



Walking
Lisbon and
Sintra

By Debbie Stone

Mountain Biking
Adventure at
Skypark



Thrills, Splashes, and Escapes
Noah's Ark Waterpark



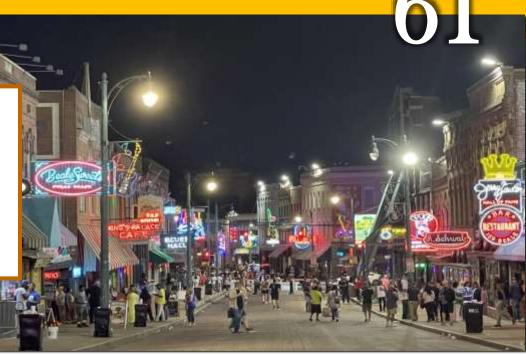


The Bohemian Heart of Paris

Montmartre

By Paul Pence

Where
History Sings
Memphis
By Debbie Stone



Explore Hassle-Free Ultra-Light Travel





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2 Barber Avenue Warwick, RI 02886 jaunting.com 401.480.9355

Managing Editor
Paul Pence

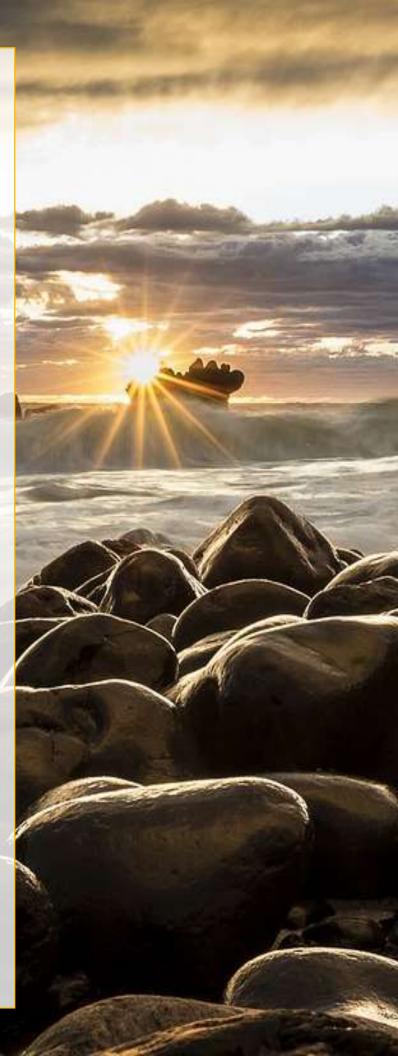
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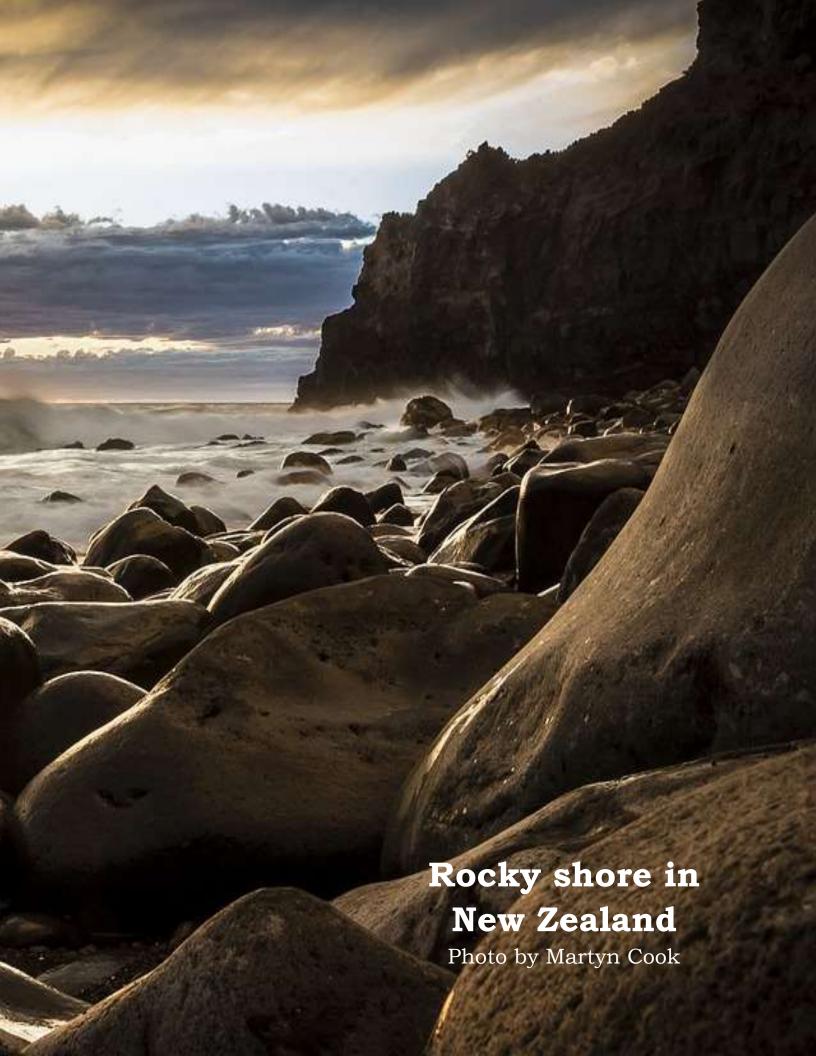
All travel involves risk.

Confirm directions and critical information before traveling.

Be aware of health and other concerns.

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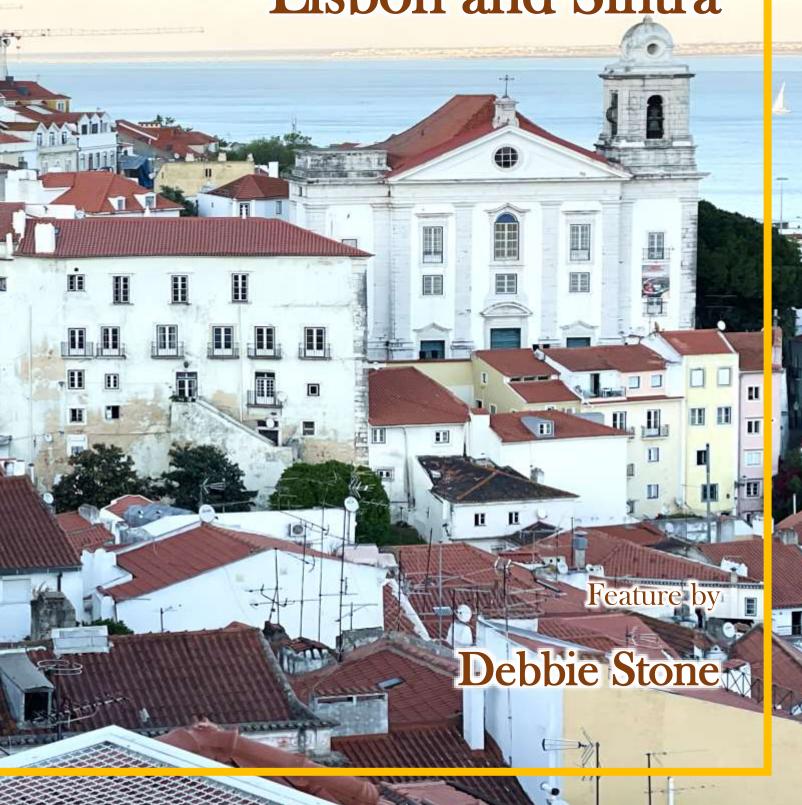






A Self-Guided Walking Tour of

Lisbon and Sintra





rom the moment I set foot in Portugal, I inew I was in for a remarkable experince. By taking it slow, setting my own pace and making spontaneous discoveries along the way, I had a personal journey throug the bibrant culture and history of Lisbon and the mystyical realm of Sinstras palaces and natural wonders.

There are so many ways to travel these days, and though I've tried and enjoyed many of them, I always come back to my favorite - self-guided, walking trips, where I get to make the decisions and can move



at my own pace. These types of vacations often take a lot of planning and research, especially when going abroad. The planning is part of the fun, but I learned that having some assistance in this endeavor can be incredibly helpful, as well as a big timesaver.

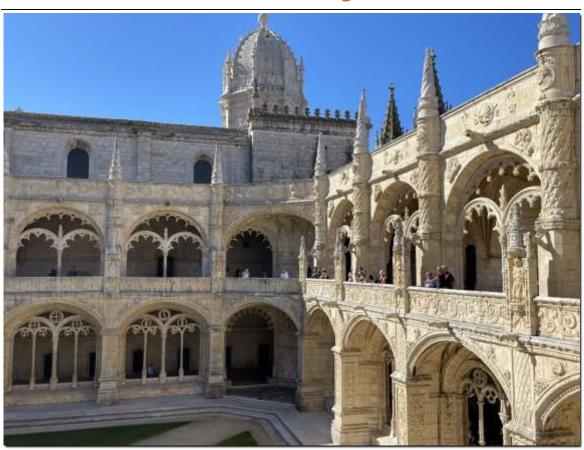
Meet Inntravel. As champions of the Slow vacation, the company offers a tempting collection of 290 selfguided adventures amid the most scenic corners of Europe - both on and off the beaten track. Travelers can choose from trips on foot, on two wheels, on skis and snow shoes, or by rail, boat or car. Because of the comprehensive route notes and maps provided by the company, you have the freedom to explore at your

own pace, discover little-known gems, and slip into the rhythms of local life.

I booked Inntravel's "Lisbon & the Palaces of Sintra 4 night self-guided walking trip" during my recent trip in Europe, and heartily appreciated the detailed information provided by the company to facilitate a memorable stay in these cities.

Lisbon is the capital and largest city of Portugal, and as such, is a vibrant, multi-faceted destination with no shortage of places to explore. Commerce Square (Praça do Comércio): Where Lisbon's history meets modern vibrancy.

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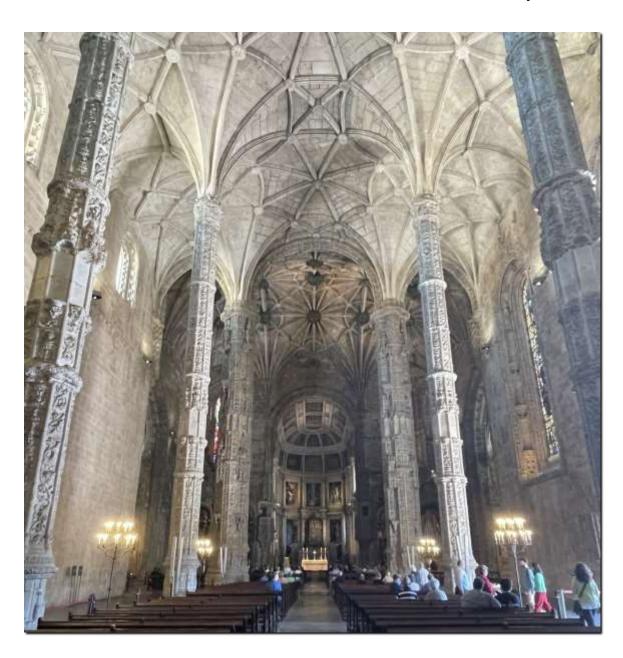


With over twenty centuries of history, it's known for its colorful past full of rulers, invasions, destructions and reconstructions. You'll find a rich tapestry of cultures here and a wonderful meld of traditional heritage with forward-thinking innovation and modernism. Visitors are warmly welcomed in this sun-drenched, charming locale, where smiles are ever-present and obrigado, "thank you," goes a long way.

Several of Lisbon's highlights are located in the Belém neighborhood. Here you'll find the Jerónimos Monastery, a grand religious building dating back to the 16th century. This UNESCO World Heritage Site was historically associated with the early sailors, who set off to explore the world. At the time, sailors were very superstitious and would pray with the monks in the hope they would return safe and unharmed. It was here that legendary explorer

Vasco da Gama spent his last night prior to his voyage to the Far East. His tomb lies within the church.

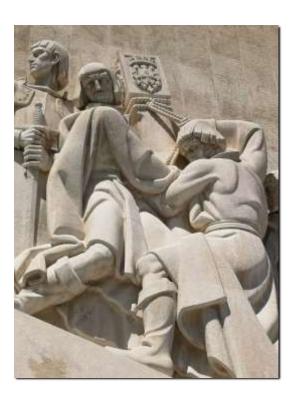
The church is one of the most decorated in Portugal, with an ornately carved entrance, massive vaulted ceilings and an ornamental altar. The incredible stone detail extends into the monastery with its



Jeronimos
Monastery:
A majestic
testament
to
Portugal's
rich
heritage.

unique two-level cloister

Nearby is the Monument to the Discoveries, which sits the marina and next to Tagus River, overlooks the ships departed where explore and trade with India and the Orient. It towers over 160 feet and offers panoramic views of the area from the



constructed in honor of Portugal's Prince Henry the Navigator. Its shape resembles a ship's prow and there are more than thirty statues of historical figures carved on it. In front of the monument is an enormous marble map of the world with significant dates in history.



rooftop.

This larger-than-life stone edifice celebrates the achievements of explorers during the building of Portugal's empire and was





Monument to the Discoveries : A towering tribute to Portugal's seafaring legacy.



Further down the waterfront is the Tower of Belém. Constructed in 1521 as a gateway to Lisbon, as well as a defense system, this national monument is impressive for its rich sculptural ornamentation and elaborate décorations influenced by Moorish art. To access the tower's three floors and its terrace, visitors need to climb a narrow spiral staircase. At the top, you'll be able to enjoy marvelous views once



more.

In the Belém district are also several museums of note: National Coach Museum, Berardo Collection Museum and the Maritime Museum. The National Coach Museum contains the most important collection of royal coaches in the world with 9,000 objects from the 16th to 19th centuries. Art afficionados will love the Berardo, a mecca for modern and contemporary art, with works from such notables as Picasso, Duchamp, Miró, Warhol and more. And those who want to delve into the history of Portugal's "domination of the seas" will enjoy pursuing the Maritime Museum's outstanding collection of 17,000 items and artifacts.

Tower of Belem: A captivating sentinel guarding Lisbon's maritime legacy. The views from its parapet are aweinspiring.



While you're in Belém, stop in at Pastéis de Belém to try the famous Portuguese custard tarts. On an average weekday, 12,000 of these goodies are sold from this one location and a whopping 20,000 on the weekend. The shop has been making the tarts since 1837 and follows an ancient and secret recipe from the Jerónimos Monastery. Apparently, the monks used egg whites to starch their habits and the egg yolk to make custards. One bite of these flaky and creamy



concoctions and you'll be hooked! And just know that one tart will never be enough. Buy a box to take with you!

The historic heart of Lisbon is the Old Town. This area is comprised of a series of districts, each with their own unique allure. In the Alfama neighborhood, you'll find Castle de São Jorge or St. George's Castle, which sits atop the highest hill in the city. This

celebrated landmark changed hands over the years, starting with the Romans, then later the Moors, until Portugal's first king, Alfonso Henriques, captured it in 1147.

Today, you can climb its many towers and walk along the ramparts for breathtaking vistas of the city. Within the walls is an



archaeological dig site and artifacts found in the excavations are on display in the castle's museum. A photo exhibit shows how the castle was "discovered" in the late 1930s, hidden within the walls of barracks.

Visiting the castle early when it first opens will ensure a more peaceful experience. With fewer people, you'll share the grounds with a host of peacocks, geese and ducks. The peacocks pompously strut

George's
Castle, an
ancient
fortress on
Lisbon's
highest hill.

