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For more information contact: andy_jmarshall@yahoo.co.uk

AUSTRALIA

"Street Beat - Melbourne Streets" (1000 & 1600 words)

As you take in the sights of Melbourne, you'll soon discover the boundless allure, colour and atmosphere of its streets. From the bohemian chic of Brunswick Street to the exotic sights and smells of Victoria Street, each has it's own character and identity. ANDREW MARSHALL visits five classics...

"Sydney's Savvy Suburbs" (1600 words)

Sydney has always been a city of villages. From its first days as a fledgling settlement on the shores of Port Jackson (more commonly known as Sydney Harbour), the village community mentality has continued. Today's urban colonists continue to transform the city's suburbs creating havens of modern village life. From the bohemian chic of Paddington to style ghettoes such as Danks Street in Waterloo, here are five examples each with their own character and identity.

"Coasting the 'Burbs" - Sydney's Southern Beaches Coast Walk (words: 1100)

Sydney's Southern Beaches Coastal Walk is an invigorating blast of sea spray laden air and great views interspersed with guilt ridden indulgent stops at the many cafes that line the bays.

"Australia's Marvellous National Parks"(1000 words)

Ever since the 'Royal National Park' (Australia's first) was established in New South Wales in 1879 an enormous number of national parks have been declared in each state, which have become very important in protecting and preserving what remains of the natural environment. For the traveller, these sectors of green, marked on maps of the country, create marvellous stepping stones, offering the chance to experience the best of what this huge and diverse continent has to offer. From tiny pockets of tropical rainforest to expansive areas of desert, dramatic gorges and coral cays, the variety of national parks in Australia is astounding. Here's a pick from each state:

"Cycling the Great Ocean Road" (1400 words)

It's long and winding, but Australia's Great Ocean Road is one of the world's greatest road journeys. One of the world's most inspiring coastal journeys - Australia's "Great Ocean Road" offers all the haunting drama and windswept magnificence of Victoria's 'Shipwreck Coast'. From serene bays and inlets to rugged cliffs and intriguing rock formations, to the lush dripping rainforests and towering eucalypts of the Otway Ranges.

"Hit the Open Road - 4 Great Drives of Oz" (800 & 1200 words)

With the cruise control activated and a feel good beat on the stereo, hit the open road and experience the freedom and space of Australia. Here are four great road journeys to whet the appetite...

<u>"Rocks of Ages – A celebration of Australian rockscapes" (800 words)</u>

Most think of Australia as a young, vibrant nation, at the forefront of a brave, new world. But under the surface of the hot, dry land lies a different tale. Over millions of years the combined forces of the elements have transformed the landscape, leaving an indelible mark in the remarkable creation of gorges, rocks and sculptures. ANDREW MARSHALL finds beauty in the harsh extremes of the outback.

"Motorhoming Tasmania" (1000 words)

A home on wheels is the way to go in Australia's island state. Andrew Marshall reports.

"The NT's ancient Lost City" (1000 words)

In the remote Abner Ranges of Australia's Northern Territory stand the stone pinnacles and pillars of an ancient Lost City.

"A Taste Of The Old Territory- Victoria River Region"(Northern Territory)

(1000 words)

ANDREW MARSHALL visits the Victoria River Region, less famous but no less beautiful than the Northern Territory's other attractions.

"50 Things To Do in Queensland". (1000 words)

10 Adventures, 10 with Views, 10 with water, 10 Walks, 10 with history.

"The Accessible Outback- NSW Outback Triangle" (850 words)

Forming a triangle, three great National Parks, Lake Mungo, Kinchega and Mutawintji make this corner of the New South Wales a fantastic getaway for those in need of an outback fix. This is the accessible outback.

"Cliffhangers-Mt Arapiles" (Victoria/Australia) (850 words)

A heart-pumping experience introduces Andrew Marshall to the thrills of rock-climbing.

