



INTO THE HEART OF EUROPE

THE NEWSLETTER OF DISCOVER EUROPE LTD.

FALL 2017
VOLUME XVI NUMBER III

FROM MICHAEL'S DESK

I love my job! I love the people I work with and I love what we do. I am a very lucky man - and I try to remember that every day.

I know that we are not solving the great problems of the world; we are not going into conflict zones, trying to bring peace, or feeding starving children in Chad. We are not finding cures for debilitating diseases or reversing the ravages of climate change, but I do go to bed at night with an easy conscience.

All physicians take the Hippocratic Oath, which, among other things, requires them to "abstain from doing harm" (in Latin, primum non nocere - first, do no harm). And I think this is a good precept for people in our line of work too.

Travel can bring great rewards to the traveller - it can give you fresh perspectives, make you understand your place in the larger flow of history, as well as create new friendships and lasting memories - but only if it is done well. Tourism can also be a great benefit to the local inhabitants of the place you are visiting - but only if it is done thoughtfully and respectfully.

We honestly try to design every one of our tours to create the greatest benefit for both the traveller and the host who is welcoming them to their home and their country. Perhaps both your world and theirs will be a little better for your visit - but at the very least, we do no harm!

Michael Induni, President

DISCOVER EUROPE LTD.
95 Adams Street
Keene, NH 03431, USA
Toll free: (866) 563-7077
EMAIL: info@discovereuropeltd.com

DISCOVER EUROPE LTD.
95 Adams St.
Keene, NH 03431

RETURN SERVICE REQUESTED



PHOTO BY SEE ON UNPLASH

FLAMENCO MEMORIES FROM SPAIN

by Sarah Franklin

Lush wheat fields dotted with poppies along the Camino de Santiago; eating Mallorcan slow-roasted lamb, while sitting in a Shepherd's hut atop a mountain; country paella served in a monastery; picnicking on Serrano ham in the Tramuntana mountains; beautiful mosaic intricacy in the Alcazar, Seville; collecting sea glass on the beach of Soller - these are all wonderful memories I have taken with me from my travels in Spain. This country has much to tempt the traveler who wants to avoid the beaten track. Whether you are a hiker, historian, or food worshipper, you won't be disappointed by the variety of topography and culture in Spain. And of course, there is Flamenco, the national dance of Spain.

continued . . .

continued from front . . .

Inseparable for those who do it, Flamenco means guitar (“guitarra”), song (“cante”), and dance (“baile”). Its history is debatable. Some say it originates from the Moors in Andalucía, others trace it back to Indian Bharatanatyam brought to Spain by the gypsies; some believe it comes from other world cultures such as Jewish, Latin American and Cuban traditions. Whatever its origin, it is still alive and thriving in many Spanish cities today, especially in the “Flamenco Triangle” of Cadiz, Jerez and Seville. According to the Andalucía website: (www.andalucia.com/flamenco/home.htm) “It is the belief of many, that you cannot be taught flamenco; it is something that you are born into, an age-old secret that only the gypsies hold in their hearts.”

There are different styles of Flamenco, some more choreographed with a vocabulary of pure steps, as in the classical “jondo” style, mostly danced by an older generation; other genres are more improvised and spontaneous, danced in smoky bars and taverns, usually by a younger generation. It was the latter I sought out when I went to Seville. As the Spanish typically don’t eat dinner until after 9:30 pm, it was late and dark when my Discover Europe tour group made our way into the local neighborhood (barrio) of Triana to a “Tablaos” (original meaning is floorboard, a place where flamenco is performed). Following Gavin, our tour guide, in complete trust, we walked to what looked like an old run down warehouse with a small sign. The neighborhood



was a little seedy and the dark, unfamiliar streets were not especially inviting. We entered a big space, dimly lit, with a bar and stools surrounding a wooden platform in a stage

FAVORITE HOTELS

LAS CASAS DE LA JUDERÍA

Located just minutes away from the main landmarks of Seville, the hotel is comprised of 27 traditional houses linked through 40 patios, gardens and a labyrinth of small passageways - some of which were main roads!

