



# OUTLINES

September / October 2007

**“In Paris they simply stared when I spoke to them in French; I never did succeed in making those idiots understand their own language” – Mark Twain**

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*Author's note: Last chance to take advantage of a 2 for 1 cruise in France & early bird Crown Blue Line discounts for 2008. New brochures available soon – register your interest ASAP.*

*Duty calls me to Germany, Greece, Italy, UK and the Czech Republic too for October as I work my way through workshops, familiarisations, inspections & meetings – and perhaps a game of rugby in France - but feel free to contact Lucie or Sue if you have any questions or comments whilst I am away.*

## SHERPA WALKING HOLIDAYS IN GERMANY

Walking In Bavaria on the King Ludwig Way.



Bavaria land of lederhosen, the magical Schloss Neuschwanstein, and the eccentric King Ludwig. Follow the exploits of a small group who join the Sherpa 'research walk' over 60 miles through the historic towns, sleepy villages and rolling countryside of southern Germany to the foothills of the Alps. Major challenges included a plate of Kaiserschmarren and a glass of Andechser Doppelbock Dunkel.

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

**Saturday** Arrived in Munich for one of the easiest airport to hotel transfers ever. A few hundred meters from the terminal to the Metro, one change, 100m walk and I was in the once very elegant hotel just a stone's throw from the Lakeshore in Starnberg. 4 hours to spare before rendezvous with clients so set off in a taxi to check out a walk for arrival day. Walk along lakeshore in the rain from Berg, where the unfortunate King Ludwig was found dead in the lake, back to Starnberg.

*Note about the King: After ascending to the throne as a young man King Ludwig appears to have become disillusioned with his regal responsibilities and retreated from matters of state into an almost fantasy world where he indulged himself in his love of music and architecture. Almost bankrupting his Kingdom by sponsoring the work of Wagner and building incredible castles he was eventually removed from office after being deemed insane. He was mysteriously found dead along with his doctor a few days later in the waters of the Starnbergersee.*

Our group met in time for supper, Keith and Joel had just arrived from the US, David from Dundee, Jonathon from London and Ahuva our only lady also from the US. Supper provided our first taste of the huge portions of traditional Bavarian food that are served in these parts - great carbo-loading for the day to come!

**Sunday** Group set a blistering pace, and a few blisters developed crossing rolling hills and nature reserves to and hilltop ancient town of Andechs. Here it doesn't take much imagination to visualize a mediaeval scene of armoured knights on horseback, peasants scurrying around and pilgrims making their way to the church. Today it is busy with tourists but a lunch in an old stone built Gasthof, the particularly devastating Andechser Doppelbock Dunkel Beer brewed at the monastery, winding cobbled streets and the incredibly ornate baroque/rococo interior of the Church make for an interesting few hours. End the day with a paddleboat trip across the still waters of Ammersee to Diessen.

**Monday** First stop the Marienmuenster another magnificent Baroque church. Interestingly the group divides into the church visitors and the not so interested. The monastic buildings of Wessobrunn are quickly passed in preference for lunch in the nearby Gasthof; an unhealthy propensity to eat seems to be taking over! 3 courses and a beer are not the best for a long afternoon and a climb near the end of the day to the highest point on the King Ludwig Way. At the top of Hohenpeissenberg there are great views and a restaurant & the group tuck into Kaiserschmarren (a massive raisin pancake with fruit compote). Last few kms descending to the delightful Rigi Alm. David has been here before on family holidays many years ago and the staff recognise him much to his delight.

**Tuesday** Schnapps for breakfast! Supplied by Beata, the waitress from the previous evening, as we walked past her front door. This is a shorter day walking through the Ammer Gorge to the beautiful village of Rottenbuch. The standard route along the gorge had been reported as possibly dangerous but we passed without any problems resulting in a significant change to route notes for Sherpa self-guided walkers.

There is an alternative route for this day so after a hearty late lunch the previously eager group members declined to join me on a further 3½-hour circuit to check this out. It proved to be a steep descent and ascent of the Ammer Gorge with a fantastic viewpoint - back in time for supper.

