Greetings!

Low season, Shoulder Season, High Season—travel doesn’t really have a season. Every season is a good season to hit the road. Each has its own joys, attractions and opportunities for adventure. And that’s no less true for winter.

While many want to escape the wintery weather others, cherish it. Whether you’re skiing, sledding, skating or happily ensconced in a huggelg pub, it’s all-good. And cozying up in front of a blazing fire with family, friends and a goblet of vin chaud isn’t too bad either.

Of course, chilly northern nights mean sultry sunny days in the world’s southern climes. We suggest Norte Americanos interested in fleeing the frost find relief south of the border in South America, the Caribbean, Asia or Africa.

In this issue we are “Getting Around” by floating above Temecula, California’s vineyards and dog sledding in Quebec, Canada, as well as photographing game in South Africa and riding the Death Railway over Thailand’s River Kwai. Meanwhile “Dateline: The World” highlights festivals in some of my favorite places — Cuba, Argentina and Spain.

Check out “Celebrations USA” for stateside events, such as Black History Month in Boston, a Philly Beer Fest, New Orleans’ Mardi Gras and the legendary Pasadena Rose Parade. In addition, this issue spotlights editor Barbara Beckley’s experiences in Tucson, Arizona. From our French “Month on the Lot”, we’ve brought back some “Hotels, Resorts and Dining” tips we expect will tickle your fancy.

We’re all set for a busy year of scouting and shooting for Season 12 of Joseph Rosendo’s Travelscope that will take our PBS television show to sweet travel spots such as Ireland’s Ancient East to follow ghostly and saintly trails and to South Africa for encounters with wild grapes and big game. We’ll also soak in the warmth on the shores of Texas and Thailand and watch the sun set on our season of adventures. Join us as we accept the world’s invitation to visit!

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Happy Holidays From Our Home to Yours!

Travel is Fatal to Prejudice, Bigotry and Narrow-mindedness.

- Mark Twain
Getting Arund

Up, up and away! Go **hot air balloonin**g in Temecula, Southern California, over rolling hills and lush vineyards. Sunrise flights are available year round from balloon operators California Dreamin’, Magical Adventures and A Grape Escape. Enjoy the silence and the scenery as the balloon floats through the air, followed by a champagne toast upon landing. VisitTemeculaValley.com. Watch Joseph’s California adventures — airing on PBS, public television and Amazon.

Drive the sled dogs yourself! **Adventures NORD-Bec** lets you be the musher, as the happy huskies pull your sled through the beautiful Jacques-Cartier Valley, outside Quebec City in Quebec, Canada. (A professional musher is by your side.) Packages include “The Mush,” a three-hour thrill featuring a dog sledding lesson, dog sledding, guided kennel tour and coffee, tea and cookies. Traineaux-Chiens.com. Watch Joseph’s Quebec adventures — airing on PBS, public television and Amazon.

See the USA – on Amtrak! The **14-day Amtrak Grand Rail Experience** offers the full cross-country experience from Chicago to Seattle to Los Angeles to New Orleans to Washington, D.C. and back to Chicago. Tours in Seattle, Los Angeles, New Orleans and Washington, D.C. are included along with six nights’ hotel accommodations and seven nights on Amtrak. Rates begin at $1,999 per person. AmtrakVacations.com.

Enjoy the ultimate in animal viewing and luxury accommodations on safari with **Lion Sands Game Reserve** in the Sabi Sand Private Game Reserve and Kruger National Park in South Africa. On the intimate safari in Sabi Sand, you’ll see them all – lions, leopards, rhinos, elephants, buffalo, giraffe, hippos and zebra – plus 137 other species and 450 varieties of birds! Then relax in a luxe lodge or treehouse. LionSands.com. Watch Joseph’s South African Safari adventures — airing on PBS, public television and Amazon.

