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CANADIAN *Traveller* SUMMER 2019



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North American museums that will hit you in the heart



SOUVENIRS OF THE HEART.

I was recently invited to spend two nights on British Columbia's Sunshine Coast for a wellness themed getaway. On the itinerary: a seaweed clay body wrap, an Indigenous cultural activity and "forest bathing" – which, contrary to its name, requires no bathing suit.

My expectations of a wellness trip were innocuous: a few restful nights away from baby and the limbering benefits of soaked and kneaded muscles. I *didn't* anticipate that I'd find myself crying. Twice.

The first time it happened was in front of an audience of 40 Sunshine Coast locals. I was participating in a KAIROS Blanket Exercise which is a sobering Indigenous history lesson that chronicles Canada's dark colonial past. The activity is fraught with events all Canadians should find horrifying but as a new parent, I felt like I was listening with new ears. When the Sixties Scoop was described in detail it cracked me wide open; it was a shot straight to my heart.

The second time I was overcome by emotion was during a guided forest therapy session. (Seriously.) It was so goop-y it would have made Gwyneth Paltrow proud.

When I returned home from my trip, I was still trying to sort the mixed emotions I was carrying in my heart, but you can be sure I lingered a little longer in warm embraces of those I love.

Travel is often taken with pleasure; to seek out the most pleasing views, to eat the most satisfying meals or perhaps simply to shed the stressors of the daily grind – for at least a few days. I would venture to guess that few of us anticipate the travel moments that change us; the ones that become unshakable souvenirs of the heart. This issue is full of such moments.

We see it on page 29, when Rebecca Field Jager, a self-described ally mom from Toronto, travels to New York City to visit her gay daughter to celebrate The Year of Pride. My heart hangs on the last haunting line of her story. On page 44, in *North American Museums That Hit the Heart*, you'll find travellers describing how the stories of others imprinted upon them. I don't think any of them walked away unchanged.

All of this is not meant to say we shouldn't travel for pleasure. Travel for curiosity, for humility and for joy. But now, perhaps more than ever, we need global lessons of empathy. We need to open our ears and *listen* to one another, especially to those outside our own community. Tread lightly, stay curious and travel to open your mind, but also to soften your heart.

Jenn Hubbert
Editor-in-Chief
jenniferh@mypassionmedia.com

CANADIAN Traveller

CANADIANTRAVELLER.COM

EDITOR-IN-CHIEF

Jennifer Hubbert
jenniferh@mypassionmedia.com

ART DIRECTOR

Gordon Alexander

COPY EDITOR

Alison Karlene Hodgins

CONTRIBUTORS

Jennifer Bain, Chloe Berge, Rebecca Field Jager, Katharine Fletcher, Liz Fleming, Michelle Matthews, Sheryl Nance-Nash, Johanna Read, Stephanie Vermillion, Candice Walsh

WESTERN REGIONAL DIRECTOR – NORTH AMERICA

James Mohr

NATIONAL ACCOUNT MANAGER

Joanne Tichborne

ACCOUNT MANAGER

– FLORIDA REGION
Bonny Mager

GENERAL ADVERTISING INQUIRIES

1-888-924-7524

adsales@mypassionmedia.com

PRESIDENT Brad Liski

PUBLISHER Jennifer Prendergast

DIRECTOR OF ONLINE Kevin Hinton

ONLINE EDITOR-IN-CHIEF

Ryan McKenzie

ONLINE EDITOR

Jennifer Hubbert

CUSTOMER SERVICE Sheila Ross

ACCOUNTS RECEIVABLE Lea Latham

DIRECTOR - CONSUMER MARKETING

Craig Sweetman

SUBSCRIPTION HOTLINE 1-888-924-7524

SUBSCRIBER ENQUIRIES:

subscription@mypassionmedia.com

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Drop your bags. LAX offers free puppy snuggles. Read how LAX is becoming an airport travellers want to layover at – actually! bit.ly/2E8pEok #flyLAX #discoverLA

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Hi there! @ChloeBerge on assignment here in Miami. I'm exploring the city's arts and culture highlights and kicking the week off with a stay at the @BiltmoreHotel. It's a historic property with beautiful original design details like these hand-painted tiles #foundinmiami

PINTEREST

If you're not eating your way through Berkeley, you're doing it wrong! Click to read the foodie traveller's guide to Berkeley's best bites: bit.ly/30gnfdx #berkeleybound

EXPERIENCE THE WORLD CLUB

From ETW subscriber, Anna Echols: Finally found the perfect place to enjoy these sweet Kiwi coasters from the New Zealand box! #patiotime #bcsummer #startsNow #plus25

Editor's note: Join Canadian Traveller's Experience the World Club by visiting canadiantraveller.com/etw.

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Travel news, events and trends from around the world



SNAPSHOTS

What's the latest & greatest going on in travel? *Canadian Traveller* looks at what's new, what's hot and what's trending, in hopes of inspiring your wanderlust. Where next? BY **JOHANNA READ**.



Extraterrestrial glamping

When the wet season floods Bolivia's Salar de Uyuni salt flats, the sky-reflecting phenomena is nothing short of ethereal. The rest of the year, it feels like walking on another planet. Until recently, most travellers visited on day trips, retreating from the flats to sleep in rustic salt lodges. The newly opened **Kachi Lodge** offers luxe glamping domes and a five-million-star rating. We're not exaggerating; at an altitude of 3,596 metres and free of light pollution, you can almost reach out and touch the Milky Way. A stay will cost a pretty penny, but it's still cheaper than round-trip tickets to the moon and hey, drinks are included.

TRENDS

Young Gen Z's travel influence

Thought millennials were driving travel trends? Make room for Generation Z. The 2019 **Virtuoso** Luxe Report says Canadians born in 2001 or later are persuading their families to book increasingly active and adventurous trips to less conventional places. Expect more to come: as of 2019, the world's Gen Z population inched past the millennial set (32 per cent compared to 31.5 per cent). Gen Z kids are craving unique experiences and the Virtuoso report names Iceland, Galapagos and Cuba as the top three off-the-beaten-path family destinations. Also on the rise are multi-generational trips and "skip-gen travel," where grandkids and grandparents jet off together while mom and dad stay home. (We think that's genius!)



Dinner in the Sky Peru

ATTRACTION

A high-flying meal

In Peru, "dinner in the sky" usually means dining in Cusco, a city where most visitors experience the appetite-suppressing side effects of altitude sickness. But it's now possible to enjoy a sky-high breakfast, lunch and dinner just outside of Peru's coastal capital of Lima. **Dinner in the Sky Peru** sees a crane lift guests 45 metres in the air to enjoy a gourmet meal of Peruvian dishes while admiring views of the Pacific and the ruins of Pachacamac, a pilgrimage site that's even older than the Incas. The meal lasts one hour and can accommodate up to 22 diners.

HOTELS

Leader of the (solar) pack

A pristine, tranquil island like Anguilla deserves to remain that way. Family-owned **Frangipani Beach Resort**, with just 19 rooms and suites, is setting an example in environmental sustainability. With the recent spring completion of a solar panel field made up of 800 photovoltaic panels, the sun can power 70 per cent of the resort's needs. Air conditioning, water heating and water production are all offset. The panels are both functional and beautiful, designed to resemble the aquamarine sea off Anguilla's stunning white sand beaches. Let's hope more hotels follow in Frangipani's green footsteps.



Frangipani Beach Resort solar panel field

K A Nelson, Erik Ruiz



Hawk at Xavage by Xcaret

ATTRACTION

Eco-thrills in the Riviera Maya

Adventure-seekers looking for pulse-quickening thrills will find them at Cancun's newest eco-archeological park, **Xavage** by **Xcaret**. Activities are named for Quintana Roo's wildlife. On Hawk, fly face-first with arms extended while 20 metres above the ground on a 400-metre-long zip line. Paddle

canals on a Crocodile kayak trip, climb the kid-friendly ropes course called Howler Monkey, or zoom on the high-speed Dragonfly jet boat. Guests of the luxury all-inclusive Hotel Xcaret Mexico get free admission to Xavage and eight other Grupo Xcaret parks, but day pass admission is available too.

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TOUR & CRUISE

Get the stress out



Stand-up paddleboarding in Costa Rica

If your stressed-out self would rather curl up in bed and stay home than deal with planning trip logistics, **G Adventures'** new Wellness tours are just what the doctor ordered. Launched in June, these small-group trips aim to help you achieve mindfulness, movement and nourishment with slower itineraries, stimulating

activities and healthy cuisine. Ten itineraries are featured for the remainder of 2019, with more to come. Head to Nepal for a traditional prayer ceremony in a working monastery, find your balance in Costa Rica with stand-up paddleboard yoga, soak in Thai hot springs, meditate at the foot of a Colombian waterfall, or listen for glacier calving in Patagonia.



Celebrity Summit

TOUR & CRUISE

Holy ship, what a transformation!

This spring, Canadian Traveller visited Puerto Rico to tour the recently revitalized **Celebrity Summit**. Her dramatic bow-to-stern transformation is part of Celebrity Cruises' \$500-million fleet-wide modernization effort. Guests slumbering in suites enjoy access to The Retreat, a chic private sundeck (hello pool butlers!) and lounge space. Collaborations further elevate Summit's offering, from eats to entertainment. Signature dishes designed by Chef Daniel Boulud and Chef Cornelius Gallagher – both men know a thing or two about Michelin-star dining – are served at Luminae. (Yet another reason to upgrade to Suite Class.) And on select itineraries, guests can admire the immense talents of the American Ballet Theatre. Tag along as Canadian Traveller tours one of Celebrity Summit's 2,530-square foot penthouses. Watch the video here: bit.ly/2JLmG5H.

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This year, take time to create memories.

You remember it, don't you? The family beach vacation: miles of blue water, sand castles at your feet, a sea breeze blowing your hair back, and not a cell phone or a skyscraper in sight. This summer, plan a family trip to a place where memories come naturally, and time isn't the only thing that's preserved.

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For the love of Ottawa's

WILD PLACES

Ottawa might be Canada's political centre but you're just as likely to lace up a pair of trainers as dress shoes. As urban as it is, outdoor enthusiast **KATHARINE FLETCHER** knows just where to find its untamed pockets. Follow along as she shares some of the varied adventures that call out to her wild heart.

WHEN I WAS SIXTEEN, I FIRST explored Canada's capital during a high school geography trip. I fell in love with its setting on the confluence of the Ottawa, Gatineau and Rideau rivers. Learning about this 4,715-square-kilometre region spanning the Ontario and Quebec sides of the Ottawa River blew my mind. Its sweep of forested hills, sparkling lakes and rushing rivers called to my wild heart – it's a romance that's never ended.

I remember the very moment I resolved to live here. Our group hiked Gatineau Park's King Mountain, where I sat transfixed, overlooking a piece of the Ottawa Valley below. Many a Canadian is familiar with modern, urban Ottawa, but wild spaces are still found in abundance – and they all invite adventure. The question is: will you pick up a paddle, lace up your hiking boots or exert some pedal power?

HIDDEN TREASURE:

MER BLEUE

Twenty minutes from downtown Ottawa, Mer Bleue is an almost 8,000-year-old peat bog recognized by the RAMSAR Convention for its northern boreal environment (think Hudson Bay), uniquely located in this southerly latitude. The name, which translates to Blue Sea, comes from ephemeral blue mists which sometimes swirl about near dawn.

