

Barbados — queen of the lush West Indies

It's a wind-blown autumn afternoon, or a snowy winter day, and like everyone you meet and speak to, you're eager to escape to some unnamed paradise in the West Indies.

Day after day, you find yourself dreaming of luscious palm-clad strands of white sand, clear aqua water washing lazily against the shore. Then, suddenly, fantasy becomes reality, and it's time to begin planning your getaway. But which island?

From the vantage point of a stateside travel office, they may all appear alike. Not so! Each island has its own individual flavor, its own particular features and attractions.

And your mission, as a savvy vacationer, is to choose the one that will offer you the most in all ways, one that is large enough to have all the facilities you are looking for, but not so large and busy that you will become just another person in an immense crowd of tourists. Your own personal Eden, the island of your dreams, may well be Barbados.

Barbados, lapped by the trade winds, and blessed with a marvellous climate (the temperature averages between 75° and 85° year-round) has long been a host to travelers from all over. As far back as the 17th century, in fact, businessmen from England and other parts of the world visited the island.

George Washington was one of Barbados' most distinguished guests, and the house where he is said to have stayed, in 1751, may still be seen in Barbados capital city, Bridgetown.

The attractions of the island are many and varied. One of its features is its distinctly British flavor, its old world grace and courtesy.

In Bridgetown one may see Trafalgar Square, named in honor of Lord Nelson after his death, with a fountain at its center, and flanked by the Barbados Houses of Parliament.

One of the great pleasures in Bridgetown is shopping, walking the length of Broad St., and in and out of the adjacent side streets which are lined with stores. These shops are brimming with fine merchandise, which is available at incredibly low prices, because so much of it is imported from the centre seaport of the coral reefs, or a host of old shipwrecks in Carlisle Bay.

For those who prefer to keep their feet solidly on land, there are first-rate golf and tennis facilities available, as well as horseback riding along the beach on the wild Battsheba coast.

And for those who prefer watching to participating, cricket matches are played from June through January, polo is played in season, and horse races are organized by the Barbados Turf Club in March, May, August and November.

At night, the musically-inclined tourist can visit night clubs to enjoy the unique sound of the steel drum band, or to watch incredibly lithe performers execute the limbo.

From morning through night, there is always something exciting to do in Barbados!

For further information about this idyllic island, contact the Barbados Board of Tourism, 800 Second Ave., New York, N.Y. 10017.

Choose from a wide selection of English tweeds, Irish linens, Madras cottons, Liberty silks, cashmere sweaters, English and Continental glassware and tableware, high quality watches, cameras and binoculars, and a vast selection of French perfumes.

Also readily available are West Indian handicrafts: straw goods, shell and bead necklaces, wooden figures, and of course, Barbados' own rum, originally known as "Rumbullion" or "Kill-Devil." Barbados has been producing this liquor since the 17th century, and has truly gotten its manufacture down to a fine art.

One should make an effort to visit Pelican Village, just outside Bridgetown, a center of the island's handicraft industry. There, one may purchase *Bajan arts and crafts*, and other locally produced items.

Barbados offers the finest opportunities for water sports of all kinds. There are facilities available for fishing, yachting, water skiing, and scuba diving, the latter amid



BARBADOS' LUSHLY BEAUTIFUL Battsheba coast, dotted with beaches, is the perfect spot for sunbathing, or leading a horse on an exhilarating gallop along the water's edge. Photo: American Airlines.

El Salvador: exotic nature, rich history

Are you looking for a vacation spot which is relaxing and at the same time exciting, a potpourri of nature and exotic culture, a blend of the modern and the ancient?

Are you thrilled by the thought of over 200 miles of seacoast, dotted with unspoiled beaches, just waiting for you to discover them?

What about the opportunity to visit six volcanic lakes, a scattering of fascinating Pre-Columbian ruins, and extensive, lushly scenic coffee plantations?

If all of this is food for fantasy, why not turn it into a reality, and consider the very real possibility of visiting El Salvador, a tiny country on the Pacific coast of Central America, blessed with spectacular scenery, and only three hours by plane from Miami, five hours from either New York or Los Angeles.