"Climbing the Serpents Back - The Flinders Ranges" (800 words)

"The bones of nature laid bare," was how the famous Australian artist Hans Heysen described the rugged saw-toothed ridges that make up the Flinders Ranges. With one final step I might well have agreed with him had I not been gasping for breath.

"Playing postie for the day"(Cape York Peninsula/Australia)

(words: 850)

In Australia's deserted north, it takes a four-seater plane and a skilled pilot to get the mail through. ANDREW MARSHALL went along for the ride - and unparalleled views of a solitary wilderness.

"Gulflander Train Trip" (words: 1000)

The deep north-west corner of Queensland... Gulf country during the wet season. Stern, black clouds hang ominously in the dusk sky, threatening to drench the grand white-domed roof of Normanton railway station. Beneath this once-rusting visage sits the Gulflander locomotive, taking pride of place among a scattering of carriages, wheels and remnants of a bygone age.

BELIZE

"Caribbean Dreams" (1500 words)

Hey mon, be happy," the locals are likely to call out when you first arrive on Caye Caulker, a tiny island in the Belize Caribbean. Situated on the world's second longest barrier reef of some 200 cayes, and blessed with a fascinating mix of Rastafarian, Garifuna and Creole culture, Caye Caulker offers a Caribbean experience at it's most laid-back and affordable best.

BOLIVIA

"The Che Guevara Trail" (1000 words)

This feature explores a fascinating trail through a beautiful region of Bolivia which traces the last movements of Cuban revolutionary Che Guevara.

"A 4WD journey across the Bolivian Altiplano"

(1000 words)

It wasn't so bad during the day when I had the scenery to take my mind off the sensation that I was slowly

suffocating, but in the dark lonely hours of the night, the snores of my less altitude-affected travel companions served only to keep me awake. The one thought that filled my mind was that Campamento Ende, at 4260 metres in the remote south-west corner of Bolivia's Altiplano, would indeed be a sorry place to die.

BRAZIL

"Amazon by Hammock" (1000 words)

A travel trip down the mighty Amazon River through Peru, Colombia and Brazil.

BURMA

"Lake of the Floating Gardens" (1500 words)

The Intha have lived, worked and prayed above Inle Lake's waters for generations. The people of this happy, inventive community expertly go about their business from a fleet of small wooden boats, cruising the channels created by their floating farms. ANDREW MARSHALL visits the Sons of the Lake.

"Slow Boat to Mandalay" (1250 words)

Cutting through mountains and across the plains, the mighty Irrawaddy River is the lifeblood of Myanmar. ANDREW MARSHALL take a boat journey on one of Indochina's greatest rivers.

CARIBBEAN

"10 Top Caribbean Experiences" (1500 words)

We travel to 10 countries in the Caribbean including Trinidad, Tobago, Belize, Martinque, Jamaica, Panama, Dominican Republic, St Lucia, Haiti, Cuba and Barbados for a unique experience in each including: "Eat jerk Chicken - Jamaica", "Kick back on Caye Caulker - Belize" "Drink Rum with the locals- Barbados", "Climb the Pitons- St Lucia" "Listen to Steel Pan Music- Trinidad" "Watch a cockfight on Martinique" etc.

CHILE

"Torres Del Paine Circuit Trail" (1300 words)

A 10-day trek across primeval glaciers in the Torres del Paine National Park in Chile.

DOMINICAN REPUBLIC

"Latin Beat in the Caribbean" (900 words)

A visit to the Dominican Republic to discover a colourful country that sways to the intoxicating beat of 'merengue'

"To the Roof of the Caribbean -Pico Duarte" (1000 words)

There's more to the Caribbean than great beaches on a hike to the summit of the Caribbean's highest peak.

"Looking for Gaga'(1000 words)

What sounds like a joke - 'Gaga' - can actually be deadly serious. On the trail of some ancient rituals in the Dominican Republic.

