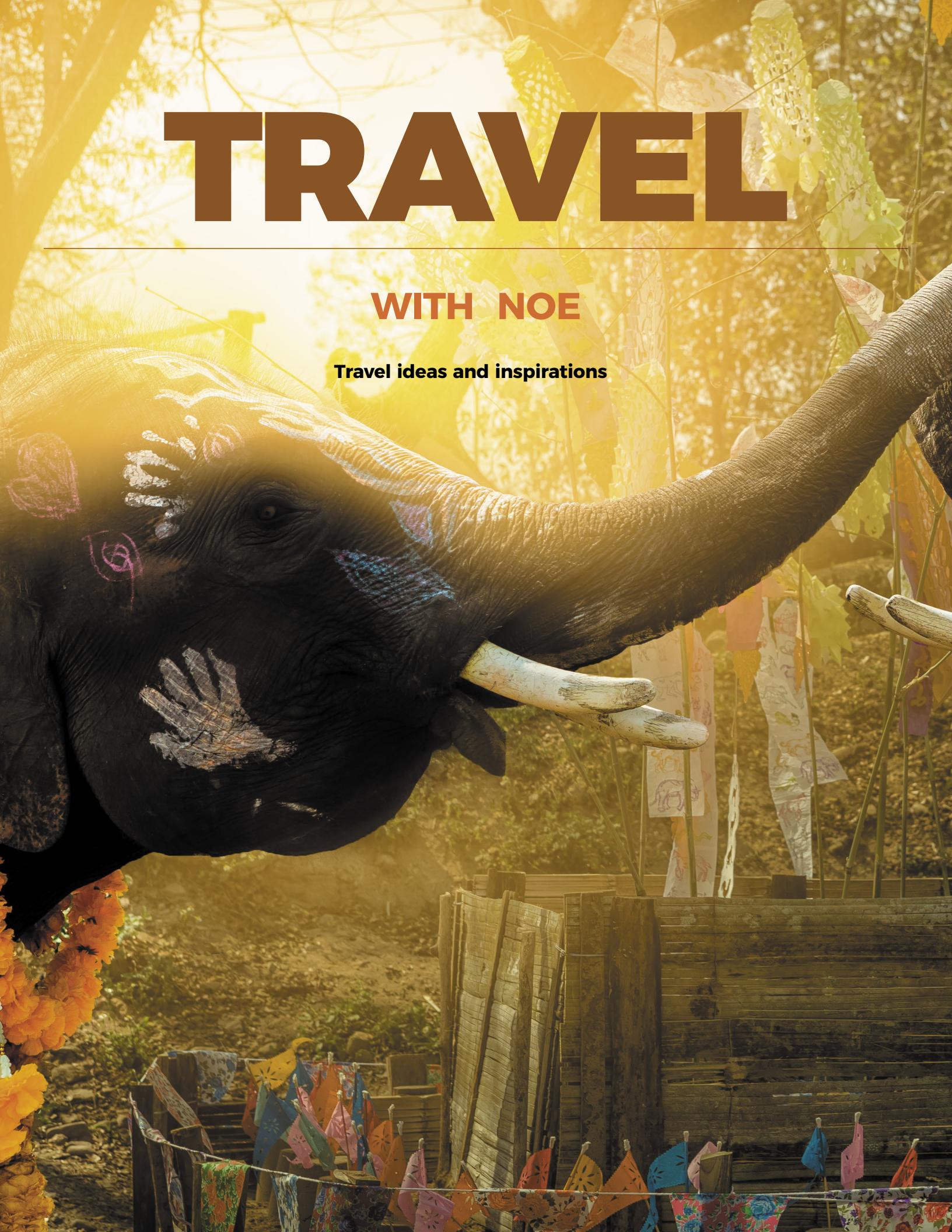


# TRAVEL

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WITH NOE

Travel ideas and inspirations





# HELLO DEAR

## TRAVELLERS

### INTRO

Do you dream of traveling to far-off places but daunted by the idea of charting new and unfamiliar territory? Are you the kind of person who wants everything organized first, but does not wish to be stifled by a package tour that will force you to travel with at least 20 other guests?

