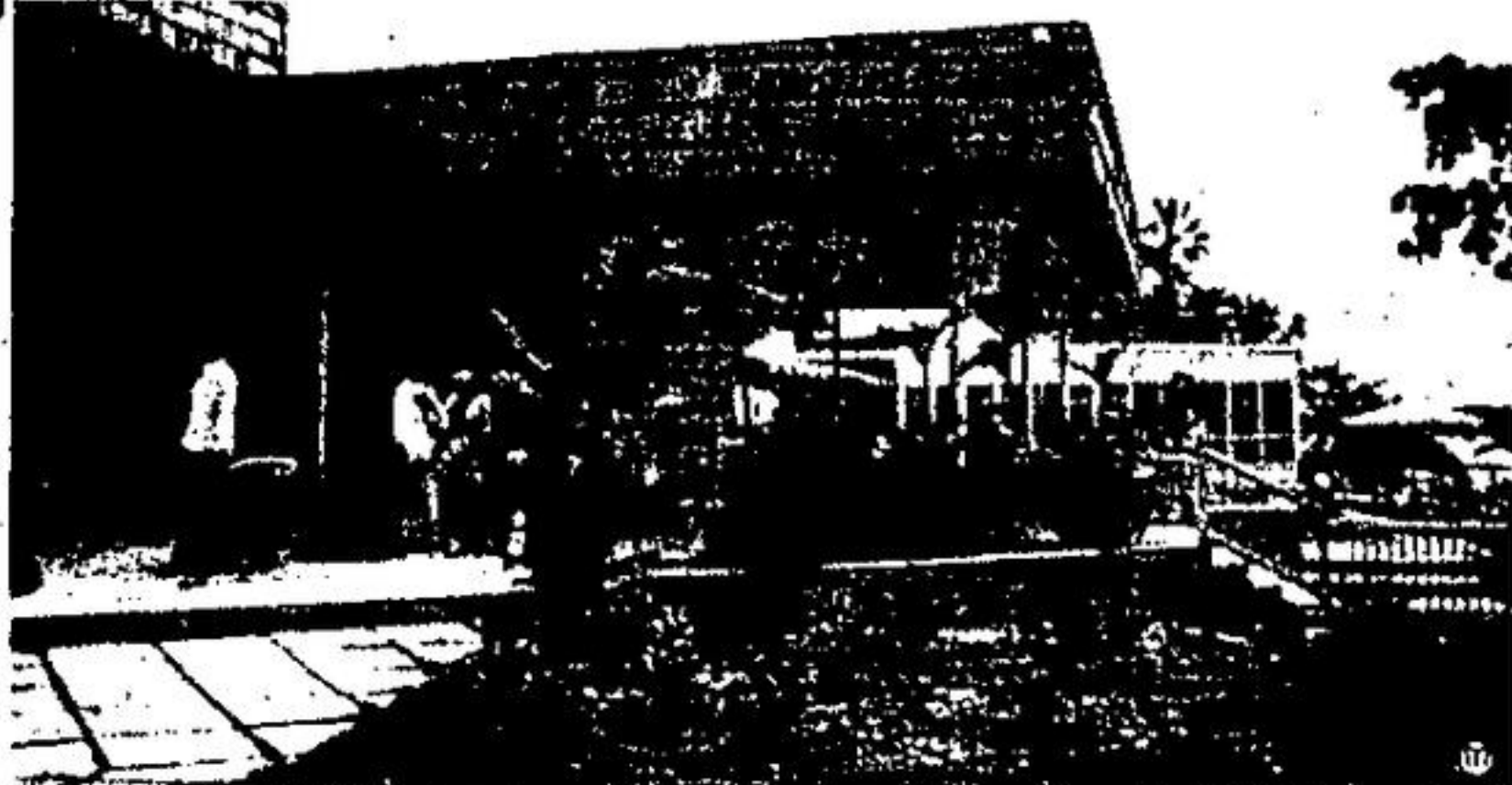


Travel

There really is a Paradise!



RETURN TO EDEN... Swim, sun and play in the lush and luxurious surroundings of the newest of Club Med's many resort villages, located on Paradise Island in the Bahamas. Photo: Carla Hunt.