Luxuriate in the brilliant history of the region and step back into antiquity on our **ANDALUCIA** trip in March of 2018. Call or email for the full itinerary.

area. Along the walls were modern art posters, and the place was buzzing with young people laughing and drinking. There was excitement in the air and my trepidation was eased by the intriguing atmosphere. We got ourselves a drink, sat down and waited.

When the woman dancer and male guitar player finally entered, they set themselves on the dance floor in complete stillness and silence, focusing intensely on each other. I was amazed to see that they were probably in their 20’s. She wore typical high heeled flamenco shoes and they both had jeans on. When he started playing, she took a slow breath in and let the passion build in her before it finally spilled out through her feet. Ebbing and flowing, as she struck the ground



QUEEN’S BATH, ALCÁZAR OF SEVILLE

in time with the music. Her body undulated and her face was full of expression as she interpreted his music. The connection between the two was magnetic, playful, sexy, passionate and yes, inseparable. I was mesmerized and swept into the rhythm and feeling as I watched. I was so happy that the Spanish youth were continuing to learn this age-old dance form and were making it their own. It was contemporary, raw and fresh, not your typical tourist flamenco staged to please the masses. It was immediate, an improvisational form of communication between dancer and musician. I was ecstatic.

When it finally ended, an hour later, I felt my breath go and the tension release in my own body, as if I had been dancing too. The kinesthetic connection between the dancer, musician and audience was something instantaneous, forceful and incredibly fulfilling. Martha Graham said “Dance is the hidden language of the soul,” and when you see Flamenco, you see the soul of Spain. I can’t imagine anything more special.

A NEW PUZZLE

Q: AN ISLAND IN EUROPE HAS AN OFFICIAL ANTHEM ABOUT A SPIDER, ADAPTED FROM A POPULAR, ANCIENT CHILDREN’S SONG. WHAT IS THE NAME OF THE ISLAND?

To answer, go to [Discover Europe’s facebook page](#), like the page and leave an answer. The winner, selected at random, will receive a voucher for \$200 off any trip listed in this newsletter!

. . . AND A WINNING SOLUTION

Q: IS MOST OF THE WINE PRODUCED IN BORDEAUX RED OR WHITE?

A: Winner: Lynda V. Her answer: “Red and naming it claret probably has something to do with Britain’s propensity to not refer to anything French in a French manner.”

COURIER'S CORNER

Matthias Kort

Q: WHERE IS YOUR FAVOURITE TOUR DESTINATION?

A: Berlin, not only because it is my hometown, but because I consider it to be the most alive and vibrant city in Europe. And Corsica; the island is a continent on its own.

Q: DO YOU HAVE A FAVOURITE CITY?

A: Budapest, Berlin, Amsterdam and Barcelona.

Q: IS THERE A SPECIAL MOMENT THAT STICKS OUT ON A DISCOVER EUROPE TOUR?

A: During the Piedmont Tour, following a request of one of our guests, the unexpected interesting discovery of the Piedmont Jewish heritage.

Q: WHAT DO YOU ALWAYS PACK?

A: My little portable miniature statue of St. James the Greater, the patron of the pilgrims! My GBL bluetooth speaker, because I cannot survive without music! And I always pack a bathing suit and an outdoor towel.

Q: WHY ARE YOU A TOUR GUIDE?

A: Because it is my passion to travel and to share it with other people.



Q: DO YOU HAVE A FAVORITE PLACE TO STAY?

A: With Discover Europe Piedmont Tour: Hotel Principe in Cuneo. Best service, family run, the most friendly staff I have ever met, in a beautiful unspoiled city.

Q: CAN YOU SHARE YOUR MOST MEMORABLE DINING EXPERIENCE ON A TRIP?

A: A great lunch by the Sea in Ostia Lido, near Rome; the best frittura mista on the planet!(veggies, fish, seafood, deep fried)

Q: DO YOU HAVE A FAVORITE FOOD EXPERIENCE?

A: - Eating in Piedmont, during the whole Discover Europe Trip: each restaurant, each meal was a culinary revelation!!!

Join Matthias Kort on:

THE NEW BERLIN

Join two of our best tour guides Matthias and Sara Cereda-Kort who call this city home. After the fall of the wall, a modern, happening city is revealed!