ENGLAND

<u>"Manchester by Cab" (1800 words)</u>

From Chetham's Library and the Northern Quarter to Ancoats industrial area and Salford Quays, discover Manchester by cab... "Welcome to Manchester," says taxi driver and tour guide John Consterdine, as I hop into the back of his classic looking black cab outside Victoria Station, one crisp February morning. "We have a lot to see today. In fact, I will be taking you on a 2000 year journey from Roman times, through the medieval and industrial periods, then bang up to date with Media City and some music, football and stunning architecture thrown in for good measure."

"South Coast Path" (1150 words)

A six-day coastal hike offers up the best of Cornish scenery, history and of course, pasties. Andrew Marshall reports. "You'll find the best Cornish pasties in all of Cornwall in Porthleven," the walker told us, leaning on the bar of the Tinners Arms in the village of Zennor. With his walking stick propped against a stool he was your stereotypical British rambler. His unshaven and tanned appearance suggested that he'd been hiking for many days. He was probably a long-hauler, walking the full 630 miles of England's longest footpath – the spectacular South West Coast Path.

"Canal Boating in Yorkshire" (1200 words)

"There is nothing - absolutely nothing - half so much worth doing as simply messing about in boats," declared Ratty in 'The Wind In The Willows.' Ourselves and countless other holiday sailors would certainly agree. Hiring a canal narrowboat to explore England's peaceful inland waterways offers entry into a unique and fascinating world.

"England's Best Walk-The Coast to Coast Walk" (1200 words)

Crossing a country on foot is no mean feat. A hike from coast to coast leaves Andrew Marshall with great memories of England. The late Alfred Wainwright, England's best-loved fell walker wrote that a walk without a goal is like life without ambition - aimless wandering. The 306 kilometre (190 mile) 'Coast to Coast Walk' across England certainly has a goal; to cross an island, to go as far as you can on foot, to gaze over another ocean.

"White Rose County-Yorkshire" (1200 words)

From gritty mill towns to wild moorlands and secluded coves, Yorkshire is England's best-kept secret. ANDREW MARSHALL reports.

"In the Picture - Vintage Yorkshire Cinemas"(1200 & 2200 words)

Grab a carton of popcorn and slide into a red velvet seat at one of Yorkshire's few remaining classic vintage cinemas. ANDREW MARSHALL checks out five of the best...

"Fab Five - English Coastal Towns" (1400 words)

England may have its fair share of wonderful coastal scenery and unspoilt beaches, but for that quintessential summer day outing, a visit to one of its traditional coastal towns is a must. For many, the English seaside evokes memories of idyllic childhood holidays and all the imagery that goes with it, from building sandcastles, amusement arcades, lettered rock, fish and chips, Punch and Judy shows to strolls along the pier. Here's five of the best...St lves, Whitby, Brighton, Margate and Blackpool.

"Northumbria's Castles" (1000 & 1500 words)

Medieval Northumberland used to be a dangerous place to be. Today, you can plunge back into medieval times through historical reenactments and a liberal dose of your own imagination.

"Along the Dales Way" (800 words)

For an introduction to overnight hiking it would be difficult to beat the 'Dales Way' - a classic week's walk of 84 miles from Ilkley to Lake Windermere, through the very heart of the Yorkshire Dales.

"Britain on Foot" (1500 words)

This feature covers some of Britain's best walking Trails.

<u>"Walks of Art" (1200 words)</u>

We take five outdoor art walks in the North of England including Crosby Beach, the Yorkshire Sculpture Park and the gardens of Chatsworth House...

"Tour De Yorkshire Dales" (1500 words)

A drive tour from the market town of Skipton (the gateway to the Yorkshire Dales) into Wharfedale, Wensleydale and Swaledale (retracing some of the Tour de France route) and experiencing a range of attractions and activities en-route.

