

MINDFOOD

#SMARTTHINKING

PSYCHOLOGY

**THE UPSIDE
OF ARGUING**
MAKING IT WORK
FOR BOTH SIDES

SMART EATING

5 FOODS TO
LOWER BLOOD
PRESSURE

INSPIRING

**KIWIS REVEAL
THEIR SECRETS
TO SUCCESS**

**CRUISE
SPECIAL**

**WIN A TRIP
TO CROATIA**

RETHINK

**BODY IMAGE
IN THE
SELFIE AGE**

"Take chances, make mistakes. That's how you grow. You have to fail in order to practice being brave."

MARY TYLER MOORE

EXCLUSIVE INTERVIEW
ELISABETH MOSS
TOP OF THE LAKE'S
DARK HEROINE

**PLUS BEHIND
THE SCENES WITH
JANE CAMPION**

**GLOBAL
FLAVOURS**

MISO PESTO BEST-EVER BROWNIE CHEESECAKE SLICE
PICKLE SPRING IN A JAR **FOUR WAYS WITH EGGPLANT**

CRUISE SPECIAL 2017

HOLIDAYS ON THE HIGH SEAS

MiNDFOOD CRUISE SPECIAL

Whether you're a seasoned passenger or thinking of taking your very first cruise, your choices are enticing and spectacular. There are now more ships travelling around New Zealand and the Pacific than ever before. Further afield, the lure to escape to the Med with a range of different offerings and price ranges makes cruising the perfect holiday option.



ALL ABOARD

The continued growth of the cruise industry is great news for New Zealanders. We now have many more destinations and different styles on offer, for a range of budgets. Record numbers of ships are travelling around New Zealand and the Pacific Islands, and our thirst for cruising further afield in Europe, Asia and America is evident.

For our annual Cruise Special, I was invited on the 'shakedown' cruise on Silversea's brand new *Silver Muse*. Pictured above, I'm with the Australian-Italian Captain Alessandro Zanello. We had dinner together on board. Pre and post side-trip options are also having more of an impact on holidays – with the cruise sandwiched in the middle of your time away.

Wherever you want to travel and whatever style of cruise you'd like, now is the time to plan and book your next adventure on the high seas.

CANAL CALLING

Travellers who want to transit the lakes and locks of the Panama Canal now have eight Holland America Line ships and 19 cruises to choose from. *MS Zuiderdam* will offer two Southern Caribbean and Panama Canal Sunfarer itineraries that feature a partial transit through the Panama Canal. With trips ranging from 14 to 23 days, Holland America Line full and partial transits will carry more than 400,500 guests through the Central American man-made marvel.



DIVE BAR

Champion high diver Cesilie Carlton somersaulted from a 17m platform on Royal Caribbean's *Harmony of the Seas* – while the ship was moving. The largest cruise ship in the world, it also boasts the deepest pool on a cruise ship.



CAPE CRUSADERS

You can travel in the spirit of early explorers with Peregrine Adventures. Departing from South America's southernmost tip, you'll explore an incredible spread of islands – East and West Falkland, South Georgia, Tristan da Cunha, St Helena, and Ascension. The itinerary is packed with diverse wildlife viewing on Antarctic landscapes and also drops anchor at the festive, music-filled Cape Verde, a nation on a volcanic archipelago off the northwest coast of Africa.

CRUISING THE GALAPAGOS

For the first time in cruise industry history, a female captain will navigate the archipelago of the Galapagos. Nathaly Albán, a native of Ecuador, will command the recently revitalised catamaran *Celebrity Cruises' Celebrity Xploration*.



QUICK ITINERARIES

Crystal Cruises and Crystal River Cruises now have shortened itineraries available on existing longer voyages, allowing travellers with limited time to save money while still having the experience. In all, 17 abbreviated Crystal Getaways have been added to Crystal's 2017 roster of worldwide voyages, exploring the islands of the Seychelles; the wine country of Bordeaux; the United Arab Emirates; the Cape of Good Hope; and the Christmas markets of Germany, Austria and Hungary.

UPDATE

NEW AND NOTEWORTHY

Here's inspiration to whet your appetite for the next getaway on the water. If you've ever considered a river adventure or a small-ship experience, these new voyages could be just the ticket.



UP THE RIVER

Uniworld is launching a new concept, **U by Uniworld**, which offers river cruising to 21 to 45-year-olds. Itineraries have launched in Europe with more to follow.



WESTERN MED

Star Clippers will be offering a taste of Morocco on its Portugal to Spain itineraries in 2018. The *Royal Clipper* will carry 227 travellers from Lisbon to Málaga.



TAUCK IN

Tauck's exclusive access and shore excursions will be available on their European small-ship itineraries in 2018. Tauck's global portfolio includes 17 small ships.



LA DOLCE VITA

You can visit Sicily, the Amalfi Coast and Rome with exclusive after-hours access to the Sistine Chapel on the 60-passenger, three-masted *Le Ponant* with Tauck.



WELLNESS ON THE WATER

Luxury river cruise company Aqua Expeditions will host a four-night Wellness Departure on *Aqua Mekong* in December. Led by fitness guru Alex Salihin, it departs Phnom Penh on December 15. The cruise will offer travellers personalised fitness and wellness instruction while surrounded by the beautiful scenery of Cambodia. Based in Singapore, Salihin is founder of LEVEL fitness. Classes will include morning yoga on the sundeck, meditation classes, one-on-one training sessions, plus spa treatments, kayaking and biking along the banks of the Tonlé Sap River and around Koh Oknha Tey Island.