San Salvador, the country's capital, is a sophisticated city of nearly a million inhabitants. It boasts a lively

night life, which runs the gamut from traditional Mariachi bands who perform in the old sections of the city, La Praxiana, to the upbeat of discos.

El Salvador is famous, not surprisingly, for its seafood: saucer-sized oysters, six-inch shrimps, lobster, red snapper, even turtle eggs.

Try the "sinfonia le mar" ("sea symphony"), a chili-flavored seafood stew, for a true taste of the best the Pacific has to offer.

The national snack, available from street vendors, is "pupusa," a crisp corn cake rolled up and stuffed with either meat or cheese.

The capital is dotted with markets and shopping centers, labyrinths of shops and stalls which offer everything imaginable from the mundane to the exotic. One, FERIA, is a permanent handicraft exhibition, where one can buy artifacts from all over the country.

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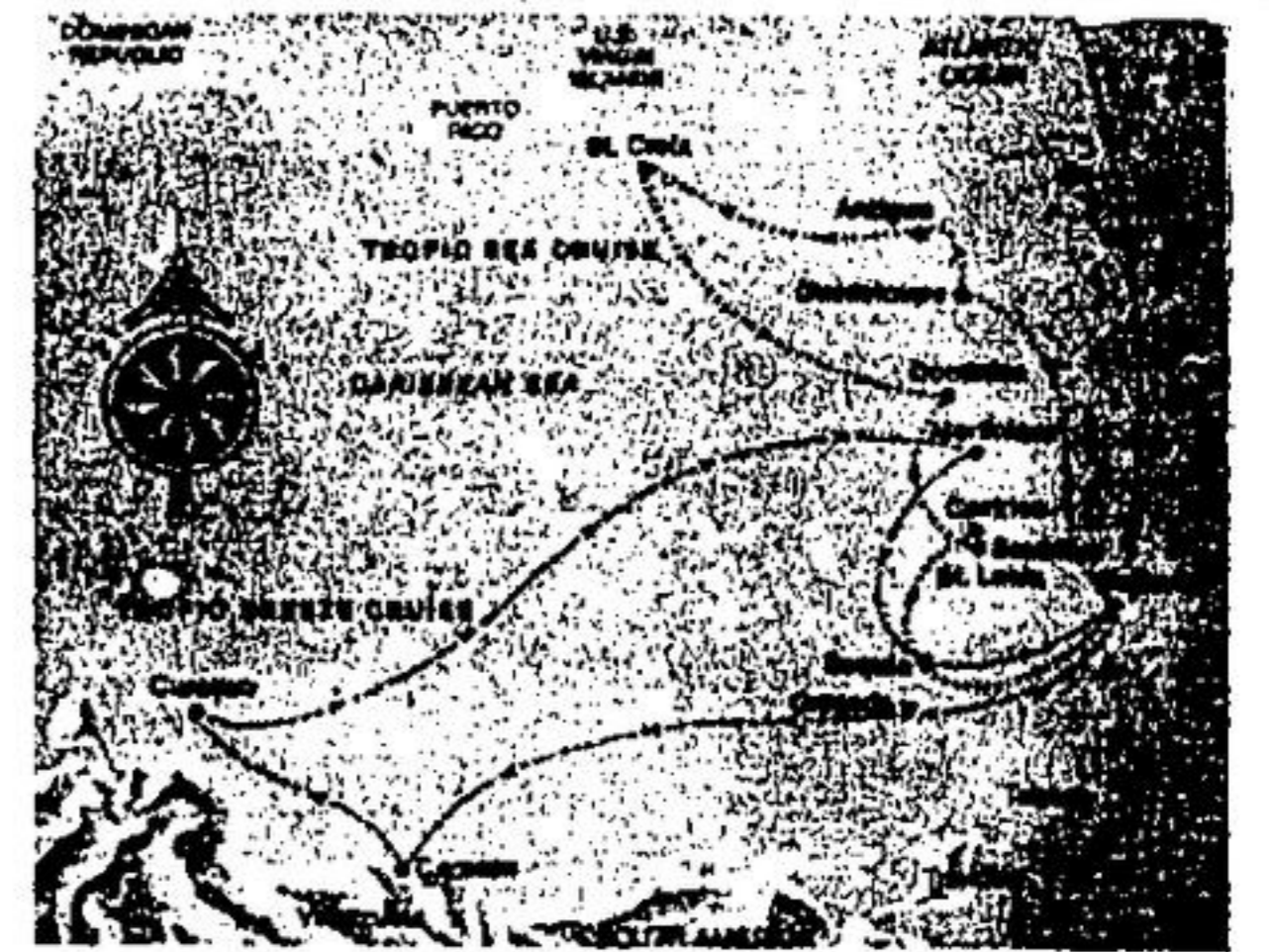
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Other activities might include: a cruise either on the historic Rideau Canal or the Ottawa River or visits to some museums, Ottawa has plenty of them including: the Canadian War Museum, the Museums of Man, Nature and Science and Technology, and the National Aeronautical Collection.