Although there's an extensive 20-kilometre trail network snaking through 3,500-hectares of conservation lands, my favourite walk is along Mer Bleue's 1.2-kilometre boardwalk.



Rideau Canal Locks

Standing on the elevated path, rustling cattails sway in the summer breeze, giving way to wide-open bog views. I spot stunted tamarack, alder and willow trees growing out of humps of sphagnum and other mosses.

I'm a fan of the broad boardwalk because I appreciate the sensory experience and opportunities for close-up investigation of peat-bog critters and plants. It's fun for the kids to sprawl on their bellies to search for frogs, tadpoles and such rarities as carnivorous sundew and pitcher plants, while staying perfectly dry.

Mer Bleue is also a popular refuge for birds and their photographers. Whether you're seeking a Virginia rail, great blue heron, or the varied colours of bogland blossoms such as bog Rosemary's little pink bells or white leatherleaf and velvet-leaved blueberry flowers, subjects abound any direction you point your lens in.

Note: The boardwalk is a fully accessible, meaning people with wheelchairs, strollers and little legs alike can enjoy this wild place.

DOWNTOWN SURPRISE:

RIDEAU CANAL TO ARBORETUM

"Meet me at the Château" is a bonafide Ottawa saying, and no wonder: the Fairmont Château Laurier and Parliament Hill are signature landmarks of Ottawa's downtown core. They notably flank the Entrance Bay Locks to the Rideau Canal, Ontario's first UNESCO World Heritage Site which stretches 202 kilometres south to Kingston.

Not to worry, there's no need to venture that far afield. Instead, walk or "RentaBike" to trace the eight-kilometre pathway to the Central Experimental Farm's Dominion Arboretum. It's an urban route that's laced with Canadian history. ▶



Along the way, detour north to view Entrance Bay's original eight locks which allow boats to navigate the elevation separating the Rideau and Ottawa rivers. On blue-sky summer days, it's a pretty spot to picnic, people-watch and observe these historic locks in operation.

Continuing south, on the Canal's west side, stroll alongside parklands filled with flowers to Dows Lake. I like to pause on the benches to absorb the relaxed atmosphere where paddlers echo the enjoyment of cyclists, joggers, families and dogwalkers.

Beyond Dows Lake, the path arrives at the Central Experimental Farm's Dominion Arboretum. You won't mistake the arboretum for the wilderness of the woods, but wandering its 64 hectares, you might take special note of the tree tags. They identify the species and date of planting which reveals that many old souls hail from the late 1800s.



JEWEL IN THE CAPITAL'S CROWN:

GATINEAU PARK

The best love is shared love and my affinity for Gatineau Park is no exception. My husband and I dated here: biking, hiking and cross-country skiing the park's sprawling 361-square-kilometres of forested hills, lakes and streams. Just 20 minutes north of Parliament Hill, Gatineau Park is Ottawa's "back yard," where locals bike, hike, paddle or

Ottawa Tourism, James Peltzer, Charl Steenkamp

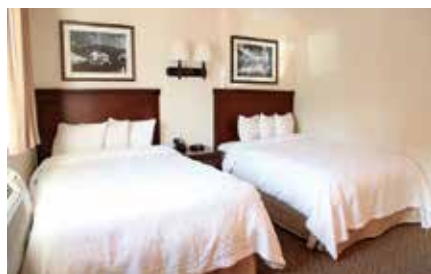
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swim whenever they have the chance.


From time to time, I hike the same 2.5-kilometre trail to King Mountain where I first fell for Ottawa. Those craving a longer, rugged hike will appreciate the 8.4-kilometre Wolf Trail. The trailhead is just 30 minutes from Ottawa near Wakefield. I like it because it traverses the spine of the park, through wooded trails and alongside rocky outcrops of the Canadian Shield. Stop to admire the view from two breathtaking lookouts, Tawadina and Mahingan, where you'll overlook a slice of the Ottawa Valley plain while standing on massive, glacier-smoothed cliffs.

Finally, appreciate a sunset view at Champlain Lookout before returning to Ottawa's city lights.

FOREST BATHING:

GREENBELT TRAILS IN OTTAWA

The city's 150 kilometres of Greenbelt parklands invite visitors to commune with nature. Between serene moments spent forest bathing, I like to birdwatch along the seven-kilometre trail network at Shirley's Bay, some of which overlook marshes alongside the banks of the Ottawa River. Equally worth a wild-side wander are the walking paths at Stony Swamp and Pinhey Forest.

OTTAWA'S GREENBELT TRAILS AND PARKS INSPIRE adventure in all seasons. Will I see you on the trails? There's adventure in these hills! 



EXCITING WAYS TO SPEND A FEW DAYS

If you're into the outdoors, pack your gear and head to Ottawa. Experience the thrill of Canada's highest bungee jump, whitewater raft within sight of Parliament Hill and mountain bike in the nearby Gatineau Hills. Next, take off on a zipline, cycle 800 km of pathways, stand up paddleboard or kayak and more! After all that excitement, you'll want to kick back with a craft beer.

OTTAWATOURISM.CA/OUTDOOR



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ST. LUCIA

is for lovers

Some places are meant for lovers. Think: Paris, the Maldives, Santorini. Now, add St. Lucia to the list. That's where you'll find Serenity at Coconut Bay; an adults-only, couples-only resort that's oh-so-sexy. BY **SHERYL NANCE-NASH**

FROM THE MOMENT MY BUTLER GREETs me in the lobby, the vibe at Serenity at Coconut Bay whispers total luxury. It's called Serenity for a reason: there are 36 plunge-pool suites at this intimate resort, so forget the distracting crowds; couples here only have eyes for one another.

I see it as I'm led to my suite, passing by the 3,000-square-foot pool; there are couples cooling off in half-sunken pool loungers, cocktails in-hand, and others cozied up in cabanas. Perspiring ice buckets of Champagne and hors d'oeuvres are within arm's reach, but attendants are quick to refill their flutes and offer chilled face cloths.

When my butler opens the door to the suite, I try to play it cool, keeping my "oohs and ahs" to a minimum. In the private "backyard patio," there's a plunge pool with a waterfall, hammock, outdoor shower and wet bar. Inside, the room is spacious and plush. Vaulted ceilings frame a four-poster king-size mahogany bed and the oversize soaker tub and shower are so big, it's clearly an invitation for two.

For sure, this is the setting for a wildly romantic romp. Serenity is a place where decisions to get married are made and honeymooners confirm that oh yes, they did the right thing. Heck, I suspect Serenity might even resuscitate a comatose relationship. Yet, in what feels something like a sitcom, I am here on business without my husband. I shoo my butler away while sharing a chuckle with myself: he's the only man who will step foot in my romance-riddled suite. I get ready to meet my colleagues for dinner, glossing my lips if only to impress myself. After a sumptuous meal and a few too many handcrafted tropical cocktails, I call it a good night.



I KNOW IT'S GOING TO BE A GREAT DAY WHEN it starts with breakfast in bed. It feels good to lie-in a while. I can't help but grin when a masseuse knocks at the door – she's a most welcome interruption. I'm well taken care of as she applies treatments that use St. Lucian ingredients like aloe from the resort gardens. I could have

chosen to take the massage in a private oceanfront cabana during the day or under the spell of the moon. Both would have been dreamy, but I'm equally satisfied with my decision; I've barely left bed yet been royally pampered, all before noon.


When lunchtime rolls around, a beach cabana calls. I feel like a queen, as an attendant works to serve my every desire. The Champagne flows and so do the nibbles. The only thing left to do after a short siesta is to make my way to the shore and take a cool dip in the Caribbean.

As the day gives way to dusk, my colleagues and I set off for dinner. We've been invited as guests to the Chef's Table, a private dining room in The Greathouse Restaurant. Just like Serenity's luxuries, the food is over the top. A feast of the senses ensues as a spread of plates colonizes every inch of the table. The resort's executive chef puts an island twist on St. Lucia's classic dishes using ingredients pulled straight from the soil. It's hard to believe the delicious morsels are all-inclusive. I eat to my heart's content and waddle back to my suite.

The next morning, I do something cheeky. In the secluded privacy of my

suite's backyard patio, I bare all. Meditating in my plunge pool, I let the waterfall cascade over my head. Much as I love the nest that is Serenity, today I plan to venture off-property. A catamaran trip with views of those legendary St. Lucia Pitons calls.

From my waterline view, I sit transfixed by the mighty volcanic peaks. They're surreal, stretching high into the sky. I listen in on a conversation shared by a husband and wife who are also admiring the view. He's just as amazed and awed by the Pitons' beauty as I am. She responds by making a playful quip: "Really? Nothing impresses *you!*" I suppress a giggle and snap some photos for my own husband to judge.

My last half day in St. Lucia includes a bit more pool time – truly, it's hard to resist. As I dip my toes in the water, I think that this has to be one of the best places to share with someone you love. The fact that Serenity was the winner of the Brides 2019 Honeymoon Award is not surprising. But I have my own testimony about the magic of Serenity: though I'm not with my beloved, just thinking about him, wishing he was here, makes me realize I am still very much smitten - and what a souvenir that is! 



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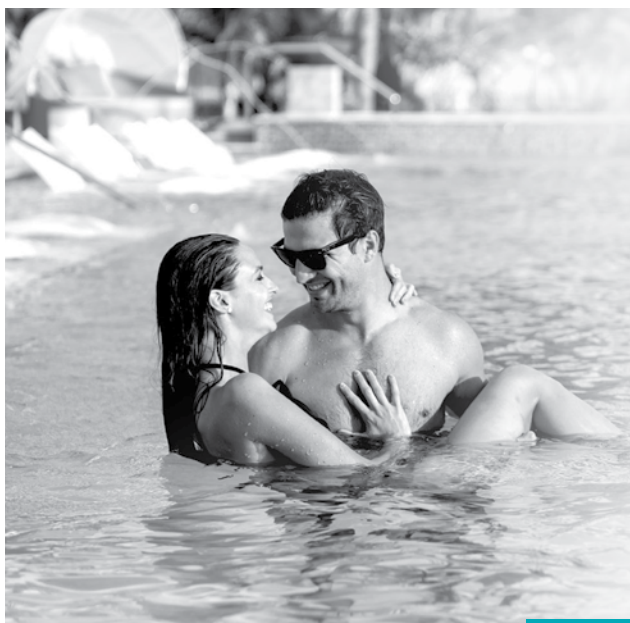
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Hudson County, New Jersey

BY STEPHANIE VERMILLION

Just eight kilometres from crowded Times Square, travellers can find respite from tourist attractions in an unexpected locale: Hudson County. This New Jersey county, set west of Manhattan along the Hudson River, is an emerging destination attracting travellers and food lovers alike. We can hardly blame them. With significantly fewer tourists than neighbouring Manhattan and shortcuts to major landmarks, we're betting it won't stay that way for long. A diverse culinary scene, good value hotels and splendid New York City views attract new visitors each year. Here's how to visit Hudson County while it's still hidden in plain sight:

SEE & DO



Most travellers visit the **Statue of Liberty** and **Ellis Island National Museum of Immigration** from Lower Manhattan, but lines are long and the boats are packed. Instead, head to Jersey City's **Liberty State Park**. The park offers the area's quickest access to the Statue and Ellis Island – tickets are available from Statue Cruises at the Central Railroad Terminal Building – but that hardly scratches the surface of this 485-hectare green space. Stroll the waterfront for expansive views of the Statue of Liberty and Lower Manhattan or stop by the highly praised **Liberty House Restaurant** for upscale dining with elevated Manhattan vistas. To round out your park experience, head over to the **Liberty Science Center**, an interactive museum with the largest planetarium in the Western Hemisphere, the **Jennifer Chalsty Planetarium**. The museum is filled with hands-on children's activities, but on the third Thursday of every month, adults 21 and over have all the fun. Liberty Science Center's popular After Dark parties pair food, drinks, music and dancing with after-hours access.

