

ESCAPES + EXPERIENCES

Glide Through the
**NORWEGIAN
FJORDS**

THROWING POTS, FINDING PEACE | CULINARY TOUR DE FRANCE | MAGNIFICENT MIGRATIONS



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ESCAPES + EXPERIENCES

As spring unfolds, we invite you to embark on a series of extraordinary adventures that showcase the beauty and wonder of our world. Kick-start your journey with an awe-inspiring look at Nature's Great Migrations. Witness the remarkable journeys of creatures that reveal the raw power and majesty of nature's rhythms.

Next, make your way to the world's most scenic trails. Imagine traversing paths that cut through some of the planet's most stunning landscapes, each offering a new perspective on the natural world and a chance to reconnect with its splendor.

Your journey continues with a voyage through Norway's fjords. Set sail to catch a glimpse of the dramatic and serene waters that define this northern paradise, blending adventure with breathtaking vistas.

Finally, end your globetrotting adventures with a sweet tour through France. Indulge in iconic pastries, each bite a journey through the heart of French culture and tradition.

— *From the Publisher*



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France by Pastry

France is a country synonymous with romance, refined culture and, of course, delectable cuisine. But beyond savory dishes, France boasts a rich tradition of pastry-making, offering an array of sweet treats that are as pleasing to the eye as they are to the palate. Whether you're a seasoned gourmand or a curious explorer, here's a guide to some of France's most iconic pastries.

As you explore, don't be afraid to try something new! French pastries come in a wide variety of flavors and textures. From the delicate sweetness of a madeleine to the rich indulgence of a kouign-amann, there's a pastry to satisfy every craving.

Pain au Chocolat

For those who prefer a bit of chocolate with their croissant, the pain au chocolat is a must-try. Similar in dough to the croissant, it features a bar of dark chocolate baked into the center. The perfect pain au chocolat boasts a well-defined batard (loaf) shape, with the chocolate evenly distributed throughout the buttery layers of dough.

where to try:

Blé Sucré

7 Rue Antoine Villon,
75012 Paris, France



Macaron

These delicate almond meringue cookies come in a dazzling array of colors and flavors, from classic vanilla and chocolate to more adventurous options like rosewater, pistachio and salted caramel. The perfect macaron has a crisp shell that yields to a soft, chewy interior.

where to try:

A. Lacroix Pâtissier

11 Quai de Montebello,
75005 Paris, France



Kouign- Amann

This Breton pastry is a delightful indulgence for butter lovers. Kouign-amann is made with layers of dough folded with butter and sugar, resulting in a caramelized crust and a gooey, buttery center. The name itself translates to “butter cake” in Breton, and it lives up to its name with its richness and decadent flavor.

where to try:

Boulangerie des Plomarc’h

20 Rue des Plomarc’h, 29100
Douarnenez, France





Mille-feuille

This pastry is a masterpiece of precision. Flaky puff pastry layers are meticulously alternated with decadent pastry cream, creating a textural explosion that's both light and satisfying. Each bite delivers a delightful contrast between the crisp pastry and the smooth, rich cream.

where to try:

Pain de Sucre

14 Rue Rambuteau,
75003 Paris, France

Madeleines

These small, shell-shaped cakes are flavored with lemon zest and have a distinctive, bumpy top. Madeleines are best enjoyed slightly warmed, perhaps alongside a cup of tea. The cakes should be soft and fluffy on the inside, with a slight crispness on the outside. The lemon zest should add a subtle brightness to the flavor.



