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# SCRUMPTIOUS APPLE STRUDEL

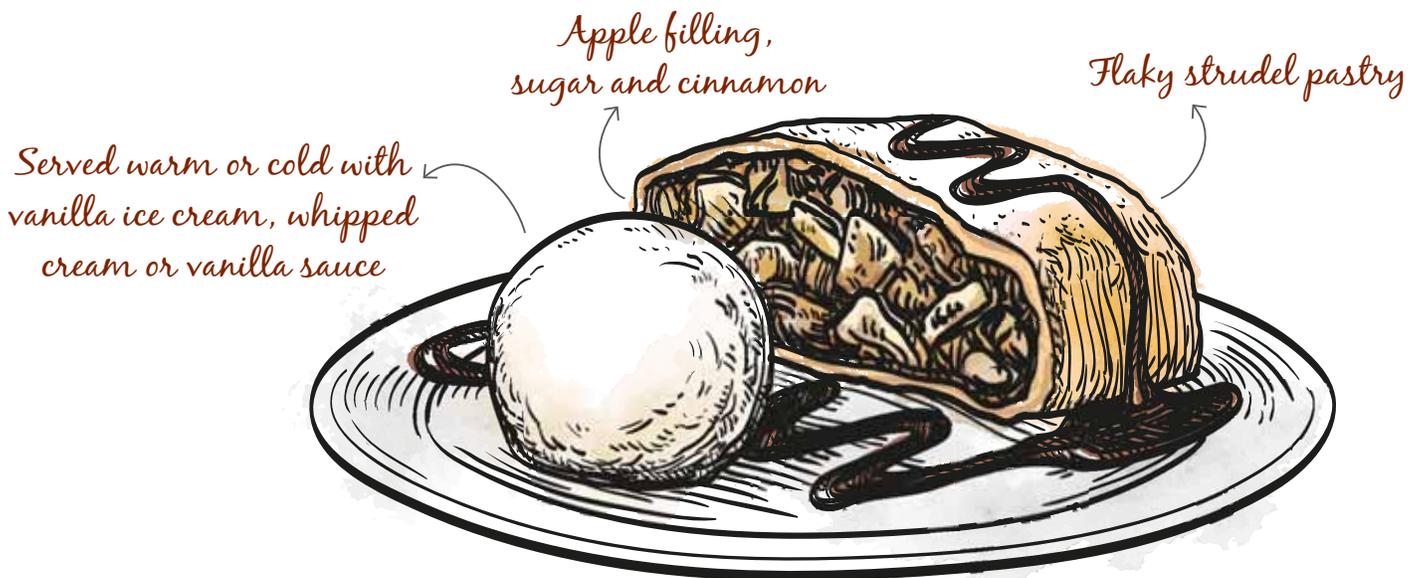
By Jessica Zen

The best part about any meal is the dessert. The best part about having a meal at a German restaurant, or in any of the surrounding countries, is the apple strudel. The German term for it is "apfelstrudel," so you'll easily be able to pick it out on a menu. You can find this delectable dessert in almost any restaurant or cafe and you should absolutely order a serving or two!

A strudel is simply a pastry with some sort of filling. It can be sweet or savory. This particular strudel has the perfect amount of sweetness to it. It is less sweet than your traditional American apple pie, but still has amazing flavor. You really can't go wrong when cooking with apples! The pastry itself is very thin and made up of many layers and is then filled with apples, cinnamon and sugar.

Apple strudel is the perfect dessert because you can eat it any time. In the summer, it is extra delicious cold with a scoop of vanilla ice cream and a dollop of whipped cream. In the winter, it is best served hot and topped with vanilla sauce. If you like raisins, you can even find them mixed in with the apples on occasion. Have some strudel as a reward after a particularly hard hike, or enjoy it after a meal on the weekend with friends. It's just so good that you'll want it whenever you see it on a menu. Pair this scrumptious dessert with tea or a cappuccino and you're in for the perfect treat.