Unspoiled panoramas continue in **Hoboken**, one of America's most densely populated communities. At just over two-and-a-half-square-kilometres, Hoboken is easily navigable. The pedestrian-friendly **Hudson River Waterfront Walkway** is a 29-kilometre path from Bayonne to the George Washington Bridge. It winds through Hoboken, offering views from the **World Trade Center** to the **Empire State Building** and beyond. For a unique vantage point, admire Manhattan's skyline from the water. The volunteer-run **Hoboken Cove Community**



Boathouse provides free stand-up paddleboarding and kayaking most weekends from May to September. Alternatively, head up to one of Hoboken's best hidden viewpoints: **Castle Point Lookout**, located on the peaceful **Stevens Institute of Technology** campus. Situated on a hilltop with Hoboken's waterfront walkway in the foreground, this panorama puts the enormous Manhattan skyline to scale.

While its views are unparalleled, Hudson County is more than a Manhattan photo opp. Experience local fare and fandom at Harrison's **Red Bull Arena**, home to Major League Soccer's New York Red Bulls. Between MLS matches, the stadium hosts a variety of prestigious teams, including the defending FIFA World Cup champions, the U.S. Women's National Team. Red Bull Arena is a quick walk from the Harrison PATH metro station, making it easily accessible for Hudson County visitors.



Hyatt Regency Jersey City on the Hudson



Skinner's Loft in Jersey City

STAY & SLEEP



Good views are not scarce in Hudson County, but the area's waterfront hotels offer some of the best. Weehawken's **Sheraton Lincoln Harbor Hotel** is adjacent to the NY Waterway ferry line's Lincoln Harbor stop. Guests can travel to and from Midtown Manhattan in less than 10 minutes. If you score a waterfront room, schedule an early wake-up call. The sunrise over Manhattan's skyline is worth every minute of missed sleep.

Or head south along the Hudson waterfront to the **Hyatt Regency Jersey City**, a posh, four-star hotel situated on its own quiet pier facing the One World Trade Center. The hotel is a quick walk from the Exchange Place PATH train station, which connects to NYC. Whether or not you leave the Hyatt's Manhattan-view indoor pool is entirely up to you.

Come football season, Jets and Giants fans flock to East Rutherford for tailgating and spirited revelry. **Embassy Suites by Hilton Secaucus Meadowlands** offers cozy and convenient lodging in the heart of the Jets and Giants action. The hotel offers free shuttle connections to and from Meadowlands Sports Complex. After a long day of cheering, recover your voice in their indoor pool and tropical atrium.

EAT & DRINK



Hudson County is one of the most culturally diverse places in the United States, and nowhere is this more apparent than its food scene. Take **Son Cubano**, a trendy restaurant with vintage vibes from glamorous 1950s Cuba. This waterfront institution pairs cultural classics like *churrasco* and *ropa vieja* with late-night fun; live music and festive dancing fill the West New York hot spot every weekend.

Despite its size, dining options abound in Hoboken. With longstanding establishments like the classic **Amanda's Restaurant** and the upscale **Blue Eyes Restaurant** (named after former resident Frank Sinatra), visitors never have to go hungry in Hoboken. We'd argue **Elysian Cafe** cooks up some of its best bites. It's also the city's oldest continually operated bar and restaurant. Circa 1895, this saloon masqueraded as a "beauty parlor" (cough, speakeasy, cough) during Prohibition. Today, the Hoboken staple serves French fare for brunch, lunch and dinner. Cozy up at the front bar with a draught beer where antique décor pairs with TVs for game day or practice patience while waiting for a coveted outdoor table – the perfect spot to watch the hustle, bustle and adorable dogs parading up and down Hoboken's main drag, Washington Street.

Come happy hour, there's no better place to pony up for creative cocktails than **The Archer**, a rustic, lodge-inspired bar on Newark Avenue in Jersey City. This swanky hangout serves imaginative concoctions like the Tijuana Lady (tequila, Licor 43, lime and angostura bitters) and the St. Charles Punch (Cognac, port, lemon and simple syrup). The fun doesn't stop at the drink menu. The Archer serves equally inspired appetizers, from duck poutine to braised oxtail toast. If restaurant-hopping is your thing, head down Newark Avenue to **Barcade**, **Porta** and **Roman Nose** to drink up and chow down on Jersey City's ever-expanding restaurant row. **CT**



Visit Hudson County, NJ to experience award-winning cuisine, diverse culture, and the exciting vibe of the fastest growing area in New Jersey!

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HISTORY

Self-guided walking tours at your fingertips

Use your smartphone to explore the rich history of Hudson County. Using any smartphone, text the word "Hudson" to 56512 for a direct link to our self-guided historical walking tours.

HC TINY TRIPS

Designed for groups and individuals, many of our hand-picked adventures can be done in under an hour. Hudson County has something special for everyone!

HC HOT SPOTS

Our HC Hot Spots are the most iconic locations for food lovers, thrill seekers, bargain hunters, and sports fanatics in Hudson County. Meeting friends, or looking to make some new ones, Hudson County is the place to be!



ATTRACTIONS

- **Statue of Liberty** and **Ellis Island**
- **Liberty Science Center/Jennifer Chalsty Planetarium** – the largest planetarium in the Western Hemisphere!
- **Liberty State Park** has 1,200 green acres of park, directly across from New York City; direct access via Statue Cruises
- **Empty Sky Memorial to 9/11**
- **Central Railroad Terminal**, Liberty State Park
- **Statue Cruises**
Statue of Liberty/Ellis Island Ferries
- **Spirit of New Jersey Cruises**
- **Liberty Harbor RV Park**, Jersey City
- **Guided Kayaking on the Hudson River**
- **RPM Raceway** – indoor Go-Karting
- **Skyway Golf Course**
9-hole course, Jersey City
- **Red Bull Arena**
Home of NY Red Bulls, Harrison
- **Carlo's Bakery**
Hoboken, home of the Cake Boss.
- **Frank Sinatra's Birthplace**, Hoboken
- Go shopping for designer brands at **Newport Mall**, **Jersey Gardens Outlets**, **Harmon Meadows** and **American Dream**.
- No sales tax on clothes and shoes!



DINING

Hudson County is proud of its staggering array of **award-winning restaurants, cafés** and **bistros**. From top-notch steakhouses and seafood restaurants to the local neighborhood flavor of ethnic cuisines found in cafes and bistros along tree-lined streets and turn of the century brownstones. Many locations offer **rooftop dining, seating along the Hudson River** and **groups are welcome**. Hudson County offers a fantastic line up of craft **breweries** and **pubs**.



HOTELS

- **Bus service to Manhattan**
- **All hotels are accessible to NYC/NYC tours**
- **5000+ quality chain hotel rooms PLUS 1000 more on the way!**

The background of the cover is a photograph of a narrow, deep gorge with a waterfall cascading down the center. The rock walls of the gorge are layered and mossy. A group of people is visible on a stone walkway on the left side of the gorge, looking towards the waterfall. The title 'CANADIAN Traveller' is at the top, with 'CANADIAN' in small white letters and 'Traveller' in large yellow letters. To the right of the title is a vertical line followed by 'SPECIAL EDITION' in white. The main title 'NEW YORK' is in large white serif font, and 'YOURS TO DISCOVER' is in a smaller white serif font below it. The subtitle 'How to stretch a New York minute across the state's 10 unique regions' is in a white serif font, preceded by a decorative flourish. The author's name 'BY CANDICE WALSH' is in a small white sans-serif font, followed by another decorative flourish. The page number '19' is at the bottom right.

CANADIAN
Traveller

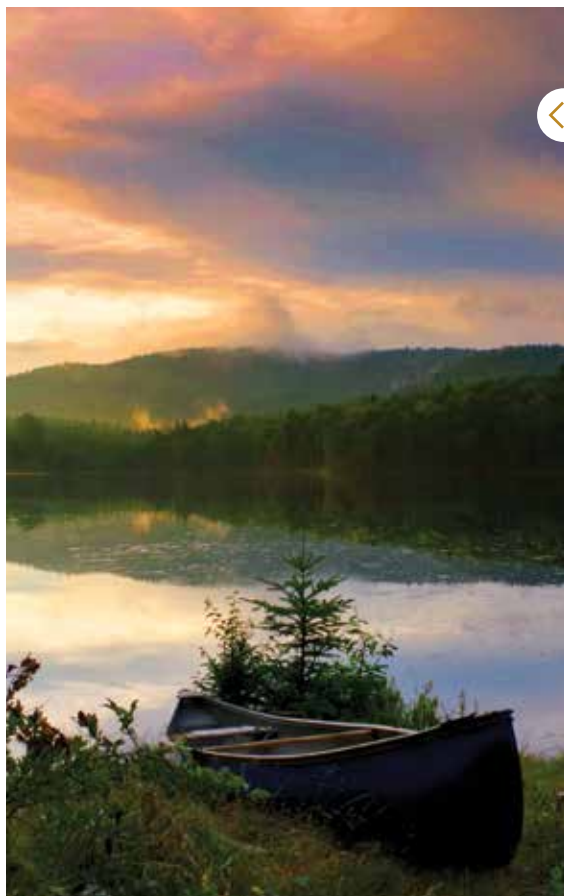
SPECIAL
EDITION

NEW YORK

YOURS TO DISCOVER

*How to
stretch a
New York
minute across
the state's
10 unique
regions*

BY CANDICE
WALSH



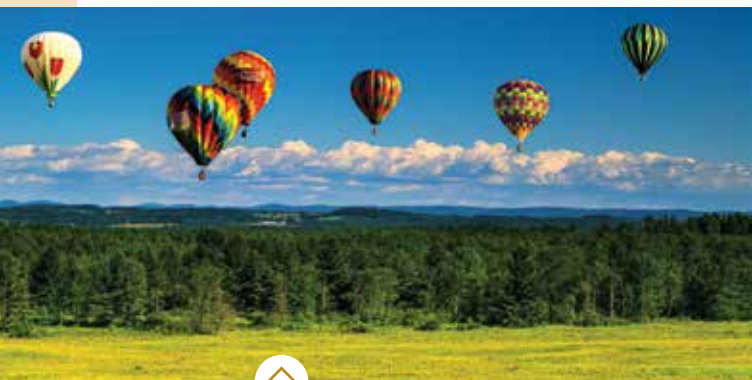
ADIRONDACKS

Hiking, horseback riding and walking through the treetop canopy – no wonder outdoorsy travellers love the Adirondacks. Stretch your legs on the Adirondack High Peaks or relax at a ranch resort. With 2.4 million hectares of protected land, recreation opportunities are limited only by your endurance.

TAKE A WALK ON THE WILD SIDE. **Wild Walk** gives you a chance to walk through the forest on elevated platforms in the heart of the Adirondacks. Fun fact: it's the same height as New York City's High Line. With its four-storey treehouse, swinging bridges and a cozy spider's web (not a real one, we promise), Wild Walk offers a fresh perspective over the stunning Adirondacks.