Carl Marletti

51 Rue Censier,
75005 Paris, France

Chouquette

For pastry lovers, these little puffs are the ultimate treat. Made from the same choux pastry as éclairs and profiteroles, chouquettes are light and airy puffs. A sprinkle of pearl sugar adds a delightful sweetness and a satisfying crunch, making them the perfect pop-in-your-mouth indulgence.

where to try:

Chambelland

4 Rue Ternaux,
75011 Paris, France



where to try:

La Vieille France

5 Av. de Laumière,
75019 Paris, France

Paris-Brest

The Paris-Brest pastry, a classic French delight, was created in 1910 to commemorate the Paris-Brest bicycle race. This delectable dessert is composed of light and airy choux pastry filled with a luscious praline-flavored cream. Its exterior is typically adorned with a generous sprinkling of toasted almonds and powdered sugar, offering a delightful crunch with each bite. Whether enjoyed with a cup of coffee or as a special dessert, the Paris-Brest continues to delight pastry lovers with its unique history and irresistible taste.

where to try:

La Toque Cuivrée

41 Pl. Gambetta,
33000 Bordeaux, France



Canelé

The Canelé, a beloved French pastry from the Bordeaux region, is a small, fluted cake with a rich history dating back to the 18th century. This custard-based pastry has a unique texture and flavor that make it a truly special treat. Canelé is baked at high temperatures to achieve its signature contrast: a dark, caramelized crust encasing a soft, custardy center. Its enduring charm lies in its perfect balance of sweetness and its crispy, golden exterior.



Profiterole

These delightful pastries are made from airy choux pastry shells, like éclairs, and are filled with a rich cream like pastry cream or whipped cream. The finishing touch is a decadent drizzle of chocolate sauce or caramel, making them a perfect balance of textures and flavors.

where to try:

Bistrot Instinct

19 Rue de Picardie,
75003 Paris, France

Throwing Pots for Your Well-being

In our fast-paced world, finding pockets of calm and creative expression can feel like a luxury. But what if there was an activity that offered both? Look no further than throwing pottery.

Making pottery goes beyond simply molding clay. It's a multifaceted experience that nourishes the mind, body and soul. Here are just a few reasons why you should consider getting your hands dirty:

Unplug and De-Stress

The repetitive motions of kneading clay, centering it on the wheel and shaping it into form have a calming, meditative effect on your mind. Focusing on the feel of the clay and the task at hand allows worries to fade away, promoting relaxation and stress relief.





There's a unique satisfaction that comes from taking a formless lump of clay and transforming it into a beautiful mug, bowl or vase.

Channel Your Inner Artist

Pottery is a blank canvas for your creativity. Whether you're drawn to classic forms or whimsical designs, the possibilities are endless. The transformation of a lump of formless clay into a beautiful mug or a decorative vase is undeniably satisfying. The process of shaping the clay allows you to tap into your imagination, experiment with different techniques and express yourself in a tangible way. Even if you consider yourself artistically challenged, there's a joy to be found in simply getting your hands dirty and letting your creativity flow.

A Chance to Connect

The beauty of pottery is that it can be enjoyed as a social or solitary activity. Taking a pottery class allows you to connect with others who share your interest, fostering a sense of community and shared learning. Alternatively, working alone in a studio can be a deeply personal experience, allowing you to lose yourself in the creative flow.

A Sense of Accomplishment

There's a unique satisfaction that comes from taking a formless lump of clay and transforming it into a beautiful mug, bowl or vase. Witnessing your vision come to life, especially after overcoming challenges along the way, boosts your confidence and provides a powerful sense of accomplishment. Every finished piece becomes a testament to your dedication and creativity, a reminder of what you can achieve when you set your mind to it.

So, if you're looking for a way to de-stress, unleash your creativity and create something beautiful, consider giving pottery a whirl. You might just surprise yourself with the hidden talents you discover and the sense of peace it brings.

NAVIGATING THE FJORDS

Norway boasts over 1,000 fjords, each a unique masterpiece carved by glaciers.

In the heart of Norway, the fjords unfurl like a watery invitation. Towering mountains rise from their mirrored surface, their emerald slopes adorned with cascading waterfalls. Quaint fishing villages, bursting with colorful houses, cling precariously to the mountainsides. Here, your daily companions might just be playful pods of porpoises or a soaring sea eagle casting its watchful eye. Forget the crowds and rigid itineraries; sailing the fjords is an intimate voyage of discovery, a chance to be humbled by the raw, untamed beauty that unfolds around every bend.