**Wednesday** A day of rolling hills and quaint villages with bovine photography seemingly getting out of control and trying the patience of a few. The main site of the day was the huge Wieskirche a pilgrimage church built in the meadows where a statue was miraculously seen weeping. Completed in 1754 the church is an impressive structure and attracts many visitors who come to pray for cures. Joel spots the castle of Schloss Neuschwanstein way ahead in the distance before we reach the hotel for the night.

**Thursday** A longish approach to King Ludwig's fantasy castle Neuschwanstein, the inspiration for Walt Disney's Castle. Spectacular section of walk up the Pollat Gorge just below the castle had a few reaching for energy bars after 10 mins of climbing. On to the slender Marien Bridge, spanning the gorge, for the best views of the river and plunge pools way below and across to the castle. Lunch, then up to the castle for a visit. An unbelievable building; the wood carving in Ludwig's bedroom alone took 14 men 4 years to complete!

We tried out a longer route to Fussen through the woods and avoiding the roads - a more fitting end to the route so will add this to the notes for future clients.

**Friday** Trip structure allows for a choice from numerous routes, but our walking party diminishes to 3 plus leader as Joel and Keith opt for an easy day. The remainder push for an Austrian mountain. Trail blazing is the order of the day as we test a new walk. A tough climb, the best apple cake of the week, the highest altitude,

panoramic views across the snow capped Tyrol and a fun descent using the odd ladder and fixed rope with a well deserved beer at the end of the day. Last evening meal of typical Bavarian cuisine, now able to manage the portions!

**Saturday** Job done? I think so. A physical challenge perhaps, an exploration of a new corner of Europe, an escape from the pressures of work, or a favourite place with happy memories for others. Whatever the reason for joining the trip I think it was thoroughly enjoyed by all. For me the intriguing process of strangers gelling into a group and the detailed knowledge gained about another Sherpa itinerary made it all worthwhile.

You can walk the King Ludwig Way until the end of October as a Sherpa self-guided itinerary or a private group departure can be arranged through Outdoor Travel.

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

## THE CAMINO DE SANTIAGO

**A new book – for prospective pilgrims**

*A midlife misadventure on the Camino de Santiago de Compostela by Jane Christmas*

**What the Psychic told the Pilgrim** is a hilarious and bittersweet memoir about the Camino, the politics of women, managing expectations and living by intuition.

To celebrate her 50<sup>th</sup> birthday, Jane Christmas optimistically sets out with fourteen other women to hike the infamous Camino de Santiago de Compostela. Before her departure, Jane consults a psychic who foresees catfights, lost jewellery, encounters with celebrities, a visit from Death and a fair-haired man.

After less than a week of travel with a mob of squabbling middle-aged women, some of whom started taking taxis on the first day, Jane sets out on her own and this is where her real adventure begins.

By the end of the journey, all of the psychic's predictions have come true and Jane has discovered that it is the detours of life that lead us to our heart's desires.

Available in bookshops or available through East Street Publications [www.eaststreet.com.au/](http://www.eaststreet.com.au/)

Editor's note: *Of course if you are about to reach 50, 60, 70 or more (our oldest walker on this route was 82) then begin your adventure with our OUTDOOR TRAVEL Camino De Santiago walking holiday brochure – details for 2008 will be available shortly.*

## WHAT YOU SAID ABOUT OUR HOLIDAYS

**News & comments this month**

**Camino De Santiago in Spain** - *The walk was fantastic. A very emotional experience and I thoroughly recommend the walk into Santiago (the last stretch), which really is what it's all about. To complete the walk in to the Santiago Square is something quite special, and whilst the Pyrenees may be attractive, there is no doubt that the final section is also extremely attractive with most of the walk from say 3,000 to 4,500ft above sea level through lovely countryside which could have been anywhere in Europe or the UK.*

*The weather was good with only one wet day and daily temps no more than say 25 to 28 deg. maximums.*

*The accommodation was the surprise. We had 4 stopover hotels and they were all excellent. All old medieval type inns - which have been done up - and more than adequate. The food also was very good - generally you had a limited choice of dishes but the quality was good. Chris, Sydney.*

**Hotel bargaining in France** - *We have been back from overseas now for four weeks but are still catching up on things which needed doing here. However before the memory faded too much we did want to let you know how much we enjoyed our 'Le Phénicien' trip. The crew were wonderful and the owners were obviously very particular and caring about the whole exercise.*

*The food was out of this world and we had brilliant weather, which made it all so much more enjoyable. We managed to get some bike riding in, perhaps not quite as much as we had hoped for but I guess that was made up for in other ways. Anyway thanks so much for making the trip possible for us. Bette and David*

## **ANZAC DAY IN FRANCE 2008**

### **Join the Villers-Bretonneux commemorations in April 2008**

Every year, Australians make the journey to the Gallipoli Peninsula to attend the ANZAC DAY Dawn Service at Anzac Cove. Every year, all around Australia, many of us set our alarms and attend Dawn Services at our local RSL Club memorial.

