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Photograph Shutterstock

TIME FOR A GREAT ESCAPE



Nothing beats a holiday – a change of scene, switching off from the daily grind, and perhaps putting your feet up – but we’re making 2024 all about a *great escape*. In addition to all of the above, how about experiencing a whole new corner of the world and finding yourself somewhere so unexpected, so breath-taking that it reinvigorates your zest for adventure – and for life, even?

If Asia has always been one of your dream destinations, then discover our pick of must-do experiences in the spectacular eastern continent on page 54.

Foodies need to put Lima, Peru’s vibrant capital and home to the world’s best restaurant, on their map (see page 24), while oenophiles should make the pilgrimage to Western Australia, the lesser-

travelled region of the country that boasts some of the world’s best wines (see page 42).

But if it’s the simple promise of some time by the sea that excites you, you’re not alone. On page 60, we dip our toes into the theory that being near ‘blue space’ has the power to improve both our mental and physical wellbeing.

With travel ideas for every season, too – from a spring or autumn getaway in Spain, to a warm winter in California, with plenty of ideas for a European sojourn in summer thrown in – we’ve got the ideal escape for everyone. See you onboard!

LIZ DARKE
EDITOR

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DANCING ON ICE

While the Antarctic Peninsula might not be the most obvious choice for a holiday, it's certainly a destination you won't forget in a while – or ever, in fact. Visiting the white continent is a bucket-list adventure, where you can sail past towering glaciers, hear the creak of shifting ice sheets, and observe seabirds and seals in their natural habitat. Throughout the peninsula, which spans over 200,000 square miles and is predominantly covered in ice, you'll also find colonies of penguins. Species such as emperor,

chinstrap, gentoo and Adélie have all made their home here, forming rookeries among the landscape's exposed rocks, and feeding off bald rockcod and Antarctic crustaceans found in the water. Our brand-new 17-night Antarctica itinerary, which sails round-trip from Buenos Aires, includes scenic cruising around the Antarctic Peninsula, travelling through Gerlache Strait and Neumayer Channel, and taking in the likes of Admiralty Bay and Deception Island. Keep your eyes peeled for some feathery friends...

Photograph: Getty Images



PLAN THE TRIP OF A LIFETIME

17-NIGHT ANTARCTICA



Departures in 2024/2025



Along with Antarctic Peninsula and Cape Horn scenic cruising, stop off at Ushuaia, the Falkland Islands and Montevideo



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News and travel inspiration from across the globe



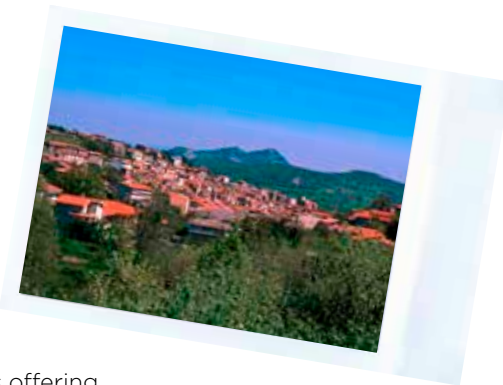
New rail links will make exploring the Dominican Republic much easier

Making tracks

Moving between the dreamy beaches and laid-back locales of the Dominican Republic is soon to become a breeze, thanks to a series of new rail links. One of the first planned lines will connect two of the island's most enticing spots: the buzzing capital of Santo Domingo (left) and Punta Cana, a picturesque town on the eastern coast. Residents and visitors currently rely on buses or taxis, but the new railway, currently under construction, will make the 195km journey a whole lot easier.

MEETINGS WITH MACARONI, ANYONE?

Bored of working from your spare bedroom? The beautiful central Sardinian village of Ollolai (above) is offering remote workers a rent-free stay with the Work from Ollolai scheme, launched to help boost the region's economy and population. In return for a one- or two-bedroom home for one month (longer stays are considered on a case-by-case basis), the village is asking visitors to share their knowledge and partake in community events. While the Wi-Fi might not beat your fibre optic broadband in the UK, a Mediterranean climate and jaw-dropping beaches are guaranteed.



Michelin-class stays

It's fair to say that the team behind the Michelin Guide have good taste. The institution's heralded stars have been awarded to top-quality restaurants for almost 100 years, and now the hotel industry can have a taste of such recognition. Michelin will now recognise venues providing 'exceptional hotel and travel experiences' through its Michelin Key system. Over 5,000 hotels in more than 120 countries feature in the 2024 Michelin Guide, so next time you need to lay your head for a night or two, you know exactly where to look.



A royal refurb

If you think the queue for Westminster Abbey or the Eiffel Tower is long, it's nothing compared to the 50-year wait to see Domus Tiberiana (above) in Rome. Dating back nearly 2,000 years, this palazzo on Palatine Hill was closed as a tourist attraction for almost five decades, but has now reopened. During that time, a huge amount of restoration work was completed, and numerous excavations undertaken, revealing artefacts from Ancient Roman life. The palazzo's insights into history, and its stunning views of the Roman Forum, make it well worth the wait.



Green shoots: good news for the environment



THE USA

New York State is celebrating its array of natural landscapes and outdoor spaces in 2024, marking 100 years since its state park system was founded. A year-long programme of special events will take place across the state, encouraging people to get outside and work together to combat the impact of climate change.

Niagara Falls in Upstate New York is the oldest state park in the USA



UK

An initiative called the Apple Academy has seen apples grown at Cornwall's Eden Project being harvested, prepared and served at the site's restaurants by a group of young people not in education, employment or training. The programme teaches - ahem - core skills and the importance of sustainable and natural food production.



Sweden

The world's tallest wooden wind turbine, set to measure a soaring 105 metres in height, is under construction outside Skara in Southern Sweden. The project, named Wind of Change, is led by energy company Modvion, which claims the wood the structure is built from will be stronger than steel, and will have plenty of carbon-capturing potential.



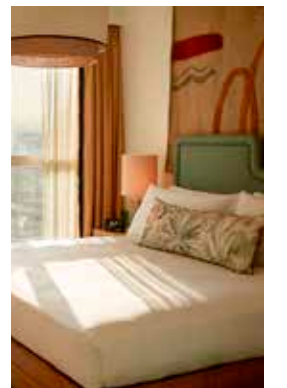
Brazil

A holly tree that was feared to have been extinct for almost 200 years has been rediscovered by scientists in Igarassu, a city in the state of Pernambuco, Brazil. *Ilex sapiiformis* (also known as Pernambuco holly), hadn't been seen for 186 years when it was found by Re:wild conservation group, who identified the tree by its distinctive tiny white flowers.



Australia

News for those who like their coffee *really* strong: Australian scientists have discovered a way to recycle coffee grounds, by using them to reinforce concrete. Charring the grounds means they can replace some of the sand in concrete, which, as well as reducing landfill waste, is believed to increase concrete's strength by 30 per cent.



Around the world

Hospitality brand The Hoxton is offering cheaper room rates for guests travelling via train. Hop between two or more of its European hotels by rail to get a reduced stay, while in the USA, enjoy a discount on just one stay if arriving by train. With venues in New York, LA, Barcelona, Rome and London, could a rail adventure be calling, before or after your cruise? ➤

Exciting openings for 2024



NHM COMMONS, USA
Fans of the natural world should head to Los Angeles for the launch of NHM Commons, an extension to the Natural History Museum of LA County. Set to open this year, this swish new hub will hold a theatre, an events space and numerous free-entry areas, such as the Welcome Centre (above), which will house a long-necked dinosaur skeleton measuring over 21 metres. Big news, indeed.



NINTENDO MUSEUM, JAPAN
Power up for this long-awaited museum celebrating all things Nintendo, scheduled to open in March this year. Housed in the company's old factory in Kyoto, the venue will showcase a collection of games and consoles from Nintendo's history. It's likely there'll also be ample opportunities for visitors to play on some of these vintage classics, too.



FAMM founder Christian Levett with a work by Grace Hartigan

FAMM, FRANCE
Summer 2023 saw the closure of MACM, the Musée d'Art Classique de Mougins, located not far from the city of Cannes. Summer 2024, however, will celebrate the opening of FAMM, Femmes Artistes du Musée de Mougins, in its place, which will be Europe's first major museum focused entirely on female artists.



SYDNEY BIENNALE, AUSTRALIA
Venice isn't the only great city with a brilliant biennale, as this expansive art exhibit in Sydney proves. Lasting from March to June, the free event will feature work from hundreds of international artists in various locations including a disused power station.

STOCKHOLM DESIGN WEEK, SWEDEN
Stockholm exudes Scandi chic at all times of year, but especially so during SDW, which takes place in both February and September. Celebrating innovative design and architecture, there are workshops, exhibitions and even open-to-all dinner parties.



New year, new reads



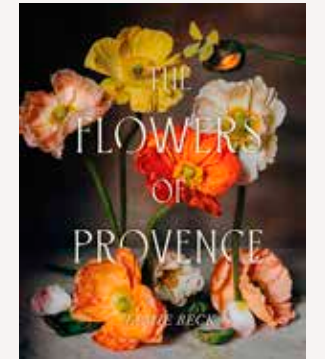
Edgeland: A Slow Walk West by Sasha Swire
When Sasha Swire swapped life as a Westminster political diarist for epic walks along the South West Coast Path (which runs from Minehead in Somerset along the coasts of Devon and Cornwall, all the way to Poole Harbour in Dorset), it proved a welcome change of pace. Follow her journey, as she explores the significance of the landscape she encountered.



Imagine a City: A Pilot's Love Letter to the World's Greatest Cities by Mark Vanhoenacker
Few people are as well travelled as pilots, proven in this ode to urban expanses. From Los Angeles to Sapporo, Vanhoenacker is afforded brief but electric glimpses into the planet's most enticing places, and shares his affection and excitement for them in this series of engaging accounts.



What Really Happens in Vegas by James Patterson
Love it or hate it – everyone has an opinion on Las Vegas. However, very few people have documented the reality behind the big-screen glitz as vividly as author James Patterson, who delves deep into this unique city through original interviews and insightful reporting. Spoiler alert: the reality is even wilder than we've seen in the movies. Strap in!



The Flowers of Provence by Jamie Beck
Award-winning photographer Jamie Beck shares her love for this exquisite region of Southern France with a beautiful compendium of flora photography. From bright red poppies to pastel pink peonies, the stunning imagery is paired with Beck's musings on capturing the landscape, as well as her tips on cutting and preserving flowers.

Travel companion

Eliminate knotted wire nightmares when travelling by packing your tech into this sleek, compact case. Portable chargers slip into a magnetic pocket and there are pouches and straps for pretty much everything, alongside invaluable cable organisers.

bellroy.com



PLANNING PAL
Organising and coordinating a holiday for multiple people can often feel like herding cats – very busy cats with lots of obligations, that is. Thankfully, Google Bard can now help, as the AI chat tool can create group holiday schedules by scanning online calendars to find dates that work for everyone. And once you're away, Bard will suggest local restaurants based on your precise location. Handy stuff.



Photographs: Ethan Robertson/Unsplash, Benjamin Elliott/Unsplash, Fred Jordão/Rewild, Tanishq Jasoria/Unsplash, Mae Mu/Unsplash, Alamy, Frank Fell/Robert Harding, Mr. Cuddles Under the Eave (2021) by Trevor Yeung; photographed by South Ho, courtesy the artist; Blindspot Gallery, Hong Kong, and Biennale of Sydney

a different view
HAWAII

FORGET THE ORDINARY AND EXPERIENCE THE UNEXPECTED



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WINE ON MAUI
 Sipping locally produced Malbec at a vineyard isn't the most obvious activity to do in Hawaii, but MauiWine has been making wine on the slope of a dormant volcano here since 1974. While waiting for their first grapes to mature, they originally made wine from pineapples. MauiWine's pineapple vino still lives on, but their six grape varietals mean visitors can sample Grenache, Syrah and sparkling Blanc de Blanc among others, too.

I'll never forget...
Seeing Florence for the first time



BROADCASTER AND PRESENTER
ANGELICA BELL
 SHARES HER MOST TREASURED HOLIDAY MEMORIES

One of my favourite – and earliest – holiday memories is of visiting Florence and seeing the Ponte Vecchio (or Old Bridge).

I was about 13 or 14 years old when I went to Italy with my school choir. We were called the Madrigal Choir and you had to audition to get in. This was my first proper holiday, and my music teacher, Mr Pullin, had paid for me to go. It was really a big deal.

We toured around the country, going to Venice, Rome and Florence. We sang in St Peter's Basilica in Rome, and then in the Duomo di Firenze in Florence. That was amazing, but I remember the first time I saw the Ponte Vecchio more vividly. I saw it from a distance, and then walked across it, looking around me and thinking: 'Oh my gosh, this is insane. This is the life!' That was when I fell in love with Italy.

The weather at the time was boiling, and I was amazed by all the colours: the bright blue sky, the wild green of the hills in the background, and then the creams, yellows and sandy oranges of the buildings. They were so vibrant, and they're all colours I love wearing. Florence in the sunshine... Just, wow. When Italy's on point, it's the best place in the world.

The whole ten days we were away were hot and glorious. When we were

in Rome, I remember my friend pushing me into the Trevi Fountain. Our music master was so cross!

Everywhere in Florence emanates history. You can just imagine writers, creatives and musicians spending time there. I've hosted a podcast about Leonardo da Vinci – he was born in Anchiano near Florence and spent a lot of time in the city. Looking around, you can imagine those sorts of people being there, so when *you're* there as well, it's such an incredible feeling.

When we weren't singing, we were allowed to go off and explore by ourselves. I met this guy called Giovanni who was from nearby Livorno, and it was a proper holiday crush. A few of us met him and his friends on the Ponte Vecchio on a couple of evenings. He was my first Italian romance!

As it was so warm, I ate a lot of ice cream – so much pistachio gelato! I still remember how good all the food was, like pasta with pesto, and other simple, homemade dishes. I make my own pasta and sauces now, and love how Italian culture is about bringing people together over food. This is how these sorts of trips can really have an effect on you.



Italian wonders: the Duomo (top) and the Ponte Vecchio (above) in Florence

Italy has since become one of my spiritual homes and I've spent lots of time at Lake Como. I haven't returned to Florence since that initial trip but I really want to go back there, to all the places I visited, and walk those same steps I took so many years ago with my choir.

That whole trip was such a memorable experience.

We had a reunion recently (with Mr Pullin, too!) and we sang *God Be in My Head* by Philip Wilby, a song that we'd performed in Italy. It was fantastic.

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Photographs: Daniel Sessler/Unsplash, Giuseppe Mondini/Unsplash



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YOUR JOURNEYS

POSTCARD-WORTHY MOMENTS THAT YOU'VE CAPTURED ON YOUR PRINCESS CRUISE



DENISE WEST
Busan, South Korea

This British telephone box was outside a dress shop in the grounds of Yongdusan Park in Busan, South Korea.



MAUREEN BROOKES
Maui, Hawaii

This photo was taken at the Haleakalā Crater in Hawaii. Doesn't it look like something from another planet?!



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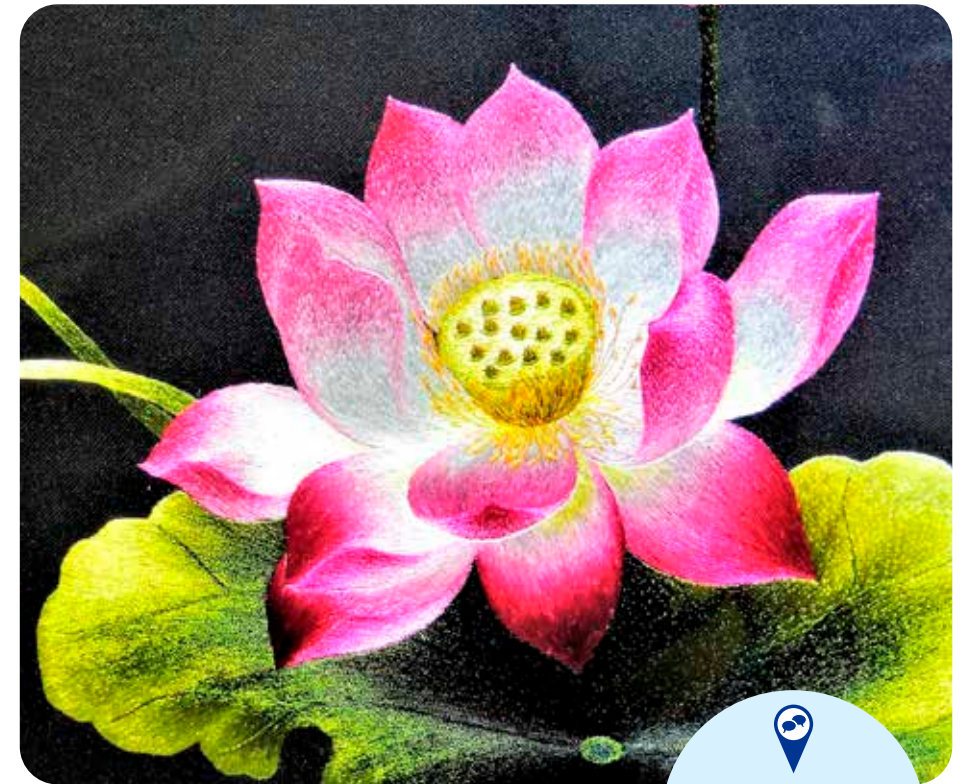
I can't get enough! #DiscoveryPrincess #ilovethisboat #comefeelthelove #cruiseaddict #ilovetocruise



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Canada

I've fallen in love with so many things in Canada, not least the bright flowers. They're blooming beautiful.



SANDIE HALL
Nha Trang, Vietnam

I saw this silk embroidery in a workshop in Nha Trang, Vietnam, when visiting on an excursion as part of a South-East Asia cruise on Sapphire Princess.

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A PLACE IN THE SUN

Arrive in Lopud Marina, having taken the one-hour ferry from Dubrovnik, and you'll be met with a crescent of terracotta-roofed buildings, rows of bobbing white boats, and verdant green hills in the distance. One of the 13 Elaphiti Islands, a small archipelago that speckles the Adriatic Sea, car-free Lopud is known for its sandy beaches and accessible walking trails.

A serene contrast to the bustling streets of Dubrovnik a mere eight miles away, settle in for a day of sunbathing and swimming in beautiful Šunj bay, where the sea temperature rarely dips below 20°C in summer. To reach the bay from the marina, either take a buggy ride through the forest or do the journey on foot (around 30 minutes), taking shade under the pine trees as you go.



ENJOY A DAY IN LOPUD

10-NIGHT ITALY,
CROATIA & GREECE



Departures
in 2024/2025



Ferries to Lopud run from Dubrovnik ferry port, which is a 15-minute drive or 45-minute walk from the city's Old Town



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ASIA

OSLO'S GREAT OUTDOORS

Like other European capitals, Oslo is home to world-class restaurants, bars and attractions. But what sets it apart are its epic fjords and forests – all minutes from the city centre

Words LIZ DARKE Photographs KAROLINA WIERCIGROCH



The city and its fjord (far right), can be seen from the lofty heights of Vettakollen hill

Wandering art galleries and museums, ticking off historic landmarks, and splurging the local currency on souvenirs form the basis of most city breaks. And while there's plenty of opportunity to do all that in Oslo – Norway's cosmopolitan capital – many of its highlights are a gift from Mother Nature.

