

Adventure Travel in Malaysia

Malaysia travel guide packed with tips and advice and useful information on activities and adventures. Find out what you need to see and do find out and what's hot right now. This is a one stop travel destination guide so you can plan your travel adventure with ease.

Malaysia activity and adventure holidays include history, culture, walking, climbing, trekking, sports, water activities, cruises, wildlife and nature. All travel tours provided direct by specialist local and responsible tour operators. Go direct, save money and give something back.

Malaysia, a country in Southeast Asia, has many options available for the adventure traveler. Depending on what activities you enjoy, Malaysia adventure holidays can include diving, exploring caves, hiking and rock climbing. The county of Malaysia is divided by the South China Sea, so it is important to decide where you want to spend your time, Peninsular Malaysia or Malaysian Borneo, so that your entire vacation is not spend traveling between the two areas.

Many Malaysia adventure holidays include a visit to the Taman Negara National Park. This jungle is home to many endangered species. Explore the area on your own, or hire a guide to increase your odds of seeing some of the rare wildlife that make their home in this jungle.

Gunung Mulu National Park is a UNESCO World Heritage Site, and worth a trip to see the spectacular geographic formations in the park. In addition to cliffs, forges and other unique rock formations, Gunung Mulu is home to some of the most spectacular caves in the world. The Sarawak Chamber is the largest known natural cavern in the world, while the Clearwater Cave contains the world's largest underground river.

If you are more interested in physical activities than exploring, visit the Batu caves near Kuala Lumpur, a series of caves and cave temples where you can try your rock climbing skills. For more adventure on the steep terrain of Malaysia, try your hand at paragliding off the slopes.

For individuals who are more at home in the water than on land, Malaysia provides many interesting diving options along the shoreline. The area around Pulau Sipadan is renowned for its diving. The expansive series of coral reefs that make up the island, or atoll, create an impressive home for a diverse population of sea creatures and plants. The entire island sets on top of an extinct volcano.

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Botswana Culture

Once the pressing need for a unifying national culture was fulfilled, multiculturalism came to be accepted in Botswana. Based on Setswana culture, Botswana's national culture is representative of the growth of a distinct Botswana nationality defined within state borders, which also absorbs elements of postcolonial English culture. Today, the dominant national culture of Botswana reflects the dual heritage and intermingling of Tswana and English cultural dominions. Nowadays, members of the country's ruling circles are equally comfortable in both languages, no matter what the member's regional or ethnic origin and home language are.

Traditional Tswana music was based on the human voice and string instruments, with little to no drumming. But the traditional music and dance began to decline during the last decades of the colonial period, because it was perceived as anti-modern and anti-development. Now there is a revival of interest, with school dance troupes welcoming official visitors, but black South African and imported African-American 'soul' music still dominates music on the radio. In the 1970s, there was an emergence of didactic drama to raise popular awareness of development issues. Later, the teaching of music and art in schools was revived to some extent.

Among the leading writers in Botswana are South Africa-born Bessie Head, Barolong Seboni, Unity Dow, Mositi Torontle, Moteane Melamu, Caitlin Davies (born in Britain),

Galesiti Baruti and Andrew Sesinyi. Alexander McCall Smith has used Botswana as a setting for many of his mystery novels. Their chief character, Precious Ramotswa, lives in Gaborone.

The art form of Botswana best known abroad is the traditional craftwork of basketry, most of it from the northwestern part of the country. The National Museum & Art Gallery in Gaborone holds regular exhibitions of local graphic artists, and its annual Artists in Botswana festival every April. Philip Segola, Coex'ae Qgam (Dada), Ann Gollifer, and Neo Matome are some of the well-known artists.

Films and television programs are still at a nascent stage in Botswana. Although no major feature film has been made in Botswana, the US National Geographic Society has releases some wildlife documentaries.

In Botswana, football is the national sport, played on fields and at stadiums across the country every Saturday. Tennis, golf, and softball have also some takers.

Complete Pearl Harbor Experience

Come and enjoy the historic and majestic Pearl Harbor with us!

Make your vacation experience in Hawaii more memorable with a unique inter-island journey to the Oahu Island and explore the historical and grand destination with experts.

You will see the memorials and museums of Pearl Harbor, including the USS Missouri Battleship, USS Arizona Memorial, USS Bowfin Submarine and the famous Pacific Aviation Museum and visit the historic Honolulu and the Punchbowl Memorial.

