



CRYSTAL CRUISES, ALASKA

## Sailaway

Find inspiration for your next (or first) cruise at the Cruise Show, which takes over London's Olympia on 26 and 27 March. You'll have the chance to meet exhibitors from dozens of cruise lines, big and small, as well as quiz leading cruising experts on every aspect of life aboard. *Food and Travel* is sponsoring the show, so be sure to visit our stand. [cruisingshow.com](http://cruisingshow.com)

# Travelnews



## Horseplay

If you're feeling the effort of everyday skiing, let one of our equine friends do the work with a spot of 'ski joëring'. This Scandinavian idea involves skiers being pulled along the snow by horses, and while doing this in Chamonix you can explore alpine tracks at a choice of two locations. You can even go for a night ride. [chamonix.com](http://chamonix.com)

## Sporty TYPES

**3 FOR** Trying out a new sport is always more enjoyable when you've got a beautiful backdrop. *Food and Travel* picks three of its favourites...



**1** Learn a 400-year old Thai martial art in its homeland and knock yourself into shape at the same time. Paresa, a luxury hotel on Phuket, is offering daily classes in Muay Thai, more commonly known as 'Thai boxing'. Kicking, punching and elbow and knee strikes are all part of this self-defensive strategy, the practice of which is supposed to bust stress as well as keep you fit. [paresaresorts.com](http://paresaresorts.com)

**2** Make a splash in the Gulf of Guinea as you learn to kite surf off the coast of Lagos, Portugal. Planet Kitesurf Holidays will teach you the moves, whether you're already a seasoned kite surfer or you're just testing the waters. The scenic coast of the Algarve provides a great view

from your board – or from the water after you've just taken a spill. [planetkitesurf.com](http://planetkitesurf.com)

**3** Jump over cascades into crystal-clear pools and wade, swim, climb and rapel through slicing waterfalls. There's certainly plenty of scope for adrenaline-fuelled excitement in the sport of canyoning – and where better to do it than in the heart of Dominica's rainforest. After taking part in one of Adventure Dominica's guided excursions into the ancient Speleo canyon, you can emerge exhilarated, revived, and ready to absorb the friendly warmth of Caribbean hospitality. [extremedominica.com](http://extremedominica.com)



PARESA, PHUKET