In WW1, after the 8 months campaign at Gallipoli, Australian Troops entered the trenches of France and Belgium. Three years later over **52,000** were dead. In 1918, on 24/25 April, Australian Troops recaptured the Village of Villers-Bretonneux, and forced a German withdrawal. The significance of this battle was not lost on our Allies. The troops - who retook Villers - were part of the 5 Australian Divisions urgently brought by rail from Belgium to prevent a German breakthrough. The German Armies had been reinforced by troops from the Russian Front. Russia had withdrawn from the war.

The German High Command had determined that if they could capture Amiens, the major city in The Somme, then drive to the coast, they would split the Allied Forces. They saw this as an opportunity to finish the war in their favour. Australian and British troops halted the German advance, and on 24/25 April 1918, Australian troops recaptured Villers-Bretonneux and forced a German withdrawal.

It is significant that in spite of the fierce fighting that Australians suffered at places such as Pozieres, Bullecourt, Mont St Quentin, Le Hamel and countless other sites, **the major Australian Memorial is at Villers-Bretonneux**. The size and solitude of the Memorial is overwhelming. Etched into the walls below the 32m high tower - which dominates the area around for miles - is the names of over **11,000** Australian soldiers who have no known grave in France.

On April 25, 2008, it is the 90th Anniversary of the Battle of Amiens (as it is known to the locals in The Somme). There are museums in Villers-Bretonneux, Bullecourt and Peronne that are dedicated to the diggers of WW1. The Victoria School in Villers-Bretonneux carries the sign in English "*Do Not Forget Australia*".

To the best of our knowledge, and based on inquiries throughout The Somme, we believe that a Dawn Service has **never** been conducted at the Australian Memorial in The Somme at this hallowed site commemorating the deaths of over 52,000 Australians. We have 2 options - program 1 is for 6-days covering the battlefields and ceremonies in France - based on share twin or share double: AU\$2995 per person - single supplement additional cost: AU\$550

Included in this price:

- Accommodation for 5 nights in The Somme (see Booking Terms and Conditions)
- 5 full breakfasts, 4 lunches, 4 dinners
- VIP seating at Dawn Service
- 3 days battlefield tours with Military Historian & battle re-enactment as outlined in programme
- Cocktails where specified in programme
- Ball/Dinner Dance on last evening
- All transport by air conditioned coaches
- Hospitality vehicles for special cemetery visits as per the itinerary
- Transfers to/from Paris Airport as outlined in programme

Not included in this price

- Alcohol unless -where specified
- Laundry, dry cleaning phone calls
- Insurance
- Other items of a personal nature
- Air travel to/from Australia

**Call OUTDOOR TRAVEL on 1800 331 582 for reservations**

## **BIKE & BOATING IN EUROPE**

### **ISLAND HOPPING IN GREECE – NEW FOR 2008**



The group of 30 separate islands called the Cyclades are regarded as the cradle of the first European civilised society as they were settled some 5,000 years ago. Despite its ancient history today this area is very much a backwater with a chance to discover an untouched world away from holiday resorts and tourist havens. Gleaming white cubic houses with blue shutters and a labyrinth of lanes and passageways give you a feeling for the traditional architecture. The coastline is rugged, the sea turquoise-blue and the sandy beaches inviting.

Join us aboard the motor yacht Panagiota - with its 10 air-conditioned cabins all with private bathrooms – to experience a wonderful and relaxing cycling holiday in the central archipelago of the Greek Aegean.

Weekly departures – fully inclusive 8 days / 7 nights – cycling approximately 170 km

**Call OUTDOOR TRAVEL on 1800 331 582 for reservations**

## **NEWS FROM GO BARGING**

### **CHRISTMAS IN SCOTLAND**

We have 2 cabins still available for the Christmas Cruise departing 23<sup>rd</sup> December 2007 in Scotland. The price is \$4980 per person for stateroom and \$5500 per person for Suite (based on 2 sharing each cabin).

