

See more of Europe by taking the train



A view of the French Riviera.

(NC)-How about the possibility of covering 771 fabulous French kilometers in 4 hours and 20 minutes? That would happen on the Train Grande Vitesse, the TGV, from Paris to Marseilles on the French Riviera. Or you could do 934 kilometers, Paris to Nice, in just under seven hours.

Such efficiency in crossing the landscapes makes splitting your vacation between several points of Europe easily attainable on a one or two-week trip. And if you choose your destinations carefully, you may not have to return to the starting point (like Paris) to catch your return flight back to Canada. Air Transat for example, let's you fly into any number of European cities and home again from another. And in-between, exploring the more intimate towns and villages along the way is so easy when done by train.

Try the Chunnel

How about a train ride from the heart of London to downtown Paris in three hours or less? With Chunnel access now, Eurostar trains offer up to 18 departures daily between Paris and London, and eight more between London and Brussels. Reservations can be made in

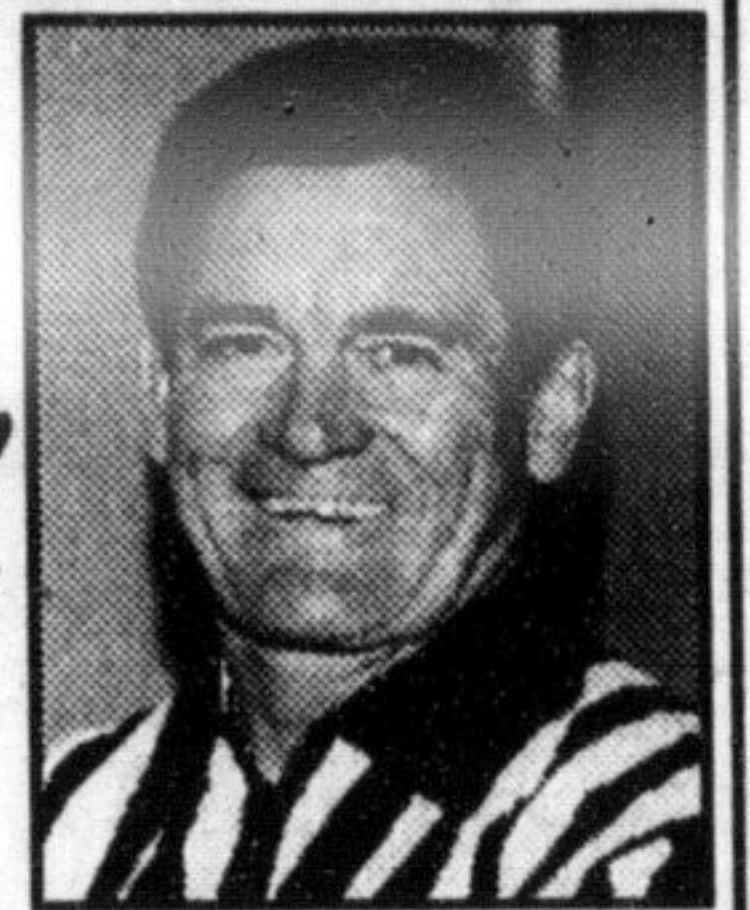
Canada when booking your flight.

"Travellers no longer have to think of a single destination when booking charter flights to Europe," says Isabelle Sparer of Air Transat Holidays. "They can include one-way train trips, return train trips, or leave it flexible with a number of cost-saving rail passes. A sample itinerary may start with London, combining a Chunnel trip to Paris, then adding the first-class or second-class, Thalys train service to Amsterdam, via Brussels, with a return to Canada from Amsterdam. Travellers can depart from any number of gateways across Canada and are offered ground plans, and return choices with us from as many as 22 European destinations."

More information on this, as well as multiple options on hotels, apartments, and B&B accommodation is available now at most Canadian travel agencies.