Then of course, there are the National Gallery, where you'll find excellent collections of Canadian and European art, including paintings by the Group of Seven, and the National Arts Centre, Canada's showcase for the performing arts.

If you want to do some shopping, the Sparks Street Mall and By Ward Market are two delightful shopping areas, both conveniently near your hotel.

On the third day of the tour you pick up your rental car and carry on to the Chateau Montebello in the Laurentian foothills. It's a pleasant 64 km (40 mile) drive from Ottawa to Montebello, now a CP resort hotel, but once an exclusive private club.

With two nights in this legendary log castle, there is ample time to play tennis, golf, swim, ride or try your angling luck in one of the resort's 35 lakes and streams.

The next three nights are spent at the luxurious Chateau Champlain in Montreal. There, you'll find exceptional shopping facilities and innumerable gourmet dining opportunities.

Take a walking tour of Old Montreal, the 38-ha (95-acre) heart and historical soul of this island metropolis. This is where the city had its beginnings more than 300 years ago and today, much of its has been restored. Surrounding Old Montreal is a modern cityscape of church spires, skyscrapers, banks, hotels and freeways. And underground there's the city beneath the city, with theatres, railway stations, hotels and the subway system, all linked by passages lined with boutiques, shops and restaurants.

Then it's on to Quebec City and the famous Chateau Frontenac for two nights. This split-level historical city has charmed tourists for generations. Wherever you go there are historical reminders. You'll see: the Plains of Abraham where, in 1759, Generals Wolfe and Montcalm, did battle and shaped the fate of a nation; Place Royale, a remarkable reconstruction project; the Ursuline convent (1611), the oldest teaching institution for girls on the North American continent, and the Grande Hermine, a replica of Jacques Cartier's flag-ship anchored in Cartier-Brebeuf Park.

If you're on a diet, forget it during your stay in Quebec City; there are just too many fine restaurants.

On the tenth day of your tour you drive back to Ottawa and a final night at the Inn of the Provinces before flying home.

Mexico: A variety Holiday Sun Spot

By Elizabeth Chong

Syndicated Travel News

Mexico's popularity as a sun spot increases every year. With this in mind the Mexican government is involved in a project to open as many resort areas as possible to fully utilize the 6,000 miles of beaches.

Divers find it hard to resist the transparent, turquoise waters. When under they are able to see for 100 feet in this rippling wonder world. For those who like to stay above water the warm, golden sands provide an inviting bed on which to absorb the sun.

Mexico's Caribbean islands, Cancun, Cozumel and Isla Mujeres, off the Yucatan Peninsula are booming with the ever growing tourism trade. Cancun, a narrow sandy island is the ultimate in modern resort planning. Try the Mexican government's chosen site for a vacation paradise.

If you're in the "swinging singles" bracket Cancun's Club Med is just the place to enjoy yourself with compatriots.

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Making tracks to York

SYNDICATED TRAVEL NEWS — The only place in the world where you can get a worm's eye view of the underside of a locomotive, together with a glimpse into Queen Victoria's private life... the National Railway Museum, the first national museum to be established outside London, 193 miles away, in York.