Price includes: Transfer from Inverness to the barge on Sunday, 6 night Christmas Cruise, all meals on board catered for by the on board Master Chef, open bar 24/7 with a large range of alcoholic and non alcoholic drinks, all wines served throughout the cruise, all special Christmas Festivities and celebrations, excursions and admittance fees as per the itinerary, use of barge facilities which includes bicycles and transfer back to Inverness the following Saturday morning. Here is the itinerary – which is subject to change - minimum 4 people required to guarantee this cruise:

#### **Sunday 23<sup>rd</sup> December Dochgarroch to Fort Augustus**

At 4pm we meet at the Glenmoriston Town House Hotel in Inverness and transfer to Scottish Highlander moored at Dochgarroch. Champagne welcome and dinner aboard followed by good old-fashioned Scottish entertainment.

#### **Monday 24<sup>th</sup> December, Christmas Eve - Dochgarroch to Fort Augustus**

In the morning we take a trip up to Moniack Castle, famous for its wines, liqueurs and preserves. On returning to the barge, we cruise past Urquhart Castle on our way along the northern shore of Loch Ness, then cross the loch to the village of Foyers. On arrival in Foyers we can enjoy a small Whisky tasting with the captain before lunch. In the afternoon we take a trip into the Inverfarigaig forest for a delightful walk to the Falls of Foyers

and a drive into the hills to see the deer. It will also be possible to attend a Christmas Eve service at a local church. Dinner on board and entertainment while presents can be put round the Christmas tree.

### **Tuesday 25<sup>th</sup> December, Christmas Day – Fort Augustus**

We are moored for the day in Fort Augustus, a charming village at the south-western end of the Loch Ness, its prominent feature being a splendid lock staircase. Lunch and Christmas present opening are followed by jolly accordion music. The afternoon can be spent with a gentle saunter around the village or maybe a game of croquet or putting. Scottish afternoon cream tea. CHRISTMAS DINNER ON BOARD.

### **Wednesday 26<sup>th</sup> December, Boxing Day – Fort Augustus to Culloch Lock**

After breakfast we leave Fort Augustus this morning and cruise to Culloch Lock via Kytra. We can visit the Loch Ness Visitor Centre where the myth of the Loch Ness monster is explained, along with an interesting exhibition on her sightings and the search for her over the years. Dinner on board followed by a trip out to a local inn for live music.

### **Thursday 27<sup>th</sup> December - Culloch Lock to Gairloch**

Leave Culloch Lock for a morning cruise via two locks at Laggan, and through Lochs Oich and Lochy to Gairloch. In the afternoon there is a chance to see either the World War II Commando memorial, the woollen mill at Spean Bridge, selling traditional knitwear and tweeds, or the Clan Cameron museum. Dinner aboard.

### **Friday 28<sup>th</sup> December, - Gairloch to Banavie**

Morning visit to the mystic battlefields of Glencoe. On the way back visit the Glen Nevis distillery for an insight into the secrets of the various stages of Whisky preparation and taste a wee dram or two. In the afternoon we cruise to Banavie and Neptune's Staircase, a flight of eight locks that is a spectacular feat of engineering. Captain's Farewell Dinner aboard followed by a trip out to a local inn for live music.

### **Saturday 29<sup>th</sup> December - Banavie**

Passengers disembark for the transfer to Inverness by minibus after a hearty Scottish breakfast.

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

## **CROWN BLUE LINE – SELF-SKIPPERED BOAT HIRE IN EUROPE**

### **Early booking discounts**

**Crown Blue Line** boats & destinations for 2008 - for all new bookings taken for 2008 & booked before 14th November 2007 – we offer a **10% early booking discount**.