LIVE THAT COWBOY LIFE. **The Ridin'-Hy Ranch Resort** offers all the charm and appeal of a dude ranch without the pioneer struggle. Here, you'll experience full-on ranch life with horseback riding lessons and free rodeos, but right next door are the ranch's beach, pool and beautiful main lodge. Accommodations are cabin-style, making this a snug place to stay year-round.

HIT THE TRAIL. Forty-six peaks make up the **Adirondack High Peaks**, mostly in the Lake Placid Region, so take your pick! Treks range in duration and difficulty, from climbing **Mount Marcy** (the highest point in the state) to the well-trodden peaks of **Cascade** and **Porter**.



CAPITAL SARATOGA

Capital-Saratoga is just a few hours north of New York City, but it might as well be on a different planet. Whether you're a craft beer lover or up for a game of chance, this chilled-out region offers days of endless entertainment.

TEST YOUR LUCK. Established in 1864, the **Saratoga Race Course** is the oldest organized sporting venue in the United States. Thoroughbred races take place from July until Labor Day, and they're a must-see even if you're not a die-hard race fan. For a little bit of extra fun (and cash), check into the **Saratoga Casino Hotel**.

BEER FOR WHATEVER ALES YOU. Thirsty travellers take note: this region boasts noteworthy craft breweries, including the award-winning **Druthers Brewing Company** in Saratoga Springs. If you're in Troy, visit the speakeasy-style bar at **Brown's Brewing Company**. If you're a more spirited person, take a tour of **Albany Distilling Company** to sample its 19th- and 20th-century style whiskeys and rums.

ENJOY LAKE LIVING. Capital-Saratoga is home to the scenic **Great Sacandaga Lake**, stretching more than 45 kilometres long. This place became a booming resort town in the 1920s until constant flooding caused too much damage to homes and businesses. Nowadays, it's a quiet mecca for water sports, boating and fishing – or simply just enjoying some epic sunsets.

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NEW YORK STATE

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There are so many places to discover. Expand your horizons by exploring ours.

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CATSKILLS

The Catskills are more than just forest-carpeted peaks. While adventure travellers might enjoy ziplining and camping out in the wilderness, others will prefer the peaceful solitude of verdant woods and biting into the local food scene.



ZIP ACROSS HUNTER MOUNTAIN. Did you know that the Catskills is home to North America's longest and highest zip line? **New York Zipline Adventures** takes you into the treetop canopy with a series of zip lines, suspension bridges and tree platforms. On the SkyRider Tour, you'll soar 182 metres above the ground, reaching speeds up to 80 kilometres per hour!

FEED YOUR INNER FOODIE. The Catskills boasts a surprisingly diverse culinary scene and you'll love eating your way through it. Head to the eccentric **Russell's General Store** for its famous BLT sandwich or enjoy classic 60s-style dining at **Phoenicia Diner**. Dig into artisanal dishes at **Brushland Eating House** or peruse the extensive drink menu at **The Heron**. Actually, maybe do all of it.

SLEEP BENEATH THE STARS. With its warm days and starry nights, the Catskills offers a vast array of camping options. Sites range from rustic parks to fully loaded campgrounds with amenities like warm showers and general stores. Our favourite is **North-South Lake Campground** because of its proximity to swimming holes, beaches and hiking trails.



CENTRAL NEW YORK

Family-friendly and chock-full of entertainment, Central New York doesn't often get the attention it deserves. Come here if you want low-key adventures amid forested rolling hills and farm-grown locavore delights.

HIT THE CYCLING TRAILS. Are you a savvy cyclist? There are hundreds of kilometres of biking trails in Central New York. **The Erie Canalway Trail** lets cyclists ride from Little Falls to the Capital Region along 138 kilometres of uninterrupted paved trail. Then there are 10 tours that cover the "Ridges of Madison County," with more than 300 kilometres of cyclist-friendly paths. If you want to do something shorter, pedal the 34-kilometre "Traverse the Gorge."

BE ENTERTAINED. If you're a live entertainment junkie, you'll love Central New York. The historic Firehouse Stage at the **Goodwill Theatre** is a venue for all types: jazz, classical concerts, stand-up comedy, magic shows and more. **The Palace Theater** in Hamilton plays host to a wide selection of visual and performing arts, while the **Nelson Odeon** is where you go for live local music.

PADDLE YOUR HEART OUT. Central New York is a dream for paddling, no matter your (in)experience level or preferred paddle: stand-up paddleboard, kayak or canoe. Greater Binghamton is home to both the **Susquehanna** and **Chenango** rivers, where gentle currents make for an easy but scenic afternoon on the water. **Sandy Beach Park** and **Dorchester Park** are other great options.

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NEW YORK STATE

ALONG THE ERIE CANAL



TRAIL FACTS

- The trail primarily follows the canal's former towpath and rail corridors. Where an off-road route is not feasible, the trail follows public roadways.
- The trail is mostly level with a hard surface (asphalt or stonedust) and is ADA-compliant.
- Trail activities include bicycling, hiking, wildlife watching, and snowshoeing and cross-country skiing. Horseback riding and snowmobiling are also available on some trail sections.
- Find attractions, lodging, camping, dining and shopping near the trail via mobile websites.
- Trip planning, guidebooks, supported bike tours and other programs are available.



ErieCanalway.org

PARKS & TRAILS NEW YORK

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ERIE CANAL**

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ENDLESS ADVENTURES

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Canals.ny.gov



Paddlers in Kayaking 4 Meso approach Lock 5 in Waterford

There are so many places to discover. Expand your horizons by exploring ours.

CHAUTAUQUA ALLEGHENY

This region's variety of attractions make it a perfect destination for even the most indecisive traveller. Mountains, lakes and vineyards abound. You'll love this underrated part of New York for many reasons but especially for its amiable locals.



LAUGH UNTIL YOU CRY. At Jamestown's new **National Comedy Center**, more than 50 exhibits take you on an interactive journey of comedic history, from early vaudeville acts (think Mickey Rooney) to modern memes. You'll get to play games and partake in competitions, and if you're feeling brave, you can even try your hand at stand-up comedy.

SIP AND SAVOUR. The Lake Erie Concord Grape Belt is full of natural beauty, Victorian towns and vineyards galore – 23 of them. Two of our top recommendations: 21 Brix Winery if you're sweet on dry reds and **Noble Winery** for a tasting paired with a stunning Lake Erie backdrop. Otherwise, head to **Mazza Chautauqua Cellars**. It's the state's first combination winery-distillery-brewery where you'll be able to sample the region's best liquid libations.

GO RAFTING. Need to shake up your vacation? A white-water rafting trip in the **Zoar Valley** will do just that. You'll join an experienced guide on the mighty **Cattaraugus River** for an adrenaline-soaked day of navigating white-water rapids and admiring rugged cliffs and hidden waterfalls. Bald eagles are common here so, between rapids, keep one eye on the sky.

GREATER NIAGARA

Niagara Falls is usually the first reason people visit this region, but make no mistake: it's no one-trick pony. Great dining, historical architecture and big nature all await in Greater Niagara.



HUNGRY FOR ROCHESTER. Saturday mornings are for the **Rochester Public Market** and we recommend the breakfast sandwich at **Scott's II** and sweet treats from **BXCR Donuts**. The family-run **Living Roots Winery** handcrafts its wine in small batches and pairs tasting flights with cheese boards and snacks. After dark, head to **Radio Social** for brews, bowling and giant Jenga.

BRUSH UP ON YOUR HISTORY. History buffs will love the **Buffalo Niagara Heritage Village**, a 14-hectare living museum with 11 historic buildings, exhibits and gardens. You'll learn about the history of the Niagara Frontier, complemented by paintings, prints, furniture, woodworking and textiles. There's a blacksmith shop and one-room schoolhouse too.

GET REALLY, REALLY CLOSE TO NIAGARA FALLS. **Cave of the Winds** offers a unique alternative to just viewing the thundering falls. Descend 53 metres into the Niagara Gorge where a series of wooden walkways lead to the Hurricane Deck. From the deck, you're just feet away from roaring Bridal Veil Falls – one of three falls that make up Niagara Falls. Poncho and sandals are included.



GO ATTRACTION-HOPPING. **Walden Galleria** is excited to launch **The Summer Fun Pass** promotion that's guaranteed to provide family fun for all. Priced at \$50 USD, the pass allows visitors to choose four different attractions to experience at the shopping centre. Attractions might include admission to **5 Wits** or a three-course meal at the **Melting Pot**. Each choice is a \$25 USD value, making the pass worth \$100 USD. There are also bonus attractions: free admission into the **New York State Fair** and the **Aquarium of Niagara**, to name a few. The promotion runs June 10 to September 2.

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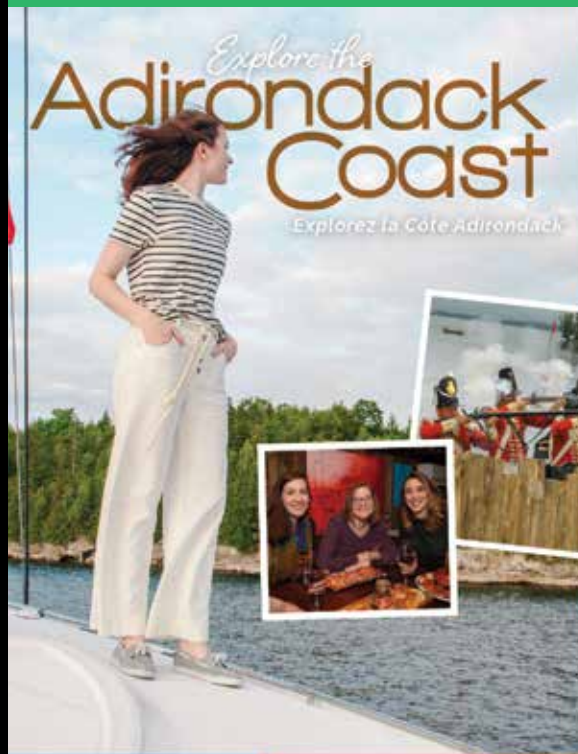
CHAUTAUQUA-ALLEGHENY



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THE ADIRONDACKS



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Visitez un phare historique

HIKE OUR FAMED HIGH PEAKS

Faites une randonnée sur nos célèbres hauts sommets

SIP IN THE FLAVORS OF OUR LANDSCAPE

Sirez un bon vin de notre terroir en admirant le paysage spectaculaire

No matter what you choose all activities come with spectacular views compliments of the Adirondack Mountains.

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THE ADIRONDACKS

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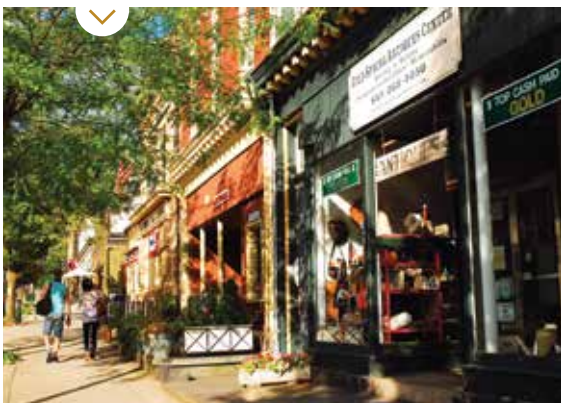
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There are so many places to discover. Expand your horizons by exploring ours.

HUDSON VALLEY

Hudson Valley is your New York state city break destination – even if you only get to spend a weekend here. Soak up slow town life in New Paltz, admire the Shawangunk Mountains and then visit a friendly neighbourhood farmer.



