



ISSUE FEB 2012

Intrepid Travel news for Sports Medicine Australia

Delicious Discoveries...15% off plus a free Urban Adventure!

Discover some remarkable places with cuisines so divine, they have become the world's greatest travel destinations. In **February and March**, Intrepid is celebrating these countries and some of our most mouth-watering journeys within them. To get your taste buds going check out these... **A Taste of Vietnam**, 10 days, ex Hanoi from \$1683; **Italy's Tuscan Highlights**, 8 days, ex Pisa from \$1270; **Home Cooked Delhi**, a half day cooking extravaganza from \$35; **A Taste of Japan**, 14 days, ex Tokyo from just \$3621.

Get your bags packed, your appetites ready and step on out into the big wide world of amazing travel and great food.

*15% off - promo code 6584, book selected trips from 01 Feb -31 March 2012,
For selected trips departing from 01 Mar - 31 Aug 2012 - ask today for full details.*

PLUS Book one of our featured Delicious Discoveries trips during Feb & March and receive a **free Urban Adventures trip** and a **Lonely Planet 'Street Food' book**.

**conditions do apply - ask us today*

If this offer does not suit you check out your ongoing offer of 10% off...

Delicious Discoveries trip of the month...A Taste of North India

Travel in style as we journey into the markets and restaurants of **India** for a **15 day gastronomic adventure**. From the fascinating and often dramatic sights of the north to the laidback charm of the south, this trip discovers the authentic flavours of India. Sample local cuisine at roadside eateries, peek inside a royal kitchen in Bijaipur and perfect Rajasthani delicacies at a cooking school in Udaipur. Add the best of museums, monuments, backstreets and beaches - this truly is a grand adventure of Indian history, cuisine and culture.



Up for a taste of India? Pay just **AU\$1666*** per person (normally from \$1960)

Secret ingredients...Peru & Morocco

Learn the ins and outs of **Peru's most famous drink, the pisco sour**. Shop for ingredients at a market then head to a hotel to learn how to make the perfect mix. Just **AU\$28*** per person for three hours in Lima

Discover the secrets to the spices and ingredients of a **Moroccan tajine** as well as Moroccan salads and couscous. Feast on your achievements for just **AU\$55*** per person for four hours in Marrakech.

Head online for more details on these and our Delicious Discoveries...

Visit www.intrepidtravel.com/SMA

real life experiences...



Lena's home in Suzdal...

When you come away from a lovely dinner with our Russian hosts it won't only be your full belly and the vodka nips that give you a warm glow. Intrepid's Boris 'Bob' Golodets explains why a home-cooked meal and meeting the lady of the house are always a highlight...



"She is one of our superstars. I know our travellers on the Russia Highlights trip will go to Lena's house for dinner and they will love her and have a wonderful evening. She lives in old town Suzdal on so called 'Grape Street' – one of the oldest and most famous in the city. Lena loves to cook. Being a cooking manager in Soviet time she had good schooling and can give a master class. Like many Russians she enjoys a nip of vodka, so this season she started to make *Hrenovuha*

for us – a homemade tincture of vodka infused with horseradish, honey, cinnamon, cloves, marjoram and some secret ingredients. While her biggest joy comes from sharing her home with people, she also has to care about money. Living in Suzdal is not easy: salaries are low, prices are high. She has a son and grandson – she plans to build a new house and develop her guesthouse business. But she always offer a second helping of food, another round of vodka, additional deserts, sweets, jam... Nobody ever leaves her house hungry or without a smile!" **For 'local interaction' at it's best check out Intrepid's 8 day Russia Highlights trip ex Moscow...**

Urban Adventures *day tours with a local...*

Accra Markets Explorer 4 hours from AU\$30, a fun & interactive tour through the atmospheric markets of Accra; see craftsman, artists and herbalists in action. There's no better way to learn about Ghana's history, culture and society than at a busy market!

The Spice of Life- St Lucia 7-8 hours from AU\$103, discover a wealth of sleepy fishing villages, smouldering volcanoes and lush gardens dotted throughout St Lucia. See the Caribbean's oldest church, drive through a bubbling volcano and relax in thermal pools during this day out on a true Caribbean gem.

Art & Nature Queenstown 3hours from AU\$73, meet local art communities and gain inspiration from their work Meander past buildings and sites steeped in local history and wrap up a pleasurable morning spent walking with a delicious lunch on the waterfront. Life doesn't get more relaxing than this!

Intrepid Travel events coming up...

Melbourne:

Learn a language	06 Feb - Intrepid Carlton
Vietnam/Cambodia	07 Feb - Intrepid Bourke St
Travel Expo	17 Feb - Intrepid Chapel St
Nth America	28 Feb - Intrepid Bourke St

Brisbane:

Antarctica	07 Feb- Intrepid New Farm
Family holidays	08 Feb- Intrepid New Farm
Travel Expo	15 Feb-Intrepid Adelaide St

Sydney:

Ladies night	06 Feb-Intrepid Paddington
South India	08 Feb -Intrepid Newtown
World Festivals	16 Feb-Intrepid Paddington

Limited spaces, RSVP online today...

Visit www.intrepidtravel.com/SMA

Or call us on 1300 364 512

* All prices are per person twin share land only. All Delicious Discoveries trips have the 15% off applied. Full conditions for all/offers are available online. Offers cannot be combined. We can assist with your airfares, visas and more.

About Intrepid Travel

With 23 years of experience, Intrepid Travel is one of the world's leading small group adventure tour operators. Intrepid trips are designed to go off the beaten track, meet the locals and travel in an unconventional way, joining locals on their transport, in their markets and even in their homes. Join us for fun, affordable and sustainable travel experiences.

real life experiences...