Whether you are in Germany, Austria, Northern Italy or the Czech Republic, you are sure to find an enticing variety of the traditional apple strudel. Be sure to sample this dish at each restaurant to compare and find the absolute best. My personal favorite came from Salzstadl Restaurant in Reutte, Austria. Order this one with the vanilla ice cream and your taste buds will dance and sing! No matter where you sample apple strudel, you're sure to walk away wanting more time and time again. ■





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## GERMANY'S HIGHLIGHT

By Anna Leigh Bagiackas

# *Outdoor Adventures*

**A**s we turn the calendar from May to June, there is so much promise—summer vacation, days and evenings filled with sun, colorful flowers and blissful blue sky—what we ache for in the dreary months of winter. With June arrives the first taste of summer, and with it, all the joys of the great outdoors.

You've probably heard about all of the hiking and biking opportunities if you are living in Germany, between the Palatinate Forest (Pfälzerwald) and the German Wine Route (Deutsche Weinstrasse). But have you ever experienced a German "draisine," or trolley? Or maybe you love the hiking, but need a change of scenery? How about getting into the treetops with a high-ropes course?



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*You've probably heard about all of the hiking opportunities in Germany, between the Palatinate Forest and the German Wine Route, but have you ever experienced a "draisine" or trolley? Or been immersed in the treetops?*

### Trolley rides

Draisine are light, four-wheeled rail vehicles that were used to control routes and transport personnel and equipment to maintain the rail-ways. No longer in use, you can ride these trolleys on unused tracks as a way to explore an area, town or series of villages. Or, you can use it to relax with your friends and family on a sunny June day. Routes and distances vary depending on where you go, but you can make a day of a draisine ride, traveling the course of 20 kilometers with stops in different towns and outlooks along the way. Draisinentour in Kusel and Südpfalz-Draisenenbahn near Landau are two locations to check out.

Both companies have a range of different types and sizes of trolleys available; you can go out with another couple for a 4-person ride, expand your group to closer to eight or even book a large group of 20. You can also choose your level of exercise with either manual pedaling or electric trolleys. Whether you're excited to get onto the railroads, looking for a fun new picnic spot or want to discover some new food and wines along the way, these trolleys will give you a new experience in your own backyard.

### High-ropes courses and adventure parks

With so many forests, trails and parks, it is no surprise that this region of Germany has found so many creative ways to get outside and enjoy what's around us. One great way to spend the day is at a high-ropes course or outdoor adventure park. These courses offer something for the young, young-at-heart and families, with varying levels of risk and exhilaration awaiting you. Courses differ wherever you go, so there is always something new to explore!

The Adventureforest in Traben-Trarbach, near the Mosel River, is a favorite of many, as well as Kletterwald Bad Marienberg, less than an hour's drive from Koblenz. In Bad Kreuznach, you can also find the Hoch Seil Garten course. What awaits are vertical climbing walls, partner courses, ziplines, ladders from tree to tree and clever routes to exercise both the body and mind. Afraid of heights? Choose courses lower to the ground, or park yourself at the picnic area with a pint of beer or glass of wine to watch others take on the treetop heights.

Take advantage of all that June and summertime in Germany have to offer and mix up your usual outdoor activities with these opportunities! ■



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# ENGLAND



LEFT:  
The Gateshead Millennium Bridge spanning the River Tyne between Gateshead and Newcastle upon Tyne  
RIGHT:  
The Gothic ruins of Whitby Abbey in North York Moors.

By Stacy Roman

Although it's one of four countries in the United Kingdom, it's fair to say England often feels like two. One is filled with enchanting tales of knights and chivalry, Muggles and teen wizards, Beatrix Potter and William Shakespeare. The other is edgier and known more for its industrial alt-punk scene, rowdy football matches and pub culture. When these two opposing worlds collide, it creates a wonderfully diverse country full of colorful characters, spectacular cities and an exceptionally rich history.