Located on the country's south-eastern coast, the city of Oslo (and its surrounding suburban area, the Greater Oslo Region) faces onto Oslofjord and is flanked by forest as far as the eye can see.

Arrive in the centre of town by ship, or the Airport Express train, and you'll be met with striking modernist buildings, such as Oslo Opera House, which was completed in 2007 and features a multi-level angled roof made from white granite

and marble that visitors can traverse. And then there's the imposing Munch Museum further along the waterfront, which towers over the fjord from the recently regenerated Bjørvika neighbourhood. Opened in 2021, the 13-storey gallery is dedicated to expressionist painter Edvard Munch, who bequeathed all of his works that were still in his possession to the city of Oslo when he died in 1944.

But look beyond these marvels of contemporary architecture and you'll see a backdrop of greenery. The vast, hilly forest area that hugs the city is known as Osloomarka. It spans over 115 square miles and, due to its magnitude, is divided into numerous zones.

Osloomarka is a key part of life here, offering the respite of nature to residents, but also a recreational

space for walking, hiking, cycling and even skiing in winter. The peripheries of Osloomarka can be accessed in less than 20 minutes from the centre of town via the T-bane, Oslo's incredibly efficient and user-friendly metro system.

NATURE'S PARADISE

Amid the swathes of pines, firs and birches, hundreds of paths and trails make exploring Marka (as the locals lovingly call it) easy, even for those from out of town. That said, embarking on a guided hike means you'll not only have a human sat nav in the event you take a wrong turn, but you'll also get the chance to learn about the breath-taking scenery and wildlife as you walk.

Einar Tønnessen is the Managing Director of Oslo Hiking, a guided hiking company, and has been ➤





Clockwise from above: take two wheels, kayak past Munch Museum and hike the forest trails



exploring Osloomarka with groups of visitors for more than 50 years.

‘The phrase “Norwegians are born with skis on their feet” isn’t far from the truth,’ he says. ‘For most Norwegians, their connection with nature starts at an early age, regardless of whether they grow up in the countryside or in the city.’

Einar explains that being connected to the outdoors is simply part of life in Norway, much like in other Nordic countries. ‘Norwegians live a life closely bonded with nature,’ he says. ‘We even have a word for it: *friluftsliv*, which directly translates to “free air life”. This is bolstered by *allemannsretten* (“the right to roam”), a law that grants individuals the freedom to enjoy the countryside and natural areas, regardless of land ownership. This right reflects the country’s commitment to public access and the preservation of nature.’

With Einar and his team, you can hike up Vettakollen, a hill north of Oslo whose peak offers a dazzling panorama of the city, fjord and surrounding woodland. While the ascent involves some steep inclines, the views that greet you once at the top are utterly worth it.

Alternatively, you can wander along the beautiful Lysaker River, west of the city centre, taking in its waterfalls, swirling rapids and tuneful birdlife – woodpeckers, robins, buzzards, willow tits and colourful goldfinches are all known to inhabit the region, as Einar will tell you.

‘Osloomarka is home to a variety of wildlife and provides ample opportunity to appreciate Norway’s fauna. The region is known for its red deer, while another common sight is moose, the second-largest land mammal in Europe,’ he says.

‘Plant life here is influenced by the cold climate, rocky terrain and mixed

forest. Common plants to find include heather, bluebells, ferns, bilberries, and lingonberry, which is an evergreen shrub that thrives in the forests of Osloomarka. It produces small red berries that are a popular ingredient in traditional Norwegian cuisine.’

FINDERS KEEPERS

On the topic of popular Norwegian ingredients, Therese Sjøvoll, who’s part of the Norwegian Association for Mycology and Foraging, runs foraging tours all over Oslo. A certified mushroom and wild plant identification expert, Therese will lead you on a search for wild greens and mushrooms, explaining what to look for and how best to eat them.

‘You can usually find ten to 20 edible species of wild greens in a small patch of any given park, and that often blows people’s minds. One of the most common plants to find (and one of my favourites) is stinging nettles. They’re super nutritious and delicious. In Norway, nettle soup is a beloved spring staple,’ says Therese.

Sognsvann lake (20 minutes from the city centre) is a hotspot for walkers and

THE WOODS AROUND OSLO ARE FULL OF FRIENDLY MUSHROOMS

Therese Sjøvoll, certified mushroom and wild plant identification expert

runners, thanks to the flat pathway that skirts its 3.3km circumference. In summertime, locals paddle in the water or leap off the central jetty. Picnickers can be spotted at all times of year, lighting campfires at the lake’s edge and cooking sausages on sticks.

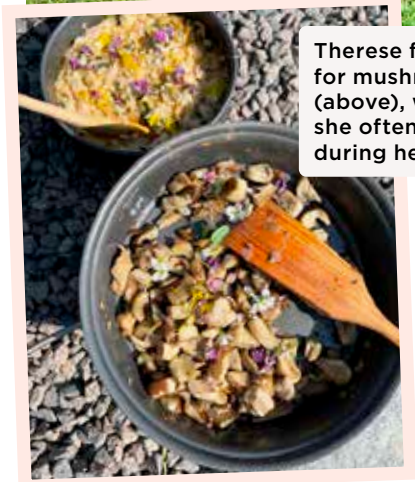
Sognsvann is also a playground for foraging: ‘I’ve held walks foraging for greens around the lake and mushrooms in the surrounding woods,’ says Therese. ‘The woods here are full of friendly mushrooms like chanterelles. Sometimes we bring a stove and prepare them on the tour, or people take theirs home to cook.’

TREASURE OF A DIFFERENT KIND

Not everything found in Oslo’s abundant green spaces is edible, of course, especially not the masterpieces found in Ekebergparken Sculpture Park. Located in the south-east of the city, this national heritage park is home to 45 sculptures



Therese foraging for mushrooms (above), which she often cooks during her tours



and installations created by some of the greatest artists of the last 200 years.

Dotted throughout 25 acres of woodland are pieces by Pierre-Auguste Renoir, Auguste Rodin, Salvador Dalí, Sarah Lucas and Damien Hirst, along with a fog sculpture by Japanese artist Fujiko Nakaya that reacts according to weather conditions and is turned on at specific times each day. There’s also a piece by former Oslo resident and sculptor Gustav Vigeland, who has his own dedicated park in the city, Vigeland Sculpture Park, which showcases 200 of his bronze, granite and cast-iron works.

LIFE ON THE WATER

The city looks onto the northernmost part of Oslofjord, an inlet of water stretching as far as Langesund over 100 miles ➤



You’ll find heather and cotoneaster, which looks similar to the lingonberry plant, growing in Oslo’s city centre



Feel the heat in a KOK floating sauna (below) then cool off in the fjord



away, so it's no surprise there's plenty of activity taking place offshore, too.

Open to all experience levels, Mad Goats host kayaking tours along the central waterfront and around some of the many islands in Oslofjord, as well as through the city's riverways.

'Kayaking enables you to experience these epic landscapes and exercise at the same time,' explains the founder of Mad Goats, Tomas Hansson. 'Few things match the feeling of freedom you have on the water,' he says. And, much like you can hire a 'Boris Bike' in London, Mad Goats offer a self-service hire scheme, where a code enables you to unlock a kayak from one of three hubs, and head straight into the water. At least one person in the group must have a Norwegian Paddle Federation kayak certification to do this, however.

For something less physically demanding, book into one of the floating saunas that line the edge of Oslofjord instead. Bobbing with the rhythm of the tide, the buoyant wood-clad cabins by KOK (which translates as 'cook') offer a traditional Scandinavian sweat session, with birch log burners supplying the heat. This indoor pursuit comes with a big


helping of outdoor fun, too, as it's encouraged that you intermittently cool off by dipping in the water. Locals say that if the fjord's temperature is 16°C or above, they'll jump right in, rain or shine. The contrast in temperatures is said to boost the body's blood circulation, relieve muscle tension and improve mood.

A FUTURE-FACING CITY
With their culture – and often livelihood – so fundamentally linked to nature, it's no surprise that Norwegians take the protection of their environment seriously. Oslo stands at the forefront of preserving green space and won the title of European Green Capital in 2019, which 'recognises local action towards a transition to a greener, more sustainable future'. More recently, Arcadis, a global design, engineering and management consulting agency, ranked Oslo as number one in its Sustainable Cities Index 2022.

Oslo is also currently home to the globe's greatest proportion of electric cars, and its public transport system includes electric trams and metro, and zero-emissions buses. While residents champion cycling whatever the weather, local rubbish trucks are powered by

biogas, a renewable energy made from food waste and sewage.

These forward-thinking initiatives, and more, mean the city is on track to achieve nearly zero emissions by 2030.

'When in nature, you're not really aware of the daily grind, as what matters is what you discover and experience there and then,' says Therese Sjøvoll. 'Your mind is switched on, your senses are engaged, and your body is totally relaxed.' Take care of the great outdoors and it will take care of you, it seems. 

Time for a pit stop?

Pause your outdoor adventure and duck into these city venues for some Nordic culture and cuisine



Norda

On the 13th floor of the Clarion Hotel The Hub, this modern restaurant looks over the waterfront and central district. While the cuisine spans the globe, ingredients are sourced locally – think ceviche made with halibut caught on a nearby coast, and fruity sorbet made with Norwegian strawberries. But it's the vegetables and herbs that can claim the lowest carbon footprint here – chillies, spring onions, beetroot and mint are all, when the season allows, from the hotel's GrowHub, Oslo's largest rooftop garden, while the likes of coriander, chervil and cress grow in the hotel's own microgreens lab.



Munch Museum

This striking building in Bjørvika has been a point of contention among Oslo residents, councillors and politicians for years, thanks to its imposing structure and hefty build cost. One thing that's not up for debate, however, is the quality of its contents: dedicated to the life and work of Edvard Munch, the space houses over 200 of his pieces and is one of the world's largest museums devoted to one individual artist. Many visit solely to see Munch's most well-known painting, *The Scream*, but wander the rest of the galleries and you'll discover what a diverse creative the city's former resident was.



Haralds Vaffel

Craving a sweet treat? Jonathan Larsson first sold his fluffy, heart-shaped Norwegian waffles from his bedroom window, before opening up this neon-coloured café in the hip neighbourhood of Grünerløkka. Toppings include Nutella, apple sauce and a range of ice creams, but the most popular combination is sour cream, jam and 'brown cheese' (above right), a coffee-coloured whey-based product that's sliced into thin sheets and has a tangy caramel flavour. It tastes a lot better than it looks, trust us.



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Additional photographs: Therese Sjøvoll, Tord Baklund/Visit Oslo, Akira Hojo/Unsplash, Max van den Oetelaar/Unsplash, Sashia Matro/Unsplash, Ranurte/Unsplash



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TO SEE UPCOMING
CRUISES TO OSLO



BABY, IT'S COOL OUTSIDE

Explore Oslo's natural wonders on one of these brilliant itineraries



5-NIGHT SCANDINAVIAN SAMPLER

Featured ports: Oslo, Skagen

Departures in 2024

Since 2020, the Nobel Peace Prize has been awarded in the atrium of the University of Oslo.

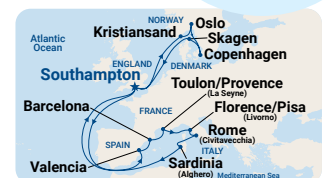


12-NIGHT OKTOBERFEST EUROPEAN CAPITALS

Featured ports: Oslo, Copenhagen, Hamburg

Departures in 2024/2025

From the reign of King Christian IV in the 1600s up until 1925, Oslo was called Christiania.



21-NIGHT MEDITERRANEAN & SCANDINAVIA MEDLEY

Featured ports: Oslo, Valencia, Sardinia

Departures in 2025

As of autumn 2023, 11 restaurants in Oslo hold one or more Michelin stars.

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Lima is home to some of the world's best restaurants and chefs

SOUTH AMERICA'S TASTIEST CAPITAL

SORREL MOSELEY-WILLIAMS SHARES WHAT'S ON THE MENU IN LIMA, WHERE A THRIVING FOOD SCENE IS SETTING THE BAR HIGH ➤

With more establishments in the World's 50 Best Restaurants 2023 list (four, including fine-dining venue Central, which bagged the Number One spot) than any other city, Lima is officially gastronomy's global leader. But the Peruvian capital's food scene isn't an overnight phenomenon based on haute cuisine – eating is a national pastime steeped in history, with its heart in street food and local commodities.

While ceviche (a dish of raw fish marinated in citrus) has rolled out onto menus around the world in representation of the country's cuisine, Peru has a diverse pantry that spans from the Amazon to the elevated Andes regions, as well as the extensive Pacific coastline.

When the Inca Empire ruled much of western South America during the 15th century, they cultivated an area of fertile ground – known as the Sacred Valley, close to the city of Cusco – where they grew maize, tubers, and grains such as amaranth and quinoa, to feed their vast army. Today, the more than 4,000 varieties of Andean potato and dozens of types of corn grown in Peru are just some of the star ingredients that Lima's award-winning chefs can draw upon.

BLEND OF CULTURES

A thriving port city, Lima is the entry point for migrants. Those from China and Japan, who arrived at the end of the 19th and start of the 20th century, have wielded huge influence on Peru's food. By applying their own culinary techniques and flavour combinations to Peruvian produce, as well as introducing Asian ingredients such as ginger, two new

cuisines emerged: *chifa*, a Cantonese-Peruvian fusion, and *nikkei*, a Japanese-Peruvian fusion. Dishes like *lomo saltado* (a beef stir-fry) and *tiradito* (Peru's answer to sashimi) form part of the everyday diet in Lima.

HUMBLE DELICACIES

Always delicious and accessible to all budgets, you'll find exceptional street food around every corner in Lima.

When he's not working the burners in his fine-dining establishment Mayta, chef Jaime Pesaque fills up on casual bites: 'I love going to tavernas for *anticuchos* [grilled beef heart on skewers], while for ceviche, I often stop by La Preferida, a tiny hole in the wall that serves up small portions of different

EATING IS A NATIONAL PASTIME STEEPED IN HISTORY, WITH ITS HEART IN STREET FOOD

types. I also adore *criollo* dishes [traditional Peruvian comfort foods] such as *ofal*, especially the chunks of fried chitlin [pig intestine] that chef José del Castillo prepares at Isolina. The marinade is vinegar-based; I love anything that has good acidity,' he explains.

Venezuela-born chef Juan Luis Martínez opened his restaurant Mérito in the trendy Barranco neighbourhood of Lima in 2018. While his own cooking showcases revamped Venezuelan dishes, he also loves classic Peruvian street food. 'When I crave *anticuchos*, I go to food stall Anticuchos Carmencita in Miraflores, while for ceviche, there's

a new spot called La Capitana in the [off-the-beaten track] district of Pueblo Libre,' he says.

PLENTY MORE FISH IN THE SEA

While ceviche is Peru's much-loved national dish, and different versions of it can be found all over Lima, the city's location overlooking the Pacific Ocean means there's plenty of other ways to order the day's catch. One of the finest fish restaurants in all of Peru is El Mercado, located in the Miraflores district, where diners can tuck into tuna burgers with plum mayonnaise, or grilled octopus with golden confit potatoes. Chef Pía León, who runs relaxed dining room Kjolle, as well as top-rated Central with husband Virgilio Martínez, explains: 'Although I live by the ocean, sometimes I forget to even look at it. So, for a family plan with my son, we go to El Mercado to eat fresh and diverse seafood in a lively atmosphere, often with friends.'

THE ACURIO EFFECT

While food is an obsession for pretty much all Peruvians, who eat hearty *chifa* dishes like fried rice, roasted meat and dumplings for breakfast, and only order ceviche at lunchtime (when fish is at its freshest), the current haute cuisine wave that has put Lima on the world food map is down to one chef: Gastón Acurio.

He and his pastry chef wife Astrid Gutsche kickstarted the scene with their eponymous establishment Astrid y Gastón almost 30 years ago. A household name who went on to found Mistura, South America's most widely attended food festival, Acurio's gastro empire ➤



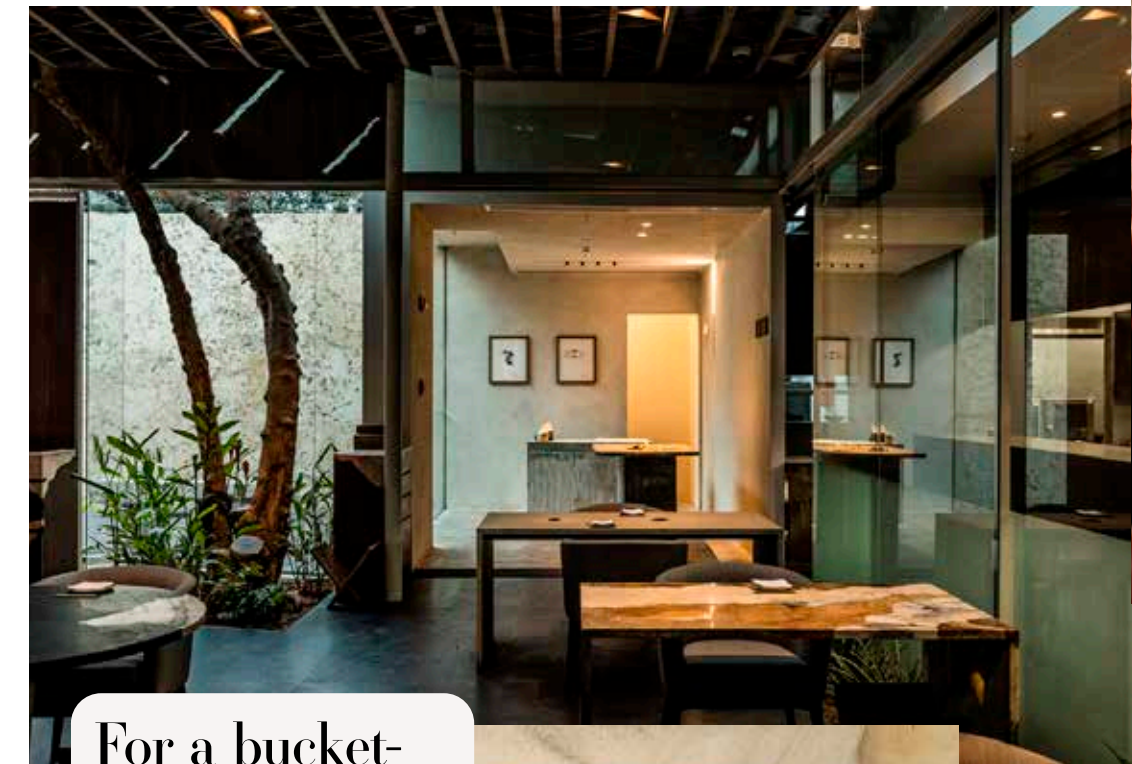
From left: Peruvian-Cantonese *chifa*; Pía León and Virgilio Martínez of Central; the dining room at Kjolle; purple corn; Gastón Acurio. Above: seafood is a mainstay of Lima's food scene



Wash your meal down with a pisco sour, Peru's national drink

Eating spots to plot on the map

Whether you're looking for a sit-down gourmet lunch or want to grab a bite on the go, don't miss these when in Lima...