Portugal—a land of treasures and pleasures worth exploring

Lisbon, Portugal's capital, is an orange and white city climbing up and down seven hills, dominated by the immense Castelo de Sao Jorge. Below, the Tagus River flows, crossed by the dramatic red-tinted 25th of April Bridge.

Explore the old part of town, the Alfama, following streets that climb up and down countless hills, as the sound of Portugal's national music, the soulful Fado, wafts out of cafes or record shops.

Head first for the Castelo, high on a hill, for a marvelous view of the city. Explore the castle's ramparts and wander through its shady byways, catching glimpses of strutting peacocks, or families of doves nestled in the branches of ancient trees.

Portugal's famed handicrafts, displayed in stores throughout the Alfama quarter, include brightly painted ceramics (Vases, figurines and tiles are among the many beautiful objects available in pottery).

The country's famous Port wine may be purchased throughout the city, and is priced so low, even after duty is levied on quantities over the specific allowance permitted by the U.S. or Canadian government, that it is well worth bringing home as much as one can carry.

The gracious, old-world resort of Estoril, and its up-beat companion, Cascais, are only a short distance away from Lisbon. Go there for an afternoon or a weekend, or longer, to swim, sunbathe, and soak up the atmosphere. For those who enjoy a spin of the roulette wheel or a toss of the dice, Estoril has recently opened an ultra-modern casino.

For further information on Lisbon and its surroundings, contact the Portuguese National Tourist Office, 548 Fifth Ave., New York, N.Y. 10036.

Enjoy the very best sports at the largest of private resorts

Four championship golf courses, 45 tennis courts, 11 miles of bicycle trails, two marinas, an equestrian center, a fishing program, a nationally known sailing school and nearly five miles of Atlantic beachfront all await the active vacationer in one lovely, unique spot—the famous Sea Pines Plantation resort at sunny Hilton Head Island in South Carolina.

You've probably already seen lovely Sea Pines Plantation, in fact, as its famous Harbour Town Golf Links, ranked by the World Atlas of Golf as one of the top courses in North America, are the site of the nationally televised annual Heritage Golf Classic.

Sea Pines can also boast national television coverage of more than 11 tennis tournaments, including the prestigious World Invitational Tennis Classic and the Family Circle Cup, one of the four top women's sports events in the U.S.

But even if you're not Billie Jean King or Arnold Palmer, Sea Pines Plantation has a lot to offer, and non-athletic vacationers should definitely check into it.



THE FAMED FAIRWAYS of the Harbor Town Golf Club, site of the annual Heritage Golf Classic held each March, are just one of the attractions to be found at the Sea Pines Plantation resort at Hilton Head, S.C.

The resort's accommodations include the luxurious 204-room Hilton Head Inn and more than 900 rental villas and homes for those who just want to get away from it all, beautifully. There are beaches to relax on and beautiful shops and boutiques to raid, all combined with a good dose of Southern hospitality.

A new 1978 Vacation Guide to the famous Sea Pines Plantation resort is now available. This 28-page, four-color booklet describes in detail all of Sea Pines' many delights including package programs offered at the facility, which is generally considered to be the largest privately owned resort in the U.S.

Where do agents go traveling?

Have you ever wondered what places a top travel agent might recommend to the traveler who's looking for a somewhat off-beat destination? Here are some suggestions for annual vacations, courtesy of Corinne Edwards, president of Edwards Travel Advisors in Lincolnwood, Illinois.

Ms. Edwards is an enthusiastic, energetic and experienced agent who may well guess where you want to go, even before you've realized it yourself!

One destination over which Ms. Edwards waxes ecstatic is Malaysia. It is, she maintains, still exciting and unspoiled, in an age when too many past-paradises are fast becoming commercial. The hotels, she reports, are truly luxurious, and the cuisine marvellous.

At the same time, a visit to Malaysia is an excellent opportunity to see and experience a vastly different culture and lifestyle. There is a plethora of things to see: fascinating temples and mosques, rubber plantations and tin mines.

One can glimpse the equine of a Sultan while casually strolling in the street, and watch barbers performing by the riverside or Indians telling fortunes with cards, squatting on their mats.

Another place Ms. Edwards recommends for the curious voyager, who doesn't mind vacationing in a somewhat less-than-deluxe fashion, is Cuba.