York, one of the finest medieval walled and gated cities in Europe, has been a regional capital since Roman times. Its narrow streets, overhung by the timbered gables of old shops and houses, are a natural setting for the great cathedral, York Minster, with its majestic towers and priceless stained glass windows, and are now also a fine foil for the railway museum, tucked away behind York station on the site of an old railway depot.

It is a sight both fascinating and informative, to the layman as well as the railway buff. Assumed to be the only place where you can look right inside as well as under a steam locomotive, the museum depicts the social story of railways and entertains visitors with its unique display of "railwayiana."

As well as the full-size rolling stock exhibits, show cases display technical features and model engines. The development of passenger and freight vehicles is also included, together with bridges, signalling and over 1,000 ft of track. The miscellany of railway relics features an original station clock, and a penny platform ticket machine; among the station nameplates and notices.

China, glass, silverware and railway paintings are on view to complement the posters, mosaic windows and old uniforms on wax-work dummies in another room.

The sumptuous salons built for King Edward VII and Queen Alexandra in 1903 were re-upholstered during King George V's reign, when Queen Mary chose the patterns and finishes. And if some of the splendour of these vehicles is diminished by the more conventional livery applied for security reasons during 1939-45, then the salon of Queen Victoria makes up for it, despite being 106 years old now.

The fittings of this elaborate suite on the London and North Western would vie with the most luxurious hotel today: velvet and silk brocade furnishings, polished wood surfaces, sofas, cushions and silver accessories. Meals were served on silver trays with silver accoutrements. This particular coach was Queen Victoria's favourite, and was not replaced until after her death.

A comprehensive educational service is centred around the museum's fully-equipped 70-seat lecture theatre; and the extensive library collection, including thousands of mechanical engineering drawings, can be used by appointment. The museum shop stocks postcards, catalogues and books for sale.

Next to the less glamorous canal trucks and coal wagons, two royal coaches take pride of place, even though they are not representative of public travel at the time. Queen Adelaide's coach, however, built in 1828, is still clearly related to the stage coach. Made before proper sleeping cars were used, it was described as a bed-carriage, and its bodywork, complete with gold-painted handles, was built by Hooper.

The fittings of this elaborate suite on the London and North Western would vie



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NEWS LETTER

Dear Friends & Travellers
Once again Fall is fast approaching and March break is just around the corner, and with these times, headaches in planning your holidays.

My husband and I look forward to helping take your worries off your shoulders.

To help make your decisions easier, on August 17th at our office there will be a Presentation on Scenic Jamaica and Strand Cruise Holidays in the Caribbean. A Representative from Strand will show films and slides, with a discussion immediately following during which you can ask questions concerning your holidays.

Sunlight have given two film shows over the past year and you have made them a great success. Thank you. Later in the year we will have them again to talk about Hawaii, the Caribbean, Florida, and England, to the latter, wonderful bargain bonuses.

The Queen Elizabeth 2 the Greatest Ship in the World, will be doing her third world cruise in January. You can go to the places you never dreamed of there 2 week positions from Japan to Los Angeles or New York to Rio de Janeiro, and many more. On September 14 there will be another presentation in our office an entertaining evening on "Around the World in 80 Days or how the Queen Elizabeth 2", Geisha, Girls from Japan, Representatives from India and Africa, from the Tourist Boards in Toronto will be here to tell their stories from their lands across the sea. There will be films entertainment and refreshments so join us on a cruise of a life time. The Queen does Trans Atlantic crossings, fly one way, sail one way. "THE CATCH IS FLY FREE."

Nice!!!

My Friends and Fellow Travellers, our place is to help you and advise you. These are but a few ways - to show you how to plan and to enjoy our Beautiful World... SEE IT - ENJOY IT!

To conclude our news letter there are many beautiful holiday packages waiting for you at reasonable prices. DON'T BE LATE THIS YEAR book early for that Dream Holiday in the sun.

Yours Truly,
Jacques
Ed & Jean Cochrane
Certified Travel Counsellors