## DEVON AND CORNWALL

The southwestern tip of the country is known as the British Riviera for a reason. Rocky cliffs line miles of pristine coastline, lending itself to the mythical legends born here. Castle ruins and caves rumored to be the birthplace of King Arthur can be found in the Cornish town of Tintagel. Travel further back in time along a 95-mile stretch of unique rock formations making up the Jurassic Coast. Walking along the beach, you may come across small fossils dating back millions of years. Indulge in a delicious afternoon cream tea, a staple in this part of the country. A pot of tea is served with a fresh-baked scone, clotted cream and jam. Just remember in Cornwall, the jam goes on first and then the cream. In Devon, the opposite is true.

## LIVERPOOL

Famous for its football teams (Liverpool FC and Everton FC), Liverpool is an industrious and proud city. Perched along an estuary on the west coast, Liverpool made a name for itself as a major trading port. Imports and exports of goods such as coal and cotton, as well as shipbuilding became synonymous with Liverpool. With an influx of immigrants during the 1800s, a vibrant cultural community prevailed. In 1960, four young Liverpudlians (or "Scousers," if you're local) formed The Beatles, a rock band that changed the course of music forever. Walk along the Royal Albert Docks or the famed Penny Lane. Pop into a pub and try the local scouse, a hearty meat stew served with crusty bread.

## NORTH YORK MOORS AND YORKSHIRE DALES

Spanning the central part of the country, two national parks have inspired some of the world's literary greats. On the east side is North York Moors. The vast rolling hills speckled with the pink-purple hues of heather are filled with panoramas and dramatic ocean cliffs. Legends of plundering pirates live on in the fishing hamlets by the sea. The impressive and foreboding ruins of Whitby Abbey are said to be the inspiration for Bram Stoker's "Dracula."

To the west is Yorkshire Dales. With topography similar to North York Moors, the vast undulating countryside was home to the Brontë sisters; the seemingly desolate wilderness served as backdrops to stories such as "Jane Eyre" and "Wuthering Heights." However, it's not all doom and gloom. Hiking trails wind their way through the grassland giving way to streams and waterfalls.



RIGHT: Dramatic red Jurassic cliffs and sea stacks at Ladram Bay Devon, England.



ABOVE: Bronze statue of the Beatles stands at the Pier Head on the side of River Mersey, sculpted by Andrew Edwards and erected in December 2015.

RIGHT: A beautiful sunset from the 199 steps at Whitby North Yorkshire.



© COWARD LION / 123RF.COM



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LEFT: Sunset over the Bridges of Newcastle upon Tyne.



© CHRISTIAN MUELLER / 123RF.COM

ABOVE: Snowhill church in the Cotswolds Gloucestershire with lane leading through the countryside.

LEFT: Unique shopping street in Camden. The area hosts street markets and music venues, which are strongly associated with alternative culture.

## NEWCASTLE UPON TYNE

Near the edge of the Scottish border is Newcastle upon Tyne. Once a massive shipping and manufacturing port, it's transformed itself into a hub for science, technology and the arts. Hailing from Newcastle are 1960s rock group The Animals and 80s icons The Police. Steeped in history, Roman ruins and crumbling forts can be found throughout the area, including Hadrian's Wall, which spans 73 miles east to west across northern England. Storied football club Newcastle United have a fiercely loyal fanbase. Be sure to enjoy a pint of the famous brown ale named after the city.

## THE COTSWOLDS

Looking to taking a leisurely stroll through the quintessential English countryside? Head for the Cotswolds. This area of natural beauty features lush meadows, hidden castles and manors, thatched-roofed cottages and half-timbered buildings. During the summer, vibrant flowers bloom and market festivals are plentiful, making it a perfect setting for a picnic or hike. The dreamy and relaxing landscape was home to novelist Jane Austen, who loved the area so much it was prominently featured in many of her books.