## **CANAL & CO CRUISING IN FRANCE**

We have one **last offer** for the season on our river cruiser Anacoluthie for the 3<sup>rd</sup> November cruise. Two passengers can cruise for the price of 1 departing from Paris on the 7-day fully inclusive Picardy cruise route from Compiègne/St Mammes – call now on 1800 331 582 to secure the last places

## **NEWS FROM ITALY**

### **What's happening?**

**Luciano Pavarotti** - It would be remiss of me not to lament the passing of this great man. A spectacular voice and the ability to use his voice (of which he once said "God has touched my vocal cords") to both inspire, to motivate and to have fun. For those who want more here are two wonderful *youtube* links to enjoy:

With the Three Tenors: [http://www.youtube.com/watch?v=MDtcidMR\\_6I&mode=related&search=](http://www.youtube.com/watch?v=MDtcidMR_6I&mode=related&search=)

My favourite with soul great James Brown:

<http://www.youtube.com/watch?v=VClyzNISw1Q&mode=related&search=>

## **EXHIBITIONS - Etruscans: the Bonci Casuccini collection – until 4<sup>th</sup> November**

Siena - Museum complex Santa Maria della Scala

Chiusi - National Museum of Archaeology

[www.santamariadellascala.com](http://www.santamariadellascala.com)

The region of Tuscany remembers the collector, Pietro Bonci Casuccini on the 250<sup>th</sup> anniversary of his birth. The event is also a celebration of the reunion after 150 years of the most celebrated private collections in Italy. The exhibition has a great variety of works on show; there is the selection of over two hundred exhibits among which there are sarcophagi, cippi, funerary statues, urns, Greek and Etruscan ceramics and bronze pieces that the public can admire every day for the period of the exposition.

## **MUSIC - Musical Autumn in Como - until November**

[www.camtam.it/fest.php?&fest=61](http://www.camtam.it/fest.php?&fest=61)

“Trilogy: thoughts in music” is the theme of the 41st International Festival. Set in the outbuilding of Villa Olmo in Como, the Festival will take place in three events. There will be concerts presenting sacred music, solo music and performances of small ensemble groups, beginning with the annual performance by the SIXE ensemble. The third cycle of the event is titled “Parola e Musica” (Words and Music) and is dedicated to three great thinkers, the American David Thoreau, the Lebanese Khalil Gibran and the Italian David Turoldo.

## **EUROPEAN SUPERTRAIN ARRIVES**



The new TGV Est Européen has now started service from Paris-Gare de l'Est to 20 cities in eastern France and on to 10 destinations in Germany, Luxembourg and Switzerland. The trains will run at 320 kilometres per hour, 20-kph faster than the earlier generation TGVs now in service-cutting travel time to Strasbourg from four hours to 2h20. Time to Metz and Nancy will be 1h30 instead of 2h45, and, at 45 minutes away instead of 1h35, Champagne's capital Reims will be closer than ever.

On a demonstration run in April, a specially rigged model of the new TGV smashed the speed record for conventional rail travel, hitting 574.8 kilometres an hour (357mph) - approximately the speed of a passenger jet on take-off. The previous record of 515.3kph (320mph) was set in 1990 by an earlier TGV.

Using the extended network, although not running on high-speed track all the way, will also cut travel time significantly on other routes - Paris to Luxembourg: 2h05 instead of 3h35; Paris to Frankfurt via Saarbrücken (ideal for those planning Rhine or Moselle river cruises in Germany) and Paris to Zurich via Colmar, Mulhouse and Basel: 4h35 instead of 5h50.

## **AUSTRALIA - WALK THE GREAT OCEAN ROAD WALK**

### **One of the World's Great Walks**

The Great Ocean Walk, on Victoria's spectacular west coast, stretches 91 kms from the idyllic resort town of Apollo Bay to Glenample Homestead (near to the Twelve Apostles). It passes through the beautiful National Parks and overlooks the Marine National Park and Sanctuary.

The Great Ocean Walk has been designed so that walkers can 'step on and step off' the trail at a number of places, completing short, day or overnight hikes.

The Great Ocean Walk is a bush walkers' paradise. From beach walking, to lush rainforests, to breathtaking cliff top views this region is world-renowned for its natural, untouched beauty.

Departs regularly from Melbourne – 3½ or 4½ days from just \$1180 per person

Included

- All meals, including wine with dinner and lodge/B&B accommodation
- Professional Driver/Guide throughout,
- Night spotlighting tour,
- Return transport from Melbourne, including ground transport
- All entry charges to National Parks and other features.