The tour is ideal for history buffs! Includes round-trip airfare and all admissions, expert World War II tour guides, a drive through the historic sites in Honolulu along with tickets to the grand USS Arizona Memorial! Do not miss the chance to book your seats. You will fly to Oahu from Kahului Airport, and get the chance to see the four picturesque Hawaiian Islands! You will see the Pearl Harbor memorials and museums in Oahu.

Your tour guide will provide a comprehensive history of the attacks. Aboard the famous USS Arizona Memorial you will pay your respects to the veterans. Enjoy a guided tour of the historic Battleship Missouri and learn more about the most celebrated and distinguished war vessel in US history. You will also enjoy a memorable ride through Honolulu.

Tour Highlights

- Island transportation
- Inter-island air trip from Kahului
- Visit Pacific Historic Park in Oahu
- Narration of World War II
- Footages of the attack of December 7
- Pearl Harbor Center
- USS Arizona Memorial, Bowfin Submarine and Missouri Battleship
- USS Oklahoma Memorial
- Lunch at Laniakea Restaurant
- Tour of Downtown Honolulu
- Kawaiahao Church and Lolani Palace
- The monumental statue of King Kamehameha
- Punchbowl National Cemetery
- Hawaii State Capitol and Ali Lolani Hale

You will have to check-in at 5 am at Kahului airport. The duration of the trip is 15 hours.

Drums of the Pacific

Enjoy an entertaining experience on the beautiful beach with the reverberating beat of the drums, echoes of the popular Hawaiian chant and beautiful conch sounds.

Embark on an exhilarating journey with us through Polynesian islands, accompanied with mouth-watering flavors of Hawaiian cuisine and conventional imu ceremony. The tour includes authentic music and dances of old Samoa, Hawaii, Fiji, Tahiti, New Zealand, Rarotonga and Tonga, in one of the hottest shows on the Luau islands.

The tour includes the following:

- Lei greetings and fruit punch or fresh mai tais for every guest
- A charming Hawaiian and Hula music performance
- Crafts demonstrations and conventional art exhibition
- An incredible torch lighting ceremony
- Unveiling of Kalua Pua'a, along with an authentic imu ceremony.
- Polynesian fashion shows including the island's exotic sarong (pareaus) donned in creative and unique styles.
- An opportunity to learn the Hula on stage
- The lavish and sumptuous Polynesian buffet including Huli Huli Chicken, Imu Kalua Pork, Macadamia crust fish, Makamaka vegetables, Polynesian fried rice, Molokai sweet potato, Soba noodle salad, creamed taro and leaf in coconut milk, fresh tropical fruits, Pacific ahi poke, Lomi Lomi salmon, baby green lettuces, carrots and cucumbers, Maui onions and taro rolls.
- Penne marinara and chicken nuggets (children)
- Delicious dessert cafe featuring Haupia and toasted coconut, Macadamia cream and nut brownies, bread pudding and an upside down pineapple cake.
- Open bar with wine, beer, mai tais, mixed cocktails and fruit punch.

The tour starts at 6:30 pm from April to September and 5:30 pm from October to March. The duration of the tour is three hours. The location is Ka'anapali Beach.

You will love the exotic food and on-stage entertainment and your children will be mesmerized by the amazing fire knife dance.

Enjoying your Holidays at a Galway Holiday Home

Galway is a small county located in the West of Ireland. The beauty of the place is incomparable, with a serene landscape surrounded by breathtaking sights and sounds of nature. If there is a place you should visit during your holidays, it's Galway. And to enjoy a mesmerizing experience you should opt for booking a Galway holiday home. There are several to-rent cottages that provide an array of amenities, suitable for a small family, couples and single people.

As soon as you arrive in Galway, you will know that you're in a place where you can truly replenish your energy and have peace of mind. And that is because of the weather there, located in the western corner of Ireland; Galway has a wonderful climate, perfect for relieving stress and relaxing. And the best way to relax here is to book a Galway holiday home.

Galway provides tourists that come from all across Europe and other parts of the world with a kaleidoscope of natural wonders, festivities and sporting activities. And the people in the county are more than generous when it comes to hospitality. The cultural diversity in Galway is astounding with exotic cuisines.

Although Galway is expanding, you will be amazed to see that the county has still preserved its village like atmosphere and environment. As you walk across the cobbled pathways you will see a score of shops, restaurants and pubs where you can spend your evening shopping, eating and drinking. Apart from the county being famous for Galway holiday home; it is also famous for its music, dancing and song singing.

