

CARRIER

THE PAPER

02

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YOUR CURATED GUIDE TO MEANINGFUL LUXURY EXPERIENCES

PARADISE FOUND

Cocktails, calypso and more

The Caribbean island of Anguilla delivers a laid-back wow factor

TAKE IT OUTSIDE

For fresh air and breathing space

Break from your routine with innovatively designed hotels

ONLY IN NEW YORK

Curated experiences that surprise

Go behind the scenes for a sight of the Big Apple few can find

YIN AND YANG

Balanced discovery in Vietnam

Find harmony and test your senses with a culinary itinerary



Be curious

Welcome to CARRIER, *The Paper*

With people spending more hours in front of computers, devices and phones than ever before, it's vital we take the time to revel in the great outdoors. No matter if you're in the wilderness or the city, by the mountains or the ocean, being in the open air has proven to boost our brain, body and soul.

Natural beauty can elicit feelings of awe, so maximise your time outside; we reveal the luxury hotels that take alfresco living up a notch (p.16). For outdoor winter adventures on the slopes, seek the thrill of a ski safari through the picturesque Swiss Alps and feel the freedom of never skiing the same run twice while soaking in the serenity of your surroundings (p.12). Via helicopter, husky or Michelin-starred chef, you'll view the slopes from a totally different perspective (p.14).

These are not the kind of experiences you stumble upon by chance. Carrier has built up an enviable book of facilitators, locals and experts to bring you privileged access like no other. Attend a Broadway show in New York and mingle with the cast afterwards (p.26), trek through the Basque country with a real-life adventurer (p.10), or join a resident food blogger on a street food tour of Hanoi's best culinary hot spots (p.22). Step outside with CARRIER, *The Paper* and ignite your sense of adventure and discovery to forge a deeper connection with new places.

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ONLY IN NEW YORK

An immersive trip to the cultural capital

For some of us, it's not enough to go somewhere new and merely soak it up. We're in pursuit of embracing a way of life outside of our own; we want to do something of genuine substance and to truly get under the skin of a destination.

Trust Carrier to deliver unprecedented adventure and reap the rewards of venturing outside of your comfort zone. We're here to pull off the impossible, and we'll spare you the logistics.

CARRIER



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TIME IS PRECIOUS
MAKE THE MOST OF IT

Heathrow

THE ULTIMATE
AIRPORT EXPERIENCE

PRIVATE ENTRANCE
BUTLER | LUXURIOUS SUITE
EXCLUSIVE SECURITY EXPERIENCE
CHAUFFEUR | PLANE

HEATHROW VIP

Luxury selection

WHAT TO LOVE AND WHERE TO BE RIGHT NOW

The Most Sought-After

PERFECT SLUMBER

As life speeds up, it's time to slow down

LUXURY AND COMFORT IN SAVOIR'S BED

Savoir has spent 300 hours handcrafting the £250,000 Three Sixty bed, which is decorated with a leather and maple frame and a yak-fibre

topper. This has got to be the world's most luxurious bed; the discreet turntable technology allows you to select your preferred view via an app, prompting the bed to rotate 360 degrees. Cocooned in exquisite comfort, you won't want to leave your bed, and now, you don't have to.



The Jewellery

HIDDEN REEF

Jewellery designer Annoushka Ducas delves deep into different landscapes for inspiration



Hidden Reef 18ct yellow gold, orange and pink sapphire hoop earrings, £7,500

ON TRAVEL

I have visited some extraordinary places, many of which have inspired my designs over the last ten years. I still vividly remember as a little girl seeing my first coral in the Red Sea and that sense of wonder has genuinely never left me: I couldn't believe that such intense colour existed under the sea.

ON NATURE

My trip to the Philippines last November was the starting point for my new collection, Hidden Reef. The coral there is the most amazing pink and orange – quite unlike anything I've ever seen. My designs are a quiet reminder of the need to preserve and protect the sea's delicate habitat.



From left: Hidden Reef 18ct yellow gold, orange and pink sapphire cuff, £14,500; and earrings, £1,100



From top: Hidden Reef 18ct yellow gold, orange and pink sapphire drop earrings, £10,500; 18ct yellow gold and diamond ring, £8,500

ON THE SEA

The sea is a vital part of my life and work. My family and I have lived in West Sussex for nearly 20 years. We are based two miles from the sea, which I love, with the Downs on the other side. It has to be one of the most beautiful parts of England and there is nothing more relaxing than walking the dogs on the beach.

ON GIVING BACK

I'd love to return to Ethiopia soon to further explore the amazing stones that are out there: I have always loved using Ethiopian Opals in my designs as they have the most incredible fire. I work with a women's micro-finance charity that is based in Addis Ababa and can't wait to see the progress that they have made since my last visit.

The Art Edit

SCULPTURE BY THE SEA

The long coastal stretch of Bondi Beach is soon to be transformed into the world's largest free sculpture exhibition. Running from 24 October until 10 November, the 2km immersive event includes 100 artworks by international artists. Drop in to one of the free weekend Aqualand Artist Talks to hear their insightful stories and perspectives on their work.



Bondi Beach



Sandra Pitkin, Wave Within, Sculpture by the Sea, Bondi, 2019, Photo: Jessica Wyld



The Accessory

NEXT LEVEL

Glide like pro skier Gaidet

The luxury flagship store Maison Orcel located in *Hôtel Barrière Les Neiges Courchevel* has joined forces with Manu Gaidet, the Triple Freeride World Champion in 2003, 2004, and 2005, to launch the 'Barrière by Manu Gaidet' skis. Perfect for those who wish to look stylish whilst mastering the slopes, these precious, limited edition blades combine mahogany and maple with carbon to provide technical innovation that knows no limits, plus they can be further customised to suit specific needs.

The Insider

IT'LL BE ALL WHITE

How to nurture a happy heart in Val Thorens



1

Let your body relax on a ski serenity session with practitioner Caroline Vincent. Her gentle voice guides you through the slow and steady movements of Qi Gong on the slopes, while additional therapeutic massages and meditation classes make for a truly mindful ski break.