For a bucket-list meal

First opened 16 years ago, Central (above) was named the World's Best Restaurant in 2023. The menu is inspired by Peru's various elevations – from below sea level, through the Amazon, to the high Andes – and showcases ancestral culinary techniques as well as native ingredients. The 14-course tasting menu here is complex yet not exhausting: each element is carefully explained and the drinks pairings are excellent.



For doorstep sandwiches

Tasty *sanguches* (sandwiches) make the ideal breakfast, lunch, supper or late-night snack. Locals love El Chinito (left), a sandwich shop first opened by a Chinese immigrant back in the 1960s that now has numerous outlets dotted all over the capital. Order a *chicharrón*, the signature baguette filled with a slab of crunchy fried pork, sweet potato, yellow chilli sauce and red onion. It's best washed down with a glass of *chicha morada* (purple corn juice).



For exceptional seafood

While Gastón Acurio's flagship La Mar is a hotspot for sublime Pacific-plucked delicacies, just a few streets away is El Mercado (above), which also serves up seafood to write home about. Pick from five different styles of ceviche (above right) to start, before tucking into the catch of the day drenched in crab curry sauce, or chef patron Rafael Osterling's take on *atamalladito* (above far right), a rice dish similar to paella that's packed with prawns, clams and cured meat.



For the best beef-heart skewers

Anticuchos, grilled beef-heart skewers dowsed in a cumin and chilli sauce, are one of Peru's most popular street food dishes, and those prepared by Tia Grimanesa (below) are *offaly* good! Her humble beginning spent selling her food on a street corner paid off and she has long operated from a bricks-and-mortar venue (*Anticuchos de la Tia Grimanesa*) in Miraflores. Her skewers are served with boiled potato, perfect for soaking up the meat's spicy juices.



For delicious chifa

While *chifa* (Cantonese-Peruvian food) doesn't have a huge global profile as of yet, it has an unfailing champion in Chifa Titi. Widely known as the best purveyor of the cuisine in Peru, this smart restaurant in the upmarket San Isidro district serves bountiful portions of roasted pork (above), pineapple fried rice, crispy wontons, and steamed fish with salted fermented beans. And that's without even mentioning the barbecued duck, which is phenomenal.

Photographs Ben Pipe/AVL Images, Alamy, Getty Images, Ken Motohasi, Docu Perù, Daniel Silva, Gustavo Vivanco, Alvaro Loayza, Lorena Samponi/Unsplash, Karen Zarate, Liz Tasa, Giancarlo Aponie, ACHM Photography, Prom Peru

ENJOY A TASTE OF LIMA
Visit Peru's capital on one of these itineraries

18-NIGHT ANDES & SOUTH AMERICA

Featured ports: Lima, Pisco, Puntarenas

Departures in 2024/2025

Lima is the fifth-largest city in South America, covering a total area of 1,032 square miles.

32-NIGHT ANDES & CAPE HORN GRAND ADVENTURE

Featured ports: Lima, Ushuaia, Santiago

Departures in 2024/2025

While London has pigeons, Lima has gallinazos, black vultures that circle over the city in large flocks.

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FIVE REASONS TO *love* NEW ENGLAND

VIVID COLOUR, VARIED CULTURE AND A WHOLE LOT OF LOBSTER - HERE'S WHY THIS NORTH-EASTERN REGION OF THE USA, WHICH ENCOMPASSES SIX STATES, SHOULD BE ON YOUR RADAR

Words ASHLEIGH ARNOTT

1 The 'fall foliage'

New England's autumn leaves are a sight to behold, and 'leaf peeping', where people visit specifically to view and photograph them, is a popular activity. As the green of summer is left behind, the maples, hawthorns, aspens and oaks of the region's peaceful countryside are transformed, and swathes of scarlet, gold, orange and amber leaves paint the forests and parks in a fiery palette, giving them a filmic quality that no photograph can truly do justice to. To grow your appreciation of the trees themselves, pay a visit to Merryspring Nature Centre in the state of Maine, which is nestled between the towns of Camden and Rockport and boasts 66 acres of unspoilt flora. The arboretum here is home to 35 native Maine tree species, including northern red oak and red maple, which, as their names suggest, are beacons of flaming colour come autumn.



Look out for the region's dazzling autumn leaves, and majestic moose (below)



2 The all-American wildlife

Easily accessed from the town of Bar Harbor in Maine, Acadia National Park is a must on any New England itinerary. Spanning around 47,000 acres, the park offers myriad pinch-yourself experiences, including catching the sunset atop Cadillac Mountain, the highest point on the Eastern Seaboard of the USA. Home to at least 37 types of mammal and around 215 bird species, it's likely you'll spot some local wildlife along the park's 150 miles of hiking trails. Keep an eye out for coyote, bald eagles and raccoons, and if you're very lucky, you may even spy a moose.



Boston's Old State House, where the Declaration of Independence was read to the public from the balcony in 1776

4 The historic landmarks

Boston, the capital of Massachusetts state, might just be the United States' most history-rich city. Follow its 2.5-mile Freedom Trail and you'll pass 16 sites of interest, including the hall where the Boston Tea Party began, and the balcony from which the Declaration of Independence was read. For art lovers, the Isabella Stewart Gardner Museum is home to a vast collection of Renaissance paintings and sculptures (Gardner was the first American to own a painting by Italian master Botticelli), while those with green fingers should visit the Public Garden, the USA's first public botanical garden.



Inside opulent mansion The Breakers



The rule of claw: Maine is famous for its lobster

5 The incredible seafood

Maine exports around 50,000 tonnes of lobster a year, and the seaside towns along its coast are at the heart of the industry. The town of Rockland is home to Maine Lobster Festival, which in 2024 takes place from 31st July to 4th August. This celebration of the state's harvest includes races across floating fishing crates, beer and wine tastings, cooking contests, and vast amounts of hot, butter-slathered lobster. If you can't be there during the festival, you can visit Claws at any time of year. This local restaurant showcases freshly caught seafood in its lobster rolls, shrimp tacos and creamy clam chowder.

3 The magnificent mansions

The late 19th century in the USA is referred to as the Gilded Age. During several decades of rapid economic growth, a few high-profile industrialist families reigned supreme and built mansions along the East Coast that are so opulent, they're often compared to Versailles. One of the best examples of these is The Breakers in Rhode Island, which was made for the Vanderbilt family between 1893 and 1895 as their summer residence. The 70-room palace has a grand hall with 50-foot-high ceilings, a library with a fireplace imported from a French chateau, and a billiards room with marble walls. That's one lavish summer house...

Photographs Alamy, Getty Images, Daniel Norris/Unsplash, Praswin Prakashan/Unsplash

EXPLORE NEW ENGLAND

Get to know the region on one of these itineraries

10-NIGHT CLASSIC CANADA & NEW ENGLAND

- Featured ports:** Boston, Portland (Maine), Québec City
- Departures in 2024/2025**
- Boston is named after a town in Lincolnshire, UK, where the city's European settlers were from.**

31-NIGHT CANADA & NEW ENGLAND

- Featured ports:** Boston, Rhode Island, Saguenay
- Departure in 2024**
- Rhode Island is the USA's smallest state by area and has just over one million residents.**

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SWEET LIKE CHOCOLATE

Discover the taste of one of St. Lucia's most delicious commodities, cacao

Words EMMA SLEIGHT

A green-shrouded gem between Martinique and Saint Vincent and the Grenadines in the Caribbean Sea, St. Lucia is best-known for its paradise beaches and its native spirit, rum.

Sultry with heat, the island has tropical weather conditions all year round, with downpours feeding the forest that covers 70 per cent of the island. Two craggy peaks – the Pitons – are wrapped in verdant trees and vines laden with giant avocados, breadfruit and cacao, the branches dripping pods in shades of purple, custard yellow and lime green.

Though it has grown on the island since the 1700s, cacao hasn't always been the star of St. Lucia's agricultural heritage. While resources were ploughed into the exportation of bananas, islanders used to enjoy 'jungle M&Ms' by opening up cacao pods, sucking the fruity pulp from around the seeds, and then discarding them. But as competitive, low-cost South American banana producers have disrupted the market, and demand for the fruit has declined, St. Lucia's cacao industry has now ascended to a sweet spot. In the past few decades, there's been a renewed interest from growers and the island has achieved international acclaim for the quality of its chocolate.

A FRESH START
In 2006, British-owned confectionery brand Hotel Chocolat rejuvenated

St. Lucia's oldest working cacao farm, Rabot Estate, to create their own six-acre farm, hotel, restaurant and chocolate mecca, Project Chocolat.

'We've always believed in a better way to grow cacao,' says CEO of Hotel Chocolat St. Lucia, Emma Peacock, 'and when Hotel Chocolat bought the farm, we provided cacao seedlings to St. Lucian farmers at a subsidised rate with the promise that whatever they grew,

that gives flavour. We have volcanic soil here, and our high-in-cocoa chocolate has a lot of fruity notes.'

At Project Chocolat, visitors can embark on the bean-to-bar tour, which follows the journey from seedling to final product, while showcasing the respect with which these little beans are treated across the whole estate.

'We live by the Japanese concept of *mottainai*,' explains Kervell, 'which encourages people not to waste anything. Cacao pulp is used in our cocktails, bean shells are used to infuse our iced tea and Hotel Chocolat gin, and the husks go into the farm compost.'



YOU GET AMAZING FLAVOUR PROFILES FROM THE CACAO WE GROW
Kervell Prospere, Hotel Chocolat Ethics and Sustainability Manager

we would buy at a guaranteed price. That revitalised cacao growth on the island.'

Cacao is now providing enticing careers for islanders like Hotel Chocolat's Ethics and Sustainability Manager, Kervell Prospere: '[As a company] we believe in more cocoa (fermented and roasted cacao seeds) and less sugar,' he says.

'You get amazing flavour profiles from the cacao that we grow. It's the terroir, the environment – just like with wine –

INNOVATIVE IDEAS
Hotel Chocolat's biggest investment yet is in the concept of 'gentle farming'. Emma explains: 'We're striving for the next chapter in making cacao in a better way and there are some core principles that we live by, such as educating on the benefits of pruning to get the most yield from your trees, which means farmers get more money for their crop and have less land to farm.'

Other principles include supporting St. Lucia's rich biodiversity and avoiding monocropping – where farmland is used to plant a single crop (rather than a diversity of flora), which is taxing for the soil.

'We do a lot of underplanting, where smaller crops, like bushes, are planted under the cacao trees to prevent bare



Clockwise from top left: St. Lucia's two lava-formed peaks, the Pitons; roasted cacao beans; just-picked cacao pods; local chocolate; an employee harvests cacao pods at Rabot Estate

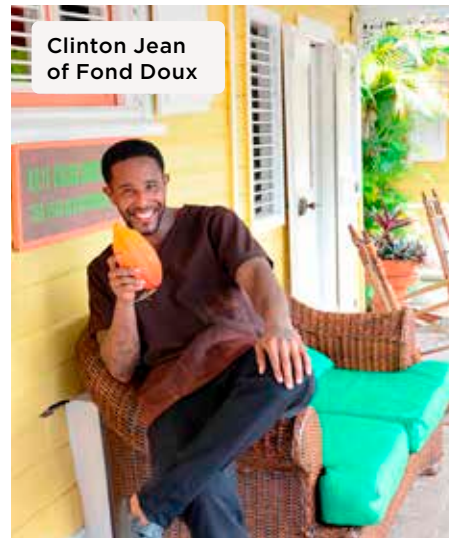
areas and improve soil,' says Kervell. 'We give farmers shade trees, as cacao trees like dappled shade, to further encourage biodiversity and enrich the soil. We're already 100 per cent organic at Project Chocolat, but we're working to spread that across the whole island.'

HISTORIC HARVEST

Elsewhere on the island, in the curve of an extinct volcanic crater in Soufriere, you'll find Fond Doux (meaning 'sweet valley'). Owned and operated by Lyton and Eroline Lamontagne, this old French colonial estate is surrounded by 135 lush acres humming with wildlife. A certified organic farm, they grow cacao alongside golden apples, soursop, oranges, guava, tamarind and plantain.

The estate's 19th-century house echoes of times past, but today it's a hub of activity with a shop and kitchen, where you can see longstanding employees like Cornelia Felix grind, roast and mix hand-harvested cacao beans into chocolate bars. 'I make about 34 bars a day,' she says. 'It's artisan production.'

It's only at Fond Doux that you can witness the 'cocoa-rina dance' – a traditional way to polish cacao



Clinton Jean of Fond Doux

A TRADITIONAL WAY TO POLISH CACAO BEANS IS NOT BY HAND, BUT BY FOOT

beans not by hand, but by foot. Clinton Jean has worked at Fond Doux for 11 years and can frequently be found hopping into a huge bronze cauldron to dance barefoot in a mix of young cacao beans, pulp and water. The reward? Beans that are shiny and easy to shell.

SETTING THE BAR

Roughly 30 miles further north, nestled in the hillside 200 metres above Castries, St. Lucia's capital, is Howelton Estate. Established in 1896, the estate comprises eight acres of verdant vegetation and one of the oldest houses on the island.

The majority of the cacao used for Howelton's organic milk and dark chocolates, which come in flavours such as mint and ginger, is farmed elsewhere on the island, but there are a few trees on-site exclusively for their hands-on bean-to-bar classes. In these, you can craft your own rich slab of sweetness under the watchful eyes of Juliana Pascal, the estate's chocolate teacher.

Be sure to take the opportunity to enjoy a glass of the local fruit juice or rum punch at the estate's bar while you wait for your chocolate to set.

From the rich, volcanic soil, which results in a unique taste; to the passion for organic production and craftsmanship, there's something very special about St. Lucian chocolate. And with a renewed focus on making the most of the island's natural capacity for growing world-class cacao, it's no wonder the future of its chocolate industry is looking sweet. 🌀



Crushed, roasted beans, ready to make chocolate at Fond Doux



A colourful cacao mural at Howelton Estate (above) and The Cacao Bar at Project Chocolat (below)

Get your flavour fix here



For sumptuous truffles

Cocoa Sainte Lucie
Founded and run by women, this premium chocolatier creates classic French truffles with a St. Lucian flavour. Made using locally sourced cacao, fillings include passion fruit, chilli-infused ganache, spiced nuts and coconut cream.



For cacao stout

Antillia Brewing Company
Hit the Petit Antillia bar at Pointe Seraphine Cruise Terminal for a cool pint of Bois Bande, a stout that blends cacao with the bark of tropical Caribbean tree *richeria grandis*, which is reputed to have aphrodisiac qualities.



For cocoa tea

FarmHers Market
Organised by Helen's Daughters, a non-profit company that mentors and trains female farmers, this market, which happens every last Saturday of the month in Castries, sells a wide range of organic produce including cocoa tea, soap, honey and oils.



For cacao-based cocktails

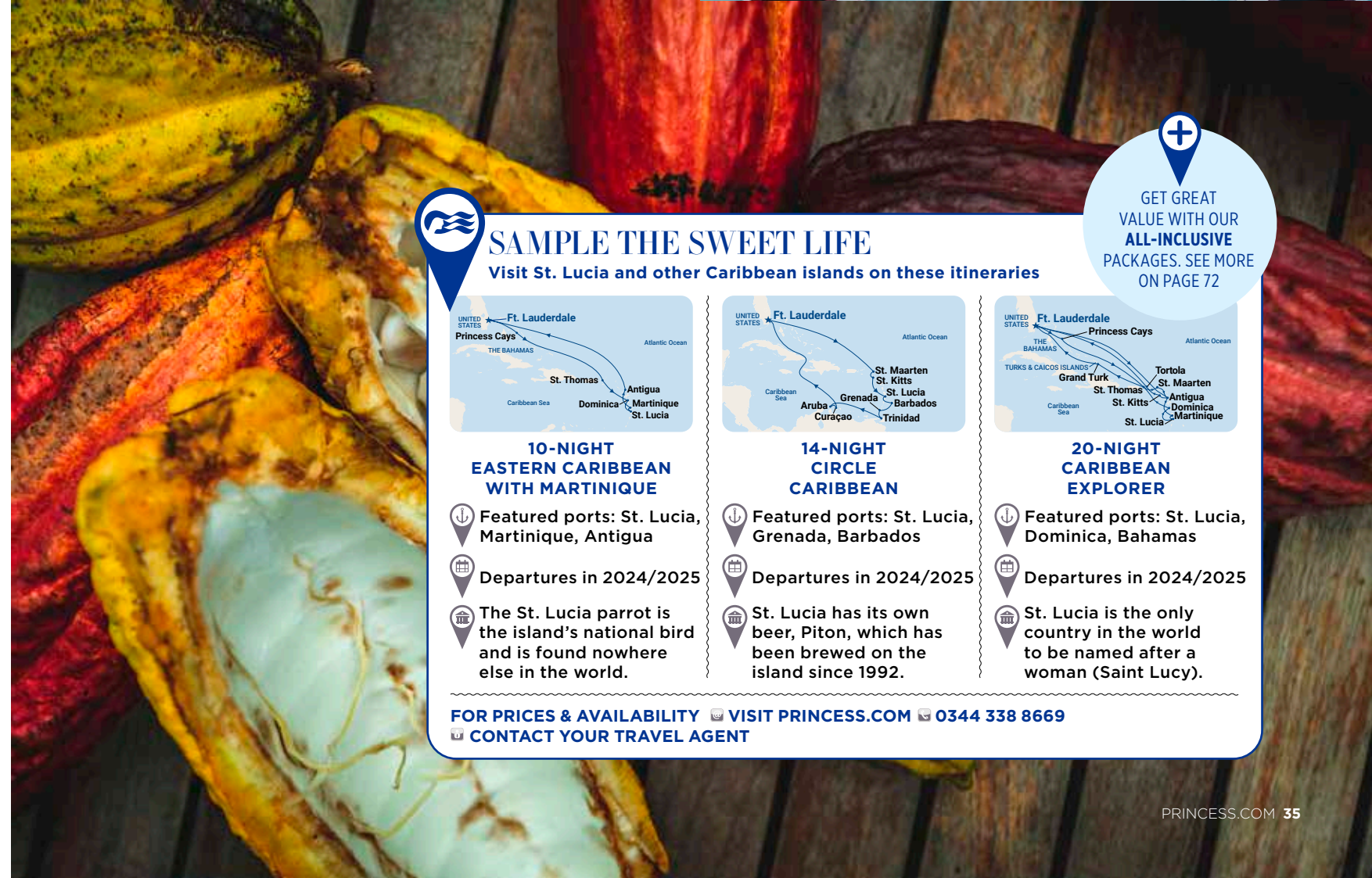
Rabot Restaurant
Set amid Hotel Chocolat's Rabot Estate, and overlooking iconic Petit Piton mountain, this is *the* place to try cacao-based cuisine and sip on a cacao bellini made with prosecco, cacao pulp, lemon verbena and soursop juice.



For cacao spa therapies

Windjammer Landing Spa
Indulge in treatments enriched with locally grown cacao at the four-star Windjammer Landing resort. Both their antioxidant-rich roasted cacao bean scrub and luxe cacao body wrap will leave you smelling good enough to eat.

