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WHAT'S UP

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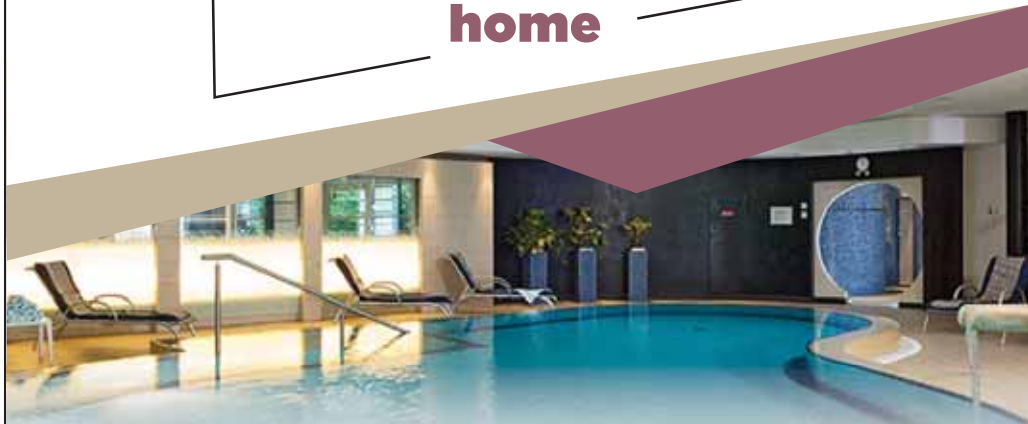


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SCRUMPTIOUS APPLE STRUDEL

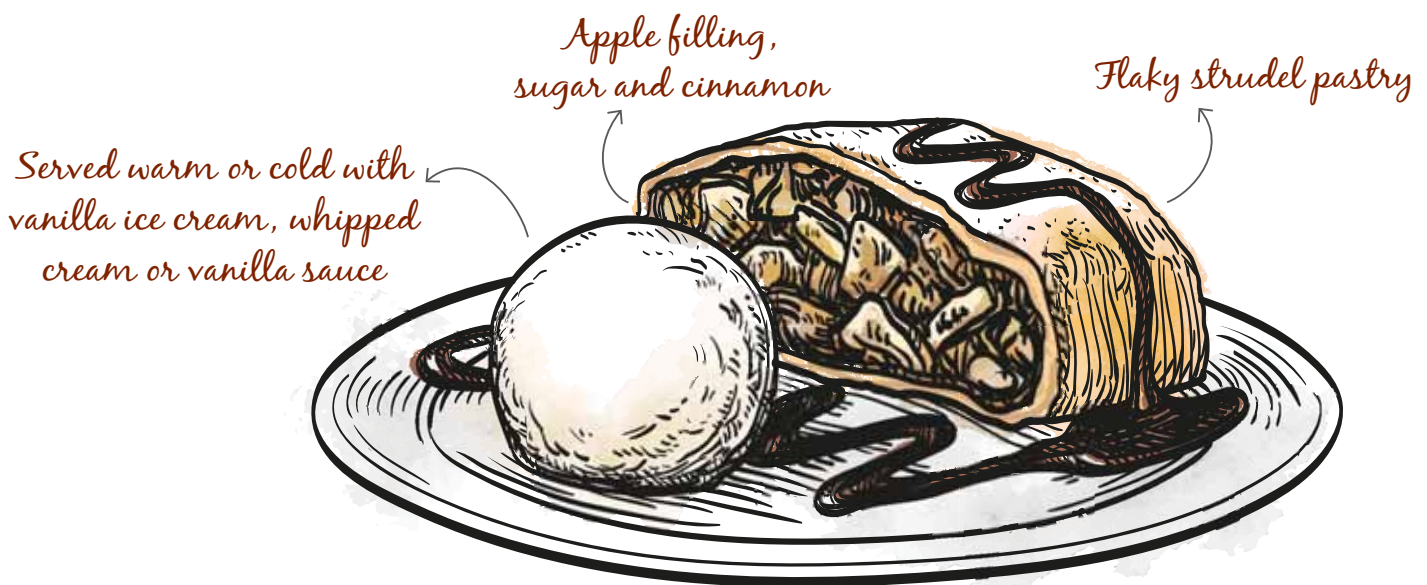
..... By Jessica Zen

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

Outdoor Adventures

By Anna Leigh Bagiackas

As we inch closer to the beginning of summer and the longest day of the year, we can't help but start planning (or at least daydreaming) what outdoor adventures the summer may bring. With no shortage of gorgeous landscapes and outdoor opportunities for adventure, Bavaria has something for about every level of adventure-seeker. The Alps, lakes, gardens and trails are just a few reasons why this region of Germany is a major destination for outdoor enthusiasts.

Whether you're content with a relaxing hike for a jaw-dropping view or you're ready to throw yourself off a cliff into a pool of chilly water, you will find the right adventure for you. Since we already know that hiking and biking are great options for outdoor activities, what are some new ideas to consider for this summer's outdoor adventures?

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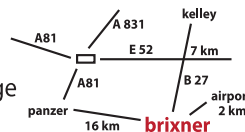
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With no shortage of gorgeous landscapes and outdoor opportunities for adventure, Bavaria has something for about every level of adventure-seeker.