2

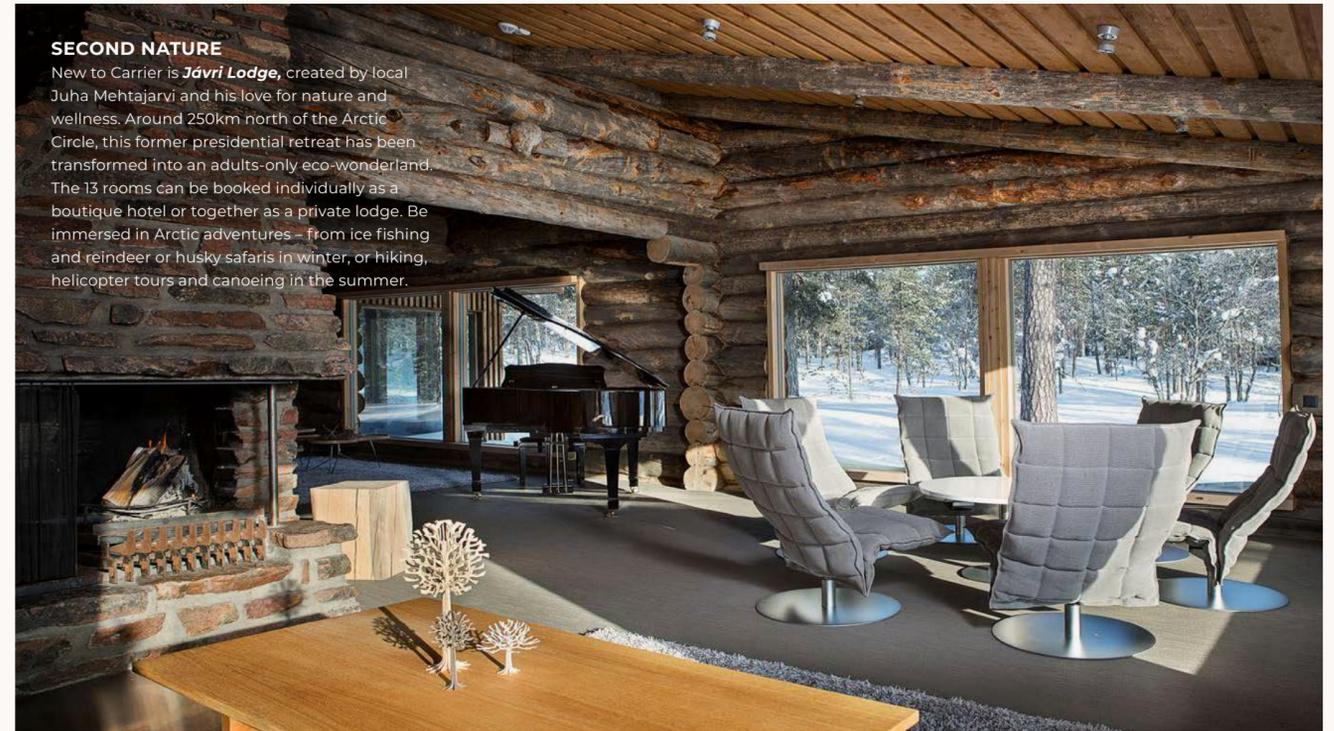
Access all wellness areas at *Altapura*. The hotel offers wellness workshops as well as relaxing massages, facials, exfoliations and wraps. With more than 10,000 sq ft dedicated to muscle relaxation, physical preparation and recovery, it's the perfect spot to find calm after a day on the slopes.

3

After hours of skiing, tradition dictates that you tuck into cheese, bread and potatoes. Not any more. The vegetarian bistro, *Supernova*, has brought the clean-eating scene to the French resort with a plethora of pressed fresh juices and homemade guilt-free treats.

SECOND NATURE

New to Carrier is *Jávri Lodge*, created by local Juha Mehtajarvi and his love for nature and wellness. Around 250km north of the Arctic Circle, this former presidential retreat has been transformed into an adults-only eco-wonderland. The 13 rooms can be booked individually as a boutique hotel or together as a private lodge. Be immersed in Arctic adventures – from ice fishing and reindeer or husky safaris in winter, or hiking, helicopter tours and canoeing in the summer.



WINTER IN WHISTLER >

If you're heading to Whistler, be one of the first to stay in a newly renovated suite at the *Fairmont Chateau Whistler*. Reopening just in time for Christmas following a \$4.3 million investment, the suites feature modern alpine design, spa bathrooms and fireplaces; imagine a romantic evening in front of the fire after a day on the slopes. For a family affair, the new Two Bedroom Suites are separated by an expansive residential-style living space – perfect for entertaining.



PRIORITY ON THE PISTE

Everyone knows that the key to a successful day on the slopes is down to the après offerings. The mountain club El Paradiso Lounge in St Moritz offers quality quiet alpine time even during peak season. Hotel guests of *Giardino Mountain* benefit from priority access to this elite hotspot, so reserve a table in the newly furnished Lounges & Bar area or step outside onto the sun terrace for truffled beef tartare and a glass of Dom Pérignon.



The News Flash

TRAVEL UPDATES

Winter is coming so don your salopettes and head out into the snow



< **GRAND DESIGNS**

With a clientele of A-listers and billionaires it's hard to believe that Aspen's only ski-in, ski-out hotel, *The Little Nell* could get any better; but it has. Evoking a sense of elevated Aspen living, world-renowned design firm Champalimaud has redesigned spaces such as the lobby, living room and ski-in bar, Chair 9. Slopeside favourite restaurant, Ajax Tavern, has also been refreshed; its sun-drenched mountainside patio is a premier spot for après-ski in winter and live music in the summer.



< **ALBERTA'S EXPERT ADVENTURER**

Our travel expert Amy's life-changing trip to Canada inspired a new kind of snow experience – The Alberta Adventure. In Banff, there's the challenging Delirium Dive – one of the top 10 off-piste destinations in the world – the quieter Banff Gondola on Sulphur Mountain with striking views of the town, or a mix of fun and action with the privately guided Snowshoe Adventure, made famous by films like *The Revenant*. Follow in Amy's footsteps on a private tour of Abraham Lake Ice Bubbles, a helicopter ride over the Canadian Rockies and a scenic snowshoe hike.



Pasaban climbing K2



Pasaban with two Nepalese women

“When I travel, I try to share life lessons and experiences with the people I meet – it teaches you to value life much more.”

talks to business, cultural and educational companies and organisations. Pasaban also founded Kabi, a mountain guide company, so that others can get to know and explore some of the most beautiful mountains of the Pyrenees and Basque Country, accompanied by expert guides. Carrier asks her why she wants to share her passion for the mountains with you, too...

How can the great outdoors enhance wellbeing and meaning in your life?

We live in a society where we never stop, where things are done very quickly, and where stress is a big problem. It's so important to take a moment to think about these aspects of our lives. Taking time to be in and surrounded by nature and the great outdoors can help us reflect on where we are and where we want to be. I truly believe that being outdoors opens the mind.

Do you think difficult mountain expeditions can challenge people in a positive way?