St.



around, often in full regalia, letting you know they own this turf. In



mating season or when in distress, they scream, pushing the shriek-o-meter to its loudest decibels. As to how they've ended up at the castle, story has it that they were originally brought to Lisbon as trophies during the 15th century Age of Discoveries. And they've been here ever since.

As I had the pleasure of staying within the castle walls, at the delightful Hotel Solar do Castelo, I also saw these birds onsite and heard their

vocalizations often. Eating breakfast on the patio, while the resident



peacock pranced around was a special dining experience!

This boutique property is located in an inner courtyard of an 18th century mansion. Rooms are spacious and well-appointed with medieval-inspired furniture that is done with a contemporary twist. Many overlook the Moorish courtyard with its tiled décor and fountain. A full hot breakfast buffet is included in the pleasant lounge area. Downstairs is the hotel's own mini-museum with historic artifacts recovered from the site.

I loved strolling the narrow, winding streets in this area, gelato in hand.

And it was easy to walk down to the center of Lisbon from here, with the resplendent Praca do Comércio, or Commerce Square, only about a half-mile away. This is a magnificent, harbor-facing plaza and one of the largest in Europe, distinguished by a gleaming, triumphal arch and flanked by stately yellow-hued, government office buildings. In the center is an equestrian statue of King José I.



Hotel
Solar Do
Castelo,
history
and
contemporary
comfort...

Here you'll find the main tourist information center, with along cafes and restaurants. The Lisbon Story Center is also here and is a good place for those interested tracing Lisbon's key in historical events via an presentation. interactive A filmed reenactment of the

1755 earthquake gives you an idea of the massive destruction it caused and the reconstruction that followed.





Two other museums made it on my list: the Fado Museum and Pharmacy Museum. Fado is the folk music of Lisbon's "rustic" neighborhoods. It's Portugal's musical pride and is considered a national treasure. This form of music is characterized by mournful and melancholy ballads, often about lost sailors, the life of the poor and heartbreaks.





The museum tells the story of fado from the 19th century to the present and includes the artistic journeys of dozens of fado stars, along with the evolution of the Portuguese guitar. An audio guide lets you hear these "Billie Holidays" of Portugal.

The Pharmacy Museum is lesser-known to tourists, despite it being award-winning

. A self-guided tour of

Unique museums provide insights into Portugal's history.







this interesting place takes you on a deep dive into development of the pharmaceutical industry both in Portugal and worldwide, over 5,000 years. On display are rare artifacts, such as an ancient Egyptian sarcophagus, a 17th century hollow book with concealed areas in which hide poison, the pharmacist emergency kits used by Ernest Shackleton, as well as by the Space of Shuttle crew Endeavor. There are also recreations of the interiors of different pharmacies, including a traditional Chinese one from Macau. And an entire section is devoted to the discoveries scientific and advances in the health arena.

When it comes to food, Lisbon has a wide variety of eateries, from tiny local cafes to trendy restaurants, showcasing Portuguese food from the regions. Prices are generally reasonable. Fish takes centerstage. Foremost is bacalhau or cod, which is prepared everyway you can think of from grilled and boiled to deep fried, stewed

and roasted. Tuna is also popular, along with oysters, shrimp and octopus. Meat is served grilled or baked, but it's also found in the many stew dishes that you'll see on the menu. And as in Spain, tapas or petiscos, as they are called in Portuguese, are ubiquitous.

Time Out Market is a good place to sample different kinds of dishes.

Occupying voluminous historical building near the water, marketplace is a this modern food hall with of stalls dozens and restaurants offering an extensive ran ge of food, both savory and sweet, and liquid libations. The only problem is deciding what to eat or drink, and where, as the choices are overwhelming!

The city has become very popular with travelers, which means that its top



attractions can get crowded, especially during peak times. Make sure to get your tickets online ahead of time or better yet, purchase the Lisboa Card, which gives you free or reduced price entrance fees to the city's best sights plus unlimited travel on all forms of public transport, including the quirky funiculars which take you up and down the steepest of the city's seven hills (do check out the iconic Bica Funicular!).

Leave the big city of Lisbon behind as you head to Sintra, once the summer retreat of kings and queens. To get to this enchanting Indulge in an exquisite array of flavors and choices at the vibrant Time Out Market, a food lover's paradise

town, hop on the train for a comfortable one-hour ride or opt for a forty-minute taxi trip. Though many people visit Sintra as a one-day excursion from Lisbon, spending a few nights here as I did allows you time to leisurely explore the top attractions. And when the daytrippers lea ve, you'll be able to truly appreciate the town sans the crowds.

The entire city of Sintra is a UNESCO World Heritage site, which in itself is a magnet for tourists. But, it's the combination of unique historic properties amid stunning natural scenery that gives the place its magical allure.

As with Lisbon, Inntravel provided me with detailed information about all things Sintra and booked a room for my two-night stay at the Sintra Boutique Hotel. Steps from the quaint old town center, the property is conveniently located to restaurants and shops. Rooms are clean, spacious and comfy, with views of the National Palace, the park or town. The staff is friendly and helpful, and a full breakfast is included to fuel you for the day's activities.

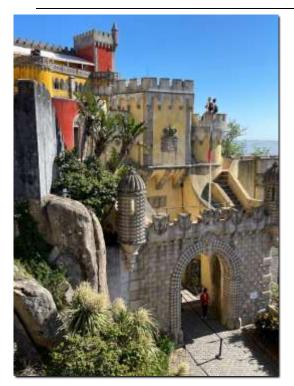
There are several main attractions in Sintra that are on every visitor's must-see list. As with Lisbon, I highly recommend booking your tickets online ahead of time. And get started early.

Pena Palace is the crown jewel of Sintra and among one of the Seven Wonders of Portugal.

Situated on a hilltop above town, amid a lush forest with exotic gardens, this Romanticist castle dates back to 1854 and is known for its colorful terraces, decorative battlements, onion-domed towers and statues of mythological creatures. Look for the sneering gargoyles!

From the outside, it appears like a Ronald McDonald House on steroids, with its vivid Crayola crayon hues and schizophrenic whirlwind of mismatching elements. Obviously, someone had quite the imagination and wanted people to be able to see the place from as far as Lisbon.

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Pena Palace, a fairytale marvel high in the Sintra Mountains.











That someone was mad genius, King Ferdinand II of Portugal.

He built the palace on the site of what was once a monastery, to serve as his summer residence. The architect was Baron Wilhelm Ludwig von Eschwege, though both Ferdinand and his wife Queen Maria II played a large role in the development of the project. They embraced extravagance and defied rational order in the design of this eclectically whimsical estate.

After Ferdinand's death, the palace was passed on to his second wife, who later sold it to King Luis. In 1889, the Portuguese State bought it and later classified it as a national monument, transforming it into a museum.

Inside, you'll find the colors have been toned down in the staterooms, but it's still over-the-top outlandish with a plethora of Oriental rugs, teak furniture and tromp-l'oeil murals, none of which matches. As you gaze at the murals on the walls and ceilings, you'd swear they'd been carved in wood, but in reality, they've been painted. A trick of the eye!

Pena Park is a vast forested area, almost 500 acres in size, that surrounds the palace. It's an attraction in itself, full of walking paths



Beyond castles and palaces, Sintra has its own unique charm.

and hidden trails, pavilions, lakes, fern gardens and exotic trees, where you can stroll to your heart's content, soaking up the Edenesque landscape.

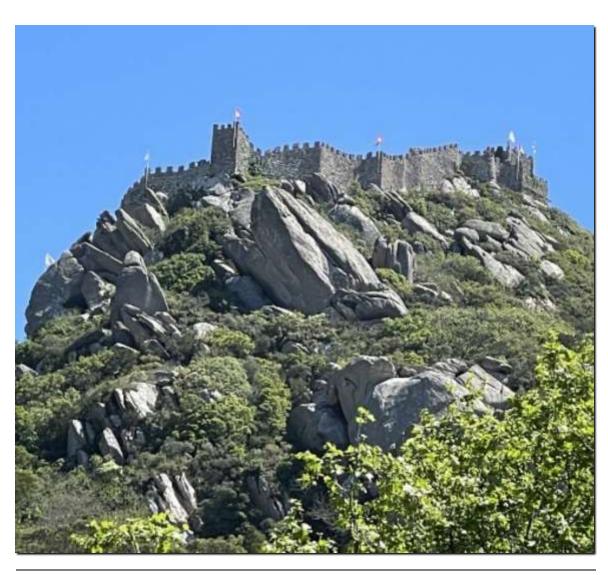


High up on one of the peaks above Sintra is the imposing Moorish Castle.

Originally built in the 8th century, the castle was positioned at such a vantage point as to ensure protection over the area. This bastion fought off many invasion attempts before succumbing to the Christian Crusade in 1147.

Over the years, it was neglected and left to the forces of nature and decay. Later, though King Ferdinand II - yes, the same guy behind Pena Palace - ordered the reconstruction of the castle for its cultural merits.

Be prepared to climb the ancient walls and lookout towers to explore this massive and ominous- looking stronghold. Your efforts will be well-rewarded with picturesque panoramas in all directions.





The Moorish Castle dominated the region for 300 years until falling during the Crusades



Another popular castle is Quinta da Regaleira. The estate consists of a palace and chapel, as well as a park with lakes, grottoes, wells, towers and fountains. Owner Carvalho Monteiro, eccentric an millionaire, together with the assistance of Italian architect Luigi Manini, designed the encompass property to Monteiro's passion for alchemy, Masonry and Rosicrucianism a brotherhood claiming to have mysterious wisdom handed down from ancient times.



This fascinating place is akin to a fun house, full of hidden

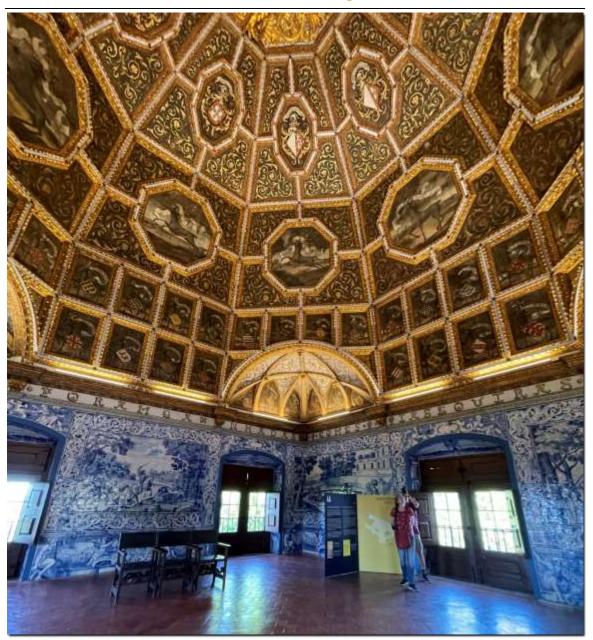
tunnels and secret passageways with concealed symbolism. The Initiation Wells are perhaps the most intriguing, in my opinion. They consist of a pair of wells that resemble underground towers lined with

circular stairs. Supposedly, they were used for ceremonial purposes, never for water. The number of steps and spacing of the landings is said to be connected to Tarot mysticism.

Newly opened to the public for the first time in 2022, Biester Palace and Park was built in 1880 for wealthy merchant Ernesto Biester. This elegant residence features conical roofs, frescos, exquisitely painted ceilings, neo-Gothic windows and a

Quinta da
Regaleira,
and Beister
Palace
show the
personalities of
their
builders.





handsomely carved main staircase. The house has its own chapel, music room, ballroom and library.

After touring the palace, head into the park, with its exotic flora, waterfalls, lake, cave and greenhouse. Stop in at the teahouse for a drink or snack and luxuriate in the serene environment.

Sintra National Palace is also worthy of a visit. The palace was the principal residence of the Moorish rulers up until their defeat in the 12th century. It was then passed on to the Portuguese king, Afonso Henriques. Today, much of what can be seen is from the 15th century, however, there are few furnishings of the period remaining, so many of the rooms are primarily empty.

You might be confused as to the different styles of architecture.

The reason for so many styles is because numerous rooms were added during a stretch of centuries under various rulers. Of note are the handsome entrance arches and main façade of the building, conical chimneys, ceramic tiles, carved ceilings and fountains. The rooms of particular interest to



me were the Swan's Room with its ceiling of painted swans; Pegas'

Room and its decorative magpies; Coats-of-Arms Room with its heraldic symbols; and Arab Room featuring intricate Moorish designs, colorful tiles and ornate fountain.

Don't leave the National Palace before checking out the Grotto of the Baths. This underground cave is covered in



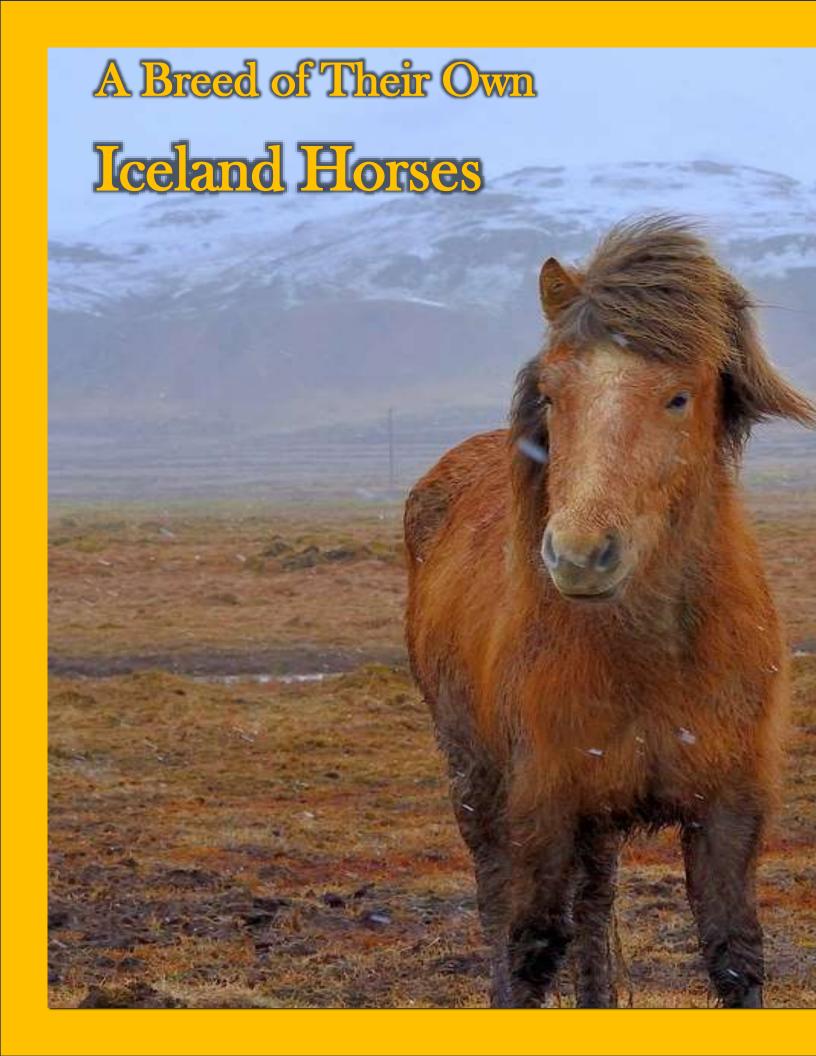
magnificent tile panels and stucco decoration. It's believed to have been used as a royal bathhouse by the Portuguese monarchy.