Photographs: Getty Images, Belle Portwe Studio, Scott Taylor/Unsplash, Emma Sleight



SAMPLE THE SWEET LIFE

Visit St. Lucia and other Caribbean islands on these itineraries



10-NIGHT EASTERN CARIBBEAN WITH MARTINIQUE

Featured ports: St. Lucia, Martinique, Antigua

Departures in 2024/2025

The St. Lucia parrot is the island's national bird and is found nowhere else in the world.

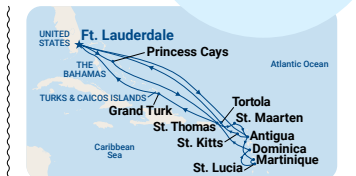


14-NIGHT CIRCLE CARIBBEAN

Featured ports: St. Lucia, Grenada, Barbados

Departures in 2024/2025

St. Lucia has its own beer, Piton, which has been brewed on the island since 1992.



20-NIGHT CARIBBEAN EXPLORER

Featured ports: St. Lucia, Dominica, Bahamas

Departures in 2024/2025

St. Lucia is the only country in the world to be named after a woman (Saint Lucy).

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MEANDER THROUGH VERDANT VALLEYS, TREK UP A VOLCANO, OR SIMPLY SAUNTER TO THE PUB - STRETCH YOUR LEGS IN ALL KINDS OF WAYS ON THESE BRILLIANT WALKING EXCURSIONS

STEP IN A NEW DIRECTION



Explore the Cornish cliffs

CORNWALL, ENGLAND

Get to know the English coastline on a guided hike of the Lizard peninsula in southern Cornwall, where the rugged landscape is made from rock formed 350 million years ago. Dust off your hiking boots for a two-hour walk along the clifftops, during which you'll see a variety of wildflowers (such as Cornish heather, above right, a rare plant found only on the Lizard) and the Lizard Lighthouse (above left). Dating back to 1752, the lighthouse, with its towers and cluster of cottages, protects one of the busiest shipping lanes in the world. ➤

A SUPERB STAYCATION

14-NIGHT IRELAND, SCOTTISH HIGHLANDS & WALES

Departures in 2024/2025

You can easily access the Lizard, the most southerly part of mainland Britain, from the port of Falmouth

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Weave through the Portuguese capital

LISBON, PORTUGAL

With its cobbled streets, intricately tiled buildings and pedestrianised squares, Portugal's compact capital is made to be seen on foot. First wander through the old Moorish quarter, which brims with leafy courtyards and colourful street art, and was the birthplace of *fado*, Portugal's traditional guitar music. Then walk the café-lined Rua Augusta, Lisbon's main boulevard, before taking the funicular to Bairro Alto. This picturesque neighbourhood offers sweeping views over the city's terracotta rooftops and 11th-century castle, Castelo de São Jorge (below). Walking in Lisbon requires a little stamina, thanks to the steep inclines of its seven hills, but it's just another reason to eat your bodyweight in *pastel de nata*, the custard tarts that originated in the city.



GET LOST IN LISBON

14-NIGHT
SPAIN & PORTUGAL



Departures
in 2024



Lisbon's famous yellow trams were inspired by those in the USA, hence locals referred to them as 'Americanos'



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A CHANGE OF PACE

Stride up an active volcano

PUERTO QUETZAL, GUATEMALA

Eager to step outside your comfort zone this year? Hiking up an active volcano would be a sure-fire way to do it. Starting in Guatemala's Pacaya National Park, embark on a two-hour trek up Pacaya Volcano, weaving through lush forest and meadow before the terrain turns to volcanic rock and sand. If conditions allow, you'll ascend to the viewing platform near the very top for a well-earned rest and refuel. You'll know when you're nearly there, as the distinctive scent of volcanic sulphur will have filled the air. Take in the panoramic mountain views before enjoying the less strenuous journey back down.

Admire the old and new HONG KONG

Appreciate the diversity of Hong Kong on a walking excursion that takes in its mystical religious sites, historic architecture and innovative modern infrastructure. Start at the Man Mo Temple (right) in Sheung Wan on Hong Kong Island, which was built in 1847 and is home to intricate murals and wood carvings. You'll then pass the colonial-style Central District Police Station, before arriving at the Central-Mid-Levels escalator, the world's longest outdoor covered escalator system. Covering 800 metres in length and an elevation of 135 metres, this extraordinary landmark makes moving between Hong Kong Island's hilly districts a total breeze. ➤



Feast on foot

HALIFAX, CANADA

Arrive (very) hungry for a two-and-a-half-hour walking tour that involves sampling some of Nova Scotia's most popular delicacies. Based in Halifax, the capital of Canada's Nova Scotia province, a local food fanatic will lead you around the city and introduce you to the area's world-famous food scene. The region is widely known for its delicious lobsters, and you'll have the chance to taste freshly caught seafood along with regional craft beer, baked goods and sweet treats. As you wander, you'll stop by some of the city's popular establishments, meeting chefs, proprietors and welcoming residents as you go.



Immerse yourself in Alaska's epic scenery

JUNEAU, ALASKA

It is 55 years since our first-ever sailing in Alaska, and the USA's biggest state still never fails to wow its visitors. Come face to face with the magnificent landscape here by hiking through Mendenhall Valley, which is easily accessible from Alaska's capital, Juneau. You'll encounter cascading waterfalls, local wildlife, sprawling meadows and dense rainforest, all before heading high above Mendenhall Glacier, whose frosty-blue ice stretches for over 13 miles. Your exact route will be plotted by your certified guide, who'll assess weather conditions and energy levels on the day. Getting this close to nature is only really achievable on foot.



Make a beeline for the pub

TALLINN, ESTONIA

If the idea of a rugged hike is too intimidating, surely you can be won over by a pub crawl instead? A guided amble around Tallinn, Estonia's beautifully preserved medieval capital, will take you down winding cobblestone streets and through its postcard-perfect Old Town, which has been a designated UNESCO World Heritage Site since 1997. Along the way, you'll learn about the history of beer in the city and call into four traditional taverns to try the local ale for yourself. Sightseeing is thirsty work, after all.



Words Siobhan Grogan Photographs Alamy, Tourism Nova Scotia/Patrick Rojo, Laura Grier/Robert Harding, Michael DeFreitas/Robert Harding, Joao KM/Unsplash, Getty Images, Robert Poorten/Robert Harding

Head down under... in the Caribbean

OCHO RIOS, JAMAICA

Don your hard hat and go underground on a thrilling excursion that will take you deep inside Jamaica's otherworldly Green Grotto Caves. With depths reaching up to 12 metres, the caves have lots to explore, including secret passages, jagged stalactites, cavernous chambers and even a crystal-clear subterranean lake. The caves get their name from the green algae that grows on their walls and were the setting for evil Doctor Kananga's underground lair in the 1973 James Bond film *Live and Let Die*. Who said the Caribbean was only for beaches and rum punch?




EXPLORE ALASKA

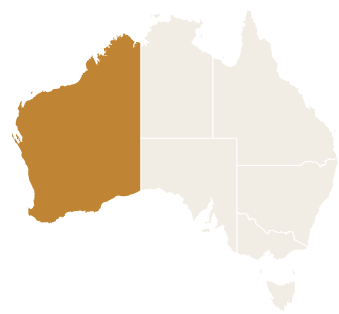
17-NIGHT ULTIMATE ALASKA WITH GLACIER BAY NATIONAL PARK

Departure in 2025

This brand-new itinerary includes three days of scenic cruising, taking in Glacier Bay National Park, Hubbard Glacier and College Fjord

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Australia: THE ROAD LESS TRAVELLED

Reefs, rail rides and pearls all await you on Australia's underrated west coast

Words *ASHLEIGH ARNOTT*
Illustration *GIORDANO POLONI*

Most visitors to Australia will be looking forward to spectacular beaches, wonderful wildlife and sunshine for days on end, but what they don't always realise is that the west side of the country takes gold for all three. Sure, Sydney Opera House and Harbour Bridge are iconic, but they don't pose for selfies like Western Australia's very own marsupial, the quokka, does. Giving the Great Barrier Reef a run for its money, the region's 600-mile Coral Coast is home to whale sharks, manta

rays, humpbacks, sea turtles and one of the world's largest populations of dugong, an endangered marine mammal that resembles a walrus. To top it all off, it's only from the west coast of the continent that you can watch the sun set over the ocean.

If you thought east was the only direction worth taking in Australia then be prepared to be proven wrong. From snorkelling with tropical fish to sailing in a Venice-style gondola, here are just a handful of reasons to go west when Down Under... ➤





DRINK A CABERNET SAUVIGNON IN MARGARET RIVER

With its abundance of white sandy shoreline and serene countryside, Margaret River has enough picturesque sundowner spots to last all summer. The region is famous for its premium wines, with the vineyards that make them providing world-class hospitality, too. Leeuwin Estate is said to be the area's best producer of Chardonnay, while Cabernet Sauvignon is one of the iconic Margaret River reds - and Palmer Wines have perfected it. The Tuscan food on offer in their winery's restaurant complements it just beautifully, too.

For those who aren't wine nuts, the ocean beckons, and Busselton's 1.1-mile-long wooden jetty is a unique place to enjoy it from. Jump aboard the jetty train to get to the Underwater Observatory, where you'll descend eight metres to view more than 300 species of marine life in their natural habitat. Whether you walk back, or can't resist the return rail journey, reward yourself with a stop at The Goose. This laid-back beach bar has incredible ocean views and serves an excellent selection of cold craft beers.



Leeuwin's renowned Chardonnay (above) and Busselton's jetty train (below)



Catch a Venice-style gondola from beautiful Elizabeth Quay (above)



TAKE A GONDOLA RIDE ACROSS SWAN RIVER IN PERTH

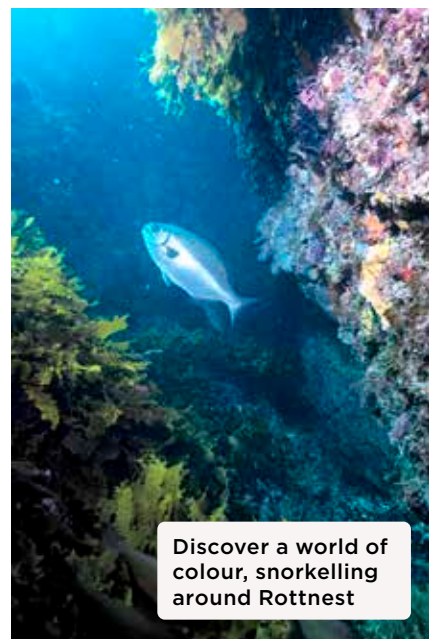
It's Western Australia's capital and has a population of nearly two million, but Perth has a more sedate pace than Sydney or Melbourne. A walk across the Central Business District, the cosmopolitan heart of the city, will take around an hour, although you should add on some time for a stop at Chicho Gelato for a scoop of ricotta lemon. High-end shops can be found in the grand, early-20th-century buildings on and around King Street, while the Museum of Perth provides a history of the city in the heritage-listed Atlas Building a few blocks south.

Perth's backbone, though, is the Swan River, which provides a pretty setting as it winds its shimmering way inland. Take in the city sights from the water on a gondola cruise, departing from Elizabeth Quay. Just like in Venice, they come complete with live mandolin music and a stripe-wearing gondolier.



MAKE QUOKKA FRIENDS ON ROTTNEST ISLAND

A tiny island 12 miles off the coast of Fremantle, Rottneest is a favourite destination for locals and tourists alike. It's a car-free haven for nature lovers, where the main activities are scuba diving, bird-watching and cycling from beach to beach at a leisurely pace. That said, the *real* reason Rottneest Island is a must-visit is because of its quokkas. These marsupials are best described as similar to a small wallaby and are rarely seen on the mainland. Though any interaction should be at a distance for the quokkas' safety, they're reasonably tame, so offer some excellent photo opportunities. The island is also a great place to try snorkelling, as there are dozens of sheltered bays and coves. Little Salmon Bay even has underwater information boards, so you can learn about the corals, plants and tropical fish as you swim around them. ➤



Discover a world of colour, snorkelling around Rottneest

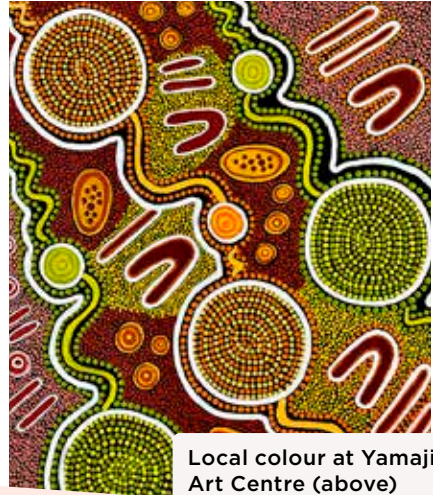


Meet a quokka, Western Australia's very own marsupial



WATCH WILD DOLPHINS PLAY IN FREMANTLE

Often thought of as Perth's old town, Fremantle is, in fact, a city in its own right and has plenty to explore. Beer lovers should visit Little Creatures' world-class brewery and taproom, while shopping fiends should head to the Victorian-built Fremantle Markets, which are packed with locally made crafts and trinkets every weekend. South Terrace – known as 'cappuccino strip' – is, unsurprisingly, great for a coffee stop. But, like so many coastal settlements, the community still treasure their links with the ocean and its inhabitants. There are around 200 wild bottlenose dolphins that regularly visit the area, with Blackwall Reach Cliffs being a popular spot to see them. For a closer look, though, it's best to book a boat tour from Rockingham Beach (a 30-minute drive from the centre of Fremantle) on which you'll also see Australian sea lions, pelicans and a colony of 300 little penguins on the aptly named Penguin Island.



Local colour at Yamaji Art Centre (above) and St Francis Xavier Cathedral (below)



EXPLORE ST FRANCIS XAVIER CATHEDRAL IN GERALDTON

For a small city, Geraldton is packed with history, which you'll find in the form of numerous natural artefacts, medical instruments and items recovered from shipwrecks on display in the Museum of Geraldton. Get an insight into the heritage and cultural stories of the Yamaji people at Yamaji Art Centre, where you'll see traditional pieces made from dots of ochre and other earth-coloured pigments depicting intricate patterns, alongside other works from Aboriginal artists. A very different creative style can be found inside St Francis Xavier Cathedral, a striking building designed by priest and architect John Hawes. Construction work began in 1916, and today, guided tours reveal its bright, quirky interior, with coloured stone floors and candy-striped columns.



SHUCK OYSTERS AT WILLIE CREEK PEARL FARM IN BROOME

More than 1,200 miles north of Perth, Broome is a town with an atmosphere all its own. It is Australia's pearl capital thanks to the *Pinctada maxima* oyster that thrives in the crystal-clear waters off the coast of Broome and which produces the world's largest pearls, as well as perfect mother-of-pearl. This has brought a mix of cultures to Broome, as many Asian – particularly Japanese – divers have flocked to the area. This fusion of cultures is celebrated in performances and exhibitions at the annual Shinju Matsuri – Japanese for 'festival of the pearl'. Willie Creek Pearl Farm provides the full story of Broome's oyster industry, which has been in full swing since the 1880s. Their tours include boat trips to see how oysters are grown, a lunch featuring 'pearl meat', and even the chance to watch a live pearl harvest.



Learn about Broome's pearl industry at Willie Creek Pearl Farm



Fremantle Markets Hall (above) and Little Creatures brewery (below)



Lunch on 'pearl meat' from Broome oysters

Photographs: Alamy, Marco Bottigelli/AVL Images, Veruschka Matchett/Robert Harding, Jessica Plugger, Frances Anonjich, Margaret Whitenurst/Yamaji Art



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BOOK AN AUSTRALIAN ADVENTURE

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11-NIGHT SOUTHERN AUSTRALIA EXPLORER

- Featured ports: Perth, Hobart, Melbourne
- Departure in 2024/2025
- With over eight hours of sunshine every day, Perth is the sunniest state capital in Australia.



15-NIGHT NORTHERN EXPLORER

- Featured ports: Perth, Darwin, Kimberley Coast
- Departures in 2024/2025
- Darwin, the capital of Australia's Northern Territory, is nearer to Bali than Melbourne.



22-NIGHT ROUND AUSTRALIA

- Featured ports: Perth, Port Douglas, Brisbane
- Departure in 2025
- Australia's famous lamington cakes are thought to have originated in Brisbane.

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Tasting notes

ElixSea's signature wine, LegaSea, is a blend of Grenache, Cabernet Sauvignon, Syrah and Carignan grapes, all harvested in the Priorat DOC appellation. After 12 months in a French oak barrel, the wine is bottled and aged for six months at 26 metres below sea level. It's a riot of berries on the nose, with juicy strawberries taking the lead. A hint of floral violet sits above a subtle spiciness, and the smooth mouthfeel is supported by toasty depths.



SAMPLE ELIXSEA ONBOARD

A place where restaurant dining meets immersive cinema, our new **360: An Extraordinary Experience** is a journey for the senses. The interactive feast, which involves 360-degree LED screens, captivating visuals and aromatic fragrances, follows the story of a traveller's journey across the Mediterranean – through Greece, Italy, Spain and France – and the locals they meet along the way.

Two of those locals are Mariona and Gergö, who share the story of ElixSea on the big screen, while waitstaff pour guests a glass of their underwater-aged wine to sample. This is just one of many delicious tastes from the Mediterranean you'll discover during the experience.

Enjoy 360: An Extraordinary Experience on both Discovery Princess and Enchanted Princess for an additional cover charge. See princess.com for more details.



Crate expectations: Mariona and Gergö's underwater winery sits on the seabed off the coast of Catalonia



A DROP IN THE OCEAN

MEET THE COUPLE BEHIND ELIXSEA, A UNIQUE COMPANY MAKING WINE THAT'S AGED UNDERWATER

Words ASHLEIGH ARNOTT

Just off the rugged cliffs and coves of the Costa Brava, 12 metres beneath the surface of the Mediterranean Sea, tiny marine creatures are exploring large crates of buried treasure. We're not talking hordes of gold coins or precious jewels, but bottles, sunk carefully by a couple whose shared passions for fine wines and the ocean have led to delicious results.

Now residing in Catalonia, Mariona Alabau and Gergö Borbély met while working as diving instructors in Southeast Asia. The idea for ElixSea came, as Gergö remembers it, from 'a conversation in the jungle over a good bottle of wine'. The couple had read about bottles of champagne discovered on a shipwreck in the Baltic Sea that were sold for tens of thousands of dollars. Given that Mariona has a master's degree in biodiversity and Gergö has a diploma in wines and spirits, they felt underwater wine was their destiny. 'We didn't have

the money to buy a bottle [of that champagne],' admits Gergö, 'so we decided to make something similar – and without having to sink a ship.'

Despite their relevant qualifications, their first bottles were a disaster. 'We went diving after six months, super excited to see how the wine would be,' Mariona explains, 'but we forgot

THE WINERY IS LIKE AN ARTIFICIAL REEF, SO MANY ANIMALS USE IT AS SHELTER

about sea pressure, and it had pushed the corks inside the bottles. The wine was infused with seawater, the corks were rotting... It was horrible!