Kayaking & Canoeing

Experience some of Bavaria's most beautiful rivers and lakes with the perfect view, from the seat of a kayak or canoe. Whether you're interested in a day trip, long weekend or week-long vacation, you can cover a lot of ground (well, water) in exploring Franconia, Eastern and Upper Bavaria and the All-gau regions. For a day-long kayaking or canoeing experience, check out the Jungle Tour on the Kößlerner Bach, which meets with the Inn River, separating Germany and Austria. Or explore the Altmühl Nature Park, where you can find a 154-kilometer canoeing route, perfect for a family camping trip. You can also find lots of kayak and canoe rentals along the Main River. This method of exploration gives you a peaceful and relaxing escape from the chaos of our busy schedules.

Rafting

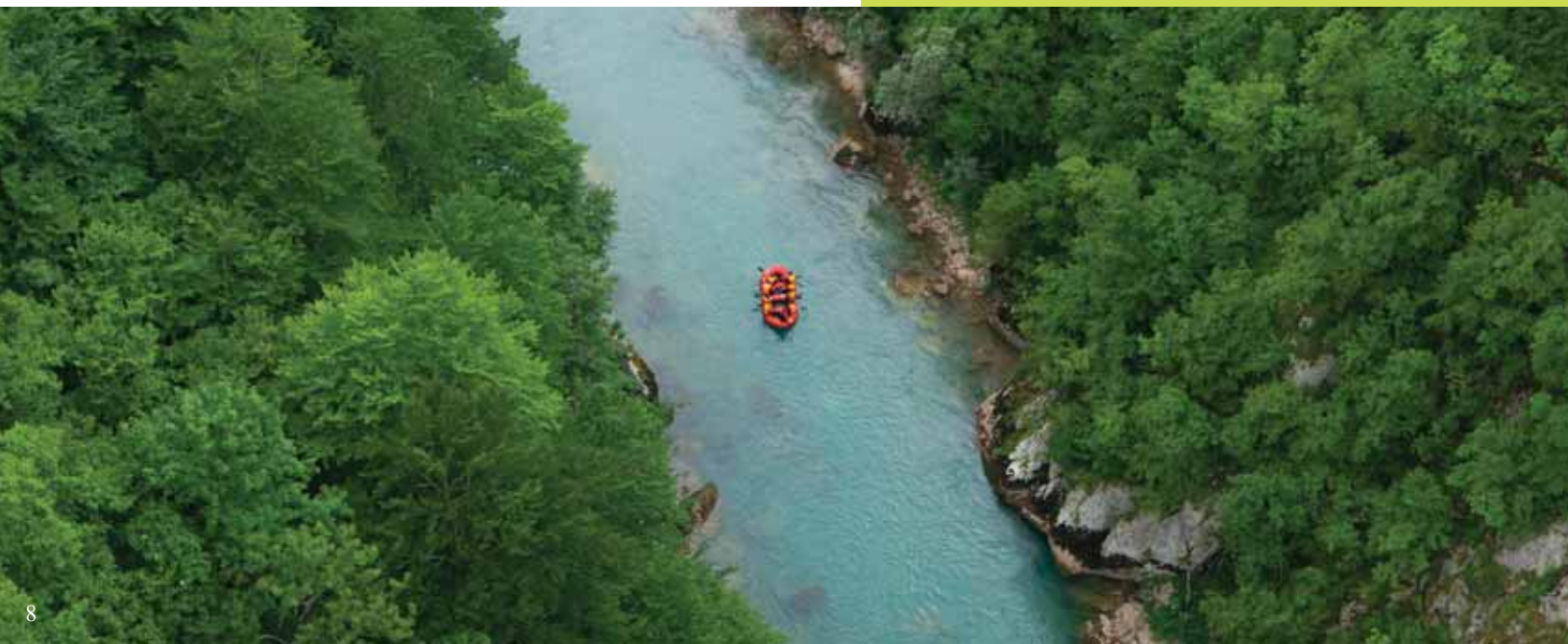
For something a little livelier than a canoe trip, how about signing up the family for a day of rafting? With the Bavarian Alps comes lots of melting snow, meaning flowing alp streams and waterways perfect for some raft action. Berchtesgaden is a popular spot because of the many rivers and lakes surrounded by the Alps, but white-water rafting can be found all around the region with a quick search. Get ready to get wet, feel the spray of cold water on your face and the exhilarating feeling of hitting some air or bouncing between boulders. It'll be a day your family will never forget.



Canyoning

Canyoning is for the thrill-seekers in your life, always ready to get their adrenaline going. What is it exactly? Canyoning is a mix of swimming, hiking, climbing, sliding, jumping and rappelling into and through canyons, led by a "canyonaut," or canyoning guide. A day of canyoning is all about exploration, taking on whatever challenge you find yourself in front of and (literally) diving right in. Find your first canyoning experience at Gunzesrieder Ostertaltobel Ravine or Starzlachklamm Gorge. Tours are offered at a range of different levels, so those new to canyoning can work towards more difficult routes.

With all the extra time we had at home in 2020, maybe you're itching to do a little more thrill-seeking. Bavaria has lots to offer for your adventurous side, so take advantage of it! ■





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ENGLAND



LEFT:
The Gates-
head Millen-
nium Bridge
spanning the
River Tyne
between
Gateshead
and Newcas-
tle 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 Lladra,
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 York-
shire.





LEFT:
Sunset over
the Bridges
of Newcastle
upon Tyne.

© PHILIP BIRD / 123RF.COM

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. ■



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

© CHRISTIAN MUELLER / 123RF.COM



LEFT:
Unique shop-
ping street in
Camden. The
area hosts
street markets
and music
venues, which
are strongly
associated
with alterna-
tive culture.

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.



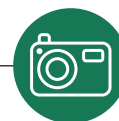
Two centuries of social change

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 Ritzy 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.

Day 1

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

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. ■



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



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