



Winter Breaks & Tasteful Travel

This issue, **lifestyle + travel** tastefully bisects editorial attention into two main themes. **Winter Breaks** is the first, beginning with the second part of our 'Poles Apart' series. Under the gaze of walrus, minke whales, arctic foxes, auks and polar bears, we sail through the ice-studded seas to the south of the North Pole, dodging icebergs around the Svalbard Islands (page 120). Continuing in an icy vein, we ice-skate through wintry Ottawa (page 135) and warm up our frosted paws in a traditional sauna near Helsinki before plunging in a hole in the ice (page 137). We also trudge in the berry- and beast-laden Lapland woods (page 140) and ski New Zealand (page 131).

For a milder winter option, we visit Paris and present an alluring photographic portrayal of the capital of romance's off-the-beaten-track, literary and bohemian haunts (page 108). Australia is in full summer swing at present, but we visit the Snowy Mountains on the New South Wales/Victoria border anyway for a bout of high-adrenaline artificial bobsleighbing and mountain biking (page 126).

Our second theme, **Tasteful Travel** celebrates the gastronomic diversity of Asia, and our glutinous escapades take in Macau to get to the bottom of the Macanese cuisine dialectic - is it more Chinese or more Portuguese? (find out on page 98), the *hutongs* of Beijing on page 92 (and try out

the mouth-watering recipes in the tear-out section on page 148), Singapore (page 88 & 90) and Thailand (page 82), where the best cooking classes are tried and tested.

Expect our usual frantic flurry across Asia in our lifestyle departments, covering motoring, wining and dining, dancing (ballroom and disco), art gallery-ing and spa-ing. On a more serious note, continuing our community- and eco-tourism focus, we learn how we can travel responsibly – safe in the knowledge that we are doing all we can to tread carefully and behave decently.

Cold, cool, slightly warmer, tropical and veritably mouth-watering travel options can be ingested in this issue of **lifestyle + travel**.

Safe journey,

Peter Myers
Editor-in-Chief