HARDANGERFJORD

Length: 111 miles

With a rich food and cultural history, the Hardangerfjord is a microcosm of Norway's best offerings. Lush orchards overflowing with hundreds of thousands of fruit trees carpet its shores, while charming villages like Kvam, Eidfjord, Kvinnherad, Ullensvang and Ulvik dot the landscape. This rich tapestry extends beyond the water's edge. Explore Folgefonna National Park, a wonderland of glaciers, cascading waterfalls and dramatic mountain peaks. Kayak amidst the tranquility of the inner fjords, or delve into the vibrant culture and history of the region.



SOGNEFJORD

Length: 127 miles

Boasting the title of both the longest and deepest fjord in Norway, Sognefjord offers a vastness unlike any other, allowing you to truly feel dwarfed by the scale and majesty of nature. Explore the charming village of Flåm, a delightful starting point for your adventure. Whether you seek tranquility or thrills, Sognefjord caters to all. Kayak amidst the serenity of the inner arms or take a heart-pounding RIB boat ride through the dramatic scenery.



LYSEFJORD

Length: 26 miles

Lysefjord offers a dramatic contrast to the wider expanses of other fjords. Sail beneath the towering Pulpit Rock, a sheer cliff that plunges nearly 2,000 feet into the fjord below. Hike to the top for unparalleled views of the surrounding landscape or take a kayaking adventure and explore hidden coves beneath the imposing cliff face.



TROLLFJORD

Length: 1 mile

Nestled in the Lofoten archipelago, Trollfjord is a dramatic and relatively small fjord, measuring only about a mile long. But what it lacks in length, it makes up for in character. Steep, imposing mountains rise from the narrow entrance, their peaks often shrouded in mist.



PLANNING YOUR TRIP

SEASONALITY:

The best time to sail the fjords depends on your preferences. Summer (June-August) offers long daylight hours and warm weather, perfect for exploration and outdoor activities. However, this is also peak season with higher prices and more crowds. Shoulder seasons (May-June and September-October) offer pleasant weather with fewer crowds, while winter (November-April) boasts dramatic landscapes and the possibility of witnessing the Northern Lights, but with limited daylight hours and potentially challenging weather conditions.

PACKING:

Norway's weather can be unpredictable, so pack layers of warm and waterproof clothing. Sturdy shoes are essential for exploring the dramatic landscapes, and don't forget a good camera to capture the breathtaking scenery.



THE WORLD'S MOST BEAUTIFUL HIKES

The call of the open trail is undeniable. It's a chance to shed the daily grind and reconnect with nature's grandeur. From glacier-carved valleys to lush rainforests and soaring mountain peaks, get ready to journey across continents to explore some of the most stunning trails on Earth. Whether you're a seasoned trekker or an enthusiastic beginner, get ready to be inspired by these iconic journeys that lead you into the heart of natural wonder.



Laugavegur — Fimmvörðuháls Trek, Iceland (34 miles)

The Laugavegur Trail is a multi-day adventure that traverses some of Iceland's most dramatic and otherworldly landscapes. Renowned for its diverse beauty, the trail stuns with striking contrasts around every bend. Witness the raw power of Iceland's wilderness — turquoise glacial lakes shimmer beside fiery fumaroles. Verdant valleys teeming with life are juxtaposed with stark lava fields stretching towards the horizon.





John Muir Trail, California (211 miles)

Named after the famous naturalist John Muir, the trail offers astonishing vistas of rugged peaks, alpine meadows and glistening lakes. It starts in Yosemite Valley and ends at Mount Whitney, the highest peak in the contiguous United States. The journey takes hikers through Sequoia, Kings Canyon and Yosemite National Parks, showcasing some of the most spectacular scenery in the Sierra Nevada. Along the way, adventurers encounter diverse wildlife and experience the tranquility of remote wilderness.