## LONDON

Mixing a hodgepodge of global business headquarters, financial centers, government, world-renowned art and theater with bustling markets and an eclectic underground vibe, London is the beating heart of England. Tourist spots such as Big Ben (when it's not under scaffolding), Parliament, the London Eye and Tower Bridge are always must-visit attractions. Pop into one of the world-class (FREE) museums and make a booking for a Michelin-starred restaurant. Wander through the gritty shops of Camden and sample your way through the pop-up eateries of Borough Market. Listen to the up-and-coming punk bands or catch a Shakespearean play at the restored Globe Theatre.

England is a vivacious melting pot full of charm and history. Take your time and enjoy all it has to offer. ■

# Up Close and Personal

*with*

## Brixton

by Karen Bradbury

It's often said that by the time a neighborhood becomes trendy, the cool kids have long since moved on. That may be true, but London's rough-and-ready yet ever-vibrant Brixton has enough going for it to remain a great place to live and play for locals and tourists alike, well into the future.



### Location, location, location

Brixton lies three miles south of the Thames and the London Eye and comprises part of the Borough of Lambeth. With its own underground station on the Victoria Line, it's a straight shot from major landmarks including Buckingham Palace and Tate Britain.



### Two centuries of social change

Settlement in this area along a Roman road leading from "Londinium" to the southern coast took off in the early 19th century following the construction of the Vauxhall Bridge and got another boost with the arrival of the railway in 1870. A major shopping area even then, it was here London got its first department store, Bon Marché, in 1877. In 1888, its Electric Avenue was the first of London's streets to be electrified. The beginning of the 20th century saw a humming theater and music scene take root. From 1908–1910, the actor Charlie Chaplin called Brixton home.

After bombardment in World War II, urban decay set in, followed by slum clearances and the construction of council housing. The 1940s and 50s saw a massive influx of immigrants, particularly those from the West Indies. The social and economic woes of the 1980s, to include high unemployment and inadequate housing, were accompanied by a rise in street crime. Policing efforts that saw hundreds of young black men stopped and searched upon the mere



suspicion of wrongdoing led to riots and destruction of property. The shooting of a local black woman in 1985 was also followed by rioting. Brixton's 21st-century renaissance has spurred intense debate as to whether the area's current reshaping amounts to regeneration or gentrification.



### A tourist's day in Brixton

Kick-start your day of art and multiculturalism with a cup of strong java; the brews of Federation Coffee on Coldharbour Lane will put a spring in your step. Call in at Brixton Market to sample exotic fruits and peruse the shops for spices to jazz up your cooking back home. Take in the architecture surrounding you: the stately arcades date back to the 1920s. Should you choose Fish, Wings and Tings or Negril as your lunch spot, your mouth will sing with full-on Jamaican flavors. Reading material for your homeward journey can be acquired at Bookmongers, one of London's top independent bookstores.

While street art is splashed across many a building and underpass, a stop by the mural of Brixton's native son David Bowie is a must, found directly opposite Brixton's tube station. Should the day be steamy, head to the Brockwell Lido, an Olympic-size swimming pool with wellness amenities housed in a refurbished art-deco building. For historical sights, the circa-1816 Brixton Windmill and St. Matthew's Church will plunge you into centuries past. Thirsty? The Craft Beer Co. on Station Road does what its name suggests.

As evening falls, make way to Pop Brixton, a project that's turned disused land into space for local start-ups. Street foods from all corners of the globe will tempt your taste buds, and here, solo travelers might find a kindred spirit while taking part in a community event. Take a load off weary feet at the Ritz Picturehouse, one of Britain's largest independent cinemas. Spend any ultimate reserves of energy on a gig at the Hootananny or O2 Academy Brixton. There, you can raise a glass to a day well spent. ■

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# 48 HOURS IN SPLIT

By Mary Del Rosario



Known as the “land of a thousand islands,” Croatia is a country filled with beautiful beaches, awe-inspiring natural parks and picturesque cities. Of these cities, Split is one that needs to be put on your Croatian to-do list. While you can spend days here, 48 hours in this timeless city will be enough to get you hooked to come back.