Absolutely. The different obstacles I've faced have helped me to better understand myself. I now know where my limits are and every problem, no matter how big or small, helps me improve myself every day. Whenever you're taken out of your comfort zone, you always learn something new.

How do you engage with the local culture and people when you are in a new place?

On all the trips and expeditions I have been on, the things that are the most enriching are the people and their cultures. When I travel, I try to share life lessons and experiences with the people I meet – it teaches you to value life much more.

Is it important for us to set new goals and challenges for ourselves?

Yes. There are moments when you ask yourself if your life makes sense – I often find that I've lost my motivation. Having goals and dreams means that your life has an exciting path to follow and gives it meaning.



Pasaban on Annapurna

LIFE LESSONS WITH

EDURNE PASABAN

Edurne Pasaban was the first woman in the world to climb all 14 of the world's peaks measuring over 8,000m, 13 of which she climbed without oxygen. Along the way she's suffered some serious hurdles; in 2004 she completed K2, considered the world's most dangerous mountain, but had a near-fatal escape and lost two toes to frostbite. As a result of the experience, Pasaban was hit by depression, but eventually found the strength to continue on a new path and went on to complete her epic challenge in 2010.

Originally from the Basque Country, she has travelled the world, but always returns to her family home in Tolosa. To this day, she consistently challenges and overcomes the stereotypes of what it is to be an adventurer. Nowadays, she combines her sporting career with the business world, offering motivational



Travel in style with **British Airways**

Passionate about creating the best night's sleep and service in the sky, British Airways recently undertook a £600 million investment to transform its Club World experience

British Airways is introducing exclusive amenity kits and specially designed bedding by luxury lifestyle brand, The White Company, a new fine dining restaurant-style experience and a refreshed breakfast service on all long-haul routes from London Heathrow and London Gatwick from early 2019.

INTRODUCING THE NEW CLUB SUITE

Available on selected flights from September 2019, the new Club Suite seat offers direct aisle access and is your own personal space to sit, sleep and relax.

REVIVE AND RENEW

Premium passengers departing from London Heathrow Terminals 3 and 5 and New York JFK Terminal 7 can float on to their flight following a 15-minute complimentary skin therapy treatment at the ELEMIS Travel Spa*. Melt tension away and rejuvenate the skin, leaving you runway ready.

LOUNGING ABOUT

Access to welcoming lounges worldwide is yours whenever you fly Club World. Catch up with last minute emails, charge mobile devices or simply unwind with a glass of champagne. Its Sleeper Service offers a pre-flight meal option to ensure the maximum undisturbed sleep whilst in flight**.

THE HEIGHT OF FLAVOUR

Bringing the best food and flavours to the sky, enjoy a new restaurant-style fine dining experience with freshly prepared cuisine showcasing the best of mouth-watering British produce paired with fine wines. Each meal is elegantly presented on a table setting of fine china, and with glass crystal-cut tumblers.

SWEET DREAMS

The White Company capsule collection is exclusively designed to enhance your sleep experience in the sky. A larger, crisp white 200-thread-count pillow compliments the luxurious quilted duvet and mattress topper, along with a satin-trimmed woven blanket, providing an extra layer of comfort.



*Complimentary ELEMIS Spa Treatment is subject to availability on arrival at the ELEMIS Travel Spa.
**Sleeper Service available on selected long-haul overnight flights only.



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Carrier is proud to be one of a handful of travel companies across the UK to have achieved British Airways Preferred Partner status. Our long established relationship allows Carrier priority to the latest news as well as access to highly competitive fares across the British Airways network.

The scenic route

Traversing the mountains of Switzerland during the winter months reveals more than fine powder and great après ski, particularly when you're on board the Glacier Express

When it comes to panoramic scenery, Switzerland excels. The country has it all: soaring summits, dramatically-chiselled glaciers and glittering lakes – and Swiss public transport weaves its way through some of the most show-stopping sights. One of the densest networks in the world, it's also the most popular. A mass of 29,000 kilometres of railways, roads and waterways supply the country with comfortable, punctual and hassle-free connections.

Travelling by train in this part of the world is as enthralling as it gets, especially if you happen to hop aboard the Glacier Express. This is no ordinary train journey – you'll be enjoying the best seats in the house in Excellence Class, which launched in February this year. The new carriage is a throwback to the golden age of travel, when a journey wasn't simply a question of getting from A to B. Here, sip local wines while watching glaciers go by from the comfort of guaranteed window seats. Your personal concierge can provide anecdotes and information about the nature, culture and people you meet along your journey.

With bags dispensed of and champagne corks popped for welcome drinks beneath the gold-plated compass in the Glacier Bar, take your seat for a five-course lunch of regional delicacies, accompanied by wines, amuse-bouche and more champagne. All dishes are freshly prepared in the on-board kitchen, including the delicate patisserie treats served at teatime, with a side order of outstanding views.

Tick off the highlights of the alpine chain – from the soaring 2,033-metre high Oberalp Pass to the 400-metre deep Rhine Gorge – while diving through 91 tunnels and over 291 bridges on the eight-hour journey from Zermatt to St Moritz via Andermatt (or vice versa). It offers the rare opportunity to combine one of the most spectacular train journeys in the world with the most iconic Swiss ski resorts.

Zermatt is at the foot of the towering Matterhorn, making it one of the most memorable and picturesque ski resorts in the Alps. Skiing up to 3800m, there's something for everyone and the high altitude means stunning panoramas and fantastic snow conditions all year round. Around 360 kilometres of blue, red, black and yellow runs promise fantastic skiing, particularly for intermediate to advanced skiers. Of course, activities aren't solely for snow lovers. The picturesque,

Experiencing the mountains of Switzerland is a true feast for the senses – and travelling in style doesn't get much better than this

traffic-free village is chocolate-box perfect with its authentic barns on stilts, cobbled streets and horse-drawn carriages, but also offers the best in designer shopping, luxury hotels, independent coffee shops, superb restaurants and lively après ski.

On the way to St Moritz, a stop at the lesser-known but authentically traditional Andermatt offers plenty of respite for weary ski legs. The slow-paced mountain village is located at a crossing point between high mountain passes, used as a resting place by travellers for centuries. Due to recent investment in the lift system, there's now a link to the nearby family-friendly Sedrun resort, making it the largest ski resort in central Switzerland with more than 120km of linked slopes. However, many come here just to visit the calming oasis of *The Chedi Andermatt*, home to 2,400m² of indulgent spa space, including ten deluxe spa suites and a zen-filled Tibetan Relaxation Lounge.

