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Volume 5 • Issue 4

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# TLF

EDITOR-IN-CHIEF **Shweta Joon**

EDITOR **Natascha Shah**

ASSOCIATE EDITOR **Nidhi Joshi**

DIGITAL EDITOR **Zubaida Khan**

ONLINE CONTENT CREATOR **Digvijay Burman**

CHIEF PHOTOGRAPHER **Vivek**

CONTRIBUTING PHOTOGRAPHER **Prerna Sharma**

CREATIVE DIRECTOR **Nafisa Williams**

LAYOUT + DESIGN **Vikas Negi**

PUBLISHER **Devinder Singh**

CEO **Shivani Joon**

DEVELOPMENT DIRECTOR **Joe Paul**

MARKETING DIRECTOR **Hiten Rajput**

MARKETING EXECUTIVE

**Mary James (North)**

**Deepna Kumar (West)**

**Jyotika (South)**

**Vastvikta (East)**

HR MANAGER **Anita Desai**

MANAGER SUBSCRIPTIONS **Sarah Naipaul**

PRODUCTION MANAGER **Rohit Singh**

ASST. PRODUCTION MANAGER **Imran Khan**

DISTRIBUTION MANAGER **Siddharth Singh**

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## EDITORIAL & MARKETING OFFICE

**Blue Butterfly Media House**

C-38, Nangal Devat, Vasant Kunj, New Delhi-110070

**Tel:** 011-64641981, **Web:** [www.tlfmagazine.com](http://www.tlfmagazine.com)

## CONNECT WITH US

**Facebook:** [www.facebook.com/tlfmagazine](http://www.facebook.com/tlfmagazine) | **Instagram:** [@TLFIndia](https://www.instagram.com/TLFIndia)

## FOR ADS CONTACT

[advertise@tlfmagazine.com](mailto:advertise@tlfmagazine.com) | **Tel:** +91 9871871170, +91 8800226599

## FOR EDITORIAL QUERIES

[editor@tlfmagazine.com](mailto:editor@tlfmagazine.com), [editorinchief@tlfmagazine.com](mailto:editorinchief@tlfmagazine.com)

## FOR JOB OPPORTUNITIES

[info@tlfmagazine.com](mailto:info@tlfmagazine.com)

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## CEO'S NOTE



Dear readers,

Honeymoons are special to an extent that many people have it all planned, even when they are still looking for a partner! It is a dream trip and through this issue, we try and help you make it come true.

Have a great time!

Shivani Joon

Turn to page:  
14 for CEO's  
pick



A bus ride to Palermo, Italy during my honeymoon



On the cover: A  
couple enjoying a  
ride in the park in  
Italy

Stock Photos

## EDITOR'S LETTER



Say honeymoon and one immediately thinks about candlelit dinners, star lit skies, mountains, cold breeze, warm cups of melted chocolate and all things mushy. But a honeymoon doesn't necessarily have to be a big red heart, it could be anything! A dinner for two, in a small boat in the Indian Ocean, a food trip through the gastronomical capital of the world, a night in a quaint room in a small monastery atop a Bhutanese hill, driving along the most scenic road in Australia, unwinding in an exotic spa in Monte Carlo, enjoying a royal breakfast in a luxury train in Rajasthan or waking up to a glorious sunrise in Cape Town, the new age couples are opting for different destinations.

For mine, I went backpacking through Italy and Spain. Staying in hostels, lugging around with backpacks, sharing maps, exploring on foot and in buses and it was as great an experience as any other! The norms have changed and couples are opting out of the traditional packages and going in for longer, wilder and more fun stuff!

In this issue, we list ideas that will help you plan a memorable holiday with your partner. From what to pack, to beauty essentials, yoga for couples to activities for two, we help you make the maiden trip with your loved one, special.

Our website [www.tlfmagazine.com](http://www.tlfmagazine.com) has had a makeover! And we hope you have checked out the brand new look. We have city-wise guides, videos, blogs, special features, contests and much more. Check out the online honeymoon handbook, which gives you more ideas and options!

Hope you have a great summer! I plan to spend mine travelling through Europe, check out the next issue for a special feature on that!.

Cheers!

Natascha Shah

Editor

Write to me at [editor@tlfmagazine.com](mailto:editor@tlfmagazine.com)



# Around the World

## CALGARY STAMPEDE

**When:** July 3 -12

**Where:** Calgary, Canada

From July 3, 2015 begins the ten day long greatest outdoor show on earth - Calgary Stampede. Don the denim, grab a Stetson (cowboy hat) and saddle up as professional rodeo riders, get bucked and thrown while trying to hold on to the first position in the richest rodeo in the world. The happening hoedown officially begins with a parade of marching bands, over 150 floats and hundreds of horses. A spot on the sidewalk enables to watch as floats, bands, riders, celebrities and hundreds of horses pass by in the 'Calgary Stampede Parade'.

The world's best rodeo athletes go head-to-head riding wild horses and bulls, roping cattle and more with the crowd cheering as they experience an exhilarating rush of the famous chuckwagon races.

**For more information:** [www.calagarystampede.com](http://www.calagarystampede.com)

## THE COMIC FESTIVAL

**When:** June 4-7, 2015

**Where:** Old Congress Hall, Munich

The Comic Festival Munich is the second largest German comic event and is organised with the support of the Cultural Department of the City. The main venue from 4 to 7 June is the old Congress Hall, next to the Oktoberfest meadow. Here among others is the large exhibition with all comic publishers under one roof. There will also be drawing classes and Signieraktionen with prominent comic artists, lectures and exhibitions.

Numerous prominent artists such as Disney star illustrator Don Rosa (Uncle Scrooge - His life, his billion), Dave McKean (Batman - Arkham Asylum), and others will be guests of the festival.

**For more information:** [www.comicfestival-muenchen.de/english/](http://www.comicfestival-muenchen.de/english/)

## INTI RAYMI

**When:** June 24

**Where:** Cusco, Peru

Inti Raymi is a nine-day winter solstice celebration worshipping an Incan god and involves colourful costumes, lavish banquets, festive music, and historical recreations culminating in a royal procession to an ancient fortress. If its magic and mythology you're looking for, you've come to the right place.

In the spirit of this primordial sense of respect for the celestial bodies that so govern our well being, the celebration of Inti Raymi, or "Festival of the Sun" occurs each June, in conjunction with the South American winter solstice. Hundreds of thousands of devotees descend on Cuzco, Peru for the re-enactment of this ceremony, to praise the Inca and to celebrate traditions. A week's worth of festivities culminates in an epic daylong event on the 24th of June.

**For more information:** [www.fest300.com](http://www.fest300.com)

## LAGUNA PHUKET INTERNATIONAL MARATHON

**When:** 7th June

**Where:** Phuket, Thailand

The LPIM started in 2006 with Laguna Phuket being the host and title sponsor of the event since its inception. From its humble beginnings with less than 2,000 participants the event has grown to a size of more than 5,000 participants representing Thailand and more than 50 countries around the world.

LPIM is currently Thailand's 2nd largest international marathon event to ever reach over 1,000 participants in the full marathon (42Km) category. Apart from the marathon, there will be a half marathon, 10.5km Run, a 5km Community Walk as well as a 2km Kids run, giving everyone an opportunity to participate. All races start and finish at Laguna Grove, Laguna Phuket.

**For more information:** [www.phuketmarathon.com](http://www.phuketmarathon.com)



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# TRAVELSCANNER



## ← ROMANCE AT THE LEELA

The Leela properties have come up with attractive curated packages for all reasons and seasons—The Leela Getaways 2015 – a collection of curated packages. Especially curated for love birds is the Romance at The Leela. The package offers irresistible inclusions to rekindle romance - a sumptuous dinner for the couple at one of the destination dining locations within the property, indulgent couple spa treatments, a bottle of sparkling wine, cake and chocolates in the room on arrival, a romantic boat ride on the pristine Lake Pichola (Udaipur), private butler on call, round-trip airport transfers in a luxury sedan, and more.

The Leela Palace Udaipur package includes two-night stay at Grande Heritage Lake View room. Book two nights and get the third night free, on room only basis. Complimentary accommodation for two children upto 12 years of age. This package is priced at INR 52,000 inclusive of all taxes. A three night stay at The Leela Goa starts at INR 63,500 inclusive of all taxes for a Lagoon Terrace room and a two night stay at The Leela Kovalam starts at INR 42,000 inclusive of all taxes for a Club room. All package rates valid until September 30, 2015.

**For reservations contact:** E-mail: [reservations@theleela.com](mailto:reservations@theleela.com)



## ← ROYAL HONEYMOON AT RANBANKA PALACE

If you are planning a romantic escapade with your beloved and want to indulge in royalty, Jodhpur offers the perfect getaway for a truly regal experience. The Blue City's first Classic Heritage Hotel- Ranbanka Palace brings for all love birds a unique package designed for a bespoke romantic holiday for you to cherish forever. The exotic honeymoon package includes 2 nights accommodation with buffet breakfast and dinner, candle light dinner in the restaurant or Baradari, cake and wine bottle once during the stay, complimentary upgrade to the next available higher category, complimentary full day sight seeing, couple massage and late check out. The package is valid from 1st April to 30th September and the deluxe room is priced at INR 11,999 per couple and the Club room is priced at INR 13,999 per couple.

**For reservations contact:** 09351157071 or e mail: [reservations@ranbankahotels.com](mailto:reservations@ranbankahotels.com)



## STAY AT WESTIN SOHNA'S PRESIDENTIAL VILLA

Westin Sohna, Gurgaon offers an irresistible Honeymoon Package, customised for you and your loved one. Enjoy pristine luxury and relaxation at The Presidential Villa in The Westin Sohna Resort and Spa, only at INR 60,000 plus taxes, per night.

Book your stay before August 31st 2015, and pamper yourself and your spouse with a royal experience in the lap of nature, with the exclusivity of a private Jacuzzi, in-room couple's spa treatment, a private pool experience with intimate dining barbeque set-up (optional), in-room couples' intimate bath set up with candles, and much more.

**For more information visit:** [www.westinsohnaresort.com](http://www.westinsohnaresort.com)



## HONEYMOON TREAT @ SIX SENSES YAO NOI



Six Senses Yao Noi sets the highest benchmark for island resort living in Asia. Pool Villa accommodations provide generous personal space, a variety of views and present an uncompromised lifestyle. The most memorable honeymoon becomes even more so at Six Senses Yao Noi. The guests are offered fruits, chocolates and bubbly upon arrival. There is also the Six Senses Spa Double Massage and romantic candlelight dinner. All this can be availed if you present a marriage certificate not older than three months and book yourself for a minimum of 5 nights. This package is valid until 31st October.

**For reservations contact:** 0124-4309300 (India reservations office) or visit <http://www.sixsenses.com/resorts/yao-noi/destination>







### HONEYMOON BLISS AT SIX SENSES LAAMU

Six Senses Laamu is the only resort in the Laamu Atoll, deep in the Indian Ocean. Just an inter-island plane trip from Malé International Airport and a short boat ride brings you to a place where dolphins swim. The resort is a combination of on-land and over-water villas constructed of sustainable materials and set around the palm-fringed paradise. A honeymoon package here includes four to seven night's villa accommodation, round-trip domestic flights and local speedboat transfer, welcome amenities, daily breakfast, honeymoon cake, 60-minute couples' massage at Six Senses Spa, private sunset cruise on a Maldivian sailing dhoni, private barbecue dinner on the beach, an in-villa Champagne breakfast and a departure gift. The package is valid till December 21, 2015.

**For more information:** 0124-4309300 (India reservations office) or visit <http://www.sixsenses.com/resorts/laamu/destination>



### HONEYMOON AT SULA VINEYARDS

If you are looking at a relaxing honeymoon amidst greenery then Sula Vineyards in Nashik, Maharashtra is the place to be. Honeymoon Packages at Beyond by Sula, Sula Vineyards offers Couple's Special Spa Package (one night applicable on weekdays - Sunday to Thursday) at INR 8,500 plus 20 per cent tax. This package includes a stay in a deluxe room, breakfast, one Sula Brut pint, winery tour and wine tasting session and your choice of 60 minute massage worth INR 3700 plus 17.36 percent tax.

Couple's Romantic Getaway (Two nights applicable on weekdays - Sunday to Thursday) is priced at 15,000 plus 20 per cent tax. This includes a stay in a Deluxe Room overlooking the Gangapur Dam, breakfast, one Sula Brut pint, winery tour and wine tasting session, couple Escapade Spa (your choice of 60 min massage and Jacuzzi for two) worth INR 3700 plus 17.36 percent tax.

**For more information:** [www.sulawines.com](http://www.sulawines.com)



### NUPTIAL RETREATS AT ITC RAJPUTANA

Celebrate the journey of a lifetime with Nuptial Retreat package at ITC Rajputana in Jaipur. Unwind, relax and treat yourself to well-deserved anonymity on your honeymoon or any other special occasion. Enrich enduring bonds at the choicest of leisure destinations amid lavish suites, exotic spa therapies, endless conversations, and gastronomic delights. Make every occasion a celebration. The package includes accommodation for up to 2 adults in ITC One / Suite(s), personalised check-in, breakfast in bed, one private / exclusive candle lit dinner, a buffet lunch, two way airport / railway transfers, chauffeured car for 2 days for up to 4 hours per day together with a guide on one day, one 60 minute Kaya Kalp signature massage for up to 2 adults and a lot more. The price for this 3 nights, 4 days package starts at INR 19,499 plus taxes per night and is valid till 30th September.

**For more information:** [www.itchotels.in](http://www.itchotels.in)



### HONEYMOON PACKAGE AT DUSIT DEVARANA, NEW DELHI

Dusit Devarana, New Delhi is perfectly located between the historical attractions of New Delhi and corporate hub of Gurgaon, the hotel provides business and leisure travellers a luxurious urban retreat in the heart of India. For honeymooners Dusit Devarana offers a package which includes one night in Devarana Garden room, breakfast for two, a bottle of house wine, 3 course set menu dinner for two and 60 minutes couple aromatherapy. The honeymoon package is priced at INR 25,000 plus taxes in summers and INR 30,000 plus taxes in winters.

**For more information:** Call 011-30158657 or visit [www.devarana.in](http://www.devarana.in)







## MAURITIUS UNLOCKED

Rocky and Mayur get 'keys to paradise' from Dr. Karl Mootosamy, Director of MTPA at Fort Adelaide, Mauritius

**A**s a part of the Family Fun Adventure initiative to promote Mauritius, MTPA India has sponsored a two part series, on NDTV Good Times, that will be telecast starting Friday, 5th June. Anchored by the TV stars Rocky & Mayur, this series is expected to be watched by millions of viewers in India and other countries including Mauritius.

After handing over the 'keys to paradise' to Rocky & Mayur at Fort Adelaide, Director of MTPA, Dr. Karl Mootosamy said, "Indian tourist arrivals have shown a tremendous growth of 21.7 percent from January to April 2015 as compared to a similar period last year. In order to continue this trend we have decided to get Rocky & Mayur to promote the magnificence of this country through a series on NDTV Good Times. The message that we wish to convey to the Indian traveller is that besides the beautiful

beaches and scenic locations, Mauritius offers a lot of fun and adventure activities that make it an ideal destination for the entire family."

Vivek Anand, Country Manager MTPA India added, "The two episodes, that were shot over a period of ten days in May, have Rocky & Mayur travelling all over the island and enjoying the gastronomic delights including a sunset dinner on the catamaran, indulging in spa treatment, going for adventure activities like SeaKart, Submarine, Scuba, Zipline and Quadbiking. They are also seen tasting the world famous Rhums, playing a round of Golf and enjoying an evening out at a night club."

**For further details contact:** Chandrani Chakraborty – Manager PR & Marketing 919310585052/919891420516 ♦

Watch  
BUCKET LIST –  
MAURITIUS on 5TH  
JUNE 2015  
FRI 8 PM  
at NDTV Good  
Times

"Besides the beautiful beaches and scenic locations, Mauritius offers a lot of fun and adventure activities for the entire family"



Turkish Airlines witnessed this spectacular wedding ceremony

## A Wedding above the Clouds

Two people who'd fallen in love after meeting on a Turkish Airlines flight returned, exactly one year later, to take their romance to another level

**W**hen a beautiful Serbian actress, Vjera Mujović and Stefan Preis, an esteemed doctor from Germany boarded the same Turkish Airlines flight in May 2014, little did they know they'd be returning to the same spot for their wedding.

Having been seated next to each other on the TK 342 flight from Istanbul to Ulan Bator in Mongolia, the couple began chatting. It was kismet. They discovered shared values, thoughts and opinions, despite not only their different backgrounds but also their separate reasons for taking this trip. Before long, they were struck by Cupid's arrow, and a year later,

"Surrounded by their friends and family, the couple tied the knot in a ceremony overseen by Turkish Airlines Belgrade-Istanbul flight on the same seats 5B and 5C, to be exact"

on 6th May 2015, they became husband and wife aboard the Turkish Airlines Belgrade-Istanbul flight on the same seats 5B and 5C, to be exact.

Surrounded by their friends and family, the couple tied the knot in a beautiful ceremony overseen by Turkish Airlines, who supplied food, candlelight, rose petals, and a delicious wedding cake.

If ever there was proof that Turkish Airlines exceeds expectations, this is surely it! Being the first airline in the world in terms of the number of countries reached, it is committed to bridging nations, cultures, businesses and, most importantly, people. ♦



# Canada: Unexpected wonders

Enjoy a ride on a snowmobile

Canada offers many charms to the honeymooners. If you love wild life then you have come to the right place

WORDS | TLF DESK

**F**rom coast to coast, Canada is filled with unexpected wonders that are sure to awaken your inner explorer. If you are an avid wild life lover or appreciate nature Canada can offer you ample choices.

## Sea Otters: Beautiful marine life

**Province/Territory: British Columbia (Remote corner of Vancouver)**

You can explore this remote corner of Vancouver island by kayak. Here you can witness sea otters and 110 hectares of old growth rainforest on rugged Spring Island. Dipping your paddle into the gentle swell, you glide through a jungle of enormous floating sea kelp toward an armada of bobbing, furry heads. Suddenly, its formation is broken by a playful splash of a sea otter diving beneath the glassy waters. You are kayaking off the outermost western edge of Vancouver Island along a wild, wave sculpted coastline of ancient forests and windswept beaches.

Out here, sea caves and vertical rock stacks shape nearby shores. Enormous thousand

“You can explore British Columbia – a remote corner of Vancouver island by kayak. Here you can witness sea otters and 110 hectares of old growth rainforest on rugged Spring Island”

year old cedars and Sitka spruce stand covered with ferns, moss and lichen. Hidden inlets and freshwater streams beckon. And a black bear lumbers along a deserted beach searching for crabs.

Home-base is a camp of comfortable beds, spacious tents and gourmet temptations on

Spring Island, 150 kms northwest of Tofino, surrounded by the Kyuquot Sound. This is the traditional territory of the Kyuquot and Checleset First Nations, who share an Aboriginal salmon feast with you around the fire while the sea otters play offshore.

## Why you should visit

- Circumnavigate the rocky outline of remote Spring Island in search of playful sea otters, eagles, puffins, seals, snorting sea lions, and maybe even a whale or two.
- Savour a morning cappuccino at your luxurious base camp before launching into a protected bay.
- Learn to identify sea anemones, periwinkle, sea stars, gooseneck barnacles and other marine life.
- Land your expedition kayak on a black sand beach for a delicious lunch of guacamole, black bean and corn salad.
- Watch massive bull kelp twist on ocean currents and iridescent seaweed shimmer on cobalt waters.
- Learn about the unique biology of the sea otter in the protected sea mammal sanctuary.
- View black bears from kayaks while they

forage along the shoreline.

- Hike through enchanting arboreal worlds and learn their botanical secrets from local guides.
- Eat a traditional salmon dinner - prepared around the fire - and visit with local First Nations elder family.
- Enjoy unfamiliar camping comforts, including beds, prepared meals, a shower, and space to roam without crashing waves, bears and cougars.

## Weather

- This part of Vancouver Island is a temperate rainforest, receiving significant rainfall.
- Temperatures are moderated by the sea, rarely getting very hot or very cold year-round.
- Summers are more wet – Kyuquot receives the same annual precipitation as Tofino and Clayoquot Sound.
- Typically, each trip will have one day or night with some precipitation, mixed with overcast or foggy conditions and days of very windy sunny and dry periods with large swell and wave conditions that reduce the scope of paddling options.

## Visitor information

- West Coast Expedition runs trips for paddlers (and non-paddlers) of all abilities from a fully catered base camp on Spring Island.
- The fleet of single and double kayaks

“The polar bear capital of the world, Churchill, Manitoba gives you the chance to see these fuzzy creatures up close and that too in a 100 mt long mobile hotel - the all-terrain Tundra Buggy®”

includes smaller double kayaks that work well for a parent with child (6+ years old).

- You have approximately 1.1 km<sup>2</sup> (110 hectares) or 272 acres to explore just south of British Columbia’s largest marine Ecological Reserve.

## When to go

- Basecamp and expedition kayak trips are offered from late June until early September.

## Polar Bears: The Tundra Titans

**Province/Territory: Manitoba**

You might have seen Polar bears on National Geographic or Animal Planet but in Manitoba in Canada you get your chance to get up close with these Tundra titans. This one and only exclusive polar bear preserve gives you the chance to do that and that too in style in a 100 mt long mobile hotel. The polar bear capital of the world, Churchill, Manitoba awaits. Traverse the frozen landscape via all-terrain Tundra Buggy®; view wild polar bears roaming snowy expanses as they await Hudson Bay’s ice-over. You can stay for up to five nights in a hotel-on-wheels, situated in exclusive-access bear terrain. Enjoy 24-hour viewing opportunities in an ethereal Arctic environment and sleep under the Northern Lights and rise each morning to watch polar bears shake snow from their fluffy coats. This is the ultimate way to get eye-to-eye with these impressive ice bears. Embark on Tundra Buggy® day-trips from the historic outpost of Churchill or venture on a multi-day excursion via a 100-m-long mobile hotel—whichever you choose, you’re set to explore Canada’s remote northern wilds and get up close with the tundra titans.

## Why you should visit

- Navigate the frozen north via unique Tundra Buggy®—a big-wheeled, all-



Polar Bears enjoying the white cover in Churchill, Manitoba





Be mesmerised by the play of Northern lights

terrain transport vehicle that allows safe, up-close encounters with polar bears.

- Embark on three- to five-day excursions in the 100-m-long Tundra Buggy Lodge—a mobile hotel that allows for round-the-clock polar bear viewing from lounge cars, dining rooms, sleeping quarters and open-deck areas.
- Venture to Cape Churchill, in remote Wapusk National Park, the heart of polar bear country for the most intimate polar bear excursion.
- Photograph polar bear sows (females) feeding their cubs; get eye-to-eye with powerful boars (males) as they venture in for some “buggy love.”
- Learn about polar bear ecology from experienced guides; enjoy responsible polar bear viewing via an experienced operator; view vibrant Aurora Borealis displays.
- Wander the outpost town of Churchill; learn about local Inuit culture; see the ramparts of an 18th century Hudson’s Bay Company Fur Trading Outpost; dine on local fare such as bison, musk ox and Arctic char.
- Experience optional/seasonal adventures such as dog sledding or helicopter tours.