Having just returned from the first travel agent trip to Cuba since the revolution, she is most enthusiastic about this island, so long off-limits to the American traveler.

Scenically, Cuba is a typical Caribbean island, with a Latin culture. It has beautiful beaches, clear blue seas, and fabulous weather, at lower prices in high season than you can find anywhere else in this sun-drenched area.

If you're old enough to remember Cuba in the pre-Castro days, the new Havana may be something of a disappointment to you, though fascinating and exciting nonetheless, in a totally different way.

Ms. Edwards warns visibly upon mention of Club Med, describing this vast complex of resort villages as summer camps for sophisticated adults. Activities are planned for the most part with an emphasis upon water sports.

Couples and singles, the young and the young-at-heart all are equally welcome. The latest addition to this international resort phenomenon is located in the Bahamas, on Paradise Island, which is just as idyllic as its name implies.

Sound exciting? Or perhaps you'd rather visit Cozumel or Grand Cayman Island? Or Israel? Or the Peoples' Republic of China? Or Alaska? Or any of 100,000 other places on the face of the globe?

Sunflight

NOW ACCEPTING CHARGES & VISA

Book NOW, Don't Delay For Your Holiday In The Sun.

We Have Fall & March Break Brochures

BONUS BARGAINS
MEXICO, FLORIDA, BARBADOS, HAWAII,
NASSAU, FREEPORT

COCHRANE TRAVEL BUREAU

MONDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY 9-5
877-0222 MOORE PARK PLAZA 453-0470

Alberta - A Canadian Wonderland

Down in the southwestern corner of Alberta, Canada, the transition between range-land and the fabled Rockies causes the land to rear up in sparsely treed, rolling ridges interspersed with deep, wooded valleys. It is sometimes referred to by homesick Albertans as "far seen" country.

The view is indeed long range and as an elderly Piegan told me long ago, "It makes your eyes feel glad."

Such a scene is the Gladstone Mountain Guest Ranch set back within walking distance of sky-high peaks just 29 km (18 miles) beyond the foothills town of Pincher Creek.

The Gladstone is a 275.4 ha (680-acre) working ranch with 200 head of cattle, and because of its unique setting, offers not only scenic and exciting trail riding in summer, but some of the finest foothill cross-country skiing terrain in southern Alberta. Your hosts at the Glad-

stone are Chuck and Val Ridder who succumbed to the spell of the "far seen" country when they purchased the ranch two years ago.

They have since proceeded to renovate and refurbish the existing structures and erect new buildings that actually enhance the quiet tranquillity of this unique area.

Their own ranch house, with its massive fireplace exuding a venerable friendliness, sets the life-style here. Nearby, the rustic log-cabin-style restaurant serves up well prepared western or seafood fare complemented by a carefully selected wine list.

In addition to the six separate guest cabins, the crowning touch is the recently completed Trail's End Lounge.

This expansive retreat, also centred by a huge fieldstone fireplace, is constructed entirely of massive log timbers with picture windows revealing a full eye-opening view of the nearby mountain peaks.

Relaxation in convivial surroundings after an active day of skiing, riding or hiking is an important part of the Gladstone Ranch holiday experience.

The 200 head of cattle that roam the spread is an added bonus to Gladstone guests. This working ranch allows the visitor to obtain a first hand knowledge of how livestock is raised and cared for during the range life period of Canada's famed western beef.

The two main activities are, of course, riding in the summer and cross-country skiing through the mountain valleys in winter time.

The terrain is particularly suitable for Nordic skiing as the rolling foothill country leads into valleys which actually penetrate the main easterly range of the Canadian Rockies.

The initial workout is the

Alpine View Trail which traverses a variety of open hillside and treed groves all within a 0.8 km (half mile) radius of the ranch buildings and cabins.

The Trapper's Trail ranges out four kilometres (2½ miles) with a good part of the trail winding through heavy timber and is completely sheltered from wind on blustery days. The trapper's cabin is a favorite stop for lunch.

When you feel you are ready for some serious skiing, there is a real treat in store. This is the 22 km (14 miles) day trip to Gladstone Falls and back.