"A Trio Of Yorkshire Towns" (1200 words)

A feature on a day out (attractions and activities) in three interesting towns in Yorkshire all beginning with H and all with their own distinctive character: **Haworth, Holmfirth and Hebden Bridge.**

EUROPE

"Around Europe in World Heritage Sites" (1700 words)

A UNESCO World Heritage Site can be defined as "a place like a building, monument, national park, desert or city that is listed by the United Nations Educational, Scientific and Cultural Organization (UNESCO) because of its special physical or cultural significance." At the start of 2015, 1007 sites are on a list made up of 779 cultural, 197 natural and 31 mixed properties throughout 161 countries. The Great Wall of China, Grand Canyon, Great Barrier Reef and the Pyramids are among the best-known World Heritage Sites, but what follows is a journey around Europe to visit some less familiar ones closer to home...

<u>" Tip File - City Breaks Europe "(1850 words)</u>

There is no substituting the excitement of setting off to the airport on a new trip, and the two or three-night European city break is one of those wonderful pleasures of travel - a rejuvenating escape from daily routine and a stimulating burst of new discoveries, culture, cafés, architecture and museums. If you research your trips and choose your destinations carefully, there's plenty you can do to make city breaks smoother, easier and more affordable. Here are some useful tips for your next one...

<u>FIJI</u>

"Ovalau - Historic Island Of The South Pacific" (1250 words)

After only five minutes flying time from the Fiji capital of Suva, we first saw Ovalau. Through the windows of the 16-seater Twin Otter, the volcanic island soon filled our view -immense ragged peaks of the interior cloaked in verdant greens plunging to mangrove forests on the coast. Small villages nestled in coral-fringed bays, patchworks of taro and cassava fields spreading around the shiny tin roofs and the occasional thatched bure.

GERMANY

"Cool & Quirky Berlin" (1100 & 1325 words)

Berlin has certainly lived through some turbulent times. Decline, fall and rise again have followed each other in rapid succession since the start of the 20th century. But just over two decades after the Wall that cut through Berlin's heart came tumbling down, the city has re-invented itself as one of the hippest and most alternative in Europe. Here are some quirky ideas to spice up a break in Germany's capital of cool:

<u>"48 Hours in Berlin" (1200 words)</u>

Berlin has certainly lived through some turbulent times. Decline, fall and rise again have followed each other in rapid succession since the start of the 20th century. But just over two decades after the Wall that cut through Berlin's heart came tumbling down, the city has re-invented itself as one of Europe's coolest cities. Less frenetic than New York and cheaper than Paris, this is the place to come for fabulous cuisine, buzzing nightlife, chic shopping and history at every turn.

GREECE

"Jewel of the Cyclades" (1200 & 1600 words)

With it's rugged mountain scenery, excellent walking trails and an extraordinary cliff-top monastery, the

Greek island of Amorgos is an unspoilt alternative for those wishing to venture off the well-worn Mykonos-Paros-Santorini route. Andrew Marshall reports:

<u>HAITI</u>

<u>"On the Voodou Trail" (1000 words)</u>

We hit the streets of Port au Prince, capital of Haiti in search of voodoo

HUNGARY

"Danube Daydreams" (1200 words)

A grand metropolis of architectural delights, ornate bath houses, famous Tokaji Aszu wines and classic coffee houses, Hungary's idiosyncratic capital Budapest has much to offer the cultural traveller:

ICELAND

"Hot Pots of Iceland" (1000 words plus extra attractions & activities)

Iceland is a land of fire and ice; of spouting geysers, thermal pools, active volcanoes, tumbling waterfalls, vast lava fields, lagoons and mystical lakes. It's also home to natural spas known as 'hot pots' that are an important aspect of Icelandic daily life.

INDIA

"Down a Lazy River" (1600 words)

ANDREW MARSHALL takes a kettuvallam (converted rice boat) trip and watch rural life unfold along the backwater of Kerala in southern India.