#### Weather

- Expect below-freezing temperatures during polar bear viewing season (October and November). Average daily temperatures are approximately -2°C in October and -13°C in November.



Vancouver is a friendly place

#### Visitor information

- Frontiers North Adventures offers a variety of Churchill-based polar bear viewing tours.
- Reservations are required.
- Frontiers North Adventures also offers adventure tours in Nunavut and British Columbia.

#### When to go

- October and November are prime polar bear viewing months.
- November sees colder weather but increased ice pack.
- Excursions to Cape Churchill in

Wapusk National Park are only offered in November.

#### Need to know

- Polar bear viewing is a non-strenuous activity; guests are responsible for outdoor apparel and personal items.
- Tundra Buggies are heated and washroom equipped.
- Tundra Buggy Lodge houses up to 38 guests in a remote, wilderness environment.
- All or most meals included in packages.
- Frontiers North Adventures operates in an environmentally sustainable and responsible manner. ♦



#### TAIPEI

##### Why

Taipei, the capital of Taiwan, is a modern metropolis with Japanese colonial lanes, busy shopping streets and contemporary buildings. With a Chinese, Japanese and western influences in its food, culture,

folk arts and architecture Taipei is an amalgamation of the three cultures. Taipei is also known for its lively street-food scene and many night markets, including expansive Shilin market.

##### Must see

Taipei 101, National Palace Museum, Confucius Temple, Yangmingshan National Park, Longshan Temple, 2-28 Peace Memorial Park, Chiufen Village,

Currency: Taiwanese Dollar (TWD)  
Language: Taiwanese Hokkien, Mandarin and English

##### Where to stay

The Grand Hotel, Ambassador Hotel, Regent Taipei, Han She Hotel, Taipei Hostel, Delight Hotel, Holo Family House, Taipei Fullerton Hotel North, Dandy Hotel Tianjin Branch

##### Where to eat

James Kitchen, #21 Goose and Seafood,



Xiangyi Vegetarian Heaven, Wu Hua Ma Dumpling House, Celestial Restaurant, Din Tai Fung, He Xiang Delicious Food

##### Where to party

Ounce Taipei, Club Myst, Jolly Brewery and Restaurant, Luxy, Bobwundaye, Party World, Spark 101, Speakeasy Bar



#### COCHIN

##### Why

This is one unique state where one can witness the sea and lakes simultaneously. Cochin is relatively commercial hub of the state for international trade due to the Cochin port. It is more or less cosmopolitan

in nature and offers a blend of traditional and contemporary lifestyles simultaneously. Rice and fish varieties are the staple diet in this region of India.

##### Must see

Kathakali Performance, Explore the backwaters, Book an appointment for Kerala ayurvedic massage, Watch the fishermen drop the Chinese fishing net, Visit the Paradesi Synagogue in Jewish Town

Currency: Indian Rupee  
Language: Malayalam and English

##### Where to stay

Trident, Holiday Inn Kochi, The Gateway Hotel, Marine Drive Ernakulam

##### Where to eat

Paragon, Lulu Mall for Kerala and south Indian vegetarian and non-vegetarian

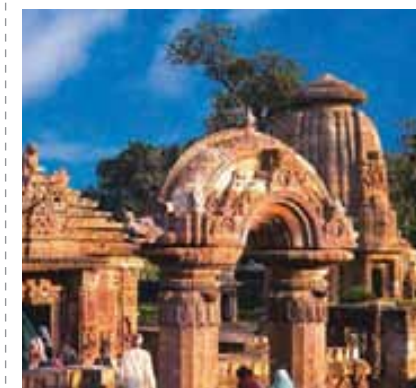


cuisine.

Dhe Puttu for authentic vegetarian and non-vegetarian Kerala cuisines.

##### Where to party

Awa Lounge bar in Dream Hotel, Nasha the Bar, Velocity, Longevity



#### BHUBANESWAR

##### Why

Bhubaneswar is the capital of Odisha, and is also known as Temple city of India due to the one thousand plus temples in the city.

The most ideal time to visit Bhubaneswar is during the winter months between November to February. Fish and rice are considered as staple diet in Bhubaneswar and Orissa as a whole.

##### Must see

Pay a visit Jagannath Temple, Puri, P Konark Sun Temple. Witness an Odissi performance, Visit Nandankanan Zoo, Orissa State Museum

Currency: Indian Rupee  
Language: Oriya and English

##### Where to stay

Mayfair Lagoon, Hotel Hindustan International and Ginger Hotel

##### Where to eat

Golden Bird, a part of Hotel Pushpak in Budha Nagar for mouth-watering Indian, Tandoori, Chinese, Continental and the local traditional Oriya cuisines.



Dalma: Dalma is a chain of Oriya food restaurant present across cities in Orissa. Kanika, Mayfair Lagoon for Oriya cuisine

##### Where to party

Lounge Bar and HHI Underground in HHI, Baron and Baroness in Hotel Mayfair Lagoon, Desire in Hotel Pal Heights,



# AN ADVENTURE Downunder

If you care for some wine and wildlife then Victoria in Australia is your best bet for a spectacular honeymoon

WORDS | TLF DESK

The Grotto, Great Ocean Road, Victoria, Australia

**W**ith the wedding season around the corner, couples across the nation are gearing up to explore new and undiscovered destinations as newly betrothed couples. Honeymoon agendas have become increasingly offbeat over the years with many newlyweds giving up long walks on the beach to instead travel to international destinations and experience exotic wine tastings and wildlife. The State of Victoria, Australia is a place with many unique features where newlyweds can fulfill their every fantasy.

So if you love wines and are a wildlife enthusiast then this is your chance to introduce the same to your better half.

## Places of interest in the State of Victoria

**Yarra Valley/Dandenongs:** The Yarra Valley is the State of Victoria's wine capital. Housing more than 50 world-class wineries, dozens of fine restaurants and scores of boutique retreats, this place is a must-see for all tourists. Also nearby, are the Dandenong Ranges that are home to spectacular wildlife, over 300 kms of walking trails and a variety of boutique accommodations. The Dandenongs are also host to the annual Tesselaar Tulip Festival that is on from 15th September – 12th October. The popular festival features live entertainment, a garden sculpture exhibition, multi-cultural food and beautiful garden displays.

**Phillip Island:** Phillip Island hosts Australia's most popular wildlife event – a parade of little penguins which emerge from the sea and make their way to their burrows in the sand dunes. The island is also home to a large number of Koalas and a colony of up to 16,000 fur seals. Tourists can swim, sail, fish or go boating, while bird watchers can come to the



12 Apostles Gibsons steps

"The Yarra Valley is the State of Victoria's wine capital. Housing more than 50 world-class wineries, dozens of fine restaurants and scores of boutique retreats"

island to see over 100 species of bird that reside on the island.

**Great Ocean Road:** The Great Ocean Road is one of the world's most scenic coastal drives that boast of a breathtaking stretch of astonishing seascapes, magical forests and sprawling farmlands. One can witness the spectacular limestone stacks, namely the Twelve Apostles that have formed over 20 million years. Aptly named the 'Shipwreck Coast,' one can still come across the anchors of two famous ships, the Marie Gabrielle and the Fiji that are still embedded on the beach. Travellers also have the option of enjoying surfing at this location as some of the nation's best known surf beaches are located on the Great Ocean Road.

**Mornington Peninsula:** Arching around the eastern rim of Port Phillip Bay and close to the city, the Mornington Peninsula is a holiday spot chosen by many people visiting Melbourne. Mornington Peninsula is a popular destination for golfers as it is home to some of Australia's best courses that offer year-round golf with magnificent coastal views. It



The Nobbies Boardwalk

offers more than 50 wineries to sample pinot noir, pinot gris and chardonnay. Visitors can sample organic fruit and vegetables from numerous small orchards, farms and vineyards in the vicinity. Also, tourists can spend time diving, surfing, swimming with dolphins and seals.

**Melbourne City:** The city of Melbourne will always be a product offering that is of prime importance to us. Known as a style setter, Melbourne is home to some of the best shopping and nightlife in Australia, a non-stop program of events and festivals, cutting-edge design, fashion and architecture, major art exhibitions and musical extravaganzas. Melbourne is currently the reigning 'World's Ultimate Sports City,' as awarded by Sports Business International. Every year the city plays host to international sporting tournaments at world-class venues, such as the Spring Racing Carnival, Formula One racing, Australian Open tennis and this November, the city will be hosting The Presidents Cup 2011 from 15-20 November 2011 at the Royal Melbourne Golf Course. ♦

## FAST FACTS

### How to reach

Melbourne Airport is serviced by 27 international airlines and the airport is around 22 kms from the city

Within the state you can opt for interstate train or bus services. Both of them are highly efficient

There are options for self drive as well

### Places to stay

- Silverwater Resort
- The Moorings at Metung
- Casa Luna Gourmet Accommodation
- Boroka Downs

### Currency

Australian Dollar  
1AUD = INR 49.47



# FRANCE for the **food lovers**

A restaurant in Petite France- Strasbourg

France is not only famous for its fashion sensibilities but is also a top most destination for food connoisseurs

WORDS AND PHOTOGRAPHY | RUPALI AND BAKSHISH DEAN

**T**he gastronomic meal of the French has been inscribed on the UNESCO 'list of Intangible Cultural heritage of humanity', so if you are a foodie couple and love visiting gorgeous locations that offer great food experiences then France should definitely be on your list, we talk here of the top 4 beautiful gastronomic destinations for the newly married where food is decadent and the bonus are the views

## NICE IS NICE

Strolling through the shaded and winding streets of the old town to get a feel for the city's soul is one of the first things to do

while visiting Nice. This district, with its tangle of narrow streets and brightly coloured façades, reflects the colours and style of Sardinian architecture. The Baroque's art and architecture, is also characterised through the religious patrimony deeply represented the Old Nice. Visit the Castel Hill, this park and its botanical garden offer a unique vista over Nice and its surroundings, magnificent panorama of the stunning sea with the old town in the foreground. The flowers and vegetable market of Nice is the most picturesque market in France and provides a feast for the eyes and a delight for the palate. Cours Saleya, which is one the most vibrant neighbourhoods of Nice, is the meeting point animated by its lively

cafés and restaurants; take time to admire the vibrant colours of magnificent flowers and get to know the local producers, which bring everyday a large choice of fruits and vegetables and local specialties is absolutely romantic for a foodie. The flower and vegetable market offers traditional items like the famous Pan Bagnat, literally 'moistened bread'. The sandwich is composed of a round white bread around the classic Salad Nicoise, a salad composed mainly of raw vegetables, hard boiled eggs, anchovies, and /or tuna, and olives. The Pissaladière, onion tart with olives and anchovies (pissalà means anchovy paste in Nissart). The famous - Socca, a large crepe of chickpea flour, to be eaten piping

hot and generously sprinkled with pepper. The Fougasse, Provençal bread stuffed with vegetables. Do not miss the 'Place Garibaldi Area', the Rue Bonaparte with the news, coffees and the stores! The Port of Nice built in a Genoese architectural style and situated at the foot of the Chateau hill is surrounded by yellow ochre houses, Located in the heart of the city, it is just a few minutes on foot from the city's main point of interest. But of course when you are in the most beautiful city of France you must indulge in a gorgeous coastal sightseeing tour of about an hour long, and allow yourself to be carried away on this charismatic maritime excursion from Cap de Nice to the Promenade des Anglais fleeing through the famed Villefranche bay.

"The gastronomic meal of the French has been inscribed on the UNESCO 'list of Intangible Cultural heritage of humanity', so if you are a foodie couple then France should definitely be on your list"

**Most romantic place to stay:** Hotel West End, 31 Promenade des Anglais

**Tel:** +33 (0)4 92 14 44 00, **Web:** <http://www.hotel-westend.com>

**Most romantic thing to do:** A Nicoise cooking class with Chef Tamara which starts at the famous flowers and vegetables market of the Cours Saleya, the class ends with a meal and wine overlooking the beautiful deep blue sea.

**For Reservations:** L'Atelier de Tam, 2 Place Guynemer **Tel:** +33 (0)4 93 26 54 67, **Web:** <http://www.latelierdetam.com>

**Most romantic restaurant:** L'Aphrodite, 10 boulevard Dubouchage, **Tel:** +33 (0)4 93 85 63 53 **Web:** <http://www.restaurant-aphrodite.com>

## LYON- THE FRENCH WAY OF LIFE

Combining an exceptional historic heritage with a natural liking for good food, this second largest city of France and the capital of Rhone-Alpes region, Lyon has been the ultimate gastronomic city popular around the world owing to Chef Paul Bocuse. You can succumb here to the charm of the city's atmosphere, where everything is gourmandise, sometimes for the eyes and at other times for the taste buds. It boasts of over 2000 restaurants, including the famed 'bouchons' aka typical local eateries to Michelin star establishments. From traditional Lyonnaises (19th century cooks for the bourgeoisie) to creative



young chefs, Lyon is home to culinary experimentation with new tastes and concepts to be savoured. A must visit certainly is the 'Halles de Lyon-Paul Bocuse' which since its creation in 1859 have been an emblematic centre for Lyon gastronomy. As time went by the covered market turned into an existent market hall. This in turn fell into disorder to the point where in 1971 the new Halles De Lyon was built at its present location in the Part – Dieu neighbourhood. In December 2006, the 'Halles' went through yet another major turning point in their existence and after a complete face lift is now called 'Halles de Lyon-Paul Bocuse', in tribute to the great Lyon chef who frequently does his shopping here. Fifty six merchants and artisans share the market; amongst the renowned 'Mere Richard' (cheeses), sibila cooked meats etc. You can find all sorts of regional products here, all of exceptional quality, together with a number of restaurants and sea food joints. It's sheer amazement and inspiring to stroll around Lyon to admire its heritage and also to explore its many boutiques. All in all an ideal city for discovering all the charms and the French way of life!

**Most romantic place to stay:** Hotel Royal, 20 Place Bellecour - 69002 LYON

**Tel:** +33 (0)4 78 37 57 31, **Web:** <http://www.accorhotels.com/gb/hotel-2952-hotel-le-royal-lyon-mgallery-collection/index.shtml>

**Most romantic thing to do:** Take the Funicular railway to the remarkable Fourviere hill that prizes with great views over the city and the gorgeous church, stop by for a drink before you go down

into the old town.

**Most romantic restaurant:** Daniel et Denise, 36 Rue Tramassac, 69005 Lyon

**Tel:** +33 (0)4 78 42 24 62, **Web:** <http://www.daniel-et-denise.fr/>

## STRASBOURG- A RICH HERITAGE

Built along the river Rhine, swaggering a 2000 year history and a town centre listed as UNESCO World Heritage, this eye-catching town combines convention with modernity and can be discovered on foot, by tram and even bicycle. Restaurants simply litter the streets of Strasbourg, some categorised amid the best in France. Genuine local specialities are best tasted in the 'winstub', Strasbourg's typical small family owned restaurants. A particularly rare phenomenon - the production of beer and wine side by side, needless to add in Alsace, both are of the ultimate quality. For example at Au Brasseur on 22 rue des Veaux, a very interesting a micro-brewery,

they create and brew their own beer and it is a great idea to wash down those home-made beers with 'tarte flambé' (flammekueche). With a tradition stretching back to 1260, Alsatian beer is universally recognised and enforces quality, consenting it to rival foreign beers. Foie Gras and Sauerkraut are the two centre pieces of Alsatian cuisine, but alongside these delicacies, many other mouth-watering dishes can be found on the menus. For example Baeckeoffe, and Spätzle which complement fish, in particular the famous matelote, poultry and game. For dessert after the sampling of the full flavoured Munster cheese appears a whole array of bilberry, plum and apple tarts. Not to forget the special cheese cake and the famous 'kougelhoppf'. All of these gastronomical temptations can of course be done if accompanied by the precise wine. Although white wine dominates, the selection is enormous and intricate owing to the Alsatian tradition of labelling the wine by the name of the vine and not the place of origin and leads to



Best microbrewery in Strasbourg



Some Bouchon food in Lyon

multiple variations depending on the soil, aspect etc. Riesling, Pinot Blanc and Pinot noir these are just a few of them. A must try are also the colourless spirits of the region from Gewürztraminer Marc to the significant raspberry, the range is complete and boons a spectacular conclusion to a lavish meal. An area worth mentioning is 'The Petite France', formerly the fishermen, millers and tanners district, today is a peaceful tourist district in the heart of the town. The narrow streets offer a wealth of half-timbered houses dating from the 16th and 17th centuries, gigantic courtyards and huge sloping roofs. All in all, this capital of Alsace is rightly famous for its delicious cuisine, wine and beer.

**Most romantic place to stay:** Hotel Beaucour, 5 rue des Bouchers. **Tel:** +33 (0)3 88 76 72 00, **Web:** [www.hotel-beaucour.com](http://www.hotel-beaucour.com)

**Most romantic thing to do:** Sit in front of the many bistros of the Strasbourg Cathedral and watch this strikingly beautiful basilica as you sip over a drink.

**Most romantic restaurant:** Maison des Tanneurs (a typical Alsatian restaurant located



Inside the Bustronome in Paris

in the heart of the Petite France district) 42 rue du Bain-aux-Plantes **Tel:** 00 33 3 88 32 79 70 **Web:** [www.maison-des-tanneurs.com](http://www.maison-des-tanneurs.com)

## PARIS- SO VERY TRENDY

The city offers cuisine that intentionally seeks to be more modern, inspired and innovative, inspired by the great Parisian movement 'le fooding'. Current art de vivre food trends in France's capital range from a rise in the popularity of street food to a craze of multidisciplinary restaurants. There is always something new, state-of-the-art and inventive on the food scene. You can dine at a tiny restaurant or a grocer's watch professional chefs, enjoy a special set menu or learn alongside a Michelin starred chef, there are so many ways to experience good food in Paris. I would definitely recommend convivial tea-time in one of the most famous salon de thé, 'Laduree' a short stroll from the Arc de Triomphe. This is one fine tea room set in elegant and relaxing surroundings. Must tries include the Macaroons, short-crust pastries and sandwiches. Gourmet walks are an original way to explore Paris. Several companies offer guided gastronomic walking tours as well as chocolate and market tours with Parisians or chefs and visits to master bakers or cake and pastry makers, a great way to make the acquaintance of gourmet Paris. We booked our tours with La Route

des Gourmets and would highly recommend the same for any of the tours they offer. We opted for the Rungis Market Tour early in the morning which ended up in the most delicious breakfast and later moved on to the Luxury Gourmet tour with amazing samplings of macaroons, cheese, caviar, truffle to name just a few! Nothing could be more romantic than wanting to discover the secrets of top chefs in a city where cuisine rhymes with inventiveness and tradition. The most prestigious chefs have their own schools (Alain Ducasse, Guy Martin), ideal to bond over a cooking lesson.

**Most romantic place to stay:** Hotel Fouquet's Barrière - 46 avenue George V - 75008 Paris - **Reservations:** + 33 (0)1 40 69 60 00, **Web:** [www.fouquets-barriere.com](http://www.fouquets-barriere.com)

**Most romantic thing to do:** Gourmet tour with La Route des Gourmets in the district of the Madeleine square., **Web:** <http://www.laroutedesgourmets.fr/en/>

**Most romantic restaurant:** Lunch on-board the Bustronome. **Web:** <http://www.bustronome.com> ♦

## FAST FACTS

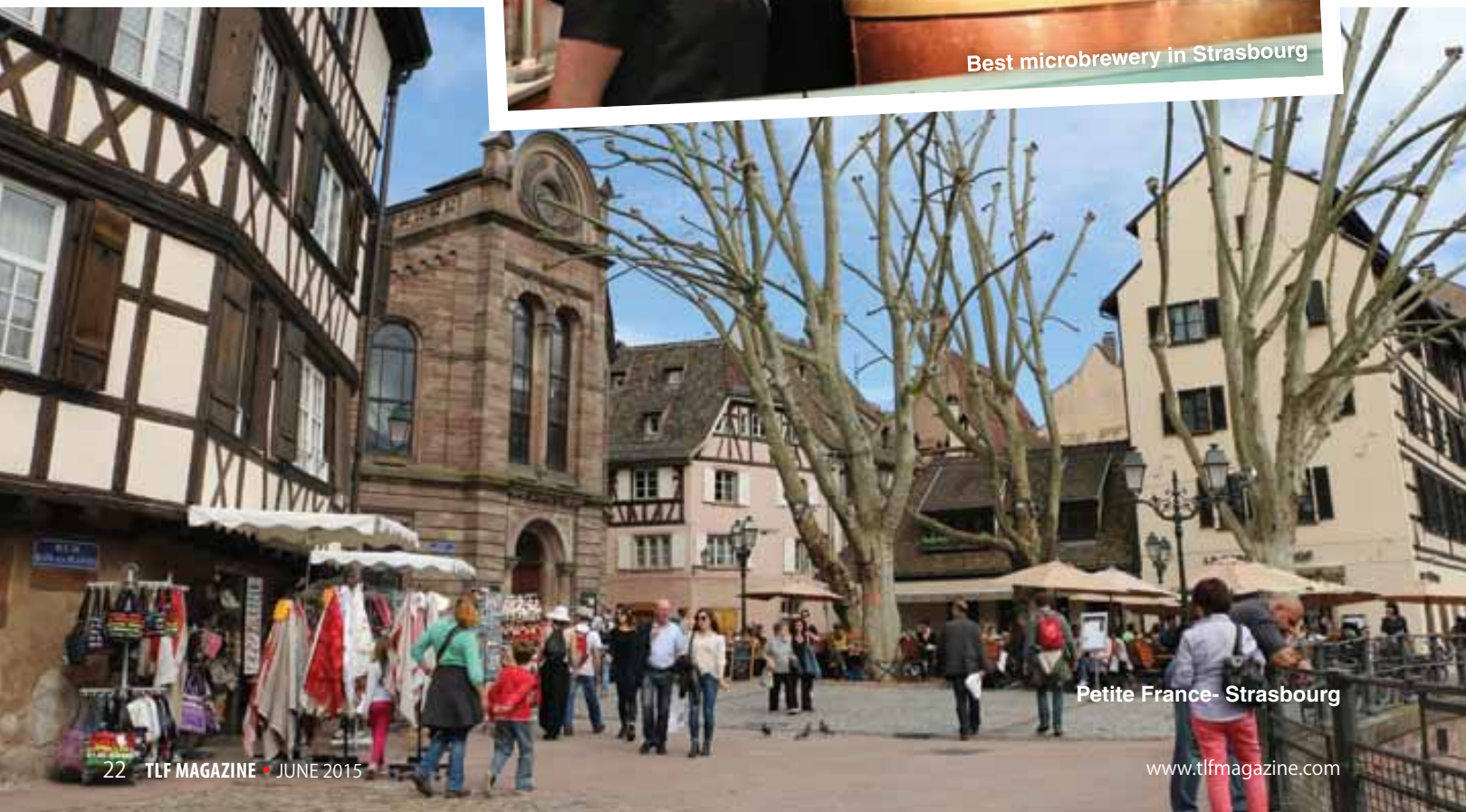
**Best way to reach:** Air France, France's national airline. Or you could fly Emirates via Dubai which allows you to carry 30kg even in economy class.