This machine-groomed trail follows a creek and valley deep into the alpine forest where it terminates at Gladstone Falls. The towering presence of Gladstone Mountain now looms overhead. Make sure you have a camera in your pack so this scene can be added to your collection of "nice places I've been to."

The area is particularly rich in wildlife and in fact attracts big game hunters each fall for moose and white-tail deer, black bear, moose and elk.

The grandeur of Waterton Lakes National Park is only 48 km (30 miles) away so if you are in insatiable mountain scenery fan, the park warrants a visit for a day's skiing. It is imperative to check with the warden's office to get on the spot advice about the weather.

Waterton's Red Rock Canyon Trail is a fantastic experience for the cross-country skier, but frequent weather changes amplified by high winds sweeping down the mountain valleys cause whiteouts and limit such excursions to a day-to-day basis.

Gladstone's winter rates (November to May 24) include all meals and accommodation, skiing, tobogganing, sleigh rides, transportation to and from the nearest bus or air services (Pincher Creek) are \$30 per day per adult. Children, 12 to 15 years are \$15, \$10 per day for 14 years and younger while tads under five are no charge.

This rate structure is particularly suitable for family groups.

Summer rates at \$50 per adult per day with proportional reductions for children include riding and guided trail rides, barbecues, hayrides. The Gladstone retain 20 head of fully equipped riding horses for their summer activities.

In summertime, the trail ride to the top of Table Mountain views for popularity with the cross-country skier to Gladstone Falls in winter. A trail lunch is brought along so the riders can enjoy a picnic on this great flat-topped peak which offers a commanding view of the ranch and foothills to the east.

Travel has countless joys to offer the adventurous!

Travel! The word alone evokes a myriad of images and ideas, visions of visits past and those to come.

Two short syllables, and suddenly one person is mentally packing a suitcase, another revving up the car.

The fabulous thing about the joys of traveling is that they are available anywhere, near to home as well as far away. There is as much adventure to be found only a few hours from your own front door as there is in strange and exotic places on other continents.

Keys to adventure

The adventure is all in the way you, the traveler, approach your trip, what you are willing to put into it, what you look for, that you will find.

As Caskie Stinnett, one of America's foremost travel writers, astutely comments in the preface to his most recent book, *Grand and Private Pleasures*: "There is an art to travel, a means of getting the most out of a trip with a minimum of effort."

One of the key factors to maximum enjoyment during travel is participation. Being an onlooker is all very well, but it is not enough. The only way a person can get to know a place is to experience it actively.

To quote Mr. Stinnett again: "It's my contention that travel is most rewarding when it is felt, that observation alone doesn't give you your money's worth."

Open yourself to everything from the moment you turn your back on your front lawn and venture out into the world. Above all else, travel should not be an anti-septic experience, devoid of individuality. Everything that is a part of travel is worth experiencing for its own sake, and in order to give a frame to the adventures you will have once you reach your destination.

One of the greatest pleasures available to you while traveling is the opportunity to experience the actual process of movement, the means

you use to get from one place to the next.

Whatever you choose, be it plane, train, bus, car or boat, know what you are choosing and why, and fully enjoy every moment of your journey. No vehicle is merely a means of getting from one place to another. It is an adventure in itself.

There is a particular joy inherent in a bump, rattle and past long stretches of field across central Europe, and another in a smooth flight, motion almost lacking any feeling of movement. Out the window a panorama of cloud-mountains will meet your eye, whenever you choose to look for it.

Beautiful differences

The pleasures of crossing gleaming, sapphire seas on a grand sea liner or scudding waves in a small sailing vessel are totally different from each other, and totally different from anything else in the world.

There is a great deal of pleasure, too, in deliberately opting for diversity, in combining as many forms of transport in one vacation as are practical and comfortable. To make one more trial with that old saw... half the fun's getting there. And what about "there"?

Naturally, the destination you choose is going to be influenced by any number of factors: the money you have available, the time you'll have, whether you have children to consider, the time of year you'll be vacationing, as well as your own special interests.

Whatever you do opt for, should not be to follow Mr. Stinnett's advice and "use travel as a means of living out fantasies, of making the bright dream materialize."

Don't stick completely to the known and comfortable. Explore on your own. Walk around the city or cities you've decided to visit, hike about the countryside.