The final destination is St Moritz – as the birthplace of Alpine winter tourism, this glamorous region has already hosted two Winter Olympic Games and five Alpine World Ski Championships. In addition, an array of festivals and events make this a sought-after resort before you even carve powder – the annual gourmet festival, snow polo, classic car racing, not to mention the world-famous toboggan track, the Cresta Run, provide year-round entertainment. St Moritz offers a rare combination of snow and sun, and with 350km of pistes over four separate sectors, it's a great choice for all abilities, particularly intermediates.

Experiencing the mountains of Switzerland is a true feast for the senses – and travelling in style doesn't get much better than this.



Blue-sky thinking

Hitting the slopes takes on a whole new meaning as we reveal the most memorable and extraordinary ways to experience Europe's snow-capped skiing destinations

Words: Lauren Romano

Spectacular scenery, exhilarating terrain and high-profile winter hangouts: there's no denying that Europe's alpine peaks possess a certain allure. With its sprinkling of historic resorts that promise the best of winter sports, scenery and service, it's little wonder that the region is the snowy stomping ground of choice for both avid adventurers and beginners alike.

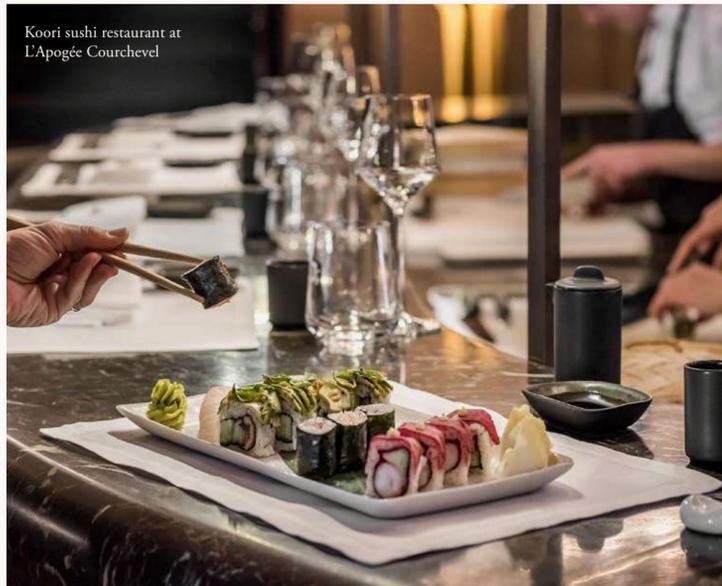
But if you think there's nothing more to alpine destinations than winter sports, think again. Rather than head straight for the ski lifts, why not take to the skies in a helicopter in search of untouched powder, or refuel with a slope-side picnic prepared by an acclaimed chef? Thanks to our network of locals on the ground, Carrier can open up enviable and authentic ways to access the mountains. Here's how to go off-piste in style...

BE (MICHELIN) STAR-STRUCK IN COURCHEVEL

Fine dining hits heady heights in Courchevel. Famed for its reputation as the St Tropez of snow, Courchevel is a cut above in every aspect – and its gastronomic scene is no exception. The cluster of six picturesque villages has one of the highest concentrations of Michelin-starred restaurants in the world – with six establishments forming a dazzling constellation of 11 stars.

Epicurean skiers will be in their element here, with restaurants overseen by revered names such as Pierre Gagnaire and Yannick Alléno. The surrounding Savoie region meanwhile, is renowned for its stellar produce, particularly its wines, which tend to be of the crisp white variety.

Away from the pristine, white table-clothed dining rooms, there are other ways to treat the taste buds, such as spending the day with a skiing chef from the *L'Apogée Courchevel* hotel. Swapping his chef's whites for salopettes, chef Jean-Luc Lefrançois guides a party of only four over the slopes of the Couloir (the route is tailored according to ability), armed with his specially prepared picnic for the group to enjoy on piste. The gastronomic adventure continues back at the hotel, when Jean-Luc invites guests to toast the day with a glass of champagne at the open kitchen at Koori sushi restaurant while he demonstrates how to prepare a signature dish from the menu.



Thanks to our network of locals on the ground, Carrier can open up enviable and authentic ways to access the mountains

SOAR OVER THE MOUNTAINS

For some skiers, swooping down the mountainside delivers a sensation akin to flying, but to truly soar, nothing beats taking to the skies in a helicopter. The hovering motion, the constant hum of the propellers, the unmatched views – the thrill of riding in a chopper is exhilarating, especially when the panorama is as entrancing as the Dolomites. And *Rosa Alpina*, a beautiful, family-owned spa retreat in South Tyrol, offers one of the most unforgettable tours around.

A 10-minute helicopter flight takes in some of the Dolomites' most impressive peaks, including the lofty Marmolada Glacier, the Three Peaks of Lavaredo and Cinque Torri, before landing at Rifugio Averau for an aperitivo of Italian sparkling wine served with a selection of cold meats and cheeses produced in the surrounding valleys.

The local fuel will help power a morning of skiing, led by an alpine guide, to San Cassiano for lunch at Rifugio Scotoni – a hidden gem of a restaurant known for its barbecues – before following the trail down to the nearby icy waterfalls. The day finishes with a horse carriage ride through the snow back to Rosa Alpina, by which point you will hopefully have worked up an appetite for dinner at one of the hotel's restaurants, such as the elegant three Michelin-starred St Hubertus.

EXPERIENCE AN ANCIENT TRADITION

Ploughing your way through snowy terrain on a motorised snowmobile is undoubtedly a high-octane way to experience the slopes, but for traditionalists, dog-sledding provides a more serene – and silent – way to soak up the natural surroundings. Dogs have been pulling sleds for millennia; it is thought the practice originated in remote communities across the Arctic, Siberia and North America in around 2000 BC. Today, machinery might have the advantage in terms of speed – although dogs can still reach an exhilarating 25-30mph – but the adrenalin rush and sense of connection that comes with this traditional means of transport ensures its enduring appeal. As do events such as La Grande Odyssée Savoie Mont Blanc, a 900km dog sled race through the French and Swiss Alps that takes place every January (the 16th edition runs from 11-22 January 2020), drawing huge crowds.

In a quiet hamlet just outside Megève, where one of the race's stages takes place, *Alpaga* is also reviving the time-honoured pursuit. The high-altitude hotel will ensure you spend quality time together with friends and family, either nestled in one of its chalets or suites, which are inspired by local traditional architecture, or, indeed, venturing outdoors. In the company of Alaskan Malamutes, you can experience the alpine setting in the most magical way and learn to guide the dogs with voice commands and movements. Each 30-40 minute journey can also be tailored, with the option of including a tasting of regional cheeses and charcuterie, a snow racket walk, a snow-scoot or luge.