**Visa and currency:** Euros is the local currency and Indians require a Schengen Visa to enter France

**Plan activities and itinerary:** Log on to <http://in.rendezvousenfrance.com/>

**Best way to travel through the cities:** Buy a Rail Europe Pass from India itself so your travel is better organised. Log on to <http://www.raileurope.co.in/>

"Current art de vivre food trends in France's capital range from a rise in the popularity of street food to a craze of multidisciplinary restaurants"



Petite France- Strasbourg





# ROMANCE ON RAIL

Instead of booking those last minute air tickets and getting crammed in a flight for long hours, enjoy a slow and scenic travel with these opulent trains

## Canada: VIA Rail

Embark on a romantic journey through the Canadian Rockies with VIA Rail in Canada. Canada by Train brings to life the unique thrill of travel by train with insights into the ethnic diversity and traditions of Canada, complemented by this land's stunning wilderness and majesty. This might just be the perfect honeymoon getaway for a relaxed, scenic and a memorable experience. The moment you step into the station, you and your beloved will be stunned by the high ceilings with dramatic architectural details. Once onboard, relax in your room, viewing the ever changing picturesque landscapes.

The train journey will cheer up your romantic endeavours. Deposit your luggage and be free to explore the train. Make your way to the activity car or start by exploring an upper section that sits above the rest of the train with windows completely encasing it to see the blue sky and all around. Your cabin, at night, will change from a sitting room to a bedroom. Enter to see the comfortable bunk beds made, complimented with chocolates on the pillow. Drift off to sleep or spend the night in the arms of your beloved to the gentle rocking and hum of the train. The morning will bring you to new experiences after a hot shower, yes a personal bathroom and shower



in your cabin! Head to the dining car area to enjoy a fantastic breakfast.

So sit back and indulge in lap of luxury as you discover a beautiful land by rail!

To book your journey log on to <http://www.viarail.ca>

## Europe: The Orient Express

The Orient Express began its maiden voyage on 4 October 1883 at the Gare de Strasbourg (Today's Gare de l'Est) in the presence of high-ranking politicians, journalists and writers. Despite the enthusiastic press coverage of that first journey, it was not until 1 June 1889 that the luxury sleeping-car service began operating a direct link to Constantinople, eliminating the need to change trains or take a steamer across the Bosphorus.

A timeless emblem of the Art of Travel, the Orient Express carried many notable celebrities, including American actress Marlene Dietrich, the adventurer Lawrence of Arabia, King Ferdinand of Bulgaria, Russian novelist Leo Tolstoy, and even spies such as the infamous Mata Hari. The mythical status of the Orient Express was further enhanced by books and films – most famously, Agatha Christie's *Murder on the Orient Express*, and the adventures of James Bond.

More trains were soon added to the service, all equally luxurious, to keep up with demand. A jewel of Art Nouveau, the Orient Express remains the most beautiful among them: travellers slept and dined royally on board, and on arrival at the main destinations, they even found newly-built luxury hotels awaiting them.

Due to low cost airlines and newer, high speed trains, on 14 December 2009, the Orient Express ceased to operate and the route disappeared from European railway timetables. The Venice-Simplon Orient Express train, a private venture by Orient-Express Hotels Ltd (Now Belmond), using



A couple enjoying the scenic view



A cabin in the luxury train-Orient Express





The Orient Express

original CIWL carriages from the 1920s and 30s, continues to run from London to Venice and to other destinations in Europe, including the original route from Paris to Istanbul.

The train offers world-class comfort and culinary options in an uber luxurious set up. **Book a journey on:** [www.belmond.com/venice-simplon-orient-express/](http://www.belmond.com/venice-simplon-orient-express/) on Wheels

### India: The Palace on Wheels

Enjoy your honeymoon just like erstwhile monarchs in this lavish rail experience. This luxury train was first introduced in 1982, the passenger coaches were originally meant to be the personal railway coaches of the erstwhile rulers of princely states of Rajputana, Gujarat, the Nizam of Hyderabad and the Viceroy of British India. These coaches were not being used by the Indian Railways after independence in normal passenger trains on account of very rich and traditional interiors. In the past 20 years of operations, the Palace-on-Wheels has been rated as one of the best

ten luxurious rail journeys in the world. Its 14 saloons are inter-connected, the interior matching the aesthetics of the royal states. The cabins of each saloon comes attached with showers. The train also has a well appointed lounge, library, bar and dining cars.

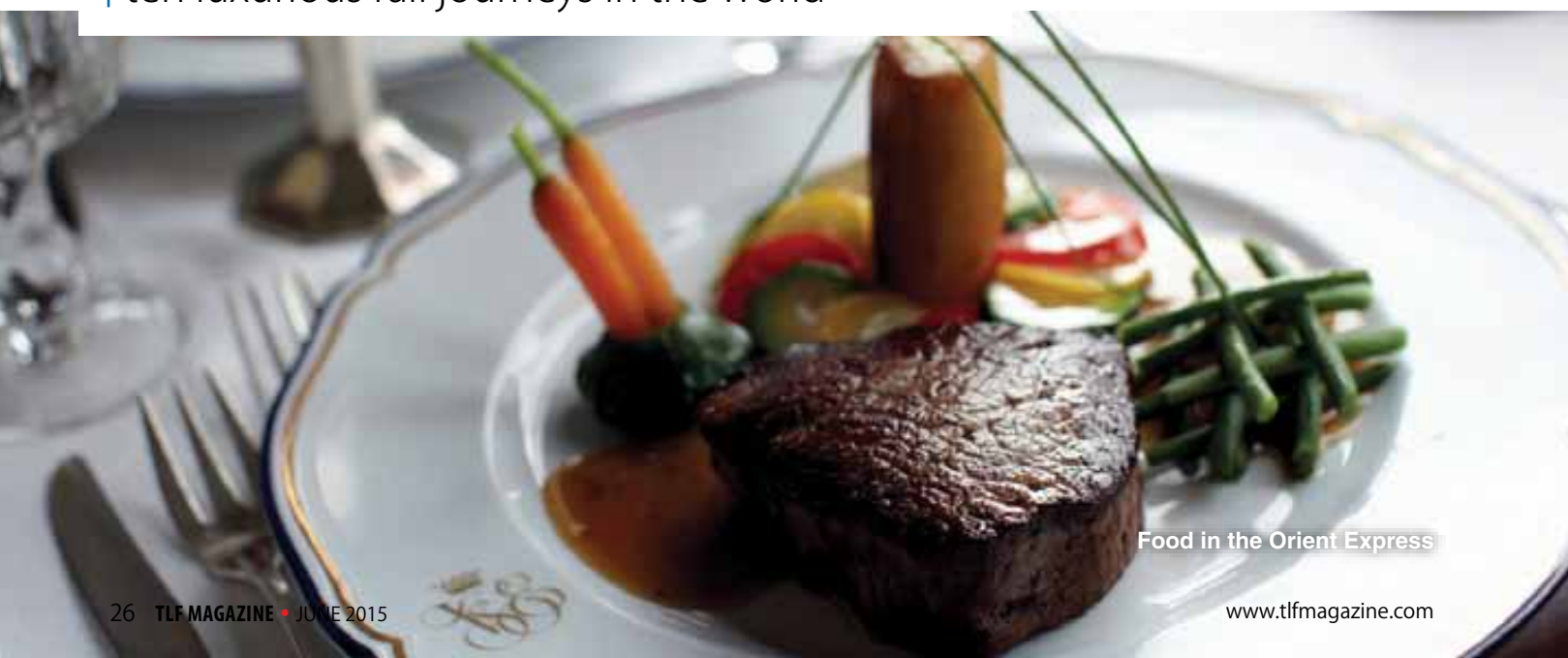
Each saloon has 4 coupes (sleeping rooms) with attached toilet. In every saloon, there is one saloon captain valet and one attendant to look after the personal needs of the tourists. Each saloon has a mini pantry properly equipped to provide ready tea/coffee and snacks.

All the royal guests get a complimentary bottle of fine Indian wine. Mineral water is made available to you all through the journey. That's not all, your honeymoon on the Palace on Wheels you get to feast at heritage hotels like the Rambagh Palace hotel in Jaipur and the Lake Palace hotel of Udaipur. After all the meticulous planning and execution makes your honeymoon holiday happy.

**To book your journey visit:** <http://palaceonwheels.net> ♦



The Palace on Wheels



Food in the Orient Express



Bird park



Petronas Tower

## 24 hours in Kuala Lumpur

KL is not just about Petronas. Spend a day and you will appreciate the other charms of the city

WORDS | TLF DESK

**K**uala Lumpur is once again in the limelight with the IIFA, a popular film award show being hosted there in June. If you are one of the many Hindi movie aficionados and headed to Malaysia next month, here's a quick guide to explore KL amidst rubbing shoulders with the Bollywood glitterati.

Make sure you have a heavy breakfast, apply ample sunscreen, pack a bottle of water and head out for a fun-filled day ahead

### 9 am

Amid the many family-oriented attractions set within the vast British legacy of Lake Gardens, none compare to hands-on fun to what's billed as the 'world's largest free-flight walk-in aviary', 'KL Bird Park'. Here you can chase peacocks and hornbills, pose with owls and parrots on one's shoulder, feed parakeets, watch ostriches lay eggs and be awed by soaring storks and flamingoes in surroundings that hardly feel caged-in or too commercial.

### Mid morning

Head to visit to The Merdeka Square, a historical site where Malaysia declared its Independence. The Union Flag was lowered and the Malayan flag was raised for the very first time at the stroke of midnight of 31st August 1957.

"Kuala Lumpur is once again in the limelight with the IIFA, a popular film award show being hosted there from 5th-7th June"

The flagpole which holds the flag of Malaysia is the highest in the world, towering at a height of 100 meters. Spend some time here visiting the National History Museum and the adjoining Kuala Lumpur City Gallery.

### Around noon

From here, head straight to the Golden Triangle (Bukit Bintang), a popular shopping and entertainment area and shop to your heart's content. Some of the popular malls include the Pavilion, Lot 10, Fahrenheit and then the bargain mall Sugei Wang. Finish off the afternoon with a nice meal in the numerous food courts there and make your way to the most iconic place in KL.

### Around 3 pm

The city's most iconic landmark is the Petronas Tower. Get your ticket for 10 ringgit, the highlight of the tour is 10 minutes on the 41st floor bridge linking the two towers. Otherwise stroll around KLCC Suria mall and click a selfie or two next to the Twin Towers.

The Menara, Kuala Lumpur communications tower is close by and make sure to go to its observation deck which is 276 metres above ground level, giving impressive views of the metropolis. The tower is located within Bukit Nanas Forest Reserve, so you can stroll downhill through greenery to the

lively Golden Triangle. Yes, and there are some good exotic tea stalls there to refresh you for the rest of the day!

### Around 5 pm

For an insight into KL's earthier, energetic side, head into nearby Chinatown. Centered on pedestrian-only Jalan Petaling, this district is throbbing with diners, shoppers and traders in narrow laneways. Thread your way through the stalls and choose a meal from whichever eatery takes your fancy; or, for something a little classier, sample Nyonya cuisine, a fusion of Chinese and Malay traditions and not to forget quaint souvenirs for those back home.

### Around 9 pm

Grab a typical Malay dinner at Jalan Alor, KL's most characterful eating street. The place is brimming with dozens of Chinese restaurants and food stalls. Don't miss its array of massage centres, with services from traditional Chinese tui na – pressure-point massage – to the classiest of Western-style day-spa treatments.

Considering a day well spent, treat yourself to a reflexology foot massage. ♦

### FAST FACTS

**Where to stay:** Le Meridien, Traders Hotel, Mandarin Oriental, Shangri-La hotel, Sheraton Imperial

**Currency:** Malaysian ringgit  
1 Malaysian ringgit = 17.63 INR

**How to reach:** All the major carriers fly to KL.





Goa is all green in monsoon

# Goa: Romance in the rains

Come June and it's that magical time of the year when the sun takes a break in Goa. This is the perfect setting to enjoy your honeymoon

WORDS | NIDHI JOSHI

## Colour me green

When the entire north India is battling with soaring temperatures you can rest easy if you have chosen Goa as your vacation spot. The monsoon usually sets in by June and there is lush greenery, beautiful flora and fauna and gurgling water falls all around in Goa. This beautiful spectacle goes on from June to September.

Goa is no longer a half yearly destination; in fact its popularity as a year round destination is fast growing. But it's the monsoons which deserve a special mention as the whole of Goa is so romantic in the rains. It seems like the nature is celebrating the advent of rains, like earth having an affair with the clouds. The coconut trees dancing to the tune of gusty winds, the lush greenery and the smell of raindrops touching the earth; it's all so romantic. Hence, Goa is the perfect destination for honeymooners.

Infact, the natural beauty of Goa is at its prime in the monsoons. From Dudhsagar waterfalls to natural springs along Chorla Ghats that come alive along the hilly terrains of the state, Goa is an awesome sight in the rains.

If you love the rains and the want to explore the culture of a place through its festivals then look no further than Goa.

## Festivals: Cultural panorama

Monsoon tourism or Raindrop Tourism as its popularly known in Goa is quite a rage with domestic as well as international travelers as within weeks of the commencement of monsoons, Goa readies itself for the gala Sao Joao fest celebrated on June 24.

Many amazing festivals and events take place in Goa during the monsoon season, and Sao Joao is one of them. You cannot miss

"Monsoon tourism or Raindrop Tourism as its popularly known in Goa is quite a rage with domestic as well as international travellers. There are many amazing festivals during this time of the year"



Rafting is fun in the rainy season

this festival as it is a wonderful insight to the local culture of the place.

This festive day is celebrated by catholics and dedicated to St. John the Baptist. According to the festival's longstanding traditions, the local youth of Goa jump into wells to retrieve the gifts that have been thrown inside by villagers. Later on, to mark the end of the day and pay tribute to the rains, they feast on an abundance of meat and seafood.

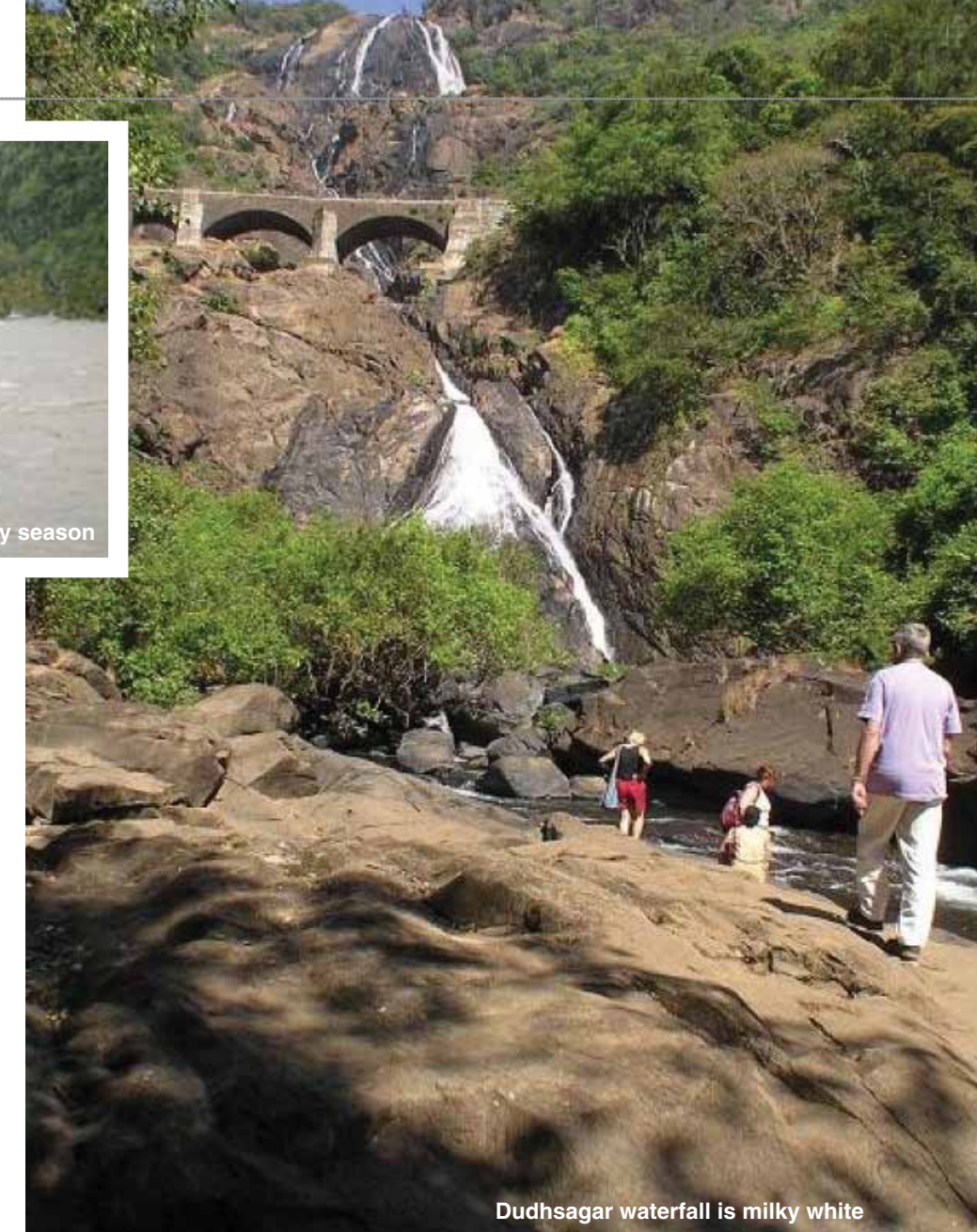
On the other hand, the feast of St. Peter, also known as Sangodd, is a monsoon-based celebration by Goa's local fishing community. Their boats are tied together to form rafts, which serve as makeshift stages. On these stages are erected miniature models of chapels or churches. Tiatrs (local drama theatre), music and folk dances are performed before an audience watching from the riverbanks.

Another festival - Bonderam is celebrated on August 24; it is local to the quaint island of Divar, away from the hustle and bustle of the capital city. In remembrance of old territorial battles that took place on the island, mock skirmishes are re-enacted by boys and girls wielding fotashes (toy flags made with bamboo) and using berries for missiles. Soothing music is played in the village throughout the day, and the crowd grows as the day progresses. Parade floats are a highlight of this festival, where colours come alive along with the costumes.

Another happening event is the Chikalkalo. People celebrate Chikalkalo, a traditional festival, at Marcel, Goa. It is an annual traditional event in which people of Marcel village take part after the 'Ashadi Ekadashi'.

## Perfect for trekking and eco adventure

Monsoon in Goa is also the perfect time for some eco adventure. Of course a walk at the beach is mandatory to witness the beauty of the sea churning in the rains. One can also take an eco-trail to Bhagwan Mahavir Wildlife Sanctuary and Cotigao Wildlife Sanctuary. One of the highest cascades in the country,



Dudhsagar waterfall is milky white

Dudhsagar Waterfalls is a spectacular sight during the rains. The waters appear almost milky white, and it is from this phenomenon that the falls get its name. They are located in Bhagwan Mahavir Wildlife Sanctuary.

Another great place to visit during the monsoon in Goa is the acclaimed spice plantation in Savoi, reached by an enchanting drive through dense jungles and hills from Ponda. An evening boat cruise up the Mandovi River from Panaji is enjoyable too. One can also experience the thrills of white water rafting which is the only adventure activity that is offered during the monsoons in Sattari.

## Monsoon weddings

Well, if you want to do it twice then you can also opt to wed for the second time on your honeymoon. Goa offers a great setup for monsoon weddings. Hotels offer irresistible packages for monsoon weddings and the monsoons provide the perfect background and romantic set up for a wedding and honeymooning. ♦

## FAST FACTS

### HOW TO REACH

**By Air:** The Dabolim Airport lies just 29 kilometres from the state's capital, Panjim. It is well connected by daily flights from Chennai, Mumbai, New Delhi, Hyderabad, Cochin and Bangalore.

**By Train:** The two major railheads in Goa are Madgaon and Thivim, which are well connected by trains from all over the country.

**By Bus:** There are a number of public as well as private bus operators in Goa, which offer options for intra-city and inter-city conveyance. KSRTC, MSRTC and KTC are some of the Government undertakings that operate from Panaji, Madgaon and Vasco Da Gama.

### PLACES TO STAY

- Alila Diwa – a boutique resort
- The Park Calangute
- Royal Orchid Beach Resort and Spa
- Double Tree by Hilton
- Miramar Residency – Goa tourism property



# MACAU:

## *A walk into the past*

If you and your better half love history and are fascinated by culture and food of a place then Macau offers a great option

WORDS | TLF DESK

**T**he very first thing you will enjoy as a married couple is your honeymoon. So if history and culture of a place is something that you enjoy learning about then look no further than Macau. Apart from history Macau also offers a plenty of romantic and exciting places for you to enjoy as a couple.

Travelling to Macau is also easy as there is visa on arrival, making it a convenient destination for Indian travellers, especially those who like not to plan their trips much in advance.

### History, culture and food

Macau represents a combination of Chinese and Portuguese culture, which is reflected in Macau's many places of historic interest and scenic beauty. For those long romantic walks which also let you soak in some local history, the ruins of St Paul Cathedral (ruins of the greatest church in Macau combined with the architectural styles of Europe and the East) is the perfect pick, as well as the symbol of Macau. At the ruins of St Paul's only the façade remains of what was once a spectacular Jesuit cathedral. The rest was destroyed by fire, but today it's still possible to climb up and see the ruins from close quarters. If you, as a couple are interested in history, the Historic Centre of Macau is a great place to visit.



Macau Towers



Macanese cuisine

This former Portuguese colony is famous not only as an entertainment haven but is also appreciated for its exotic fusion of Portuguese and Chinese culture. This cultural amalgamation is palpable from its mix of local Chinese dwellers and ubiquitous Portuguese influences, such as the various Portuguese-inspired foods and pastel-coloured Portuguese architecture. Macanese cuisine is unique to Macau and combines the best of Chinese and Portuguese ingredients and cooking along with influences from Brazil, Goa and other former Portuguese colonies. Renowned for its flavour-blending culture, and common cooking techniques such as baking, grilling and roasting, Macanese food - with over 450 years of history - is typically seasoned with spices such as turmeric and cinnamon, while a dash of coconut milk tops off the unforgettable aroma and taste. Signature dishes most famously include 'Galinha à Africana' (African chicken) and Macanese Chilli Shrimps.