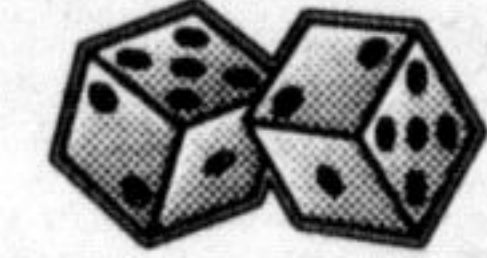
Travel

with Bruce Hood



SOMETHING FOR EVERYONE...

SCUBA DIVING & SNORKELING
FANS know where the best there is to offer in this regard - CAYMAN ISLANDS. Now they have their own WEBSITE - www.divecayman.ky - offering some 250 dive sites with info on depths, GPS positioning, shore reference points, type of dive (wall, reef, wreck, etc.) even with digital images of the sites. A must see island where you can walk into the beautiful crimson tide right off the main corner of town and enjoy fantastic snorkeling.



U.S. VIRGIN ISLANDS HAS ITS FIRST CASINO at The Divi Carina Bay, St. Croix's newest resort, featuring 13 gaming tables (10 for blackjack, two roulette tables and one for craps). The casino also has 295 slot machines, the Mongoose Lounge show bar and The Carina Café snack bar.



PRINCESS WILL OFFER YEAR-ROUND CARIBBEAN CRUISING next year. Starting next year, the GRAND PRINCESS will move from its summer Mediterranean home and begin alternating eastern and western Caribbean cruises from April 29 to Sept. 23. Both cruises will sail round-trip from Fort Lauderdale.



BRITRAIL PRODUCTS AVAILABLE TO CANADIANS VISITING THE U.K. include the Classic Pass, Flexipass, Southeast Pass, Freedom of Scotland Pass, Family Pass, Party Pass, Senior Pass, Great Heritage Pass, the London Visitor Card, point to point rail tickets throughout the U.K. and global tickets for Eurostar.



TOURISM TO CUBA IS BOOMING with more than 1.2 million visitors in the first nine months of 1999 - a grand 17% increase - well above the average growth rate in the Caribbean. Many, many Canadians go to make up these numbers - with lots of repeats. CUBA BY BIKE - we don't mean to get there - is a real treat, travelling out through the countryside and meeting the local people. Another idea for great memories for your vacation travels.

???

DID YOU KNOW: HAMILTON AIRPORT is handy to get to for folks in this area, so having up to three passenger air carriers coming there - great!

TAN BEFORE YOU TRAVEL

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BACK BY POPULAR DEMAND
HIGH FIVE For Halton
IS MAKING AN IMPRESSION!
HIGH FIVE

FREE COMMUNITY INFORMATION SESSIONS TO LEARN MORE ABOUT HIGH FIVE

- Ideal for sports groups, recreation providers, community organizations, and child care providers, offering programs to children ages 6 - 12.
- Find out more about the latest information, tools and training available for administrators, volunteers, coaches and parents. (Receive FREE resources to take back and implement in your organization.)

1. Date: Tuesday May 9, 2000
Location: Tansley Woods
1996 Itabashi Way, Burlington, ON
Time: 7:30 - 9:30 pm
HOT LINE NUMBER - 332-1966 ext. 222

OR 2. Date: Monday May 15, 2000
Location: River Oaks Recreation Centre
2400 6th Line, Oakville ON
Time: 7:30 - 9:30 pm
HOT LINE NUMBER - 845-6601 Ext. 3153

Register by calling HOT LINE number. Deadline May 1/2000

HIGH FIVE TRAINING (For those who know about the HIGH FIVE program and are interested in obtaining training)
Principles of Healthy Child Development (front line staff) \$35.00 pp

1. Date: Saturday May 27, 2000
Location: Tansley Woods
1996 Itabashi Way, Burlington ON
Time: 9:00 am - 4:00 pm

OR 2. Date: Sunday May 28, 2000
Location: To be announced
Oakville, ON
Time: 9:00 am - 4:00 pm

USING THE HIGH FIVE QUEST (supervisor training) \$100.00 pp

1. Date: Saturday May 6, 2000
Location: Milton Leisure Centre
1700 Main St. E., Milton
Time: 9:00 am - 5:00 pm

For more info or to register contact Cheri Lindsay-Jarvis (training co-ordinator) at (905) 873-2601 ext. 2273

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