



## April 2014 Newsletter

# walking is good for you

Greetings fellow travellers,

In less than two weeks a group will be in Italy for our first tour of 2014. It is an exciting period as we look to head off to meet in Milano. Quite a few people will be getting there a few days early or adding days on to the end of the tour in Roma. Personally I will be flying out on Thursday 8 May. I will be away for the three walking tours (Rose will join me in Roma on 31 May) and a recce to Sicily and Malta before we get back to Sydney on 4 August. You can reach me by email or by phone (calls will be redirected to Kate).



11 May - 31 May

**EXPLORING THE ITALIAN COAST**

12 days to go



4 June - 24 June

**ALPINE WANDERER**

36 days to go



28 June - 18 July

**PROVENCE & THE SOUTH OF FRANCE**

59 days to go

## Top 10 health benefits of walking every day

1. **It strengthens your heart** - Regular walking has been shown to reduce your risk of heart disease and stroke. It lowers levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol and keeps blood pressure in check.
2. **It lowers disease risk** - As well as heart disease, a walking habit can slash your risk of developing type 2 diabetes, asthma and some cancers.
3. **It keeps weight in check** - combined with a sensible diet
4. **It can help prevent dementia** - regular exercise reduces dementia risk by 40%
5. **It can help prevent osteoporosis** - it stimulates and strengthens bones + may reduce arthritis risk
6. **It tones your legs, bum - and tum** - improves posture and muscle definition
7. **Let's not forget your arms**
8. **It boosts your vitamin D levels** - gets you out into the sunlight and fresh air
9. **It gives you energy** - you will always feel better after a good, brisk walk
10. **It makes you happy** - reduces stress and gives you time to think from TESCO LIVING

## 2015 TOURS

Bookings are coming in for 2015 with considerable interest in Sicily and Malta. Here are the details

TIMING	TOUR	START	END	DAYS	PRICE *	Sing supp
25 April - 15 May	SICILY & MALTA	ROME	ROME	21	A\$7945	A\$1195
17 May - 6 June	EXPLORING THE ITALIAN COAST	MILAN	ROME	21	A\$7945	A\$1195
12 June - 2 July	SPAIN & PORTUGAL	MADRID	BARCELONA	21	A\$7595	A\$1135
5 July - 25 July	SWITZERLAND & AUSTRIA	GENEVA	ZURICH	21	A\$7495	A\$1125

\* per person share twin/double - land only

Booking forms and information sheets are available. Contact me on 0405340499 or [gregpashley@gmail.com](mailto:gregpashley@gmail.com) or download these from the website.

# Destinations Valetta, Malta

A fascinating cultural mix



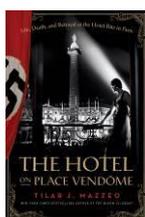
Fortifications in Valetta



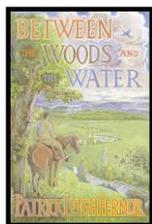
Traditional fishing boats

Malta was traditionally known as “the Navel of the Inland Sea”. Settled 5800 years ago by cave dwellers it has a rich history of Phoenicians, Carthaginians, Romans, Arabs, Normans, Spanish and British. During WWII, heavily bombed, it held fast, so the British Government awarded the Maltese people, **the George Cross**: the highest civilian award. English is still the second language. Valletta has a long association with the Knights of St. John and defeat of the Turks in the 1565 Great Siege. It is a Baroque city with heavy fortifications, castles and palaces. . The steep streets and laneways often end in stairs. Strait Street is the only street where knights could duel! In Valetta you can wander the amazing port and gardens, visit the Grand Masters’ Palace, St. John’s Cathedral and Museum, the National War Museum and the Museums of Archaeology, Fine Arts and Maritime History. The Hal-Saflieni Hypogeum is an underground necropolis, dating from 3600 BC – absolutely fascinating with elaborate carvings, decorations and chambers used as a refuge from the bombings. Don’t forget to sample Maltese bread, snacks like tapas, their lagers and ales and “bajtra Liqueur” made from prickly pears. ROSE

## Reading for Travellers



**The Hotel at Place Vendome** Tilar J. Mazzeo This book tells the story of a hotel under Occupation.. It charts the history of the Hotel Ritz from the C19th through the Wars and on. It is slow to “warm up” with tedious repetition but then it details how a Swiss Hotel in Paris became **The Place** for all. Whilst not the best on an Occupation Hotel, using the 3<sup>rd</sup> person, it is both entertaining and amazing with its upfront neutralism hiding a hotbed of plots, love affairs and literally “sleeping with the enemy”. Famous characters come and go, making the Ritz “their” hotel with their liaisons known to staff. To visit Paris, stand in La Place Vendôme, find the bullet holes and remember, can be spine chilling.



**Between the Woods and the Water** Patrick Leigh Fermor In this second book of a trilogy, famed travel writer, Fermor travelled in the 1930s through Romania, the Carpathians and Transylvania to the Danube. It was an incredible journey, via horse, cart, car and train, visiting beautiful traditional mansions where villagers were in national costumes and the “rulers” lived as though their world was unassailable. This book is intriguing, although a little tiresome, when he details individual libraries etc, but it is a valuable study of a lifestyle soon to disappear. A good read. ROSE

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**Please contact Sandra Harvey at Europe Travel Centre, Brookvale 0294662412 or send me an email to make a booking or for more information** GREG

If you don't wish to be on my mailing list please let me know by email by typing UNSUBSCRIBE in the subject box, or by phone or mail **On the other hand, if there are any of your friends who would like to know more about my walking tours, please let me know so I can add them to the mailing list.**