For more information:

- www.inntravel.co.uk
- Lisbon & the Palaces of Sintra 4 night self-guided walking trip: https://www.inntravel.co.uk/walking-holidays/portugal/lisbon-palaces-of-sintra
- Palaces & Pathways of Sintra 7-night, self-guided walking trip: https://www.inntravel.co.uk/walking-holidays/portugal/pathways-palaces-sintra

Originally a palace for Moorish kings, the **National Palace** later served as a palace for Portuguese monarchs.





Iceland horses are shaggy and sturdy enough to survive Iceland's winters.

They are descendants of the horses brought to Iceland by Vikings.

Iceland holds horse festivals and competitions throughout the year.

They are smaller than most horses and are often called "ponies".

To protect the breed's purity, all other horses are banned from Iceland.

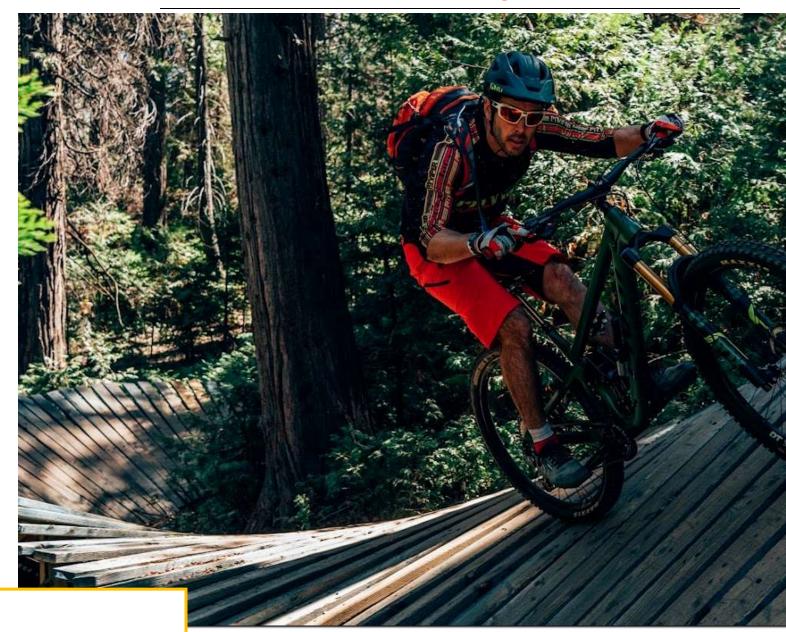
They have two natural ways of running that other horses don't have.

They often roam freely, like wild horses, in the summertime.

Guided horseback tours of Iceland are available for tourists.







magine yourself perched atop a mountain bike, adrenaline coursing through your veins as you prepare to embark on an exhilarating adventure. The anticipation is palpable as you push off and descend a carefully planned trail, each twist and turn promising a thrill that will quicken your pulse.

The air rushes past you, carrying the scent of pine trees

and the promise of unexpected dips and jumps that lie ahead.





You grip the handlebars tighter, ready to embrace the untamed excitement that awaits you.

As you hurtle down the trail, the terrain becomes your playground, effortlessly gliding over sculpted jumps and

soaring through the air with a mixture of fear and exhilaration. Each twist and turn reveals new challenges, demanding your skill attention. Surrounded by towering pine trees, the trail unfolds like a meticulously crafted masterpiece, blending nature's beauty with man-made elements designed to amplify excitement. experience of riding down a carefully planned trail invites you to embrace the unknown, challenge your limits, and revel in the sheer joy of an adventure that unfolds with every twist rewarding your and turn, commitment with a sense of freedom and achievement.

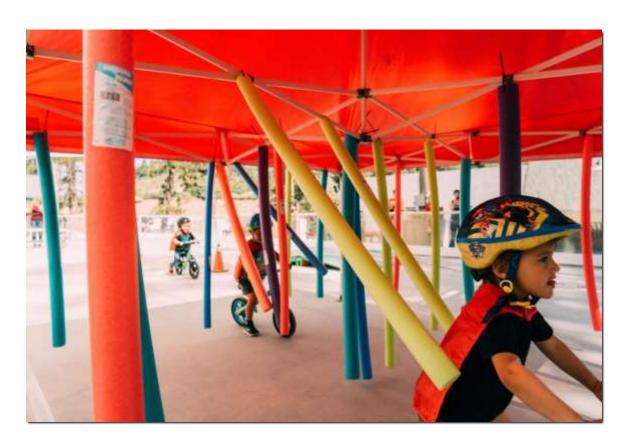
At Santa's Village, the mountain biking experience stands apart from the rest, offering something truly unique for riders of all ages and skill levels. Nestled the in picturesque setting of Lake Arrowhead, California, with 230 acres of forest 7.5 miles of year-round mountain biking trails, SkyPark at Santa's Village is not just a mountain bike park but a world-class theme park that caters to the whole family.

This extraordinary destination combines the thrill of mountain biking with the charm of an alpine-themed Santa's Village, creating an unforgettable experience for adventure enthusiasts.

What sets SkyPark apart is its commitment to providing

specific to children barely past training wheels to heartstopping double diamond trails, there's something for everyone to enjoy.

In addition to the remarkable trail network, SkyPark also offers a host of other amenities and services



a family-friendly environment where everyone can enjoy the excitement of mountain biking together. Unlike traditional mountain bike parks that cater primarily to advanced riders, SkyPark offers a diverse range of trails designed for riders of all abilities. From the courses

enhance the biking that experience. The park features a fully stocked on-site bike shop where you can find top-of-theline mountain bikes. gear, accessories. and even participate in a rent-to-own program. Certified instructors are available to provide bike



Food on site and nearby make sure that visitors stay wellfueled for their next adventure

lessons for riders of all ages from three on up and skill levels, helping you improve your techniques and build confidence on the trails.

The location of SkyPark



at Santa's Village adds to its appeal. Surrounded by the beauty of Lake Arrowhead and its alpine setting, visitors can enjoy breathtaking views while indulging in outdoor adventures. The park is open year-round, allowing enthusiasts to explore the trails anv season. weather permitting. Whether you're seeking a day of thrilling rides or planning a weekend getaway, SkyPark at Santa's Village offers an extraordinary mountain experience biking that combines the best of nature, family fun, and adventure.

Santa's Village dates back to its original opening in 1955. It was the first franchised amusement park in America, inspired by the success of Disneyland. Located in the beautiful mountain town of Lake Arrowhead, California, Santa's Village was envisioned a magical place where families could experience the joy and wonder of Christmas throughout the year. The park featured Santa Claus, his elves, and a charming village filled with holiday-themed attractions and activities.

Over the years, Santa's Village went through various ownership changes and transformations, adapting to the evolving entertainment landscape. After closing its doors in 1998, the park underwent significant a revitalization project. In 2016, SkyPark at Santa's Village was unveiled, blending the nostalgic charm of the original park with exciting new offerings.

Nestled among the new and exhilarating outdoor adventure activities, Santa's Village still holds a touch of nostalgia with remnants of the old amusement park. While the focus has shifted towards the thrilling mountain biking and outdoor experiences, you can still find classic attractions that have delighted visitors for years. Take a spin on the carousel, or hop aboard Santa's Express Train Ride, and feel the enchantment of the past come to life. These timeless rides provide a charming atmosphere and a nostalgic sense of joy, adding to the

overall experience of visiting Santa's Village. So, whether you're seeking adrenaline-pumping mountain biking or a delightful trip down memory lane, Santa's Village offers the perfect blend of modern adventure and classic

amusement park fun.

Santa's Village offers a plethora of activities beyond mountain biking, ensuring there is something for everyone to enjoy. The park features an alpine-themed village with a Santa's
Village
has maintained the
alpine feel
and the
whimsy of
the
original
amusement
park.



host of attractions and entertainment options. Visitors can engage in archery, rock climbing, pedal cars, and roller skating, providing endless opportunities for adventure and fun.

For those seeking a more leisurely experience, the village is adorned with historic log cabin restaurants and shops, offering a charming setting for dining and shopping. Guests can explore the unique shops for souvenirs or indulge in delicious meals while immersing themselves in the festive atmosphere.

Santa's Village at SkyPark offers a variety of biking activities specifically designed for children, ensuring that young riders have a memorable and enjoyable experience. The park features pump tracks and skills areas that cater to the youngest riders, providing a safe and exciting environment for them to learn and develop their biking skills.

The pump tracks are specially designed tracks with rolling terrain and features that allow children to practice maneuvering their bikes without the need to pedal,



Wellmaintaine d trails for every skill level.

building momentum by shifting their weight on the bikes. These tracks are perfect for building balance, coordination, and confidence on a bike. Children can enjoy the thrill of riding through the track, navigating the twists and turns, and experiencing the joy of cycling.

In addition to the pump tracks, Santa's Village also offers entry-level trails that are suitable for children. These trails are designed with gentle slopes and manageable obstacles, allowing young riders to explore the natural beauty of the park while enjoying a fun and age-appropriate biking experience.

To ensure the safety and enjoyment of young riders, certified instructors are available provide bike to lessons tailored to children's skill levels. These lessons focus on teaching the fundamentals of biking, including proper balance, braking, and handling techniques, while instilling a sense of confidence and





adventure in young riders.

Overall, Santa's Village offers a range of biking activities specifically tailored for children, providing them with an opportunity to discover the joy of cycling in a safe and engaging environment.

For those looking to extend their stay, Santa's Village offers a range of accommodation options. Whether you prefer a cozy cabin nestled in the pine trees or a spacious lodge with modern amenities, there are accommodations to suit various preferences and group sizes.

Nestled within the serene

surroundings of SkyPark at Santa's Village, the SkyPark Camp + RV Resort offers a comfortable accommodation experience for outdoor enthusiasts. Surrounded by tall trees, the campsite provides spacious and well-equipped spots for tents and RVs, ensuring a peaceful stay in nature. Amenities such as clean restrooms, hot showers, and picnic areas are available for guests' convenience. Additionally, the new SkyStream Resort offers glamping accommodations, featuring with COZV tents bedding comfortable and private amenities. Guests can

Accommodations include cabins, lodges, and now an RV resort.

enjoy a rustic yet comfortable retreat with amenities like fire pits and outdoor seating areas. Whether you prefer traditional camping or the added luxury of glamping, SkyPark Camp + RV Resort and the SkyStream Resort offer enjoyable options for a memorable visit to Santa's Village.

Santa's Village also features on-site dining options, ranging from casual eateries to restaurants serving delicious meals and snacks. Whether you're in the mood for a quick bite or a leisurely family meal, there are dining options to satisfy every palate.

Whether vou're seasoned mountain biker or a novice looking to try something new, the carefully planned trails with unexpected dips, turns, and thrills will get your heart and adrenaline racing pumping. The stunning natural surroundings, meticulously groomed trails, and a variety of biking options cater to riders of all skill levels, ensuring an enjoyable experience for everyone, including the younger members of your

family.

So why wait? Plan your to Santa's Village visit SkyPark and prepare to feel the mountain thrill of biking firsthand. Let the adrenaline rush through your veins as you navigate the twists and turns of trails. the surrounded breathtaking natural beauty. Whether you're seeking an adventure-filled day trip or a longer stay, Santa's Village offers an experience that will captivate and delight visitors of all ages. Get ready to embark on a journey of excitement, laughter, and outdoor fun at Village, Santa's where

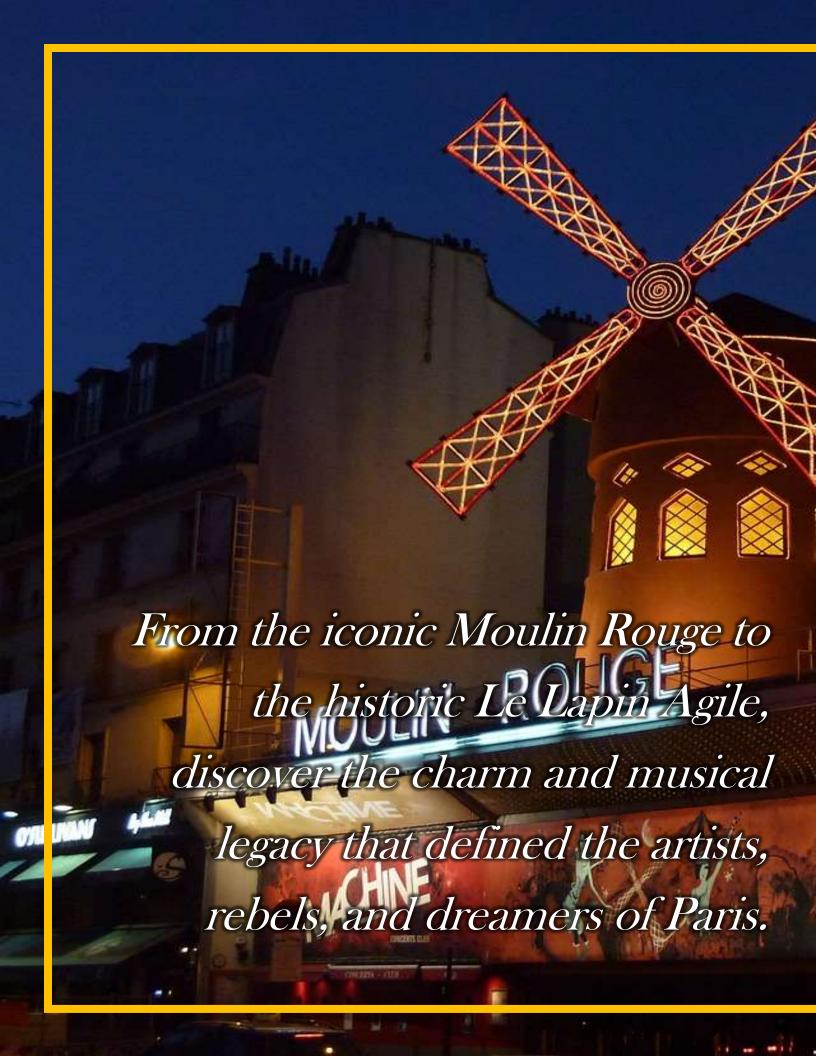


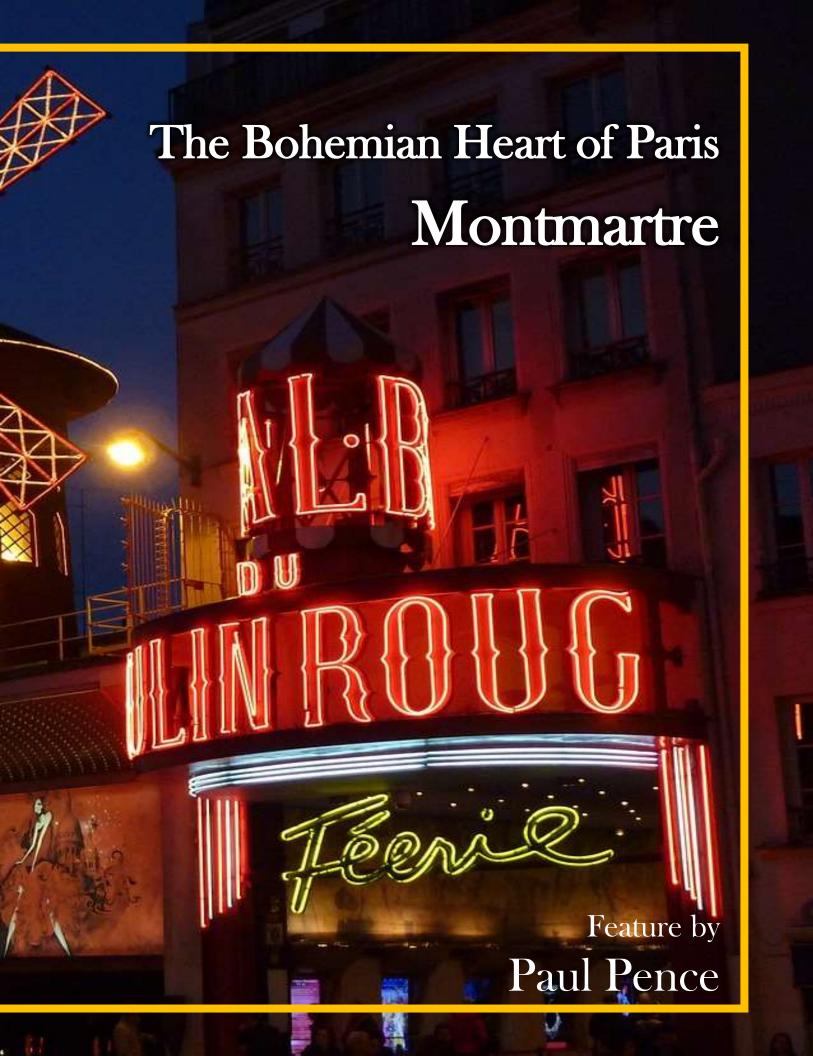
unforgettable moments await.

