary Stampede will celebrate 110 years in July (8 to 17), and it is once again bringing an array of one-of-a-kind midway food items designed to make your tastebuds dance. From elevating old favourites like the Chili Cheeseburger Onion to adding the accompaniments of crickets or meal worms to a hotdog, there are plenty of jaw-dropping, tempting and delectable Stampede eats to feast on. To help narrow down the list, here are our top six must-try midway food items.











UNAGI SUSHI TACO

Remember the episode from the beloved TV show Friends entitled, The One with Unagi? Any fan will remember that Ross referred to unagi as a state of total awareness. To the rest of us, it is freshwater eel. You will be in a state of total happiness when you try this BBQ unagi with sushi rice, crab meat mix and julienned cucumber served in a tempura nori taco shell and finished off with a signature BBQ eel sauce. This one is for you, Ross!

FIND IT AT HAPPY FISH.

LEMON MERINGUE LYCHEE LEMONADE

First off, try saying that three times fast! Second, when life hands you lemons, meringue and lychee, make lemonade! Liquid dessert lovers will savour this popular pie packed into a cup made with fresh pressed lemons, lychee and lychee popping pearls of tapioca all served under a velvety, creamy foam and lemon sanding sugar. The ideal choice for anyone looking to satisfy their sweet tooth on a sizzling summer day!

FIND IT AT FAMILY SQUEEZED LEMONADE.

JALAPENO CHEESY CAULIFLOWER BITES

Mom always said to eat your vegetables, and if she had made cauliflower this way, we might have eaten it by the handfuls instead of stuffing it into a napkin and feeding it to the dog. This time, you will be coming back for seconds when you try these delectable bites of fried cauliflower drenched in jalapeno cheese sauce and topped with toasted sesame seeds. Simply choose a house-aioli dip and get snacking. Hey ma, take note.

FIND IT AT MR. VEGETABLE.

CHILE LIME POPCORN SHRIMP

These little pieces of heaven are elevated with fixings that make them a standout snack that's also packed with flavour. Tender shrimp are fried until golden and topped with sautéed onions, sliced cucumbers and green onions before being drizzled with sweet chili sauce and sriracha mayo. The crispy shrimp are then finished off with lime and sour cream. And if that weren't enough, the whole thing is served on a bed of mini perogies making for a must-try treat.

FIND IT AT INTERNATIONAL PEROGIES.

KRAFT DINNER SOFT SERVE

Being a kid and coming home from school to smell the sweet, sweet aroma of mac and cheese cooking on the stove made every kid yell, Whoo hoo! We are having KD for dinner! That staple, signature dish that brings back memories of childhood innocence is back, this time in a much cooler format. This year, the traditional taste of macaroni and cheese is being served not on a plate, but as a refreshing summer treat-soft serve ice cream.

FIND IT AT SUMMERLAND SOFT SERVE.

GLAZED DONUT GRILLED CHEESE

Need we say more? This just screams gluttony. Treat yourself to something that combines both savoury and sweet flavours and takes it to a euphoric level of foodie goodness. This treat features a blend of four melted, gooey cheeses wedged between a freshly baked glazed donut. In case that wasn't enough to send your palate shooting off into a thousand different directions, you can also add a protein to make sure your tastebuds have reached their highest level of satisfaction.

FIND IT AT MELT TOWN GRILLED CHEESE.



VENTUS HA, 10
AT MARINA EL CID

Spa & Beach Resort | Cancún Riviera Maya



A quick side trip to explore this scenic South Carolina city turns out to be a solid travel decision

Charleston WITHOUT A MAP



We landed in Myrtle Beach for a five-day vacation with nothing but relaxation in mind. The only plan was to take in the sun and sand and enjoy some of the many seafood eateries along the way.

That was the plan. That was before I started leafing through the South Carolina travel brochures I picked up at the tourist office on arrival. When I turn to the photos of Charleston, with its historic mansions, beautiful blossoms and charming streets, I am determined to visit. But first I have to convince my friend who is the designated driver.