As you walk across the streets you will see musicians playing their banjos and dancing, poets and painters. It is truly a colorful place. Plus, try their oysters, they are to die for. In Galway you will discover what true peace really is when you go to the beach and hang loose at a seaside hamlet. For kids visiting with you, there are lots of amazing outdoor activities in store. You can take them fishing in the county's exquisite rivers; cycling through the greenlands is another favorite thing to do among tourists.

Your kids will also enjoy horse riding on the meadows of the great outdoors. Another great thing about a Galway holiday home is the fact that it isn't situated in busy metropolitan areas, but neither are they too far. They are perfectly situated, where you can enjoy a peace of mind while gazing on to the land's horizons and greenery. And you can always hop into town for some shopping without any problems at all.

So, there is indeed a lot to do in the remote county of Galway in Ireland, but first it is important that you book a Galway holiday home to make the best out of your trip.

Experience an Intimate Alaskan Cruise on a Vintage Private Yacht

Experience the wilds of Alaska – whales, fjords, bears, eagles, glaciers and more – up close and personal in a lovingly restored and iconic private yacht from yesteryear.

This is no mega cruise ship experience with distant views of whales on the horizon and cafeteria style buffets. Rather, it is a small private yacht where you get within feet of a whale as it swims in the icy waters, and where your chef prepares succulent dishes with the seafood caught each day by the guests, if they choose... right off the boat.

Oh, and did we mention wild? True, the service will be outstanding with 4 crew members for just six cabins, but this is also an experiential voyage.

As an example, guests don't have to worry about overcrowded onboard hot tubs. Instead clients disembark to swim in their own private hot springs on shore.

And bears...you betcha'! The Discovery is one of only two yachts in all of Alaska with a permit to enter the Pack Creek and Anan Creek bear observatories. Getting up close and personal with the Brown and Black bears is all part of the journey.

Your vessel is the "Discovery". Originally constructed in 1931, this 87' vessel was built by Hollywood talent mogul William Morris with the name "Holiday" (later renamed the "Discovery"). One is left to wonder if clients of Mr. Morris' like, say, Rita Hayworth graced the deck of the Holiday at some point in its history. The "Discovery" went through a painstaking bow to stern restoration in 1998.

With only six cabins, the crew of 5 provides outstanding and very personal service. Alaska Charters has been in operation since 1981. Captain Ben, and his father Captain John, have plied the waters of Alaska since the 1970s.

The intimate setting allows Captain Ben, or his father Captain John, to do fun things like have contests to guess the number of shrimp in a given shrimp pot with the winner receiving a bottle of the Discovery's private label wine as the prize. Or, if being on the yacht gets a little monotonous, you can get into one of the onboard sea kayaks to paddle yourself for a while.

Your ports of call will not be the overcrowded tourist traps of the cruise lines. Rather, you'll anchor at small little "settlements" where you can hike along the shore and back into the woods.

Guests can book a single cabin where they'll join other travelers on the Discovery from around the world. The Discovery can also be chartered for things like corporate retreats or family reunions.

Facts About Thailand

The Kingdom of Thailand is spread across 513,115 square kilometers. It is equal to the size of France and a little smaller than Texas. The capital of Thailand is Bangkok. Other cities of Thailand are Nakhon Ratchasima, Chiang Mai and Muang.

Population of Thailand is more than 63 million. Most Thais are Buddhist while there are also Muslims, Hindus and Christians but are in the minority. The language of Thailand is Thai. However, English is spoken in isolated pockets.

Thailand has rich soil conducive for agriculture and most people in the rural areas make their living by cultivating rice in the central, northern and north-eastern part of Thailand. The climate of Thailand is tropical. However, Thailand is developing and industrialization is taking place resulting in a lot of people migrating from rural areas to cities.

The Thai language is similar to Tai, the language spoken by the people who live in Southern China. This has led to a belief that the Thai originally came from southern China before migrating to South East Asia in the 6th or 7th century. Until 1938, Thailand was called Siam. It has a very close relationship with United Kingdom which signed the Treaty of Amity and Commerce in 1938 with Thailand and ended up being the first time that this country was recognized by a western power.

Japanese occupied Thailand during World War II. In 1945, after the Japanese were defeated, Thailand started having close relationship with the United States, which helped the communist regime to come to power.

Economy of Thailand is based on exports. Rice is the major cash crop and it is exported to many countries around the world. Fishery and other affiliated products are a major industry and along with rubber, corn and sugar it forms a large part of the export market.

Fun Facts About South Africa

DID YOU KNOW THAT...