LOOK THE PART

With its jet-set clientele and glamorous heritage, it stands to reason that Europe's most storied skiing destinations have long been the place to see and be seen. With a generous dusting of high-fashion boutiques, the different regions' resorts are harbingers of impeccable taste.

Via Serlas in St Moritz is the epitome of style and luxury – the world's highest shopping promenade, is home to world-renowned brands such as Miu Miu, Gucci, De Grisogono and Cartier, making it the perfect place to browse the latest high jewellery and fashion collections in elevated surroundings.

Shopping here is about taking the time to appreciate craftsmanship and creativity, which is why the town's iconic *Badrutt's Palace* hotel will host its third series of Fashion Nights during the winter season. The programme of exclusive in-store events invites Carrier guests to enjoy a unique VIP shopping evening. Last year, highlights included an artisan demonstration of the shoe-colouring process at Santoni, a women's day celebration at Ogier and a special launch event to mark the opening of the Breilting boutique – and this year's line-up promises to be just as memorable.

Let's take this outside

HOTELS AND ROOMS THAT EMBRACE THE BENEFITS OF ALFRESCO LIVING

We cleverly sustain ourselves in places that are windswept and wet for most of the year, so when we travel to sunnier climes we want to make the most of bright mornings, hot lazy afternoons and warmer nights. We're also seeking a break from routine, to step out of our daily comfort zone and try something new. We reveal hotels, rooms and experiences that take outdoor living up a notch.



PARADISE ON A BOARD

With a Tropic Surf centre exclusive to guests of **One & Only Palmilla, Mexico**, it doesn't get much easier to hang ten in style. The stunning coastline of the Baja Peninsula

is a surfer's paradise regardless of age and ability with sand bar beach breaks, short and punchy reef breaks, and long rolling pointbreaks. Resident Tropic Surf pros Mike and Dan know the resort and surrounding waves better than

anyone and can find the most secluded waves for a truly authentic experience. When was the last time you tried something new? This is your chance to learn secrets from the experts and ride the best waves of your life on eco-friendly boards.

POLAR EXPRESS

Ever heard the musical call of a beluga whale? Or seen the eight-foot tusk of a narwhal? Step aboard the ultra-luxury cruise line **Seabourn** for the rare chance to see these magical creatures. Between July 2021 and April 2022, Seabourn Venture, the line's first ultra-luxury purpose-built expedition ship will set off on its maiden journey across Northern Europe and the Arctic, where guests can explore the most remote and least-populated of its destinations. Catch glimpses of polar bears, seals and shining blue-white glaciers and, with two custom-built submarines onboard, you can experience an unforgettable view of the world beneath the ocean's surface.



BREATHING SPACE

Cut into the rocky cliffs overlooking Daios Bay in **Crete** is **Daios Cove Luxury Resort & Villas**, where the suites and villas seamlessly blend in with the rugged surroundings to create a natural hub of beauty and serenity. Recharge and reconnect in the premium living space 'The Mansion',

which provides 600sqm of spacious open-plan living on three levels, as well as an expansive terrace and deck area for alfresco dining. The infinity pool is the perfect place for reflection and your daily invitation to take in the panoramic views of the stunning Cretan landscape, leaving you feeling inspired and invigorated.



WHERE THE HEART IS

For the ultimate in discreet, understated, casual luxury with the space and privacy to do as you please, **Jumby Bay Island, Antigua** has private residences that are no ordinary homes. One such example, **Dragonfly**, is a 10,000 sq ft tropical estate that comes with a grand infinity pool,

outdoor soaking tub, your own tennis court and a PGA caliber putting green with golf simulator. Epicures can become locavores at the Jumby Bay Farm, a unique location for a private farm-to-table dinner set under the stars, where chefs create sustainably harvested dishes using the farm's organically grown ingredients.

**CARIBBEAN
CASTAWAY-CHIC**

The resident island tortoises at *Mandarin Oriental, Canouan* in *The Grenadines* set the scene for slow living. Here, laid-back luxury fuses with castaway-chic to create a level of escapism reserved

for the truly elite. Maximise your time outside in this dreamy setting, taking advantage of your personal butler who will serve up anything you desire direct to your sun lounger. Whether it's a Coconut Cosmo cocktail or a frozen aloe vera cube to soothe your sunburn, your wish is their command.



**GOING ALL-OUT WITH
ALL-INCLUSIVE**

Miles of idyllic sandy beach, acres of Mayan jungle and a plethora of open-air indulgences await at *Grand Velas Riviera Maya* in *Mexico*. The tranquil all-suite, all-inclusive resort embraces the Yucatán Peninsula's natural flora and fauna into the design, fusing the serenity of the Caribbean with the vibrancy of the surrounding ancient cultures, to offer stunning views and a relaxed ambiance. Whether you're feeling romantic, zen or adventurous, there's an experience and suite tailored just for you, from photography safaris and movies under the stars to snorkelling and kayaking. Before you leave, cement your roots here on an eco-tour, with the opportunity to plant your own tree – a lasting legacy to the environment.



PERFECT HARMONY

For some, *Dubai* is all skyscrapers and shopping malls, but hidden in a quiet spot within *Madinat Jumeirah's* captivating waterways is the resort's most luxurious accommodation: the *Jumeirah Malakiya Villas*. This

architectural marvel of seven exclusive villas connects the man-made with the natural for your own secluded piece of outdoor living, complete with butler service. With views of 'ancient Arabia' and delicate touches of splendour, everything here is private, from the terraces to the plunge pools.

Whether you're feeling romantic, zen or adventurous, there's an experience and suite tailored just for you



GO ABOVE AND BEYOND

It's time to step out of your comfort zone and try some exclusive activities that will change your outlook on life, build new skills and provide a wealth of precious memories. Carrier speaks to experts from COMO Hotels and Resorts to find out what the natural world has to offer

Words: Marianne Dick

TRUFFLE HUNTING IN TUSCANY

While summer in Tuscany is splendid, autumn is when this Italian region really blooms. Quintessential Tuscan flavours are in their prime and an atmospheric mist rolls across the hilly, evergreen landscape. At *COMO Castello Del Nero*, a converted 12th-century castle, La Torre boasts a Michelin star; you can accompany a truffle hunter and, crucially, a truffle hunter dog in their search to unearth the rich and precious fungus before gorging on dishes abundant with some of the freshest ingredients you're likely to ever taste.



TOP TIPS from executive chef at *COMO Castello Del Nero*, Giovanni Luca Di Pirro:

"The perfect truffle season is the end of October and the whole of November, and the truffle in question is the prized white one. As both white and black truffles are amongst the most coveted food ingredients and are highly seasonal, they come with high demand and a high price which ranges from €2,500 to €3,500 per kilogram."