PUTTER IN NEW PALTZ. New Paltz flies under the radar but it's a vibrant small town with a big music scene, plenty of farm-to-table dining, boutique shopping and cozy cafés. Historic **Huguenot Street** is the place to be. Its well-preserved 17th-century homes and buildings make you feel like you're walking into the past. Enjoy guided storytelling walking tours year-round.

VISIT MOHONK PRESERVE. Located next to New Paltz, **Mohonk Preserve** is the best place to capture the beauty of the Shawangunk Mountains. There are more than 110 kilometres of trails for biking, hiking, running, skiing and even horseback riding.

GET BACK TO THE LAND. You could enjoy farm-to-table dining in town or you could visit the farm yourself. At **Jenkins-Lueken Orchards**, you're welcome to spend hours berry picking in the summer, and apple and pumpkin picking in the fall. **Dressel Farms** also offers autumn apple U-pick but their farmstand sells a wider selection of produce and homemade ice cream made with farm ingredients. Who is up for a scoop of valley sweet corn?

LONG ISLAND

If you thought Long Island was just a pleasant way to end a whirlwind trip to New York City, you'd be sorely mistaken. 193 kilometres of beach, Gatsby-style manors, wineries and ocean-fresh eats make it a destination unto itself.

MAKE A SPLASH. **Splish Splash Water Park** is one of the country's best water parks and an ideal family trip for even the biggest kids. (We're looking at you, mom and dad!) Try **Bootlegger's Run** for a thrilling raft ride – it's like a roller coaster without rails – or float along the 400-metre **Lazy River**. See what we mean? Fun for everyone.

SURF AND TURF. Pass through the Hamptons to Long Island's most eastern point to reach **Montauk**, affectionately dubbed "The End." This laid-back beach enclave has fishing roots and surf appeal. Unlike its posh neighbour, Montauk lends itself to a hipper crowd. Dine at **Swallow East** for small sharing plates and **Scarpette Beach** for elevated Italian, watch surfers at **Ditch Plains** or simply take in the salty ocean air.

GO THE EXTRA (NAUTICAL) MILE. The **Nautical Mile** in Freeport is nearly 14 kilometres of waterfront, full of opportunities to nosh on fresh seafood, visit clam bars, lounge at entertainment venues, hop on a dinner cruise, rent a paddle boat, charter a fishing trip or even visit the **Long Island Maritime Museum**. You could easily spend a full day here.



NEW YORK CITY

Wanderlusting for New York City is never tiring. The city is always in flux; there's something to discover every single day. This year add these new highlights to your must-see list.



PARKS & RECREATION: Opened in Williamsburg in 2018, **Domino Park** features a 365-metre waterfront esplanade and uses 21 original columns of the landmarked Domino Sugar Refinery to support an elevated pedestrian walkway. From this vantage point, you'll enjoy the Manhattan skyline and East River views. Before you leave, grab some Mexican food from **Tacocina** and watch the world go by from an outdoor table.

GO ON TOUR. Turnstile Tours introduced two new itineraries this year to further promote NYC's more unique attributes. On the **Wafels & Dinges Factory Tour** you'll get a behind-the-scenes look at one of the most popular food truck chains in the city. (Yes, samples are included.) Or you can try the new **Prospect Park Tour** to learn all about the history and conservation efforts of Brooklyn's largest park.

VISIT THE LGBT MEMORIAL. Last year, New York's first official monument honouring the LGBTQ community and the victims of the Orlando Pulse nightclub shooting was unveiled in Greenwich Village's **Hudson River Park**. It's a beautiful memorial: nine boulders are arranged in a circular pattern; six are bisected and reconnected by glass in a design that refracts rainbow light patterns on nearby objects.

"TWO STORY MALL WHERE YOU CAN FIND EVERYTHING!"
- TRIP ADVISOR USER

Walden GALLERIA



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THOUSAND ISLANDS SEAWAY

Straddling the US-Canada border to encompass both New York State and Ontario, Thousand Islands-Seaway has plenty to brag about: 1,864 islands, endless coastline and the mighty St. Lawrence River. With its quaint towns and historical highlights, it's an ideal place to slow right down.



EXPLORE CAPE VINCENT. Travellers sometimes breeze by peaceful Cape Vincent, but we think this historic village is well worth a gander. Your must-do activity: walk or bike to the towering **Tibbetts Point Lighthouse**. Built in 1827, this landmark lighthouse marks the location where Lake Ontario and the St. Lawrence River meet. Pay a visit to **Cape Vincent Brewing Co.** or **The Cape Winery** to round out a laid-back afternoon.

DABBLE IN SOME LUXURY. **Harbor House Inn** in Sackets Harbour has undergone exciting renovations in recent years, and you'd be wise to stay at this historical boutique property located at the gateway to Thousand Islands. Enjoy water views with a room overlooking the harbour and lake or that of charming **Sacket Harbor Village**. The complimentary breakfast is worth booking two nights.

SEE THE TALL SHIPS. This year, Brockville is taking part in the **TALL SHIPS CHALLENGE® Great Lakes 2019 Race Series** (August 30-September 1). Nip over to the Brockville waterfront, where tall ships like the **Bluenose II** line up around the harbour while live entertainment and vendors set up on land. You can tour these regal ships or buy tickets to sail on a tall ship during the big parade.

STRAIGHT FROM NEW YORK



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FAMILY

IT TOOK A VILLAGE

This year, rainbow flags fly prouder than ever in the Big Apple. The city plays host to WorldPride, coinciding with the 50th anniversary of the historic Stonewall riots that took place in Greenwich Village. Writer and ally mother **REBECCA FIELD JAGER** travels to Manhattan to join her gay daughter on a trip that reminds us all that love has no orientation.

IT'S SPRING IN GREENWICH Village's Washington Square Park and the cherry blossoms are out. The temperature has climbed above expectations, prompting people to peel off their layers from the top down, their jackets and sweatshirts cinched at the waist. Others have laid out their outerwear on the grass, piecing them together to form makeshift quilts upon which young parents grapple with toddlers, intergenerational families divvy up street-food takeaway, and circles of friends sit cross-legged frittering away the afternoon. And throughout the Park, not surprisingly, there are lovers galore – my daughter, Sam, and her girlfriend among them.

I am here, an ally mom from Toronto, visiting her gay daughter who lives in Brooklyn to celebrate what New York City has declared as The Year of Pride. ▶



1
Stonewall 50:
Love & Resistance,
New York Public
Library

2
NYC AIDS
Memorial

3
Washington
Square United
Methodist
Church



2019 is an important marker for the modern gay liberation movement to which NYC played such a prominent role. Six days of violent demonstrations erupted after the Stonewall Inn, a gay bar in Greenwich Village, was raided by police in the early hours of June 28, 1969. The event became a watershed moment for LGBTQ+ activism, bringing national attention to gay oppression and sparking public advocacy. The riots attracted one thousand supporters and is recognized as the first Pride parade. To honour the 50th anniversary of these milestones and the legacy of the LGBTQ+ movement, New York City has rolled out a year-long roster of commemorations, exhibits and performances.

During our weekend together, Sam and I plan to soak up as many Manhattan offerings as possible but without rush; Sam will show me a few of the less represented, local gems precious to her own journey.

I DON'T MINCE WORDS. I DON'T HAVE TO. NOBODY TAKES THIS TOUR CASUALLY.

— Sara Lyons, Tour Guide,
Beyond Stonewall

TO GET A BIG-PICTURE OVERVIEW OF local LGBTQ+ history, Sam and I sign up for a two-hour walking tour with New York Tour 1. We meet our guide, Sara Lyons, outside of Stonewall which was designated a U.S. National Monument in 2016.

After the usual pleasantries, Sara explains her personal connection to the tour. Beyond being a bisexual, born-and-bred New Yorker, she is the niece of film editor and actor James Lyons who died at 46 following more than a decade of HIV treatment. (Film-goers may know him from his editing work on *The Virgin Suicides* or his acting role in *Postcards from the Edge*.) Sara's passion for her subject matter

is evident as she leads us along the Village streets, pausing at different landmarks to explain their significance and allowing us time to let the moment sink in.

"This is Julius," she tells us. "The oldest gay bar in the city and the site of the 1966 'sip in' where activists protested state laws banning service to people suspected of being queer."

"This is Washington Square United Methodist Church, now private residences, where Rev. Paul Abels, who died of AIDS at 54, successfully fought against the bishop to become, in 1977, the first openly gay pastor of any major Christian denomination in America."

"And this is the NYC AIDS Memorial across from what used to be St. Vincent's Hospital – ground zero during the AIDS crisis – where folks can reflect on the more than 100,000 New Yorkers who have died from the disease."



Sara's delivery is forthright. "My goal is to provide honest insights into who they were and how our history built who we are today."

She notes that most guests who take her tour are queer, out or closeted, but some are straight, there to better understand the LGBTQ community perhaps because someone they love is part of it.

"I once had this devout woman who told me she couldn't reconcile her faith with what her son had just revealed to her a few weeks earlier on the phone," Sara recalls. "But after we got to the church, she said that maybe she could keep her faith without losing her son. Maybe, she could find common ground."

**"I THINK IN SOME PLACES
THEY WERE AFRAID OF US
MORE THAN WE WERE OF THEM."**

- Sharon Tramutola, Aids Activist

THE EXHIBITS SAM AND I VISIT ARE unflinching. *Art After Stonewall* at Leslie-Lohman Museum, dedicated solely to the works of LGBTQ+ artists, is the first exhibit to examine the impact the movement had on the art world. Featuring 200 works from openly gay artists such as Vaginal Davis and Andy Warhol, it is so extensive that curators divided it between two venues: Leslie-Lohman, which captures the 70s, and the nearby Grey Art Gallery, which focuses on the 80s.

At the Guggenheim, *Implicit Tensions* features the work of Robert Mapplethorpe, a photographer who took the world by storm before he left it at 42, succumbing to an AIDS-related illness. The collection includes his well-known provocative photographs of New York's S&M scene, ones that, shortly after his death in 1989, sparked a national debate about whether "controversial" art should receive public funding.

At the New York Public Library, Sam and I are wowed by *Stonewall 50: Love & Resistance*, an expansive exhibit gleaned from the Library's vast archival holdings and focusing on activism throughout the 60s and 70s. Posters, flyers, newspapers and magazines clippings, and handwritten notes – including a call to rally – capture the significant role print played in pre-Internet activism. Photographs capture moments of exhilaration and of despair. In one, folks of all ages, genders and ethnicities rally, eyes wild with excitement, signs held high. In another, taken at a Gay Activist Alliance march and demonstration in 1971, a burly policeman stands in the foreground with four men behind him, one, stripped not only of his dignity but most of his clothes.

As we slowly make our way through the library's third-floor hallways, I find myself stealing sideways glances at Sam. I try to gauge her reactions, to reassure myself that she is okay. The exhibit is deeply moving – for both of us – but I know it resonates with her in a way it can not with me.

**ON THE STONEWALL RIOTS:
"WE DIDN'T STOP. WE WEREN'T
AFRAID. WE WERE NOT GOING
TO BE OPRESSED ANYMORE!"**

- Sylvia Rivera,
Transgender Activist

AS IT ALWAYS DOES WHEN WE REUNITE, New York City sets the scene for many memorable mother-daughter moments. We laugh our way through Broadway's *The Prom*, an uplifting musical comedy about a group of middle-aged actors who, seeking free publicity, take up the cause of a lesbian student who is not allowed to take her girlfriend to the high school prom.