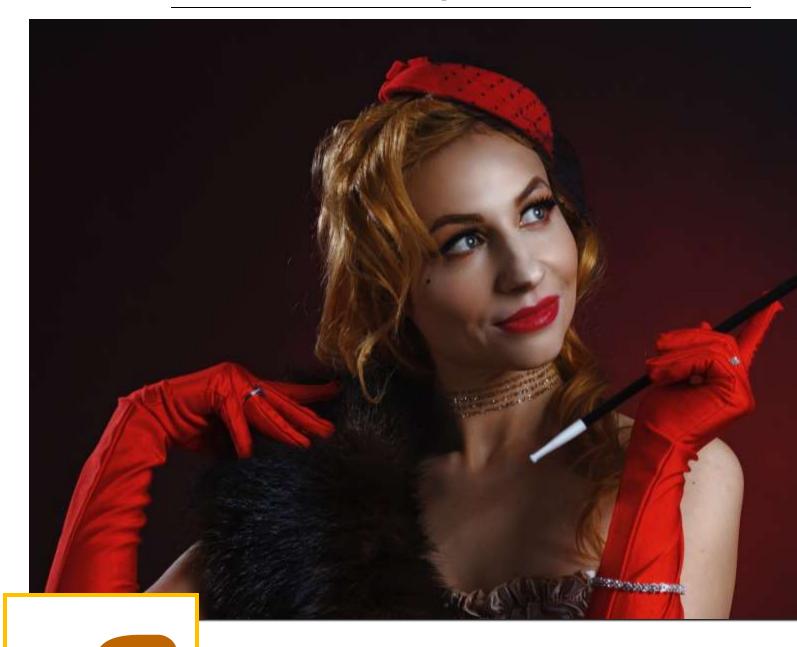
For more information

skyparksantasvillage.com









tep into the vibrant world of Montmartre's Cabarets, where the air was alive with anticipation and the sound of clinking glasses harmonized with laughter and applause. Close your eyes and let your imagination transport you to the heyday of these legendary establishments, where bohemian spirits converged, and the

heartbeat.

essence of Parisian nightlife pulsed through every



The smell of cigar smoke and the dim glow of flickering candles set the stage for an unforgettable experience. As you take a seat at one of the worn velvet-covered tables, you can feel the electricity in the collective the air. anticipation of the audience eager to be swept away by the magic of the performers. In this intoxicating atmosphere, the Cabarets of Montmartre became a sanctuary for artists, rebels, and dreamers, a place where boundaries blurred and the spirit of freedom reigned supreme.

With origins tracing back to ancient times when it was a rural village on a hill just outside the city walls of Paris, by the late 19th century, Montmartre was the epicenter

of a cultural revolution that shaped its identity.

Artists, writers, and musicians flocked to the area, seeking inspiration and freedom from the constraints of conventional society.

The neighborhood became a hotbed of creativity, attracting legendary figures such as Pablo Picasso, Vincent van Gogh, Henri de Toulouse-Lautrec, and many others. Artistic expression flourished in the vibrant cabaret scene.

Montmartre was the home of the French counterculture, and the center of France's "Belle Époque" Montmartre's cabarets, such as Le Moulin Rouge and Le Chat Noir, became renowned gathering places for intellectuals, performers, and bohemians. These establishments provided a platform for experimental art, music, and provocative performances that challenged societal norms.

Montmartre became synonymous with artistic and intellectual movements, including Impressionism, Post-Impressionism, and the birth of modern dance with the scandalous can-can. The neighborhood's cafes and studios buzzed with creativity and intellectual discourse, making it the epicenter of the avant-garde scene.

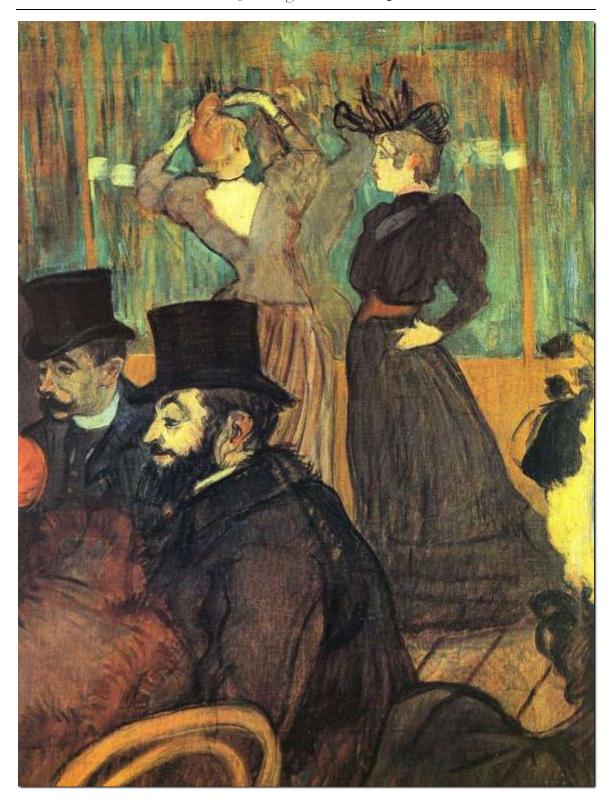
Montmartre has long been a magnet for musicians seeking inspiration and artistic freedom. The neighborhood's in timate settings and lively atmosphere have fostered an environment where creativity thrives. As you wander through its charming streets, you can almost hear the echoes of soulful melodies that have resonated here for decades.

The spirit of rebellion and artistic expression continued to thrive in Montmartre throughout the 20th century.

It witnessed the rise of influential musicians like Edith Piaf, Charles Aznavour, Jacques Brel, and Dalida, who carved their legacies into the neighborhood's musical tapestry.

Edith Piaf was born in Belleville, a nearby neighborhood, Piaf's indomitable spirit and passionate voice catapulted her to international fame. Her songs, filled with heartache, love, and resilience, captured the essence of post-war France. Montmartre became an essential backdrop for Piaf's rise to stardom, with Le Lapin Agile, a cabaret nestled in the neighborhood, serving as a pivotal venue in her career.

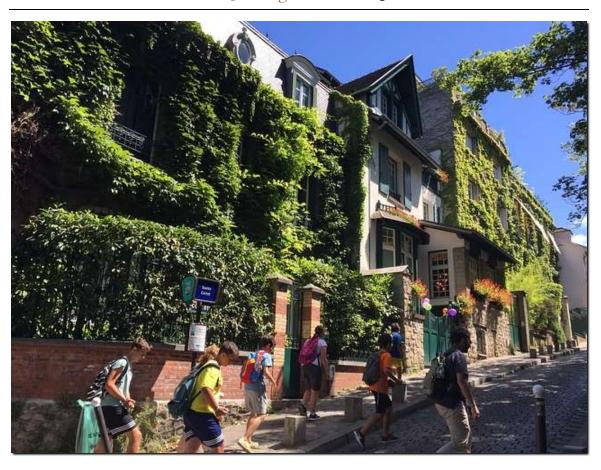
Charles Aznavour was "the Frank Sinatra of France, " composing and performing timeless classics that touched the hearts of millions. Montmartre provided the backdrop for Aznavour's early



Impressionist painters like Van Gogh and Tolouse-Lautrec haunted the cabarets of Montmartre.

years, and he immortalized the spirit of the neighborhood in his poignant lyrics, capturing the essence of the local bohemian lifestyle.

Belgian singer-songwriter Jacques Brel also found his place in Montmartre's lively embrace. His songs, characterized by raw emotion and evocative storytelling, enraptured audiences worldwide.



Brel's deep connections to Montmartre are evident in his iconic songs, such as "Ne me quitte pas" and "Le Plat Pays," which explore love, loss, and the human condition with unparalleled intensity.



And of course we can't forget among so many others, Dalida, an Egyptian-Italian singer with voice that a millions. charmed Dalida became a symbol of resilience and grace. Her performances at Le Lido, the renowned cabaret venue in the area, left an indelible mark on the district's heritage. musical Dalida's songs, including "Bambino" and "Paroles, Paroles," continue to captivate audiences to this day.

Today, while Montmartre has undergone some changes, it still retains its bohemian charm. The



Montmartre is still a vibrant and exciting place for tourists and locals alike.

cobblestone streets, picturesque squares, and iconic landmarks serve as reminders of the neighborhood's storied past. Montmartre's rich history has left an indelible mark on the cultural fabric of Paris and continues to attract visitors from around the world, seeking to immerse themselves in the spirit of artistic liberation and creative expression that defines this enchanting neighborhood.

Any exploration of the cabarets of Montmarte will certainly include the Mulan Rouge. Known worldwide as the birthplace of the

can-can dance, the Moulin

Rouge is an emblem of Montmartre's colorful

history. This iconic cabaret, with its iconic red windmill, has been entertaining audiences for over a century. Experience an



enchanting evening of glamour, sequins, and show-stopping performances as you indulge in a memorable night at one of the

world's most renowned cabarets.



The original Mulan Rouge was burned and rebuilt in the early 20th century, and still a lively place celebrating the heyday of the cabarets. Le Lapin Agile (the Agile Rabbit) still stands in its original form from that era. It's one of

Montmartre's oldest cabarets and played a vital role in fostering artistic expression and attracting renowned artists and musicians of the time.

Visiting Le Lapin Agile allows you to step into the ambiance where musicians and performers from the past once showcased their talents.



It's one of Montmartre's and oldest most beloved cabarets. With its wooden beams, vintage decor, and warm ambiance, Le Lapin exudes an authentic Agile bohemian charm. This historic venue has played host artists renowned such Picasso and Modigliani, and its walls seem to whisper tales of genius and artistic creative revelry.

You can't go back in time to hang out with Toulouse at

Wander the cobblestone streets an

soak in

the

history, art, and

culture.

Le Chat Noir, but you can visit the Musee de Montmarte, which showcases the history and artistic heritage of the neighborhood.

It's impossible to wander the streets of Montmarte and not

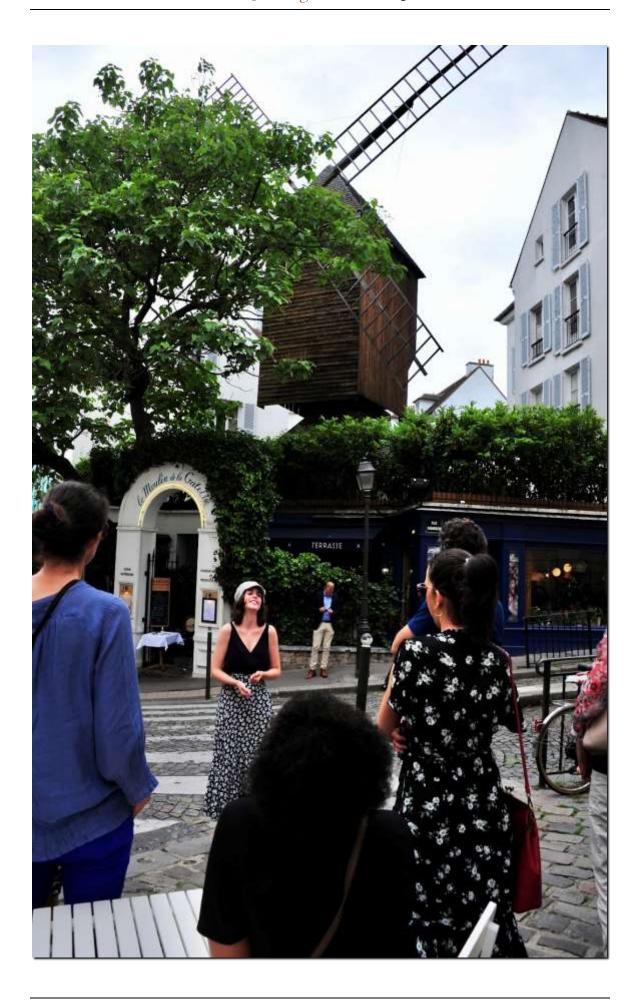
encounter the area's most prominent landmark - the Sacré-Cœur Basilica standing proudly atop Hill. Montmartre The basilica offers breathtaking views of Paris. Its stunning white exterior and intricate architectural details make it a must-visit attraction. Step inside to admire the stunning mosaics and the peaceful ambiance that permeates this sacred space, providing a tranquil respite from the bustling streets below.



And make sure to take a break in Place du Tertre, nestled in the heart of Montmartre, a lively square brimming with artists, cafes, and a vibrant atmosphere. This charming square is reminiscent of the neighborhood's bohemian past, with its cobblestone streets and quaint terraces. Explore the work of local artists as they paint, draw, and capture the essence of Montmartre on canvas. Don't miss the chance to have your portrait sketched, immersing yourself in the artistic energy that fills the air.

One great way to explore Montmartre is with a knowledgeable guide who can bring the music of the era to life.

Led by the talented guide and singer, Anne-Sophie Guerrier, this immersive experience takes you on a journey through Montmartre's rich musical history. Stroll along the charming streets and let Anne-Sophie's storytelling and a cappella performances



transport you back to the vibrant days of artists like Édith Piaf, Charles Aznavour, Jacques Brel, and Dalida

Public tours are available in French every Saturday afternoon, with additional tours in English on Friday afternoons starting this summer. Immerse yourself in the anecdotes and melodies that shaped Montmartre's artistic soul, and gain a deeper understanding of this iconic district.

Anne-Sophie Guerrier, known as the "Voice of Montmartre," brings her passion and talent to every tour. Inspired by the legendary Edith Piaf, her performances breathe life into the timeless songs like "La vie en rose," "L'hymne à l'amour," and "La Bohème." Her powerful voice captivates both locals and visitors alike, creating moments of pure enchantment.

Let the melodies of Montmartre guide you as you wander through its picturesque streets, immersing yourself in the artistic energy that still lingers. With "Montmartre en chansons," you'll gain a deeper appreciation for the neighborhood's soul and create unforgettable memories along the way.

No matter how you tour the streets of Montmartre, its bohemian allure, romantic streets, and rich musical history continues to enchant visitors with its timeless charm. The neighborhood's streets seem to whisper the stories of artists who have walked the same paths, their melodies floating through the air. From Edith Piaf's haunting ballads to Charles Aznavour's heartfelt compositions, Montmartre's musical legacy endures. As you wander through this magical district, take a moment to immerse yourself in the echoes of the past and appreciate the profound impact of Montmartre on the world of music.