Rather than give up, they worked with university research centres to develop different seals and waxes that would keep the wine and the saltwater separate. There

was one that worked beautifully, except it was so sturdy, they couldn't open it. Gergö has the proof: 'There's a bottle that's been sealed for six years now. Every now and again I get some new power tool and I try something else. Still, I can't even touch it.'

They've perfected the seal now, of course, and even sink bottles as deep as 26 metres, as well as continuing to use the original 12-metre-deep location. They wouldn't go to all this effort, though, if the process didn't produce superb wines. Gergö and Mariona have now developed a huge database detailing how different grape varieties, blends and vinification methods behave when aged under the sea. 'The science behind it all is so interesting,' says Gergö proudly. 'We call it marine oenology.'

Following plenty of experimentation, the pair chose to focus on wine from the local Priorat region, where a very highly regarded red made mainly from Grenache

grapes is produced. It's Spain's answer to Châteauneuf-du-Pape.

As well as delivering plenty of flavour from the local terroir, Priorat wine has a fantastic underwater evolution. The difference, essentially, in ageing wine underwater, in comparison to above sea level, is speed. After six months in ElixSea's crates, each bottle has developed to the equivalent of around four years' cellar ageing. This means the acidity has mellowed and the tannins have reduced, but the younger, fruitier notes are preserved. As Gergö puts it: 'On the nose, you still feel the fresh youth of the wine, but on the palate, it's already much more mature.'

Placing large structures on the seabed will affect its inhabitants, of course, so ElixSea are working to make sure their impact on marine life is positive. 'The winery is like an artificial reef,' explains Mariona, 'so many animals use it as shelter.' And once sea creatures have

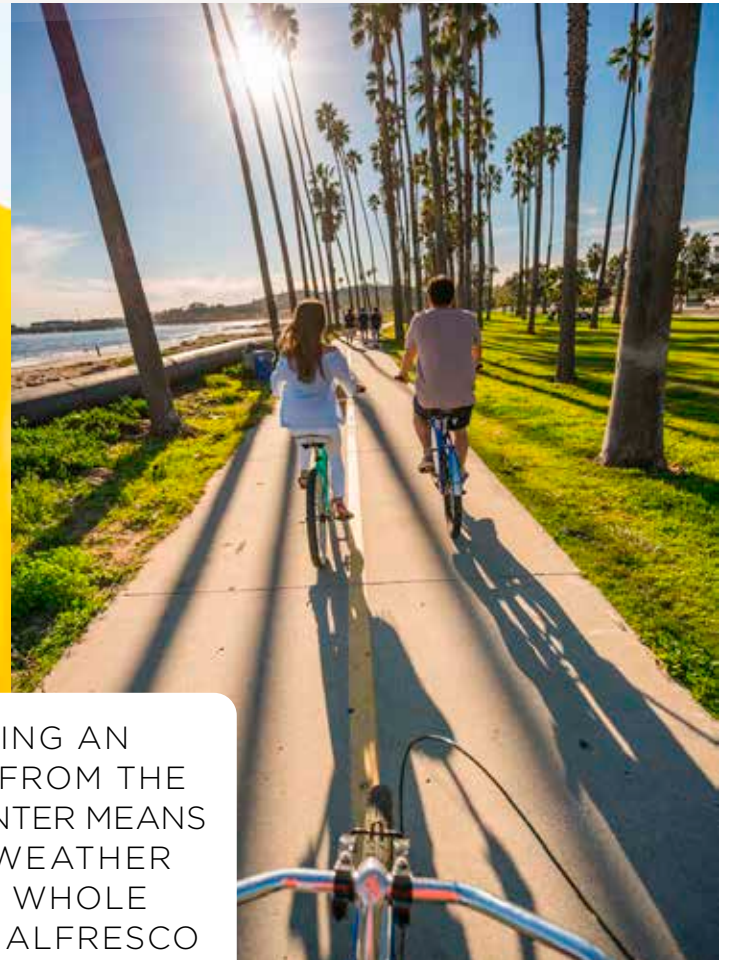
found this safe haven, they reproduce. ElixSea's bottles are often encrusted with shell material from barnacles and bristly marine worms called polychaetes. Sea sponges and molluscs also stop by, and the bottles are a favourite for cephalopods. 'The spaces [between the bottles] are so small, they'd barely fit your thumb, but we see mini octopuses looking out from them whenever we go for inspections,' says Gergö. 'Octopus and cuttlefish like to lay their eggs on moving material, so we're now adding rope with corks attached so they float a metre above the cages.'

Now ElixSea's aged Priorat is so prized, it has sold for up to £110 a bottle, and the company has a consultancy to provide advice to new underwater wine ventures. Through determination, science and passion, Gergö and Mariona have learned to use the power of the sea to transform a product that is considered the best representation of their terroir. They drew a treasure map all of their own. ⚓

IT'S ALWAYS SUNNY IN Santa Barbara

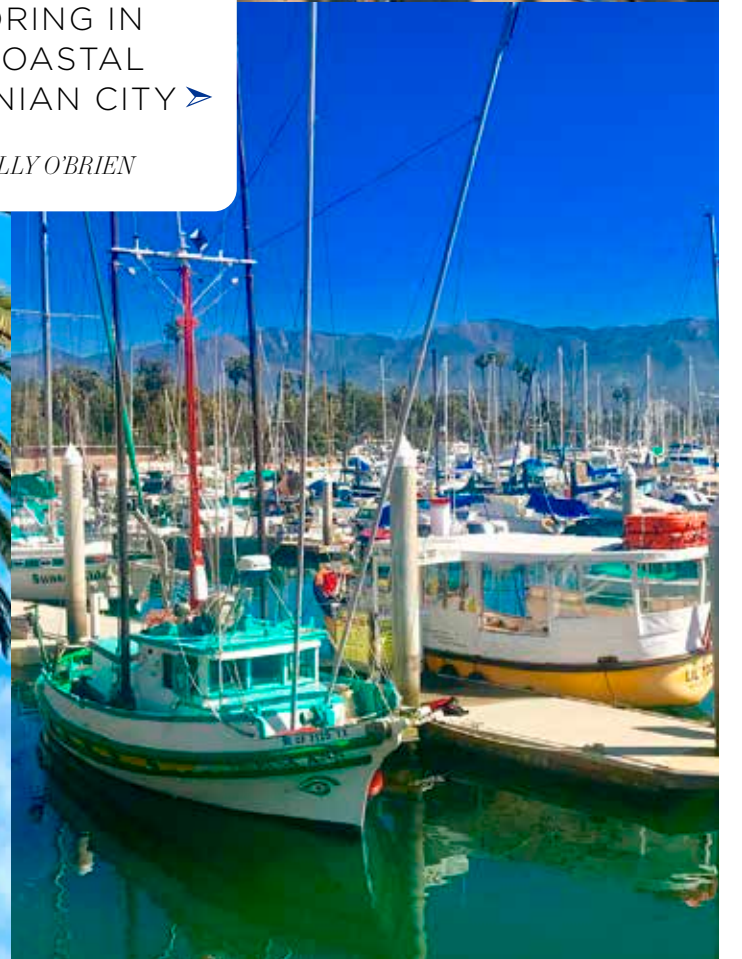
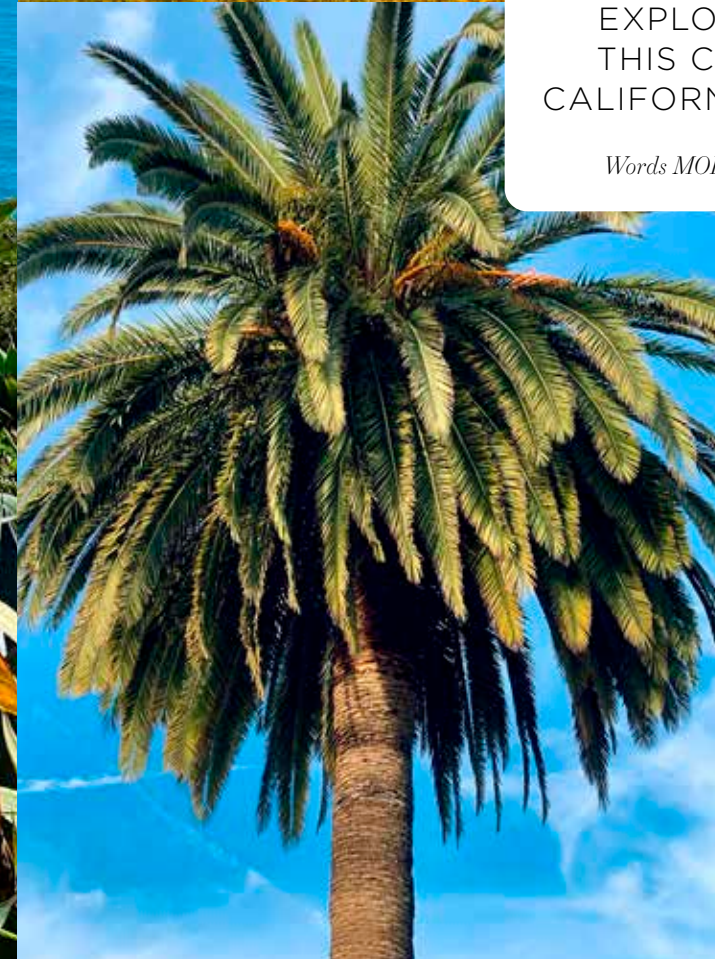


Looking down onto beautiful Butterfly Beach in Montecito, a stone's throw from central Santa Barbara



CRAVING AN ESCAPE FROM THE COLD? WINTER MEANS WARM WEATHER AND A WHOLE LOAD OF ALFRESCO EXPLORING IN THIS COASTAL CALIFORNIAN CITY >

Words MOLLY O'BRIEN



California, the USA's Golden State, boasts bright sunshine and temperatures averaging in the late-teens all year round.

Located in the state's Central Coast region, about 90 minutes north of Los Angeles, is the city of Santa Barbara. It's nestled between the majestic Santa Ynez Mountains and the Pacific Ocean, and is dubbed the American Riviera for its gorgeous scenery, historic Spanish-style architecture and Mediterranean climate.

With little chance of the mercury dipping below 10°C, Santa Barbara is a smart choice for a wintertime holiday. As you'd want from a 'Cali' sojourn, beach walks, watersports and superior wines are available in abundance, but this buzzing city also boasts a thriving craft beer scene, superb art galleries and a colourful history, too.

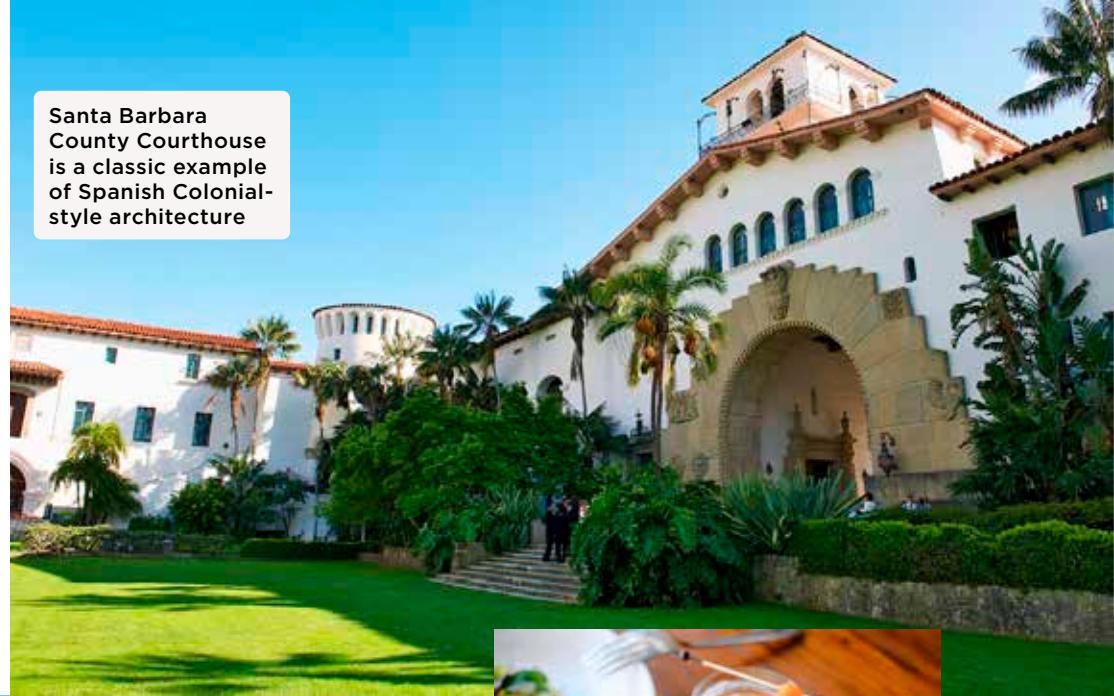
HISPANIC ROOTS

Named after the early Christian martyr Saint Barbara, Santa Barbara's first permanent European residents were missionaries and the troops of Felipe de Neve y Padilla, a Spanish soldier who's credited as one of the founders of the city, as well as of Los Angeles and San Jose.

While many Spaniards shipped their families over to the new settlement, the Mexican War of Independence ended their rule in 1822, with Mexico's new government taking over. Just a few decades later, Santa Barbara changed hands again and became part of the United States in 1848.

Both the street names and much of the architecture here hark back to the city's Spanish heritage. Take the self-guided walking tour of El Pueblo Viejo district to admire numerous Spanish Colonial-style buildings, with red-tiled roofs and white

Santa Barbara County Courthouse is a classic example of Spanish Colonial-style architecture



Tread the boardwalk at Stearns Wharf



Fresh local produce from The Lark

stucco exteriors. The tour has 17 stops, the first being Santa Barbara County Courthouse. Completed in 1929, the courthouse, which is free to visit, has elaborately tiled steps, a four-faced clock tower, grand arches and a sunken garden.

A few streets away is the Presidio neighbourhood, a district that's centred around the site of one of the last Spanish fortresses (*presidios*) built in California. Today, the area brims with locally owned shops, wine-tasting rooms, and tempting dining spots housed in historic adobes (buildings made from natural clay).

A MODERN CONTRAST

The Funk Zone, located close to the waterfront, is a neighbourhood with a whole different vibe. This warehouse district was a manufacturing hub in the 19th century but is now an enclave of contemporary galleries and art studios. There are also plenty of bars and restaurants, such as The Lark, which champions local ingredients like West Coast oysters and Californian cheese.

Serious art lovers will also enjoy Santa Barbara Museum of Art, home to 25,000 exhibits spanning 5,000 years. Set in the city's former post office, there are Roman

antiquities as well as Ancient Chinese sculptures, while a serious amount of gallery space is dedicated to more recent works, including pieces by Edgar Degas, Henri Matisse, Joan Miró, Claude Monet and Pablo Picasso.

SCENERY FOR ALL SEASONS

Stretching into the Pacific Ocean, Stearns Wharf and its long, wooden boardwalk is a much-loved landmark in Santa Barbara. Dating back to 1872, it's the oldest working wharf in California and is a top spot for soaking up the sea breeze and ocean views all year round. The generous, brightly coloured scoops at Great Pacific Ice Cream Company here might also have something to do with its popularity!

More coastal views can be found on the scenic hiking trails in and around the nearby Santa Ynez mountain range. Warm and dry for many months of the year, the mountains get most of their rainfall from November to March, so it's during the winter that walkers will likely encounter breath-taking waterfalls.

Photographs Ali Beck, Jay Sinclair/Visit Santa Barbara, Paul Wellman, Alamy, Tim Wildsmith/Unsplash, Keara Turner/Unsplash, David Coiller/Visit California, Marco Carrillo/Unsplash, Stuart Black/Robert Harding



The locals love...

'The Urban Wine Trail is awesome, and perfect if you just have one day in Santa Barbara. There's something for all, and our region's wines are world-renowned.'

Katie Grassini, CEO of Grassini Family Vineyards

Of course, no trip to California would be complete without some time spent at the beach. In Santa Barbara, there's no wrong answer when it comes to choosing a stretch of golden sand, but a solid choice is East Beach, which sits right off Stearns Wharf, and is lined with palm trees. A short drive away is Butterfly Beach in celebrity hotspot Montecito, which has pristine sand and is known for its whale- and dolphin-spotting opportunities.

WINE NOT?

An absolute must is to sample Santa Barbara's famed tipples. Whether you're a wine newbie or a seasoned enthusiast, the Urban Wine Trail makes it easy to find the city's best wine rooms. Among the 20 venues on the route is Pali Wine Co in the Funk Zone, which offers a sunny patio, live music and an impressive line-up of natural wines. In the Presidio neighbourhood, you'll find the award-winning Grassini Family Vineyards tasting room, but you can also easily head to their winery in the Santa Ynez Valley to admire sweeping vineyard views.

Santa Barbara's impressive craft beer scene will also quench your thirst.



Top tipple: Grassini Family Vineyards' award-winning Cabernet Sauvignon

Figueroa Mountain Brewing Co, which has four taprooms along the Central Coast, was founded by a local father-son duo and is named after the nearby Figueroa Mountain. Landscapes from around the Santa Ynez Valley feature on their bottles, beer names pay homage to local landmarks, and their Hoppy Poppy beer sings with floral notes inspired by California's poppies.

HOME COMFORTS

If you're not quite sold on the idea of sunny beaches and T-shirt weather when traditional winter merriment is in full flow at home, be assured that Santa

Barbara knows how to celebrate the festive season. December's annual Holiday Window Decor Contest in the downtown area sees businesses and residents adorn their buildings with lights, trees, wreaths and glittering decorations.

And those wanting a taste of Europe from thousands of miles away should head to the neighbouring town of Solvang. Thanks to its history of Danish immigrants, Solvang is filled with traditional windmills, wooden-clad houses and sweet-smelling Nordic bakeries. During its Julefest celebrations (from late November to early January), the town's twinkling lights, carol singers and open-air Christmas markets are like something straight from a Hans Christian Andersen book.

With genuinely something for everyone, Santa Barbara offers a fairy-tale holiday indeed.



Go Danish in the neighbouring town of Solvang

SOAK UP SANTA BARBARA
Visit the city and beyond on one of these itineraries

7-NIGHT CLASSIC CALIFORNIA COAST

- Featured ports: Santa Barbara, San Diego
- Departures in 2024/2025
- Santa Barbara has 25 beaches along coastline that stretches for around 110 miles.

7-NIGHT PACIFIC WINE COUNTRY

- Featured ports: Santa Barbara, San Francisco
- Departures in 2024/2025
- The Santa Ynez Mountains run east to west, unlike most others, which run north to south.

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The locals love...

'Santa Barbara truly shines in winter. I enjoy exploring our galleries and museums, but also walking along the waterfront and relaxing on one of our beautiful beaches.'

Kathy Janega-Dykes, President and CEO of Visit Santa Barbara

**ADMIRE
THE SAKURA
AT THE BASE
OF MOUNT
FUJI, JAPAN**

The tradition of *hanami*, or 'flower viewing', in Japan dates back over 1,000 years and is still hugely popular today during *sakura* (cherry blossom) season. While there are many locations across Japan to see sakura, one of the most scenic spots is at the base of Mount Fuji, where baby-pink trees frame Japan's tallest mountain. For the best views, head to Chureito Pagoda where you can capture the red pagoda, the cherry blossom and Mount Fuji all in one single image. Make like a local and pack a picnic to enjoy while you're there, too.