INDONESIA

"Tree of a Thousand Uses" (1200 & 2000 words)

On an island in the south of Indonesia, the palm trees known as lontar shape the life of the islanders. So far in his life, 49-year-old Alexander Haninuna has climbed the three trees in his backyard 42,840 times. Like most Rotinese men, he is an expert climber and has been scampering up and down these trees since the age of 15. For the inhabitants of this small dry island southwest of Timor, the lontar is no ordinary tree. The lontar palm (Borassus sundaicus) is one of the earth's most efficient sugar producing plants. Growing up to 30 metres, this drought-resistant palm is the 'tree of life' and guarantee against famine for the people of Roti.

IRELAND

"Reek Sunday-An Irish Pilgrimage" (1000 words)

Andrew Marshall takes part in one of Ireland's oldest rituals, Reek Sunday at Croagh Patrick on the west coast. Through a fine veil of mist, 77-year-old Martin Niland painstakingly picks his way over a dangerous morass of mud and scree. With the help of a hazel stick clenched firmly in both hands he inches his way up the slope of Ireland's most sacred mountain. Jutting from the verdant greens of Country Mayo on the west coast, Croagh Patrick, or the Reek, as it is known locally, is a mountain that's shrouded in mist and myth.

MARTINIQUE

"A slice of France in the Caribbean" (1000 words)

Where in the world is Martinique? Often confused geographically with the other tropical 'M' islands of

Mauritius and the Maldives, this beautiful, lush, mountainous isle in the Lesser Antilles chain of the Caribbean is sandwiched between Dominica to the north and St Lucia to the south.

MEXICO

In the company of a thief (900 words)

He materialised by my side whilst I was gazing over the ruins of the main temple of Aztec Teocalli. "Hi, where are you from?" It's a standard line a foreigner gets used to hearing a thousand times a day walking around Mexico City.

MOROCCO

"From the Atlas to the Sahara" (1100 & 1400 words)

Morocco is a fascinating mosaic of cultures and traditions, desert landscapes, authentic Kasbahs, spice bazaars and sumptuous palaces. For decades it's been attracting artists, writers and more recently travellers in search of the exotic. ANDREW MARSHALL visits Marrakech and takes a road journey to the edge of the Sahara.

"Lost in Fes"(950 words)

ANDREW MARSHALL gets thoroughly lost in the medina of Fes el-Bali (Old Fes), one of the largest living medieval cities in the world.

NEPAL

"Nepal's Shangri-La - Rolwaling Valley" (words 1700)

Sometimes it is not easy to understand beauty. Here I am, sitting on the rubble covered saddle of the 5755m Tashi Lapcha Pass; the crux of an incredible journey. The beauty is undeniable; a world of granite and ice, where the Dromlambao Glacier falls away beneath me rumbling as it grinds against the valley floor flanked by the frozen summits of mountain after mountain bathed in alpenglow. I have been three weeks on foot to reach this point and now somehow I feel lost in the magnificence of the world at my feet, reluctant to leave it.

NEW ZEALAND

"Freewheeling to glacier land" (1200 words)

ANDREW MARSHALL packs his puncture repair kit and pedals off in New Zealand to discover volcanic landscapes, gushing geysers, tumbling glaciers and rugged coastlines backed by prehistoric rainforest.

The Glacier Experience (500 words)

The whirr of the chopper's rotor blades sounds like a gigantic insect as it comes in to land, forcing a blast of wind towards the small group of waiting travellers. The athletic figure of outdoor guide Murray Naylor crouches low beside the helicopter and beckons each person across one by one.

NORTHERN IRELAND

"Driving the Causeway Coast" (1200 words)

Northern Ireland's scenic Causeway Coast offers challenging links golf, charming seaside towns and legendary Irish hospitality. ANDREW MARSHALL and PAUL MARSHALL take the journey.

PANAMA

"Down the Big Ditch" (1250 words)

Going up. Second floor. Panama Canal. The world's largest lock doors close behind us, heralding the start of a 12-hour transit across the isthmus of the Americas - the crossing of a continent by boat.

"San Blas Archipelago" (1000 words)

On palm-fringed islands off the southern Caribbean coast of Panama live the Kuna Indians who are fiercely traditional but also in touch with the modern age. Andrew Marshall visits the San Blas Archipelago.