MAY 18TH – 26TH 2018

THE ROMANTIC ROAD

Alpine settings and medieval half-timbered houses dot the romantic, winding road from Vienna to Heidelberg. Explore the realm of the Hapsburgs, one of the greatest dynasties the world has ever known.

OCTOBER 4TH - 13TH 2018

RULES FOR TRAVEL

by Sarah Franklin

A friend of mine gave me an old book entitled *So You're Going to France!* by Clara E. Laughlin, first published in 1927. The author had her own travel company out of NYC, much like Discover Europe but instead of arranging flights, she arranged transatlantic steamship accommodations. She also conducted tours, planned itineraries, made reservations, etc. to Europe, much as we do. Her tours lasted twelve days and the inclusive cost per day was twelve dollars! Although the prices have changed, much of what she recommends has not. At the end of the book she has "Twenty Rules for Travelers." They apply today just as much as they did in the 1920's and 30's. Her first five suggestions include:

1. Do unto the other fellow in his country as you would like him do unto you in yours.
2. Go abroad to learn how things are done outside America, not to declaim to others how much better everything is done at home.
3. Don't think that the louder you talk the more apt you are to be understood- and appreciated!
4. If you love children, show that you do, even if you can't say it. It is the way to the hearts of most foreigners.
5. A small tip with a smile often goes further than a large tip with a scowl.

Check our website for all twenty tips! You'll be glad you did.



CURRENTLY SCHEDULED TRIPS

AUSTRIA

VIENNA - MIT SCHLAG?

Old-world European elegance with day trips, a performance at the Vienna State Opera House and of course - dessert!

 JUNE 15TH - 23RD 2018

THE ROMANTIC ROAD

Alpine settings and medieval half-timbered houses dot the romantic, winding road from Vienna to Heidelberg. Explore the realm of the Hapsburgs, one of the greatest dynasties the world has ever known.

OCTOBER 4TH - 13TH 2018

CROATIA

THE DALMATIAN COAST

Bask in the "Pearl of the Adriatic" - one of Europe's best-kept secrets.

APRIL 28TH - MAY 7TH 2018

SEPT. 29TH - OCT. 8TH 2018



DUBROVNIK

DENMARK

WONDERFUL COPENHAGEN

A long weekend adventure into the land of fairy tales in search of "hygge."

 JUNE 14TH - 19TH 2018

ENGLAND

POLDARK'S CORNWALL

Visit the heart of Poldark's Cornwall and experience the unique microclimate washed by the warming currents of the Gulf Stream.

APRIL 19TH - 29TH 2018

TREASURE HOUSES OF SOUTHERN ENGLAND

See the full glory of Britain's Stately Homes set against the backdrop of a glorious full-blown English spring.

MAY 6TH - 15TH 2018

THE BEST OF ENGLISH GARDENS

Our annual homage to the Chelsea Flower Show and gardens of southern England.

MAY 15TH - 24TH 2018


WALES AND THE LAKE DISTRICT

Castle ruins, medieval streets and magnificent Celtic heritage define these regions of stunning beauty.

MAY 26TH - JUNE 8TH 2018

MILLS, MANSIONS & MASTER GARDENERS

Unpack in the Peak District National Park, set in the middle of the Industrial Midlands, and visit the RHS Chatsworth Flower Show.

 JUNE 1ST - 9TH 2018

THE CAPTIVATING COTSWOLDS

Quintessential English countryside unfolds between visits to Oxford, Kenilworth, Stratford-upon-Avon, and Bath.

JUNE 7TH - JUNE 16TH 2018

BRITAIN IN BLOOM

Famous summer gardens of England await and include a day at the Royal Horticultural Society's premier show at Hampton Court

JULY 3RD - 12TH 2018

DISCOVERING EAST ANGLIA

Experience life in a country house hotel with popular guide Gavin Miller in his home region.