Perhaps the most famous South African movie is "Tsotsi" by Gavin Hood. "Tsotsi" is a story about a gang leader. On March 5, 2006, "Tsotsi" won the Academy Award for Foreign Language Film in Los Angeles.

In his speech, Gavin Hood said, "God bless Africa. Wow. I have a speech, it's in my pocket, but that thing says 38 seconds. But mine's way too long. Go to tsotsi.com and there is a huge long list of people. Because I'm accepting this not for myself. This is for best foreign language film. It is sitting right there to start with. Please stand up Presley Chweneyagae and Terry Pheto. My two fantastic young leads. Put the cameras on them, please. Viva Africa. Viva. I've got ten seconds. Ten seconds I just want to thank my fellow nominees who I've become deep friends with. We may have foreign language films, but our stories are the same as your stories. They're about the human heart and emotion. It says please wrap. Thank you so much. Thank you to the Academy. Thank you".

Winner: "Tsotsi" (South Africa)

Finalists:

- "Sophie Scholl" (Germany)

- "Joyeux Noel" (France)

- "The Beast of the Heart" (Italy)

- "Paradise Now" (Palestine)

DID YOU KNOW THAT...

For the first time since 1960, South Africa sent a delegation to compete in the Olympic Games. Certainly, South Africa sent 94 athletes to the 1992 Olympic Games, which were held in Barcelona, Spain. The African delegation had athletes competing in seventeen areas: archery, badminton, boxing, kayak, cycling, equestrian, fencing, modern pentathlon, rowing, sailing, shooting, swimming, table tennis, tennis, track and field, weightlifting and wrestling. They returned to South Africa with two silver medals.

DID YOU KNOW THAT...

Nelson Mandela was one of the most important leaders in the 20th century. He played a fundamental role in the recuperation of the nation's democracy. Under his leadership, South Africa adopted one of the best constitutions in the world. Mandela once said, "And so it has come to pass that South Africa today undergoes her rebirth, cleansed of a horrible past, matured from a tentative beginning, and reaching out to the future with confidence. Our pledge is : never and never again shall the laws of our land rend our people apart or legalize their oppression and repression".

Since 1993, in South Africa you can feel the freedom. Different from Cuba, Iran, and Zimbabwe, South Africa is a democracy where the civil society has immense influence and power.

DID YOU KNOW THAT...

South Africa has loads of national parks and reserves that are the home of some amazing wildlife. The Kruger National Park is one of the most popular tourist spots in the African continent. It is one of the world's most beautiful national parks. The Kruger National Park provides an ideal habitat for animals such as elephants, giraffes, rhinoceroses, monkeys, zebras, cheetahs, hyenas, hippopotamus, gazelles, elands, lions, and African wild dogs.

DID YOU KNOW THAT...

South Africa has three capitals: Cape Town (legislative), Pretoria (administrative), and Bloemfontein (judicial). However, Johannesburg is the most important economic, industrial and cultural center in South Africa. It is one of the most industrialized cities in the Third World along with Taipei (Taiwan), Mexico City (Mexico), and Seoul (South Korea). In 2006 Johannesburg had a population of 2.6 million

DID YOU KNOW THAT...

For the first time, Africa will host 2010 FIFA World Cup. The Football World Championship to be held in South Africa. In 2000, Joseph Blatter, FIFA president, wanted the FIFA to vote for South Africa. However, New Zealand's Charlie Dempsey ducked out of the final vote and Germany nicked it. For this reason, Germany hosted the World Cup in 2006.

In 2007, Thabo Mbeki, South African president, said: "I have no doubt that our local organising committee, government at all levels, and everybody concerned will do the necessary work to guarantee that we host a better tournament in 2010 than the excellent 2006 German World Cup".

It also noted that millions of dollars have been spent in the past years on reforming South Africa's sporting system.

DID YOU KNOW THAT...

About half of the world's gold is produced in South Africa.

DID YOU KNOW THAT...

South Africa has many famous people: Christian Barnard (surgeon), Miriam Makeba (singer and anti-AIDS activist), Caron Bernstein (model, actress and singer), Nelson Mandela (former president and anti-AIDS activist), Nadine Gordimer (writer), Athol Fugard (writer), Mathosa (singer), Zola Budd (sportswoman), Charlize Theron (actress), Ilene Hamann (actress and model), Harry Oppenheimer (anti-apartheid industrialist), Richard Goldstone (international judge), Musetta Vander (actress and model), Danny Koppel (singer), Zakes Mokae (actor), Juliet Prowse (dancer and actress), and Joe Mafela (actor).