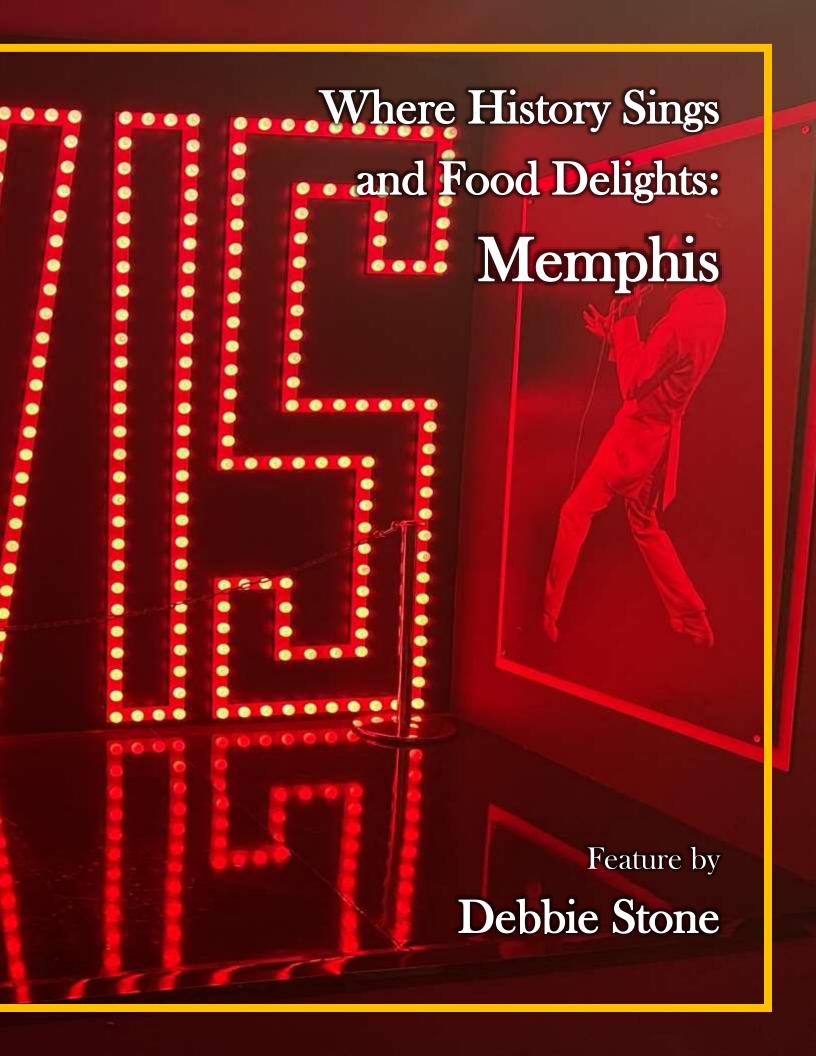
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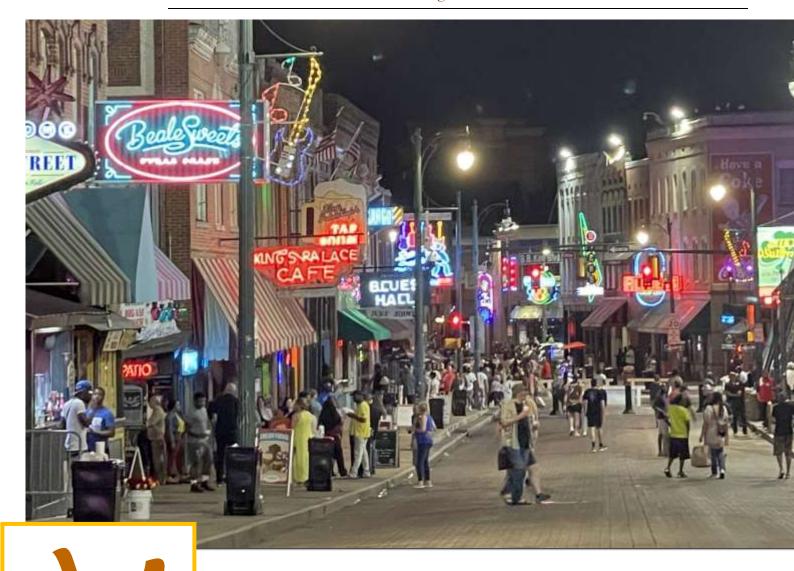
- En.parisinfo.com
- www.montmartreenchansons.com

Touring
Montmarte
with AnneSophie
Guerrier, the
"Voice of
Montmartre"
, exploring
the history
of the area
through
song.



Experience the heart and soul of Memphis, where history, music, and diverse culinary offerings harmonize.





emphis is a city with heart and a whole lot of soul. Take its pulse and register the passion, pride and resiliency that resonates through the people. This is a town where the roots of history run deep, where music beats through the city's lifeblood and where the cultural tapestry is rich with influences from across the globe. And this is a place where visitors receive a warm welcome, and good old Southern hospitality.





You'll never lack for things to do in Memphis. Whether you're a history buff, music lover, foodie or culture vulture, this town has you covered.

At the top of many lists visitors' bucket Graceland, home of Elvis Presley. If you're expecting to only see the actual house, as I did umpteen years ago, you're in for a surprise. Visitors can now also immerse themselves in the life and legacy of the King Elvis Presley's at Memphis Entertainment Complex.

Graceland, the mansion, is smaller than what most visitors anticipate. It's not like

the mega mansions of today. The tour includes the living room, Elvis' parents' bedroom, kitchen, TV room (with 3 TVs as Elvis liked to watch several shows at one time), billiards room, Jungle Room or man cave/den (aptly named for the wild décor), Elvis' father's office, Trophy Building, indoor Racquetball Building and Mediation Garden. The latter is where the graves of Elvis, his parents Vernon and Gladys, and grandma, Minnie Mae, are located. A memorial to Elvis' twin brother, Jessie, who was stillborn is also there. And nearby, is the grave of Elvis' daughter, Lisa Marie, who passed away last January.

Rooms are decorated in what I would call American midcentury kitsch. I felt like I was in a time capsule from the 60s and 70s. There's everything from green shag carpeting on walls and ceilings, stained glass peacock panels, heavy blue and purple velvet drapes and mirrors galore, to creepy monkey statues, eyeboggling fabric-covered walls and ceilings, Polynesian style Tiki furniture and a fake fur upholstered couch sporting dragon arms.

Photos of Elvis at various stages in his life, his wife Priscilla, and daughter Lisa Marie are sprinkled about, along with those of his parents. And there's a sample of fan letters and gifts from his multitude of admirers. It was not uncommon for the King to receive over 5,000 pieces of fan mail a day, which also included personal works of art.

There's even a collection of police badges. Elvis always said that if he hadn't decided to pursue singing, there's a chance he would have been a police officer, as he always had a deep respect for law enforcement. He had dashboard police lights for his cars and was known for pulling people over occasionally, giving them a lecture on safety and signing an autograph, before letting them get on their way.

















The other attractions on 120-acre estate include Elvis the Entertainer Career Museum, Presley Motors Automobile Museum Elvis Discovery Exhibits. In the first, you'll find the King's vast collection of gold and platinum records, memorabilia and my favorite, "Elvis: Dressed to Rock." This exhibit features more than 100 pieces of the legend's colorful and outlandish stage wear plus original sketches. designer Jumpsuits, jewelry, capes and more are showcased in floorto-ceiling, illuminated displays.

At the Automobile Museum, you can stroll among some of Elvis' beloved cars, oohing and aahing at his iconic Pink Cadillac, 1956 Cadillac Eldorado, Dino Ferrari, Rolls Royce sedans and Mercedes Benz limo.

Elvis' stint in the U.S. Army gets its own gallery space, with artifacts like his army fatigues, dress uniforms, army foot locker, suitcases and photos of his induction and time spent in the service. You'll get a kick out of the pic of the King getting his hair buzzed!

Graceland exhibits cover the life and impact of Elvis Presley. There's also a space devoted to Elvis' influence on a host of musical artists. As a music pioneer, he paved the way for such icons as Bruce Springsteen, Jimi Hendrix and Elton John, among others.

Don't leave before checking out Elvis' customized airplanes. Climb aboard "The Lisa Marie," which Elvis named after his daughter. He spent more than \$800,000 to remodel the jet, which boasts a living room, conference room, private bedroom (note the seatbelt on the bed), bathroom with 24-karat gold-flecked sinks, suede chairs, leather covered tables and more.

Continue to explore Memphis through a musical lens with a tour of Sun Studio, known worldwide as "The Birthplace of Rock 'n' Roll."

Here's where Memphis disc jockey, Sam Phillips, helped bring fame to a cadre of young talent, putting Memphis on the musical map. Through these doors passed such greats as B.B. King, Ike Turner, Jerry Lee Lewis, Johnny Cash and of course, Elvis.

Local musicians serve as your guides, providing a passionate and informative tour of this hallowed place. You'll see priceless memorabilia from musical legends and hear their voices as you listen to outtakes from recording sessions. And you'll hear a slew of colorful tales, sending you back in time.

One story that fascinates many visitors concerns a woman named Marion Keisker. Marion was Sam's assistant and she is credited as being the first person to record Elvis. She saw the eighteen year old's potential when he came in to record the song, "My Happiness" for his mother. And she went ahead and made an extra cut of the record to play for Sam, who promptly hated it.

Flash forward a year to when Elvis returned to the studio to audition for a singing job. Sam quickly became bored with Elvis' singing until Elvis, out of nervousness, began playing and singing "That's All Right" a little too fast. And the rest, as they say, is history.

On the tour, you'll go down to the small studio space, which looks pretty much like it did in the 1950s. Sam donated a lot of



Sun Studio is the Birthplace of Rock and Roll.

equipment, including the original mics that Elvis and others sang into during their recording sessions. But he did it with one caveat – they couldn't be kept behind glass. He wanted the public to be able to touch them and have a visceral experience with authentic rock history. So touch them we did.





We also stood by the same piano where on December 4, 1956, an extraordinary twist of fate brought Elvis Presley, Carl Perkins, Jerry Lee Lewis and Johnny Cash together in the studio for what would be one of the greatest jam sessions ever, thereby coined the "Million Dollar Quartet."



Soul music gets its due over at the Stax Museum of American Soul Music. Located on the original site of the Stax Records studio in Memphis, this museum pays tribute to the hundreds of artists who recorded there, as well as other American soul powerhouses. Highlighted are such artists as Otis Redding, the Staple Singers, Johnnie Taylor, Al Green, Ike and Tina Turner, Isaac Hayes, Aretha Franklin, Booker T. & the M.G.'s and more. Interactive exhibits, films, costumes, musical instruments, vintage recording equipment, photos, records and more fill the galleries.



Soul, R&B, Jazz, rock... it all comes together in Memphis.

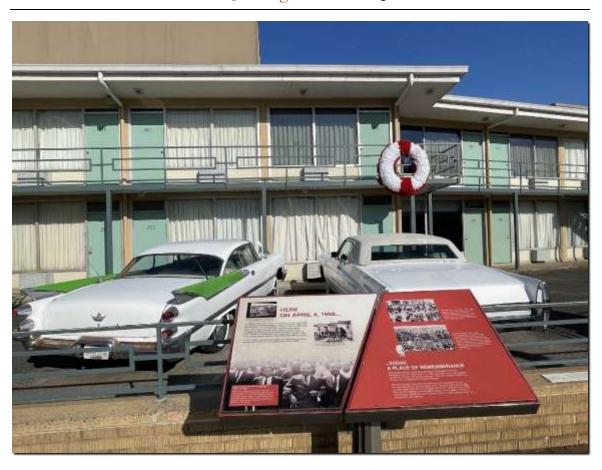
Then get your groove on over at Beale Street, one of the most iconic streets in the country. Bar hop down the neon row of nightclubs to hear a melting pot of blues, jazz, rock R&B and gospel. Music spills out onto this lively, three-block National Historic Landmark district from such iconic spots as B.B. King's Blues Club, Rum Boogie Café, Blues Hall Juke Joint and Silky O'Sullivan's.

Once home to many Black-owned businesses, clubs, restaurants and shops, Beale Street served the as headquarters of Ida B. Well's' anti-segregationist newspaper, "Free Speech." And in the first half of the 20th century, this area inspired many blues hits. Artists such as Muddy Waters, Louis Armstrong and B.B. King played on Beale, developing the famed Memphis blues sound.



Later, the area became prominent during the Civil Rights Movement. African Americans would come here, not only for entertainment, but to organize, strategize and protest. City sanitation workers on strike marched down Beale in response to terrible job conditions in 1968, drawing Dr. Martin Luther King, Jr. to support their cause. It was the precursor to his assassination just a few months later.

Stax Museum by Kristin Luna, courtesy of Memphis Travel



Which brings me to the National Civil Rights Museum. Since opening in 1991, millions of people from around the globe have visited this significant site in Memphis.

The museum provides a comprehensive overview of the American Civil Rights Movement from slavery to the present. Touring it is an emotional experience, so be prepared to be overcome by its impact.

Located in and around the Lorraine Motel, where civil rights leader Dr. Martin Luther King, Jr. was assassinated, the museum offers artifacts, films, oral histories and interactive media to guide visitors through five centuries of history. Galleries are arranged in chronological order and cover such themes as the global impact of slavery; life under Jim Crow; the battle for desegregation of public schools; boycotts and student sit-ins; Freedom Riders; the passage of the 1964 Civil Rights Acts and the Voting Rights Act; Black Power

movement; the Memphis sanitation strike; ending with MLK's final hours.

Exhibits are well-detailed, offering a wealth of information. But it's the moments when you see the mind-bending statistics about the

Atlantic slave trade, or listen to audio clips of the vicious sentiments hurled at bus boycotters and students at the lunch counter sit-ins, or when you view a monumental-sized screen of film showing the Bloody Sunday attack on peaceful protestors or hear an excerpt from MLK's "I Have a Dream" speech that resonate so powerfully.

Then you see the room where King stayed in at the motel that fateful evening, as well as all the artifacts relating to his assassination – even the bullet that was removed from his body. A wreath marks the exact spot on the balcony nearby where he was shot and killed on April 4, 1968. Standing so close to such a tragic place in history is overwhelming.

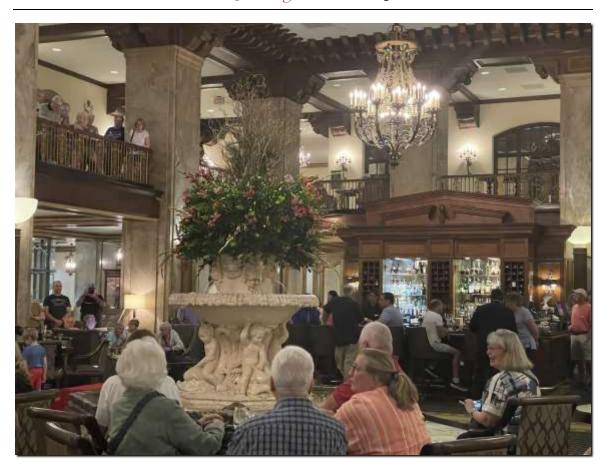








Memphis was the epicenter of the American Civil Rights fight.