"Travel with Noe" might be just the perfect magazine for you!

"Travel with Noe" is one of the newest publications of the Adventure Team. What makes it different from other magazines that feature new destinations is that it serves as a handy guide for the lone traveler. Each issue features, at least, four destinations with information on where to eat, how to get around, and places to see.



Editor-in-chief



## TRAVEL ADVICE & INSPIRATION

### Koh Jum

The island Koh Jum, the northern part of the island is also called Koh Pu, is located on the West Coast of Thailand and is an absolute travel highlight. Nevertheless, most travelers and backpackers skip this little paradise on their bucket list. What a pity, Koh Jum is a real insider tip among connoisseurs and it's really worth a visit. The beaches are lonely and beautiful, the people incredibly warm hearted and welcoming. In addition, prices are still cheap.

One thing is for sure, a trip to Koh Jum is definitely worth it! The mix of nature, lovely people and beautiful beaches will captivate you and not let go so quickly.

WORDS CHRIS STERN  
PHOTO JOE MONTORE



### Pa Pong Piang

The rolling green hills of the north are an unexpected delight. Set aside time to visit rice fields in Thailand, it's gorgeous! Far from the beaches of the south, this is a land of lush landscape and friendly people where life moves at a slower pace and you can really kick back and relax.

One of the best things to do in the north is to head for some traditional rice terraces. This the Thailand of your imagination; emerald green rows of terraced fields stretching as far as the eye can see, dotted with wooden houses and dusted with clouds. We've helped you out with the hows and wheres of a trip to these gems of the north.

OK, so a trip to these northern Thai rice terraces isn't exactly an adrenaline ride, but that's not what you're there for anyway! Visitors tend to either come for the day or stay for one night, and the main way to pass the time is a stroll through the fields soaking up the views and taking a few epic photos. If the sun comes out then you're in luck; the fields are such a bright green color that they glow almost fluorescent in the sunshine. It's super cool!