JULY 20TH - 28TH 2018

MAGIC OF MEDIEVAL ENGLAND

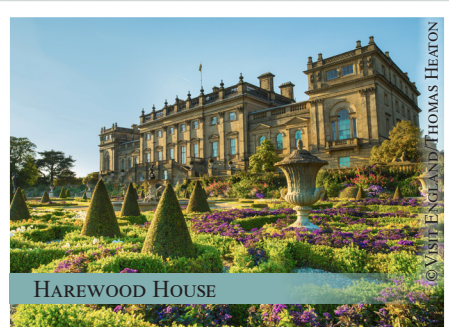
Medieval England comes to life as we stay in York and Nottingham and visit the annual Robin Hood Festival. A trip that will appeal to young travelers and grandparents alike!

JULY 27TH - AUG. 4TH 2018

THE CHANNEL ISLANDS

Award-winning beaches, coastal castles and small rural hamlets make up this stunning archipelago. Explore these wonderful islands, officially the sunniest place in the British Isles.

SEPTEMBER 6TH - 15TH 2018



HAREWOOD HOUSE

THE WEST COUNTRY

Walk in the ancient land of myth and legend in the southwest peninsula of England and journey through the mists of its Celtic past.

OCTOBER 4TH - 13TH 2018

KENT: THE GARDEN OF ENGLAND

Away from London and into the rolling hills of Kent. Enjoy brilliant and eclectic explorations from Dover to Dorking.

OCTOBER 18TH - 27TH 2018

FRANCE

PRINTEMPS EN PROVENCE

Follow in the footsteps of Cezanne, Van Gogh, Gauguin, Picasso, and Matisse and leave inspired by landscapes of brilliant color.

 MAY 4TH - 12TH 2018


NORMANDY, BRITANNY & THE LOIRE

From the rolling beaches of Normandy to the romantic beauty of château country; an ever-changing panorama unfolds through some of the loveliest regions of France.

MAY 24TH - JUNE 2ND 2018

THE WINES OF BORDEAUX

A tour of the senses, featuring Châteaux, sprawling vineyards, medieval villages, wine and local food tastings.

 SEPT. 28TH - OCT. 6TH 2018

MEDITERRANEAN SHORES

From Barcelona to Nice, azure waters, white sand beaches, mountain villages and boundless sunshine create a mood of tranquility that is truly irresistible.

OCTOBER 11TH - 20TH 2018

THE CHÂTEAU DE CAMON

An extended stay at the magnificent Abbaye Château de Camon with day trips exploring the region from Carcassonne to the Pyrenees.

 OCTOBER 19TH - 27TH 2018

CORSICA & SARDINIA

Natural island beauty and rich history flourish in the Mediterranean climate of these two stunning islands.

OCT. 25TH - NOV. 3RD 2018

GERMANY

GERMAN ANCESTORS

Join Matthias Kort and trace the history of German emigration to the United States.

APRIL 20TH - MAY 1ST 2018

THE NEW BERLIN

Join two of our best tour guides, Matthias Kort and Sara Cereda-Kort, who call this city home. After the fall of the wall, culture and a modern, happening city is revealed!

 MAY 18TH - 26TH 2018

ACROSS THE ALPS

Wend your way south from Munich to the Italian Lakes, crossing the Alps through Bavaria, Austria and into the Dolomites of Northern Italy

OCTOBER 1ST - 14TH 2018

THE ROMANTIC ROAD

Alpine settings and medieval half-timbered houses dot the romantic, winding road from Vienna to Heidelberg. Explore the realm of the Hapsburgs, one of the greatest dynasties the world has ever known.

OCTOBER 4TH - 13TH 2018

TO LEARN MORE ABOUT THESE TRIPS: CALL: (866) 563-7077 • E-MAIL: info@discovereuropeltd.com

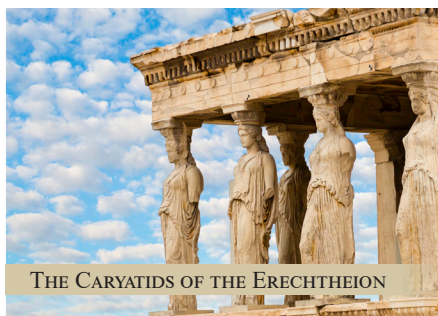
VISIT OUR WEBSITE: www.discovereuropeltd.com

GREECE

A GREEK EASTER

Tour through a land whose influence still defines countless aspects of modern culture and celebrate the holiest day of the year in one of the foremost hearts of Orthodoxy.