West Highland Way, Scotland (96 miles)

The West Highland Way in Scotland offers a mesmerizing journey through diverse landscapes and historic sites. Beginning in Milngavie, near Glasgow, it travels nearly 100 miles to Fort William, showcasing Scotland's natural beauty. The trail snakes through flourishing forests before opening onto expansive moors with panoramic views of Loch Lomond's shimmering waters. As hikers ascend into the Highlands, they're greeted by rugged mountains like Ben Nevis, Britain's highest peak. Along the way, quaint villages provide cozy stops with friendly locals and hearty meals.



Milford Track, New Zealand (33 miles)

Dubbed the "Finest Walk in the World," the Milford Track in New Zealand's Fiordland National Park lives up to its reputation. This iconic, multi-day route takes hikers through pristine rainforests, along glacial valleys and past stunning waterfalls like the mighty Sutherland Falls. The journey culminates at Milford Sound, where sheer cliffs plunge into the fjord's tranquil waters, surrounded by cascading waterfalls. With its challenging terrain and dramatic landscapes, Milford Track attracts outdoor enthusiasts from around the globe seeking an unforgettable adventure in one of the world's most stunning wilderness areas.

The Blyde River Canyon, South Africa (37 miles)

Carved by millions of years of erosion, South Africa's Blyde River Canyon stuns with its dramatic cliffs and vibrant tapestry of life. Lush vegetation carpets the canyon floor, while towering cliffs rise majestically above the meandering Blyde River below. The iconic Three Rondavels add to the canyon's grandeur, while Bourke's Luck Potholes create a captivating backdrop for an unforgettable exploration. Ascend to God's Window, a viewpoint aptly named for the sweeping vistas over this expansive canyon.



The Santa Cruz Trek, Peru (31 miles)

This route winds through the heart of the Peruvian Andes, offering striking vantage points along the way. Witness the mighty Huascarán, Peru's highest peak, pierce the sky. Crystal-clear turquoise lakes dot the

landscape, reflecting the snow-capped giants that line the horizon. Ancient glaciers cling to the steep slopes, creating a landscape that is both breathtaking and humbling.



Hiking is one of the great ways to get away from the rush of modern life. If your health and financial resources are in good enough shape, try out one of our featured mind-blowing hikes. But don't forget – there are most likely hikes right around the corner that will get your blood pumping, as well!



THE MOST INCREDIBLE ANIMAL MIGRATIONS

Animal migrations are among the most awe-inspiring events in the natural world. Witness the fluttering wings of monarch butterflies and the flukes of breaching humpbacks as creatures great and small embark on breathtaking journeys, driven by primal instincts to find food, reach breeding grounds or escape harsh winters.

THE GREAT MIGRATION

Undoubtedly the most iconic animal migration, the Great Migration in East Africa is a spectacle of unparalleled drama. Over 1.5 million wildebeests, alongside countless zebras and gazelles, traverse the savannas of Tanzania and Kenya in a continuous loop. This relentless pursuit of fresh pastures is dictated by the seasons. From December to May, they graze on the short grasses of the Serengeti in Tanzania. By June, driven by decreasing rainfall, they begin a perilous northward trek towards the lush Maasai Mara in Kenya, crossing the crocodile-infested Mara River along the way.



ARTIC TERN MIGRATION



From their small build, you wouldn't expect arctic terns to be champions of endurance. Yet, these graceful birds hold the record for the longest animal migration on Earth. Fueled by an insatiable urge for endless summer, they embark on a remarkable pole-to-pole migration. After breeding in the Arctic during the short summer, they travel south to the Antarctic for the southern summer, where they enjoy abundant food and raise their young. They fly an estimated 55,000 miles each year.

