

# Travel Outlook

## Fish can fly on island of Barbados

by Pete McGarvey

Most countries have a national animal or bird. In Canada we have the beaver while the U.S. features the bald eagle.

Barbados is the only nation I know of with a national fish!

The Flying Fish turns up on coins and stamps as well as on the menu of virtually every restaurant on the island. The size of a small Ontario perch with a smile on its face and two enormous fins to propel it over the waves, the Flying Fish stands for something colorful and carefree in the Bajan character. Every visitor succumbs quickly to its charms . . . and its taste. Always fresh, its tender flesh delights whether pan-fried, broiled, poached, used in a salad or served as an appetizer, steeped in sauces and marinades.

One restaurant featuring Flying Fish is the legendary Atlantis, located high above the Atlantic Ocean. Enid Maxwell was the country's leading domestic science teacher when she dropped everything 40 years ago to start an eatery at Bathsheba. She is still there, greeting diners

from around the world who have been lured to this tiny village by reports of melt-in-your-mouth native meals. Other specialties at Atlantis include chicken and fish entrees, exotic tropical vegetables and Enid's pies and tarts, the recipes of which she won't reveal for love nor money.



Flying Fish can also be found on the menus at The Royal Pavilion Resort, located on the Caribbean coast. The former

Cunard family estate plays host to the rich and famous as well as those that wish they were. A bank of apartments situated north of the main building is reserved for "very special" guests who pay up to \$3,000. per night! Paul McCartney may or may not have been in residence during my week-long stay

as Manager Julia Seymour told me that there is a long waiting list for the units and the guest's privacy is respected at all times.

For those of us on not quite so grand a budget there are packages available through Thomson Holidays that include round-trip airfare, transfers and a 7-night stay in a Junior Suite with breakfast and dinner daily.

As a member of the "Elegant Resorts of Barbados", Royal Pavilion guests can dine around at the other 6 properties on the island via the Platinum Club card.

Between soaking up sunshine and seeking out new places to eat, there are many other things to do and see in Barbados.

You can explore the bottom of the Caribbean aboard the Atlantis submarine where everyone becomes a fledgling Cousteau. Spend some time roaming the incredible corridors of Harrison Cave or visit the Barbados Wildlife Reserve, founded by Canadian naturalist Jean Baulu.

Then there are the cruises aboard the Bajan Queen, the island's famed party boat. Captain Mark Jones was a top salesman for a Canadian computer firm before his move to

the Barbados capital of Bridgetown. Now he is on the water an average of 40 hours a week, having exchanged our gray winter skies for the multi-colored Caribbean Sea. There is an open bar aboard the Queen, disco speakers jacked to ear-splitting levels and a barbecue buffet that ranks about the best I have sampled. And there, sure enough, in five different versions . . . the Flying Fish.

You just can't get enough of a good thing.

## Quebec carnival solves February blues

What can be done about February?

Two things: Complain (futilely) about the interminable cold and darkness of a Canadian winter. Or join in the explosion of fun and games that's called the Quebec Winter Carnival.

Quebec City in the first 12 days of February becomes a kind of icy, snowy New Orleans - parades and parties, hoedowns and hockey tournaments, curling bonspiels and canoe races.

Le Carnaval de Quebec, to give it its proper name, attracts in excess of 600,000 visitors each February, thus more than doubling, temporarily, the population of the provincial capital.

For most spectators, the highlight is the exciting race of some 25 boats across the frigid St. Lawrence River from Quebec City to Levis and back - a 3.5-km test of strength and skill for the five-man crews.

Then there are the axe-throwing and log-sawing contests among lumberjacks, the international peewee hockey tournament at the arena, ski events and the like.

Too strenuous? Then conserve your energy by viewing the turreted ice castle at the Place du Palais, the snow sculptures there and elsewhere throughout Quebec City, and the two mammoth after-dark float parades and fireworks displays.

### HISTORIC CITY

Like New Orleans, Quebec City has always clung to its history. In Quebec's case, of course, it would be difficult to ignore history: The walls, the battlements, the fortified gates, the narrow streets, the ancient seminaries and otehr

public buildings - all of these are constant reminders of a colorful past and of romantic links with Old France.

What could give more pleasure to the history buff than to stay in the 97-year-old, 516-room Chateau Frontenac, site of wartime conferences attended by Mackenzie King, Winston Churchill and Franklin Delano Roosevelt? (To be honest, staying in one of the Chateau's renovated, river-view rooms facing Dufferin Terrace would provide the history buff with more pleasure than the not-yet-renovated but lower-priced rooms.)

A little shorter on history and tradition, but long on creative comforts, is the handsome Hilton International Quebec, outside the walls of the old town.

The Museum of Civilization, new in 1988, integrates three historic buildings to house its intriguing exhibitions highlighting Quebec society and culture.

It joins the list of Quebec City's

other popular museums - the Museum of the Fort, with its diorama of six sieges of the city; the Museum of the Ursulines, whose convent was opened in 1642, and the Museum of the Quebec Seminary, notable for its displays of silverware.

### TRAVEL NOTEBOOK

Here are notes on news of current interest to travellers:

-St. Boniface, adjoining Winnipeg, will be staging its Festival de Voyageur from Feb. 9 to Feb. 18, featuring French-Canadian singers, dancers and other entertainers. One of the highlights is dog-sled racing, Feb. 10 and 11.

-Air Canada's latest seat sales, for travelling during February and March, have cut the return fares on the Toronto-Thunder Bay route to as little as \$181, Toronto-Quebec City to \$158, and on the Toronto-New York service to as low as \$155. Certain restrictions apply.



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-Throughout February and March, the 200-room Indian River Plantation on Hutchinson Island at Stuart, Fla., is offering a discounted rate of \$55 U.S. per person per night. Opened in 1988, the resort has a 500-metre Atlantic Ocean beach, an 18-hole golf course, 13 tennis courts and three swimming pools.

-Until Feb. 28, the Westin Akasaka Prince, rated as one of the best new hotels in pricey Tokyo, is featuring a winter vacation package at about \$200 single and \$267 double occupancy (Canadian equivalent), including buffet breakfast, cocktail, taxes and service.

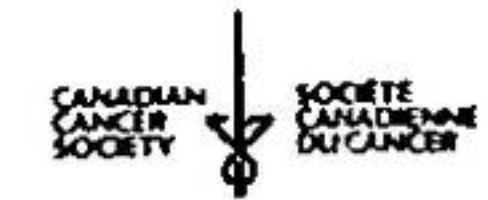
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