<u>PERU</u>

"Across the Andes by mule" (1800 words)

"But you need four mules not three," shouted Celestino, our red-faced Peruvian trekking guide as he impatiently stamped his foot. "He's trying to rip us off for an extra 68 pesos a day," muttered Peter in English. They both faced each other like two enraged bulls. It seemed like the three weeks of planning and provisioning to reach the last Inca city had reached a stalemate.

SCOTLAND

"King & Queen of the Castle" (1200 words)

From Pride and Prejudice, to Wuthering Heights and the hugely popular TV series Downton Abbey, there's no doubting the popularity of period dramas. So next time you are in Scotland, why not star in your own by checking into one of these historic abodes?

SOLOMON ISLANDS

"Island Builders of the Solomons" (1500 words)

Headhunters forced them from the mainland and for the past 300 years the Saltwater People of the Lau Lagoon in the Solomon Islands have found refuge on islands they have built from coral. ANDREW MARSHALL visits the offshore haven.

"Islands Lost in Time" (1800 words)

The Solomon Islands are rich with natural beauty, WWII history, superb dive sites, intact cultural traditions and it's the perfect holiday destination that's off-the-beaten path. Naturally boat journeys play an important role for getting around. Andrew Marshall takes to the water.

<u>SPAIN</u>

"The Road to Santiago" (1600 words)

With a string of Spanish phrases and a pocketful of euros, I stepped out one mid-summer morning into the fresh mountain crispness of the Pyrenees. It was the beginning of a long journey, a famous one, made by millions of pilgrims over the last millennia and perhaps millions more in recent years equipped with all the paraphernalia of hi-tech hiking gear.

My partner and I were perhaps not in the hi-tech category though, as I doubt a vintage four-wheeled pram with spring suspension pulled using a rubber bicycle tube would qualify. We'd found it in a ditch on our second day out. "The Camino by pram could be a first," said Andy. "Plus, you won't have to carry most of your pack, I'll pull it for you."

"Mallorca - the Golden Isle" (1250 words)

"A sky like turquoise, a sea like lapis lazuli, mountains like emerald, air like heaven," wrote the Polish composer Fryderyk Chopin in his letters home from Mallorca in the late 1830s, where he swapped grey northern winters for the warmth of Mediterranean sunshine. Chopin described the island in typical touristy prose that could have come straight from the pages of a brochure some several decades later. Another celebrated devotee of the 'Golden Isle' was Robert Graves, one of the great English love poets of the 20th century, who arrived for a second time in 1946 and never looked back.

SWEDEN

"Stockholm by Boat" ((1200 words)

Experience Stockholm's water world by staying on a boat hotel and taking various boat trips, both local and further afield. The first time you step aboard the boat hotel Red Boat Mälaren, which enjoys a fantastic location overlooking the Stadshuset you know you are somewhere special. The saloon and reception area is a world of polished brass and weathered wood hidden away from the hustle and bustle of Stockholm city. All manner of marine-related memorabilia collected over the years by the owner, adorn the walls and ceiling such as propellors, life rings, oil lamps, photos of old boats, brass barometers, and model ships...

TRINIDAD & TOBAGO

"From oil drum to musical marvel" (850 words)

A jumbled array of discarded oil drums lie in the corner of the Blue Diamond steel pan yard in downtown Port of Spain, capital of Trinidad and Tobago, a city with certainly more bustle then charm.

<u>USA</u>

"The Wild West on Wheels - an RV journey" (1300 & 2000 words)

Jump in a modern-day covered wagon and explore the majesty of America's southwest states. Andrew Marshall & Leanne Walker report. The Southwest of the United States is a land for the imagination. For what else can help you to comprehend the grandeur and depths of the Grand Canyon, the soaring mesas and buttes of Monument Valley, the spiritual reverence of Canyon De Chelly, and the colour and vibrancy of Navajo, Hopi and Pueblo cultures?

