

COSTA RICA

Heaps of hammerheads

COCOS ISLAND, DECLARED A COSTA RICAN National Park and designated as a UNESCO World Heritage Site, is home to one of the planet's largest schools of hammerhead sharks. Come visit the waters surrounding this uninhabited island to surround yourself with scores of these prehistoric fish, as well as whitetip sharks, mantas and tuna.

Aggressor Liveboards is currently offering deals on the *Okeanos Aggressor I* and II from March to June, for 10-day trips. The trips include seven days of scuba diving, plus the chance to go ashore to hike through the beautiful jungle and be one of only a handful of people to swim underneath its waterfalls. Bookings start at US\$3,100 for single charters.

For more details, go to www.aggressor.com.



SOUTH KOREA

Get out of your head

SOUTH KOREA'S BUDDHIST MOUNTAIN temples are now open to international visitors. Experience first-hand, Korean Buddhism's 1,700 year-old history of cultural and ascetic practices with the new Templestay program that includes temples listed as UNESCO World Heritage Sites.

Featured practices include morning and evening Yebul ceremonies, Chameson (Zen) meditation, making lotus lanterns and prayer

beads, and Buddhist meals, which make up a natural vegan diet without the 'five pungent spices'. The relaxing programmes can take place over a single day or involve stays of a month or more, with some temples allowing you to design a schedule to suit your own pace.

Choose from one of the 39 temples across the country for a spiritual orientation that fits you at eng.templestay.com.

PAPUA NEW GUINEA

Tribal encounters

FOR A JOURNEY MIXING TRIBAL CULTURE, gastronomy, history and wildlife, try the Scott Dunn Signature Departures tour of Papua New Guinea. Travel by private charter to the Kawari forests and along jungle waterways to meet with villagers of the Sepik Basin in their traditional dugouts. Lake Murray is the next destination, for a bird-watching tour that offers the chance to see rare paradise species, and experience mat and grass skirt-making traditions. Lastly, Mt Hagen brings highland respite with cooler weather and lush surroundings. The trip runs September 28-October 7, and accommodates up to 16 people. Sign up at www.scottdunn.com.