APRIL 6TH - 15TH 2018



THE CARYATIDS OF THE ERECHTHEION

ANCIENT ISLANDS: CRETE

From Athens to Heraklion, explore the ancient Minoan civilization stretching back into the mists of time.

SEPT. 27TH - OCT. 6TH 2018

ICELAND

AN ICELANDIC VALENTINE

A short getaway in the Land of Fire and Ice to celebrate Valentine's Day surrounded by geothermal warmth.

FEBRUARY 11TH - 15TH 2018

THE NORTHERN LIGHTS

Long dark winter nights set the stage for the possibility of seeing the lights dance across the sky and fill your days with wonder.

FEBRUARY 22ND - 26TH 2018

G.O.T. ICELAND

Join this Icelandic tribute to the highly acclaimed show, *The Game of Thrones*, led by someone who was actually in it!

APRIL 19TH - 24TH 2018

ICELAND PANORAMA

Explore a full variety of stunning natural beauty in the north, south, and west of the island.

AUGUST 12TH - 19TH 2018

IRELAND

THE GARDENS OF IRELAND

See a thousand shades of green that make up Ireland's rich garden landscape.

MAY 24TH - JUNE 2ND 2018

ISLAND OF SAINTS AND SCHOLARS

From the literary haunts scattered across the land to dramatic seascapes and picturesque farms, explore the deeper artistic and cultural facets of this inspiring island.

AUGUST 16TH - 25TH 2018

THE EMERALD ISLE

Introducing Ireland, both north and south, for a glimpse this beautifully complex island of epic struggles and scenery.

SEPTEMBER 20TH - 29TH 2018

ITALY

CHRISTMAS MARKETS OF ITALY

Experience the season of Christmas market shopping in the region of Tuscany.

DECEMBER 1ST - 9TH 2017

THE ALMAFI COAST

Described by Charles Dickens as "one succession of delights", this dramatic area possesses countless cultural and scenic wonders.

MAY 4TH - 12TH 2018

ACROSS THE ALPS

Wend your way south from Munich to the Italian Lakes, crossing the Alps through Bavaria, Austria and into the Dolomites of Northern Italy

OCTOBER 1ST - 14TH 2018

THE ITALIAN KITCHEN

Journey from farm to table in the Piedmont and Emilia Romagna regions. A gastronomic tour with samplings of the regions specialties.

OCTOBER 11TH - 20TH 2018

CORSICA & SARDINIA

Natural island beauty and rich history flourish in the Mediterranean climate of these two stunning islands.

OCT. 25TH - NOV. 3RD 2018

PORTUGAL

THE MAGIC OF MADEIRA

Walk away from winter to experience an exotic destination referred to as the island of eternal spring.

FEB. 23RD - MAR. 3RD 2018

LUXURIOUS LISBON

Experience this sensuous city and the region through its mesmerizing fado, delicious seafood and soothing Port.

NOVEMBER 1ST - 6TH 2018

SCOTLAND

SKYE & THE HIGHLANDS

The breathtaking landscapes, the romance of legends, and the drama of noble and fiercely independent inhabitants will endear you the Scottish highlands.

JUNE 21ST - JULY 1ST 2018

THE HIGHLANDS BY RAIL

The ride from Inverness across to the Kyle of Lochalsh is known as one of the "Great Railway Journeys of the World," with two nights on the Isle of Skye, soaking up tales of the Lords of the Sea Kingdom.

SEPTEMBER 14TH - 23RD 2018

SPAIN

THANKSGIVING IN MALLORCA

An extended stay in Sóller, with day trips to Deia, Palma and Valldemossa. Thanksgiving dinner Mallorcan style.

NOVEMBER 17TH - 25TH 2017

ANDALUCIA

Cordoba, Granada and Seville during the Semana Santa (the Holy Week).

MAR. 23RD - APR. 2ND 2018

BARCELONA & MALLORCA

Explore the vibrant city of Barcelona and then fly to the island paradise of Mallorca.