If you head to Senado Square and wander towards the ruins of St Paul's Cathedral you'll be greeted by a line of vendors who



Macau Cultural Festival



Senado Square

"Over 20 ancient monuments and urban squares are collectively known as 'The Historic Centre of Macau' and are on the World Heritage List"



Wedding at ruins of St. Paul

are more than happy to let you sample their delicacies. From just-baked cookies to crispy slices of super-sweet fried pork, it's a great way to fill up and sample Macanese snacks. Some of the favourite picks for your palate would be; Portuguese Egg Tarts, Almond Cookies, Durian ice-cream, Pork Chop buns, Dim Sums and Crab Congee. Another popular attraction is Taipa Village, which is a rustic enclave with lots of food establishments, such as Koi Kei Bakery, Tai Lei Loi Kei, Seng Cheong Restaurant, Pui Kei Café, Mok Yi Kei, and many more!

Comprising over 20 ancient monuments and urban squares interwoven in the heart of the city, the historic district is collectively known as 'The Historic Centre of Macau' and inscribed on the World Heritage List in 2005. It stands today as a living testimony to the integration and co-existence of eastern and western cultures over a unique chapter in history. Leisurely explore the Historic Centre of Macau - you will discover various magnificent heritages and unveil their wonderful stories! The Centre of Macau is a World Heritage Site teeming with churches, temples and forts, nearly all of which have no entrance fee. Be sure to visit the Museum of Sacred Art and crypt to the rear of the site. Other free attractions include the pavilions at A-Ma Temple, the Guia Fort with its fancy frescoes and the neoclassical buildings around Senado Square. ♦

### FAST FACTS

#### HOW TO REACH

**By Air:** Macau International Airport situated off the shore of Taipa Island is well connected with a number of airlines. There are helicopter services too from the Terminal Marítimo to the Hong Kong Macau Ferry Pier and Shenzhen airport

#### OTHER ATTRACTIONS IN MACAU

- Macau's Beaches especially the HacSa which is a black sand beach
- Fisherman's Wharf - a theme park divided into different port towns
- Guia Fort and Lighthouse - oldest lighthouse on the coast of China
- Macau Tower
- Grab a dinner at 360 Café, Macau Tower's revolving restaurant or try the world's second highest bungee jump at 233 meters
- Coloane Island - home to Macau Golf and Country Club
- Senado Square populated with European inspired buildings
- The Venetian - biggest casino in the world
- The House of Dancing Water is a water-based show that brilliantly expresses the Asian culture on stage

#### CURRENCY IN MACAU

Macanese pataca  
1 Macanese Pataca= INR 8

#### PLACES TO STAY

Metropole Hotel, Ole Tai Sam Un Hotel, Hotel Sintra, Guia Hotel, Royal Macau Hotel



# MARVELLOUS MONTE CARLO

When spice and drama dance together under the sun, you bet it is going to be a steamy affair. Monte Carlo is that little cracker packed with a riot of flavours that will just leave you gasping for breath

**M**onaco essentially referred to as The Principality of Monaco is constitutionally a monarchical state, under the reign of Prince Albert II. A relatively small and independent nation, it is located on the French Riviera of the Western European Union. It is surrounded by France and Italy and the borders between the states are barely a few kilometers away. They say Monaco is the second smallest country in the world, but some of the best gifts in life do come in small packages. Find out why.

Monaco is divided into four quarters, simply put they mean four distinct areas of the state – Monaco Ville, Fontvieille,

Monte Carlo, La Condamine. While each quarter has its own distinct significance, Monte Carlo, is the one spot which takes the accolade away for being one of the most famous spots on earth for all-time's sake.

Monte Carlo - Monte Carlo, translated in verbatim reads Mount Charles. The Mount Charles Quarter is situated on the base of the Maritime Alps. It houses the famed Place du Casino, which is first ever casino the world has ever seen. Inaugurated in 1863, it was designed on the lines of an activity hub solely devoted to gambling. The casino, a Belle-Époque jewel, by the European Roulette is a symbol of Monaco's free spirit as a people. It houses an Opera House, similar to the one in Paris and a theatre for the performing arts

The Thermes Marine Spa



Embark on an unforgettable wellness journey



Take a dip and feel rejuvenated

called the Salle Garnier. Ballet dance pieces staged here are soulful memories that you will take back with an unmistakable air of élan.

Formula One Monaco Grand Prix – Monaco is host to the Formula One Grand Prix every year at the Circuit de Monaco held at Monte Carlo. F1, F2, Formula 3000 engines see themselves in their most celebrated form for race enthusiasts from all over the world. A visit to Monaco during May every year when the Formula One Race is held, becomes a do or die task in your bucket list once you've seen the magic of the thrills of speed unfold in front of you from just a few yards away. The high of a spectacle like that shall ace the race to a burst of a 1000-watt smile sooner, correction - faster than you'd expect.

## Couples rejuvenate with Thermes Marins Spa

The entirely renovated Thermes Marins Monte-Carlo is a true haven of tranquillity in

the heart of the Principality. On offers is 7,000 sq. m. dedicated to beauty treatments and wellness, combining innovative technology with the calm and comfort of a luxury facility.

The Thermes Marins Monte-Carlo has kept its promise to bring life to each wellness experience and to offer completely new treatments. Suspended between sky and sea, the building's pink marble gives guests a feeling of time standing still for an unforgettably rejuvenating journey. Stretched toward the sea, each renovated space compliments the beauty of the landscape; the fascinating Mediterranean light and colours that change with time; sapphire and turquoise, ultramarine with emerald.

Whether you're looking for a relaxing day, a suite spa alone or as a couple or a spa treatment as part of your stay, Thermes Marins Monte-Carlo has a range of options to either meet or exceed expectations. Relaxation, anti-aging, slimming, beauty, recovery, all the treatments are formulated



based on needs and desires of the person.

One of the very famous therapies of the Thermes Marins is cryotherapy room. It offers the benefits of cool temperatures, already widely used by athletes for recovery and improved performance. Within 180 seconds, between - 60 ° - 110 ° C, it works in a matter of seconds - a session helps to treat muscle and inflammatory diseases, but can also help recovery from jet-lag, help fight against sleep disorders, has an anti stress effect, and is also an acclaimed anti-aging procedure in the Nordic countries. Rich in minerals and elements, seawater is the star of the Thermes Marins Monte Carlo.

The treatments capture the healing and nourishing essence of nature. Along with this, gracious hospitality and unassuming charm will enrich your spa experience. ♦

## FAST FACTS

### HOW TO REACH

The Nice Côte d'Azur International Airport links the Principality of Monaco to more than 86 worldwide destinations. <http://en.nice.aeroport.fr>

### STAY

**Hotel Fairmont Monte Carlo**

Avenue des 98000, 12 Avenue des Spélugues, 98000 Monaco/+377 93 50 65 00

**Hotel de Paris Monte Carlo**

Place du Casino, 98000 Monaco/ +377 98 06 30 00

### DO

**Visit the Opera:** [www.opera.mc](http://www.opera.mc)

### GAMBLE!

Gambling – or simply watching people gamble – in Monte Carlo's grand marble-and-gold casino is a must.

[www.montecarlocasinos.com](http://www.montecarlocasinos.com)





A picture perfect couple

# Finding love in paradise

Kashmir also known as the paradise on earth is a beautiful place for a vacation. The beauty of course is many folds when you are there for your honeymoon

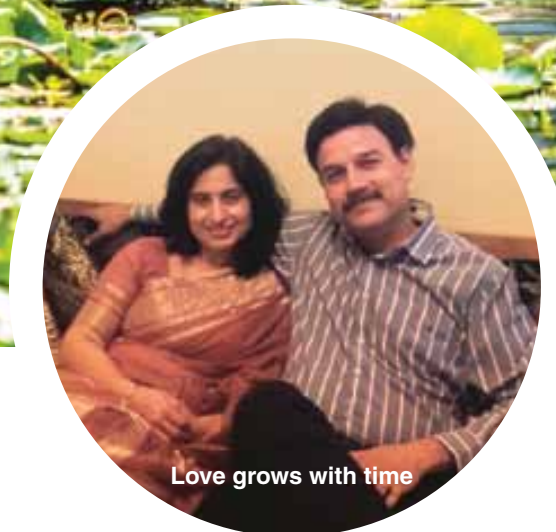
WORDS | PANKAJ DUBEY

**M**y wife and I tied the knot in 1994. She had told me long before our marriage that her dream destination was Kashmir also known as the paradise on earth. As we had just started earning so we did not have much resources to splurge on a honeymoon. But I had planned a surprise vacation for her to Kashmir. This trip to Kashmir was a surprise for her and I will never forget how happy she was.

Kashmir is the Switzerland of India. It was magical. The first thing we saw was the Dal Lake. The shikaras, the house boats, the gardens in the middle of the lake, markets in the lake - everything was beautiful. We decided to stay on a houseboat for a couple of days. Waking up in the middle of the lake to the sight of the shikaras floating by the rising sun is an experience that I have no words to describe. The evenings in the houseboat were equally delightful and exciting with the hustle

bustle of the floating market. Coming from Delhi, a very metropolitan city, the natural beauty, the chirping of the birds, the flowers had a very soothing effect on both of us. My wife really likes the lotus flower and seeing so many of them in the lake made her very happy.

We also visited Nishaat Bagh. The greenery and the flowers were mesmerising. My wife was very fond of Kashmiri shawls at that time so we went shopping, of course



"Both of us were very fond of teas so we tried the Kashmiri tea also known as Kahwa. We tried a very special Kashmiri dish known as gogji nadir which is made out of lotus stems and leaves and it is a delicacy there"

shopping makes its way into the itinerary of every woman, whatever the vacation. We shopped embroidered sarees and shawls for her. Later, she also tried on the traditional Kashmiri dress and she looked stunning.

Both of us were very fond of teas so we tried the Kashmiri tea also known as Kava. We really liked it and were so impressed that we still have Kava once in a while and cherish the good times we had there. We also tried a noon chai which is a pinkish coloured chai, another very famous drink in Kashmir. We tried a very special Kashmiri dish known as gogchi nadir which is made out of lotus stems and leaves and it is a delicacy there. Some other Kashmiri dishes that we tried were dum aloo, rajma chawal, monj haak which is a spinach dish and chock vanghun which is a dish made out of eggplant. Seeing such a different culture within our country was a

beautiful experience.

We then visited Sonmarg and Pahelgam. There we saw the Zojila pass, Thajiwas glacier and Baltal Valley. Sonmarg was really wonderful because of its extraordinary scenic beauty. From there we started our journey for Pahelgam. My wife had never been to camping before so I decided to camp with her in the Lidder valley which is known for its snow covered mountains and its scenic sites. As both of us are very religious we visited Mamaleshwara temple first when we reached Pahelgaam.

We will never forget the scenic beauty and the beautiful people of Kashmir. This was a week that we will never forget and always cherish. ♦

(Pankaj Dubey is country head and managing director, Polaris India Pvt. Ltd)

## FAST FACTS

### PLACES TO STAY

#### Hotels

The Khyber Himalayan Resort and Spa  
Vivanta Dal View Srinagar by Taj  
The Lalit Grand Palace Srinagar

#### Houseboats

Peacock Houseboats  
Welcom Heritage Gurkha Houseboats  
Wangnoo Houseboats

### HOW TO REACH

**By train:** The nearest railway station is Jammu at a distance of 263 kms from Kashmir. From there you can take a cab.

**By air:** All the major carriers operate regular flights between Srinagar to other cities of India.

**By road:** The National Highway 1A connects Jammu and Kashmir to the rest of India.

**Best time to visit:** Throughout the year. However, winters are best for snow lovers, spring is for nature lovers and summers can be fun with family.





Exterior of the Lalit Grand Palace

# The Lalit Grand Palace Srinagar

**T**his former palace residence of the Maharajas makes for a lavish stay amidst the charm of the Himalayas and the beauty of the Dal Lake.

Enjoy in one of the 113 palace rooms and suites, including 10 luxurious cottages, restaurants and bar, state-of-the-art banquet and conference facilities, a shopping arcade and Rejuve-the spa along with a salon, gymnasium, health club and all weather swimming pool!

## Culinary Offerings

The Chinar is a multi cuisine restaurant, offering a buffet and a-la-carte menu. Overlooking the hotel's bustling lobby, it

provides a traditional Indian dining experience with an emphasis on Kashmiri spices and flavours. Timings: 7:00am - 10:00pm, Breakfast Buffet 7:30am - 10:30am, Lunch Buffet: 12:30pm - 3:00pm, Dinner Buffet: 7:30pm - 11:00pm

The Chinar Garden provides serene view of the Dal Lake and Srinagar Valley. It is an ideal setting for relaxing with a steaming cup of Kahwa and offers a multi cuisine menu. Hours: 11:00am to 8:00pm, For table reservations, call: +91 194 2501 001

The Dal Bar is tastefully decorated with timber and stone finish bar counter and offers an enthralling view of the lawns and the Dal Lake. Check out to enjoy finest malts, wines and liqueurs from round the world, along with

"This former palace residence of the Maharajas makes for a lavish stay amidst the charm of the Himalayas and the beauty of the Dal Lake "



Outdoors of the hotel



Gym



Indoor pool

an extensive collection of cigars. Timings: 11:00am to 11:00pm

## Facilities

The Lalit Suri Hospitality Group's signature award-winning Rejuve – The Spa provides complete holistic experience encompassing aroma, ayurvedic, herbal and natural therapies, patented colour healing and yoga. Besides eastern and western therapies, it also offers salon, state of the art gymnasium and an all weather swimming pool. Non-resident guests wishing to avail the spa services may enrol through our membership programs. Timings: Spa: 7:00am - 9:00pm, Salon: 9:00am - 7:00pm, Gymnasium: 7:00am - 9:00pm, Swimming Pool: 7:00am - 9:00pm, For appointment, call: +91 194 2501 001.

Located at the lobby level, the AUM Shop has an assortment of fashion accessories, semi-precious jewels, herbal products, books, a wide variety of ethnic cloths, silk, cashmere shawls, aromatic and decorative candles, handicrafts, and more. Timings: 9:00am - 11:00pm

The 24-hour Business Centre provides all necessary services and facilities to conduct business comfortably without having to leave the hotel, including Wi-Fi Internet, work stations and secretarial services.

## Meetings & Events

The banquet and conference facilities are equipped to meet the needs of today's discerning guest. Be it a conference, meeting, or wedding celebrations, the banquet and catering team provides customised services as per the guest's need. From state-of-the-art audio-visual facilities to specialised menus and exotic décor, this hotel is an inspired address for all events and functions. ♦



A room with a view



Chinar garden restaurant





The beautiful facade



Enjoy a swim in Matasya, the pool

## Marasa Sarovar Premiere: Inspired by God

India's first Dashavatar hotel is now open in Tirupati

### Overview

Hoping to make your Tirupati visit more comfortable and memorable? Look no further than Marasa Sarovar Premiere, as this is a property inspired by God himself. Having carved a distinct niche for itself in the hospitality sector and acclaimed as one of the fastest growing chain of hotels in India in offering innovative and refreshing concepts for modern day travellers, Sarovar Hotels and Resorts has touched yet another strategic destination by launching a brand new property Tirupati-Marasa Sarovar Premiere at Tirupati. Uniquely conceptualised and designed around the Dasavatars of Lord Vishnu, it offers a perfect combination of divinity inspired aesthetics that instantly connect with the soul.

### Accommodation

There are a total of 121 rooms that include 6 suites, 71 deluxe and 44 premiere rooms. The twin rooms are connected to double room. The tariff starts at INR 3,500 inclusive taxes for double occupancy and INR 8,000 inclusive taxes for suites. Breakfast is included if you are booked in for a stay.

"Uniquely conceptualised and designed around the Dasavatars of Lord Vishnu, it offers a perfect combination of divinity inspired aesthetics that instantly connect with the soul"

### Restaurants and Cafes

To serve you even better and from casual to formal fine dining, guests can look forward to authenticity, excellent service, gourmet cuisine and a warm and welcoming ambience. Guests can relish both Indian and international cuisines.

#### Lotus Café (open 24 hours)

Unusually designed on the Narasimha avatar of Lord Vishnu, Lotus Cafe sits on neither land nor water and offers spectacular views of blue pristine waters. Enjoy an exotic multi cuisine mix of live cooking and endless buffet spreads that combine Indian and international menus. Flavours and spices are perfectly matched to meet the evolved tastes of the world traveller. The restaurant also has a bar which serves an enviable selection of alcoholic and non-alcoholic beverages.

#### Krishna Restaurant (open 12noon to 4pm)

Designed on the Krishna avatar of Lord Vishnu, Krishna offers traditional South

Indian vegetarian delicacies cooked in a separate vegetarian kitchen and served home-style in gleaming thalis.

### Other facilities

A fully-equipped health club, swimming pool, and Buddha spa specialising in relaxation and rejuvenation treatments pamper personal fulfillment. A business centre and outstanding meeting, banqueting and conferencing facilities offer a perfect venue to host trainings, workshops, product launches, exhibitions, weddings and other social events. ♦

### FAST FACTS

**Location:** Marasa Sarovar Premiere, Upadhyaya Nagar, Karakambadi Road, Tirupati - 517507

- 30 mins and 18 km/11 miles from Renigunta (Tirupati) airport.
- 10 mins and 4.5 km/3 miles from Tirupati railway station

**Cab Charges:** Cabs can be arranged at INR 1,000 for airport pick-up and INR 600 for railway station

**Contact:** Marasa Sarovar Premiere, Upadhyaya Nagar, Karakambadi Road, Tirupati - 517507, Andhra Pradesh, India,  
**Tel:** +91 877 666 0000,  
**Email:** msp@sarovarhotels.com



Sheesha Bon Fire

## RK Sarovar Portico Srinagar

This property is an elegant and contemporary retreat

From a Sheesha bonfire to Takht-e-Suleiman Restaurant, an ethnic Kashmiri boutique within the hotel to lavish suites, RK Sarovar Portico proves to be a great stay option in Srinagar.

On offer are 53 well designed centrally heated guest rooms and suites equipped with all modern amenities, the property is a contemporary and elegant retreat for the discerning business as well as leisure traveller.

### Make it happen

R K Sarovar Portico, Srinagar offers special package of 3 Nights for INR 31,000/- (Single / Double Occupancy) with local sightseeing, a day trip to Gulmarg, a day trip to Pahalgam, one night in a deluxe houseboat and two nights in the hotel, plus pick up and drop from the airport.

This offer is valid from 16th July'15 to 30th Sept'15

**Contact:** +91 194 2500 314, **Fax:** +91 194 2500 314, **Email:** sps@sarovarhotels.com or log on to [www.sarovarhotels.com](http://www.sarovarhotels.com) ♦



Enjoying a cup of tea at the Lounge



A guest at the hotel shop



Sheesha bonfire during the day

### FACT FILE

The property is located just 15 Kms from the Jammu - Srinagar Highway, 12 Kms From the airport, half a km to the dal lake, half a km to the commercial hub Lalchowk, 3 kms to the famous Mughal gardens.





# OPENING NEW DOORS TO DISCOVERY

To celebrate the launch of its Royal Club wing, one of Dubai’s best-loved hotels is generously inviting readers to win a 3-night stay

Le Méridien Dubai Hotel & Conference Centre has emerged from its latest signature transformation, inviting rediscovery at every turn. The hotel recently unveiled its brand new Royal Club wing, which adds 196 new and inspiring rooms at 52 spacious square metres each. Impressively, the development also features a dedicated Spa floor and a complimentary Club Lounge for interaction and relaxation.

To mark the inauguration of this modern expression of hospitality, the hotel is giving away 3-night stay for two in a Royal Club room to one lucky reader – simply answer the following question correctly to be entered into the draw!

**What are the benefits of the New Royal Club wing at Le Méridien Dubai Hotel & Conference Centre?**

- (1) Complimentary breakfast and lounge access ☐
- (2) Free Wi-Fi ☐
- (3) Airport Transfers to Terminal 1 & 3 ☐
- (4) All of the above ☐

**What is the size of the new Royal Club Rooms at Le Méridien Dubai Hotel & Conference Centre?**

- (1) 42 sqm ☐
- (2) 52 sqm ☐
- (3) 38 sqm ☐



Total package is approximately more than **AED 7000** inclusive of taxes

The generous prize includes breakfast for two, access to the Royal Club lounge with complimentary evening cocktails, a use of the health club and pool, free Wi-Fi, and even transfers from and to Dubai Airport 1 & 3.

**Terms & Conditions apply:**

- The offer is exclusively for one winner plus spouse or partner
- This offer does not include any food & beverage cost. All costs to be paid by the guest separately.
- This offer excludes flight tickets and visas
- Redemption must be before the 31st August 2015. The validity cannot be extended.
- The offer has no cash value and cannot be used in part and no refunds will be given.
- The offer is subject to availability and at the time of the booking kindly mention TLF India to avail of the prize.
- This offer is not valid in conjunction for any other offer, promotion, voucher or loyalty card.