Another oft-visited attraction in the city is the Peabody Memphis. This legendary property is known for its charm and elegance and is often referred to as the "South's Grand Hotel." Opened in 1869, the Peabody is on the National Register of Historic Places. It's where royalty, entertainers, politicians and locals have stayed and dined, and continue to do so today. Elvis attended his high school prom here and signed his first contract with the Colonel in the lobby. And reportedly, Jerry Lee Lewis spent much time misbehaving in the hotel bar, while Neil Diamond is known to have written his beloved hit, "Sweet Caroline," here as well.

The Peabody is also world famous for its five resident Mallard ducks, who march daily, without fail, through the lobby at 11 a.m. and 5 p.m. If you want to learn how this tradition began, be present in the lobby at the designated times. Go early for a good seat or place to stand, as the event draws the masses.

Time for the Duck March at the Peabody.

Duckmaster Keenan Walker will entertain you with the history of the ducks at the Peabody, which began back in the 1930s. Story has it that Frank Shutt, then GM of the hotel, and a friend, Chip Barwick, returned from a weekend hunting trip. The men had sipped a little too much whiskey and thought it would be funny to place some of their live duck decoys in the beautiful Peabody fountain. Three small ducks were selected. The reaction by the guests to finding ducks in the fountain the next morning was nothing short of enthusiastic. Thus a Peabody tradition was born.

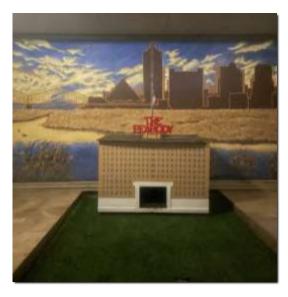
But, it didn't stop there. In 1940, Edward Pembroke, a bellman at the hotel, who happened to be a former circus animal trainer, offered to help with bringing the ducks to the fountain each day. He



Duck March, and from that point on, he became the Peabody Duckmaster, a title he proudly had for fifty years until he retired in 1991.

There's much pomp and circumstance with the Duck March. The ducks step out of the fountain and proceed to walk single file down a red carpet, which has

previously been unfurled by several young children. The paparazzi go wild, snapping pics and taking videos of the scene all the way up until the last duck steps into the elevator. At that point the Duckmaster





Memphis isn't just history and music. Make sure to eat your way

through the city.

and his brood say goodbye to their adoring public.

When off-duty, the ducks live in their Royal Duck Palace on the hotel's rooftop. And royal it is! The \$200,000 structure is made of marble and glass and features its very own fountain with a bronze duck spitting water. It also includes a small house, a replica of the hotel where the ducks can laze on a soft, grassy front yard.

When your stomach starts to grumble, just know that sustenance is always nearby. Memphis has one of the great food scenes in the country. People take pride in what they serve here. And yes, the city is well known for its Memphis-style barbecue, but there's plenty more culinary treats to discover. North and South come together here, so you'll find everything from fried chicken and waffles to New England style lobster rolls and Chicago style pizza. And if you're craving ethnic food, you'll have your pick from countless eateries.

Get fueled in the morning at By the Brewery, a cute little spot across the street from the original Tennessee Brewery, now stylish lofts overlooking the mighty Mississippi. Inside is biscuit heaven with cheesy grits on the



side. The biscuits are made with beer, which complements the sweetness of these cakey delights. Choose from a variety of biscuit sandwiches and sweet and savory biscuit muffins.

There's something for everyone at **South of Beale**. The menu includes several flavorful dishes with an Asian bent, like General Tso's Cauliflower, Duck Fried Rice and Fried Chicken Bao Buns, along with hearty burgers and fresh salads with unique dressings. While you're waiting for your order, munch away on the free sweet/savory popcorn. It's addicting! The scene is casual in this



contemporary space and the retro touches are a nod to the historic building.

Memphis is a fried chicken capital and Gus's World Famous Fried Chicken has been treasured by Memphis locals for decades. I'm usually a tad leery of such

over-the-top accolades, but in this case, the chicken far exceeded my expectations. It's crisp, golden-brown on the outside, moist and tender on the inside, and perfectly seasoned with just enough kick to ensure no tears are shed. Plates come with baked beans, slaw and bread, but I recommend adding a side of mac & cheese and some fried okra or greens for the full Southern meal deal. You'll feast in a circa 1950s style diner with neon signs and checkered tablecloths. And oh, yea, the food is served on paper plates!

If you like Italian, you're going to love Catherine and Mary's, with its array of innovative Sicilian and Tuscan specialties. Outstanding pastas like Bucatini, Rigatoni and Radiatore are featured

at this chic establishment, along with several small plates and antipasti. The well-versed staff provides great service. Check out the open kitchen to watch the chef perform his magic and make sure to save room for the strawberry cake. It's sublime!

Global Café reigns supreme when it comes to



authentic dishes from around the world. Located in Crosstown Concourse, a "vertical urban village," that's home to restaurants, bars, shops, apartments, a clinic, high school, art galleries, a performing arts center and dozens of other businesses, the café is basically an

The dining choices go on and on.

international food hall. It's hosted by immigrant/refugee food entrepreneurs, who cook and sell an eclectic mix of affordably priced dishes from their home countries. Three open-air kitchen bays let diners watch their meals being made, as enticing aromas fill the air.





Choose from a wide variety of items such as empanadas, falafel, African peanut soup, chicken shawarma, Somali spaghetti, street tacos, samosas and more.

When you want to splurge on that truly special and memorable meal, book a table at **Chez Phillipe** in the Peabody. This is the Midsouth's only Forbes four-Star and AAA four-Diamond rated restaurant. The elegant dining room is the epitome of sophistication, featuring

modern American cuisine with a French flourish. Chef Keith Clinton will take you on a culinary journey that's delicious and artful. Opt for

the seven-course pre-fixe menu, enhanced with wine pairings. It's a feast for the senses! Just note, you'll never see duck on any menu at the Peabody!





Memphis barbecue is in a class of its own.

Typically, pork is the type of meat used. It's slow-cooked, and can be prepared "dry" or "wet." The former involves covering the ribs with a dry rub of spices before cooking, while the latter entails brushing the meat with sauce before, during and after cooking.

Barbecue joints abound in the city and both locals and visitors have their favorites. Some top-reviewed spots include Central, Payne's, Cozy Corner, Corky's, One & Only, Leonard's and Blues City Café.

The city recognizes its rightful place in the barbecue arena. Each May, it plays host to the World Championship Barbecue Cooking Contest. Recognized by USA Today as the "Most Prestigious Barbecue Contest," this event draws teams of pit masters from all over the world, eager to compete for the title of World Champion and a share of the more than \$145,000 in prize money.

The contest features the championship pork categories of "Ribs," "Shoulder" and "Whole Hog," as well as the ancillary competitions of "Hot Wings," "Sauce" and "Anything but Pork."

BBQ alone is enough to justify a trip to Memphis.

This past May, 150 teams registered, sporting fun names like Blue Collar Smokers, Sowsed By Noon, Love Meat Tender, Parrothead Porkers and Game of Bones. Ribdiculous Bar-B-Krew was crowned the Grand Champion, taking the top honor with their entry in the Ribs category.

Getting thirsty, yet? You'll be happy to learn the city's culinary reputation also extends to its libations – from craft cocktails and whiskey to your morning Joe. Start the day at **Cxffeeblack's Anti Gentrification Coffee Club**. Started by Bartholomew Jones and Renata Henderson, "Cxffeeblack is a social experiment interested in exploring the impact people can have when they are empowered to

live with no sugar and no cream."

The company seeks to make coffee black again, meaning it wants every part of its business to reflect Black culture and keep the money within its community. To this aim, the business is not only Black-



owned, but it's also Black operated with an all-Black supply chain, sourcing its beans from Ethiopia, Congo and Rwanda.

I confess I'm not a coffee drinker, but after I tasted the java at this place, I could easily see myself becoming one. The coffee was smooth, real smooth, and needed no



Ribs at
Central BBQ
photoby
Craig
Thompson,
courtesy of
Memphis
Trave

sweetener. And the Gold Brew, a cold coffee drink with citrus notes, was nothing short of amazing!

When it's 5:00 somewhere, check out the following hot spots: Crosstown Art Bar, Tiger and Peacock, Cameo Memphis and Inkwell.

At Crosstown Art Bar, a hidden gem inside of Crosstown Concourse, taste artful cutting-edge cocktails made with local, fresh and foraged ingredients. Ease into things with "Let's take it slow," a

meld of Sloe gin, vanilla, lemon, strawberry and cava. Or try a refreshing "Spring in Bloom," with honeysuckle vodka, lemon Red Bud syrup and Topo Chico. You'll be surrounded by eclectic art, mismatched furniture and unfinished concrete walls, creating a funky, arty vibe.





Tiger and Peacock is on the rooftop of the Memphian Hotel, where the atmosphere is akin to a sultry speakeasy, complete with low-lit chandeliers and a private champagne room. A massive taxidermy of the namesake bird hangs behind the bar,

while other animals pop out where you least expect them. Get a load of the giraffe wearing a feather necklace, holding a chandelier in its mouth!

The lounge specializes in handcrafted cocktails made for your Zodiac sign. Like a raspberry mint vodka for all you Virgos. Or a spicy



bourbon sidecar if you're a Scorpio. Sit outside on the deck of this astrological oasis for great views.

Inkwell is also new to Memphis. This sleek, stylish and intimate bar offers a variety of cocktails and signature drinks. Try the "Jam

Jar," a concoction of gin, lemon, apricot liqueur and the jam flavor of the week, or the "Madam CJ Walk Me Down," loaded with vodka, gin, tequila, rum, peach schnapps and orange liqueur. The multihued, patterned, tile floors take centerstage. They're original to the place, which makes sense, as it used to be a tile shop. When the temps heat up, make your way to the outdoor patio and sip on a cool one.

As for the bar's name, owner Ben Colar was inspired by the purpose of an inkwell - to refill and recharge a pen. Similarly, he wanted his place to be a haven where people come to relax and rejuvenate.

Whiskey aficionados will stop in at want to Dominick Distillery for a tour and curated tasting of the company's portfolio of spirits. Your guided experience begins history with the of Old Dominick and its founder, Domenico Canale - a story that can be traced back 150 years. Then you'll get an up-close view of the grain to glass craft distilling factory, while learning that Memphis water, regarded as some of the best quality

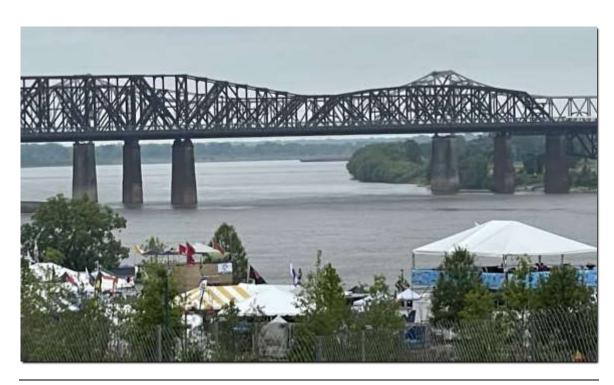


Libations, cocktails, drinks, brews, and alcoholic treats await. water in the country, is responsible for the sweetness in Old Dominick's spirits.

During the tasting session, you'll get to sample the company's vodkas, gins, bourbons, Tennessee Whiskey and Memphis Toddy. Afterwards, you can choose to continue to imbibe in the sleek, state-of-the-art bar.

Cameo Memphis is one of the new kids on the block. It's a bartender-owned, cocktail-driven place, where the atmosphere is moody and dark, with thick curtains, wine-colored walls and an old-school black and white tiled ceiling. This is a spot to see and be seen...that is if you can make out who's actually there!

The perfect place to work off all the delicious food and drink you've been consuming is Big River Crossing. Nearly a mile in length, this is the longest public pedestrian bridge across the Mississippi. Stretch your legs and walk or cycle the distance while taking in views of the river and city. In a short time, you'll reach the Tennessee/Arkansas line, which is clearly marked. Straddle it for a two-state stance!



Home base for my stay in Memphis was the Arrive Hotel, a modern boutique property in the South Main Arts District. The location is convenient to a number of attractions. shops and the restaurants, farmers market, plus you can catch the trolley right outside the front door. Rooms are spacious with comfy beds, oversized showers and plenty of amenities. Some offer





unobstructed views of the city. Concrete floors, brick walls and old pipes used as bath fixtures create an industrial and artful décor.

Arrive has a welcoming, neighbor-hood feel to it due to it

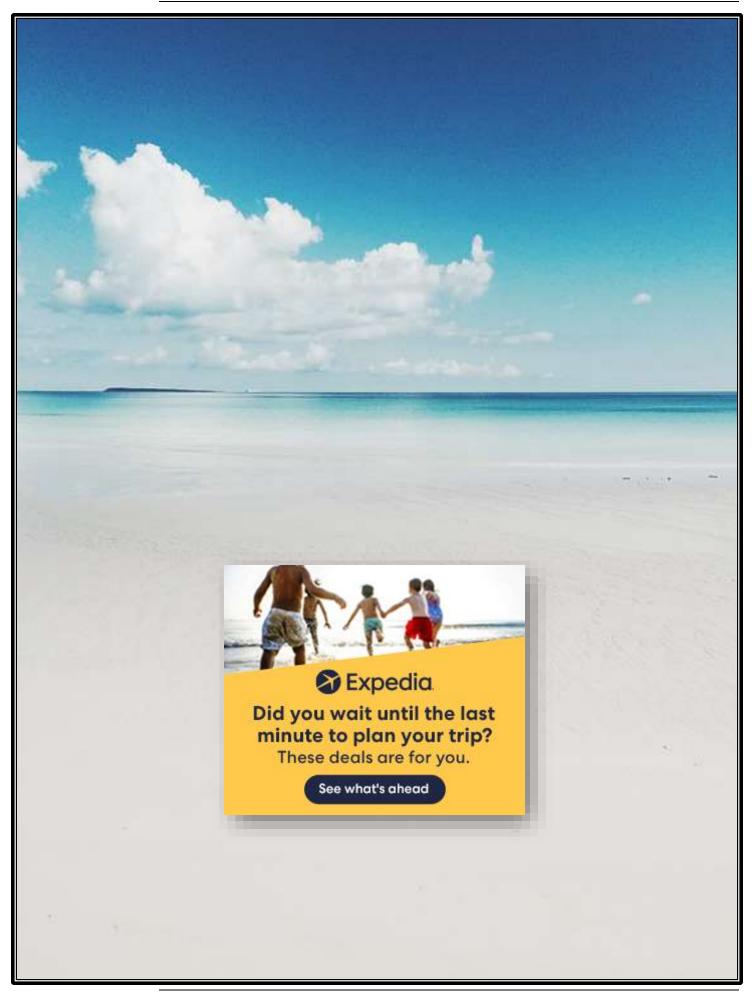
being a place where locals frequent. They come for the hotel's onsite food and drink options at Hustle & Dough, Bar Hustle and Longshot, joining guests for killer coffee, fresh homemade breads and pastries, bar bites and abundant libations. And they, like the guests, appreciate the casual, hip ambiance, along with the welcoming and attentive staff.