Not included, but available to hire

- Waterproof jackets
- Waterproof overpants
- Day packs

## CYCLING IN AUSTRALIA

### Summer in Bright & the Victorian Alpine Region

Starting on 6<sup>th</sup> January until 11<sup>th</sup> January 2008 we offer our Victorian Alpine Panorama Cycling tour of 6 days / 5 nights sat AU\$1695. Graded Easy/Moderate Grade & fully accommodated the Victorian High Country is the perfect place for a summer cycling holiday.

On this tour you will explore the high roads of the Alpine National Park, the Bogong High Plains and nearby valleys without the long arduous climbs. You cycle down the long and somewhat faster down hill runs, then onto the flatter valley bottoms and High Plains traverses, following the contours of the land. We give you and your bike a lift up the steep climbs.

The scenery is superb! You will be awe inspired by the breathtaking mountain panoramas and the alpine environment. You will be captivated by the tall alpine ash and sculptured snow gum forests, rolling alpine herb fields, snowgrass plains, ferny gullies and summer wildflowers.

We visit the relics of the gold rushes and rustic huts of the pioneering mountain cattlemen.

The Summer Alpine Panorama Cycle Tour route takes in the Mount Buffalo Plateau, Ovens Valley; Mount Hotham to Omeo Road; Falls Creek to Mount Beauty Road; and Tawonga Gap to Bright. While on tour we stay in hotels, cabins and ski lodges.

We transport your luggage in our backup vehicle. The tour leaves from Melbourne, the capital of Victoria & cost includes all transport, accommodation, meals, entry fees, guides and support vehicles.

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

## MORE CYCLING HOLIDAY IDEAS

### So Many Great Spring Cycling Events in Australia

There are heaps of fantastic events around bike riding this Spring, whether you are just learning, want to go on an adventure with the kids, or want some packs to ride and race with. Here are a few suggestions:

- The City of Greater Bendigo presents the inaugural Bendigo on Wheels festival from 13 to 15 October 2007, the biggest weekend of cycling to hit central Victoria. Bendigo hosts the opening stage of the **Jayco Herald Sun Tour** and in the lead up to this exciting event there will be a weekend of cycling and entertainment for everyone. Come and try the Bendigo **Heritage Uncorked wine festival**, the streets will be cleared and cars will make way for the **Criterion Event**, or ride with the stars in the **Excelsior Cyclismo**. More details of this fun weekend, including web links, registrations and accommodation, are available on the Bicycle Victoria website.

- The Melbourne Cycling Festival is happening from 19 to 21 October 2007. This includes the **Go Bike Festival**, final stage of the **Jayco Herald Sun Tour** and **Portfolio Partners Around the Bay in a Day**. Portfolio Partners Around the Bay in a Day is one of the world's biggest and most popular cycling participation events. It has a choice of four ride distances (250km, 210km, 100km or 50km), so this year's event offers a challenge for riders of all abilities.
- Cycle Tourism Australia will be holding the 2007 Australasian Cycle Tourism Conference on the 18th and 19<sup>th</sup> of October, 2007 during the Sydney Olympic Park Festival of Cycling. Also part of this great festival, the 2007 Bicycle Show will present tourism operators a unique opportunity to promote their activities. Details: <http://www.bikesa.asn.au/>
- This year the Great Victorian Bike Ride runs from 24 November to 2 December 2007

## NEW ZEALAND WALKING HOLIDAYS

### The Queen Charlotte Walk

The Portage Resort Hotel is a contemporary, relaxing New Zealand resort and has been greeting guests to the Marlborough Sounds for over 100 years. It has a rich history as a special holiday place for New Zealanders, cruising, fishing, sea kayaking, walking and mountain biking.

The resort faces into a wide quiet bay. Rooms are spread throughout the gardens with a range of views, particularly of the spectacular Kenepuru Sound. The Resort is just 10 minutes from Picton by boat and 1.25 hours by sealed road.