"National Parks of the South West" (1500 & 2000 words)

The biggest, the deepest, the widest, you name it, as far as unbelievable natural wonders go the United States of America packs them in. An amazing system of national parks, national monuments and historical parks preserve what amounts to an unrivalled beauty and diversity of environments and truly stunning landscapes and nowhere is the concentration of parks greater than the wild Southwest.

For the itchy footed traveller who yearns for the freedom and space of the open road, for wild places that inspire, those convenient green sectors marked on touring maps across California on the western sea board to Nevada, Arizona, New Mexico and Utah, create marvellous stepping stones that highlight the very best of what this region has to offer.

"Underneath the Arches" (WORDS: 850)

Arches National Park in the American state of Utah boasts the greatest concentration of natural rock arches in the world. ANDREW MARSHALL visits the spectacular landscape near Salt Lake City.

"Off the Beaten Track in Hawaii" (1500 words)

"Aloha, Slow Down" the sign says it all, "This is Molokai." Not that you've got any choice mind you. Pull out of the airport onto the Maunaloa Highway and you come face to face with the speed limit; a grand old top speed of 45 miles an hour. That's just over 70 km an hour, and believe it or not, that's the limit on the 'open highway'. It can take some getting used to.

"Life's a Beach on Venice" (850 words)

"Where else on Planet Earth could an almost naked man make a living year round standing on one foot on

top of a step ladder, holding a world globe in one hand and two live snakes in the other?" This incredulous thought is one in a similar vain of many as I stroll along the Ocean Front Walk at Venice Beach where you have to 'see it to believe it'.

"Streets of San Francisco" (1000 words)

What makes the Californian city of San Francisco arguably the most colourful in the United States? Leanne Walker goes looking for some of the answers.

"Big Apple – Small Budget" (1200 words)

Seeing the bulk of the Big Apple's biggest attractions can mean spending a hefty chunk of a trip's budget on tickets. Empire State Building? \$23. The Met? \$25. The Guggenheim and the Whitney go for \$18 and \$12, respectively. Even the Frick is \$18. But there's certainly enough fun and entertainment and stimulation to be had once you have paid for your weekly Metro Card, without ever handing over a cent. The subway and metro is an attraction in itself and you end up spending a considerable time during a week, checking out routes and ducking in and out of the various stations. Here's 10 of the Best Free Attractions and Activities.

VARIOUS

"Around the World in Amazing Places" (short intro then about 125 words on each site)

We take a journey around the world to visit a selection of 12 amazing man-made and natural sights... Blue Lagoon (ICELAND) Arches National Park (USA) Norwegian Fjords (NORWAY) Salar de Uyuni (BOLIVIA) Bagan (MYANMAR) Lau Lagoon (SOLOMONS) Teide National Park (SPAIN) The Lost City (AUSTRALIA) Tongariro National Park (NEW ZEALAND) Stonehenge (ENGLAND) Tikal (GUATEMALA) Borobudur (INDONESIA)

"Around the World in UNESCO Sites" (2163 words)

A UNESCO World Heritage Site can be defined as a place like a building, monument, national park, desert or city that is listed by the United Nations Educational, Scientific and Cultural Organization (UNESCO) because of its special physical or cultural significance. As of 2014, 1007 sites are on the list made up of 779 cultural, 197 natural and 31 mixed properties throughout 161 countries. The Great Wall of China, Grand Canyon, Stonehenge and Great Barrier Reef are some of the most famous World Heritage Sites, but what follows is a journey around the globe to visit a selection of less familiar ones in fifteen countries...

"Star Treks-6 of the world's best walks" (800 & 1500 words)

Ranging from one day to one month, we look at 6 of the best walks from around the world.