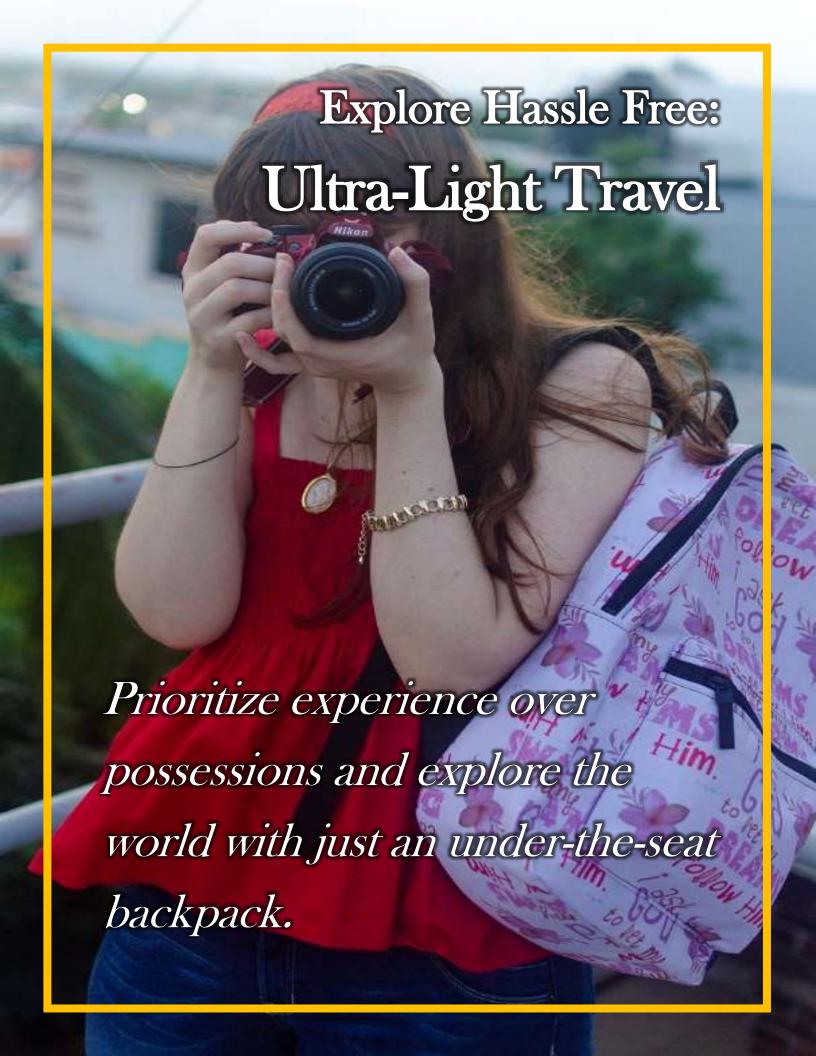
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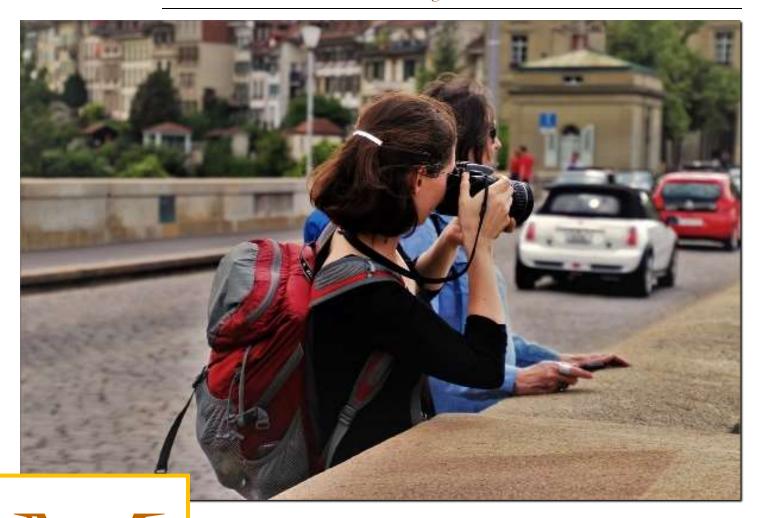
- For all things Memphis: www.memphistravel.com
- Arrive Hotel: www.arrivehotels.com/memphis

Memphis was the epicenter of the American Civil Rights fight.









eet Kathy, an avid traveler who has fully embraced the concept of ultra-light travel. She's embarking on a week-long trip to Denver in the summer, and she's making her journey as light and hassle-free as possible. Instead of lugging around bulky suitcases and heavy bags, Kathy has chosen to carry only a compact under-the-seat backpack.

This minimalist approach allows her to prioritize experiences over possessions, giving her the freedom to move effortlessly and explore without being weighed down by heavy luggage.

With minimal belongings to lug through the airports and into and out of cabs she's faster and more maneuverable in crowded places. In town, she can walk from place to place with everything on her back without looking out of place and never having to find a place to store things. By traveling light, Kathy also saves on costs, avoiding additional baggage fees and the need for large storage spaces. Packing becomes a breeze with simplified packing lists, focusing only on the essentials and leaving behind unnecessary items.

Kathy has adopted the mindset of ultra-light travel, where minimalism meets exploration. Through efficient



packing strategies, she curates her travel gear making thoughtful choices and prioritizing functionality. finding the perfect equilibrium that allows her to travel effortlessly while still feeling prepared and comfortable.

To travel ultra-light, she follows these strategies:

- Embrace Minimalism: Pack only essentials and question the necessity of each item.
- Use Local Resources: Skip items that can be easily obtained at your destination.
- Choose Versatile Items:
 Opt for mix-and-match clothing suitable for various occasions.
- Pack Multi-Purpose
 Items: Select items that serve multiple functions.
- Use Layering: Pack clothes for layering and adapting to changing weather.
- Utilize Technology: Use smartphone apps instead of physical resources.
- Consider Your Destination: Tailor your

packing list to the specific needs of your destination.



By implementing these strategies, you can streamline your own packing, travel lighter, and enjoy increased mobility.

For ultra-light travel, consider this clothing list:

- Quick-drying underwear and socks (a few pairs).
- Versatile bottoms (1-2) that can be dressed up or down.
- Tops that can be layered or mixed and matched.
- Lightweight waterresistant jacket (worn on the plane) for cooler evenings or unexpected weather changes.
- Comfortable walking shoes suitable for various activities. Make sure they are comfortable since you won't be packing spares.



• Smartphone (camera, map, and entertainment) with charging cable and travel adapter if needed.

Kathy's one splurge is a multi-functional scarf that can be a scarf, head covering, shawl, wrap, or even a small blanket for the plane trip. With a little ingenuity it can be a top or a skirt if she really wanted to.

Remember, less is more.



Prioritize multi-purpose items and pack only what you'll need. Consider trip duration, local climate, and activities. Maximize packing space by rolling clothes or using packing cubes. You can purchase or borrow items at your destination if necessary. Curate list carefully your to everything you need in your



compact backpack for a comfortable and enjoyable trip.

When traveling ultralight, managing your clothing becomes crucial to maintain a fresh and comfortable wardrobe throughout your trip. Here are some strategies for effectively managing your clothing and minimizing the need for extra items:

Select clothes that are lightweight, hand washable, and wrinkle-resistant that make for easy layering and coordination. Plan on wearing your slacks on the plane instead of shorts to save every little bit of space in



your bag. And if those slacks have pockets, so much the better.

Embrace the option of hand washing your clothes during the trip. It allows you to refresh your garments and reduces the need for packing additional items.

Make sure your shoes are comfortable, you're not going to have room for an extra pair.

Modern smartphones are so versatile that they are essential tools for ultra-light travel, offering:

• Navigation: Use apps like Google Maps for turn-by-

turn directions and realtime updates.

- Photography: Capture high-quality photos and videos without extra camera equipment.
- Digital Resources:
 Replace guidebooks and dictionaries with mobile apps for information and recommendations.
- Entertainment and Communication: Enjoy books, movies, music, and stay connected with messaging apps and video calls.

To make the most of your smart phone, download offline

maps in case you're in an area with no reception. Use the cloud to back up data in case you lose your phone while you're away. If you have room, carry a portable power bank to keep your phone charged on the go. And make sure to use travel-friendly apps for translation, currency conversion, flight tracking, and local transportation.

Once you've chosen to go ultra-light, you'll need to manage the challenges of ultralight travel.

- Limited Wardrobe
 Options: Choose versatile
 clothing for mix-andmatch outfits or embrace
 a functional-over-fashion
 "urban adventurer"
 wardrobe style.
- Weather Challenges:
 Pack lightweight layers for flexibility in adapting to changing climates.
- Minimal Personalization: Stay adaptable and adjust your packing strategy for each trip.
- Unexpected Challenges:
 Consider purchasing



items at your destination to save space.

Overcoming these challenges and finding balance is crucial in achieving a ultra-light successful experience. In the next section, we'll discuss how smartphones replace traditional travel essentials enable and minimalist travel.

Perhaps the most important part of being able to travel ultra-light is the mindset that most things that bother us don't really matter in the long run.

Kathy recognizes that using the hotel's soap and shampoo rather than bringing her own for a week won't be the end of the world. And any last-minute need is just one credit card transaction away.

Of course ultra-light traveling is not the best choice for some situations.

- Extreme Weather Condition will require you to pack appropriate clothing.
- Specialized Activities require necessary equipment for activities like hiking, skiing, or scuba diving.

- Lengthy Travel Durations will definitely need more than you can pack into an under-seat backpack.
- Work or Business Travel will call for formal attire and equipment.
- Traveling with Children:
 There is no way to provide the necessary items for children's comfort and entertainment and be ultra-light.

Remember to prioritize safety, well-being, and





enjoyment of your trip when deciding how much to pack.

Even if you can't get everything into just one under-seat backpack, getting everything into just one roll-aboard suitcase is worth the effort.

Just keep in mind to embrace minimalism and prioritize functionality, create a thoughtful packing list tailored to your trip, manage clothing wisely by washing and choosing versatile items., and leverage smartphones for navigation, photography, and digital resources.

If you adapt your packing strategy to specific circumstances. And find your balance between traveling light and comfort, you'll be able to embark on your next adventure with more freedom, more ease, and more lasting memories. Safe travels!





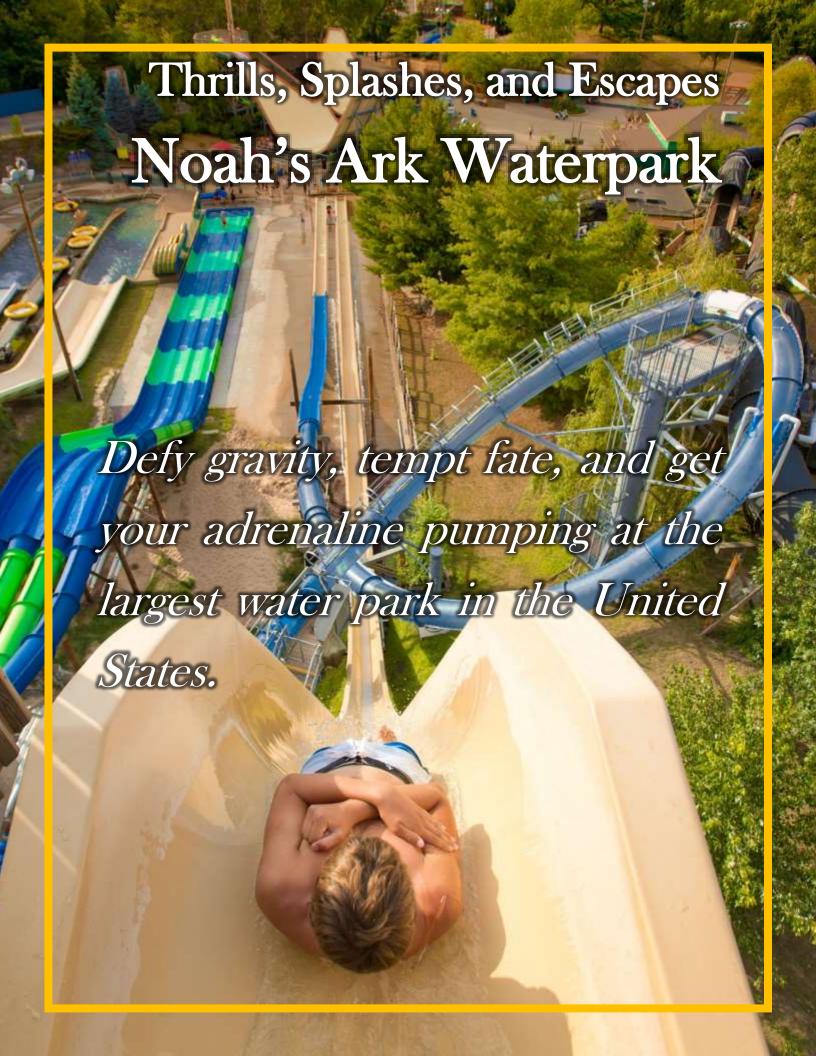
1-Hour cruise of Ellis Island
and the Statue of Liberty

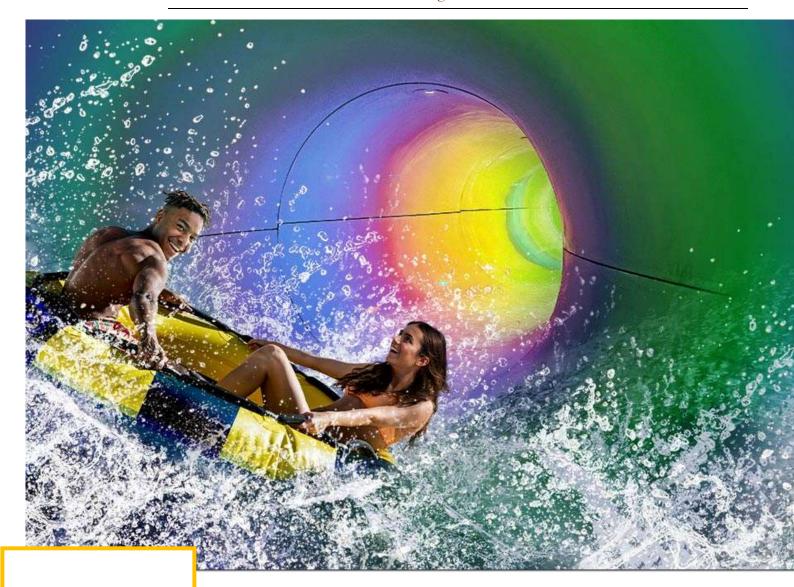
Museum of Modern Art

Smartphone Audio App of NYC

Skip the lines at the Empire State Building!







estled in the heart of America's Dairyland, amidst the rolling landscapes and shimmering lakes of Wisconsin, lies a thrilling oasis of water-based excitement. Welcome to Noah's Ark Waterpark, where unforgettable memories are made, and endless fun awaits all who seek a refreshing escape from the summer heat.

From exhilarating water slides that defy gravity to relaxing lazy rivers that meander through lush tropical landscapes, Noah's Ark is a premier destination for water enthusiasts of all ages.

As the largest water park



in the United States, Noah's Ark boasts an impressive array of attractions and an immersive atmosphere that transports visitors into a world of aquatic adventure.

Thrilling Rides: A Surge of Adrenaline

For thrill-seekers and those with an insatiable appetite for heart-pounding excitement, Noah's Ark Waterpark presents an impressive collection of rides that are sure to leave you breathless and exhilarated. From towering slides to gravitydefying drops, these attractions are designed to push the boundaries of adventure.

Prepare to have your tested as courage you embark on the "Scorpion's Tail," a spine-tingling water slide that guarantees an adrenaline rush from start to finish. Standing tall at six stories high, this epic ride begins with a jaw-dropping trapdoor release, plunging riders into a near-vertical free fall that accelerates to breathtaking speeds.

Experience the sensation of weightlessness as you navigate through high-speed twists and turns before splashing down into the landing pool below. The Scorpion's Tail is not for the faint of heart and is a true testament to the waterpark's commitment to delivering unparalleled thrills.