"Look at this," I say, excitedly handing her an open page with the most flattering images. "it's only a two-hour drive away," I add. Luckily my friend is easy going and doesn't need much convincing.

And that's how we ended up in one of the prettiest cities in the U.S. the next morning.

Diving history & PHOTO-OPS EVERYWHERE

We decide to take a walking tour to get oriented. But I'm so enamored by the beauty all around me I'm barely paying attention to the guide. It's a joy strolling the cobblestone streets lined with stately oak trees: where azaleas, camellias and wisteria spill out from private gardens and fragrant jasmine flowers scent the air. The mansions are so well preserved and their elaborate wrought iron gates are nearly all photo-worthy.

And yet there is so much to do. Within one particular mile alone are no fewer than 15 museums and historic sites, eight other points of interest and 12 places of worship. At St. Michael's Episcopal Church, Charleston's oldest church, George Washington sat in one of the cedar box pews in

There's history at every turn, from the graveyard on Meeting Street with headstones dating to the 1690s, to the old jail, which resembles a castle and is said to be the most haunted building in Charleston.

One of our last stops on the tour is "Rainbow Row,"

WORDS & PHOTOS BY DIANE SLAWYCH



which refers to a dozen brightly painted historic homes along The Battery's East Bay Street. There's a wooden boardwalk along the waterfront here which is another pleasant way to spend some time.

Inside **CHARLESTON**

Charleston has no shortage of beautiful interiors either. One of the most spectacular staircases you'll ever see is the free-standing, three-story spiral beauty inside the Nathaniel Russell House. It's one of six historic house museums dating from the 1800s you can visit in Charleston. There's also the Aiken-Rhett House which contains an art gallery, and the Calhoun Mansion, probably the most impressive of all. The Italianate home is crammed with antiques and art, and also boasts stunning formal gardens.

DISCOVERIES CHARLESTON

Little did we know, stopping for lunch would require getting acquainted with a new culinary vocabulary. I know I like shrimp and grits—a staple in the south—but she-crab soup? Unclear. It turns out, it's a thick hot bisque of cream, crab meat, roe and sherry. The Lowcountry Boil on the other hand, is a hearty dish of corn, shrimp, sausage and potatoes. The city is also known for its plentiful seafood, oysters and those aforementioned grits that grace so many menus. Get them in a variety of ways, from humble to fine dining-forward.





Basking IN BASKETRY

One place to shop local is at the Charleston City Market. The Market Hall and sheds, in operation since the 1800s, are a National Historic Landmark and the place to find restaurants, clothing, crafts and souvenirs.

For something truly local, look for the Certified Authentic Handmade in Charleston seal, which means a product is 100 per cent locally made. Of particular note are the coiled Sweetgrass Baskets made by Gullah artisans-a tradition dating back to the 17th century. Originally used as winnowing fans to separate the rice seed from its chaff, they're now admired for their artistry.

Charleston is not the kind of place for which a map is essential, especially not downtown. There's usually something of interest on every street and it's nice to be surprised by what you find.

While I'm glad we made the side trip to Charleston, I also lament not having time to enjoy all it has to offer. I learn there are beaches and islands here, harbour tours and a fort (Fort Sumter). We hadn't intended to spend more than a day in the city, but Charleston was working its charm, so we stayed the night, even though we already paid for our hotel in Myrtle Beach.

One reason to stay longer was to allow time to see the Magnolia Plantation & Gardens, Charleston's most visited plantation. Located 10 miles from Charleston, the former rice plantation has 500 acres of gardens and grounds to explore. The property dates to 1676 and is now owned by the eleventh generation of Draytons, making it the only plantation still under original family ownership. After admiring the horticultural hedge maze and peacocks putting on a display, we take a tour of the plantation home, filled with Early American antiques, porcelain and quilts. Another tour, "From Slavery to Freedom," tells the story of the enslaved families who once toiled here. It's also worth seeing the Audubon Swamp Garden, home to egrets, turtles, alligators and more.