APRIL 17TH - 26TH 2018

THE PILGRIM'S WAY

Trace the Way of St. James on the ancient pilgrimage route from Bilbao to Santiago.

MAY 3RD - 12TH 2018

MEDITERRANEAN SHORES

From Barcelona to Nice, azure waters, white sand beaches, mountain villages and boundless sunshine create an irresistible mood of tranquility and contentment.

OCTOBER 11TH - 20TH 2018

WALES

WALES AND THE LAKE DISTRICT

Castle ruins, medieval streets and magnificent Celtic heritage define these regions of stunning beauty.

MAY 26TH - JUNE 8TH 2018




SNOWDONIA

WONDROUS WALES

From the romantic appeal of Tintern Abbey to breathtaking vistas on St. David's Peninsula, an exploration of places, personalities and history that constitute the haunting beauty of this land.

JUNE 15TH - 24TH 2018

 Indicates a "Let's Unpack: One-Stop Trip." One hotel, countless memories.

CUSTOM TOURS

In addition to those listed here, Discover Europe also runs tours that are custom-designed for a variety of organizations such as Harvard University, Bryn Mawr, Smith College, Tufts University, Vassar College and many others. Although these "sponsored" tours are not listed here, they are often available to non-members upon request.

Discover Europe can also organize private tours for groups of 2 to 20. Contact us for details.

FROM OUR TRAVELS...OUR FAVORITE FOODS

At Discover Europe, we talk a lot about food. Occasionally we take a break and share treats including local French pastries, or chocolates and cheeses we have brought from our trips overseas. Traveling in Europe is a wonderful opportunity to experience the flavors and specialties indigenous to the various regions with the setting accentuating the memory. Enjoy our staff favorites and share your favorite food memories on the Discover Europe Facebook page!

TIFFANY “I first went to Rome as a student of History of Art and Architecture. I headed out to dinner late one evening and wandered into a small restaurant the width of a New York studio apartment. I was led to the bottom floor and took my place at a tiny table near the open kitchen. Prosciutto and bundles of herbs hung from the ceiling and the terracotta tiled floor was worn from decades of dining. Standing bright in my memory and dear to my heart was a bowl of Taleggio cheese, baked and melted into a yellow cream sauce, interrupted by tan strips of washed rind, lightly toasted walnut halves on top with a warm flaxen river of chestnut honey. I tore white bread pieces and dove them into this simple dish until its indelible impression was seared in my memory like the open fire it was toasted under.”

ALEX “My favorite meal was in a pub called the King’s Head in the Windsor area of England. We had stopped for lunch after visiting my grandmother. I ordered a steak and ale pie. It came with a flaky puffed-pastry top, tender cubes of steak, potatoes, “veg” (onions, carrots, mushrooms) all simmered in a delicious ale sauce. I relished every mouthful washed down with the local Spitfire ale. Heaven.”

SARAH “I love a French Salade de Chèvre Chaud: hot goat cheese on top of fresh greens. It is different



everywhere you go in France. Sometimes it is served with lardon (small strips of thick bacon), or is “en croute” (wrapped in light pastry and warmed), or on toast. Sometimes you will receive a whole warmed and melted Bucheron goat cheese on top of buttery lettuce and local tomatoes with a very light Dijon vinaigrette dressing! I love the variety of this classic dish. Served with a glass of rose wine and a baguette in the sunny south of France- life is good!”

KELSEY “One of my most enduring food memories is of eating lamb in western Iceland, in a town called Saurbaer, sitting in the Glymur hotel, overlooking a beautiful lake with mountains in the background. I still remember how incredible the herb roasted lamb tasted to this day. It melted in my mouth and was unlike anything I had eaten before.”