Take public buses sometimes rather than taxis or tour buses. Get lost! Some of the

Movie making made simple

Making colorful movies is like putting history in the bank.

Here are movie-making tips from Kodak photo experts. When you deposit good movies in your showcase, they draw high interest.

- Keep your movie camera handy to capture spontaneous action.
- Film indoors or out, with an existing light model such as a Kodak XL movie camera.

Don't worry, either, if you'll be visiting a place where you don't know the language. If you're nervous, pick up a phrase book. People everywhere are flattered when visitors to their country make an attempt to use their language, however haltingly. And if words fail, sign language won't!

It is not naive to count upon the helpfulness of people virtually everywhere. You'll find that it is the willingness to be a bit daring, that makes travel something more than a ritual of motion, a whirl of meaningless sights, on the order of "it's Tuesday, it must be Belgium."

It is the experiences that evolve from deviations from routine, however small, that make travel a personal experience and an adventure of the highest order.

Be sure to visit us before your vacation for

PASSPORT PHOTOS
While You Wait

Cameras films & Accessories

CREATIVE CAMERA ENTRE

Georgetown Market
Beside Golden Fish & Chips
877-0411

GOLDEN BIRD

Low Cost Holidays.

ONE WEEK HOLIDAYS TO:

Orlando WITH CAR	From \$199
St. Pete's	From \$249
Miami	From \$269
Indian Rocks BEACH WITH CAR	From \$299
Cancon	From \$339
Acapulco	From \$399
Cozumel	From \$259
Freeport	From \$289
Nassau	From \$289

PRICES INCLUDE AIR TRANSPORTATION, TRANSPORTATION AND LUGGAGE TRANSFER BETWEEN AIRPORT AND HOTEL, ACCOMMODATION AT HOTEL AND OTHER FEATURES AS LISTED IN THE FREE COLOUR BROCHURE AVAILABLE AT...

For More Information Call 853-1553
TED TYLER TRAVEL SERVICE - ACTON

Make sure your trip's a pleasure from the moment you decide to go!

LET OUR TRAVEL EXPERTS HELP YOU.

BARBER and HENLEY

COMPLETE TRAVEL SERVICE

33 Main St. S. 877-2214

Club Guava
MONTEGO BAY - JAMAICA

CAN YOU FIND A BETTER DEAL???

Here's what your Club Guava holiday includes

- *Return air by Air Jamaica *Inflight meals*
- *Transfers to and from hotel*
- *Seven or fourteen nights accommodation*
- *Seven or fourteen buffet breakfasts*
- *Seven or fourteen dinners including house wines*
- *Hotel taxes* gratuities on prepaid items*
- *Canadian and American airport taxes*
- *Club Guava beach bag and lifter vestlet*
- *Free round of golf (greens fees)*
- *Free tennis and clinic on our own all weather floodlit courts*
- *Free Sunbath* free shuffleboard* free croquet*
- *Free donkey rides for the kids*
- *Free use of beach towels and loungers*
- *Manager's rum punch party*
- *Super live entertainment nightly*

PLUS

- *Guava Jelly band all day "after hours piano bar" disco*
- *Sustenance table (soup & coffee)*
- *Free Guava punch party nightly*
- Daytime Fun Events with prizes
- *Backgammon "chess" darts "cribbage" bingo*
- *Cribbage "volleyball" dance contests*
- *Weekly "Gong Show"*

Plus facilities to make your holiday perfect including

- *Gift shop "duty free shop"*
- *Montego Bay's largest fresh water pool*
- *Children's playground* lush tropical gardens*
- *Safe satisfying drinking water*
- *Private reef protected white sand beach across the street*
- *Short walk to local shopping*

RESERVE NOW!!!

DATES	ONE WEEK		TWO WEEK	
	STANDARD	SUPERIOR	STANDARD	SUPERIOR
Jan. 22-28 Feb. Mar. Apr. 2-8	\$10	\$40	\$70	\$40
Jun. 11-18 Jul. 1-8-15	\$80	\$90	\$70	\$90
Dec. 25 Mar. 19	\$60	\$90	\$30	\$90

Single Add. per week \$20 standard \$100 superior
Child Deduct per week \$100.00

For More Information Call
TED TYLER TRAVEL SERVICE
ACTON 853-1553