Horse knows ALL THE HOUSES

By late afternoon, we're ready to give our feet a rest and let the Old South Carriage Company take over. There's hardly a nicer city to explore by horse and carriage than Charleston.

This is where I learn about the quirky features of some Charleston homes. Quite a few of them have porches (called piazzas) with blue ceilings, because it's believed the colour prevents spirits from entering the home. Then there are the earthquake bolts seen on the exterior of many historic houses. These are caps for long iron rods, which run through the interior floors and are cranked regularly to straighten walls and correct structural damage. (Charleston sits on an active earthquake fault line).

We also encounter examples of the "single house" so named because it is a single room wide. The house sits lengthwise on the lot with a side yard instead of a back yard, in part to take advantage of southerly breezes but also to save on property taxes which were once based on the length of street frontage.

Our Belgian Draft horse now clops across Broad Street, which our guide calls the socioeconomic dividing line separating the "haves" from the "haves-a-whole-lot-more." Though I don't own a home on either side of the street, I conclude our trip feeling richer for just having visited this fine city.

Did you know...

 One organ donor can save up to eight lives and can improve the quality of life for up to 75 people.

 Over 90% of Canadians support organ donation, however, only 32% are registered organ donors.

 Every 30 hours, a Canadian on the transplant waitlist will pass due to an organ not being available.

The David Foster Foundation is dedicated to providing financial support to Canadian families with children in need of life-saving organ transplants. In addition to helping families with their non-medical expenses, the Foundation strives to increase public awareness about the importance of becoming a registered organ donor in Canada and the United States.

Heart transplant recipient, Rosie, sits with her bravery beads wrapped around her. Each bead represents a procedure or test she has undergone, creating a colourful representation of all her medical needs.

Together, we can a difference

To learn more, please visit davidfosterfoundation.com









DISCOVERIESSAN FRANCISCO

SAN FRANCISCO REVISITED

I recently visited San Francisco after a 20-year absence. On a previous trip I experienced the Alcatraz prison tour, strolled around

Fisherman's Wharf and the Presidio and walked awkwardly along Lombard, that infamous crooked street with its many hairpin turns. On this visit, I wanted to expose myself to new experiences and images. San Francisco's notorious Tenderloin district did just that by revealing the city's activist underbelly in its 31-square blocks. Most know about Haight-Ashbury and the 60's movement, but the Tenderloin district was way ahead of the activist curve and has been San Francisco's pulse and rowdy centre for over 100 years.





The Tenderloin Museum displays what could be seen as a century of American moral history and activism especially when it comes to sex, gambling and the LGBTQ community. Equally important is the district's music contribution as the home to legendary jazz venues like the Blackhawk Jazz Club where greats like Miles Davis, Charlie Parker, Dave Brubeck and Thelonious Monk recorded and played. Jefferson Airplane, the Grateful Dead and Creedence Clearwater Revival also recorded albums in the neighbourhood at Wally Heider Studios. The district was a haven for vice, gambling dens, speakeasies, bordellos and a hub for many worker protests. America's porn industry was born here in the late 60s. The museum offers history lectures, neighbourhood walking tours, art shows and a more representative look of the city's grittier side.

GOLDEN GATE BRIDGE'S TRUE COLOURS

When the 1.7 mile long Golden Gate Bridge in San Francisco officially opened on May 27, 1937 it was the longest suspension bridge in the world at the time (it's now the ninth longest). The U.S. Navy wanted the bridge to be painted blue and yellow, but a burnt red hue used as a primer was deemed highly visible and aesthetically pleasing, so it was left as is. The bridge's colour is officially known as international orange. A safety net under the floor of the bridge was used during construction and it ended up saving 19 men. These men became members of the "Half-Way-to-Hell Club" though 11 men still died during construction.