PADDLE BOARDING IN TURKS AND CAICOS

One of the most serene aquatic activities, paddle boarding, is hardly a new phenomenon, however the topography of *COMO's* private island resort in the Turks and Caicos, *COMO Parrot Cay*, means that guests can marvel at some wondrous wildlife. Embark on a private two-hour tour to catch a glimpse of turtles, rays, herons and pelicans, while navigating between leafy mangroves.



TOP TIPS from *COMO Parrot Cay's* recreation manager, Aldo Escobar:

"Exploring the mangroves of North Caicos is like going on a water safari because of the wildlife you see while paddle boarding. Along the way, with one of the *COMO* property's experienced guides, you will spot sealife, including small local fish and conch, as well as starfish. If lucky, you might also see some pink flamingos – none of which are endangered but are thriving in their natural surroundings."



TAKE TO THE WAVES IN BALI

Indonesia, and Bali in particular, is in prime position to receive waves that roll in from storms deep in the Indian Ocean, making it a fantastic (and warm) surfing spot all year round. *COMO Uma Canggu* is perched on the southern shore and the area's chilled out beach vibe can be felt throughout the hotel – think fresh, grilled seafood and tangy fruit cocktails.

A 'Surf and Stay' experience here includes daily surf lessons and group activities such as yoga or pilates, plus one deep tissue massage per stay. This is one of the best ways – and locations – for surfing beginners, too.



TOP TIPS from the *Tropicsurf* team at *COMO Uma Canggu*:

"If you don't try it, you'll never know what you're missing out on. Surfing is an amazing way to explore and experience the powers of nature, plus it can be a source for learning more about oneself. If all people would learn how to surf, the world would become an even happier place."

WATER PURIFICATION CEREMONY IN BALI

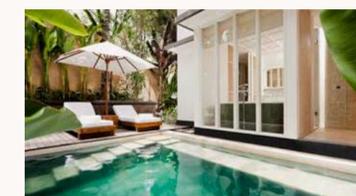
At *COMO Uma Ubud*, a halcyon resort settled amongst lush paddy fields, a visit to a 1,000-year-old temple is made even more spiritual with the addition of a traditional water purification ceremony. Take four hours out of your day to submerge your body in the local healing waters.

Water purification (locally known as "Melukat"), is a ritual process that uses holy water to achieve self-purification and the cleansing of both the body and the soul. This includes purifying the aura and karma from past lives, aligning and clearing the chakras, and removing disease.



TOP TIPS from expert guides at *COMO Uma Ubud*:

"Usually, this ritual is performed on auspicious days such as Kajeng Kliwon, which is a point in the Balinese calendar that is believed to have magical powers, thus inspiring people to remove any negativity. It's also a common practice when there is a full moon – called Purnama – or a new moon – Tilem."



SNORKELLING WITH WHALE SHARKS IN THE MALDIVES

COMO Maalifushi is an idyllic private Maldivian island that is surrounded by the bubblegum blue waters and china white sands synonymous with this part of the world. While close to paradise, the area's native whale sharks are now endangered. In light of this, *COMO Maalifushi* has teamed up with *ECOCEAN*: a not-for-profit research organisation that aims to conserve the whale shark population. You can choose to watch from a boat as these gentle giants feed, or jump in and snorkel in between them.



TOP TIPS from *Dr Brad Norman*, director and lead scientist at *ECOCEAN*:

"Seeing whale sharks feeding under the boats in Thaa Atoll at night is an incredible experience. We hope our research will tell us more about their behaviour in Thaa Atoll, and ultimately contribute to global knowledge and conservation of the species."



The principle of yin and yang

Find balance and test your senses in Vietnam with a food-filled itinerary of colourful and flavourful dishes, picked out by locals

Words: David Taylor

From the capital of Hanoi, with its stunning architecture, to the heady delights of Ho Chi Minh City, take in the all-encompassing metropolis, people, and food of such a diverse country. As well as staying in the best luxury retreats, such as *Four Seasons Resort The Nam Hai*, explore the most enchanting culinary scene.

Due to Chinese control of Vietnam from 111BC to 938AD, local dishes showcase a strong focus on traditional Chinese medicine: philosophically balanced, it takes the best of the region and perfects it, creating a distinct and unforgettable flavour profile. Finding a balance of bitter, spicy, sour, sweet and salty flavours, Vietnamese food corresponds to the five elements of fire, metal, wood, earth and water through each fragrance, colour and taste. Take the use of the fermented fish sauce nuoc mam, the juice of the kalamansi citrus fruit, or sweet/spicy tamarind and chilli peppers: it's a gastronomic treat for the five senses.

It's also seen as one of the healthiest cuisines in the world, due to its fresh ingredients, negligible use of dairy and oil, and focus on vegetables, spices and herbs. The principle of Yin and Yang is central to the kitchen: after all, a balanced meal means a balanced body. Push your exploration beyond its normal limits by delving into the vibrant and fresh flavours of lemongrass, ginger and mint, while indulging in dishes unique to each part of this fertile and lush country.

On the bank of the Red River is Vietnam's capital, Hanoi. Wide, tree-lined boulevards and luxury villas mix with ancient streets, making this a lively and vibrant city. There's certainly plenty to enjoy in Hanoi with its traditional entertainment, fascinating history and, of course, its mouth-watering street food, whose vendors provide Hanoi's almost 8 million stomachs with perfect treats day and night. Many of Vietnam's most famous dishes are said to have their beginnings in Hanoi, including Phở, the country's world-famous rice noodle soup.

There's a place for tradition and a place for innovation, and it's here that food bloggers like Van Cong Tu are an invaluable source of local knowledge. A street food tour with him will reveal the area's best culinary spots. Try stir-fried noodles with beef at his favourite spot, or grab bún chả, a charcoal-roasted pork in a sweet/salty soup with rice noodles and lettuce – it's a local favourite.

How long do I need?

11-13 nights

When should I go?

Spring (February to April) or autumn (August to October)

Where can I stay?

- **Hanoi** – Sofitel Legend Metropole Hanoi
- **Hue** – La Residence Hotel & Spa
- **Hoi An** – Four Seasons Resort The Nam Hai
- **Ho Chi Minh City** – Park Hyatt Saigon

What's Carrier's top tip?

Experience Saigon's famed coffee culture while enjoying a language lesson

Want more?