How to Get Around London on a Budget

London is not the first option that comes to mind when you are planning a trip on a budget. London is an expensive city and this is the reason most tourists don't even consider going there. However, it is quite possible to get around London on a budget and that too without having to give an arm and a leg. There are various ways in which you can cut costs and reduce the overall budget for your trip to London. Here are a few tips you can follow:

Find the Cheapest Flight

There are six major airports in and around London. Therefore, there are potentially hundreds of flights coming into the region every single day. There is no way that each flight is priced the same. If you search hard enough, you can find a flight that costs much less than what you normally would have to pay. You can look for any deals offered online.

Look for Budget Accommodation

There is no lack of budget accommodation options in London but there is one thing you should keep in mind. Most rooms in London are bigger than a single person would need and hence are priced more than you should be spending. You are better off finding a room at a hostel or a B&B. You can get a room for half the price you would have to pay at a hotel.

Travel on the Cheap

Transport in London is generally moderately priced but only if you know your options. The best option is to walk around as much as you can. If you are exploring the central part of the city, you are better off getting around on foot as most landmarks there are located close to each other. If you don't want to walk, you can take the Tube. It will prove to be quite economical.

Check Out 'Free' Attractions

There is an endless list of attractions for tourists in London. However, some of them are quite expensive. You have to find the perfect balance between the must-see places and other places you can check out for free or on the cheap. This way, you can see most of the attractions. You might have to miss out on an attraction or two, but hey, you get to see London on a budget!

Save Money on Food

London isn't exactly the city to be if you are a food lover. You will get a lot of variety, which is great, but the quality a notch lower than what you get in most other European cities. This is why there is no harm in sticking to the roadside stalls and small eateries. They sell decent food and you can save a lot of money on food.

These are some ways you can get around London on a budget. So, if you have been putting off a trip to this fascinating city, don't. You can not only visit London but actually get to experience all that is great about it without making a hole in your pocket.

Ski in St. Anton, the Best Ski Resort in the Austrian Alps

Non-stop on-slope/off-slope action, plus comfortable ski chalets in St. Anton

St. Anton offers a huge ski area and a wonderful terrain for all abilities, magnificent scenery and a resort that offers both up market accommodation and great après ski. At the center of the Arlberg Ski-Circus, it is firmly established as one of Europe's top ski resorts.

The St. Anton ski area is vast with superb skiing for beginners and pros covering St. Anton and the neighboring villages of St. Christoph, Lech and Zürs. An experienced skier can revel in the numerous challenges the ski runs offer.

The cosmopolitan atmosphere of this famous village also ensures plenty of activities off the piste with a multitude of lively bars, excellent restaurants and novel shopping opportunities.

Make the Best of a St. Anton Ski Holiday at Budget Prices

St. Anton offers all the action of a full-fledged ski resort town with the most happening nightlife in the Austrian Alps, as well as a wide range of restaurants, shops, and accommodations. Your choice of places to stay in St. Anton is unlimited and includes all types from quality hotels to cheap and cheerful apartments, and a good choice of ski chalets.

- Many hotels in Austria are family-run and offer personal service. You'll find surprisingly good facilities at reasonable prices, especially in smaller resorts.
- Going to the sauna after the pistes to warm up and relax tired muscles, as well as fine dining is considered as important as the skiing itself. So you'll miss out on a great part of the Austrian ski experience if you book accommodation without sauna facilities.
- Book accommodation as far in advance as you can. The number of beds in most resorts is limited, and the later you book the less likely you are to find good value.
- Accommodation in some cheap packages may not be located in the main ski resort, but in a nearby town from which you must connect by bus.
- Self-catering accommodation is also widely available, but bear in mind that the difference in total price between a half-board hotel and a self-catering apartment is not much. Many skiers find they have little energy or desire to cook a meal and clean up themselves after a tiring day on the pistes.
- Guest houses can provide you with traditional cuisine but it is easy to find a Kebab or Pizza/Italian restaurant.

- Hotel food is normally excellent, since hotels compete for guests with their cuisine, while slope restaurants compete with their location. Therefore, it may be a good idea to book half-board instead of eating on the slopes.
- The après-ski life is quite diverse including sunny outdoor cafes, late night discos and traditional Tyrolean entertainment.

St. Anton is a modern holiday resort that has retained its traditional appeal. Hospitality and Tyrolean customs are as much a trademark of the village as its international, cosmopolitan character.