**Le Méridien Dubai Hotel & Conference Centre**

Airport Road, PO Box 10001, Dubai, United Arab Emirates

E-mail your answers and contact details to [info@tlfmagazine.com](mailto:info@tlfmagazine.com), you can even post the same on the following address

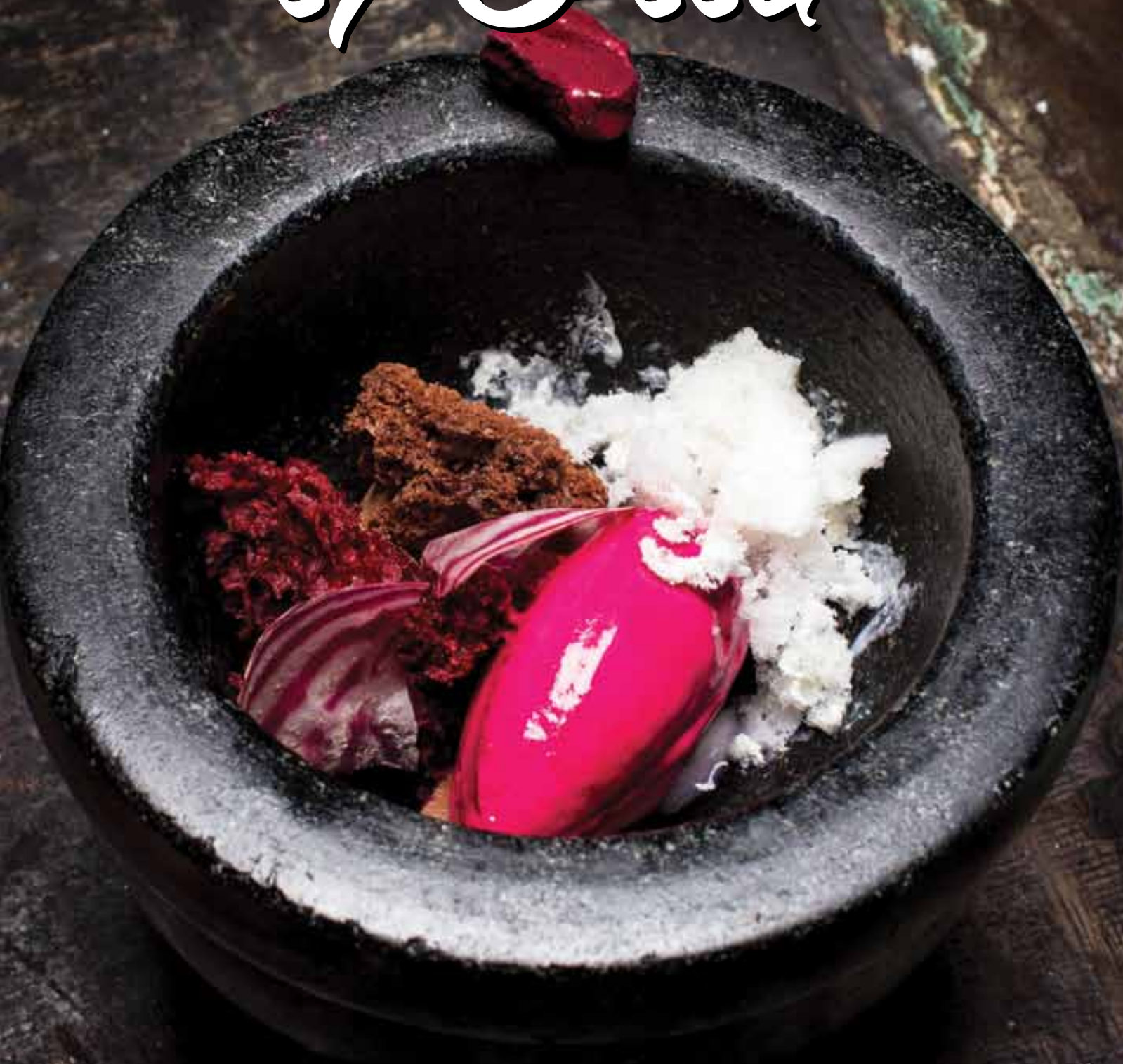
**Blue Butterfly Media House**

C-38, Basement, Nangal Dewat, Near Indian Spinal Injuries Hospital, Vasant Kunj, New Delhi-110070

Tel: 011-64641981, Web: [www.tlfmagazine.com](http://www.tlfmagazine.com)



# The Science of Food



Beetroot, Cherry, Chocolate, Jaya Rice



The Tasting Lab



Oreo, Fermented Gooseberry, Coconut

What happens when world cuisine, local ingredients and one super chef come together? The result is a dynamic explosion of tastes and textures in Olive, Qutub's TASTING LAB

WORDS | NATASCHA SHAH

Welcome to Chef Sujan S's laboratory that follows two simple rules - 1. Come with an open heart, 2. There is no rule when it comes to cooking. Be prepared to taste ingredients that you might have never known of, dishes that might be deceptive in appearance, tiny portions that explode in the mouth. This is where one gets to witness the marriage between global cuisine and local ingredients - From the regions of Jammu & Kashmir, Tamil Nadu, coastal Gujarat, West Bengal, Coorg and Godda (Jharkhand).

Chef Sujan wanted to showcase the diversity of produce through India and discover regional techniques and thus set out on a journey to explore and experiment. A relentless search for local farmers, fishermen and butchers, that lasted several months as good taste comes from good produce. In Udhampur, in J&K, he discovered fermented Kalari cheese (fermented cheese) which is traditionally pan seared and treated like Haloumi cheese, which is served at the Tasting Lab with salsify cooked in creamy gucchi (morel mushroom) sauce, sprinkled



Chef Sujan S.

with Kashmiri walnuts theca crumb. In Atreyapuram, Andhra Pradesh, the making of Pootharkelu (Rice Paper) was discovered, which involves coating a hot pot with a thin paste of rice batter that results in extremely thin paper like sheet. Other ingredients from the journey include Gandharaj Lime (variety of lime found in West Bengal), Salicornia (harvested in Gujarat), Cassava and other Roots (Chennai and West Bengal) and a lot many other interesting products.

Chef Sujan and his team - Development chef Achintya and Sous chef Dhruv Oberoi welcome you to taste these incredible creations at The Tasting Lab at Olive Qutub in a sit down, no rule, 9 course meal showcasing European cuisine with world influences and produce and ingredients sourced from all over India. But remember what was said at the very beginning—come with an open heart! This may not go well with the lovers of butter chicken and hakka noodles, but is what is needed to take Delhi up a notch on the Global gastronomy scene. ♦

"The Tasting Lab at Olive Qutub in a sit down, no rule, 9 course meal showcasing European cuisine with world influences and produce and ingredients sourced from all over India"

## FAST FACTS

The GreenHouse is a 22 seater  
Every Thursday dinner, 8 pm. For reservations contact + 91 98102 35472  
Nine course meal and a welcome drink.  
INR 1,900 ++ per head



# FOOD FOR THOUGHT

Chef Vikas Khanna is a man of many talents. He is an award winning Michelin starred Indian chef, restaurateur, cookbook writer, filmmaker, humanitarian and has also hosted a few shows on TV. Based in New York, food is what makes him travel around the world

AS TOLD TO NIDHI JOSHI

**TLF: Today you are one of the most celebrated chefs in the world. What was your journey from Amritsar to New York like?**

I have always felt that life works like a lottery. You've got to buy the ticket. And by that I mean that you have to play hard and continuously and never stop. This has been the core of starting a kitty party house in 1990 to 2010 - the beginning of the Junoon era. I think most of fame and name disappears very soon, during this time you have to create some art that might exist a little longer.

**TLF: Which is your favourite cuisine and your favourite restaurant?**

My favourite cuisine is Bhutanese and French. They both have inspired me in many different ways. Indian cuisine is a part of my breath, so it's always with me. One of my favourite restaurant is Veselka in NY. It's a 24 hours place in East Village and I have written many books and concepts there while I was studying at New York University.

**TLF: Tell us one similarity and one difference you have noticed between Indians and Americans in terms of food habits?**

Both countries love food but Americans don't have the privilege of home cooked meals as often as Indians do.

**TLF: Besides cooking what else keeps you busy?**

I love running, swimming, writing and



Chef Vikas Khanna

"Vikas Khanna, the award-winning master chef of Junoon restaurant launched his latest culinary epic, Utsav, at the India Pavilion of the 68th annual Cannes Film Festival"

reading. I am a person who has done a lot of backpacking in my life and am proud of it.

**TLF: Do you like to travel?**

The ONLY way to know the world and love it is to travel. Most of my research is travel based.

**TLF: What kind of a traveller are you?**

I am a local traveller. I try not to visit the typical touristy places and enjoy what is a part of heritage of towns and try to discover the food scene there.

**TLF: Share with our readers one cherished memory of your travel experience as a child.**

My trip to Delhi when we were very young was truly amazing. We came to Delhi for a cousins' wedding. It was truly an eye opener. The city, the vibe and the velocity was unmatched from where I grew up. Being the capital of the nation, there is such a history and new streams of influences that I fell in love with.

**TLF: Which are the destinations you have in your bucket list?**

Spain. Morocco. Cambodia.

**TLF: Do you explore the cuisine of a region whenever you are travelling?**

My most important reason to travel is always food. It could be festivals, food expos, food safaris or just street walking for food. My luggage bag says 'Will travel for food'.

**TLF: Rapid fire**

- Love is - Eating together
- Food on a rainy day - Pakoras
- Sunny day - Burgers with salads
- And a cold winter day - Stews with lentils
- One thing you can't live without - My phone
- If you had to give up all your fame for one thing what would that be- Becoming a monk
- One thing you want to change in the world - Nothing, it exists as it has evolved. One thing if I have to choose would be less traffic. ♦

# TAMRA: A feast for your senses

The all day dining restaurant at Shangri-La's Eros Hotel, New Delhi offers five cuisines

WORDS | NIDHI JOSHI

**T**his is really an epicurean delight. Five cuisines, one restaurant. Now you can treat your taste buds from a Japanese cuisine to a typical European fare all under one roof and that too in the heart of the city. The recently launched all day dining restaurant at Shangri-La Eros, Tamra is the place that has an excellent view with superlative food to offer.

## What's in a name?

As the name suggests Tamra takes its inspiration from the early ages of culinary evolution when copper (tamra) vessels were key components in making a tasty and healthy meal. Tamra's interactive kitchens are a tribute to the early market place, here you can interact with the chefs and customise your food too.

## Cool interiors

Conceptualised by the renowned Dubai based Stickman Design, the restaurant is a visual depiction of culinary delights from around the world. The design element is rustic with all the rolling pins hanging to form a partition, yet it has a quirky feel to it.

From the wheat grass lined planter boxes that form the backdrop to the continental station, the leather strapped rolling pin canopy, rustic slated timber on the Japanese, Asian and Indian counter bulkheads are paired with contemporary colourful tiles that gives the space an overall warm character. Copper hanging pots are displayed over the two infinity tables where mirrored walls provide an exaggerated view. Designed with intimacy in mind, Tamra has pockets of privacy screened off by decorative floor

to ceiling jute rope partitions. A 10-seater private dining room opens out to the restaurant through a folding door, so guests can choose to dine in privacy.

## Food from around the world

Showcasing the food and highlighting the processes, the counter tops are lined with signature dishes from around the globe. Tamra's unique five live kitchen concept, along with a rustic yet elegant long wooden bar next to the entrance with 32 hand blown glass jar chandeliers creates a unique amber effect.

A must try is the steamed dumplings, with the covering so soft and different as it is made of rice flour, the filling too is really fresh and juicy. I also tried the spinach soup from the European counter which was a simple fare but very delicious. The Tamra Chocolate steals the show and is a must watch even if you are not a much of a chocolate person (which I doubt is the case usually), as the plating is so creative and the way it melts when hot chocolate is poured over it, you watch in silence and anticipation.

Tamra brings a high level of creativity to casual dining with an array of inspired offerings from across the globe. In a few words its world on your platter - from the teppanyaki grills of the Far East to the tandoors of Central Asia, from the largest selection of signature cocktails and premium spirits to the unique homemade popsicles - the world comes to the guests' table to give them a glimpse of the most popular trending cuisines in India now. ♦



Purani Dilli Se Chicken Curry

## Fast Facts

**For reservations:** Contact (91 11) 41191010 or email [foodandbeverage.slnd@shangri-la.com](mailto:foodandbeverage.slnd@shangri-la.com)

**Meal for two:** INR 1,500 ++ per person (with a beverage)

**Cuisines offered:** European, Indian, Chinese, Thai and Japanese

**Alcohol served:** YES

**Timings:** 24 hours

**Buffet hours:** Breakfast - 0700 hrs to 1030 hrs, Lunch - 1230 to 1500 hrs and Dinner - 1900 hrs to 2330 hrs



# A food tour of Srinagar

The capital of the enchanting valley of Kashmir has some delicious offerings for tourists seeking a culinary paradise



Kebabs served with spicy onions



Gushtaba, one of the main dishes of wazwaan

## Bakery

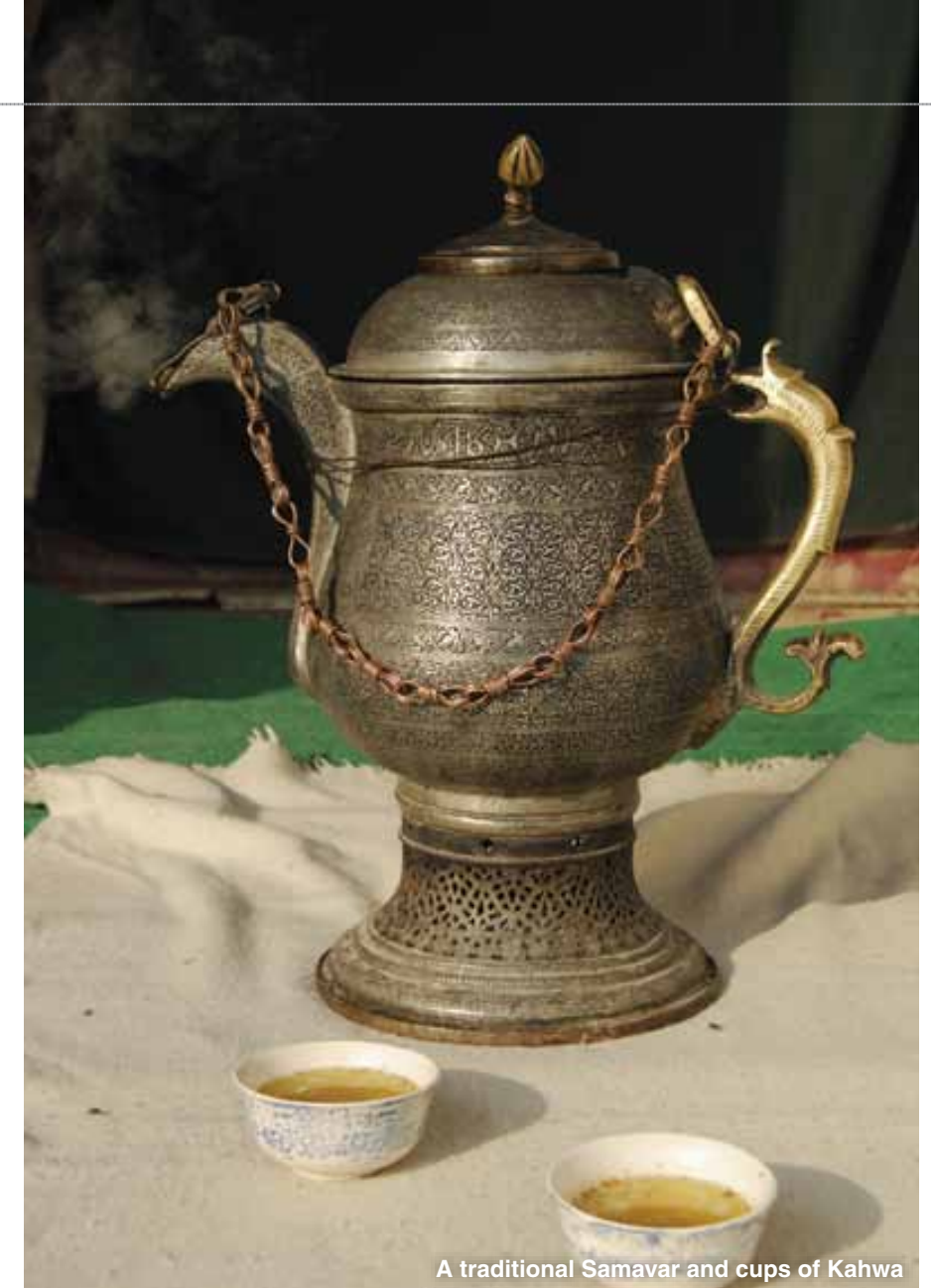
From Bakirkhani (puff pastry) to lavaas (thin naan like bread), tsot (a round loaf of bread topped with poppy and sesame seeds), krip (biscuit like bread) to delicious pound cakes, tea is an elaborate affair in Kashmir, it involves an array of non vegetarian snacks as well, but the bakery products surpass it all. Try Hatrick in Rajbagh for fudge, Mughal Darbar for cake, Sopore, Downtown and Khanyaar areas for the breads. All bakeries in Srinagar open early, and the goods are often sold out by midday. Accompany these delicious nibbles with a hot cup of noon chai/sheer (salted tea), a local specialty.

## Wazwaan

On special occasions like weddings, an elaborate meal of 36 dishes is prepared. Preparing it is a laborious task as certain dishes require one or more days to prep for. Main dishes include rista (Pounding meat meatballs in red sauce), tabakhmaaz (ribs) and Gushtaba— large meatballs served in yoghurt. These are accompanied by rice, curd,



Tami or a plate in wazwaan



A traditional Samavar and cups of Kahwa

“Wazwaan is an elaborate meal of 36 dishes prepared on occasions like weddings. Main dishes include Rista, Tabakhmaaz and Gushtaba”

spiced onion and various dips made of curd, mint, walnuts, apples etc. The desert usually is phirni, followed by Kahwa (Cinnamon, Saffron and Almond flavoured green tea of sorts). Shamyana Restaurant, Ahdoos and Mughal Darbar on Shervani Road offer some great local food.

## Linz Cafe

This quaint cafe, is conveniently located at Residency road, close to the Tourist Reception Centre, The Kashmir Golf Course and even the Dal Lake. On offer is Kashmiri, Chinese and Tandoori Cuisine and specialises in Kebabs and ethnic local fair.

Established in 1975 Sheikh Ghulam Mohammad, an accounts officer, it is now run by his son, Farooq Mohammad who looks after every detail himself. The personal interest

reflects in the great quality of food, clean and hygienic ambiance and a polite staff. Farooq is a keen golfer and a food lover himself. He also loves all things organic and natural, which can be seen in the design of the cafe. Minimalistic use of stones, bamboo and wood, chinars, that have been kept intact, and around which the Alfresco area is designed, gives an old world charm. The whole design resembles a Kashmiri Lock. The food is great and affordable and makes for a fabulous lunch/dinner option. ♦

## CONNECT

**Timings:** 12 noon to 10 pm

Open all 7 days

**For Reservations:** farooq.mohammad56@gmail.com



# A DRINK FOR YOUR CAUSE

**A**ER - Bar & Lounge at the Four Seasons Hotel Mumbai is participating in the International Negroni Week. Conceptualised in 2013, Negroni Week started off as a fun, week long fiesta with about 100 bars participating in the first year. Since then, it has grown exponentially to over 2000 bars participating in this special event in 2015.

Each bar and mixologist creates a few variations of the classic Negroni - using at least one of the three essential ingredients

of Gin, Vermouth and Campari. This special cocktail menu is promoted and sold through the 1st week of June, and a portion of the proceeds go to a charity of their choice. This is the first year India is taking part in this global event, and several popular bars from Mumbai, Delhi and Bangalore have signed up.

The charity of choice for AER is "Save The Children - Nepal Fund"

A special menu has been created by AER's award winning mixologist Varun Sudhakar. ♦



## Quick Questions with Varun

**Have you been to Nepal? If yes, what's your fondest memory of the trip?**

I have never been to Nepal, but it is a country I want to visit soon. I have a lot of friends and colleagues at Four Seasons Mumbai who are from Nepal. That is one of the reasons choosing a charity that was helping the country became so imperative.

**What is the best cocktail you have ever tasted and where?**

Corpse Reviver No.2 is definitely one of the best cocktails I have tasted. I got the opportunity to go to The American bar in Savoy, London. That is where I tasted this lovely variation.

**The go-to ingredient for a summer cocktail?**

Fresh mint will be my go to ingredient for a summer cocktail.

**An easy recipe for a mango based cocktail?**

The name of the cocktail is "Bay". This drink is also served at Aer - Bar and Lounge at Four Seasons Mumbai. It is easy to prepare and lovely to sip on.

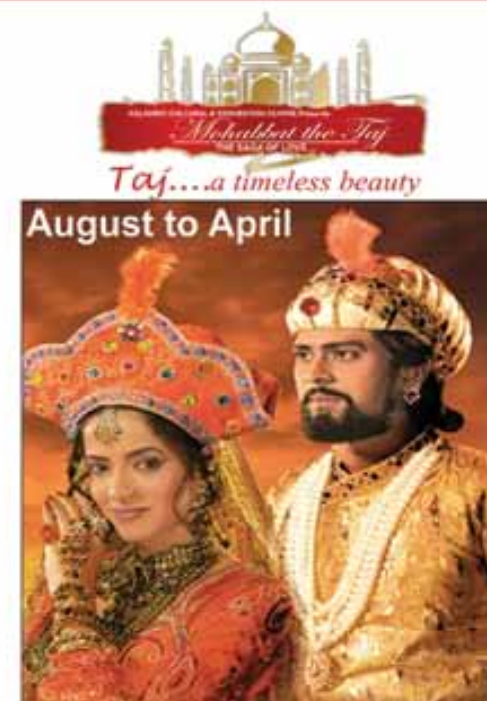
- Fresh mango puree - 45 ml
- Bay leaf infused dry gin - 50 ml
- Sugar syrup - 15 ml
- Lime juice - 20 ml
- Shake all the ingredients, single strain into a martini glass and garnish with a bay leaf. Enjoy!

## FAST FACTS

**Venue:** AER Bar and Lounge

**Dates:** 1st to 7th June 2015

**Contact:** <http://www.fourseasons.com/mumbai>



## Daily Live Show At Agra

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# THE HONEYMOON HOT LIST

Snapshots of some of the most beautiful places across the globe that make for the perfect romantic getaway





## BHUTAN



Explore the mystic beauty surrounded by impressive mountains of the Himalayas. The pines, firs and cedars drape the mountains among the clouds and yaks graze over the meadows. A serene pristine magical beauty sets in for a perfect romantic getaway for the two of you, in the land of spiritual discovery, in the land of dragon.

**Getting there:** Paro is the only airport connecting Bhutan with the rest of the world. Bagdogra airport in Siliguri (India) is five hours drive to Phuentsholing, the southern Bhutan frontier town.

**Language:** Dzongkha

**Currency:** Ngultrum

**Stay:** Taj Tashi, Thimpu



## SOUTH AFRICA



South Africa has gained popularity in the travel world as one of the 'Adventure Capitals of the World'. On offer is rock climbing, abseiling, caving, white water rafting, shark cage diving, bungee jumping, sand boarding, mountain biking, canopy tours, helicopter flip and what not! With diverse terrain, plethora of activities and an ideal climate with world class activities South Africa is surely the best adventure honeymoon destination.

**How to reach:** Johannesburg or Cape Town are well connected with major flights from around the world

**Language:** Heady mix of languages but English is widely spoken

**Currency:** South African Rand

**Stay:** Only and Only, Cape Town

## SWITZERLAND



Sunrise trips, lakeside hikes, revolving gondola to ice grotto or just simply a farm stay, Switzerland has everything to make your lovely holiday, one of the most memorable one. Get cosy in the ambit of the mountains and the panoramic view of this wonderful place and let love overtake everything else. Embrace the romantic culture, cuisine and nightlife along with your loved one.

**Getting there:** Zurich airport, Geneva airport, Bern airport, Basel airport and there are many other airports.

**Language:** French, German, Italian and Romansh

**Currency:** Swiss Franc

**Stay:** The Grand Resort, Bad Ragaz







TURKEY



Turkey is blessed with majestic mountains and valleys, lakes, rivers, waterfalls and grottoes and is perfect for sports of all kinds. There is ample scope for aero, aqua and terrestrial adventure tourism activities.

Turkey has a long coastline hence offers all water sports ranging from swimming, canoeing, yachting, water skiing, zorbing to scuba diving and snorkeling. Water sports are available in just about every beach resort here.

For the adventurers of the other kind there are many mountain activities that you could indulge in like skiing, mountain climbing and hiking. Turkey also has around 40,000 caves and caverns to explore. If you want to fly like a bird then there are many air sports in turkey to appease your soul and of course your soul mates'. You could indulge in hang gliding, parachuting, plane gliding and para gliding.

