

Newsletter

Winter 2010

Welcome to Calder and Lawson House of Travel's winter newsletter for 2010. With winter well and truly upon us, it's time to think about your winter escape.

DESTINATION OF THE MONTH INDIA

India has long been known for its exotic culture and tradition. For a traveller, India offers a variety of experiences that can vary from the most uproarious to the very Royal.

From one corner to the other, India is replete with attractions that can leave you in awe of their beauty and amazed as to how they were ever constructed. No matter whether you are a wildlife lover, a history buff, a pilgrim, a cultural enthusiast, an art connoisseur or a hard-core adventurer, India has to offer you a lot and that too in smash-hit proportions.

Let us unveil the mysteries of India, the magical continent renowned for its spices, festivals, cultures and temples. Hear about breathtaking beaches,

sandy deserts, river cruises, dense rainforests and scenic backwaters, exotic wildlife, cultural highlights, delicious cuisine and exquisite shopping. Escorted tours and independent travel in north and south India.

Planning a trip is not an easy thing to do. But, you need not worry as our travel experts are just waiting to give you a free itinerary suggestion. **Come in store or phone us on 07 856 9009 for more information.**

TOURIST VISA-ON-ARRIVAL

All New Zealand passport holders can now obtain their India visa on arrival. The tourist visa-on-arrival is to 'facilitate bonafide foreign tourists who plan their tours at short notice'. The five countries chosen for the 'experiment' are Finland, Japan, Luxembourg, New Zealand and Singapore. The cost is USD\$60 per person on arrival.



INDIA INFORMATION EVENING

Wednesday 18 August 6pm
India Aroma Restaurant, 851 Victoria St, Hamilton
\$20 pp includes meal and wine

For more information or to RSVP
email karenr@hot.co.nz or phone 07 856 9009
RSVP essential

 SCENIC TOURS

EUROPEAN RIVER CRUISING 2011



FLY FREE* return incl. taxes. Save up to **\$6,190*** per couple

*conditions apply.

With only a limited number of seats available don't delay in reserving your place for Scenic Tours European River Cruising Information Evening. Email karenr@hot.co.nz RSVP by 14 July 2010

FREE

Information
Evening

Wednesday
21st JULY
5.30pm

REGISTER NOW
856 9009

 HOUSE OF TRAVEL
CALDER & LAWSON

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 HOUSE OF TRAVEL



NATIONAL FIELDAYS

Congratulations to Gillian Bartram, the winner of our return trip for two to the Cook Islands, staying five nights at Sunset Resort flying with Pacific Blue.



AEGEAN AIRLINES JOINS STAR ALLIANCE NETWORK

Greek carrier Aegean Airlines has officially joined the Star Alliance frequent-flyer group, becoming the network's 28th member. As a member, Aegean Airlines must comply with the highest industry standards of customer service, security and technical infrastructure.

Operating out of Athens, Aegean Airlines will provide travel to over 17 domestic destinations within Greece, and will be an important destination for both leisure and business passengers travelling on the Star Alliance Europe Airpass and Round The World Fares.



CONTINENTAL AIRLINES NEW SERVICES

From Houston hub to Auckland.

Continental Airlines has announced another major step in development of its Houston hub with plans to begin non-stop Boeing 787 flights to Auckland on 16 November 2011 (subject to government approval).

Auckland will be added to the 63 international destinations that Continental currently serves non-stop from Houston, and will become the 26th destination in Continental's Pacific network. Continental serves more destinations in the Pacific region than any other US carrier.

STAFF TRAVELS

Morwenna Williams – South America

In May I spent nearly 24 hours travelling to a city called Anápolis, right in the centre of Brazil, to meet up with my dad and brother who now live there. It was a great experience to finally visit them, as they have been there for a few years now, developing a very successful Kiwi dairy farm. They describe the area as a paradise for cows as it is always sunny and warm, but never too hot and the grass grows all year round, assisted by the latest irrigation technology.



I would describe Brazil as a paradise for travellers, particularly those who like beaches, good food, friendly people and a great climate. I was lucky enough to travel in areas off the tourist track and was impressed by the emergence of Brazil into a first world country with lots of construction including new highways, buildings, railways and Kiwi dairy farms.

Judy Harkness – Fiji

There's nothing better than a getaway to a tropical island to relax, recharge and get ready to face the winter. I was lucky enough to travel to Fiji, the first two nights staying at Denarau at the Westin Resort. Denarau is a 20 minute ride from the airport so it is not long before you are settled and relaxing into the wonderful Fiji way. Part of the Sheraton Group, the Westin is a lovely resort/hotel spread through beautiful tropical gardens with access to other Sheraton resorts by a short beach stroll or the Bula Bus provided between resorts. You can charge back at any of the Sheraton hotels for your convenience. Port Denarau is a short Bula Bus ride away (\$6FJD per day), here there are shops, bars, cafes and a mini market.



After Denarau, I headed north to Raki Raki, passing through villages and bigger towns – an interesting drive showing a different side of Fiji. Driving carefully to avoid cows, goats and horses roaming free; crabs, fish, fruit and vegetables can be purchased from roadside stalls; and of course always the friendly wave from locals. Here I took a boat transfer to a private home on the island of Nananu I Ra – an idyllic spot which besides private homes, has great backpackers/guest houses situated right on the beach. Experience the real pace of Fiji, nothing to worry about but your next swim, meal or cocktail.

There are options on the mainland in this area – Wananavu Beach Resort and Volivoli Beach Resort, both off the beaten track, offering high standards of accommodation at reasonable prices. Fantastic spot for divers, snorkelers or those wanting a real Fiji experience.

TRAVEL INTELLIGENCE

BEATING JET LAG

Pre-flight – a most important aspect to combat jet lag. Before departing, have all business and personal affairs in order. Ensure you are not stressed out with excitement or worry, not tired or hungover. Get plenty of exercise in days prior to departure. Avoid sickness such as flu, colds and so on. If you have a cold, flying will probably make it worse – ideally, delay the trip. Get a good night's sleep just prior to departure.

Drinking fluids – dry air in aircraft causes dehydration. Drink plenty of non-alcoholic fluids to counter this. Water is better than coffee, tea and fruit juices.

Sleeping aids – blindfolds, ear plugs, neckrests, blowup pillows – all useful to help get quality sleep while flying. Removing shoes eases pressure on feet (some airlines provide soft sock-like slippers, many experienced travellers carry their own).

Exercise – as much as you can. Walk up aisles, stand for spells, do small twist and stretch exercises in your seat to help reduce discomfort and swelling of legs and feet. Get off the plane if possible at stopovers, and do exercises or take a walk. This helps reduce the possibility of blood clots and associated trauma.

Showers – during extended stopovers on a longhaul flight, showers are sometimes available. A shower freshens you up and gets muscles and circulation going again, making you feel better for the rest of the flight. Trans-Pacific pilots have told us that taking a shower helps them recover more quickly from general effects of jet lag after the flight.