Package ski holidays in St. Anton are normally more convenient and often cheaper if you plan on skiing for a week only. Use online resources to customize your accommodations, air travel, ground transportation, lift tickets, ski or snowboard rentals, activities to events around town, and more, with the best deals and offers. Put together a St. Anton ski vacation package that will truly be an unforgettable experience, at the best prices.

SAMPLE

Staying at a West of Ireland Holiday Home

If you've decided to take a break from work and are looking to go for a memorable holiday, then you might want to consider coming to Ireland and book a [west of Ireland holiday home](#). You can enjoy staying at a self-serving holiday home or opt for a luxurious cottage. There is no question about the fact West of Ireland comprises of a beautiful landscape and has a breathtaking flora and fauna. It is a beautiful place to spend a couple of week regardless of whether you are single, in a relationship or are married with children.

This part of Ireland comprises a number of lively towns and counties that you can choose to select your [west of Ireland holiday home](#). For example, you can choose to visit the following counties, Mayo, Clare, Galway, Sligo and Donegal. All counties host a number of different [west of Ireland holiday home](#) that you can enjoy your holidays in.

The beautiful landscape and pleasant environment of the West of Ireland is unmatched, it is untouched and is nothing but pure bliss. Plus, the place offers tourists from all over Europe and other parts of the world with a bustling assortment of cultural festivities and activities. The people are more than just hospitable and you can witness a score of unique points of interest and attraction. Galway, which is another county in the West of Ireland, is known as 'Ireland's Cultural Heart'.

And you can truly immortalize your visit to this part of Ireland by staying at a warm and cozy [west of Ireland holiday home](#). And it is guaranteed that you will not be able to visit every single attraction this corner of Ireland has to offer, there are just so many. However, the best locations that you should not miss when you come here are the exotic Burren, located in Clare and the mesmerizing Achill Island in Mayo.

But if you don't wish to rent a [west of Ireland holiday home](#) at any of the place mentioned above, you don't have to worry as there is a plethora of places where you can choose to stay. You can stay at traditional cottages or go for ones that offer a score of different amenities. While here, you can also enjoy doing some golfing and fishing in the pristine rivers of Ireland.

Not to mention, you can also choose to enjoy nature by going on a long hike or walk through the beautiful forests of Ireland.

All in all, the West of Ireland is a fantastic place to spend some quality time off work. With endless possibilities when it comes to fun and festivities, staying in a [west of Ireland holiday home](#), you won't have the heart to come back.

The Best Places to Eat in London

London isn't exactly known for its food. The quality and taste aren't comparable to some of Europe's other capital cities. However, the variety you get here is unmatched. Regardless of whether you want to try a dish from India, have a bagel or go for the traditional fish n chips, there is no dearth of options when it comes to places to eat. That being said, London is an expensive city and eating out can be heavy on your wallet. This is why it is good to know about some places to eat which offer great food at affordable prices. Here is a list of the best places to eat in London:

Koshari Street

The term 'Koshari' might make you feel apprehensive about trying this place. It refers to an Egyptian snack and has nothing to do with 'kosher'. Koshari Street is a canteen where you can find the eponymous snack as well as a range of Lebanese dishes. There is much to enjoy, from wraps to salads to soups. Prices start from £2.95 while you can get a Koshari for £4.50.

Honey & Co.

Honey & Co is one of the most acclaimed restaurants in London. You can head there for breakfast, lunch and dinner. Prices may be a bit high if you are on a tight budget but breakfast is generally affordable. You won't have to spend more than £6. The menu is varied. You can get a frittata, lahma breads, blueberry donuts and walnut & orange loaf. All the food you get is freshly made and tastes delicious.

Scandinavian Kitchen

If you truly want to sample Scandinavian food, Scandinavian Kitchen is the place to head you. You can have a meal there or take it on the go. There are smoked salmon and egg rolls to start your day with a hearty breakfast while you can go for their open sandwiches or lunch. Breakfast shouldn't set you back more than £3 while you can have a decent lunch here for less than £10.

Honest Burger

If you want to eat authentic beef burgers while in London, Honest Burger is the place to head to. You get juicy, thick patties in the burgers which are served with skin-on chips that are sprinkled with salt and rosemary. In fact, these chips are popular all over the city. The beef itself is aged for 35 days before it is served to the customers. The burger may be on the expensive side, costing £9.50 including the chips but it is worth the price based on the taste and the feeling of fullness you get after eating it.

Pizza Pilgrims

The craving for pizza can strike at any time and you shouldn't let it wait. Head to Pizza Pilgrims and enjoy some great pizzas on a budget. The list of toppings is extensive and the pizza is served piping hot, straight from the oven. You can have it there or take it along. A pizza wouldn't cost you more than £7.