In our corner suite at the swanky W New York - Times Square – a fab hotel offering Pride packages which include riding on their float in the parade – we smother giggles into our pillows. In the throes of an impromptu karaoke performance meant to impress Sam's girlfriend, Alisha, a loud thump from a neighbouring wall indicates we are not ready for the big stage.

Our spirits fly high as Sam leads me through the corridors of one of the first places she visited after moving to New York City: The Lesbian, Gay, Bisexual and Transgender Community Center. It's a welcoming space offering health and wellness, arts and advocacy, career-counselling programs, as well as a calendar full of readings, screenings, performances and talks that are open to the public.

And we enjoy the breathtaking performance of *Stephen Petronio Company: Bloodlines*, a yearlong dance series celebrating Stonewall, held at Skirball, N.Y.U.'s theatre. Two of Sam's friends dance in the production and her whisper is thick with pride as she points them out on stage. I reach over and squeeze her hand, happy that she's formed so many friendships here.

Shortly after Sam moved to New York City a few years ago, a horrific shooting at a gay nightclub in Florida sent the world reeling. Miles from her own LGBTQ+ community, she sought solace at Stonewall, where a memorial was held for the victims and survivors of *Pulse*. Today, 50 years after the Uprising, the Stonewall Inn still serves as a gathering place for vigils and protests.

I'm grateful it does but heartbroken it still has to. 🏳️

When You Go

► **Porter Airlines** offers daily round-trip flights from Toronto's downtown **Billy Bishop Airport** to **Newark Liberty International Airport** in New Jersey.

A quick train ride from the airport takes passengers to **Penn Station**, about a 15-minute walk to Times Square.

► **New York Tour 1's** Beyond Stonewall tour runs on Saturdays but it's a monumental year, so best to book early.

► Stonewall and Pride events are happening throughout the year in all five boroughs. Visit **NYCgo.com** for a complete listing and calendar of events.



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WANDERLUST

Aurora hunters

on the flight of a lifetime

Could it be that the most memorable plane ride you ever take is a flight to nowhere?

BY JENNIFER BAIN

Greeks and Romans named the lights after Aurora, the goddess of dawn, and Boreas, the god of wind.





**Earth isn't the only planet to have auroras
– Jupiter, Saturn, Uranus and Neptune have them as well.**



IT'S WHEELS UP AT 11:45 P.M. AT ERIK Nielsen Whitehorse International Airport. We have a three-hour flight that will take us over a large swath of the Yukon and into the Northwest Territories. Instead of a destination, though, we have a mission aboard this Boeing 737. We will spend an evening in the sky, making a ceremonial crossing of the Arctic Circle while searching for nature's most dazzling light show.

We are aurora hunters on the flight of a lifetime.

Not content to just stand on Earth and gaze skyward, we are here to chase the northern lights in a jet. The sky is clear and no storms are brewing. There is a favourable "KP factor," a numerical scale that measures geomagnetic activity and helps predict how vivid the aurora might be. All signs point to a sky full of those gorgeous, alien green streaks.

There are 58 passengers aboard the 122-seat Air North flight, plus airline and event staff, which means window seats for most of us. But once this charter full of Canadians and a few Americans reaches cruising altitude and the captain switches off the wing lights, we have permission to unbuckle, roam freely and enjoy the vantage point from various windows.

Neil Zeller, the Calgary photographer documenting the trip, advises the aurora borealis "is better as a shared experience."

The airline's legendary warm cookies are guaranteed, as are gin cocktails with spruce tip bitters and glow-

in-the-dark green ice cubes, but the northern lights are a natural phenomenon that can't be controlled. If the aurora appears on the left, people on that side of the plane get to watch until captain Laurent Avril does a wide U-turn to give those of us seated on the right side a view of the magic.

EVERYBODY WANTS TO GO AURORA HUNTING these days. Travel to countries like Iceland, Norway, Finland and Sweden if you must, but here at home, the Yukon and the Northwest Territories boast some of the best light shows in the world.

There's more than one way to chase the aurora. DIYers can scope out local hot spots, usually on the periphery of town and as far from light pollution as possible.

Rachel Bertsch, a Whitehorse photographer, tells me about the Aurora Alert Yukon Facebook group where locals post the time and location of aurora displays. She often goes to Schwatka Lake, looking north to Grey Mountain, between August and December to photograph the northern lights that reflect on the water. She also loves aurora watching from the Grey Mountain Cemetery – "the quietest place and also one of the darkest."

Tour operators pick hopefuls up at hotels for nights that usually run from 10 p.m. to 3 a.m. and might include yurts, photography lessons, snowshoeing, hiking, dogsleds or snowmobiles. Wilderness lodges, some with "aurora wake-up calls" or viewing windows in cabins, offer the cushiest experience. ►

Inspired by an aurora australis (southern lights) flight in New Zealand, the Aurora 360 initiative in Whitehorse ups the ante by flying through a sky engulfed by the northern lights. What started as a test flight in November 2017 evolved into a cultural package in February 2019 presented by Anthony Gucciardo and his company Consulta Meta. Over four nights, there are two chances for an aurora flight (depending on the weather), while days are filled with tours and lectures dedicated to science, nature and culture, and an Indigenous-led gala.

EARLIER IN THE AFTERNOON, ALL predictions pointed to a good aurora show on our first night, so we gathered at the Yukon Beringia Interpretive Centre, a museum of natural history, for cocktails, canapés and a talk by an astronomy ambassador, U.S. space weather prediction

Whitehorse takes its name from the local rapids on the Yukon River that reminded gold rush miners of “the flowing manes of albino Appaloosas.



expert and a postdoctoral fellow who studies orbital dynamics.

The Canadian Space Agency defines auroras as natural displays of light that can be seen with the naked eye when “charged particles (electrons and protons) collide with gases in the Earth’s upper atmosphere, producing tiny flashes that fill the sky with colourful light. As billions of these tiny flashes occur in sequence, the lights appear to move or ‘dance.’” Green is the most common colour, but lights can be pink, purple, blue or crimson depending on the composition of gases in the Earth’s atmosphere and other variables.

“Let’s go see the lights,” said enthused project lead and host Kalin Pallett when it came time to pile into a bus and drive to the tarmac to catch our flight. After a safety briefing, he instructed us to “sit back, relax and enjoy the incredible view.”

I hunker down in my window seat and wonder why the northern lights are so captivating. All those Instagram photos of spectacular skies look the same after awhile, but at the same time, every moment of every aurora is different. You can’t control the aurora or ask it to wait. You must bend to its will, be able to stay up late and show patience.

The northern lights appear all year long, but here in northern Canada, aurora season runs loosely from August to March when the night skies are dark. This likely explains why winter tourism is on a major upswing in the region.

It takes just 14 minutes for the aurora to appear but it seems to last forever. We fly in circles below the green glow, but it feels like we are drenched in it. I watch the brilliant squiggles pulsate until the intensity overwhelms me and I start drifting in and out of sleep as our three-hour journey goes half an hour longer than expected.

Yukoners have a special relationship with light, whether enjoying 24 hours of summer sunshine, 24 hours of winter darkness or sporadic auroras. Indigenous communities, we are told, believe the northern lights offer a way to communicate with ancestors. Chasing the northern lights makes me realize that I don’t look to the heavens enough, literally or figuratively. I look ahead, behind and down, but rarely pause to look up with gratitude for a sky that might be pitch black, twinkling with stars or pulsating with aurora magic. **U**

**DK Eyewitness
Travel Guides
lists the northern
lights as the
#2 top reason**



When You Go

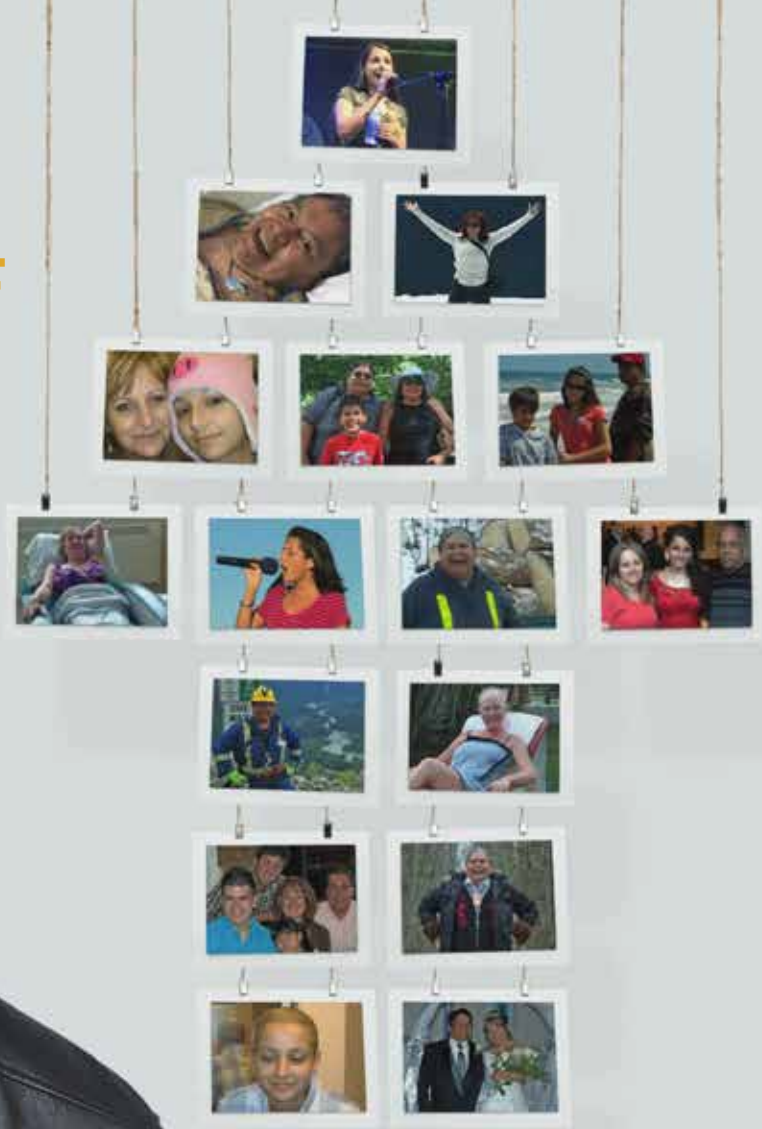
WHAT TO DO: For details on the next **Aurora 360** experience, watch aurora-360.ca. In 2019, flights cost \$1,045 and four-night packages are \$2,939. **Arctic Range Adventure** in Whitehorse has summer, fall and winter aurora tours. **Southern Lakes Resort**, 90 minutes south of Whitehorse, has lakefront cabins. **Who What Where Tours** leads a colourful Whitehorse city tour – ask them to point out downtown’s two famous “log skyscrapers.” The **Yukon Beringia Interpretive Centre** has dioramas of extinct ice age animals and woolly mammoth statues out front.

WHERE TO STAY: Downtown Whitehorse is walkable and the **Best Western Gold Rush Inn** is steps from everything with a free airport shuttle, saloon and photogenic Mountie statue and mounted moose head in its lobby. Five minutes from downtown in the woods, get your log cabin fix in one of the two self-catering cabins at the **Yukon Pines**.