MONARCH BUTTERFLY MIGRATION



Wintering in Mexico's Sierra Madre mountains, northeastern American monarchs set off on a remarkable 1,900-mile northward journey as spring unfolds, destined to grace backyards across North America. This migration spans several generations, with no individual butterfly completing the entire round trip. Along the way, they lay eggs, and successive generations of larvae thrive on milkweed, maturing into butterflies that carry on the trek northward. It takes a staggering three to five generations to complete the journey.

RED CRAB MIGRATION



On Christmas Island, millions of red crabs erupt from the forest, triggered by the first rains of the season. This synchronized surge, transforming the landscape into a mesmerizing red tide, has its timing and pace dictated by the first rainfall and the phase of the moon. Red crabs must spawn before dawn on a receding high tide during the last quarter of the moon. An early first rain allows them a leisurely journey, but late rains turn them into a red wave hurrying to meet their lunar deadline. To help keep the crabs safe during the migration, the island has installed crab bridges over roadways.

HUMPBACK WHALE MIGRATION



Humpback whales are renowned for their remarkable migratory journeys, spanning vast distances between feeding and breeding grounds. During the summer months, they inhabit the cool, krill-rich waters near the poles, where they replenish their energy reserves for the upcoming migration south. As winter approaches, these gentle giants embark on their journey to tropical waters, seeking warm, shallow waters for breeding and calving. Some migrations can exceed 5,000 miles and take up to two months to complete.



WATERFALLS & Wineries

Nestled between rolling hills and serene lakes, the Finger Lakes region is a haven for outdoor enthusiasts, wine connoisseurs and those seeking a peaceful retreat. Aptly named for its long, slender lakes that slice through the verdant landscape, the area offers a unique blend of adventure and indulgence.

Exploring the Finger Lakes

While the Finger Lakes region boasts 11 stunning lakes, the five largest are the most popular.

Cayuga Lake, the longest of the Finger Lakes, captivates with its vineyard-draped hills and opportunities for water sports such as kayaking and paddleboarding, complemented by charming towns and historic sites along its eastern shore.

Canandaigua Lake, known for its crystal-clear waters and scenic beauty, offers opportunities for boating, fishing and lakeside picnicking.

Keuka Lake, often called the “Crooked Lake” due to its Y-shaped structure, is a tranquil retreat ideal for kayaking, paddleboarding and wine tasting along the picturesque Keuka Lake Wine Trail.

Seneca Lake, the largest of the Finger Lakes, attracts visitors with its deep blue waters and numerous wineries dotting its shores, perfect for wine tours, fishing excursions and scenic cruises.

Skaneateles Lake, famous for its clear, stunning blue-green waters, offers a tranquil escape with sailing, swimming and exploring the quaint village of Skaneateles, known for its charming shops and lakeside dining options.

Charming Towns Await

Mirroring the diverse personalities of the Finger Lakes themselves, each town boasts its own unique character. Explore vibrant downtowns, delve into historic streets or discover hidden gems — the Finger Lakes offer a delightful tapestry of experiences for every traveler.

Canandaigua: This vibrant town on the westernmost major Finger Lake boasts a historic downtown with upscale shops and art galleries. Savor delicious meals at lakeside restaurants with breathtaking views. History buffs will be captivated by Sonnenberg Gardens, a sprawling estate with manicured gardens.

Watkins Glen: Nestled at the southern tip of Seneca Lake, Watkins Glen is a haven for outdoor enthusiasts. After a day of adventure at Watkins Glen State Park, unwind in the charming town with its inviting shops and restaurants.

Skaneateles: The charming easternmost town reflects the lake's serenity with its relaxed atmosphere. Wander through antique shops brimming with treasures or grab a seat at a lakeside restaurant and savor a delicious meal with a view.

Hammondsport: This quaint town graces the southern tip of Keuka Lake. Explore the charming shops and enjoy the relaxed atmosphere of this delightful lakeside community.

Aurora: On the eastern shore of Cayuga Lake, Aurora offers a step back in time. Explore the historic Mackenzie-Childs Estate, known for its whimsical home décor, and browse the artisan shops and cafes lining the quaint Main Street.