If you're up for a highspeed aquatic race, make your way to the "Black Anaconda," a colossal water coaster that twists and turns through a labyrinth of tunnels and curves. This gravity-defying attraction propels riders on a four-person raft, as they soar through darkened tunnels and breathtaking drops, experiencing of moments weightlessness and pure exhilaration. Brace yourself for a wild ride that combines the excitement of a roller coaster with the refreshing splash of water.

For those seeking adrenaline rush an accompanied stunning views, "Point of No Return" is a must-try. Ascend to towering heights on a nearvertical ascent before reaching the precipice of the slide. Catch your breath, take in the aweinspiring vistas of the waterpark and the surrounding Wisconsin landscape, then brace yourself for the plunge of a lifetime. As you'll takes gravity over, plummet through twists, turns, and loops at mind-boggling speeds, all while experiencing incredible rush of an

adrenaline.

But the thrills don't end there. Noah's Ark Waterpark array of also features an exhilarating tube slides, where you can challenge your friends and family to race down twisting and turning chutes. Dare to conquer the "Dark Voyage" as you journey through a tunnel of darkness, navigating unexpected drops and turns. vour Or unleash inner daredevil on the "Time Warp," a high-speed slide that propels you through a twisting and looping adventure.

For those who want to test. their mettle against a towering behemoth, the "Scorpion's Tail," "Black Anaconda," "Point of No Return," and the thrilling tube slides provide a taste of the excitement that awaits at Noah's Ark Waterpark. These pulsepounding attractions exemplify the park's commitment to delivering unforgettable experiences for thrill-seeking guests.

Noah's Ark Waterpark in Wisconsin invites you to leave your fears behind and embark on a journey where adrenaline meets water, creating a thrilling fusion of excitement and adventure. So, gear up, strap in, and get ready to push your boundaries as you dive into the heart-stopping world of Noah's Ark Waterpark's thrilling rides.

Tranquil Escapes: Serenity Amidst the Splash

While Noah's Ark Waterpark is renowned for its adrenaline-pumping attractions, it also offers a haven of tranquility for those seeking a more relaxed and leisurely experience. Amidst the excitement and splashes, there are enchanting rides that provide a serene respite, allowing guests to unwind and recharge.

One of the park's standout features is the "Endless River," a winding waterway that meanders through lush landscapes and gentle currents.



Grab a tube, hop in, and let the soothing rhythm of the river carry you along. Drift past cascading waterfalls, lush foliage, and tropical-themed scenery as you bask in the peaceful ambiance. Whether you choose to float lazily or engage in leisurely conversation with your companions, the Endless River provides perfect opportunity to relax and let the cares of the world melt away.

For families with little ones, "Tadpole Bay" is a whimsical water playground designed ignite their to imagination and provide hours of water-filled entertainment. Here, young adventurers can shallow explore pools, interactive fountains, and gentle slides tailored to their size and skill level. Parents can relax nearby, knowing that their safe this children are specially designated play area.

Another oasis of tranquility within the park is the "Lazy River," a gentle and meandering watercourse that invites visitors to recline on a tube and enjoy a leisurely journey. Drift along the calm

waters, soaking up the sun's warm rays, and savoring moments of peace and serenity. Let the river guide you through lush tropical landscapes, passing by scenic features and soothing waterfalls. The Lazy River provides an ideal escape



for those seeking a tranquil retreat amidst the excitement of the waterpark.

Noah's Ark Waterpark also offers a variety of relaxing pool areas where guests can unwind and cool off at their own pace. Whether you choose to lounge poolside, soak in the refreshing waters, or enjoy a leisurely swim, these calm spaces provide a serene environment for relaxation and rejuvenation.

In addition to the peaceful attractions, the waterpark features shaded



cabanas, perfect for unwinding and taking a break from the sun's rays. These private retreats offer comfortable seating, complimentary amenities, and a dedicated space to relax, unwind, and enjoy some downtime with family and friends.

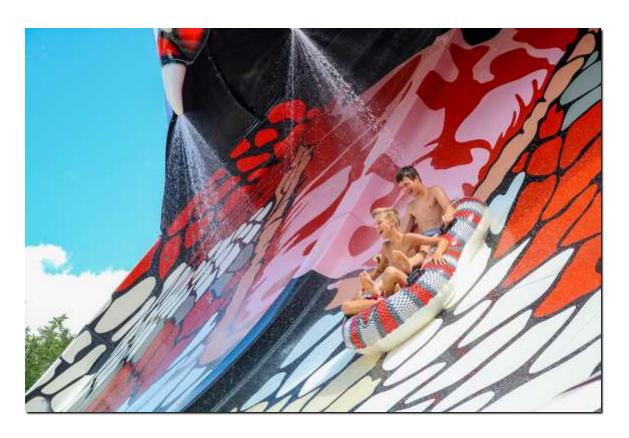
Noah's Ark Waterpark in

Wisconsin understands that a complete water park experience should cater to all preferences, which is why the quieter rides and serene attractions are an integral part of the park's offerings. These spaces allow guests to find solace, reconnect with nature, and enjoy peaceful moments splashes amidst the and laughter.

So, when you're ready to take a break from exhilarating rides and seek a serene experience, more Noah's Ark Waterpark has the place for you. just vourself Immerse in the tranguility of the Endless River, meander along the Lazy River, or let your little ones make a splash in Tadpole Bay. peaceful escapes These provide the perfect balance to waterpark adventure, your ensuring that every guest finds their own slice of serenity within Noah's Ark Waterpark's bustling oasis.

Beyond the Rides: Discovering the Delights of Noah's Ark Waterpark

Noah's Ark Waterpark is not just about thrilling slides



and relaxing rivers—it offers a world of attractions and experiences that go beyond the exhilarating rides. From delectable dining options to engaging entertainment and captivating amenities, the park has something for everyone to enjoy during their visit.

When hunger strikes, a wide range of dining options awaits to satisfy every craving. Whether you're in the mood for a quick bite or a full meal, Noah's Ark offers an array of concession stands and food outlets throughout the park. Indulge in classic favorites like juicy burgers, crispy fries, and

refreshing ice cream treats. For those seeking a lighter option, fresh salads and fruit cups are readily available. With various dining locations strategically placed throughout the park, you'll never have to venture far to fuel up and recharge for more water-filled adventures

Noah's Ark Waterpark offers exciting entertainment options to add an extra layer of fun to your visit. Catch captivating live performances, interactive shows, and engaging events that bring

an extra sparkle to the park's vibrant atmosphere. From mesmerizing acrobatic displays to entertaining comedy acts, the park's entertainment lineup ensures that every moment is filled with laughter, wonder, and unforgettable memories.

Explore the park's retail shops, where you'll find a wide selection of souvenirs, apparel, and waterpark essentials. From trendy swimwear to branded merchandise, these stores offer a chance to bring home a piece of the Noah's Ark experience and commemorate your visit.

Noah's Ark Waterpark also understands the importance of providing amenities that enhance the overall guest experience. For those seeking privacy, comfort, and extra convenience, the park offers rental cabanas. These exclusive retreats provide shaded seating, personalized food and beverage service, and additional amenities for a truly VIP experience. Relax in style and enjoy a dedicated space to unwind and recharge between adventures.

Safety and guest satisfaction of utmost are importance Noah's Ark at Waterpark. The park's dedicated staff is committed to ensuring a clean and wellmaintained environment, with lifeguards stationed throughout





the water attractions to prioritize guest safety. Lifeguard training and rigorous safety protocols are in place to provide peace of mind for visitors of all ages.

Beyond the exhilarating rides and water-based Noah's Ark attractions. Waterpark in Wisconsin comprehensive presents a experience that caters to all aspects of your visit. From satisfying your taste buds with delicious dining options to enjoying live entertainment and exploring retail outlets, the park offers a plethora of experiences that enhance your day of aquatic adventure.

So, as you plan your trip to Noah's Ark Waterpark, remember to immerse yourself not only in the thrilling rides and refreshing waters but also in the exciting world of dining, entertainment, and amenities. Prepare for a full-spectrum experience that ensures your time at the waterpark is truly unforgettable from start to finish.

Planning Your Trip to Noah's Ark Waterpark: Location, Parking, and Access

If you're gearing up for an exciting adventure at Noah's Ark Waterpark, it's essential to have all the necessary

information to ensure a smooth and hassle-free visit. From the park's location to parking options and accessibility, here's everything you need to know to plan your trip effectively.

Location: Noah's Ark Waterpark is located Wisconsin Dells, a popular tourist destination known as the "Waterpark Capital of the World." Situated 1410 at Pkwv. Wisconsin Dells Wisconsin Dells, WI, the park is easily accessible from major highways and within driving distance from various cities in the Midwest.

Parking: Ample parking is

Noah's available Ark at Waterpark. Upon arrival, follow the designated signs to the parking area. There are both standard parking spaces and preferred parking options for added convenience. Preferred parking may have closer proximity to the park entrance and is available on a first-come, first-served basis. Parking fees may apply, so it's advisable to check the official website or contact the park in advance for the most up-to-date information.

Accessibility: Noah's Ark Waterpark is committed to providing accessibility for all guests. The park offers



accessible parking spaces near well the entrance, as accessible restrooms and changing areas. Wheelchairs are available for rent on a firstcome, first-served basis, and a limited number of aquatic wheelchairs are provided for guests with mobility challenges access certain water attractions. Additionally, park has designated accessible routes throughout the premises a comfortable ensure to experience for all visitors.

Online **Tickets** and Reservations: To streamline minimize and your entry contact, consider purchasing tickets or making vour reservations online in advance. Check the official Noah's Ark Waterpark website for ticketing options, such as single-day passes, multi-day passes, and season passes. By securing your tickets ahead of time, you can avoid long lines at the ticket booths and expedite your entry into the park.

Peak Times and Crowd Management: Noah's Ark Waterpark can be quite popular, especially during weekends and holidays. If possible, plan your visit on weekdays or during off-peak hours to avoid larger crowds and potentially shorter lines for the rides. Arriving early in the day or later in the afternoon can also help optimize your experience.

Park Facilities: The park offers a variety of amenities to enhance your visit. Restrooms, changing areas, and locker rentals are available for your convenience. Lockers perfect for storing valuables, clothing, and personal items while you enjoy the water attractions. The park also features dining options and snack stands, ensuring you can grab a quick bite or a full meal during your visit.

Water Safety: Safety is a top priority at Noah's Ark Waterpark. The park provides lifeguards trained stationed throughout the water attractions, as well as clear guidelines safety and instructions for each ride. It's important to follow all posted lifeguard rules. listen to instructions, and ensure that you and your group are aware of water safety measures.

Bvconsidering these essential details, you can plan trip to Noah's Ark your Waterpark with confidence. Familiarize yourself with the location, park's parking options, accessibility features, ticketing processes and ensure a seamless experience from the moment you

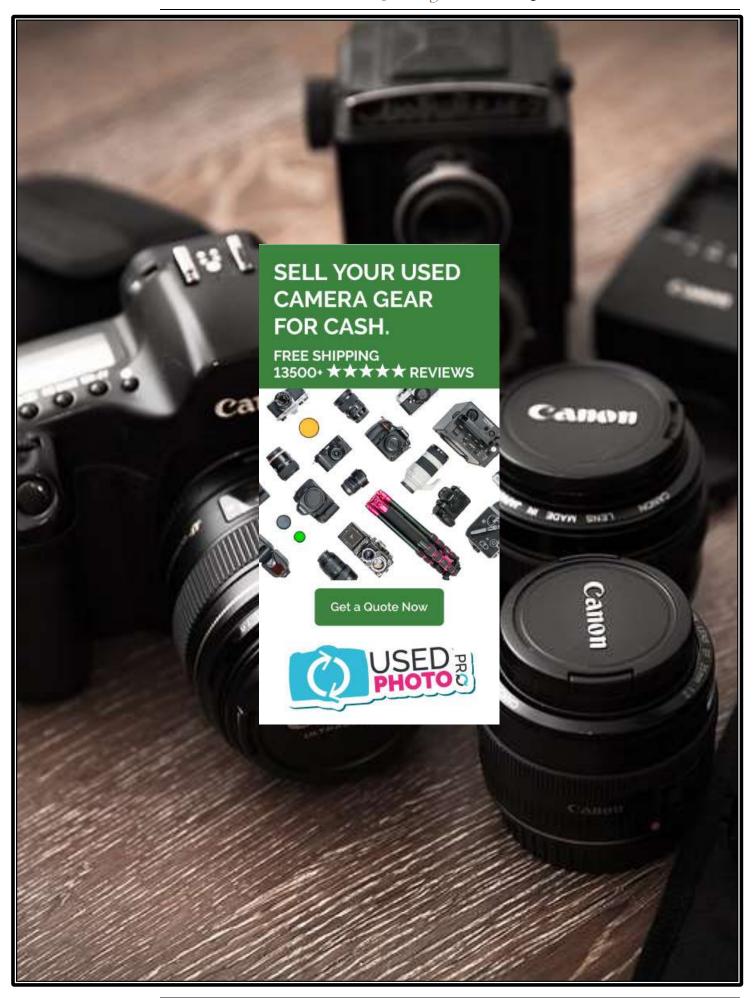
arrive. Get ready to dive into a day of thrilling water adventures and create lasting memories at this remarkable waterpark destination in Wisconsin Dells.

Don't wait another moment to experience the exhilarating thrills, serene

unforgettable escapes, and awaiting moments you Noah's Ark Waterpark in Whether Wisconsin Dells. you're seeking heart-pounding rides, tranquil waterways, or a world of entertainment beyond slides, this premier the waterpark offers a complete package of excitement. relaxation, and family fun. So pack your swimwear, grab your sense of adventure, and get ready for a splashing good time that will leave you with memories to cherish. Dive into the adventure at Noah's Ark Waterpark and create a day filled with laughter, joy, and endless summer memories that will keep you coming back for more.







ABOUT THE AUTHORS



Media. He currently publishes and writes for Amygis Publishing's magazines Jaunting, Northeast Traveler, and



Paul Pence not only writes many of the articles in the pages of this magazine, he is also the publisher and editor of all of the magazines in the Amygis Publishing's family of travel magazines.

He loves exploring, traveling the back roads, experiencing the world, and finding what is unique and memorable about the places he visits.

And he loves writing - poetry, short stories, essays, non-fiction, news, and. of course, travel writing.

For over 20 years, he has shared his explorations with readers in a wide variety of outlets, from groundbreaking forays into the first stirrings of the dot-com boom to travel guides, local newspapers, and television, including Runner's World, Travel Lady, Providence Journal, and Northstar Travel lishing's magazines Jaunting, Northeast Traveler, and Rhode Island Roads.

Debbie Stone is an established travel writer and columnist, who crosses the globe in search of unique destinations and experiences to share with her readers and listeners. She's an avid explorer who welcomes new opportunities to increase awareness and enthusiasm for places, culture, food, history, nature, outdoor adventure, wellness and more.

Her travels have taken her to all fifty states and nearly100 countries, spanning all seven continents. Her stories reach over three million readers and listeners, and appear in numerous print and digital

publications, including Luxe Beat Magazine, Big Blend Radio & TV Magazine, Parks & Travel Magazine, Northwest Prime Time, Woodinville Weekly, Santa Fe Fine Lifestyles Magazine, Edmonds Beacon, Outdoors Northwest, Southwest Stories Magazine, Go World Travel and Travelworld International Magazine, among others. She can also be heard sharing her travel adventures on Big Blend Radio.

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