WHERE TO DINE: **Wayfarer Oyster House** for Yukon, B.C. and Alaskan seafood, house-made pasta, local meats, smoked fish and killer cocktails, like the Jiggs Casey with rye, birch syrup, grapefruit and local bitters. **Burnt Toast Café** and **Bullet Hole Bagels** for daytime eats. **Woodcutter’s Blanket** for craft beer, cocktails and bar snacks.

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BALI: BITING BACK ON THE *EAT, PRAY* CLICHÉ

Long frequented by Western holiday makers and more recently immortalized by Influencers for a “liketime,” Bali can feel to some like an *Eat, Pray, Love* cliché. Food-obsessed serial Bali traveller **MICHELLE MATTHEWS** rebukes that notion. She insists authentic Balinese traditions are live and well; that culture-craving travellers need only look at their dinner plate to find it.



Bali Asli

NEVER THINK OF BALI PURELY AS A HOLIDAY destination. It's far more interesting than that. It's an island of many offerings, most conspicuously the *canang sari*, cocktail napkin-sized boxes of symbolic flowers presented to the gods.

Throughout the two decades I've been eating my way through Bali as a food and travel writer, change has been as reliable as the tides. Yet, as parts of the island increasingly cater to tourists, the Balinese remain rooted by the Tri Hita Karana philosophy: the pursuit of well-being through harmony with the gods, nature and all people. I can't separate their philosophy from my food-driven love of the island. It's the pillar of all that is grown, harvested and shared; it's the warmth for which the Balinese people are renowned.

us out of the clogged south near Kuta. We drive east along roads surrounded by blindingly green rice paddies and punctuated by roadside food stalls called *warungs*.

In a little over two hours, we arrive at Bali Asli restaurant, located in the foothills of Mount Agung. A highlight of any trip to Bali is glancing skyward upon Mount Agung's apex, sitting unexpectedly high above the clouds. Bali Asli allows travellers to admire the volcano in widescreen, which is an upgrade from the news reports of this sporadically active volcano.

I'm delivered a menu inscribed on a *lontar*, a traditional pre-paper, concertinaed palm-leaf document, concealed in an elaborately carved wooden box. It describes each dish served in the re-creation of a Megibung feast, a post-battle celebration specific to the area. At Bali Asli, the food is not only

Balinese, but native to the Karangasem Regency. Australian chef and Balinese food advocate Penelope Williams explains every dish is prepared using traditional methods and equipment. Ingredients are either plucked from their kitchen garden, grown locally or purchased daily from the market.



1

1
The Tents at
Bambu Indah

2

2
Capella Ubud

3

3
Puri Ganesha
Homes by the
Beach

4

4
Dessert
with herbs, Puri
Ganesha Homes
by the Beach

Indonesia is made up of some 14,752 islands (official counts vary), sprinkled throughout a handful of surrounding seas and book-ended by the Pacific and Indian oceans. In a vast archipelagic state where obscure islands abound, one can taste the spices and terroir of the entire multicultural island chain – and I would argue, the entire world – here in Bali.

Perennially popular with jetsetters and backpackers, and now the digital nomad crowd, Bali receives a global cross-pollination of flavours. As such, it has become something of a tropical test kitchen for the world. Some food trends land fully formed, like The Avocado Factory's all-avo menu, while others are home-grown. Are you ready for smashed eggplant on toast?

ARRIVING AT NGURAH RAI International Airport, it always gives me a kick to pass the wall of batik-shirt drivers touting for business. Instead, I'm met by Nengah's familiar and beaming face. He's been my trusted driver of choice for over a decade and it always feels like a reunion of friends. Nengah whisks (well, crawls – Bali's traffic is notorious)



2

Back in the car, with a full belly and senses awakened, I ingredient-spot among the passing greenery. Notably, I spot Moringa, a slender, delicate leaf tree recognized as a tourist superfood is an ages old cure-all for the Balinese. En route to Ubud, we pass countless temples and dozens of villages, each with a trade signified by its vendors: Mas with its wood carvers and Celuk for silver jewellers.

Tonight, Capella Ubud beckons. It's a Dutch Colonial-style campsite of 22 tents that transcends the concept of glamping with no compromise to convenience or luxury. Post-dinner marshmallow toasting is optional but recommended by this traveller.

The next morning, a messenger crosses the wobbly suspension bridge to my tent, bringing word that Nengah has

arrived to take me to the village of Sayan. It's just a 10-kilometre drive but lies across several jungle-covered ridges, each dropping steeply into spectacular river valleys.

In Sayan, I head to Bambu Indah, a soaring, sculptural bamboo fantasy retreat, for its *nasi campur*, or mixed rice. It's a straightforward dish that delights me the most. There's a feast of banana leaf vessels filled with delicious morsels of house-grown ingredients and flavours: *tempe*, *sate*, *urab* and spicy *sambals*. A pre-prandial stroll through the grounds revealed an integrated kitchen garden growing among the guest huts.

Indonesian food is terroir-specific; few restaurants can recreate regional specialties to a native chef's satisfaction at different altitudes, let alone in another country. It's the reason dining here is such a singular experience.

edible gifts ensure tart, sweet, salty and fruity flavours all peak in harmony.

The next morning, a new day brings a new appetite. Ubud has been a tasty primer but my ultimate destination is Pemuteran in northwest Bali. It's a relatively unvisited part of the island that's starting to gain attention.

Driving from Ubud, the route passes through Bedugul, a mountain lake resort area. The roadside vendors transition from selling sea level coconuts and bananas to citrus fruits and strawberries. The fertile soil of dormant volcanoes and cooler climate of the higher altitude make for bountiful growing. The area supplies much of the produce required by dozens of local luxury resorts. Farming on Bali is still small-scale but thanks to a new law, supermarkets and restaurants must stock and source 60 per cent of their produce from the island while paying at least 20 per cent above the cost of production.



Relaxed sophistication triumphs in Bali as I transition from rustic-luxe at Bambu Indah to dinner of tempura tacos and kombucha cocktails at The Sayan House, a Japanese-Latin fusion restaurant. The narrow plant-covered driveway is easy to miss and offers no hint of what to expect. Once "inside," the terraced, open-air restaurant gives way to views so spectacular my jaw drops. Satiated and with cocktails on my mind, I head for the heart of bustling Ubud.

Down south, in Kuta's coastal resort and villa enclaves, cocktail hour is more about catching the evening sunset. Up in hilly, misty Ubud – without the solar distraction – proper cocktail bars thrive.

At The Night Rooster, I meet Raka Ambarawan, Bali's pioneering mixologist whose concoctions transform Indonesia's bountiful fruits, vegetables and spices: boni berries, fermented *salak* juice, spiced jackfruit marmalade. Raka is crafting one of his newest creations for me: the Northern Bramble. It stars the Buleleng grape, grown only in the north of the island, which he elaborately garnishes for an Instagram afterlife. Raka's masterful blending of the jungle's



The initiative seeks to align farmers' incomes with the fortunes generated by the island's booming tourism industry.

Compared to its mountainous interior, the roads of Bali's northern coast are joyously flat. As we speed west, I spot fields of a crop I can't distinguish. The car pulls over so I can take a better look. I discover acres of table grapes, probably Raka's same cocktail grapes, growing shoulder-high and held up by trees. This symbiotic arrangement dates to Roman times and is known as "married vines." Bali's agrarian backbone relies on such ancient knowledge which is maintained to great advantage today. Beyond those famous photogenic terraced rice paddies, a sophisticated *subak* (irrigation) system functions, ensuring water flows to coastal rice farmers, the order in place for more than a thousand years.



I arrive at Puri Ganesha Homes by the Beach in Pemuteran to experience the cuisine as much as the hospitality of Diana von Cranach, the long-term Bali resident, pioneer of raw food cooking and champion of food as medicine. Years ago, I listened intently as she expounded the properties of edible leaves at the Ubud Food Festival. "We have so many healing leaves on our doorstep," Diana enthused.

Here, where the seas are calm and the diving is notable, Diana sources local, herbal remedies and uses them for her plant-based Asian recipes. The time I spend with her contrasts Bali's gastro trends with its deep, ancient food knowledge.

EVERY WEEK IT SEEMS A NEW destination is dubbed "the next Bali" and travellers are warned to rush there before the crowds arrive. In my opinion, nothing can stem Bali's popularity. The island has a knack for remaining fresh as new world flavours are adopted at breakneck speed, while traditional tastes and ingredients are rediscovered and reinvented by creative, highly skilled local and international chefs. Yes, Bali might be the flavour of the week, month, decade – but travellers need only look at their dinner plate to find Bali suffers no best-before date. **CT**

Francesco Lastrucci

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BY **LIZ FLEMING**



CANADIAN MUSEUM FOR HUMAN RIGHTS Winnipeg, Manitoba

The world's first museum dedicated to human rights, this bold geometric building with its roof of waving prairie grass dominates the Winnipeg cityscape. Its central features are the Tower of Hope, which forms a beacon for better days ahead and the Glass Cloud, comprised of 1,335 custom-cut pieces of glass, with no two exactly alike – a metaphor for the thousands of unique stories of human tragedy and triumph housed inside.

Twelve galleries of exhibits and social commentary on world issues pose the question: what are our human rights and why must we defend them? While all exhibits are fascinating, perhaps the most poignant for Canadian visitors addresses residential schools and the Truth and Reconciliation Commission.

CATHY SENECA, Winnipeg:

"Even though some of the stories are depressing, it's not a sad place – in fact, I left feeling hopeful. I love the architecture, inside and out, and appreciate that Indigenous peoples were consulted about the building. The most impressive aspects are the massive oral history recordings accessible not just to scholars but also to the average Joe. The wall art is hugely impressive but what I'll always remember are the stories of the residential schools and their legacy, and of course, the Tower of Hope."



THE LEGACY MUSEUM: FROM ENSLAVEMENT TO MASS INCARCERATION Montgomery, Alabama

Built on the site of a former slave warehouse, this 1,022-square-metre "narrative museum" uses a wide variety of videography, exhibits, sculptures and powerful interactive media to bring to life the sounds, sights and emotions of everything from the Jim Crow South to centuries of domestic slavery to the world's largest prison system. Founded on the belief that, "The United States has done very little to acknowledge the legacy of slavery, lynching and racial segregation," this museum challenges visitors to acknowledge, remember and find better ways to move forward.

HEATHER GREENWOOD DAVIS, Toronto:

"The entire museum is well done, but a few sections I found particularly moving. Phone booths virtually connect you to prisoners telling the story of how they ended up incarcerated. It's a really powerful way to understand some of the systemic discrimination that makes some paths to prison more likely for certain people, while humanizing them as well. I also thought the display that shows bottles of dirt from places where African-Americans were lynched but their bodies were never recovered was incredibly powerful. And of course, the lynching memorial, where the further you walk into the memorial the more you feel you're bearing witness to the hanging bodies above you. It's heartbreaking. My son Cameron was 13 when we went. His response essentially boiled down to "How could anyone treat anyone this way?"



NATIONAL GALLERY OF CANADA Ottawa, Ontario

It's challenging to showcase not only the greatest Canadian art, but also a representative sampling from the best of the rest of the world. The National Gallery of Canada does a superb job. Home to a significant collection of both historical and contemporary Canadian works, it also offers a stunning collection of 14th- to 21st-century European art. Whether your taste runs to American, Asian or Indigenous art, you'll discover it here.