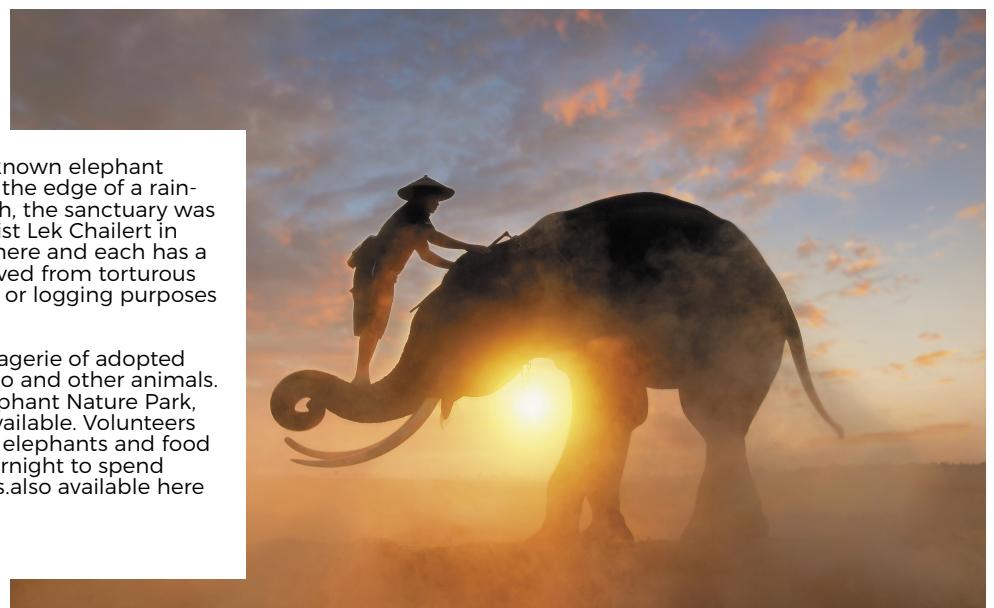
# TOP GENUINE ATTRACTI0NS IN THAILAND

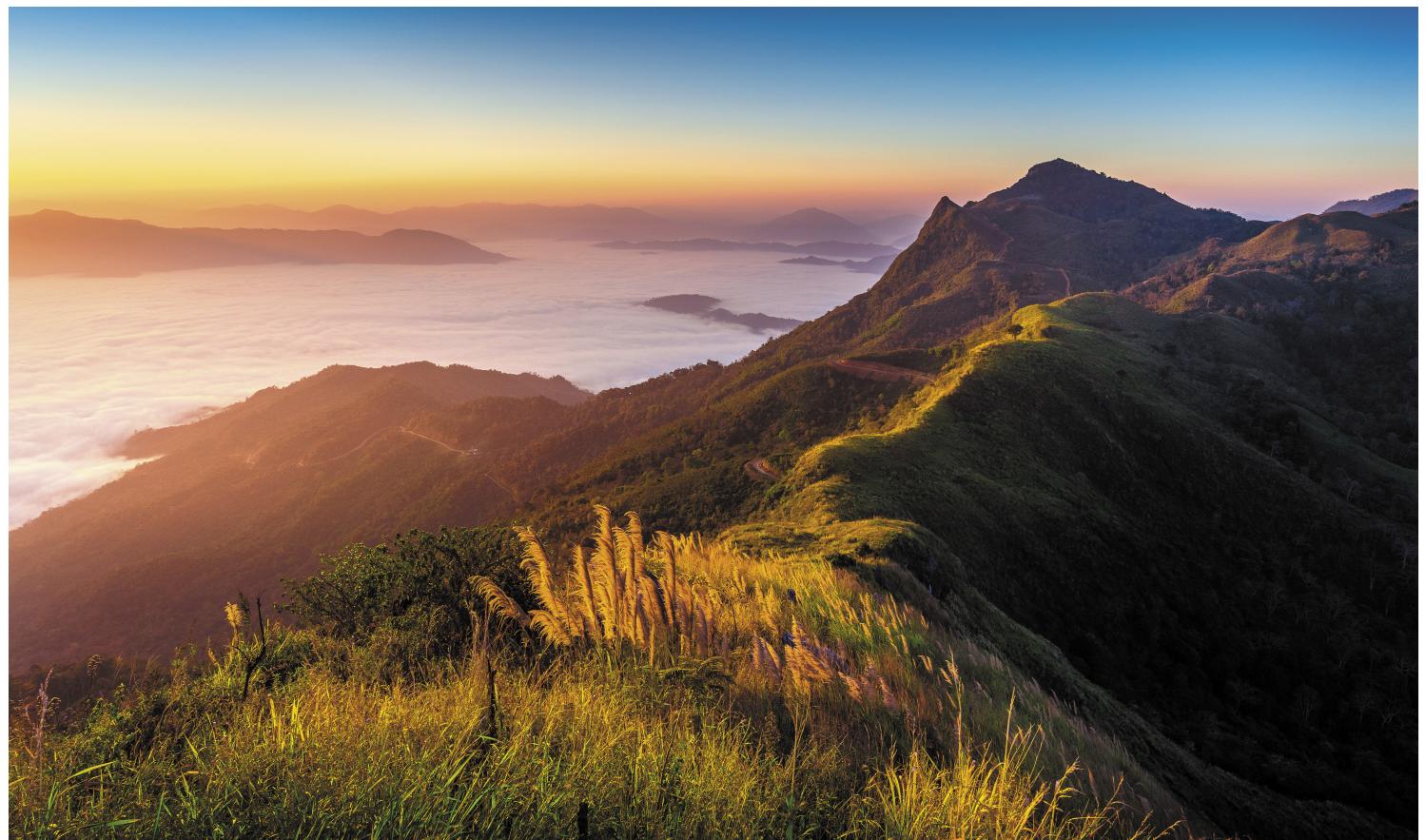


## Elephant Nature Park

Elephant Nature Park is one of the best-known elephant conservation projects in Thailand. Set on the edge of a rainforest near Chiang Mai, in Thailand's north, the sanctuary was founded by award-winning conservationist Lek Chailert in 1995. More than 75 elephants roam free here and each has a heart-breaking story: many have been saved from torturous camps that exploit elephants for tourism or logging purposes or other abusive situations.