UNMISSABLE
ASIA

IN A CONTINENT SO SPECTACULAR, IT'S A TRICKY TASK CONDENSING YOUR TO-DO LIST. FOR A HELPING HAND, HERE ARE OUR TOP THINGS TO EAT, SEE AND DO IN THE EAST >

BUY A LANTERN IN HOI AN, VIETNAM

The ancient city of Hoi An is a must-see when visiting Vietnam. Reachable from Da Nang, Hoi An was a key trading port from the 15th to the 19th century and it is famous for its variety of shopping opportunities. Marvel at the local vendors busily crafting everything from tailored suits and ballgowns to beautifully ornate lanterns. Inspired by the Chinese and Japanese traders who once frequented the area, lanterns made from bamboo and coloured silk or satin are one of Hoi An's most famous exports and have been made there for over 400 years. As well as being available to buy from numerous shops, hundreds of the spherical fabric lights are hung around the city – over bridges, in doorways, on riverboats and along the streets. If you get the chance, a beautiful time to see them is at dusk or after sunset, when they illuminate every corner.



TAKE THAT PHOTO OF THE TAJ MAHAL, INDIA

No bucket-list trip to Asia is complete without a visit to the Taj Mahal, which you can see as part of a cruisetour from Colombo, Sri Lanka. Built in the mid-1600s on the banks of Agra's Yamuna River, this breath-taking mausoleum is considered to be one of the most beautiful buildings ever created. The structure was commissioned by Mughal emperor Shah Jahan as a monument to his beloved wife who died during childbirth. For the most iconic view (and photo op), head to the reflecting pool, where the intricately carved marble and opulent domes are mirrored in the water's reflection.



EXPLORE GARDENS BY THE BAY PARK, SINGAPORE

Set in the heart of Singapore's downtown, this nature park spans 101 hectares and provides a natural contrast to the shiny skyscrapers of the city's nearby business district. Made up of a series of gardens, ponds and conservatories, the park is home to over 1.5 million plants and trees from all over the world. The impressive Cloud Forest showcases an indoor waterfall cascading down a 35-metre 'mountain', while the gardens' most famous attraction is Supertree Grove, where man-made, tree-like sculptures rise out of the earth, reaching up to 50 metres in height. A walkway between two of the structures offers an aerial view of the park, but visit at night and you'll see them come alive with a musical light show. ➤

SEE THE LIGHTS OF SINGAPORE

16-NIGHT ASIA & AUSTRALIA



Departure in 2025



This itinerary ends in Singapore, so you'll have plenty of time to explore the city and its many other wonders



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GET GREAT VALUE WITH OUR ALL-INCLUSIVE PACKAGES. SEE MORE ON PAGE 72



EAT MICHELIN-STAR STREET FOOD IN BANGKOK, THAILAND


Bangkok is home to several globally renowned restaurants, including Jay Fai, one of only two street-food venues in the world to hold a Michelin star. Named after its 78-year-old chef and founder, Jay Fai's signature dish is the crab omelette, a golden-fried, cylindrical-shaped egg wrap filled with plump white crab meat. Queues for Jay Fai's food can last hours, so when you're finally first in line, order a whole heap of dishes to try. The seafood dry tom yum and the drunken noodles also come highly recommended.



SING KARAOKE IN BUSAN, SOUTH KOREA

While it's believed the concept of karaoke started in Japan, South Koreans show an unrivalled passion for it. In the country's busiest cities, such as Busan, it's common to find *noraebang* (singing rooms) on most blocks, and they're used by locals of all ages as a place to socialise or let loose after a long day. *Noraebang* differ from karaoke bars, where you perform on a stage in front of strangers, as they offer private rooms for small groups, for which you pay by the hour. While there'll be lots of K-pop on offer, most venues will have a good selection of English-language songs, too.

SEE THE GREEN OF TEGALALANG RICE TERRACES IN BALI, INDONESIA

Indonesia is one of the world's largest rice producers, so naturally you'll see bright green rice paddies all over the island of Bali. Local farmers have been using an irrigation technique known as *subak* since the 9th century, and it's this system that gives the region's rice fields their steep, layered appearance. Nestled in a valley 20 minutes from the town of Ubud, the verdant Tegalalang Rice Terraces are not only a spectacle to look at but also a serene place to wander and lose yourself in nature. 



GO GREEN IN BALI

54-NIGHT WORLD CRUISE LINER (BRISBANE TO DOVER)



Departure in 2024



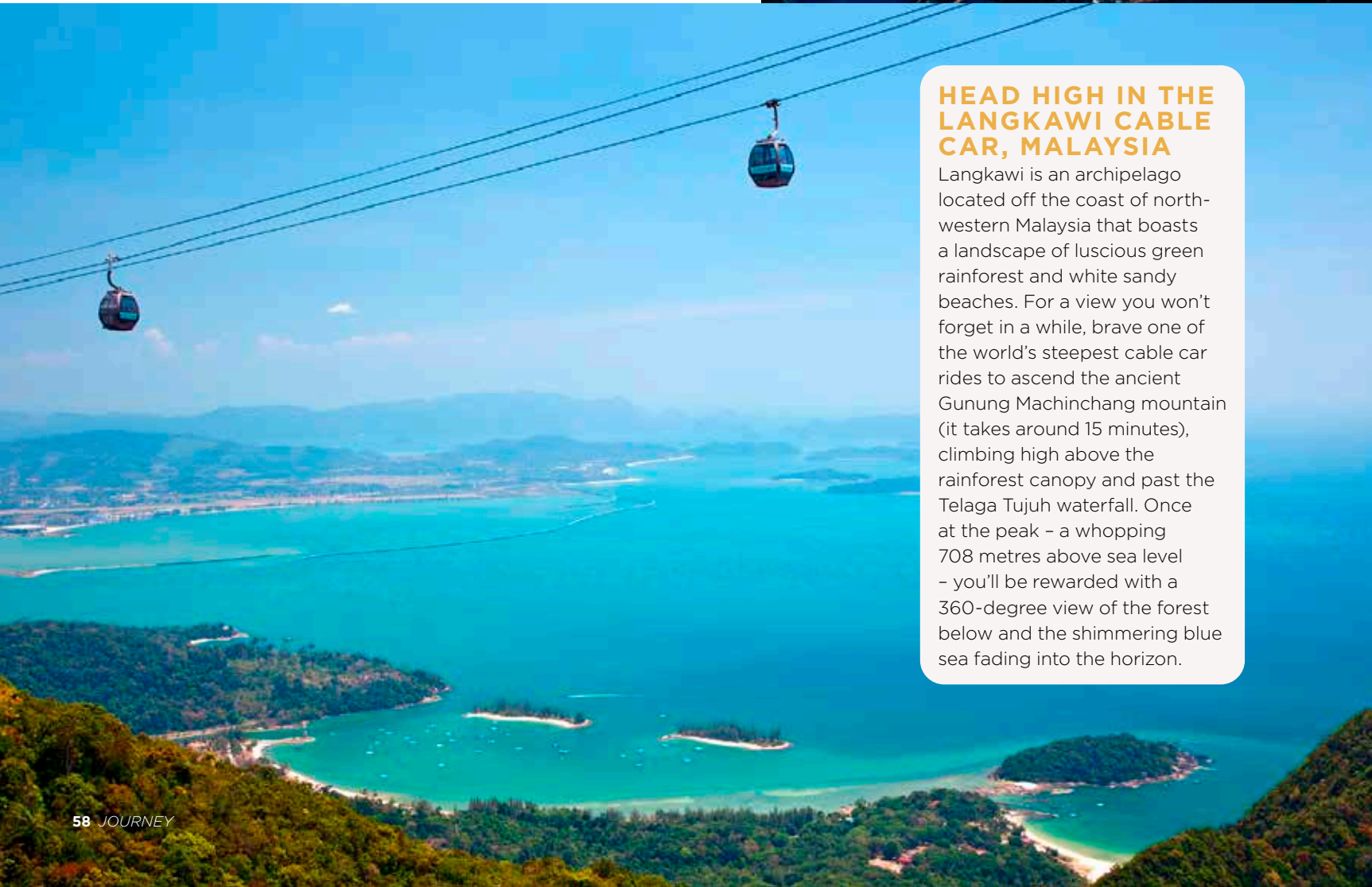
Bali, Sri Lanka, and Petra in Jordan are just some of the destination stops on this itinerary



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HEAD HIGH IN THE LANGKAWI CABLE CAR, MALAYSIA

Langkawi is an archipelago located off the coast of north-western Malaysia that boasts a landscape of luscious green rainforest and white sandy beaches. For a view you won't forget in a while, brave one of the world's steepest cable car rides to ascend the ancient Gunung Machinchang mountain (it takes around 15 minutes), climbing high above the rainforest canopy and past the Telaga Tujuh waterfall. Once at the peak - a whopping 708 metres above sea level - you'll be rewarded with a 360-degree view of the forest below and the shimmering blue sea fading into the horizon.

Words: Harriette, Casey, Photographs: Alamy, Jovyn Chamb/Unsplash, Gigh/Unsplash, Benny Siby/Unsplash, Ho, An/Photographer/Unsplash, Bambi Corro/Unsplash, Aiwen/Unsplash, Gary Aziz/Unsplash, Emily Ruschy/Unsplash

VITAMIN

SEA

We do like to be beside the sea:
Bora Bora in French Polynesia

You didn't need another excuse to book a cruise holiday, but the undeniable mental, emotional and physical benefits of being around water mean you've got one anyway...

Words ISABELLE ARON

Picture the scene: you're sitting on the beach, gazing out at the vast blue sea as it meets the horizon. You're listening to the soothing sound of the waves lapping the shore. Then you get up and slowly step into the water, letting it wash over your feet.

If just reading those few sentences made your stress levels drop, you're not alone in finding 'blue spaces' calming. Blue spaces are generally defined as a body of water or an area near a body of water, and whether it's being out on the ocean, hiking along the coast, wandering down a picturesque canal path or going for a bracing dip in a lake, there's something about water that draws us in and comforts us.

A growing amount of research has shown that being in, on or near water can benefit our mental and physical health. In 2013, the University of Sussex asked 20,000 people to record how they were feeling at random times as part of a project on happiness in natural ➤

Soak up Santorini's great blue yonder



LOOKING AT WATER SLOWS OUR MENTAL CHATTER DOWN. IT MEDITATES US

Dr Catherine Kelly, author of *Blue Spaces: How and Why Water Can Make You Feel Better*

environments. The results showed that respondents were happiest when in blue spaces. And experts from Glasgow Caledonian University have looked into the benefits of living near water (specifically a canal) and found that it can reduce the risk of mental health conditions, cardiovascular disease, diabetes and obesity.

But what is it about water that we find so appealing? Dr Catherine Kelly, a wellbeing practitioner, geographer, wild-swimming enthusiast and author of *Blue Spaces: How and Why Water Can Make You Feel Better*, says a big factor is how water impacts our senses.

'Water utilises all of our senses,' she says. 'On any given day, water can look different. Its colour might be different, its motion might be different, and our eyes are drawn to that. If we're by the sea, the smell of saltwater is something that our brain recognises and connects with a happy place.'

The sensation of water on our skin is crucial, too – some love the feeling of submerging themselves in the warm Mediterranean Sea, while others get

a revitalising buzz from cold-water swimming here in the UK.

But there's much more going on in our bodies than simply our senses being stimulated. Obviously, regular swimming can improve physical fitness, but Catherine says you don't have to be a 'proper swimmer' to reap the benefits.

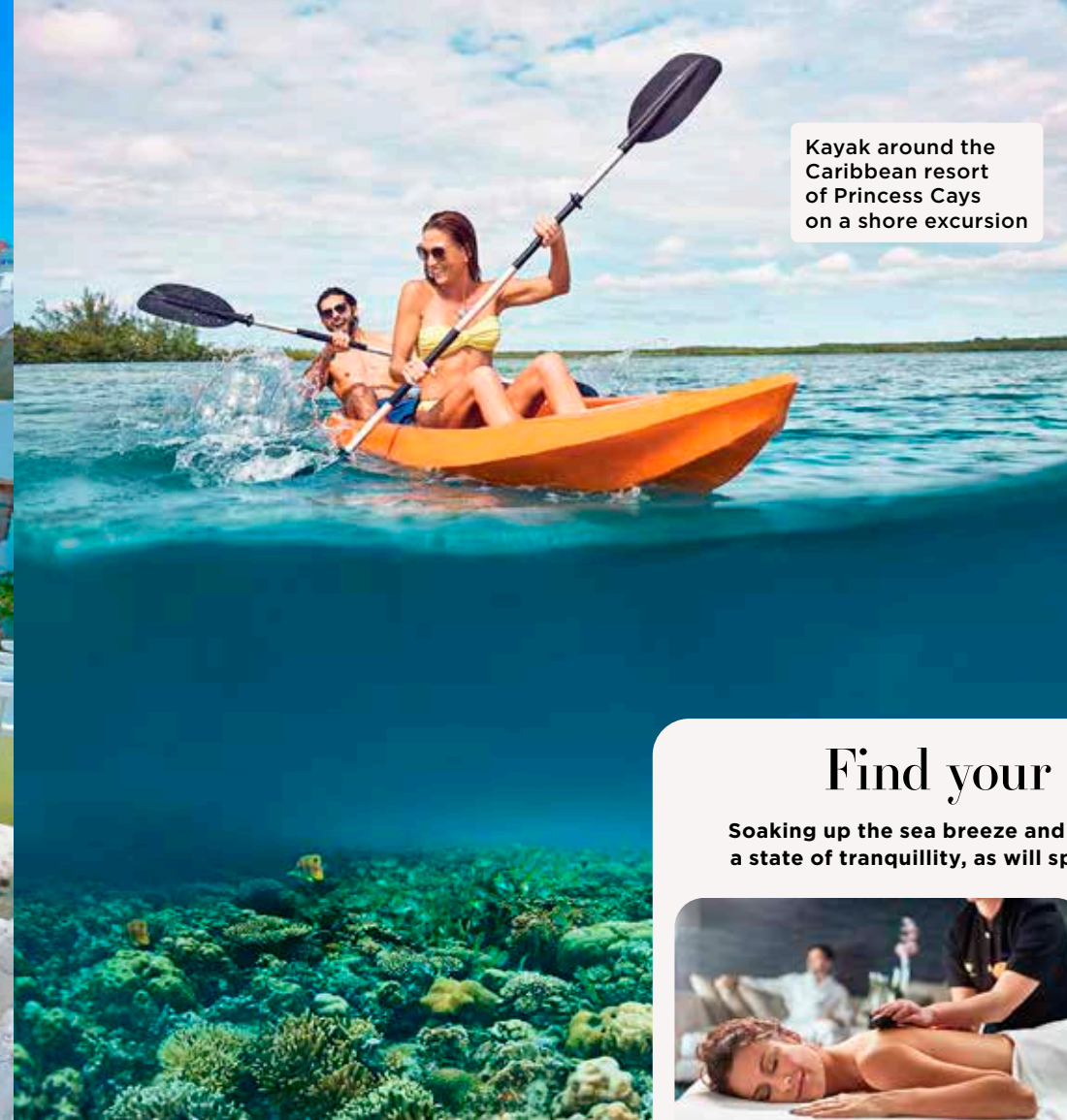
'Lots of people are interested in just dipping and bobbing in the sea, and that's really good for us. Cold water has anti-inflammatory properties and stimulates the vagus nerve, so it's good for our physical wellbeing, particularly our joints,' explains Catherine.

And if you often feel a sense of peace whenever you're near water, you're not

imagining it. Dr Wallace J Nichols, a marine biologist and author of *Blue Mind*, says that water can prompt certain physiological responses. 'People's heart rate and breathing rate slow, which are signs of calmness,' says Wallace. He explains that when people are near water, they tend to experience an increase in positive emotions and a drop in negative ones. 'Stress hormones like cortisol decrease, and things that make you feel good, like dopamine, oxytocin and serotonin, go up.'

This shift is what Wallace refers to as our 'blue mind'. He explains: 'People tend to move away from "red mind", where you're focused on processing information and making decisions, and they move into blue mind, which is more open to creativity, collaboration and wonder.'

There are all kinds of ways to tap into your blue mind, says Wallace. 'An extreme example would be floating in a tropical ocean at night when it's warm and calm. At the other end of the spectrum, you could look at a painting of the ocean – it takes you to a blue mind place in a less extreme way.'



Kayak around the Caribbean resort of Princess Cays on a shore excursion



NOTHING BUT BLUE

Find your calm onboard

Soaking up the sea breeze and ocean views on deck will lull you into a state of tranquillity, as will spending time in these serene spaces...



LOTUS SPA

Forget the outside world by settling in for a relaxing treatment at the Lotus Spa. Choose from the likes of an Elemis facial, a soothing seaweed massage, restorative salt stone therapy, and traditional Chinese acupuncture that can help with pain relief and improve sleep.



THE ENCLAVE

Our luxury thermal suite boasts a hydro-therapy pool with a cascading rain shower and therapeutic air jets, heated stone beds, a Turkish hammam, herbal-infused steam room, and a dry, heated chamber that aids detoxification. You really won't want to leave.



THE PRINCESS LUXURY BED

While they say nothing beats your own bed, the exclusive Princess Luxury Bed is an exception to the rule. Developed in partnership with a sleep expert, our extra-thick, medium-firm mattress comes with a two-inch pillow topper; a soft, hypoallergenic duvet; and Jacquard-woven cotton linens.



A BALCONY STATEROOM

Opt for a Balcony stateroom and you can unwind to the soothing sound of the sea in your own private space. Complete with a table and set of chairs, our balconies are the perfect spot for a morning coffee, an afternoon read or an evening spent watching the sun set over the ocean.

Photographs Shutterstock, iStock





Not just for summer: the city of La Coruña is perfect for a spring or autumn getaway



Embrace SHOULDER SEASON in Spain



THE CITY OF LA CORUÑA MAY BE AT ITS BUZZIEST DURING SUMMER, BUT SPRING AND AUTUMN OFFER A DIFFERENT KIND OF MAGIC

Photographs MARK PARREN TAYLOR

Spain's most north-western region, Galicia, is best known for its rugged coastline, green landscapes and the Camino de Santiago – the world-famous Christian pilgrimage. La Coruña is Galicia's second-largest city, yet is often overlooked for Vigo and the capital, Santiago de Compostela. But this under-appreciated coastal hub is blessed with a captivating history, a top-notch dining scene, an array of urban sandy beaches, and is home to Spain's best beer, Estrella Galicia.

Conventional wisdom would suggest visiting in summer, when school's out and sunbathing opportunities are aplenty, but stopping by in the shoulder months can make for a more laid-back trip. The restaurants, bars and sandy stretches are less busy, and spring and autumn also bring with them a range of seasonal events and tasty local produce.