Beyond The Shore

The Finger Lakes offer more than just water and wine, however. The region is also home to incredible outdoor adventures.

Watkins Glen State Park:

Embark on a journey through a dramatic gorge carved by glaciers. Walk behind cascading waterfalls on the Gorge Trail or opt for a leisurely stroll along the Glen Trail with views of 19 tumbling waterfalls.

Taughannock Falls State Park:

Be captivated by the powerful Taughannock Falls, the highest single-drop waterfall in New York at a staggering 215 feet. Explore scenic overlooks and hiking trails that offer stunning vistas of the falls and surrounding gorge.

Buttermilk Falls State Park:

Discover a series of cascading waterfalls and hidden pools, all accessible via a scenic and well-maintained trail.



HERMANN J. WEIMER *Vineyard*

Hermann J. Weimer Vineyard crafts exceptional Rieslings, from dry and elegant to lusciously sweet. But their repertoire extends far beyond. Explore their sparkling wines reminiscent of Champagne, discover the bold charm of Cabernet Franc and Blaufränkisch or even venture into the world of Saperavi, a rising star grape varietal.

Photo credit: Hermann J. Weimer Vineyard





ATWATER *Vineyards*

Atwater Vineyards harnesses a slightly warmer microclimate on the southern end of Seneca Lake to expertly craft sophisticated European-style single varietals and blends. Step out onto their scenic outdoor deck and soak in the breathtaking views of Seneca Lake. Savor a glass of their exceptional Cabernet Franc, perfectly paired with a locally sourced cheese and charcuterie platter, as you unwind amidst the stunning lakefront panorama.

Photo credit: Stu Gallagher



DR. KONSTANTIN FRANK *Winery*

Dr. Konstantin Frank Winery sits majestically on Keuka Lake's slopes. Founded by a visionary Ukrainian immigrant in 1958, it has played a pivotal role in establishing the region's world-class wine reputation. Renowned for its Rieslings and innovative methods, the winery offers a historic setting to indulge in award-winning wines and breathtaking lake views.

*Photo credit:
Dr. Konstantin Frank Winery*





SET YOURSELF UP FOR A GREAT INDOOR GARDENING SEASON

CULTIVATE A THRIVING INDOOR GARDEN TO ENJOY FRESH PRODUCE YEAR-ROUND!

1. PICK YOUR SPOT

South-facing windows are best, but grow lights help if light is limited. Good air circulation (not drafty!) and steady temps (60–70° F) are key.

2. START GREEN

Leafy greens like lettuce and spinach are low-maintenance and fast-growing. Microgreens offer an even quicker harvest with some ready to harvest in just 10 days!

3. POT-UP

Choose pre-grown seedlings for a head start or try your hand at starting seeds in small containers. Use well-draining pots with quality potting mix.

4. TLC

Water regularly (but don't drown them!). Feed your plants with organic fertilizer once they're established.

5. HARVEST TIME

Pick outer leaves first, letting your plant keep growing.

TROUBLESHOOTING

Pale & Leggy: Needs more light!

Brown & Crispy: Dial back the heat or adjust your watering routine.

ALL-NATURAL DIY CLEANERS

These simple recipes use common household ingredients to create powerful cleaning solutions that are safe for your family and the planet.

ALL-PURPOSE CLEANER

INGREDIENTS

- 1 cup white vinegar
- 1 cup water

Optional: a few drops of essential oil (lemon, lavender or tea tree)

INSTRUCTIONS

- Combine vinegar and water in a spray bottle. Add essential oil, if desired. Shake well before use. Spray on surfaces and wipe clean with a microfiber cloth.

GLASS CLEANER

INGREDIENTS

- 1 part white vinegar
- 4 parts distilled water

INSTRUCTIONS

- Mix vinegar and water in a spray bottle. Spray onto glass surfaces and wipe clean with a microfiber cloth. For stubborn grime, use newspaper instead of a cloth or paper towels.