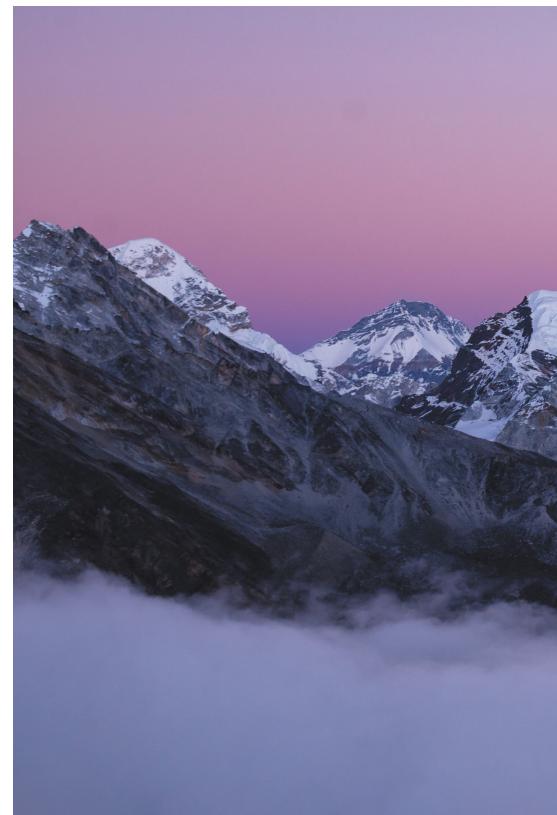
The refuge is also home to a ragtag menagerie of adopted cats, dogs, horses, warthogs, water buffalo and other animals. There are a few different ways to visit Elephant Nature Park, with both single day or overnight stays available. Volunteers help prepare fruit and vegetables for the elephants and food for the other animals, or you can stay overnight to spend more time with these gorgeous creatures.also available here and must be booked well in advance.





# BEST OF NATURE

**Massive glaciers, staggering mountains, plains dotted with wild animals: We sure live in a big, beautiful world**



The Earth offers spectacular natural wonders that only a small percentage of people will ever see in their lifetime. A global popularity poll announced seven provisional winners that outrank other splendid sights. These 7 natural wonders of the world include the Northern Lights, the Grand Canyon, Paricutin, Mount Everest, Harbor of Rio de Janeiro, Victoria Falls, and the Great Barrier Reef.

Many of these naturally-formed displays require an aerial view to capture the vastness of each phenomenon. Avid explorers, daredevils, backpackers, expatriates, and tourists place these 7 natural wonders on their bucket lists

### **The Northern Lights: Aurora Borealis**

The Northern Lights have become a sensation for tourists traveling in the Northern Hemisphere. The Northern Lights are auroras, or naturally occurring phenomena that consist of mystifying displays of light in the sky. The northern lights dance across the sky and emanate a diffused glow along the northern horizon.

### **Ha Long Bay, Vietnam**

Ha Long Bay, located in northern Vietnam is made up of 1,600 to 2,000 islands and islets, many of which are uninhabited. The area became a UNESCO World Heritage Site in 1994. To enjoy the bay you must take a boat tour, there are also designated areas where you are allowed to swim. But the breathtaking limestone landforms and

floating fish villages will make up for it

### **Mount Everest, Nepal**

Mount Everest is the highest mountain in the world, with its peak measuring 29,029 feet above sea level. But don't worry, you don't have to make it to the summit to count as visiting, as long as you have seen Mount Everest in the Himalayas you can count as having visited it.

### **Peyto Lake, Canada**

It's hard to believe that Peyto Lake's turquoise water isn't actually a filter but is real! The colour comes from glacial rock flour, which is tiny rock particles that are created through glacial erosion. They are deposited into the water and create this pristine lake with its turquoise hues.