If you want to get the best of what London has to offer in terms of food, try the five places mentioned here. You can rest assured you will get the best taste and quality without having to spend through the roof.

The Top 5 Must-See Places in London

London is among the largest cities in the world. Of course, any city with over 8 million inhabitants would be huge. Over the years, London has become a global city and is among the foremost destinations for travellers. When in London, there is so much to see and do that one can easily miss out on some things. This is where you have to pick and choose and make sure you don't miss any must-see places while you are here. Given below is a list of the top 5 must-see places in London, based on the number of visitors they received last year.

The Big Ben

How intriguing could a clock tower be? People who think that clock towers are boring have to change their opinion once they see the Big Ben. The Big Ben is the foremost tourist destination in London as of today and you cannot miss it. One thing you might not know is that Big Ben isn't the name of the tower. In fact, it is the name of the bell that has been installed inside the tower. It has been there for over a century and a half.

Tower Bridge

The Tower Bridge is also a famous tourist spot. The bridge is located over the Thames River and is near the Tower of London. You can see all three landmarks at once, which saves you time and money. There are two towers on the bridge that are connected through two horizontal walkways. There is also a suspended section of the bridge you can check out.

British Museum

The British Museum has been around since 1753. It has a collection of artefacts related to human history and culture. There are over 7 million items in the collection and it offers a fascinating experience, especially if you have any interest in human history. You can see the Rosetta stone at the Museum. Moreover, a large number of mummies are kept at the museum. You won't find as many mummies in one place outside Egypt as the British Museum.

Buckingham Palace

How can you go back without visiting the residence of Queen Elizabeth II? The building belongs to the state now but the royal family still resides there when in London. If you are in London at the time of the Changing of the Guard ceremony, it is quite a spectacle you should try and attend. During August and September, you can actually get a tour of the state rooms of the Palace. They have been open to the public for over two decades now.

London Eye

The London Eye is located at the banks of the Thames River. It is an observation wheel that stands 135 meters tall. There are 32 glass-walled capsules on the London Eye. You can get in a capsule and get an unbeatable view of the city. The wheel moves around quite slowly so you can easily get on and off. Keep

in mind the wheel does not stop each time passengers want to get on. Despite this, the London Eye receives, on average, more than 3.5 million visitors every year.

So, there you have it, the top 5 must-see places in London. By no means are these the only ones worth seeing but they surely are the ones you shouldn't miss.

Things to Do in Aspen Besides Ski

Take a snowy hike with stabilizers or snowshoes: Rio Grande Trail and/or Hunter Creek Trail. Feeling adventurous? Head to the top of Aspen Mountain and snowshoe along the Richmond Ridge.

Hot Air Ballooning: ABOVE IT ALL - HOT AIR BALLOON RIDES -Picture yourself in a hot air balloon shortly after sunrise -- feeling the peace and serenity of your union with Mother Nature. Our flights last an hour or so and carry over the spectacular mountains of the Aspen and Snowmass areas.

T-LAZY 7-Take a scenic snowmobile tour to Maroon Bells. All tours include experienced, knowledgeable guides and hot refreshments. Snowmobiles are simple, safe and more fun than you can imagine.

Dine at 10,740 feet...Cloud Nine Alpine Bistro. Make a reservation for the snowcat dinners on Thursday nights. Reservations are required for the Thursday dinner. Chef Andreas Fischbacher and his staff prepare gourmet meals with a European flair that are complete with entrée and your choice of soup or assorted baby-greens salad. The menu choices include raclette, venison ragout, Pheasant breast, Strudel variations, vegetarian dishes, international wine, fine champagne and a full-service bar.

Krabloonik - Dog sledding dates back over 10,000 years and heralds the first known teamwork between man and animal. Krabloonik is committed to preserving this honorable Alaskan tradition by creating a home for dogs born and bred to run and by sharing with guests the unparalleled excitement of sledding in the wild. Please call for reservations. Lunch and Dinner Drop ins welcome.

"Skanky to Swanky" pub crawl: check out the dive bars, local's hangouts mixed in with some posh stops at Aspen's finest watering holes and restaurants.

Aspen Historical Society Tour: learn the fascinating history of this town from the Ute Indian days to the Silver Mining era to the "Quiet Years" and the "longest Chairlift in the World".