MICHAEL “One morning I woke up in my favorite hotel in Tolo, Greece, called The Romvi, owned by my friend Vaggelis. It was a special trip to bring my mother back to her favorite place, a second home really, after many years of being away due to health concerns. I opened the shutters, and stepped onto the balcony to be greeted by the view—rosy-fingered dawn caressing the peaks of the Argolid. A wonderful smell started my nostrils twitching. On the beach, right below the balcony, Yianni, (Vaggelis’ brother-in-law) was tending the barbecue pit, basting two whole carcasses: a goat and a lamb. Lunch had been started. Now this is by no means a regular occurrence. So I went downstairs and asked Yianni what the occasion was, thinking it was perhaps somebody in the family’s name day (they don’t really celebrate birthdays, but give presents on the day of the saint that has the same name as you). He was fairly non-committal; Yianni is a man of few words. I later gathered that they had done this to welcome my mother back to the village. Lunch was a riotous - and lengthy - affair, with a constant stream of my mother’s friends stopping by to greet her. I haven’t seen her so relaxed for years – Greece was working its magic.”

WHY NOT STAY A WHILE LONGER?

For most of our travelers, the most stressful and least appealing part of traveling is the long international flight. The combination of long layovers and inevitable jet lag makes the thought of flying to Europe daunting at times. One easy way to reduce the stress of flying, and still get the most out of your European tours, is to combine two trips back to back. We have organized these four options to fit together, which will allow you to spend more time doing what you love and less time in the airport shuffle.

BARCELONA & MALLORCA, APRIL 17TH-26TH 2018
& **THE DALMATIAN COAST**, APRIL 28TH-MAY 7TH 2018



Spend your spring exploring the Mediterranean coastal culture. Start in Barcelona, the capital of Catalonia, and arguably Spain's most visually



striking city. Then on to the island of Mallorca for four nights based at the Gran Hotel set in the beautiful Tramuntana Mountains. The trip pairs perfectly with time along the rugged Dalmatian

Coast of Croatia. Backed by high mountains with hundreds of offshore islands, bask in the "Pearl of the Adriatic" with overnights in Dubrovnik, Opatija, Zadar and Split. Discover one of Europe's best-kept secrets, along the Dalmatian Coast.

TREASURE HOUSES OF SOUTHERN ENGLAND,

MAY 6TH-15TH 2018

& **THE BEST OF ENGLISH GARDENS**, MAY 15TH-24TH 2018

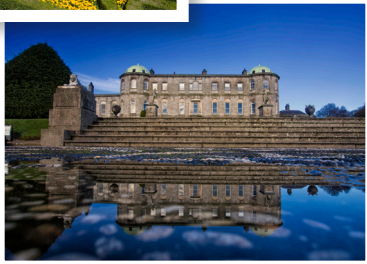
Combine these two trips and discover the history, culture and beauty of the English Stately Homes and the gardens that accompany them with overnights in Dorking, Windsor and Woodstock. Go behind the scenes of country houses great and small before delving into the quintessential gardens of England. The second trip explores the Cotswolds, Salisbury and London, and starts with a visit to the Royal Horticultural Society's flagship garden at Wisley, the crown of the RHS. You'll end with Member's Only Day at the Chelsea Flower Show in London.



BEST OF ENGLISH GARDENS, MAY 15TH-24TH 2018
& **THE GARDENS OF IRELAND**, MAY 24TH-JUNE 2ND 2018



Linger in a riot of color and garden landscapes! From England's world-renowned Chelsea Flower Show to the flagship garden at Wisley, immerse yourself in a panorama of magnificent blooms unfolding in a quintessential celebration of springtime.



Then cross the Irish Sea and immerse yourself in a thousand shades of green. Well-known garden gems and hidden treasures lie on a carefully planned route that includes the magical Ring of Kerry. From the sub-tropical Inacullin Gardens to the magnificent

Muckross House and Gardens, explore the enchanting Emerald Isle and the glorious gardens of Ireland.

THE CAPTIVATING COTSWOLDS, JUNE 7TH-16TH 2018
& **WONDROUS WALES**, JUNE 15TH-24TH 2018

Dreamy spires and picturesque villages capture the romance and gentle beauty of the Cotswolds, a beautiful corner of England where life seems lifted from the pages of a storybook. Leave the land of storybooks for a land of legends, found in the haunting beauty of Wales. Castle ruins, meandering medieval streets and the magnificent Celtic heritage memorialized in them, are set off against a backdrop of rolling green hills and dramatic sea cliffs. Delve into the magic of this Celtic Kingdom.