CHARLOTTE GRAY AND GEORGE ANDERSON, Ottawa:

"The National Gallery's forté is its collection of Canadian Art, especially Tom Thomson, Group of Seven (Canada's national wallpaper) and post-modern. In 2017, the Gallery rehung its whole collection so that Indigenous art is integrated with Western-influenced art and it's fascinating to see a beautiful hand-carved canoe in the middle of a gallery of Group of Seven paintings. It's so appropriate because those artists often travelled to their plein air painting sites by canoe. The sophistication of contemporary Indigenous works, by artists such as Brian Jungen, Kent Monkman and Alex Javier, is breath-taking."

9/11 MEMORIAL & MUSEUM New York City, NY

A memorial to those who lost their lives on 9/11 as well as in its aftermath, this museum is divided into three sections featuring photos and exhibits that explore the events of 9/11 itself, and the days before and after. Visitors absorb the tragic stories of the terrorist attacks in New York City, at the Pentagon, on Flight 93, as well as the 1993 World Trade Center bombing.

TIM JOHNSON, Peterborough:

"I think, for me, the individual stories were the most moving; reading about lives disrupted. The people, whether business professionals or first responders, who got up that morning and just went to work and lost their lives - and the ripple effect that had on their families and ultimately, their city. The museum also evoked a sense of déjà vu, of being back in that place and time. I wasn't in NYC on 9/11, but it took me back to that moment."



NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE Washington, D.C.

The National Museum of African American History and Culture is the newest Smithsonian museum, opened in September 2016. A clever concentric circular design offers an experiential introduction to the culture of African-Americans and those originally brought to the United States against their will. From the lives of slaves to the election of the first black U.S. president, to soul, jazz and hip-hop, to the "Black is Beautiful" movement and #BlackLivesMatter, this museum is an immersion in the changing realities of black life in America.

BERT ARTCHER, Toronto:

"The thing that's stayed with me is the exhibit on the bottom floor. One curatorial note mentioned the psychological effect of being kidnapped on West Africans. As soon as I read that, I realized every other exhibit I'd seen on slavery treated it as a phenomenon, a piece of history, an era. Not one had considered the people *before* they were slaves. The fact is, before being kidnapped - and that's what it was, kidnapping - they were people, individuals, who would react to such outrages the way anyone would."

Jin Lee, Alan Karchmer, Canadian War Museum

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CANADIAN WAR MUSEUM Ottawa, Ontario

War, ultimately, is about the people touched by it. The Canadian War Museum's outstanding collection of exhibition galleries is a moving exploration of all those involved, from the front lines to the home front. The Canadian Experience Galleries use multi-media tools to introduce visitors to some of the world's finest military relics including artillery, rare medals, personal memoirs, photographs, vehicles and more – over three million individual specimens. What is most moving, however, are the sounds and visual recordings that provide echoes of a war-torn past and remind us of the need for peace in the future.

LIZ FLEMING, St. Catharines:


"As a little girl, I knew that my father had been a medical officer in the Second World War, but it wasn't until I visited the Canadian War Museum that I understood the horror, loss, tragedy and yet profound pride that combined to form his, and our country's, experience of war. It's a moving reminder to stand in the museum's Memorial Hall where the headstone of Canada's Unknown Soldier has been carefully positioned by architect Raymond Moriyama to capture the light at the 11th hour of the 11th day of the 11th month." 



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Woman of the Mango (Vahine no te vi) (detail), 1892. Baltimore Museum of Art. The Cone Collection, formed by Dr. Claribel Cone and Miss Etta Cone of Baltimore, Maryland (BMA 1950.213). Photo: Mitro Hood



DEEP DIVE INTO MIAMI'S ART SCENE

BY CHLOE BERGE

MIAMI'S HISTORY IS AS RICH AND nuanced as the layers of street art that coat the city's walls. Only incorporated in 1896, Miami has had many past lives, beginning as a fledgling mangrove river community in the 1800s. The arrival of old money and luxury hotel developers in the early 20th century gave birth to a gilded decade of Art Deco glamour, the relics of which stand in contrast to Miami's life as a military base during WWII and a sanctuary city for Cuban and Haitian refugees in the 60s and 70s. The 1990s saw the zenith of South Beach decadence under the influence of Gianni Versace and his celebrity enclave, including Madonna (tourists still flock to his beachfront mansion).

Perhaps it's this historical and cultural diversity that primed Miami for its most recent incarnation as a hotbed for art. The arrival of Art Basel in 2002 brought the international art world to the city's sun-baked streets and the lasting impact of that annual event can be felt as a rhythmic heartbeat pumping creative energy through all of Miami's tributaries. Neighbourhoods decorated with vibrant street art act as incubators for emerging designers and artists. World-class art museums dot Downtown Miami and South Beach, mingling with independent galleries. Here, discover how to experience the city's diverse art scene.

THE BEACH IS JUST THE BEGINNING

On a first visit to Miami, a stroll down Art Deco-clad Ocean Drive is in order – if only for people-watching. Beyond the string of Deco hotels, however, there's a thriving contemporary art scene anchored by The Bass Museum, where an exhibition program celebrates Miami Beach's cultural diversity by showcasing the conceptual work of international artists. On long-term display is Pascale Marthine Thyau's *Welcome Wall*, an installation that weaves together blinking neon signs that read "welcome" in 70 different languages, a simultaneous commentary on humanity's connectedness and the fractured nature of many communities.

In 2018, the Washington, D.C.-based art organization Artehouse expanded to a new outpost on Collins Avenue. Dedicated to the intersection of art, technology and science, Artehouse focuses on immersive, interactive exhibits that spark connection and dialogue. On view through September 2nd, 2019, is *XYZT: Abstract Landscapes*, 10 interactive virtual installations by French digital artists Adrien M and Claire B that explores perspective and the connection between individual and group behaviour.

GRAB A BITE: Take a seat at Chotto Matte to enjoy Nakai, an innovative Japanese-Peruvian fusion cuisine matched by the restaurant's modern, open-roof space.





- 1 Wynwood District preparing for Art Basel
- 2 The Bass Museum
- 3 Artehouse
- 4 Art Deco-clad Ocean Drive

WONDER WALLS

Wynwood's transformation from an industrial inner-city neighbourhood to a trendy design district was a relatively swift one. The creation of the Wynwood Walls – a permanent installation of street murals and one of the largest open-air art exhibits in the world – in 2009 established the area as a place for artists and travellers alike to find creativity and inspiration. A walk through its vibrant streets is an energizing way to spend an afternoon in the city. Be sure to duck your head into some of the unadorned spaces, too.

The Rubell Family Collection houses one of North America's largest privately-owned art collections. The airy, two-storey gallery (a repurposed DEA confiscated goods facility) regularly exhibits work by Keith Haring, Jeff Koons, Cindy Sherman and Kara Walker, along with its roster of recent acquisitions by emerging artists. In the vicinity are a number of small independent galleries worth checking out, including Diana Lowenstein's contemporary collection. The Institute of Contemporary Art in the neighbouring Design District acts as a platform for mid-career artists, as well as playing host to postmodern superstars like Judy Chicago and Sol LeWitt.

GRAB A BITE: At Bakan, Wynwood's stylish new Mexican eatery, order seabass tacos made with hand-crafted tortillas and a Mango Petacon mixed with one of their 250 different mezcals.



Historic Calle Ocho in Little Havana

LITTLE HAITI, BIG ART

In Little Haiti, rows of taffy-coloured bodegas press up against botanicas and vintage record shops. The colourful murals that enliven the neighbourhood's buildings recount Haiti's history of political upheaval that saw refugees seeking sanctuary in Miami in the 1960s. Expressive, bold landscape paintings by Haitian artists like Louis Rosemond and photographer Jerome Soimond's striking images of Voodoo rituals adorn the walls of Little Haiti Cultural Center. "Voodoo is a celebration of life and death in Haiti – it's living art," says Haitian guide Cidelca, who moved to Miami 13 years ago. In between these nods to Haiti's spirited culture is the recent addition of high-end boutiques and coffee shops. Establishments like Imperial Moto and TenOverSixty are wedged between hole-in-the-wall Haitian restaurants and markets, lending the area an interesting juxtaposition of old and new.

With this influx of new energy and commerce has come a small but thriving contemporary art scene led by Emerson Dorsch, a conceptual gallery working with South Florida-based artists. One of the pioneers of art and revitalization in the Wynwood Arts District, founder Brook Dorsch, moved the gallery to Little Haiti in 2017. Next door is EXILE, a local non-profit art bookstore, and Extra Virgin Press, owned by artist and printmaker Tom Virgin, both of which also serve to further Little Haiti's artistic community. Dorsch is part of a patchwork of other standout galleries in the area including Nina Johnson and Laundromat Art Space.

GRAB A BITE: Head to Sixty10 for fried chicken served at open-air, picnic table seating or order roti to go from B&M Market, a diamond-in-the-rough, family-run operation.

MEET THE ARTISTS IN LITTLE HAVANA

Time slows down in Little Havana. The Cuban community's white-haired grandfathers plot their next chess move at shady Domino Park over an afternoon *cortadito* (Cuban espresso with milk). Mothers with babes on hip shop for mamey fruit at Los Pinareños, the oldest farmers' market in Miami and chickens flutter and squawk freely about the streets. But underneath this simmering rhythm, there's a fiery Latin beat that pulses through the streets, kept alive by Cuban art and music.

Cuban genre paintings fill the walls (and ceiling) of coffee and rum bar Cubaocho. Owner Roberto Ramos purchased art from exiled Cuban artists when he left the country and authored a book depicting their work. The bar now holds the largest collection of Cuban artwork anywhere outside of Cuba. Peruse history books at the back of the room amidst the horns of a Latin jazz band and free-flowing mojitos. "Cuban culture is about savouring the moment," says Christine Michaels, founder of Little Havana Tours. Step into the galleries of Alfred Molina and Augustin Gainza, the first Cuban artists to move to Miami, and wonder at their bold use of colour, then cross the street to Futurama, a market that houses a group of emerging artists and artisans. **OT**

GRAB A BITE: Order a Cuban coffee and sandwich to go from one of the Ventanitas (walk-up windows) that dot Calle Ocho. For riverside white tablecloth service, head to Seaspace for a wood-fired casserole.

WHERE TO STAY

THE BILTMORE

Be treated like Miami royalty at the historic Biltmore, a grand, Mediterranean-style hotel built in 1926 that recently underwent a \$40 million renovation. In the 20s, it played host to a glittering, champagne-fuelled socialite scene and still retains its Old World elegance with impeccable hospitality, beautiful Spanish Colonial design and the award-winning Palme d'Or restaurant.

LIFE HOUSE LITTLE HAVANA

Life House elevates the hostel ethos by marrying co-working spaces and a social, rooftop Cuban restaurant with modern private rooms stocked with La Labo products. The design of each Life House hotel reflects the taste of a fictional character who might have lived there; in this case, a worldly aesthete and his curated collection of textiles and decor from his travels.

MONDRIAN SOUTH BEACH

The whimsical, Marcel Wanders-designed Mondrian is as South Beach as it gets. A dramatic black nautilus staircase is the star of a shiny white lobby that echoes with the click-clack of stilettoed, bikini-happy travellers on their way to the pool. Rooms come with a sweeping view of Biscayne Bay but people-watching from the poolside café is just as satisfying.

HILTON CABANA MIAMI BEACH

Built in the 1950s-era architectural style known as Miami Modern (MiMo), Hilton Cabana boasts 36 metres of dreamy oceanfront which means guests don't have to choose between beach and design. Art-lovers take note: Faena Arts District, Normandy Isle and North Beach Bandshell are just a short drive away.

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