Take a look at Carrier's 'A sense of Vietnam' itinerary to discover all of this and more



Shopping in Hoi An

As balance is all-important, time spent in the big city should be paired with something a little more serene. Halong Bay, a UNESCO World Heritage Site, is famous for its thousands of limestone islets dotting the sea and tropical, evergreen setting. The best way to see this unique part of the world is by 'junk', a type of ancient Chinese sailing boat. Hop aboard Violet, a traditional deluxe vessel, for an overnight cruise to discover the otherworldly Tien Ong cave, a natural and ancient grotto with stalactites shaped like peacocks and crocodiles and stone artefacts from the Hoa Binh, a mystical community that lived as long ago as 10,000 BC.

Experience the beauty and serenity of Cua Van, Halong's largest floating fishing village, with its fishermen always ready to educate tourists about their traditional culture and customs. Watching nets be made and the fishing itself is an experience not to be missed, and reinforces the importance of learning how best to live life sustainably from those who call the area home.

For a few more life lessons, a cooking class on the Violet with its chef is a good way to perfect your seafood dishes, as Halong Bay is home to a healthy number of cuttlefish, oysters, prawns and lobsters. Wash your hard-earned food down with a few drams of sticky rice wine or try a Moscow Mule, made – of course – with Hanoi Vodka.

With a population of 8.6 million, it's impossible to remain disconnected from the sights and smells of the bustling Ho Chi Minh City. This is Vietnam at its most high-energy, a heady, disorienting destination, where local vitality and pace of life carry you away to the very essence of what it means to be Vietnamese.

Exploring the back streets and eateries of what was once known as Saigon is a thrilling enough experience on foot, but here, Carrier goes the extra mile. Hop on the back of a Vespa with an expert guide leading the way through street food stalls, to restaurants run by Michelin-starred chefs, to the once-in-a-lifetime experience of Ben Thanh Market. Expect to be welcomed by stall owners selling everything you love – and things you've never even considered. Wind your way through the labyrinthine aisles to the wet market at the back of the complex to find a dizzying array of local produce and ingredients laid out for Saigon's hungry throngs. As dusk falls, the surrounding restaurants open their doors, drifting the scents of their wok-fried noodles and barbecued fish until the early hours – much needed after an afternoon of giddy sightseeing.

Ho Chi Minh City isn't necessarily all action – an escape from the city is possible by spending time with local farmers and their families among the rice paddies and fruit farms of the fertile Mekong Delta. This tranquil setting is the perfect retreat – spend time among its floating markets and Khmer pagodas, dotted along the many canals and waterways that crisscross the landscape of the 'Rice Bowl of Vietnam'.

The hectic and the calm; the loud and the quiet; you'll leave Vietnam with your body and mind in perfect harmony.



Halong Bay



Seven Seas Voyager®

W e all like to try and seek out unspoilt spots that are off the beaten track when visiting a new destination, whether it's by researching prior to our trip or asking someone who has already been. It's rare to experience true authenticity. Through Carrier, Regent Seven Seas Cruises® has recently introduced a set of local tours to its sophisticated excursion options – all free of charge, of course, in keeping with the company's promise to offer a truly unrivalled experience.

For many families, mealtimes grant the opportunity to catch up on each other's lives, and many of the expeditions involve sharing knowledge and stories over food. A stop-off in Bordeaux is elevated from what might usually include a tour of its 18th- and 19th-century architecture and a tasting of its famous wines, to a traditional dinner in a French family home in the heart of the medieval region – which guests will be chauffeured to, so that they can take in the verdant scenery. Diners will learn how residents live day-to-day and gain insight into seasonal ingredients, plus they may be bestowed

River deep, mountain high

What better way to soak up a culture than to spend time with those who live, work and breathe it? Regent Seven Seas Cruises®' new local tours connect its passengers to communities through a range of once-in-a-lifetime experiences

Words: Marianne Dick

a secret recipe that's been handed from generation to generation.

Cruises via Valencia treat guests to a more hands-on dining experience by teaching them the ancient custom of making paella on an outdoor wooden

furnace. Aspiring chefs will be escorted to L'Horta – a farming area on the outskirts of the city – where they'll be able to literally pluck some of their ingredients from the surrounding land.

Another of the cruise line's local tours

involves joining a Corfiot family farm in the picturesque hills of this Ionian island. While guests won't be expected to do chores, they'll be allowed to feed the animals, pick juicy cucumbers and tomatoes, and taste silky honey straight from the hive. Finally, a trip to a nearby bakery should satisfy everyone's saccharine senses for the day.

Foodies with a penchant for the arts will be drawn to the Florence tour, which whisks partakers off to Oltrarno's daily market: one that is popular with the city's inhabitants, but generally unfrequented by tourists. They'll be encouraged to brave the popular Florentine street food, lampredotto, and won't be allowed to leave without indulging in a creamy, cooling gelato. The tour is rounded off with a visit to some rarely-visited artisan studios.

Gain a deeper understanding of foreign cultures and connect with locals in a way that wouldn't be possible without expert knowledge of these areas and their people. Experiences to treasure forever now await you on Carrier's luxury cruise offerings with Regent Seven Seas Cruises® – and they're all included within exquisite itineraries.



Paella making in Valencia



Wine tasting in Bordeaux



Florence

Paradise found

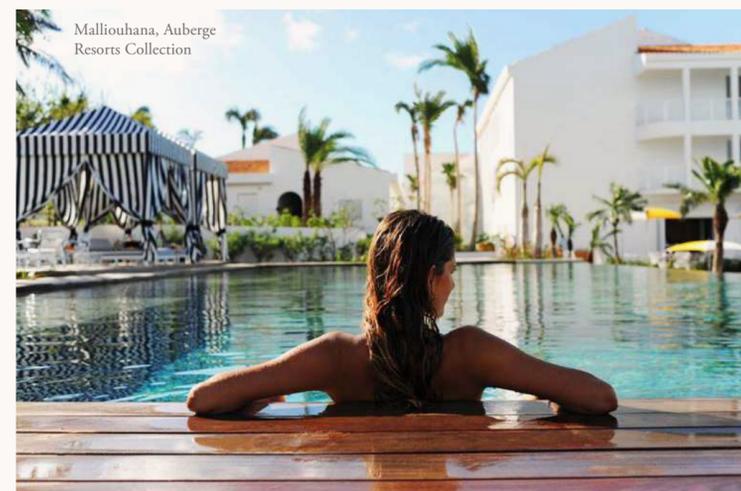
While the West Indies is known to sun-seekers the world over for cocktails and calypso, Anguilla delivers a more laid-back wow factor



Zemi Beach House



Malliouhana, Auberge Resorts Collection



Malliouhana, Auberge Resorts Collection

The Caribbean island of Anguilla is known to be the choice blissful refuge for international stars and celebrities seeking a quieter life. Measuring only 35 square miles, this welcoming community is just a short 20-minute boat ride from the neighbouring island of St Maarten or a 40-minute flight from Antigua – the perfect pairing for a pre or post stay.