People today walk, cycle and drive across the bridge from San Francisco to the town of Sausalito on the other side. Needing to burn a few calories on my visit I take a Blazing Saddles guided bike tour around hilly San Francisco (thankfully e-bikes were available). The wind was blowing hard as I cycled across the bridge. I stopped in the middle to enjoy stunning views of San Francisco Bay and the waterfront trails and beaches in the distance. Cars roared past me. Thankfully cyclists and walkers are protected by a barrier. Despite its reputation for fog, it was a clear day so no fog horn was necessary.



THE BEAT GOES ON

Fans of Beat writers like lack Kerouac, Allen Ginsberg, Neal Cassady and Lawrence Ferlinghetti will be in literary and memorabilia heaven visiting The Beat Museum in San Francisco's North Beach neighbourhood just across from the famous City Lights bookstore. As the Beat Museum says, "You don't know Jack" until you visit the museum. Books, correspondence and Beat history await in the compact museum. Visitors also have an opportunity to buy a full range of gift items based on the writer's books, including T-shirts, mugs and more.

Just down the street is Jack Kerouac Alley, a narrow laneway lined with murals and graffiti where live bands play outside the Vesuvio Café and where Kerouc himself used to hang out. Leaning against a wall painted with political inscriptions, I absorb every note of the Latin group playing nearby, feeling very much a part of history.

If you haven't visited The Beat Museum You don't know Jack

WALK THIS WAY

San Francisco is a city of neighbourhoods each with its own distinct character, architecture and atmosphere, from Haight-Ashbury

and SoMa, to North Beach, Chinatown, Nob Hill, Mission Bay and numerous others. Though there is an extensive public transit network and the famous cable cars, walking or renting a bike is the best way to see the city. On this visit, I was surprised at how much green space existed in the city and how they have developed the pedestrian-friendly waterfront area, including Pier 39 which boasts a plethora of restaurants, bars and boutiques.

For a fun bar experience check out the Tonga Room, a popular tiki bar in the Fairmont San Francisco. And for a cheap but filling meal, head to the plainly decorated restaurants in Chinatown where you'll find everything from dim sum and Sichuan, to Cantonese comfort food and wallet-friendly rice plates. Art enthusiasts won't be disappointed with San Francisco's museum offerings, from the classics to modern art pieces. A good bet is the San Francisco Museum of Modern Art and its eclectic mix of permanent and special exhibitions.

San Francisco is a city with a pulse. It will surprise, enthrall but never bore you. It pushes the limits and ignites the individual burning desires in each of us. I beg to differ from Tony Bennett's classic song, "I left my heart in San Francisco." In my case, I found my heart and soul in San Francisco.



YOUR RETREAT IN ROME

A Baroque oasis in the heart of Rome in the lively Trastevere district. Designed and built by Francesco Borromini, Donna Camilla Savelli is housed inside a 17th-century convent. The hotel is also well equipped to organize meetings, events and weddings.

Trastevere is one of the oldest and most characteristic districts of the Eternal City, perfectly matching the hospitality of Donna Camilla Savelli. Filled with bars and historic trattorias, it is a part of Roman folklore over the centuries, that retains its original character to this day. A neighbourhood that embodies the spirit of the past, a village full of ancient streets, splendid churches, and hidden squares.



CULINARY DELIGHTS

In a seductive blend of tradition and innovation, the Il Ferro e il Fuoco restaurant offers a unique culinary experience of authentic Roman flavours that have been creatively revisited. The Renaissance Menu, created by Chef Emidio Ferro, guides the palate along a tempting path where guests are transported back in time dish after dish.

WELCOMING COMFORTS AWAIT

At Donna Camilla Savelli, each of the 99 rooms has its own soul and ensures every stay is one of authentic relaxation. The Executive Rooms and Suites offer a glance into the historic magic of days long past thanks to the furniture and finishes that have remained intact.

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QUEEN'S JUBILEE

Celebrate the Queen's Platinum Jubilee with commemorative events and activities happening across the U.K.