With no prior experience necessary, you can soar the skies over Aspen with a professional USHPA Certified Tandem Pilot from Aspen Mountain. This unique sensation of free flight and a breathtaking panoramic view is absolutely unforgettable. Paragliding enables one to realize the incredible joy of flight in its simplest form. A soaring aircraft, a paraglider is transportable in a backpack. It is easy to lift off and fly from mountainsides and gentle slopes. With just a few running steps to assist the pilot, the launch is precise and truly exhilarating. (There is no "jumping off" of the mountain.)

Aspen Art Museum - FREE admission. Since its founding in 1979, the Aspen Art Museum has provided a place for people to gather, reflect and respond to art, and communicate with artists and each other. The Aspen Art Museum is a non-collecting institution presenting the newest, most important evolutions in international contemporary art. Innovative and timely exhibitions, education and public programs, immersive activities, and community happenings actively engage audiences in thought-provoking experiences of art, culture, and society.

Traditional Dances Of Kenya

The traditional dances of Kenya are some of the most diverse and popular in Africa. The various types of folk music are based on different ethnic groups that are found in the country. The culture, language, dance and music of every tribe is different from each other. The drum is the most popular musical instrument used in many dances performed around the country. Other famous instruments include; bells, horns, guitar, flutes and whistles.

The music and dance is from the rich culture of Kenya and it can be categorized into folk, traditional and international. Isikuti, a Luhya name for drum is the traditional dance for the Luhya people in Western Kenya. Paired men and women sway to the rhythm of the drums, bells, whistles and horns in their dance style.

The Masai communities have structured dances performed in different occasions. For example, the Masai Jumping Dance which is also called "Adamu" in the Masai language is a dance performed by Masai warriors. They show their strength and stamina by leaping into the air one after the other as the rest of the warriors stand in a circle while they sing. The Masai community do not use any musical instruments when performing their folk songs. Instead, women wear bells and rattles which create jiggling sound as they sing.

Both the Kamba and Chuka people are famous for their acrobatic style of dancing. They have a unique drumming style in which a long drum leans forward between the thighs. Taarab is another form of traditional music in Mombasa. It consists of African and Arabian influence. In this dance style, men, women and the Youth dance in a rhythmic way as they sing poems in Swahili. The people of Mombasa have a unique way of dressing and majority of the people talk in Swahili. Today, Taarab is still popular in the coastal region.

Traditional dance of Kenya has become more modern due to the western and foreign influence. The guitar is the most famous instrument used in the international music. Many modern forms of music have evolved such as reggae, hip-hop, jazz, rap, Afro-Fusion and the Congolese pop. All the modern form of music is very popular to the Kenyan youth especially in urban cities. Some famous modern musicians include Mighty King Kong, Eric Wainaina and Maji Maji. The spread of Christianity in Kenya has also given birth to another form of dance called gospel music, which have spread throughout all the churches.

Turtle and Molokini Arches

Visit Molokini Crater: the best snorkeling destination to swim along beautiful sea turtles

Molokini is an iconic and stunning crescent-shaped island in Maui. The gorgeous reef is well-known for its clear and clean waters, colorful fish, abundant coral, as well as resting seabirds. As it is a protected conservation region, you can only access the volcanic crater by boat in the presence of a tour operator.

Turtle Arches tend to provide a great snorkeling location with frequent sightings of turtles and deepwater lava formations. You will snorkel under the guidance of experts. You will also enjoy a continental breakfast and a scrumptious BBQ lunch.

Tour Includes

1. Certified maritime naturalists
2. Top-notch snorkel gear
3. Snorkeling instructions and flotation devices
4. two snorkeling locations
5. Filtered water and sunscreen
6. Colorful marine life posters

Foods and Beverages

1. Delicious continental breakfast including assorted pastries, banana bread, fresh island fruits, Maui coffee, and juices
2. Lunch including garden burgers, chicken breasts, hot dogs, veggie salad, potato salad and chocolate chip cookies
3. Beverages such as unlimited juice and soda, one alcoholic drink from Maui Brewing Company's wine, beer or cocktails (extra refills and beverages are available for cost)

Vessel Details

1. Ultra smooth, state-of-the-art and double-deck catamaran
2. Galley with separate bars and serving areas
3. Sunbathing areas with a spacious cabin
4. Silverware (stainless steel)
5. Length of 65 feet
6. Freshwater showers, separate bathrooms for men and women
7. Passenger limit of 130

Optional Facilities

You can rent underwater cameras, wet shirts and binoculars at affordable rates.

The time of departure is 7 am (you have to check-in at least forty five minutes before departure time).

The duration of the tour is five hours.