HEART OF GLASS
The streets of La Coruña showcase a mix of Ancient Roman architecture alongside

modern design, but it's the city's 19th-century glass-clad *galerías* that have resulted in the nickname 'the glass city'. 'Las galerías are essentially enclosed balconies,' explains local architect Manuel Castro Veiga. 'The glass structures usually face south to harness the sunlight for heat in winter, while offering ventilation and keeping cool in summer.'

One building really not to be missed in La Coruña is Torre de Hércules (Tower of Hercules). The city's most famous sight, it is the only functioning





Orzán beach (left) and the galerías that have given La Coruña its name 'the glass city' (right)



Roman lighthouse left standing, and construction on the tower is believed to have begun as far back as the 1st century. The 55-metre-tall structure underwent a neoclassical renovation in 1788, overseen by Spanish military engineer Eustaquio Giannini, and looks as extraordinary today as ever. For just a few euros, you can get an in-depth rundown of the tower's past, peruse its Roman foundations, or ascend its 200-plus stairs to feast on spellbinding views across the Atlantic.

Having avoided the crowds of summer, enjoy a quiet moment here to imagine a pivotal moment in La Coruña history: in the 16th century, during the Anglo-Spanish War, the British laid siege to the city, but legend has it that they retreated due to the heroic acts of one local woman.

Diego Hernandez, a tour guide for Gourmet Private Tours, explains: 'There are several versions of what happened, but the most common is that in 1589, the British, commanded by Sir Francis Drake, attacked the city. They had taken control of the lower part of the city, while Drake's brother tried to take the old town with another garrison. It was here that resident María Pita gathered women, children and anyone who could yield a weapon,

YOU'RE NEVER FAR FROM THE SEA, IDEAL FOR AN OFF-PEAK PADDLE

and famously declared: "Whoever has honour, follow me." She managed to hold the port and allegedly killed Sir Francis Drake's brother in doing so.'

A statue of the heroine, grasping a spear with a British soldier at her feet, can be found in Plaza de María Pita, a sprawling square surrounded by restaurants and bars in Ciudad Vieja, the city's old town.

SERENE STROLLING

As the city is located on an inlet of the Atlantic Ocean, you're never too far from the sea in La Coruña. Ideal for an off-peak walk or paddle are Riazor and Orzán, two gorgeous adjoining city beaches, a short walk from the centre of town. Lapas beach, a small bay with turquoise water, is worth the stroll eastwards along the five-mile-long Paseo Marítimo, one of Europe's longest

promenades that meanders around the city's coastline and is lovely to walk in the warm breeze of spring.

If you intend to use La Coruña as a starting point for hiking the Camino de Santiago trail to Santiago de Compostela, doing so outside of high season (from November to May), will mean less pedestrian traffic and make for a more peaceful pilgrimage.

SEASON'S FEASTINGS

La Coruña is also one of Spain's most significant fishing hubs, and the seafood is both fresh and well-priced. Admire the catch of the day (and a whole lot of bartering) at Plaza de Lugo's fish market, before heading to A Pulpeira de Melide, a classic, no-frills restaurant in the city centre, to sample Galician-style pulpo (octopus), which is boiled and then doused in olive oil, paprika and salt.

More adventurous diners should head to Río Ulla restaurant to try percebes (goose barnacles), a local delicacy resembling tiny dinosaur feet. These crustaceans are notoriously hard to find – daring barnacle



Octopus artwork at A Pulpeira de Melide (left) and the ever-popular Cervecería Estrella de Galicia (right)



Visiting La Coruña in autumn will also enable you to experience Samaín, a pagan festival of Celtic origin commemorating the end of harvest season. Derived from the Gaelic samhain, meaning 'end of summer', Samaín is closely associated with Halloween and celebrated in a similar fashion, only Spanish style – think groups of ghouls, skeletons and witches eating tapas and drinking red wine on La Coruña's cobbled streets.

hunters leap around craggy shores, dodging vicious waves in search of them attached to rocks – and thus they come with a hefty price tag.

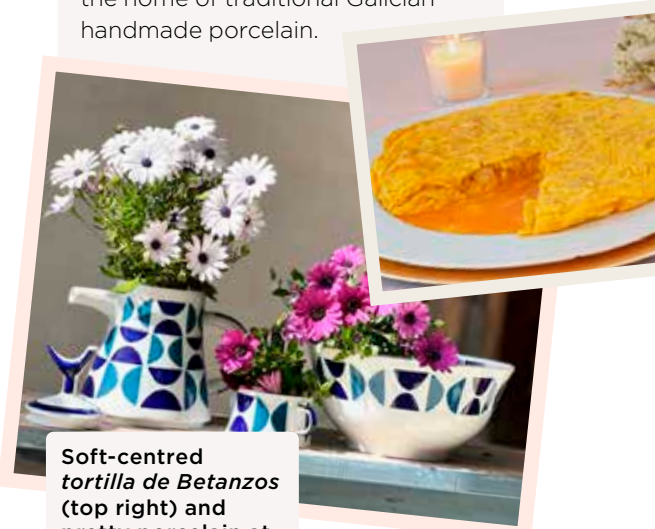
Octopus, goose barnacles and dishes such as empanadas (pasty-like snacks) and runny-centred tortilla de Betanzos (potato omelette) are must-tries all year round, but there are dishes that only appear on the menu in particular seasons. Springtime brings a bounty of treats to the table. Easter (Semana Santa in Spain) is a major holiday, with up to two weeks of celebrations taking place around the country. During this time, bakeries will be filled with torrijas, a traditional dessert of French-toast-style slices of bread doused in honey and cinnamon. Cordero asado (roasted suckling lamb), cooked in a wooden oven, is also popular at this time of year. You'll find delicious lamb dishes at smart Galician restaurant Artabria, a short walk from Riazor beach.

Autumn sees the arrival of wild mushrooms in the region, so look out for bowls of champiñones asados (grilled mushrooms) in the bustling tapas restaurants on Rúa Estrella. And after the grape harvest in September, autumn is the time to taste the young tipples from nearby wine regions Ribeira Sacra and Rías Baixas.

Magosto Festival in early November is celebrated all over Galicia and welcomes the start of chestnut season. Chestnut trees were first brought to the region by the Romans and the nuts are a treasured delicacy. Festivities include singing, dancing and consuming an abundance of roasted chestnuts, of course.

A FINAL TOAST

No trip to this part of Spain would be complete without trying the country's finest carbonated beverage, Estrella Galicia, brewed in La Coruña. The brand's sprawling cerveceria in the district of Los Castros is more than a beer house – it's a community. You'll find families and groups of friends slurping beer, tucking into tapas and cheering on their local team on the big screens. Spring, summer, autumn or winter – visitors are always welcome.



Soft-centred tortilla de Betanzos (top right) and pretty porcelain at Sargadelos (above)



EXPLORE LA CORUÑA

Visit the Spanish city on one of these itineraries



7-NIGHT SPAIN & FRANCE

Featured ports: La Coruña, Bilbao, Bordeaux

Departures in 2024/2025

The official languages of La Coruña are Spanish and Galician, which is spoken by many locals.



12-NIGHT EUROPEAN EXPLORER

Featured ports: La Coruña, Seville, Valletta, Sicily

Departure in 2024

Football is huge in the city, with most residents supporting local team RC Deportivo de La Coruña.



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Words Adam Turner Additional photographs Elle Hughes/Unsplash, Oscar Rodóbagi, Felix Lorenz, A Coruña Tourist Board

ONBOARD

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EAT AROUND
THE WORLD
ONBOARD

74
SUN PRINCESS
IN NUMBERS

78
SPEND THE
FESTIVE SEASON
WITH US



A STAR ON THE HORIZON

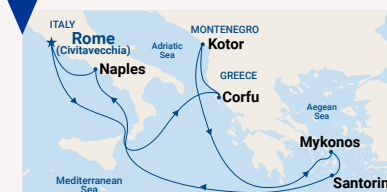
As if one brand-new, next-generation ship joining the fleet wasn't exciting enough, last spring we announced a second is on her way, too. Debuting in summer 2025, Star Princess will join Sun Princess as the largest-ever Princess ships, carrying 4,300 guests. Our new Star Princess is the third ship of that name, as the first Star entered service in 1989 and was christened by legendary actress Audrey Hepburn. The second

was launched in 2002 as our third Grand-Class vessel at the time, offering fresh concepts like Anytime Dining. Star Princess debuts on 4th August 2025, sailing a 9-night Inaugural Italy & Greece round-trip voyage from Rome, calling at the likes of Kotor, Mykonos, Santorini and Naples. She'll then continue with a season of spectacular sailings around the Mediterranean before heading to the Caribbean in the autumn.



SET SAIL ON STAR PRINCESS

Join us for one of these dazzling itineraries



9-NIGHT INAUGURAL ITALY & GREECE

- Featured ports: Kotor, Santorini, Naples, Mykonos
- Departure in 2025
- Like Sun Princess, Star Princess will showcase The Dome, a glass-roofed day-to-night entertainment venue.



10-NIGHT GRAND MEDITERRANEAN

- Featured ports: Corfu, Sicily, Athens, Kusadasi
- Departure in 2025
- Star Princess will be the second ship in our fleet to be powered by LNG fuel technology.

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WHY OUR personalised service IS UNRIVALLED



We're incredibly pleased that Princess Cruises are Good Housekeeping Reader Recommended for Personalised Service



In a recent survey sent to readers of *Good Housekeeping* magazine in the UK, recipients rated various elements of our bespoke service, from our Personal Cruise Specialists, to our onboard dining options and unique MedallionClass technology.

Offering an effortless, personalised trip, which starts from the booking process and continues all the way to your time onboard, is at the forefront of everything we do here at Princess, so we're beyond pleased that our efforts are being recognised with our guests. If you haven't yet experienced how we can personally tailor your holiday, discover a few ways here...

SPEAK TO OUR PERSONAL CRUISE SPECIALISTS

Whether you're a first-timer or have been sailing for years, we recommend speaking to one of our Personal Cruise Specialists before booking. Depending on your tastes, travel requirements, accommodation needs and interests, Dhalveen, Adriana, Matthew and Lucy can help find the best Princess itinerary for you. They offer destination inspiration for those in the early planning stage, shore excursion suggestions for travellers wanting to tick off certain experiences, and guidance for guests requiring assistance with medical conditions or mobility issues – along with everything else in between, too.

DISCOVER OUR MEDALLIONCLASS TECHNOLOGY

Everyone that steps onboard a Princess ship receives a Medallion, a wearable device the size of a 10p piece, which enables speedy boarding and entry to your stateroom, as well as the ability to order food and drink, make touchless payments, and locate yourself and fellow guests anywhere on the ship.

The wearable Medallion works in tandem with our Princess Cruises app, where you can upload travel document details and select a preferred boarding window for embarkation day. You can also add personal information and bespoke requirements (like dietary needs), as well as bookmark events and activities taking place on your cruise – both before you sail and while onboard, too.



There are so many ways we can tailor your Princess cruise

GET OUR FIVE-STAR SERVICE TAILORED TO YOU
Our MedallionClass technology ensures we can offer seamless service throughout your holiday. Via your Medallion, our crew not only know details such as your name, but also things like the cocktail you've been most enjoying onboard, meaning they'll be ready and waiting to make you another!

Through the Medallion device, they'll also know whether you're in your stateroom or not, so will either leave you to relax in peace or enter for turn-down service. They'll work to your schedule.

DINE WHEN IT SUITS YOU

The Dine My Way function on the Princess Cruises app allows guests to make reservations for dining rooms and speciality restaurants every day. Not only can you request a specific table (a sea view, did you say?) but you can also add extra guests to your booking, should you wish to eat with any new shipmates.

If you're giving formal dining a miss one night, OceanNow (also within the app) means you can order food and drink to wherever you are on the ship. Having a lazy evening on your balcony? Catching the sunset out on deck? Get anything from a delicious burger to a slice of pizza brought to your exact location.

PIMP YOUR MEDALLION!

While each Medallion contains all the technology needed for us to bring you a bespoke service, the nifty, coin-sized device can itself be personalised, too. Ahead of your next cruise, use the Princess Cruises app to choose from over 150 Medallion designs, which feature global landmarks, star signs, animals, birthstones and Princess ship crests, along with many, many more options.

MARK THOSE BIG (AND LITTLE) OCCASIONS

If you're planning to come onboard to commemorate a specific occasion, or if your itinerary coincides with a milestone moment, we can help you celebrate. Tell us in advance and we can arrange decorations, special meals and bespoke gifts for guests. For birthdays, you can be guaranteed a singalong and a few special treats throughout the day, while we can have champagne ready and waiting for you in your stateroom if you're toasting an anniversary or honeymoon. Any excuse for some fizz!



Italy

Named after our former Master Chef Alfredo Marzi, Alfredo's Pizzeria serves hand-tossed Neapolitan-style pizza with an array of toppings. Take a table if you fancy a sit-down lunch, but if you'd rather have your dough on the go, grab a slice or two fresh from the oven out on the top deck. For a more formal affair, spend an evening at Sabatini's, our chic trattoria, where you can tuck into a six-course Italian feast including truffle arancini, seafood linguine and aubergine parmigiana.



EAT

around the world...

ONBOARD

NO MATTER WHERE YOU'RE SAILING TO, YOU CAN TUCK INTO ALL SORTS OF DELICIOUS GLOBAL CUISINE ON OUR SHIPS



The British Isles

Even if you're cruising around the Mediterranean, find time for a spot of afternoon tea served in our formal dining rooms. Suited and booted waitstaff will serve tea, finger sandwiches, cakes, and scones still warm from the oven with traditional jam and cream. After something a little heartier? Get stuck into the Dubliner Burger, complete with whisky glaze, and a pint of Guinness in O'Malley's, our traditional Irish pub (available on selected ships), where you'll get a helping of live music and top craic, too.



ONBOARD

ONBOARD



Japan

When sailing on Sky Princess, Enchanted Princess and Discovery, you can enjoy live entertainment with a side of sushi. At Ocean Terrace, a stylish Japanese seafood bar that overlooks the Piazza, tuck into fresh, handcrafted tuna maki rolls or king prawn nigiri, as well as beautifully sliced salmon nigiri. If you're sailing on brand-new Sun Princess, you'll find these delights and more at Kai Sushi instead.



If Michelin reviewers ever came offshore, Princess would receive top recognition. I had the greatest pleasure enjoying the quality food that Princess delivers so consistently across the globe. Bon appétit!

Jean-Christophe Novelli MBE, chef, restaurateur and guest on our 2023 Culinary Stars cruise

Wine & dine for less

Our Princess Plus and Princess Premier packages offer brilliant value and can help you avoid any surprising additional costs while cruising.

Princess Plus, available for just £50 per person per day (total value £115), includes a Plus Beverage Package (featuring cocktails, beer, wine and speciality coffee), unlimited fresh juices, unlimited MedallionNet Wi-Fi for one device, crew appreciation, Premium desserts, two fitness classes, free OceanNow and room service delivery, and more.

Our top-tier option, Princess Premier, includes a Premier Beverage Package and unlimited Wi-Fi on up to four devices, as well as all of the above, plus two speciality dining meals, a photo package, a Medallion accessory and reserved theatre seating. All of this is just £65 per person per day (total value £210). For further details about both packages, visit princess.com.



The USA

For one of the most indulgent meals you'll have all holiday, head straight to Crown Grill. A modern take on the traditional New York steak house, here you can make like you're in the Big Apple and feast on bowls of onion soup and shrimp bisque to start, before devouring succulent slabs of rib eye and filet mignon with French fries and creamed spinach. Exclusively on our Alaska itineraries, you can sample the state's local cuisine without stepping off the ship at Crab Shack, a lunchtime pop-up that offers everything from popcorn shrimp to a steamer pot packed with crab legs, clams and more.

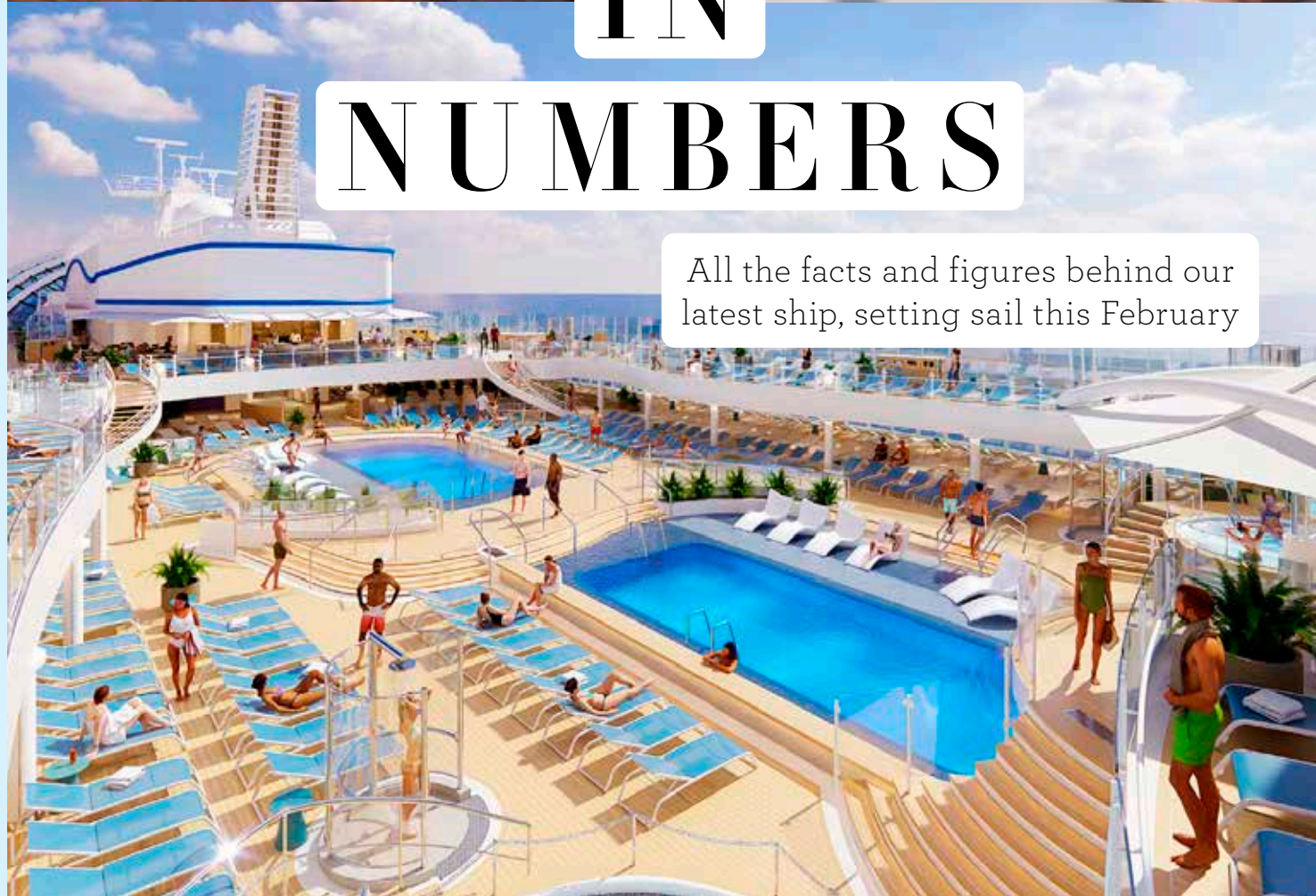
Photographs: Freepik, Ray Kachatorian, Paul Nordmann, Puxan BC Photo

ONBOARD



SUN PRINCESS IN NUMBERS

All the facts and figures behind our latest ship, setting sail this February



Additional photographs Mathew Schwartz/Unsplash


4,300
is the amount of guests that she can accommodate



10 NIGHTS
is the length of Sun Princess' inaugural Grand Mediterranean voyage, which sails from Rome to Barcelona and stops at the likes of Sicily and Athens along the way.