**How to reach:** Istanbul Atatürk Airport is connected with all the major flights from world over.

**Language:** Turkish

**Currency:** Turkish lira

**Stay:** The Four Seasons, Istanbul



BALI



Bali is an Indonesian island known for its forested volcanic mountains, iconic rice paddies, beaches and coral reefs. The island is home to religious sites such as cliff side Uluwatu Temple. To the south, the beachside city of Kuta has lively bars, while Seminyak, Sanur and Nusa Dua are popular resort towns. The island is also known for its yoga and meditation retreats.

Also known as the Land of the Gods, Bali appeals through its sheer natural beauty of looming volcanoes and lush terraced rice fields that exude peace and serenity. Bali enchants with its dramatic dances and colourful ceremonies, its arts and crafts, to its luxurious beach resorts and exciting night life.

This exotic island has much to offer, from inspirational spirituality to fine dining and meeting experiences, from world class surfing and diving to exhilarating treks in the wild. And everywhere you will find intricately carved temples.

**How to reach:** With increasing number of direct flights from many parts of the world, getting to Bali is easy. Ngurah Rai is the international airport that connects Denpasar (DPS) the capital of Bali to the rest of the world.

**Language:** Balinese and English

**Currency:** Indonesian Rupiah

**Stay:** Sheraton Bali Kuta Resort



MALDIVES



Maldives certainly qualifies as the closest place to heaven on earth with the sparkling turquoise lagoons and exquisite white sandy beaches and is a top contender when it comes to a perfect honeymoon destination. Maldives is a collection of 1190 idyllic islands dotted within the Indian Ocean. Many resorts in Maldives occupy their own individual islands and stand as an epitome of luxury, privacy and the virgin charm.

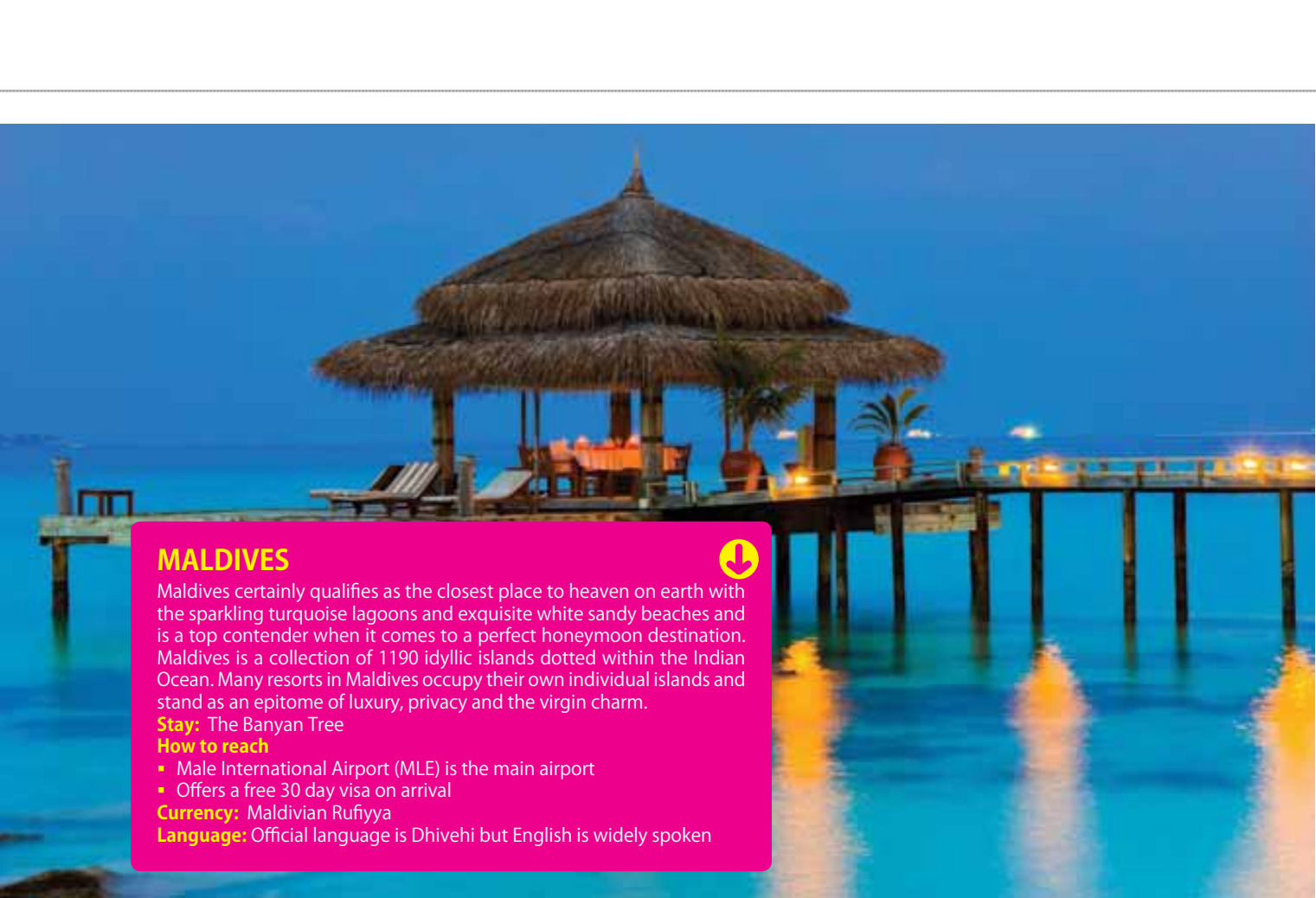
**Stay:** The Banyan Tree

**How to reach**

- Male International Airport (MLE) is the main airport
- Offers a free 30 day visa on arrival

**Currency:** Maldivian Rufiyaa

**Language:** Official language is Dhivehi but English is widely spoken



UDAIPUR - THE CITY OF LAKES



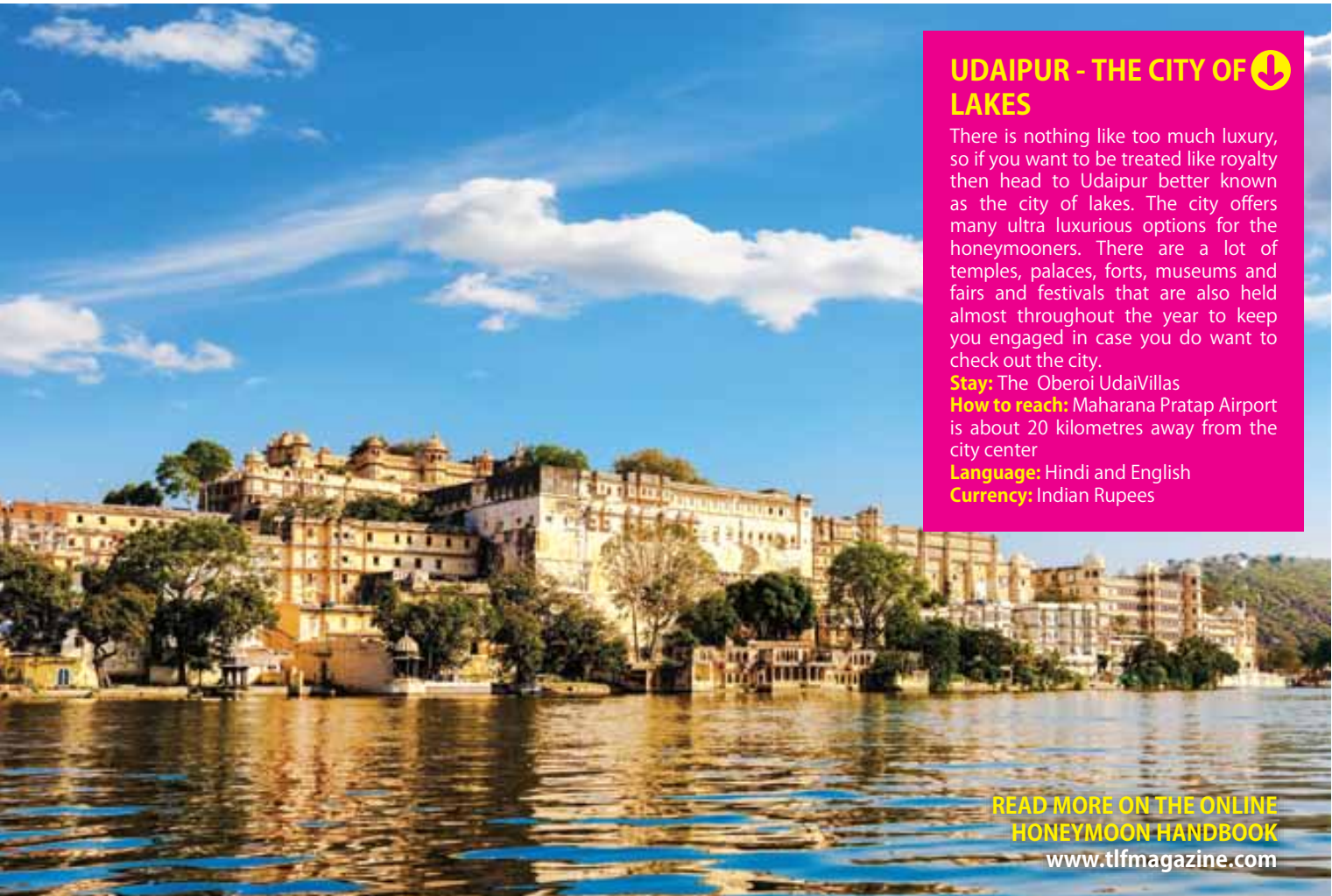
There is nothing like too much luxury, so if you want to be treated like royalty then head to Udaipur better known as the city of lakes. The city offers many ultra luxurious options for the honeymooners. There are a lot of temples, palaces, forts, museums and fairs and festivals that are also held almost throughout the year to keep you engaged in case you do want to check out the city.

**Stay:** The Oberoi Udaivillas

**How to reach:** Maharana Pratap Airport is about 20 kilometres away from the city center

**Language:** Hindi and English

**Currency:** Indian Rupees



READ MORE ON THE ONLINE  
HONEYMOON HANDBOOK  
[www.tlfmagazine.com](http://www.tlfmagazine.com)



# PERNIA QURESHI: From fashion to films

Pernia Qureshi is a name to reckon with in the fashion fraternity. Recently, in a candid interview with Nidhi Joshi, associate editor, TLF magazine she talks about her love for the three F's- fashion, films and a fun filled holiday

A still from her upcoming film, Jaanisaar

**TLF: From fashion to films. How would you describe your journey?**

It has been a natural journey. From the beginning of my career, I have been involved in films in one way or another. Hence, this transition felt easy.

**TLF: You have worked in New York and New Delhi. How different are fashion sensibilities of these two places?**

Fashion sensibilities in New York and New Delhi are completely different. The biggest reason being - the kind of women in each city. New York is the melting pot of cultures and ethnicities, so the style is very fashion forward. New Delhi on the other hand, has an old Indian traditional style that heavily influences the fashion aesthetic of the city. New Delhi fashion has mixed influences from the traditional east and the modern west.

**TLF: How did the movie 'Jaanisaar' happen? Did you always want to get into Bollywood?**

The movie *Jaanisaar* was offered to me by Muzzaffar Ali after he had seen a few of my dance performances. He was looking for a dancer and I fit the character. It was not something I was expecting but I was more than happy to try something new.

**TLF: Have you designed your own outfits for the movie?**

No. The costume designer is Meera Ali.

**TLF: How excited are you about travelling?**

I enjoy travelling when I feel like I deserve a break and I enjoy travelling for vacations. Unfortunately, due to my schedule I am usually travelling for work which is not as exciting.

**TLF: What is your dream destination for**

- (b) A fun filled holiday with family- London
- (c) A beach holiday- Maldives
- (d) A vacation in the mountains- Mussoorie

**TLF: What's your favourite cuisine? Do like to cook?**

I don't like to cook. My favourite cuisine is home food which is Rampuri food.

**TLF: When Pernia is not thinking fashions and /or films, what keeps her occupied?**

Dancing.

**TLF: What is your fitness mantra?**

To lead an active life doing whatever you enjoy. ♦

"The movie *Jaanisaar* was offered to me by Muzzaffar Ali after he had seen a few of my dance performances"







## Upen and Karishma: A perfect match

**TLF: Karishma and Upen are popular called as UpMa. How do you like your new name?**

The name seems to have become popular with our fans and especially across social media. The name is fun and cute and we too have now embraced it.

**TLF: How well do you gel as a couple?**

We gel really well and are grateful that we met. Sometimes we wonder why we didn't meet earlier in life.

**TLF: What are the similarities between you two and what is one major point of difference of opinion?**

We have so many similarities that can't just list them all here but we also respect each other's opinions and sometimes we just have to agree to disagree.

**TLF: What is that you like to do in your leisure time, together and separately?**

Together we love to travel, we always plan trips, we have decided to see the world together. Separately, I love to read and Karishma likes to spend time with her girlfriends and shop.

"We love to travel, we always plan trips and we have decided to see the world together. We are luxury travellers and we could be going to Bali for our honeymoon"

**TLF: When do you plan to get married?**

We haven't decided a date yet due to our work commitments.

**TLF: Have you thought of a honeymoon destination? If yes, then where would you go?**

I (Upen) think some paradise island like Bali etc.



The love birds are making all the right moves. Nidhi Joshi, associate editor, TLF magazine gets chatting with the duo about their love for each other and more

**TLF: What kind of travellers are you?**

We are well prepared travellers but luxury style travellers, we love staying in the best hotels and dining at the best restaurants.

**TLF: What are your food preferences?**

Karishma loves Italian and I love Thai food.

**Rapid fire  
Karishma**

- One thing you dislike about Upen  
Perfectionist
- One thing you wish you could change about him.  
He over thinks
- Difference between attraction and love  
One is temporary while the other is everlasting
- Marriage is forever

**Upen**

- One thing you dislike about Karishma  
Her waking up late every morning.
- One thing you wish you could change about her  
Wish she was a morning person.
- Fashion and modelling or Bollywood  
Hmmm... Bollywood
- Marriage is .. Eternal ♦



## TRAVEL WELL, STAY FIT

Mickey Mehta, a leading holistic health guru shares some wellness tips to make the most of your honeymoon

**H**oneymoon is the 'us' time for a couple after a wedding with countless ceremonies, buzzing of friends and relatives. Going on a honeymoon however requires a perfect planning and executing the same with precision to have a fulfilled and happy time together on your first vacation as a couple.

Usually, exercise routines and eating sensibly take a back seat on a honeymoon. Just like honeymoon is a celebration, your wellness quotient too must be a celebration to be enjoyed and sustained for a long time to come. This is where a little planning of your exercises and diet comes into play. Do not make exercises a punishment. Plan and enjoy them together, no matter where you are with your partner. Exercising is for refinement and culturing your body and when you do them together it purifies and evolves you and is just another way of romancing your own body with gentle stretches and exercises. So prioritise health and wellness to maximize your energy levels and to prevent stress and exhaustion of the wedding activities. A healthy mind translates into a healthy and fit body for which self motivation, regularity and consistency are the key factors.

### When travelling for your honeymoon:

- Most importantly avoid junk foods, processed and preserved foods. Instead, opt for natural flavours and foods and make sure you eat a wholesome breakfast before hitting the road or if you are planning on an outing. Carry fruits that can be munched on in between.

- Keep dry fruits handy. These are nutritious and will comfort you when hungry. A few almonds, walnuts, cashew nuts, dates and figs are ideal.
- Do neck rotations, shoulder shrugs, arm rotations etc in between your travelling hours. These can be done when you take a break from driving or even in an air craft.
- While sitting at a traffic signal or in the plane extend the legs, keep your toes pointed and rotate your ankles-clockwise and anti-clockwise.
- Shoulder rotations are also recommended to ease away the muscle tension.
- Try to eat at least 2 to 3 fruits per day.
- Enjoy your togetherness by walking instead of taking a vehicle to help you understand the place better and also one gets a good cardio workout. Experience the joy of walking. This is an exercise that you can do naturally-anywhere, anytime and you are on the way to better health and vitality.
- Romantic lunches and dinners, eating the local cuisine of the place will help you understand the various flavours while choosing foods like grilled foods, salads, sautéed or steamed veggies, soups etc.
- Chair dips, push ups, mountain climbers, ab crunches are exercises which you can do even if you don't have enough space.
- Move around when in long flights to prevent your body from aching due to poor circulation.
- Drink plenty of water to keep yourself well hydrated. This can include water, herbal/green teas/coconut water (depending on their availability).
- Whenever possible, use the stairs instead of elevators or escalators.

- Pranayam or breathing exercises like om chanting, kapalbhati and anulom-vilom can be practiced regularly. These are recommended to revitalise the body, for better clarity of thoughts and will liberate you from worries, tension and fatigue.
- Connect and bond with nature when you travel. Breathe in the fresh air, bask in the sunshine, listen to the chirping of the birds and listen to the sound of the waves if your honeymoon destination is by the sea side. These are simple but powerful steps to relax your mind, to enjoy togetherness, and to keep your spirit elevated and stress free. ♦

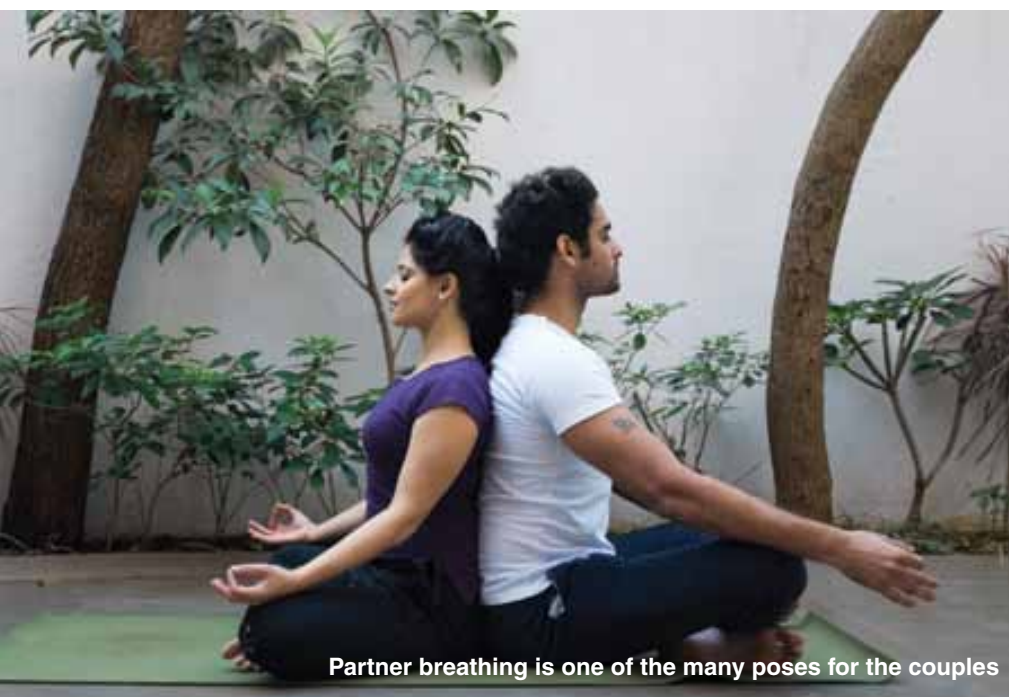


Mickey Mehta



# COUPLE YOGA: STRETCH TO SHOW YOUR LOVE

Mumbai based celebrity yoga expert Sunaina Rekhi elaborates about couple yoga and its benefits



Partner breathing is one of the many poses for the couples



Twin Trees

**T**he wisdom of yoga being one of the most ancient spiritual traditions on the planet helps to attract love into your life, helping you to heal past wounds and to live a nurturing joyful life.

Using simple, but effecting yoga asanas, you will learn to empower yourself to manifest the changes you want in your life.

When you are practising partner yoga, an energetic cord extends from your energy body to your partner. Likewise, when they are with you, an energy cord extends from them to you. When you love another person with your heart, you send out an energetic cord from your heart to their heart. This love empowers both of you. It feels intimate, permissive and non-judgmental. While you support your partner in his or her asanas, you feel loved and supported by that love.

You connect with your partner while practising the asanas by being gentler with yourself, by being more compassionate with yourself and being kind while assisting your partner.

By doing partner yoga you will find in yourself that deep love for yourself and your partner. You will start to notice how you are rewarded as you begin these new loving

habits. Not only will you feel better about yourself and your life, but your partner will begin to behave differently to you as well.

Finally, remember to say thank you in advance to your partner for what it is about to bring into your life. Expressing gratitude in advance shows your loved one that your beliefs are fully trusting in your ability to manifest this change.

## VARIOUS POSES FOR COUPLES

### Partner Breathing

With your back resting against your partner, spine touching, sit in an easy cross legged position, resting your hands on your thighs.

Allow yourself to feel and connect with your partner through inhalations and exhalations of the breath.

Start to breathe alternately with your partner, so as you inhale, he exhales; as he inhales, you exhale. Practice for three minutes.

This is a gentle way to connect with your partner, helps open the heart and is an easy way to connect with your breath.

### Partner Twist

Start in a seated position with legs crossed and your spines touching each other.

Inhale with your arms over the head holding each others hands or wrist and start to lengthen the spine.

Exhale and twist to the right, bringing your right hand to the inside of your partner's left knee and your left hand to the outside of your right knee/thigh. Your partner should mirror the movement.

Hold for five breaths, then exhale, untwist and repeat on the opposite side.

Twists help cleanse the body and assist in the detoxifying process. This is also a fun way to initiate playfulness with your partner.

### Twin Trees

Begin by standing a few feet apart with your partner facing the same direction.

Bring palms toward each other with the arms in a T shape, or draw the elbows and palms together in a cactus shape.

Begin to shift the weight onto your right foot and draw the left leg into tree pose by bending the knee and bringing foot to the ankle, calf or inner thigh of the standing leg.

Your partner will shift the weight onto his or her left foot and bring the right foot to the



Partner twist



Dog down or back bend

ankle, calf or inner thigh.

Help to balance each other for five breaths, then release and turn around to face the opposite direction and repeat on the opposite side.

### Down dog/ back bend

Begin with your partner in downward facing dog.

Then to take your partner deeper in their stretch place your feet in between the partner's hands and lower yourself onto your partners back.

Then stretch your arms overhead and give yourself a lovely backbend here.

Stay for several breaths and swap places.

### Partner forward fold

Sit opposite each other with your legs extended in a V-shape.

Bring the soles of your feet together, extend your arms toward each other, hold opposite arm to palm.

Inhale as you lengthen your spine and as you exhale start to bend forward with your heart moving towards your partner rather than moving downward.

Hold for five breaths.

### Temple Pose

Start with facing each other, standing with feet hip width apart.

