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CANADIAN *Traveller*

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Eat, Pray cliché

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92



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.

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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**.



Kachi Lodge

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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Florida

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.

Plan your trip at DiscoverMartin.com