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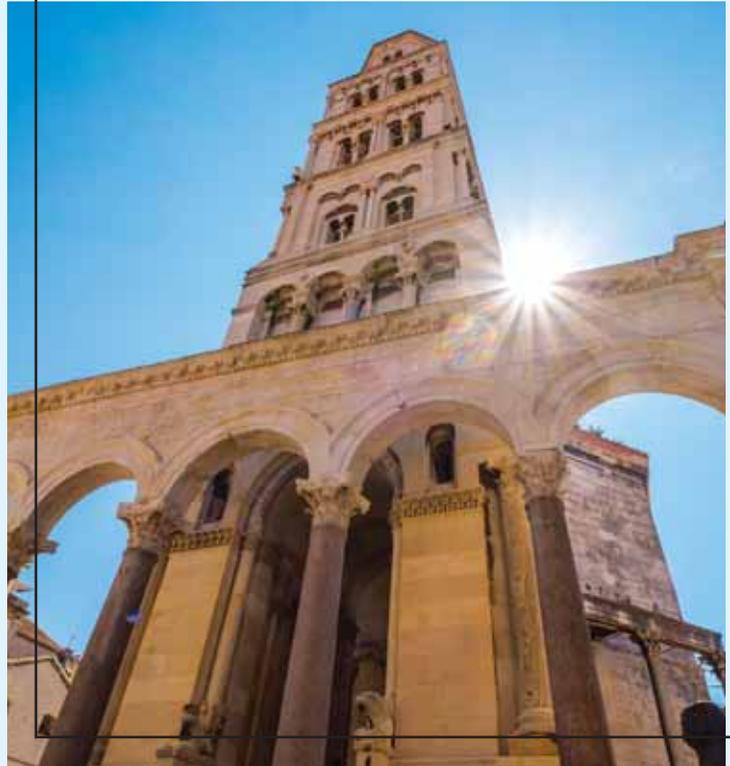
**If you're looking for a souvenir to remember your trip, be sure to bring lavender, olive oil and nautical bracelets back with you.**

## Day 1

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When visiting a destination for a limited amount of time, it's best to head to the must-visits and popular landmarks on the first day, that way you can be certain you won't run out of time to see them. Diocletian's Palace is among the highlights to see on the first day. Dominating over the Old Town, the historical landmark was built for Diocletian, the Roman empire. This luxurious fortress consists of three temples, a mausoleum and a courtyard.

Since you're already in the Old Town, spend some time meandering the car-free, cobblestone streets and absorb Split's history by taking in the Renaissance buildings. Be sure to stroll along Marmontova Street, a charming street peppered with restaurants and shops. Other highlights include St. Dominus Cathedral, Jupiter's Temple and the Bell Tower.



## Day 2

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Now that you've had some time to be awestruck by Split's beautiful must-sees, it's time to enjoy the views, off-the-beaten path secrets and food. For jaw-dropping views, hike up Marjan Hill. Dotted with pine and cypress trees, you can see a panoramic view of the city. To escape the city crowd, dip your toes in the waters of Bačvice, Split's closest beach. This sandy beach has inviting crystal-clear waters and is a spot the locals like to lounge in.

For those who enjoy all things food, head to the fish market located in the center of Diocletian's Palace. You'll see many locals browsing and shopping for the catch of the day. To get a taste of Split's fresh seafood, be sure to try "Crni Rižot," or black risotto. The risotto gets its color from squid ink. After you've had your fill of Split's delicious seafood, it's best to enjoy the rest of the night strolling through the city's harbor, watching the ships and ferries come and go. ■



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