### **Uluru (Ayer's Rock), Australia**

Uluru, also known as Ayer's Rock, is located in Australia's Northern Territory. It's home to the Anangu Aboriginal people. The giant sandstone rock has a circumference of about 5.8 miles and is a popular attraction for tourists. However, please note that the Anangu Aboriginal people have asked tourists not to climb the rock as it holds cultural significance. So far there have been 35 deaths of tourists who did not heed this request.

### **Summary**

Our world is full of incredible natural wonders to see and you'll likely find something remarkable in every country you visit. This article helped show you just a selection of some of the best that we'd recommend but there are plenty more out there.



# FLOWER POWER

BY KELLY BARRETT

**Our readers recommend the world's most enchanting places to watch flowers bloom.**

1

## BLUE RIDGE

**Prices from \$290**

Flowering shrubs in the spring and leaves on the trees changing colors in the fall make the Blue Ridge Mountains a theater of natural beauty throughout the year.

Because of the changes of elevation in the mountains, peak colors and blooming depend on the region you're in. The peak periods of Virginia's Blue Ridge Mountains tend to occur earlier in the year than those in the Blue Ridge Mountains of North Carolina. The Flame Azalea is at its brightest in Virginia's Blue Ridge in mid-May while Mountain Laurel typically blooms during the first two weeks of June. Thickets of Catawba Rhododendron can also be found in the region during the first part of June. There are also various species of wildflowers that bloom in the Blue Ridge Mountains at different times in the spring and fall. Unlike other mountain ranges in America, the Blue Ridge Mountains offer an abundance of trees. On Mill Mountain alone, you can expect to find varieties of oak, pine, maple, dogwood, redwood, and other assorted plants.

The colors on the trees during the fall make Virginia's Blue Ridge one of the most beautiful destinations in the world for a fall getaway.

2

## TULIPS GALORE

**Prices from \$890**

South Holland's Keukenhof is one of the world's largest flower gardens, boasting seven million tulips, daffodils and hyacinths and filling 32 hectares. Across the border, in Belgium, lies the National Botanic Garden of Belgium (Meise), one of the largest in the world, with 60 glasshouses, 18,000 different plants and, come spring, Japanese cherry blossom trees in bloom. River Cruise Line has a seven-day, no-fly cruise, Springtime in the Gardens of Holland and Belgium, which takes in Keukenhof, Meise, the Floralia flower show at the castle of Grand Bigard, Brussels (runs until May 7) and the model gardens of Holland's Appeltern Gardens. From £779 per person, departs April 24 and April 30.





4

## KAWACHI FUJIEN

**Prices from \$1190**

Kawachi Wisteria Garden ( Kawachi Fujien) is a private garden in the wooded hills south of central Kitakyushu, famous for its spectacularly presented, large numbers of wisteria flowers. The garden is opened to the public seasonally during the wisteria season which usually peaks around late April to early May and during the maple leaf season in autumn.

The garden's most prominent features are two, roughly 100 meter long tunnels made of wisteria trees of differing varieties and colors, ranging from white to dark purple. Furthermore, there is a collection of large wisteria trees that together form an enormous roof of drooping flowers. A viewpoint at the top of the hillside garden allows for nice views over the sea of wisteria flowers and the surrounding valley which is also known for its bamboo groves.

Kawachi Wisteria Garden has grown very popular in recent years and now attracts large numbers of visitors.



3

## LEEF PEEPING

**Prices from \$890**

Quebec's residents are justifiably proud of their homeland. This is where you'll find some of the best autumn colours in the country as well as historical "cabanes à sucre" (sugar shacks) where you can sample real-deal maple syrup. October is the best time to catch the colours in their full splendour and Wexas Travel is offering a 10-day self-drive trip to Quebec focusing on the colours of autumn.

Highlights include Montreal, Quebec City the scenery of the Laurentian Mountains and the forested and lake-side setting of Hotel Sacacomie.