BY KIM PEMBERTON



This year Her Majesty Queen Flizabeth II became the first monarch to celebrate a Platinum Jubilee, with special events planned throughout 2022 to mark her 70 years on the British throne. The culmination was four days of celebrations, June 2 to 5.

The festivities began with the Queen's birthday parade, also known as Trooping the Colour, on June 2 when over 1,400 soldiers, 200 horses and 400 musicians came together in London for a showy spectacle. The parade started at Buckingham Palace, moving down The Mall to

Horse Guard's Parade, a large parade ground in central London. You may have even see some members of the royal family who have been known to participate in the procession either on horseback or in carriages.

The main event may have come to pass, but there are still many ways to celebrate the Queen's Platinum Jubilee throughout the U.K. Start with a visit to Windsor Castle, where the Queen officially relocated her residence from Buckingham Palace in March, 2020. It's a place that holds deep affection for the Queen since many good times were shared there with her late husband Prince Philip. This major tourist attraction, steeped in royal family history, is an easy 35 minute train ride from London.









The Queen has been coming here since the age of five and has always called Windsor home, says Amanda Bryett, a blue badge guide with Windsor Tourist Guides. "She loves Windsor," says Bryett, who is lucky enough to live nearby Windsor Castle, adding most locals have stories about seeing the Queen out in the community at one time or another. "She used to be at all the openings, even the local supermarket."

Our tour includes a stop at the Queen's Diamond Jubilee fountain, inspired by the Queen's jewels, and the charming Windsor Lady bronze statue (the Queen with six of her Corgis), another memorial to mark the Queen's Diamond Jubilee in 2012 to name just a few of the sights Bryett shows us. There are plans for another fountain to mark the Platinum Jubilee, which will be built near Queen Victoria's statue in the heart of Windsor, explains Bryett.

The tour highlight, of course, is visiting Windsor Castle, the nearly 1,000 year old royal residence where public tours have been offered since 1848. Bryett knows exactly where the group needs to be to get the best photos when the Canadian bearskin cap guardsmen, in their distinctive red tunics, do miniguard changes throughout the day. Guards are only on duty for two hours at a time, with the main changing of the guards taking place at 11 a.m. After exploring the castle, pop across the street for an afternoon tea fit for royalty at Leaf restaurant at The Castle Hotel. The classic Georgian

building on Windsor's high street, dating back to 1528, was recently renovated to add a modern flair yet still maintains a traditional element suitable for high tea. In recognition of the Platinum Jubilee, treats are served up on golden threetier trays resembling crowns.

You can also get a taste of this year's Platinum Jubilee by touring exhibitions and taking part in special events planned throughout London in honour of the Queen. To name just a few, The Tower of London has a special floral display in the former moat. And for a spectacular view of London, you can tour Westminster Abbey, which is opening its roof for the first time to the public between June and August. At Buckingham Palace there's a special exhibit called The Queen's Accession, (July 22 to October 2), featuring photos

of the young Elizabeth from the 1950s. And at Windsor Castle an exhibit entitled The Queen's Coronation, takes place July 7 to September 26. The highlight here will be seeing the Oueen's white satin gown and ermine trimmed robe she wore during her coronation. For a full list of events and exhibitions visit platinumjubilee.gov.uk.





The West Midlands–the birthplace of the Industrial Revolution, William Shakespeare and Cadbury Chocolate-has many reasons for being a top tourist attraction in the United Kingdom.

It gets one more when Birmingham, the largest city in the region just two hours north of London, hosts the Commonwealth Games this summer (July 28 to August 8). With its "Be Bold, Be Birmingham" campaign there's a palpable sense of excitement in this compact city where you can enjoy all it has to offer while being only a 15 minute drive from the countryside. "It gives our residents pride hosting a major event and that energy spills over to what makes an attractive tourism destination," says Becky Frall, of the West Midlands Growth Company. For a full list of what to do in Birmingham go to visitbirmingham.com.