"Smooth Sailing -6 Great Boat Journeys of the World" (900 & 1400 words)

Travelling by boat is a great way to experience a country. From cruising down the world's second longest river using local transport, to lazy days in a houseboat on Australia's mighty Murray River, here's six great do-it-yourself boat journeys from around the world:

"Spiritual sites of the globe"(words: 900)

We visit four of the world's great spiritual sites.Tikal (GUATEMALA) Bagan (BURMA) Borobodur, (INDONESIA), Cornwalls Sacred Stones(UK)

"Planes, trains & automobiles" - Smoothing the wrinkles of Overseas Transport(950 words)

Transport is part of the attraction on some trips, writes Leanne Walker.

"It's a Snap- Tips for Travel Photography" (900 words)

Whether you are going to Madrid, Manila, Marrakesh or Mali, travel offers never ending photo opportunities. Here's some ways to help you achieve those stunning images to take back home:

Short Filler Tip Features (300-400 words)

'The gentle art of bargaining' "Cultural Taboos" 'Culture Shock-key tips to keeping your sanity when travelling' "Tips for healthier travel" "Streetwise Tips" & "What To Take."

"British Isles on Tour On Tour "(1200 words)

A selection of interesting and quirky tours you can take in various cities and locations in British Isles. 6 main tours (about 150/200 Words on each)in various cities including: MANCHESTER Manchester by Cab DUBLIN Literary Pub Crawl LONDON – East End Food Tour . YORK – Ghost Tour

Great Journeys (1500 words)

Set out on some of the most extraordinary trips on the planet: on trundling trains, boat trips, epic drives, as well as journeys you can make on two wheels and your own two feet....

TOP 5 - Stockholm Boat Hotels.

Stockholm itself is built on 14 islands, at the point where the freshwater Lake Malaren meets the Baltic Sea. The city is a launch pad for a marine galaxy of islands, 24,000 of them scattered across the water for 70 kilometres in the direction of Finland. The best way to experience Stockholm is by staying on the water in one the city's boat hotels....

Mä lardrottningen Red Boat Mälaren Chapman (2 more to find)

TOP 5 – Drives of Europe

The romance of the open road is hard to beat, especially when you have stunning views and interesting stops along the way. Get your motor running for some smashing European drives (5 from these 7) **The Atlantic Road - (NORWAY)** (a drive along Norway's western fjords)

The Causeway Coast (N.IRELAND)(attractions include the Giant's Causeway, Dunluce Castle, Carrick-rope bridge, Old Bushmills whiskey distillery & Royal Portrush golf course)

Golden Circle - (ICELAND)(a 300km circular route that encompasses a cross-section of Iceland's history, geology and natural wonders)

The Amalfi Coast – (ITALY)(the cliff-hugging, heart-pounding 80km Roman road that links Sorrento and Amalfi stops at some of Italy's glitziest resorts)

Mount Teide Volcano drive – (Canaries/SPAIN) A scenic drive to the Parque Nacional del Teide, dominated by the 3718-metre-high volcano Mount Teide, and featuring dramatic and otherworldly landscapes La Gomera scenic drive- (Canaries/SPAIN). La Gomera, like the other Canaries, is also something of a Lost World due to its range of exceptional plants with over 650 unique species that grow only on the islands. The Douro Valley (PORTUGAL) (17 miles, 93 bends and breathtaking views along the UNESCO World Heritage-listed port wine region in northern Portugal)

TOP 5 Features. (Around 100 to 200 words per item)

English Seaside Towns National Parks of Australia New York Free Things to Do Road Trips of Australia Scottish Castle Stays Stockholm Boat Hotels UK Tours Walks of Britain Walks of Britain Walks of the World World Heritage Sites EUROPE World Heritage Sites ENGLAND Vintage Yorkshire Cinemas

ZIMBABWE

"Face to face with the 'Big Five' -Hwange National Park" (WORDS: 800)

Hwange National Park is the largest of Zimbabwe's game parks and offers a great concentration and variety of game. And, as ANDREW MARSHALL discovered, with 107 species of animals, including the "big five", the viewing is reminiscent of the great Kenyan parks, only without the crowds.