

a place I loved



Fiji

hot deals

Honeymoon bliss

Chris Morris,
marketing officer

OF all the places you've holidayed what was your favourite?

Hard to choose, but for the most relaxing and luxurious holiday it would be Tokoriki Island Resort, Mamanuca Islands, Fiji.

What is special about it?

It's exclusively an adults-only resort (no screaming kids) in the northernmost island of the Mamanuca group, away from the hustle and bustle of the larger island resorts. What's striking is as soon as you land on the beach everything about the resort is distinctively Fijian. The architecture, the gardens, the people and the food all remain true to the Fijian culture. The best part about this resort though is the staff who greet you with songs and smiles at every encounter (breakfast, lunch, dinner, cocktail hour).

What was the best thing about your visit?

The honeymoon picnic my wife Kimberley and I went on. The resort packed us a gourmet hamper, complete with champagne and snorkelling equipment. They dropped us off on our own private island for the day... bliss. The water was crystal-clear and the snorkelling was fantastic.

What was the worst thing about your visit?

Having to leave the island and come home. Oh, and the after-taste from the kava!

Was it expensive?

Flights from Brisbane were \$900 per person and our total package for five nights was \$5700 (return



RELAXING: Chris Morris and his wife Kimberley stayed at Tokoriki Island Resort, Fiji. **RIGHT:** Their beachfront bure

flights, accommodation in a beachfront bure, most meals, ferry transfers and all water activities). It was our honeymoon, so well worth it.

When is the best time to visit?

September was perfect, not too hot, not too cold.

Would you go back?

Absolutely. We are planning to go back for our five-year anniversary.



Great Barrier Reef

SAVE up to 40 per cent on a Great Barrier Reef cruise around the Whitsundays aboard the five-star MV *Orion* with Cruiseabout. Indulge in six nights of adventure, sailing the Coral Sea with stops at picturesque Coonanglebah, Hamilton Island and Percy Island. Enjoy snorkelling and diving excursions. Prices start from \$1955 (with the discount), including six nights accommodation in an ocean view stateroom, all meals and entertainment onboard, 24-hour room service and use of sporting equipment and facilities. Entertainment and educational programs, zodiac excursions and tender transfers, port and handling charges, fees and taxes are included. The offer is available until October 31, for travel on November 15, 2012. Details: 1300 450 133 or www.cruiseabout.com.au

New Zealand

Explore breathtaking sights on AAT Kings' 14-day Affordable New Zealand.

This air-and-land deal is priced from just \$2961 ex Sydney and \$3011 ex Brisbane, per person, twin share. From Auckland to Queenstown, this tour includes a Maori hangi and concert experience, Rotorua's thermal reserve, spectacular views of Mt Cook, a Milford Sound cruise and more.

Price includes return economy airfares with Air New Zealand (including taxes), 14-day tour by luxury air-conditioned coach, many meals including breakfast daily, centrally located hotels, and transfers on arrival and departure days.

Departures available until September 25, 2012. Details: www.aatkings.com.au

Vanuatu

Save up to \$339 per person with special packages to Vanuatu from Travelscene American Express. Stay seven nights for the price of four at Mangoes Resort & Restaurant in Port Vila from just \$1039, including return economy airfares flying Air Vanuatu and return airport/hotel transfers. Plus receive two free 50-minute massages per room, two 40-minute Port Vila introductory tours and a souvenir Vanuatu photo book - saving \$339 per person.

The deal is valid for sale to November 20. Valid for travel from November 1 to December 8, and February 1, 2012 to March 29, 2012. Seven-night deals at Iririki Island Resort and Spa are also available, from \$1225 per person and including savings of up to \$499. Details: 13 8728 or www.travelscene.net.au

How to avoid the travel frazzle

THREE road warriors sat across from me on a recent plane trip. They were hunched over their laptops, no doubt being very productive, but one was sneezing and another was coughing.

Frequent business travel takes its toll. According to a study by Andrew G. Ruedle and Catherine A. Richards of Columbia University's School of Public Health in New York, "people who travel for business two weeks or more a month are fatter and report worse health than employees who don't travel".

So what do you do if you travel for your job? Here are a few tips.

Be prepared

Build up your immune system in

advance with rest, exercise, a good diet and vitamins, including vitamin C and zinc.

Health insurance

Most companies cover you if you travel domestically, but what about foreign travel?

Pack a first-aid kit

Your schedule will be so packed with meetings, business meals and entertaining that getting to a chemist may not be possible.

Include any prescriptions you take, asthma inhalers or other devices you use regularly, headache remedies, anti-diarrhea medicines, cold and sore-throat treatments, bandages, antibiotic creams and

anything else you may need. If you have a chronic or pre-existing condition, take a letter explaining it from your doctor.

It will help if you need medical attention in a strange city or country.

Need a doctor? Call your company's representative or check at the hotel desk. They can assist you.

While travelling

Forget the plane food. Try to eat healthy snacks at the airport or take them on the plane with you.

Cut down on caffeine. Too much can disrupt your sleep and make you nervous. Good substitutes are water, and vegetable and fruit juices.

Where to stay

If possible, choose a hotel that has a decent restaurant. You'll have convenient, healthy meals and room service. Find one with exercise facilities.

Non-smoking rooms are pretty common, but what if you have allergies or asthma? Find a hotel that will cater to your needs.

Exercise

Use the workout centre or do lunges, brisk walking and light lifts in your room. Even 10 to 15 minutes of good, strong exercise can help regulate your system, improve your stamina and aid your sleep.

Marie Stempinski