IF YOU GO

The sleek and modern Hotel Indigo Birmingham located in the iconic Cube building, is also at the canal's edge. From here it's an easy 15 minute walk to downtown Birmingham, which has enjoyed a major regeneration in recent years.

If you prefer a countryside location then Coombe Abbey Hotel, a former 12th century Cistercian Abbey with over 500 acres, lives up to its billing as "No Ordinary Hotel."



For theatre and Shakespeare lovers the elegant Arden Hotel is the place to be when visiting historic Stratford-upon-Avon in the West Midlands. It's directly across from the Royal Shakespeare Company Theatre.

While in London, treat yourself with a stay at The Mayfair Townhouse, a chic, high-end hotel overlooking Green Park with a playful atmosphere chock-ablock with art.



London by Foot Three city walks through the heart

—and back lanes, hills and dales of London, England BY DOUG O'NEILL







It was Walter Besant, that great man of letters in late-Victorian England, who said: "I've been walking about London for the last 30 years, and I find something fresh in it every day."

I wonder if he would have agreed with modern-day British wit Stephen Fry who recently claimed: "The English language is like London: proudly barbaric vet deeply civilised, too, common yet royal, vulgar yet processional, sacred yet profane."

I've been rambling the city streets of London at periodical intervals for three decades and can attest that it's by foot that one appreciates the common yet royal, sacred yet profane of this fascinating British city.

In pre-Google map times, I simply followed my internal GPS (my nose) the moment Lexited the London Tube. That's how I first discovered the famous ciabatta pork sandwich at Boroughs Market while exploring London's South Bank about 15 years ago. And then there was a summertime walk along picturesque Regent's Canal during the 2012 London Olympics that prompted me to rent a canal boat for the following Christmas—the memorable Yuletide when England suffered the coldest temperatures in decades. (My comedic though bone-chilling memory of waking up on Boxing Day with icicles in my nostrils will never leave me). But I did become acquainted with every local pub that had a fireplace. It was another London walkabout five years ago that led me to a back lane pub in Camden called The Colonel Fawcett, which hosts one of the best Wednesday night pub quizzes in the city. And on a subsequent meander on foot through the same neighbourhood a few years ago I found myself in another Camden institution, the Hawley Arms, which had been the favoured local pub of Amy Winehouse.

Here are three established walking routes to help you explore London by foot.

THE IUBILEE GREENWAY. LITTLE VENICE TO CAMDEN **4 KILOMETRES**

WHAT TO EXPECT: Completed in 2012 to mark the Queen's Diamond Jubilee and the London 2012 Games, this 60-kilometre route connects 2012 Olympic and Paralympic venues with a variety of parks, waterways and other attractions, such as Kensington Palace, Regent's Park, Buckingham Palace, Camden Market and Woolwich Foot Tunnel. You can start this 4-kilometre section in the trendy residential neighbourhood of Little Venice and end up at bustling Camden Lock Market. Keep your eyes peeled for the Jubilee Greenway discs in the pavement.

HIGHLIGHTS, TIPS AND WHERE TO START: Take the London Tube to either Paddington or Warwick Avenue Station for a short walk to Little Venice. Much of the Jubilee path will take you along Regent's Canal. (Remember to check out canal boat rentals for warmer seasons). This 4-kilometre section of the Jubilee Walk is a mix of residential, commercial and recreational venues. At times you'll feel like you're snooping in a private neighbourhood. No need to worry about food and drink as there are plenty of cafes along the way. After you pass by Aberdeen Place, check your map for the legendary Lord's Cricket Ground. The route will then take you along the north side of Regent's Park, which is one of the most beautiful stretches of waterway in the country. Plan to end up in Camden Town for end-of-day pints. Visit the Jubilee Greenway section of Transport for London. tfl.gov.uk

HAMPSTEAD HEATH **CIRCULAR WALK** 4.5 TO 6.5 KILOMETRES

WHAT TO EXPECT: Hampstead Heath is a 230-hectar tree-and-grasscovered green space atop the highest point in London. Stretching from Hampstead to Highgate, the Heath is a haven for London picnickers, sunbathers, pond swimmers, athletes and urban walkers who flock to the hills, woodlands, lido (public outdoor swimming pool), hill gardens, sports areas, swimmable ponds, playground and running tracks.