As you inhale extend your arms above your head and begin to fold forward.

Once your hands touch with your partner, keep folding forward bringing forearms and



Temple pose



Boat pose

“By doing partner yoga you will find in yourself that deep love for yourself and your partner. It will also add to your happiness”

hands to rest against each other.

Rest your weight against each other and release your chest and belly.

Hold for five breaths.

### Boat Pose

Start with sitting on opposite sides of the mat and join the legs together by holding the hands outside your hips.

Keeping your spine straight, raise your

legs and put your soles together – try to find balance as you straighten your legs up to the sky.

You can start practicing this pose by straightening only one leg at a time, till you find the balance.

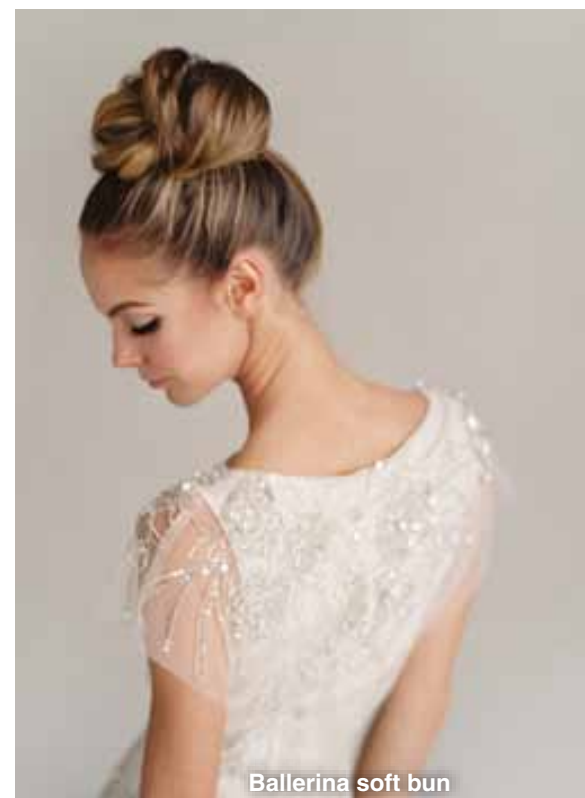
Hold for 5 breaths, perfect time to gaze into each other's eyes

To get out of the pose, slowly lower your legs and let your hands go. ♦





Faux Bob



Ballerina soft bun

Advanced Hair studio's Flashpoint coloured extension for a younger look.

5. Make a 'Low side bun' for a very gentle, feminine look.
6. Girls with short hair can style their hair into Faux Bob for a perfect evening.

### Hair care tips while travelling

1. Wear a satin or silk head scarf which should be in a big square so that they can easily be used to tie hair back and protect it while sleeping. You can even roll, wrap or pin up your hair using the scarf.
2. Elastic headbands and ponytail holders work best in case of emergency. One should keep them handy at all the times while travelling as it helps falling of hair on your face and protecting it in case of dust outside
3. Pull your hair into a taut side ponytail and twist your hair into a loose chignon for a classy travel look.
4. Flip your hair upside down and hit the underside with a light-hold hairspray or dry shampoo. Pile it on top of your hair and tie it before you set off for a journey. ♦

# No Tress Stress!

Perfecting that look doesn't end with the wedding, honeymoons are meant to dress up and look your best each day, a hair expert from **Advanced Hair Studio** gives you some styling and hair care tips

### Hair styling tips on the move

1. Girls can braid their hair into 'Four strand braid' and accessorise it with flowers for soft girly look.
2. For an evening look you can tie the hair up into a 'Ballerina soft updo' with some strands loose for that uber chick look.
3. For a date night, twirl your hair into 'Soft waves' with broad curly iron. This will create a very soft look.
4. For the special day you can choose



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INR 46,200

## The colourful white shirt

*A white shirt is a must for summers. We give you ideas to team it perfectly this season, whether it's a simple oh-so-hot look or the glamorous statement look.*

WORDS | NIDHI JOSHI



CÉLINE-Woven Loose Fit Black  
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ALEXANDER MCQUEEN-Skull  
Stone Pendant  
INR 19,900



MORPHE-Black Crop Top  
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Patent Leather Wallet  
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SAINT LAURENT-Paris Leather  
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EDIE PARKER-Jean Bespoke  
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Jean  
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# Skincare for a beach honeymoon

Dr Sirisha Singh, founding member and partner consultant, The Skin Center gives simple DIY tips to prevent skin damage from sun and salt and help maintain that sun-kissed glow during and post the holiday

**A** beach escape may be the ideal destination for a summer honeymoon—the sun, sand and the sea make for a befitting backdrop for some fun and romance. But before zipping off to your perfect summer get away, you must not forget to consider two factors that may act as eventual downers for your skin. These include exposure to UV rays and coarse salt. Prolonged exposure to high UV index rays can cause tanning of the skin, skin burns and also contributes to premature ageing of the skin. High salt content of sea water tends to dehydrate the skin and make it look parched and wrinkled.

## FOR A STRESS FREE VACATION SANS SKIN DAMAGE

**1 The C-T-M routine:** Follow a cleansing, toning, moisturising routine and moisturise the skin before bed with a gentle soothing moisturiser. This allows the skin to heal and renew during the night.

**2 Ensure UV protection:** Water resistant sunscreens are available which are effective for up to an hour while in the water. A broad brimmed hat and sunglasses are the best for additional sun protection. It is also advisable to try and stay under a beach umbrella or gazebo during the peak sun hours from 10 am-3 pm when the UV index is at its peak.

**3 Rinse and dry:** It is best to wash off the salt water as soon as practically feasible as salt on the skin can cause dehydration, cuts and abrasions.

**4 Keep your lips soft and supple:** A lip balm with SPF should be used all through the day.

**5 Keep your skin and body regularly hydrated:** Dehydration is a big issue due to the high salt content. It is advisable to keep sipping on cold water or fresh fruit juices while at the beach. It is better to avoid alcohol as that can cause further dehydration.

**6 Eat your way to gorgeous looking skin:** While at the beach, keep on snacking on juicy citrus and other fruits. This will provide you a healthy dose of anti-oxidants in addition to keeping your skin well hydrated.

**7 Hydro-conditioning:** Swimming would be a great cardiovascular exercise and will help to keep your body toned and burn off any excess calories consumed during the vacation.



## REVITALISING YOUR SKIN POST THE VACATION:

**1 Never break away from the C-T-M routine:** Continue with regular cleansing, toning, moisturising routine. Although one is back from the beach, a sunscreen should be used regularly to protect the skin from the high UV index.

**2 Don't be the doc, visit one:** If you have come back with a sunburn, it is advisable to see a dermatologist. They will be able to prescribe creams to cut down the inflammation early so that there is no chance of the skin healing with pigmentation.

**3 Home spun masks:** A face pack containing anything sour in the kitchen like yoghurt, vinegar or lime juice may be used in combination with gram flour, sandalwood powder or fullers earth. The acidic nature of the sour ingredient works as a natural peel and helps take the tan away. The same pack can be applied on arms, legs, hands and feet to get rid of the tan naturally and gently.

**4 Know your skin and avoid certain skin treatments:** Some skin treatments like LASERs have a high complication rate when performed on tanned skin. These treatments should be avoided until the tan subsides. Treatments like a mild chemical peel, a photofacial or microdermabrasion can help reduce the tan and may be recommended by the dermatologist.

**5 Sterilise the skin:** A gentle soothing moisturiser should be applied generously all over the face and the body. This will help in skin healing. A urea based moisturiser can help keep the feet, elbows and knuckles soft and well hydrated. Lipbalm should be used regularly and a gentle lip scrub may be used beforehand to take away any dead cells. Some people have a tendency to develop a burn on the lip. If this is the case, then a dermatologist should be consulted who may prescribe some steroid or anti-inflammatory cream.

**6 Hydration is the key:** Drink plenty of clear oral fluids like water, coconut water etc to keep the body hydrated and cool.

**7 Colour your diet:** Eat plenty of brightly coloured fresh fruits and vegetables. The high dose of anti-oxidants will promote healing of the skin.

**8 Detox:** Most people would have had excess alcohol during the holidays. It is better to avoid alcohol and let the body detox for a week to ten days.

**9 Sweat it out to glow:** An active healthy lifestyle of exercising regularly and getting adequate rest at night will help the mind stay relaxed and will help the skin to heal. ♦

## TRY THESE



Jackblack Intense Therapy Lip Balm SPF 30  
INR 1600



Vichy Aqualia Thermal Awakening Eye Balm 15 ml  
INR 1350



Shahnaz Husain Nano Sun Block SPF 40, 80 gm  
INR 225



L'occitane Pure Shea Butter 10 ml  
INR 690





Benefit Cosmetics Boi-ing Industrial strength concealer  
INR 1280



SEPHORA COLLECTION Instant Depuffing Eye Mask  
INR 3456 (approx)



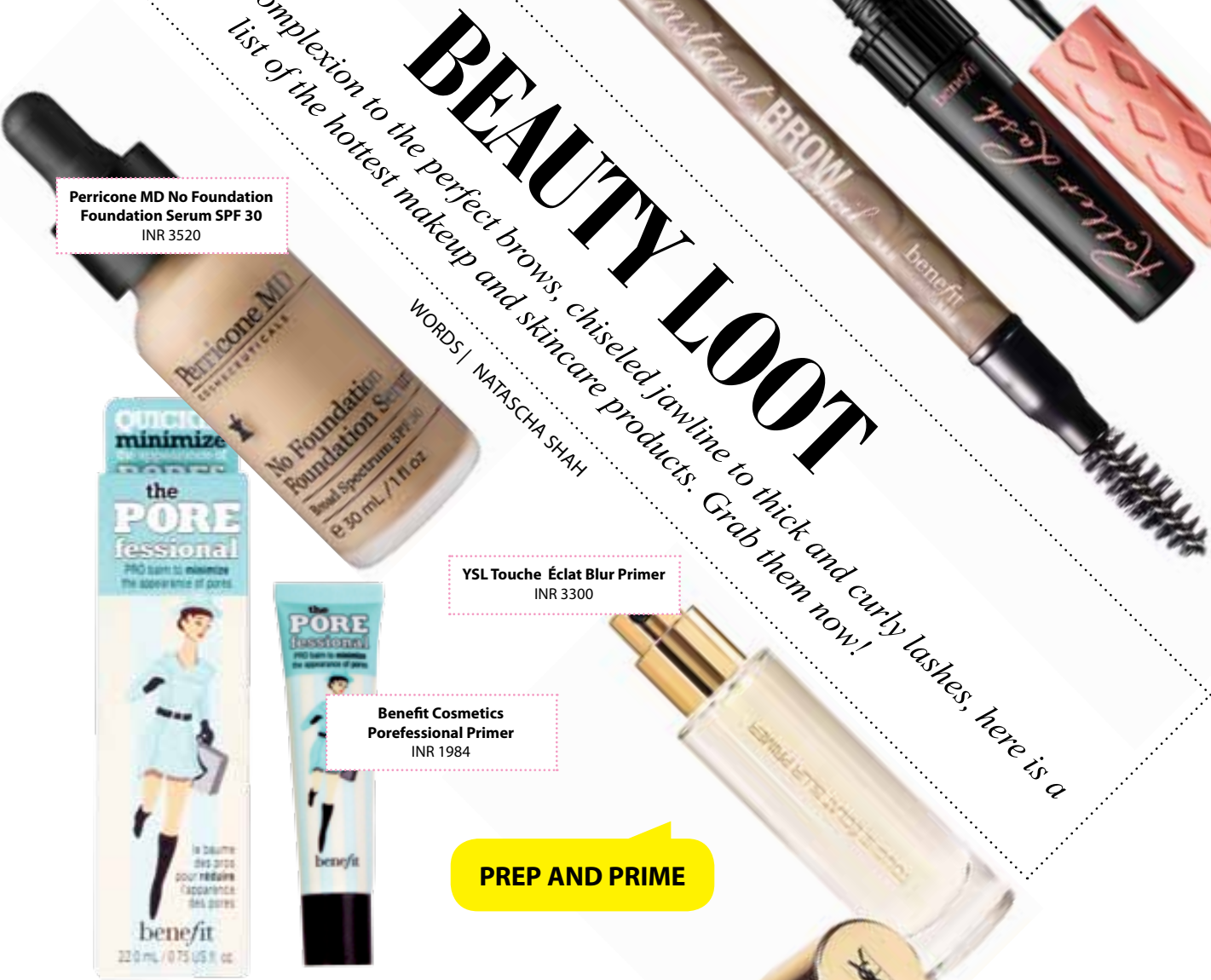
CLINIQUE All About Eyes Concealer  
INR 1152

ALL ABOUT EYES



Benefit Cosmetics Instant Brow Pencil  
INR 1408 (approx)

Benefit Cosmetics Roller Lash Mascara  
INR 1536 (approx)



Perricone MD No Foundation Foundation Serum SPF 30  
INR 3520

# BEAUTY LOOT

WORDS | NATASCHA SHAH

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INR 3300

Benefit Cosmetics Poreprofessional Primer  
INR 1984

PREP AND PRIME



VICHY AQUALIA THERMAL NIGHT SPA 75 ml  
INR 1690

Epique Intesive Luminescence Cream 15 ml  
INR 2900

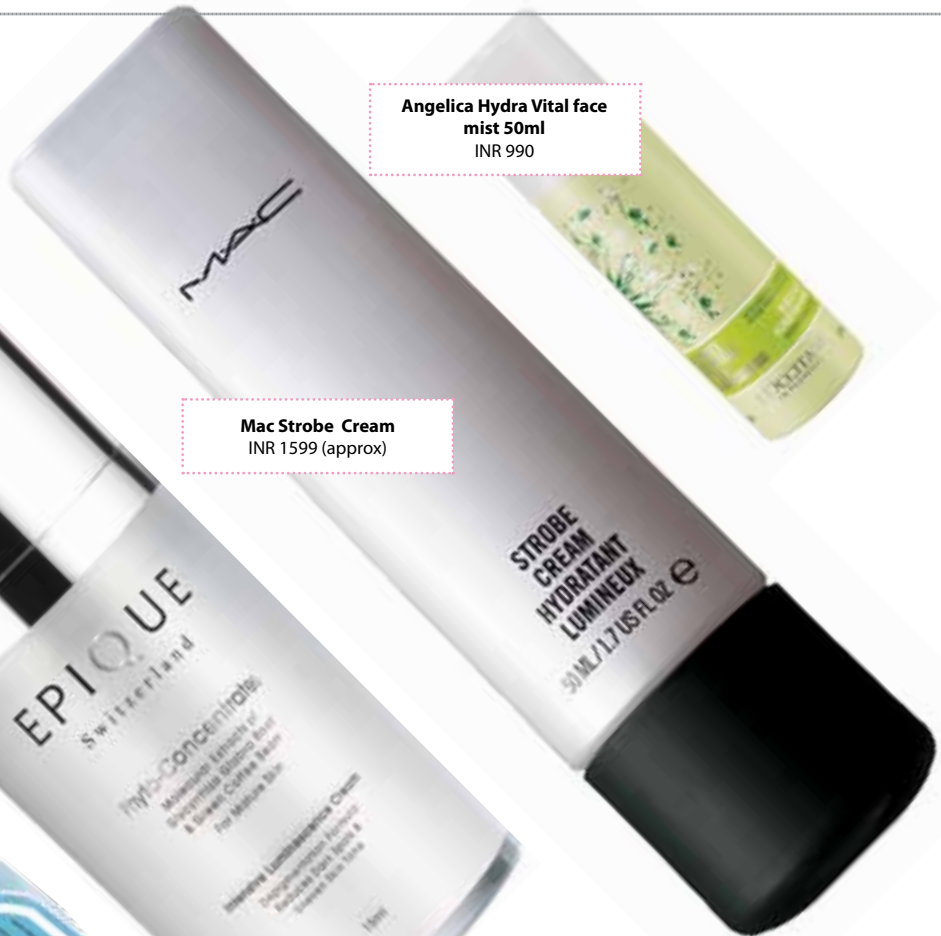
BARE ESSENTIALS



MAC Pink Lemonade lipgloss  
INR 1450



NARS Blush Bronzer Duo  
INR 2686 (approx)



Mac Strobe Cream  
INR 1599 (approx)

Angelica Hydra Vital face mist 50ml  
INR 990



Glam Glow thirsty mud hydrating treatment  
INR 1215 (approx)

CONTOUR AND COLOUR



Urban Decay Naked2 eye kit  
INR 3454 (approx)



Bobbi Brown soothing cleansing oil  
INR 959 (approx)



## An evening to remember



Rohit Bal



Amanpreet Wahi

In an evening high on energy and style, Home & Soul launched F Premiere -Premiere Fashion Homes Offering International Standard of Living, in association with Fashion TV. Held at F Bar & Lounge, Connaught Place and hosted by Sakshi Katiyal, Chairperson, Home & Soul; the party was attended by the crème de la crème of Delhi including socialites, fashion designers, models, entrepreneurs and members of the expat community. Rohit Bal, Varun Bahl, Neera Nath, Raakesh Agarwal, Honey Katiyal, Sunny Katiyal, Jenjum Gadi, Thenny Mejia, Harhati and Mithun Rebello, Chetan Seth, Krishna Somani and Amanpreet Wahi, Alka Lamba, Vineet Jain were seen having a gala time amongst many others.



(L-R) Sakshi Katiyal, Maria Mogsolova, Michel Adam, Honey Katiyal

## GNTO introduces new campaign theme for 2015

In a bid to introduce Germany in a new avatar the German National Tourist Board launched its new campaign for 2015 – Germany: Traditions and Customs

The focus of this year's campaign is strengthening Germany's image as a traditional and cultural travel destination, highlighting the culinary delights, living traditions and arts and crafts. The campaign will encourage foreign visitors to sample Germany's many local specialties, to experience traditional festivals and customs in German regions and cities, such as the Munich Beer Festival and the Cologne Carnival, and to discover German cultural events and festivals, arts, crafts and music.

The German Ambassador to India, Michael Steiner, said, "Germany is bustling with more and more tourists every year attracted not only by the most fun city of the world, Berlin, or Munich with its Oktoberfest. In fact, there is so much to see and explore. Germany features an impressive diversity of cultural and natural, historical and contemporary sights and offers a wide range of activities in any season."

Romit Theophilus, director, sales and marketing, GNTO India said, "We have been consistently placed amongst top three most popular European destinations out of India. Our 2015 campaign is focused on increasing the traditional and cultural diversity and supporting cross-cultural dialogue between Germany and other countries across the globe which will boost the rural areas. We are expecting 6 to 7 per cent growth from the visitor segments from India and hope to see the Indian and international visitors grow for destination Germany".



Michael Steiner, German Ambassador with Romit Theophilus from GNTO India

## Madhya Pradesh Tourism sets stage for a new era

Madhya Pradesh Tourism organised a get-together for the travel trade and hospitality fraternity of the capital to give them an experience of the essence of the state at a get together held in New Delhi on 15th May.

The function that showcased destinations, handicrafts, tribal dance forms, cuisine, Tourism Year 'Simhashta 2016' and investment opportunities in the state was attended by a galaxy of people from travel trade, industry associations, trade associations, media and dignitaries from various walks of life.

Madhya Pradesh is now on a path to rapid transformation. Tourism continues to be one of the key focus areas of the state government with the result that the resurgence of this sector in the state has been widely noticed and appreciated in recent years, both within the country and outside. The excellent work done in this sector has also received widespread recognition in the form of innumerable awards received by Madhya Pradesh Tourism in various forums.

This get-together was a major step in the direction of strengthening this perception and attracting tourists as well as tourism investment in the state. This programme saw the presence of Shivraj Singh Chauhan, chief minister, Madhya Pradesh; Surendra Patwa, tourism minister; Anthony Desa, chief secretary; Lalit K Panwar, secretary tourism; Umang Narula, CMD ITDC Group, Subhash Goel President IATO, Vivek Mathur, GM marketing, MP Tourism, Jyoti Kapur, President, ADTOI, T S Walia, President FHRAI, Manu Jagmohan Singh, entrepreneur; Sharon Lowen, Odissi dancer; Naresh Kapuria, art curator to name a few.



Chief Minister of Madhya Pradesh Shivraj Singh Chauhan

## KL gets ready to welcome IIFA 2015

Bollywood's finest slated to be part of the 16th IIFA weekend in KL

The 16th edition of the most spectacular celebration of Indian cinema globally, the International Indian Film Academy (IIFA) Awards recently announced the hosts for some of IIFA's most awaited sub-events and performances that will take place at the IIFA weekend this year. The Videocon d2h IIFA Weekend and awards will take place at Stadium Putra in Kuala Lumpur, Malaysia from 5th-7th June.

What started off as a one night awards show has grown into a mega three day weekend extravaganza in order to accommodate the myriad magical elements that Indian Cinema has to offer. The IIFA movement has taken the world by storm by bringing a spectacular weekend to a new locale every year filled to the brim with film-festivals, workshops, exhibitions, film-showcases and premieres, global business forums and sporting events.

The IIFA Weekend this year will also see a night exclusively dedicated to fashion which will be hosted by actress Neha Dhupia. IIFA Rocks, the exclusive music extravaganza will see a host of fantastic musical performances by Shankar-Ehsaan-Loy, Mika, Ankit Tiwari, Kanika Kapoor, Jawed Ali and the Nooran sisters. Superstars Jacqueline Fernandes, Aditi Rao Hydari, Lisa Hayden and Lauren Gottlieb will also take the IIFA Rocks stage for some incredible performances.

At the 16th Videocon d2h IIFA Weekend, the IIFA gala screening on 6th June in Kuala Lumpur, Malaysia will feature the highly awaited star-studded film *Dil Dhadakne Do*.



L-R - Ayushmann Khurrana, Neha Dhupia and Anil Kapoor



L-R Sunil Tandon (CMO, Videocon Group), Ayushmann Khurrana, Neha Dhupia, Anil Kapoor (CEO, Videocon d2h) and Anil Kapoor



## The Taj Mahal Hotel welcomes chef Arun Sundararaj

Chef from Hyderabad welcomed over an evening of soulful Sufi music and Hyderabadi cuisine



Chef Arun Sundararaj - Executive Chef at The Taj Mahal Hotel, New Delhi



The Royal Setting



Famed Hyderabadi Haleem

In a constant endeavor to offer unique and memorable experiences to its patrons, The Taj Mahal Hotel, New Delhi welcomed Chef Arun Sundararaj as the new Executive Chef in an extravagant dinner set in royal elegance to celebrate the authentic royal cuisine of Hyderabad. He joins The Taj Mahal Hotel, New Delhi after his last assignment at Taj Falaknuma Palace, Hyderabad where he was the Executive Chef for over 3 years.