THE AIRPORT SCHLEP

by Sarah Franklin

Schlep: *verb* to haul or carry (something heavy or awkward)
noun a tedious or difficult journey

As more and more people are traveling by air these days, and security procedures become more elaborate, it is taking a while for some airports to catch up. The need for clear signage, easy access, and calming space is not always being met. The newer airports, such as Heathrow Terminal 5, were designed with the frequency and abundance of travelers in mind. It is spacious, accommodating to flight connections and has plenty of places to sit, unwind and prepare yourself for your next flight.

After just flying through Dublin Airport with my sister and a good friend, I would certainly say that it was a schlep. We flew from Hartford/Bradley Airport on an overnight flight and landed with about 2 hours to get to our next flight on Ryan Air, to Carcassonne. After picking up our baggage, checking it in again on another floor, going back down to the first floor and then walking 20 minutes to the other terminal to go through security, we finally arrived at our gate, where we were the last to check in. We barely made it! The return was even more difficult as we had to go through US Pre-Screening, which was an additional security check on an already multi-faceted connection process. With all this still alive in me, I've put together some tips to help reduce your stress in airports, whether changing flights or not. As there are so many people on the move, it is easy to get swept up into a need to go, go, go. In reality, what we need to do, when making a connection or checking in, is to slow down, breathe, and take our time. Here are some points that will help make your journey easier and more stress free:

- KNOW YOUR AIRPORT.
- CHECK-IN ONLINE WITHIN 24 HOURS OF YOUR FLIGHT.
- GIVE YOURSELF PLENTY OF TIME.
- SLOW DOWN AND READ SIGNS THOROUGHLY.
- GET A BAGGAGE CART.
- WORK AS A TEAM TO SOLVE PROBLEMS AND FIGURE OUT WHERE AND WHAT TO DO NEXT.
- ASK FOR ASSISTANCE WITH ELECTRONIC CHECK-IN.
- ORGANIZE YOUR PASSPORT AND BOARDING PASSES FOR EASY ACCESS.
- WEAR COMFORTABLE WALKING SHOES.
- REMEMBER LIQUIDS IN CARRY-ONS (311) RULE.
- CONSIDER THE TRADE-OFFS FOR BUDGET FLIGHTS.



Travel can be difficult, but keep in mind your destination, and don't sweat the small stuff. Getting there can be part of the journey. Airports are full of interesting people from all over the world. Embrace that, talk to others, allow yourself to be on vacation the

minute you get to the airport. Don't let the schlep get the best of you. You will soon be there! Bon voyage!

Read the full article with helpful tips on our blog found online at: www.discovereuropeltd.com/our-blog.

WHAT MAKES AN ADVENTURE

Jon Levy is a behavioral scientist who has spent the last 10 years traveling around the world (in his words) "trying to understand what causes people to live fun, exciting and fulfilling lives." He asked the question "What is it about travelers who have adventures that is different from everyone else?" Is there one shared trait? He came up with the *2 AM PRINCIPLE* which is also the name of his book.

In brief, his conclusion boiled down to three characteristics of an adventure (from Jon Levy's *The 2am Principle: Discover the Science of Adventure*). **1) IT'S EXCITING AND REMARKABLE** – The experience is worth talking about. As a species, we've spent millennia passing on our knowledge orally. If it's not worth talking about, it's not culturally relevant. **2) IT POSSESSES ADVERSITY AND/OR RISK** (preferably perceived risk) – You have to overcome something. Although our brains process imminent peril (a snake biting you) differently than a perceived risk (looking over the edge of a mountain), the physical response is incredibly similar. You can participate in activities that are

frightening but incredibly safe. It is the difference between climbing Everest and skydiving.

Almost no one ever gets hurt skydiving.

3) IT BRINGS ABOUT GROWTH – You are changed by the experience. You will notice that in every great hero or heroine's journey; the participant is changed by the experience. They have a greater capacity and skill set at the end, compared to when they started.

The true gift of an adventure is not just the stories you will tell, but the person you become in the process. Levy says: "If you can do something that fulfills these characteristics, then you've had an adventure. For some people that might be visiting a new city; for others, it might be talking to strangers." We agree, although Discover Europe adventures tend to focus on #1 and #3, at the expense of #2!