From £1,915 per person, including flights, for travel between September 15 and October 21 2017



AMAZING

# BAHAMAS VACATIONS

WORDS CHRIS MILLER  
PHOTO KELLY BAKER

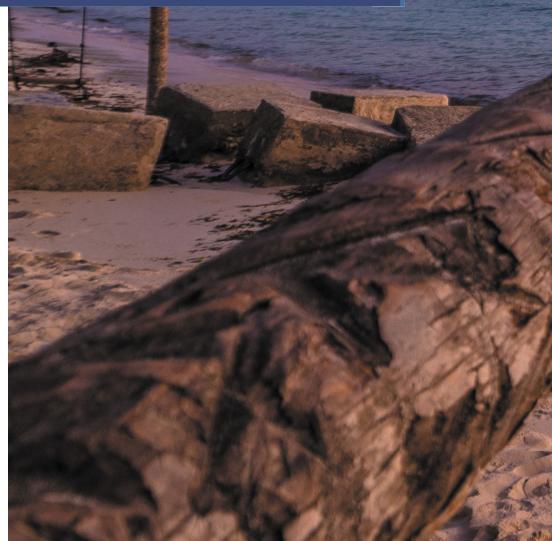
## What to Know Before You Go

Cars travel on the left side of the road. The Bahamas have heavy Spanish, British, and African heritage, and were once a British Crown Colony. They retain some British culture including driving on the left side of the road. Unless you have experience driving on the left side, I would recommend just staying away from driving motorized vehicles while you're there. There are plenty of taxis available to get you wherever you need to go. If you're worrying about your Spanish not being up to par, take a load off because the official language of The Bahamas is English. Many local residents speak a Bahamian Dialect, but you shouldn't have a problem communicating with anyone.

The official currency of The Bahamas is the Bahamian Dollar. However, the Bahamian Dollar is pegged to the US dollar on a one-to-one basis. Because they are equal to one another, US dollars are widely accepted everywhere in The Bahamas. Especially if you are sticking to the traditionally touristy areas (such as Nassau). Which leads perfectly into my next point...

One of the best things about traveling in Southeast Asia was that the exchange rate on the US dollar was amazing, making everything dirt cheap by American standards. Because the US dollar is equal to the Bahamian dollar, things are just as expensive in The Bahamas as it would be in a touristy place in the US. If you're counting on a killer exchange rate to help lessen the costs of your trip, trade in your flight to the Caribbean for a flight to Thailand. Because The Bahamas is so much like America in their hospitality standards, you should also tip like you would in

the States. The standard 15%-20% tip should be used, especially in touristy areas and at resorts. Some places automatically add in a 15% gratuity to the total of the bill. Make sure to confirm if the tip has been added automatically to your bill before you shell out more money for a tip. Countries like The Bahamas that have tropical climates have two seasons. The wet or rainy season, which runs from June to November, and Dry Season, which runs from December to May. It should also be noted that Wet season coincides with hurricane season. If you are traveling during this



**Stretching more than 190 miles in length, the Andros Barrier Reef in The Bahamas is one of the biggest barrier reefs in the world**

time be aware that hurricanes can develop quickly and go from bad to worst extremely fast. Hurricane season is not a reason not to travel, but you should always be aware if you're traveling during that time that it is a possibility. Be ready to be bombarded with people trying to sell you things. Ok, every country I've traveled to there is always locals there trying to sell you things. It's not normally anything to mention, but the struggle is real

in The Bahamas. There were times I was laying on the beach at the resort, SLEEPING. Yes, eyes shut, visibly trying to sleep, and there were still people coming up to me and vigorously asking me if I wanted to buy their shell necklace. I love supporting the local economy, but it was so excessive and it was annoying at times. Don't leave without trying local conch. Conch is the national food of The Bahamas, and you can enjoy it in



many different forms. Conch fritters, conch chowder, conch salad, conch burgers, and fried conch are just the beginning of all the ways you can enjoy this firm white mollusk meat. Lobster, crab, and grouper are also popular and local to the area. Exercise common sense regarding safety. Any place can be dangerous. The Bahamas is by no means more or less dangerous than anywhere else in the world. The resorts are perfectly safe, but if you do leave your resort at all you should exercise the same common sense safety you would use in any large city, anywhere in the world. You will almost certainly be asked to buy weed or cocaine. This is nothing to be alarmed about, confidently say you're not interested and be on your way. Bahamian people are not naturally aggressive or mean to tourists.