Private jets flock to Anguilla over Christmas and New Year when hotels have waiting lists and restaurant reservations are made well in advance, so you'll need to plan ahead for a festive break – early December and post-New Year are the best times to make the most of the unspoilt and uncrowded marshmallow-soft sands. The island is small enough to explore in a day, but taking two days – one by land and one by sea – is the ideal.

By land, hire a driver, rent a bike or pack the whole family into a Mini Moke for a self-driving tour of the island. The rows of tropical palm trees and quiet roads are a safe haven. Bordered by the lush archaeological treasure Fountain Cavern National Park and set on Shoal Bay East Beach, voted one of the best in the world, is *Zemi Beach House*, a perfect resting spot for body and soul.



Belmond Cap Juluca

Paying homage to the indigenous spirit of the island, the Rhum Room here offers more than 100 small-batch, single-estate rums, and you can be guided by your own personal rummeller, as you sink into a plush leather sofa and match flights of liquor with juicy prawn tempura or local fried plantain.

On the second day, explore the island by sea with a private yacht charter. Visit coves you couldn't otherwise reach and end with lunch at one of the offshore cays such as Scilly Cay – it's completely uninhabited but has a charming daytime restaurant, serving fresh grilled lobster, chicken and crayfish.

Dubbed 'the culinary capital of the Caribbean', Anguilla leads the way in culinary delights. A relaxed lunch might entail a trip to Meads Bay for freshly-made fish tacos and spicy jerk chicken sandwiches at Blanchard's beach shack. Alternatively, a casual lunch of red snapper ceviche at Straw Hat restaurant will impress you with its stunning views. Catches of the day arrive straight from the nets of local fisherman every morning; you'll be pushed to find any place with grouper that's this fresh and delicious.

Often the finest luxury in life is choice, and when deciding where to stay on Anguilla, you will be spoiled for it. After a multi-million dollar renovation, all eyes are on *Malliouhana, An Auberge Resort*. Completely reinvented, you can expect the wow factor. Eleven new beachfront suites, four garden suites and a two-bedroom beachfront villa offer the dreamiest of settings and utmost privacy. If romance is on your agenda, there is a tiny cove along the shore, where the soothing sounds of a live band, a barbecue, the crackle of a

fire pit and a table decorated in magical fairy lights will frame the most tender and memorable dinner date of your lifetime.

Timeless and sophisticated, *Belmond Cap Juluca* on Maundays Bay is the most legendary resort on Anguilla, where slow living meets high style. Quite simply, you feel like you are at the best hotel on the best beach in the Caribbean. Underneath the archways of the impressive white balustrade of the hotel, the art of champagne sabrage begins the excitement of dining here; watch on in awe as you are taught how to release the cork with the skilled slice of a sword. Now part of LVMH, the world leader in luxury, Belmond Cap Juluca is its crown jewel in an age where experiences have become our dearest enjoyment.

Anguilla is also home to a spectacular Greg Norman-designed 18-hole championship golf course at CuisinArt. The par 72 course begins with one of the most breathtaking views of any links in the Caribbean. The vistas continue along elevated green fairways and challenging, dramatic holes. What's more, the renovated bunkers are now filled with imported white silica sand, the gold standard when it comes to bunker design. For many, this is reason to visit Anguilla alone.

The locals ensure the island is renowned throughout the whole of the Caribbean for its friendly vibes. Before you leave, no holiday here is complete without a tippie at Elvis' Beach Bar. Residents gather here most evenings to share their stories and passion for their small but mighty home, which has flourished despite the devastation caused by Hurricane Irma in 2017 – a true testament to the island's charming spirit.

Only in

NY

For a sight of the Big Apple that few can find, embark on the most unforgettable activities and excursions the city has to offer. From celebrity workouts to a private audience with Old Masters, get more out of your trip to America's cultural capital than you could have ever imagined

Words: Annabel Harrison

If you're visiting a city as rich in cultural, culinary, sporting and historical experiences as New York, it's worth planning ahead to pack as much into your stay as possible. Carrier has collaborated with American Excursionist to prepare bespoke itineraries and exclusive access to once-in-a-lifetime experiences designed to surprise, delight and challenge you.



4



SHOW TIME: BEHIND THE SCENES ON BROADWAY

No trip to Broadway is complete without seeing a spectacular production, such as *Hamilton* or *Harry Potter*, in the world-renowned theatre district at the teeming heart of Midtown West. And at Carrier, it's all about who you know, as we get you behind-the-scenes access to join the world-class cast of your favourite show for an exclusive dinner before you watch their performance, followed by a private meet and greet.



1



EMPIRE STATE OF MIND: SUNRISE YOGA

Start as you mean to go on with a yoga class like no other. What could be more energising than a sun salutation on the top floor of the Empire State Building, soaking up the views as the sky lights up in the morning? Having let go of the baggage of everyday urban life, you'll be physically and mentally on top of the world, and ready to strike a pose in front of the panoramic windows for an Instagram-worthy photo.

2



ON YOUR BIKE: THE STREETS & EATS OF BROOKLYN

Diverse, buzzing Brooklyn is synonymous with trendy New York and the best (not to mention healthiest) way to experience and devour its hidden gems is with a truly knowledgeable local. Pedal off on a personalised tour of the borough's epicurean and cultural highlights – even more enjoyable thanks to flat terrain – and coast along the waterfront for the best views of Manhattan's famous skyline, refuelling with a must-try cronut or sizeable slice of pizza.

3

ART AND SOUL: PRIVATE TOUR AT THE MET

Like the sound of 5,400 seconds to admire works like Van Gogh's *Wheat Field with Cypresses* in meditative silence? If you're an art lover, nothing can beat this private 90-minute tour of the Metropolitan Museum of Art. Meet your expert museum curator host at 8.30am before the doors open to the public and, with no crowds in sight, trace more than 5,000 years of human history as you admire the famous collection.



5

STAR QUALITY: BESPOKE PERSONAL TRAINING

If you think the likes of Madonna and Gwyneth Paltrow look in remarkable shape, their personal trainer can put you through your paces in an exclusive gym – there's no need to let your regime slip while you're away from home. Nothing beats a one-on-one, custom-built workout in terms of pushing yourself to go further and exceeding personal goals. For that extra health kick, treat yourself to a super green smoothie afterwards.



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