HIGHLIGHTS, TIPS AND WHERE TO **START:** Since it's a loop, plan to start and end your walk at Hampstead

Underground Station on the Northern Line. There are numerous side trails and detours should you wish to extend your ramble. This self-guided walk takes you through the wildest urban spaces of London. Expect to see hedgehogs and muntjac deer. A few not-to-miss sites: Parliament Hill, for the best panoramic views of London; Highgate Cemetery, where you can pay your respects to Karl Marx (father of communism), and novelist Mary Ann Evans (better known by her pen name, George Eliot); and the stately 17th-century Kenwood House, to admire the architecture, Rembrandts or visit the café. You may remember this mansion from the Julia Roberts-Hugh Grant film, Notting Hill.

Visit innerlondonramblers.org.uk



3

QUEEN'S WALK, WESTMINSTER BRIDGE TO SOUTH BANK 3 TO 6 KILOMETRES

WHAT TO EXPECT: London Walks has curated a flexible walking route that enables visitors on foot to explore the south bank of the River Thames, which will take you by—or afford you excellent views of—iconic landmarks such as Westminster Bridge, The London Eye, Tate Modern, Shakespeare's Globe theatre, The Hayward Gallery, Royal Festival Hall and Borough's Market.

HIGHLIGHTS, TIPS AND WHERE TO START: Take the London

Tube to Westminster station—not Westminster Bridge Station—as you'll want the experience of walking across Westminster Bridge itself and looking back to appreciate the venerable Palace of Westminster and Big Ben Clock Tower. Once you've crossed the bridge and reached the south bank, you can turn either way along the pedestrian

walkway. There are so many famous landmarks within walking distance of the riverside path. If you're keen to experience the London Eye, plan your urban stroll for late-afternoon so you can enjoy the London Eye Ferris Wheel at night. Detours are fun so why not dart off the Queen's Walk for a 5-minute jaunt to Boroughs Market, one of the largest and oldest food markets in London. In addition to my go-to ciabatta pork sandwich mentioned above, you can nosh your way through cheeses, produce and pastries. Then head back toward the Thames (catch sight of the Tate Modern en route) and cross the Millennium footbridge (which made an appearance in the holiday movie Love Actually) to the other side of the river bank. The perfect end note to your walk: the free Choral Evensong at St. Paul's Cathedral. Visit walklondon com

5 APPS for themed London walks

- 1. Blue Plaques London Heritage Walk english-heritage.org.uk
- 2. Beatles Walk London beatlesinlondon.com
- 3. Street Art London streetartlondon.co.uk
- **4.** Walking with Dickens **dickenslondontours.co.uk**
- **5.** Theatreland Tour with Ian McKellen **officiallondontheatre.com**

DISCOVERIES



Utah is a special place where artisanal traditionalists and creative visionaries thrive together

BY JIM BAMBOULIS



America's film set

Dubbed 'America's Film Set,' Utah's rugged, stunning and unrivaled natural beauty has captured the attention and imagination of directors for decades. Thousands of movies, loved by one generation to the next, were shot here including 1939's Stagecoach, Indiana Jones and the Last Crusade, Thelma and Louise, Forrest Gump and of course, 1969's Butch Cassidy and the Sundance Kid featuring Paul Newman and Robert Redford. The latter of which loved Utah so much, he would move there soon after filming and make his mark on the cultural and environmentally sustainable fabric of the state, that continues to this day.