A feature of The Portage Resort Hotel is the wealth of experiences arranged by the resort for guests. Focussing on water, walks and wine, these experiences can be a 30 minute nature ramble or a full day hike; a sightseeing cruise or sea kayaking; enjoying fine food and wine or a serious session of wine tasting with a local Marlborough winemaker. [Take time to Discover the Portage Hotel at www.portage.co.nz](http://www.portage.co.nz)

**The Queen Charlotte season operates from November through to April – walking or sea kayaking tours are available – bookings through Outdoor Travel**

## CYCLING TOURS AVAILABLE IN NEW ZEALAND

Fully escorted cycling tour - the Otago Rail Trail, October 15<sup>th</sup> – 19<sup>th</sup> or 29<sup>th</sup> October – November 2<sup>nd</sup>.  
 South Island - Milford Wilderness Cycling – October 29<sup>th</sup> – November 7<sup>th</sup>  
 South Island - Great West Coaster – November 4<sup>th</sup> – 16<sup>th</sup>

## IMPORTANT INFORMATION ABOUT WALKING

Many people find that when they go out for a walk their fingers swell up. This is caused by a decrease in blood flow to your hands, which usually rectifies itself within half an hour of finishing your walk. Here are some tips for increasing the blood flow to your hands while walking:

- Flex your fingers or squeeze your hands into fists every now and then as you walk.
- Hold something in your hands when you walk. For example, if you hold walking poles you will find yourself fiddling with them as you walk, increasing your finger movement.
- Keep your arms up and swinging.
- Take water with you and have regular sips from it. You may need to increase the amount of water you drink; it is recommended you should drink 250mls of water every 20 minutes during your walks.

## A WONDERFUL PHOTO?

Put yourself in the picture.... somewhere in France on a boat



Happy to receive & publish your photos or comments about your active holiday in our next newsletter!

## IMPORTANT TRAVEL INFORMATION

Are you ready for your overseas holiday? For travel advice, travel warnings & information we recommend you visit: <http://www.smarttraveller.gov.au>

### RABIES IN CHINA - A MESSAGE TO ALL TRAVELLERS GOING TO THE OLYMPICS

**Travellers Health & Vaccination clinics** have had patients bitten while in China requiring treatment. At least one received fraudulent vaccine while in China. This emphasizes the fact that there are a lot of fake drugs & vaccines being made in the region of SE Asia & China but that travellers remain naive about being bitten by animals while travelling. Very few travellers had been immunised for rabies before their travel and only 25% of them received proper treatment consistent with World Health Organization guidelines.

It is essential that travellers from Australia consider the risks of rabies & the need to obtaining qualified travel health advice. Travellers needing medication are advised to take enough from their own country for the duration of their travel to China & to avoid buying over-the counter prescription drugs from street pharmacies as many fake medicines are being sold. If medication is required then travellers need to attend a reputable clinic or hospital. If in doubt contact your travel-health insurance company. [Read about Rabies at www.travel-essentials.com.au](http://www.travel-essentials.com.au)

## ON THE LIGHTER SIDE

With some sadness it is worth reflecting on the death of an important person, which almost went unnoticed recently. Larry LaPraise, the man that wrote "The Hokey Cokey" died peacefully at the age of 93. The most traumatic part for his family was getting him into the coffin. They put his left leg in.....and then the trouble started!

## WHERE ON EARTH IS.....

### Internet map & route finders

Looking for a map to get you from A to B then you now have 4 great Internet choices:

- 1) Click-on to our website & the Michelin Guide link on our Active Europe page <http://www.AlltheWeb.com>
- 2) Go to the <http://www.mappy.com/> website for a host of easy to read options
- 3) Go to <http://www.googleearth.com/> for a graphic view of the world we visit walking or cycling
- 4) Want help in finding you way around Australia – <http://www.travelmate.com.au/> for help from Travel Mate Mapmaker to generate a map of your proposed trip along with driving directions.

Call our travel experts & talk to us about our personal recollections – we regularly visit the areas we offer – call Martyn, Lucie or Sue directly on (03) 57551743.

# ORDER YOUR NEW TRAVEL BROCHURES FOR 2008

Please tick below & email, fax or post your brochure request & we will send the new brochures to you:

- ( ) SHERPA EUROPE INN TO INN - Independent self-guided walking in France, Switzerland, Germany, Italy Spain & most countries of Europe also mountain expeditions worldwide including Morocco, Nepal & Sth America
- ( ) SHERPA CYCLING HOLIDAYS - Self-guided France, Italy, Spain, the UK, Ireland & most places in Europe
- ( ) FRANCE WALKING HOLIDAYS - Small Group Guided Walking with a donkey to carry your lunch in the Lot Valley & in Tuscany, cooking, truffles & wine tours also available
- ( ) CAMINO DE SANTIAGO – Walking or cycling the Way of St James (France or Spain)
- ( ) WALKING SAFARI COMPANY - Small group themed walking holidays in France or Spain – with a donkey
- ( ) ONE-HOTEL GUIDED WALKING HOLIDAYS – in (please specify destination) .....
- ( ) FRENCH CYCLING HOLIDAYS – Small group hotel based cycling holidays
- ( ) GO BARGING – EUROPEAN WATERWAYS – All-inclusive Hotel Barges in France, Germany, UK & Ireland
- ( ) CANAL & CO – Hotel Barges in most regions of France and Holland
- ( ) CROWN BLUE LINE - Self-skippered cruising holidays in France, Belgium, Germany, Holland, Italy & UK
- ( ) BIKE & BARGE CRUISES – France, Holland, Belgium, Croatia, Turkey
- ( ) CASTELLARE DI TONDA – Tuscan farmhouse self-contained apartments
- ( ) SUNSAIL – Yacht Charter or MileCatcher cruises in Queensland, Croatia, Vietnam, Tahiti & Thailand

OTHER DESTINATION – Please specify: .....

## NEW ZEALAND WALKING / CYCLING

- |   |                              |
|---|------------------------------|
| ( ) Milford Track Guided or Freedom Walk or the 8-day Ultimate Hike | ( ) Grand Traverse           |
| ( ) Abel Tasman   | ( ) Hollyford Valley Walk    |
| ( ) Tongariro Trek  | ( ) Stewart Island Kiwi Trek |
| ( ) Routeburn Walk  | ( ) NZ Cycling Tours         |

AIRFARES – Please quote for flights as follows: From: .....To: ..... Class: .....

Departing: .....One-way / Return (please indicate)

NAME: .....DAYTIME CONTACT: .....

ADDRESS: .....P'CODE: ..... EMAIL ADDRESS: .....

OTHER REQUESTS: .....

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# CARBON & THE HOLIDAY & WORK ENVIRONMENT

What we can do to make a difference?

With the release of reports into the global impact to the environment by carbon emissions & the use of cars, planes & of power generation there have been some creative new information sites that can give you some ideas about how you can look at a personal contribution to the issue of global warming.



Offsets made simple - '[Carbon Offsetting Explained](#)' (website homepage – [www.climatecare.org](http://www.climatecare.org) )

## PC Power Consumption, Does it Really Matter?

More than **30 billion kilowatt-hours of energy are wasted because many of us simply forget to shut down our computers** when we're not using them. If we could just improve the efficiency of how we use our PCs, the savings in energy costs would be over \$3 billion dollars! The CO2 emissions from just 15 computers are equivalent in energy terms to the gas consumption used by one car.

[Learn More About PC Power Consumption...](#)

Our goal is to introduce 100,000,000 PC users into the Local Cooling community. If just 100 million of us optimise the efficiency of our computers' energy consumption, we could prevent over 300 billion kg of CO2 gas emissions, equivalent to over 1.8 billion gallons of oil, in just the first year alone. [Take Part in Our Project to Spread the Word about LocalCooling](#)



See: <http://www.localcooling.com/facts/> & please spread the word



A Victorian based solution - <http://www.treesmart.com.au>

Each year, the average Australian vehicle emits about 4.3 tonnes of carbon dioxide - the major Greenhouse Gas. While various attempts are being made in the transport sector to reduce vehicle use and emissions, through programs such as [TravelSmart](#), an alternative way of reducing Greenhouse Gases in the atmosphere is to remove them after they have been emitted via carbon sequestration in trees.

The **TreeSmart** program aims to remove carbon dioxide from the atmosphere by planting, maintaining and harvesting plantation eucalypt trees. The **TreeSmart** program is different to some other carbon sequestration programs that plant trees and leave them un-maintained as a perpetual forest.

The **TreeSmart** program will operate by selling subscriptions to Australian travellers ([motorists](#), [road freight operators](#), [public transport travellers](#), [air travellers](#), [conference attendees](#)) to enable the CO2 emissions from their travel to be absorbed (sequestered) in eucalypt trees grown for eventual harvesting and replanting.

**OUTDOOR TRAVEL don't endorse any of these options & can not vouch for their effectiveness or credibility but these three options will help you make an informed decision on your carbon footprint:**