#### Six Things You Didn't Know About The Bahamas:

- If you love wine, a tour of Graycliff's wine cellar is a must! With more than 250,000 bottles from 400 winemakers in 15 countries, the Graycliff collection includes some of the rarest, most expensive wines in the

world, such as an 1865 Chateau Lafite and a 1727 Rudesheimer Apostelwein from Bremen Ratskeller. It also features many of today's most popular varieties – and with a quarter million bottles to choose from, there's a perfect wine for every palate and occasion. Your new favorite vino awaits!

- The Bahamas boasts the third largest barrier reef on the planet. Stretching more than 190 miles in length, the Andros Barrier Reef in The Bahamas is one of the biggest barrier reefs in the world – and the third largest living organism on the planet! It sits along the edge of an underwater trench called the Tongue of the Ocean, running parallel to the east coast of the island of Andros. The Andros Barrier Reef is unique because it stretches downward to a depth of 6,000 feet, rather than lying flat on the ocean floor.

#### 3. Hollywood loves Paradise!

With its sunny skies and abundant natural beauty, it's no wonder The Bahamas is a popular destination for filming movies. In fact, with more than 30 films made in

The Bahamas, chances are you've seen a movie that was filmed right here in Nassau Paradise Island. Pirates of the Caribbean, Thunderball, Casino Royale, Into the Deep, and many more feature Bahamian scenes. Why not host a movie night at home and check out one of these films for a glimpse of Paradise?

- The Bahamas is home to its own "sea monster". Look out for the lusca! The Bahamas has been home to its very own version of the mythical Loch Ness Monster since a large sea creature's carcass washed ashore in 1896. The lusca has allegedly been spotted near the Blue Hole off Andros, and it's rumored to grow more than 75 feet long. According to some folklore, it can change color, and it's been described as "half-shark and half-octopus". The most likely scenario, according to experts? It's a gigantic octopus.

Nassau Paradise Island is packed with exciting things to do, breathtaking sights, and one-of-a-kind experiences. Ready to discover The Bahamas for yourself?

# THINGS TO DO IN ITALY

## BEST THINGS TO DO IN ITALY

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**You're planning to visit Italy for your next trip and you're looking for the best places to visit?**

**Great choice, there are many beautiful things to see in the country, you will love it!**

WORDS ALLESA BIAGINI  
PHOTO ALEX ZAPPA





# TRAVEL ADVICE, TRAVEL INSPIRATION, FOOD INSPIRATION AND MORE...

## WHERE ARE THE ITALIAN ALPS?

The Italian Alps sweep in an arc from Monaco in the west to Trieste in the east, covering the northern tip of Italy.

They are made up of 3 main areas. The western side is the southern end of the high Alps: a dramatic mountainous playground bordering Switzerland. The central region comprises large lakes framed by smaller hills, while the northeast section is the Dolomites – jagged rocky peaks framed by lush alpine meadows. One of the best things to do in the Dolomites involves strapping on your hiking boots and heading off on a scenic adventure. Read about all our favourite hikes in the Dolomites.

The Italian Alps are also easily connected via Venice in the south and Innsbruck (Austria) in the north, both of which make great bases for an itinerary in the Dolomites.

## VENICE

Venice is a city of immense beauty and historical significance, but it is also unique and not like any other city in Italy. As the capital of the Veneto Region of Northern Italy, Venice actually lies on 117 small islands that are connected by a series of bridges and separated by a network of canals. With a population of around 250,000, Venice is not one of the largest cities in Veneto, but it is one of the most visited tourist destinations in the country.

During the Middle Ages and the Italian Renaissance, Venice was an extremely powerful stronghold and served as a major financial and military centre. Furthermore, it was a place that saw great cultural and artistic development and was renowned worldwide.