Family Matters: Quality, honour and perseverance

Locals urge visitors to check their egos at the door. This small corner of paradise doesn't care for, or feed off mainstream celebrity personalities like many picturesque towns do. In many parts of Utah, including and especially Park City, artisans take great pride in knowing their town was built by miners and farmers; hard-working folk who took nothing for granted, value quality over quantity and keep traditions alive while respecting who, and what came before them.

The Burns Cowboy Shop is a perfect example of family honour. This six-generation family institution has been creating heirloom quality products that reflect, respect and represent the spirit of the west since 1876. Understated and humble, Burns is the oldest same family owned western retail business in the world, and continues to be the first and only stop for everything romantically western. From bison leather boots, to

ostrich wallets and wildebeest handbags, nothing is wasted. Quality is revered as this generation of the Burns clan continues in the tradition of an undying work ethic and traditional passion to do good; qualities passed down from their elders, with the underlying desire to make them proud with every stitch.



BURNS COWBOY SHOP



Park City and Sundance: Fiercely independent, culturally iconic, environmentally sound

For nearly 100 years, the Egyptian Theatre has drawn the eye in downtown Park City, both for its vintage look and cultural aura. Built for vaudeville, but used as a movie house, it remains an intimate theatre that's earned its place in movie folklore. Not only is it one

of the most recognizable venues, it's also home to the equally significant Sundance Film Festival, the largest independent film festival in the United States, which relocated to Park City in 1981. The common denominator is Robert Redford, a legend in front of the camera for decades, but in Utah, he's also a legend behind it, thanks to his herculean accomplishments helping create both iconic, cultural institutions like the film festival, as well as sustainable ones dedicated to his biggest passion, the environment. Going green before it was cool, Redford bought Timp Haven, a ski resort near Mount Timpanogos in 1969, simultaneously protecting over 3,500 square feet of land which he later transformed into the Sundance Mountain Resort, making it a place where art, nature, community and preservation unite, grow and thrive.

Located onsite, the Tree Room is a restaurant built around a still standing tree. Book ahead and reserve Robert's table in the far corner to get a lovely view of the entire restaurant from your seat, but dine while surrounded by old black and whites from Redford's films. For a casual drink, the Owl Bar features the restored 1890 bar counter, originally located in Thermopolis, Wyoming, where barkeeps served the real Butch Cassidy and his "Hole in the Wall" gang.

Whether lodging or just visiting, everyone is encouraged to participate in the resort-wide recycling program. A visit to the Glassblowing Studio perfectly illustrates how art and the environment beneficially collide. Watch as Master Glassblower Gustavo Calderon and his team create everything from vases and wine glasses, to dinner plates and pitchers, all from discarded glass. Resort employees are even encouraged to bring recycled glass from home, adding to Gustavo's creations that are used time and again throughout the resort.







Caputo's: Traditional Food Artisans and Stewards

In Salt Lake City, the Caputo family has made a strong, respected name for itself not only for its wide selection of products, but its unwavering promise to preserve old-world traditions of land stewardship, sustainable farming and biodiversity, all while fostering an independent artisanal spirit. The Italian-Greek-American Caputo family have re-introduced Salt Lakers to authentic flavours inspired by cultural village gardens, a passion for quality and humble hospitality. At Caputo's Market and Deli, 'Terroir' is taken very seriously as the family prides itself and puts value on real food made from the land, including Utah farmstead goat cheese and Venezuelan single origin chocolate. Tradition and expertise passed down through the generations has only fueled Caputo's trust within the community as purveyors of fine foods, exquisite caveaged cheese and bean-to-bar craft chocolate sourced and made ethically, responsibly and sustainably.



How to Get There

Delta operates non-stop, year-round service from Vancouver, Calgary and Toronto to Salt Lake City.

NEW!: Air Canada now offers nonstop, year-round service three times a week from Toronto to Salt Lake City. Coming this fall, Air Transat will launch service from Montreal to Salt Lake City three times weekly.



After "I do" celebrate life together on an island hopping adventure through 16 unique island destinations, sprinkled across 100,000 square miles of uninhabited cays and the world's clearest water.