30

dining and lounge options will be available onboard, including new venues Umai Teppanyaki; The Butcher's Block by Dario in collaboration with butcher Dario Cecchini; Love by Britto, a dining experience set to the backdrop of Brazilian artist Romero Britto's colourful work; and The Promenade, an outdoor venue comprising different food outlets.

19

is the deck where you'll find Park19, the exclusive new family activity area. It features a climbing structure, splash zone and Sea Breeze, the first-ever Rollglider on a cruise ship.



175,500 tonnes
is how much Sun Princess will weigh



2,150
guest staterooms

will be available onboard, including the exclusive Reserve Collection Mini-Suites and Cabanas, and our new Signature Collection accommodation.



Seven

glittering productions will take to the stage on Sun Princess. The Dome will showcase three new productions created with performance group Cirque Éloize, while the Princess Arena will be home to four shows, all packed with world-class vocals, dance and staging.



Sun Princess measures **1,133 feet** long

THE REIMAGINED LOTUS SPA WILL SPAN **TWO** STOREYS

Sun Princess will have **21** decks

Disclaimer: all information is correct at the time of going to print

CRUISING THE WORLD

with little ones

SAILING WITH PRINCESS IS MORE THAN JUST A HOLIDAY - IT'S AN EDUCATION AS WELL, SAYS MUM OF TWO, DANIELLE PHYPER

ONBOARD



The family:

Danielle and Lee Phypers, who have two children, Arielle, 5, and Felix, 3. They also cruised with Lee's mum, Valerie.

From:

Essex, UK

Their itinerary:

56-Night World Cruise Liner (Dover to Brisbane)

Previous Princess sailings:

A cruise to Hawaii for their honeymoon before the children came along!



EASY AS A-B-C

Travelling so far with young children could have been difficult, but Princess made it all so easy, as everything was arranged for us and made available when we needed it. Not having to plan itineraries or book flights and hotels meant less hassle, and it was amazing to show the children so much of the world in one trip.



SOMETHING FOR THE GROWN-UPS

As for us adults, what we love most about cruising is waking up somewhere new every day. A cruise is the best way to see so many different places in one trip. My husband also loves the food, which is always incredible on a Princess ship.

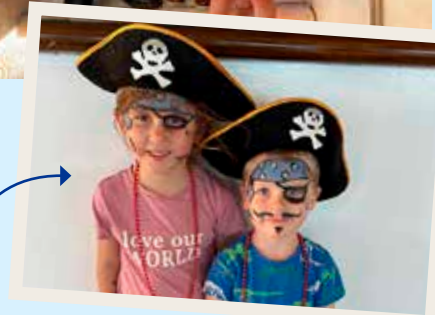
TOP TECHNOLOGY

The Princess Cruises app made it easy for us all to locate each other when on the ship. We loved ordering room service on the app, and the kids were fascinated by how the stateroom door would open for them as they were approaching with their Medallions.



EXCITING EXPERIENCES

We went to so many amazing places on our World Cruise, so it's hard to choose just one best memory. But some of our favourites were touching the icebergs on a speedboat tour in Greenland, visiting the iconic sights in New York City, and seeing tarantulas in the wild in Ecuador! We also loved swimming with wild sea lions in Lima, and horse riding on Easter Island, too.



A BIG HIT FOR ALL

This was our first cruise with the children. We really threw ourselves in at the deep end staying onboard for 56 nights! We were initially unsure whether it would be too long for the children - would they get bored or miss home? - but we needn't have worried. The children's facilities are excellent and there's also such a variety of food that even fussy eaters will be spoiled for choice. Weeks after getting back, the kids were asking when they can get onboard again!



LIFE LESSONS

There's nothing better than children realising there's more to the world than the town they live in. Arielle and Felix learned so much during the time we spent cruising. I believe travelling is one of the best forms of education you can have.

FUTURE ADVENTURES

In the future, we would all love to explore Alaska on a cruise. Japan is also somewhere we've never been to and are very excited to visit.



PERFECT ENTERTAINMENT

The children loved the kids' club (they went to The Treehouse, which is for 3-7 year olds) and it was difficult to prise them away on port days. The staff were brilliant, and the kids made friends from other countries, which is great for them. They also spent some evenings there, so Lee and I could have an adults-only dinner. That said, the kids loved getting dressed up with us for the formal nights, too!



SAIL WITH US THIS FESTIVE SEASON

Still recovering from hosting the family? Or considering changing up this year's celebrations? Discover why you should join us onboard for Christmas

1 Forget the stress
 Let's be honest, we all know that Christmas can get stressful at points, what with arranging family meet-ups, coordinating present-buying and prepping the most important meal of the year. And then there's the pressure of finding something to do for New Year's Eve... Spending the festive season onboard a Princess cruise means no hosting, no cooking and absolutely no washing-up. You're free to relax and soak up the holiday atmosphere, because you *are* on holiday.

ENJOY A WINTER WONDERLAND
 Don't worry about missing out on your favourite festive traditions, as you'll find them all onboard. Come Christmastime, our ships are decorated with wreaths, holly, mistletoe and several trees (including one on the mast!). You'll hear the sound of carollers singing Yuletide classics, while on New Year's Eve there's a champagne tower as well as live music counting down to midnight. There's no shortage of party spirit, that's for sure.

Photographs Getty Images, Paul Nordmann



3 THE WHOLE FAMILY WILL BE ENTERTAINED
 The kids will love spending their Christmas holidays on a cruise, particularly when Santa still manages to track them down with a present or two onboard. There are fun kids' clubs for both younger children and teenagers, with festive parties, seasonal performances, and special activities like gingerbread house making and Christmas tree decorating. Adults can get involved, too - if they've been nice, of course.

There's plenty of season's eatings
 A key part of Christmas for many is the food. Onboard, we'll be serving roast turkey and goose (along with options for vegetarians and vegans) with all the trimmings, plus sweet treats like Yule log, mince pies, Christmas pudding, cake and cookies for dessert. You can be certain that all your festive food requirements will be met - and then some!

Visit bucket-list destinations

Our ships sail to a vast selection of destinations during the festive period, including Mexico, Argentina, Panama, Japan, Thailand, Australia, New Zealand and the Antarctic Peninsula. You can also visit the Caribbean with us this Christmas, where the bright sunshine and tropical heat might seem a little untraditional at first, but once you're sat in a deckchair, sipping on a rum cocktail with your toes in golden sand, you'll be bursting with festive cheer. And no, you probably won't need to pack a hat, scarf and gloves.



6 HAVE A NEW KIND OF CHRISTMAS ADVENTURE
 You've most likely spent many Decembers traipsing around shops, stockpiling cranberry sauce and filling every spare minute with festive get-togethers. This year, opt for some different activities, like wandering serene Japanese gardens, or spying tropical fish as you snorkel in the warm waters of St. Kitts. If you've still got an urge to shop at this time of year, you can haggle for souvenirs in Hong Kong's bustling street markets. It's time to make a new Christmas tradition...



Win

A MEDITERRANEAN CRUISE ON BRAND-NEW STAR PRINCESS

SAIL ON OUR NEWEST SHIP NEXT SUMMER OR AUTUMN

Be one of the first to sail on beautiful Star Princess



LAST ENTRY IS ON 1ST SEPTEMBER 2024!



Stunning sights onboard in The Dome (above), and onshore at La Sagrada Familia (below)



TO ENTER OPEN YOUR SMART DEVICE'S CAMERA AND SCAN THE QR CODE TO VISIT THE ENTRY PAGE

Additional photographs: iStock

We're giving you the chance to win an all-inclusive Mediterranean cruise for two people on our newest ship, Star Princess. One lucky winner can choose from a selection of 9-night and 10-night itineraries in 2025, sailing from either Rome, Athens or Trieste. All prize options call at some of the Med's most sunny – and truly spectacular – destinations, such as Corfu, Crete, Seville, Santorini, Naples, Kotor, Istanbul, Marseille, Mykonos and Barcelona, to name just a handful.

The winner and their guest will not only be able to take in sights like Hagia Sophia and La Sagrada Familia, but also experience the latest ship in the

Princess fleet. Debuting in 2025, next-generation Star Princess will showcase sleek design along with the new Princess Arena, reworked dining rooms and Lotus Spa, and The Dome, a glass-enclosed, multi-purpose covered deck.

The prize includes economy flights to your port of embarkation and from your port of disembarkation, a Balcony stateroom, all main meals onboard (excluding speciality restaurants, for which a cover charge will apply), entertainment, and our Princess Plus package, which includes drinks, unlimited onboard Wi-Fi and crew appreciation. The winner will also have the opportunity to enjoy our innovative MedallionClass technology. For full details of itineraries, see *princess.com*.

Terms & conditions: This competition is open to *Journey* readers aged 18 and over. The Promoter is Carnival plc trading as Princess Cruises, Carnival House, 100 Harbour Parade, Southampton SO15 1ST. The competition is open to UK residents only – includes England, Wales, Scotland and Northern Ireland. Employees of The National Magazine Company Limited trading as Hearst Magazines and Princess Cruises staff are not permitted to enter. To enter, simply complete the form at princessjourney.co.uk/summer2024comp. The prize is non-transferable and there is no cash alternative. The prize is one Balcony stateroom only on Star Princess, for two people, including return flights on a 9-night cruise in 2025 departing on 4th August, 12th September, or 21st September, or a 10-night cruise departing on 13th August, 23rd August, 2nd September, or 30th September. For itineraries and ports of call, visit princess.com. The prize is subject to availability at the time of booking. Only one entry per person. No purchase is necessary. Once entered, entries cannot be returned or withdrawn. Spammers will be disqualified. The winner will be picked at random and no correspondence will be entered into. Entry into the competition assumes acceptance of the rules. The prize includes roundtrip economy flights from London or preferred regional airport. The prize includes accommodation, onboard main meals (excluding speciality restaurants for which a cover charge will apply), entertainment and most facilities onboard, for two people, plus drinks, unlimited Wi-Fi and pre-paid gratuities as part of the all-inclusive Princess Plus Fare. The prize does not include travel insurance (adequate insurance is a condition of travel), travel to or from the ship, parking, pre- or post-cruise hotel stays, shore excursions, spa treatments, personal expenses, casino, or additional gratuities. The winner and their guest must have a full valid passport (with validity for 6 months or more beyond the date of travel) to take the trip. The winner of the cruise will be bound by Princess Cruises' booking terms and conditions and policies (visit princess.com). All entries must be received by the closing date. The competition closes at 11.59pm on 1st September 2024. Only the winner will be contacted personally by 1st October 2024 by email, using the contact details provided upon entry. The winner will have five (5) working days to respond in full or another winner will be selected. The surname and county of the winner will be available by sending an email including the name of the competition to journey@princesscruises.co.uk. If an entrant objects to their surname and county being made available, please contact Princess Cruises on journey@princesscruises.co.uk. In such circumstances, Princess Cruises must still provide the information and winning entry to the Advertising Standards Authority on request. Princess Cruises reserves the right to substitute a prize of greater value and reserves the right to hold void, cancel, suspend or amend the promotion or withdraw the prize where it becomes necessary to do so, including but not limited to where the cruise is cancelled for reasons outside of Princess Cruises' reasonable control. Actual offerings may vary from what is displayed in marketing materials. Prize is subject to global travel restrictions. Princess Cruises will use the personal data you provide for the purpose of administering this competition and to facilitate redemption of prizes. Personal data will be processed in accordance with Princess Cruises' privacy notice at princess.com/legal/legal_privacy/. This competition is governed by English law and is subject to the jurisdiction of the English Courts. Where Hearst Magazines runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes then Hearst Magazines shall not be responsible for or have any liability for the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst Magazines be liable, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss, damage or injury arising under or in connection with this competition. Prizes must be taken as stated and cannot be deferred.

meet the crew

A DAY IN THE LIFE

WE SPEAK TO RALPH DSOUZA, HOTEL GENERAL MANAGER

Illustration DAVID DESPAU



What does your role at Princess entail? I'm in charge of the entire hotel operations for Sun Princess. We are one of the largest departments, covering food and drink, rooms, revenue outlets (like the spa, casino and shops), Guest Services, entertainment, administration (such as crew logistics, guest embarkation and disembarkation, etc) and medical.

Did you train in something specific for your role? I've done lots of studying, but I started my career onboard as a Junior Purser and have moved up the ranks to where I am today.

Walk us through a typical working day onboard... A typical day starts with hitting the gym at 4am; I check all the public areas on my way. I arrive at the office between 6am and 7am, catch up with the hotel senior leadership team and then, if we're in port, I head to the gangway. Logistics, which involves the arrival and departure clearance in ports, is overseen by my team. I'm not a breakfast person, however my morning espresso is a must, along with a granola bar from the International Café! Throughout the day, I'll continue to check in on operations. Safety and compliance are two areas that need to be maintained to high standards at all times. Lunch is normally around 1pm, and dinner is after 8pm, once I've checked the offerings for crew in the mess. I have my meals in my stateroom, as I like the crew to have their own space. I rarely take breaks during the day, but if I do, it's when most guests are exploring onshore. I encourage my team to go ashore or get additional rest when we're in port, as during sea days it's all hands on deck! I'll call it a night between 10pm and 11pm, when the guest entertainment venues have calmed down.

How long do you work away on the ship for? I spend three months working onboard and then I have three months on vacation, when I explore places via road.

What's the best part about working on a cruise ship? Connecting with guests and crew from all over the world and creating lifelong memories with them. And that not every day is the same.

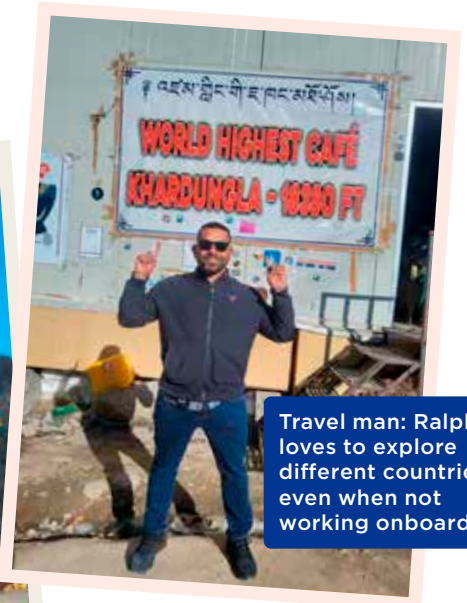
Do you have a favourite destination? I love the places we sail to on our Baltic cruises – the sights are simply beautiful. However, during my last vacation, I visited the Himalayas, where I made it to the world's highest café.

What's your best memory since working for Princess? Firstly, being selected to be part of the opening team for our three Royal Class vessels. And now, being the Hotel General Manager for our first-ever Sphere Class vessel. I'm part of history in taking delivery of Princess' biggest-ever ship, but also the biggest-ever ship built in Italy. It's priceless.

How should guests make the most of their time on a cruise? Enjoy every moment, as life is beautiful! Guests should see their ship as a home away from home and let us take good care of them. As crew, we're honoured that guests share their precious holiday with us.

Ralph's stats

Age: 41
Current location: Trieste, Italy, preparing Sun Princess in Monfalcone Shipyard for her maiden voyage in February 2024
Time working for Princess: 18 years
Hometown: Mumbai, India



Travel man: Ralph loves to explore different countries even when not working onboard

FROM THE BRIDGE

INTERESTING INSIGHTS FROM ACROSS THE PRINCESS FLEET

Visit beautiful Capri from Naples, a port stop on many of our Med cruises



Book now, pay later

Unable to pay for your whole holiday upfront? With Princess Pay Monthly, you can spread the cost of your cruise over equal monthly payments without any interest charges or additional fees, even if you choose to opt out and pay the remaining balance in full.



FIND OUT MORE
OPEN YOUR SMART
DEVICE'S CAMERA AND
SCAN THE QR CODE TO
ORDER A COPY OF OUR
2024/2025 BROCHURE



We know our guests are passionate about food and drink, which is why we're bringing you the Good Food Show at Sea. Taking place on our 14-night Spain & Portugal itinerary on Sky Princess (below), which sails round-trip from Southampton on Saturday 2nd November 2024, you can expect celebrity chef demos, cocktail masterclasses, food tastings and exclusive menus in our dining venues. This is everything you love about the Good Food Show on land, just on the ocean instead!

Photographs Getty Images



A whole world of choice

If our dive into Lima's delectable food scene, Oslo's breath-taking forests or Santa Barbara's sunny delights has left you wanting more, find all the holiday inspiration and information you need in our 2024/2025 Cruise Collection brochure (top right). Across 76 pages, read about our brand-new itineraries, including three epic Alaska cruises, along with our ever-popular sailings around the Caribbean, Mediterranean, Scandinavia, Asia and the British Isles – and that's just for starters. You'll also find more information on our two next-generation ships, Sun Princess (sailing from February 2024) and Star Princess (launching in 2025). Order your copy from princess.com.

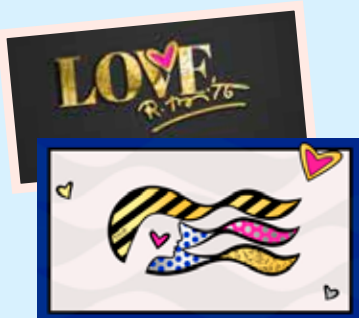
Love at first bite

As mentioned on page 74, Sun Princess boasts myriad new and exclusive dining options. One of which is Love by Britto, a multi-sensory, art-inspired dining experience, combining a menu by culinary star Rudi Sodamin with the joyful work of Brazilian artist Romero Britto, to celebrate the theme of love. Well, we are the Love Boat, after all!



It's a kind of magic...

Along with a series of exciting new theatre productions, Sun Princess will offer even *more* entertainment in the form of Spellbound (below), an exclusive immersive drinking experience served with a side of live magic. In collaboration with Magic Castle, Hollywood's famed private club for magicians, Spellbound will combine awe-inspiring illusions with delicious cocktails.



Shining debut

Sun Princess and Star Princess make their debuts in the Mediterranean in spring 2024 and summer 2025. Our celestial sisters are sure to shine with all new one-of-a-kind entertainment venues, an array of exciting new culinary offerings, and luxurious staterooms.

Come feel the love



DISCOVER OUR
BRAND-NEW SHIPS



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service





PRINCESS®

goodfood SHOW AT SEA

with  PRINCESS®

We know food is at the heart of every cruise experience, which is why we're bringing you the Good Food Show at Sea. 14-nights of special guests, cookery demonstrations, food tastings, exclusive menu's, cocktail masterclasses and more. Sailing November 2024.

Come feel the love



FIND OUT MORE
ABOUT THE GOOD
FOOD SHOW
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