## OPERA IN VERON

You don't need to be an opera lover, or even like music, to be enthralled by the spectacle of a full-scale production in Verona's third-century Roman arena. And for those who do love opera, it's a thrill of a lifetime, right up there with opening night at La Scala. The arena itself is one of the largest and best preserved Roman amphitheaters, with all its vaulting and full 44 rows of seating intact to accommodate 22,000 opera-goers. The Verona Opera Festival, held every year in July and August, is one of Europe's most important summer music events, ranked with the Salzburg and Bayreuth festivals.

## ITALIAN CUISINE

To Italians, eating is something that should be enjoyed with both passion and patience. So much more than just pizza and pasta, and a million miles from Spaghetti Bolognese, real Italian food has an authenticity that is hard to match. Traditional local dishes are the truest representation of the diverse personalities of Italy's regions. We invite you to join us on a journey around our favourite food hotspots to show you where to eat in Italy to indulge in some delicious delicacies. Al dente spaghetti or tagliatelle is tossed in egg yolks before Pecorino cheese and crispy pancetta are added with plenty of crushed black pepper. Do not confuse this with the bland cream-based ham and mushroom pasta served outside Italy! Enjoying traditional Carbonara is an altogether different and much more delectable experience..





# SHOALING BEHAVIOUR IN FISH



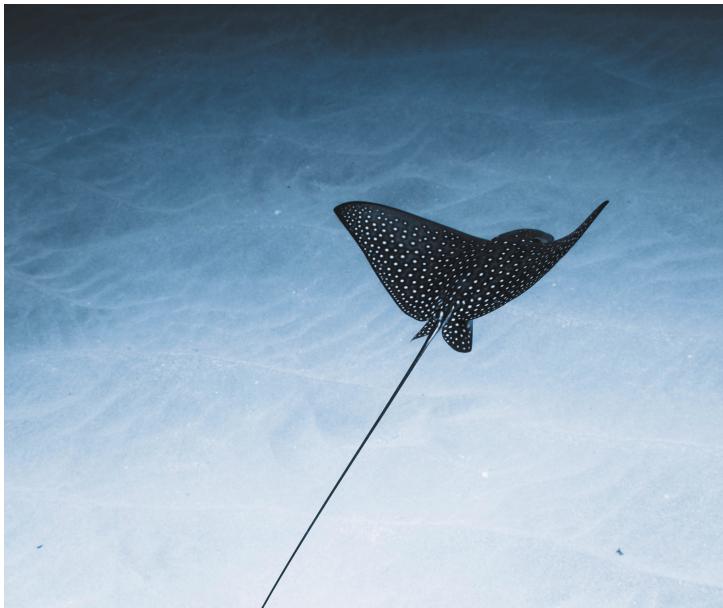
## SOME OF THE COOLEST PLACES ON THE PLANET HAPPEN TO BE COVERED IN WATER!



People often refer to a group of fish as a school, although this term is not precisely correct. A school is a group of fish that swim together in a synchronized fashion, moving in the same direction, at the same speed, and turning simultaneously. To be called a school, a group of fish must demonstrate all of these rather complex behavioral patterns.

The word shoal, on the other hand, is the term for any simple social grouping of fish. In short, any group of fish is a shoal, but not all shoals demonstrate the properties of a school.

Shoaling offers numerous benefits to individual fish, including increased success in finding food, access to potential mates, and increased protection from predators. With respect to food acquisition, it has been shown that fish in shoals find food faster and spend more time actually feeding. This benefit probably stems from the simple fact that a large group of fish has a greater chance of finding food than does one single individual. With respect to mate acquisition, shoaling behavior often results in groups of fish of the same species, thus making it easier for males and females to find each other. For both food acquisition and mate acquisition, larger numbers of fish should lead to increased benefits, therefore it is not surprising that fish typically choose large shoals over small shoals. With respect to predator predation, it has been shown that fish in shoals are at less risk of predation than fish that are swimming alone. This benefit has been extensively studied and may be related to a number of different features of the shoal.



An aerial photograph of a large, powerful wave crashing towards the shore. The water is a deep teal color with white foam at the crest. Numerous surfers are scattered across the lower half of the frame, some riding waves and others waiting in the lineup. The entire image is framed by a thin blue border.

**TRAVEL**