As he turns a fresh page with the Taj Group and begins his Delhi chapter, Chef Arun paid fitting tribute to the city of Hyderabad where he last served. Bringing in the grandeur of the much famed cuisine of Hyderabad, Chef Arun crafted a special menu that included gourmet delights such as the pathar ka gosht, shikampuri, mirchi ka salan, kacche gosht ki biryani amongst others. The evening saw guests relish the rich delicacies to the soulful strains of the Sufi qawwals from Dargah Nizamuddin at the Taj Mahal Delhi's Aftab Mahtab that played perfect backdrop to an evening of great food, music and warm cheers.

Satyajeet Krishnan, general manager, The Taj Mahal Hotel said, "We are delighted to welcome Chef Arun Sundararaj to the Taj Mahal, New Delhi family. We are confident that his experience, enthusiasm and expertise will add significant value to the culinary excellence of the iconic hotel that is renowned and celebrated for its award winning restaurants and impeccable service."

## Be On Your Own with OYO mobile app

Now you can book in 15 cities across 4000 rooms in just three taps

OYO Rooms, India's largest network of technology enabled budget hotels, recently announced the launch of its mobile app. The 'OYO Rooms' mobile app is available on Google Play Store and Apple App Store. The app takes away the need to pre-book a hotel by making bookings lightning fast and easy and it takes just 3 taps to book a room. It's the world's first personal room service app that allows guests staying at an OYO to order room service directly from their smart phones.

Ritesh Agarwal, founder and CEO, OYO Rooms said, "OYO Rooms was first to bring the comfort and experience of an expensive hotel at a much lower price, by using technology to pioneer a branded network model for budget hotels. Now we are using a smart phone app to completely redefine guest experience at an OYO, allowing our customers to not only book their preferred OYO room in less than 30 seconds flat, but order room service directly from the OYO Rooms app." Also present there were Anurag Gaggar, VP, product management and Abhinav Sinha, COO, OYO Rooms.



Ritesh Agarwal, CEO OYO Rooms with his colleagues



## New brand ambassadors for Trinidad and Tobago

Trinidad and Tobago Tourism appointed cricketers Kieron Pollard and Dwayne Bravo as brand ambassadors in India

Trinidad and Tobago Tourism has appointed IPL cricketers Kieron Pollard and Dwayne Bravo as their brand ambassadors in India. TDC, general manager, marketing, Warren Solomon said, "We are excited to have these two world-renowned cricketers on board with us to help promote Trinidad and Tobago as a holiday destination in India. Pollard and Bravo's huge fan following in India and their love for Trinidad and Tobago make them the ideal choice to promote the varied and exhilarating experiences of their home country to the growing number of Indian travellers who are looking for a unique holiday experience."

Cricketer Kieron Pollard stated, "I am delighted to be partnering with the Trinidad and Tobago Tourism Development Company to promote my beautiful country in India. Bursting with spirit and a heady mix of cultural activities, eco adventure and culinary delights, there is no place in the world quite like our tiny twin-island republic."

Educating the guests at an event organised at the Le Meridien, New Delhi cricketer Dwayne Bravo said, "I am very excited to be promoting Trinidad and Tobago in India. We hope to see more Indians visiting T&T to discover the range of sites, attractions and experiences that cater to the needs and desires of many types of travellers. Trinidad and Tobago's close proximity to the USA, great flight connections and the fact that visas are not required for Indian travellers make it the ideal destination for Indian travellers."



Ayaz Memon in conversation with cricketer Dwayne Bravo

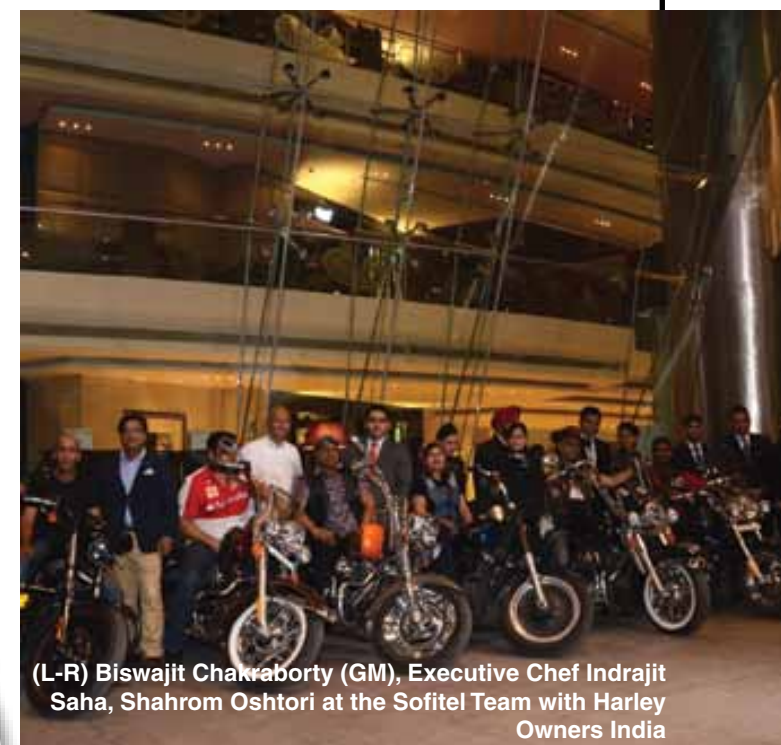
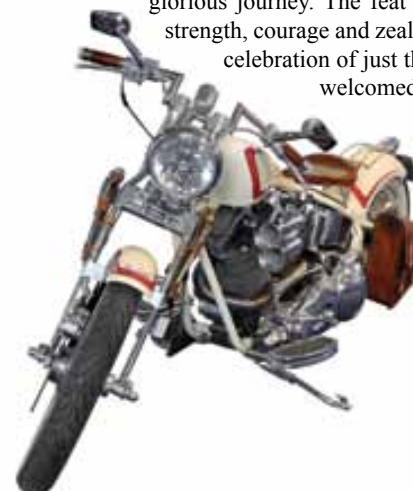
## Sofitel BKC becomes the hub for Harley riders

An evening to celebrate the ASEAN corridor ride

Sofitel Mumbai BKC recently hosted an evening with the Harley Owners India (HOI) – a motorcycling club founded in Mumbai, India. The soiree celebrated the 5 bikers who rode in the ASEAN CORRIDOR Ride. The route involved driving across 7 countries, covering 20,000 km over a period of 50 days. The tour included India, Myanmar, Laos, Thailand, Bangkok, Cambodia and Malaysia.

Over 50 bikes were parked at Sofitel Mumbai BKC, a hub for entertainment and culture and their bikers were seen at the hotel enjoying cocktails and dinner paired with hors d'oeuvres for the evening.

Biswajit Chakraborty, general manager, Sofitel Mumbai BKC, thoroughly enjoyed the evening and said, "We are delighted to host the Harley Owners India (HOI) club for their achievement and glorious journey. The feat undertaken displayed immense strength, courage and zeal and the evening at the hotel is a celebration of just that. We at Sofitel Mumbai BKC welcomed the riders with a warm heart and displayed their magnificent machines this weekend." ♦



(L-R) Biswajit Chakraborty (GM), Executive Chef Indrajit Saha, Shahrom Oshtori at the Sofitel Team with Harley Owners India





Sunil Sethi, president, FDCI; Poonam Kumar, president-Young, FIWE and union minister Kalraj Mishra



Dr. Hashim Suleiman Hussein head ITPO, UNIDO, Bahrain with a woman entrepreneur from Bahrain



Hafiza Momtaz Hashi, president, Association of Women Entrepreneur, Bangladesh and Elizabeth Paula, ambassador of Uganda



Dr. Rajni Aggarwal, president, FIWE; Dr. Hashim Hussein, head ITPO, UNIDO, Bahrain; Dr. Genet Zewide, Ethiopian Ambassador; Khaled El Bakly Egypt Ambassador; Dr. Najma Heptulla; Ebya Salah, Somalia ambassador



# Women power gets a boost at International Women Entrepreneurs' Summit

Economic empowerment through inclusive and sustainable industrial development was the theme of this summit organised for the 5th time

WORDS | TLF DESK

It was a power packed summit to empower the Women Entrepreneurs. The Federation of Indian Women Entrepreneurs (FIWE) in collaboration with Indo-African-Arab Women Chamber of Commerce (IAAWCC) organised 5th International Women Entrepreneurs Summit and Exhibition, co-organised by UNIDO-ITPO, Bahrain, Arab International Centre for Entrepreneurship and Investment from May 7th to 9th at Hotel Hyatt Regency, New Delhi with the active support of Ministry of Micro, Small and Medium Enterprises (MSME), NSIC, SBI, SIDBI, The Asia Foundation, NIESBUD, Google and TIE.

The International Summit and Exhibition was inaugurated by Najma Heptulla, union minister for Minority on 7th May with ambassadors of African and Arab World and Hashim Suleiman Hussein, Head ITPO, UNIDO, Bahrain. And present at the valedictory and Priyadarshani Award function were Najma Heptulla, union minister for minority; chief guest of the function was

Kalraj Mishra, union minister for MSME; Amrendra Sinha, secretary, MSME and Sunil Sethi, President, FDCI.

During his speech union minister Kalraj Mishra apprised that MSME ministry had INR 100 crores from the Women and Child Welfare which will be utilised for supporting the Women Entrepreneurs. With the presence and support of ministers and the eminent personalities from the industry, the summit concluded at a very positive and empowering note.

The main objective of the summit was to synergise the global opportunities for women entrepreneurs and facilitate an effective socio-economic development. The focus of the summit was 'Make in India' as FIWE is working towards attracting investments from Arab countries in India through women Entrepreneurs. More than 100 participants from Arab World, African and SAARC countries participated in the summit to explore business opportunities with their Indian counterparts. "The summit has witnessed



Dr. Genet Zewide, Ethiopian Ambassador

H.E. Dr. Genet Zewide



MoU signing by Dr. Rajni Aggarwal, president FIWE and representative Lulwa, Arab Women Council witnessed by Dr. Hashim Suleiman Hussein Head ITPO, UNIDO, Bahrain

large number of delegations from Bahrain, Kuwait and Sudan and also delegations from Bangladesh, Nepal, Kenya, Pakistan, Senegal, Sri Lanka, Harare, Uganda and Zimbabwe," said Rajni Aggarwal, President, FIWE.

One of the major attractions was the signing of MoU with Women Entrepreneurs Associations from SAARC region – Sri Lanka, Nepal, Pakistan, Bangladesh, East Africa, West Africa and the Arab world. Also, with an equally active participation of the government dignitaries of various countries, one of the key outcomes of the summit was the presentation on SME policies across 30-40 countries that will provide fresh perspective on formulation of future national policies and progress towards development of women entrepreneurs in SME sector.

While chairing the session, Hashim Suleiman Hussein, head ITPO, UNIDO, Bahrain, said that Indo-African-Arab Women Chamber of Commerce will soon set up independent desk for Arab and African Women Entrepreneurs in India with the help of FIWE to further strengthen the business relations among the women entrepreneurs.

The summit also included a host of knowledge and technical sessions on skill development and digitization to apprise women entrepreneurs with the latest technologies, innovations as well as government's initiatives to help them gain expertise and grow. The summit had various national and international speakers sharing knowledge about the trade and investment scenario and opportunities for women entrepreneurs, latest skills, technologies





Women entrepreneurs from Zimbabwe visiting FIWE Latent Talent Exhibition

and ideas in product development and marketing. “Productive information exchange among the government dignitaries of various countries during these sessions also took place,” said Poonam Kumar, Young President, FIWE.

Among the guest of honour were Gennet Zewdei, ambassador of Ethiopia, Khaled El Bakly, Ambassador of Egypt, Elizabeth Paula, Ambassador of Uganda and Ebyan Mohamed Salah, Ambassador of Somalia.

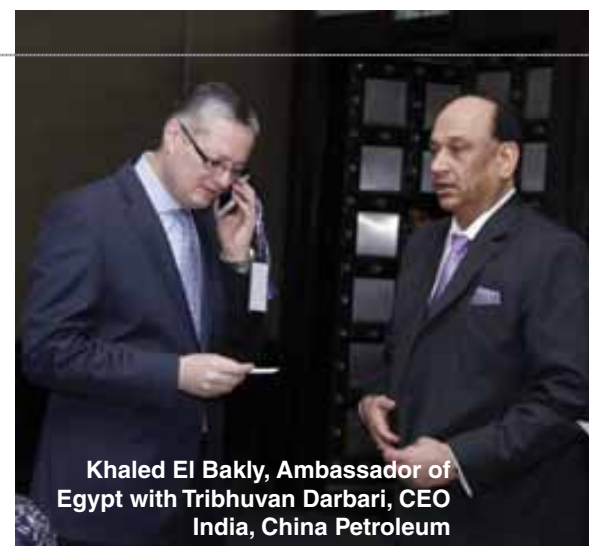
Eminent speakers included Sunil Sethi, president, FDCI; Shiv Khera, Annurag Batra, chairman and editor-in-chief, Businessworld; designer Leena Singh; Afif Barhoumi, program co-ordinator, ARCEIT, Investment Promotion Expert, UNIDO ITPO Bahrain; Tribhuvan Darbari, CEO India, China Petroleum & Amit Modi, Unison Group of Hotels.

The sessions were followed by exclusive one-on-one business meetings to facilitate international tie-ups, technology transfers, joint ventures, MoU's, etc among the women entrepreneurs. Another important highlight of the Summit was Priyadarshani Awards – the most coveted award for business excellence for women entrepreneurs. During the summit, FIWE also launched a new initiative, FIWE - LATENT TALENT, an exhibition to showcase and provide a credible and comprehensive platform to enrich, encourage and empower innovative entrepreneurial as well as creative talent and bring them to the forefront. It was an endeavour to strengthen brand ‘Make in India’, locally as well as globally.

The Summit concluded with the presentation of prestigious Priyadarshani Award for ‘Excellence in Business’ by the Najma Heptulla, union minister for minority and Kalraj Mishra, union minister for MSME to more than 40 Women Entrepreneurs from India, Africa, Arab World & SAARC Countries ♦



Motivational guru Shiv Khera addressing the gathering of Women entrepreneurs at the 5th International Women Entrepreneurs Summit and Exhibition



Khaled El Bakly, Ambassador of Egypt with Tribhuvan Darbari, CEO India, China Petroleum



Designer Leena Singh



Women entrepreneur from Pakistan, Shireen receiving Priyadarshani Award from ministers Kalraj Mishra and Najma Heptulla with Amrendra Sinha, secretary MSME



Sonakshi Sinha and Philipp von Sahr, president, BMW Group India with the new BMW 6 Series Gran Coupé

# CAR COUTURE

BMW Group India launched the new BMW 6 Series Gran Coupé at the curtain-raiser of the BMW India Bridal Fashion Week 2015

The new BMW 6 Series Gran Coupé arrived in style at an exclusive fashion show, where the country's most acclaimed fashion designers presented the 'Preview' of their couture collection and upcoming trends for BMW India Bridal Fashion Week 2015. BMW takes India Bridal Fashion Week national for the first time, showcasing breathtaking bridal couture across seven cities.

The pairing of opulence in fashion and ultimate luxury driving was interesting, Philipp von Sahr, President, BMW Group India says, “At the heart of BMW is not only brilliant automotive engineering but also the desire to evoke emotions and spread JOY. Our automobiles are not just the end of a creative process but a beginning. Likewise, an Indian wedding is a celebration of emotions, aesthetics, craftsmanship and opulence. BMW also celebrates these values that are cherished by our esteemed clientele. BMW India Bridal Fashion Week has established itself as a unique avenue where the best of Indian fashion designers open doors to the latest trends in ‘Bridal Couture’. It is the perfect platform for the launch of

the new BMW 6 Series Gran Coupé which combines absolute luxury and immaculate design with adrenalin rushing performance.”

BMW has enjoyed a long-standing history of successful collaborations with artists and designers the world over. BMW is the official partner of India Bridal Fashion Week, arguably one of India's most significant bridal fashion platforms, for the second consecutive year. For 2015, Abu Jani Sandeep Khosla, Ashima Leena, Falguni Shane Peacock, Gauri Nainika, JJ Valaya, Jyotsna Tiwari, Shantanu Nikhil, Suneet Varma and Tarun Tahiliani will showcase their most opulent

and premier collections in Delhi, Mumbai, Bangalore, Chennai, Hyderabad, Ahmedabad and Chandigarh. ♦

## FAST FACTS

The new BMW 6 Series Gran Coupé is now available at all BMW dealerships across India. The all India ex-showroom prices are BMW 640d Eminence : INR 1,14,90,000 and BMW 640d Design Pure Experience : INR 1,21,90,000



Curtain Raiser of BMW India Bridal Fashion Week 2015





Farooq Ahmed Shah, Director Tourism Kashmir

# JK TRAVEL MART 2015

The 3-day Travel Mart, held at SKICC (Sher-e-Kashmir International Convention Centre), Srinagar, from 16th to 18th May, was a successful venture in which over 180 domestic and 20 international buyers participated. This was the first ever travel event of this magnitude since 1988 and provided opportunities to the local tourism sector to grow.

The three days saw a series of press conferences, B2B exchanges, and dialogues that will have a long and lasting impact on tourism in the state.

Mufti Mohammad Syeed, chief minister, Jammu and Kashmir said, "I believe there should be no off season in Kashmir," while urging to make Kashmir an all-season tourist destination."

Emphasising upon adventure tourism, the chief minister highlighted the need for packaging golf and corporate tourism for high-spending tourists.

He, however, asked the tourism department to increase its intake capacity to reach out to a larger number of visitors from across the world.

The minister for education, Naeem Akhtar said that Kashmir tourism would get boost by



Delegates at the convention



Mufti Mohammad Syed, CM Jammu and Kashmir with minister for education, Naeem Akhtar

events like these, "In future, we will fix a particular date for organising this event so that international buyers can plan their trip accordingly," he said.

"We need these kinds of events in Kashmir in which buyers across the world visit and do business with locals here. It will not only help tourism but also give business to local players," he said.

He further added, "Srinagar is the goldmine of unexplored heritage tourism where age old shrines of Sufi saints are existing in their original form. But unfortunately, so far it has not been fully tapped and brought onto the tourism map."

Commissioner Secretary, Tourism Shailendra Kumar on the occasion said the government is making all out efforts to boost tourism industry in the state. He said the government is contemplating preparing comprehensive plan for developing spots having tourist potential.

Director Tourism Kashmir Farooq Ahmed Shah said, "Kashmir is the crown of India and not just a great Skiing, Golfing and Adventure destination but also the perfect Mice Destination," (for a detailed interview click here). ♦



Naeem Akhtar, minister for education



The opening ceremony at SKICC, Srinagar



The opening ceremony at SKICC



# Movers and Shakers

## Peepprovider: A perfect travel app

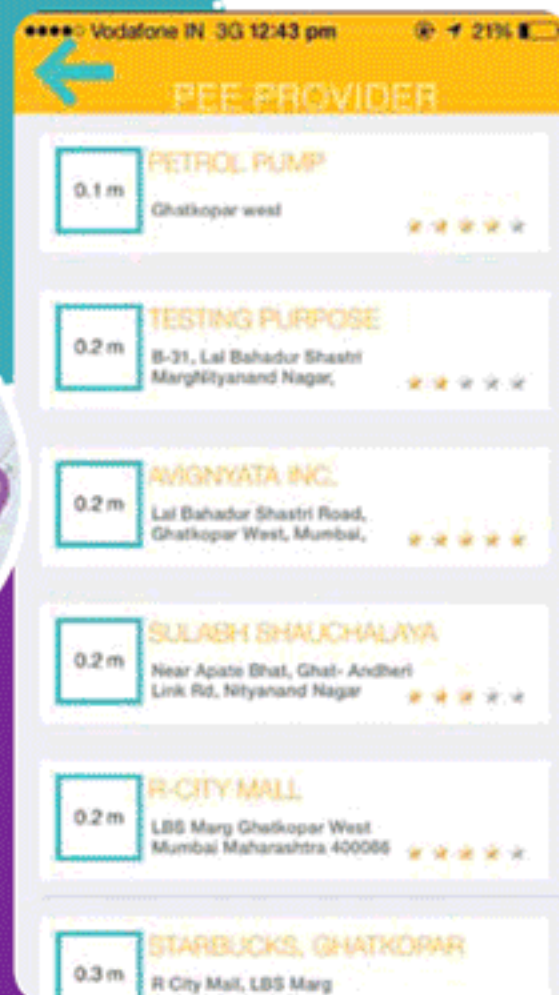
Finding a suitable toilet, while travelling is a major problem in India, especially for women travellers. Peepprovider is one such app that helps you locate a toilet in your vicinity and also rate it after the use based on its maintenance. This app is specially designed for IOS network users and can help you find bathrooms by entering a location, or by GPS locator. You can rate the facilities, leave a review, or even add the loo at new location. This application also allows you to add, rate a toilet and earn points. Currently available in 14 cities like Mumbai, Delhi, Pune, Jaipur, Ahmedabad, Surat, Bangalore, Goa, Agra, Chandigarh, Amritsar, Bhopal, Hyderabad and Chennai; it would be available pan India in the near future. The toilets at an airport, coffee shop, mall, metro station and other such public places will be included in the app. ♦

## ITDC plans to offload sick units

Government will soon privatise eight loss-making hotels run by India Tourism Development Corporation (ITDC) as it plans to 'offload' all the sick units, Mahesh Sharma, tourism minister said. "We propose that all our sick units need to be offloaded. Out of 16 hotels, eight are in very bad shape and we propose to disinvest it in the very first phase. It is not wise to bear the burden of these loss-making units," Sharma added.

"The ball has started rolling," he said, adding that the formal process should begin within two months. However, he ruled out the possibility of selling off The Ashok, the flagship property of ITDC in the capital. "Ashok will not be on the block. We are trying to revamp it and this year we will make it a profitable venture," the tourism minister said.

The eight hotels which are likely to go under the hammer include those at Jaipur, Bhubaneswar, Puri, Jammu, Guwahati, Ranchi, Pondicherry and the Lalit Mahal hotel in Mysore, all of which are loss-making. The minister said whether the privatisation will be through joint venture or giving the operation and management to private players on a lease or any other modes was yet to be decided.



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### Corporate Office

86 Adichini, Sri Aurobindo Marg, New Delhi-110017, India, Tel: +91 11 26513420  
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### Mumbai Office

68A, Juhu Supreme Shopping Centre, Gulmohar, Cross Road No. 9, J.V.P.D, Juhu, Mumbai-400049, India, Tel: +91 022-66920139/26702592 Fax: +91 022-66920139  
Mobile : 09323564292 Email: pradeep@feathertouch.co.in

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**For Exhibiting Enquiries :**

Arif Siddique	: T +91 22 61727180	M +91 99205 74940	E arif.siddique@ubm.com
Sanjiba Ningthoujam	: T +91 11 66517617	M +91 98107 21549	E sanjiba.ningthoujam@ubm.com
Rucha Ambetkar	: T +91 22 61727176	M +91 97691 16406	E rucha.ambetkar@ubm.com
Sanjeev Nair	: T +91 484 2203933	M +91 98462 49568	E snair03@gmail.com