“Lest we forget.” Visit the **Thailand-Burma Railway Centre** museum in Thailand commemorating WWII Allied prisoners who died building the 258-mile “Death Railway.” Custom tours from a half-day to five days can be arranged to explore the railway’s history and visit sites including the Bridge on the River Kwai, Hellfire Pass and the Kanchanaburi War Cemetery, where 7,000 Allied prisoners, who perished building the rail line, are buried. TBRConline.com. Watch Joseph’s Bangkok and River Kwai episode — airing on PBS, public television and Amazon.

Celebrations U.S.A.

Ring in 2020 at the **131st Rose Parade** on January 1 in Pasadena. Thrill to the beauty of 42 magnificent flower-covered floats, the music of 24 marching bands, horsemanship of 18 equestrian units and pre-parade entertainment. This year’s theme is “The Power of Hope.” TournamentofRoses.com Watch Joseph’s California adventures — airing on PBS, public television and Amazon.

Celebrate **Black History Month** in February in Boston with the Freedom Trail Foundation’s **African-American Patriots Tour** on select Saturdays and Sundays and at the Museum of African American History on Beacon Hill located on the Black Heritage Trail. Learn about the African-American patriots who played a vital role in the start of the American Revolution and in the formation of our country. View history through the eyes of African-American revolutionaries such as Crispus Attucks, Phillis Wheatley and others. TheFreedomTrail.org; Maah.org

Chill at **Sandy Shore’s Jazz Weekender**, February 13-16, at the Quail Lodge Resort & Golf Club in Carmel. World class musicians, an intimate venue, relaxed days and playful nights makes this a must for jazz lovers. SmoothJazz.com. Watch Joseph’s California adventures — airing on PBS, public television and Amazon.

Party like there’s no tomorrow at **New Orleans Mardi Gras** on Fat Tuesday, February 25. Grab for beads as the legendary Krewe of Rex and Krewe of Zulu dance and sing down the street; just two of the 11 parades lighting up the city. February 24 is also a must-see, with the prestigious Krewe of Proteus and Krewe of Orpheus parades. The fun begins January 6 with krewes parading throughout February, culminating with the Fat Tuesday festivities. MardiGrasNewOrleans.com.

Suds ahoy! Visit the 14th annual **Philly Craft Beer Festival**, March 7, at the Navy Yard in Philadelphia. Named by USA Today as one of the “10 Best Beer Festivals in the U.S.” you can enjoy more than 150 beers from more than 50 top local and national breweries. Nosh on gourmet food truck fare. Enjoy VIP meet and greets with the brewers. PhillyCraftBeerFest.com.
Turquoise waters and sugary beaches. Stylish dining and shopping. The wild Everglades. Palapa-topped marina hangouts and speedboats. These are the exciting contrasts that make the tip of southwest Florida a paradise for travelers who enjoy diverse experiences.

Located on the Gulf of Mexico, two hours west of Miami/Fort Lauderdale and 45 minutes south of Southwest Florida International Airport, the “Paradise Coast” (as the tourism folks call it) is anchored by the sophisticated city of Naples and the friendly town of Marco Island, connected to the mainland by two bridges.

Nature is the starring attraction, with the vast Everglades to the east and miles of serene beaches to the west. Don’t be surprised to see dolphin swimming just a few feet from shore.

Exploring the Everglades is a must. How is up to you: You might fancy a guided hike into Big Cypress National Preserve and Everglades National Park to look for the rare Ghost Orchid; or want to skim across the swamp in an airboat to spot alligators; or canoe, kayak or jet-ski through mangrove tunnels at the ocean’s edge, where you might see some manatees. Some like to walk down the Big Cypress Bend Boardwalk into the Fakahatchee Strand to view bald eagles and other wildlife. For avid animal-lovers, the award-winning Naples Zoo at Caribbean Gardens is a terrific coup de grâce.

Boaters can do it all. Rent a motor boat for six to 12 passengers at Rose Marina. Then cruise the inter-coastal to see Naples’ million-dollar coastal homes. Or follow the locals to Keewaydin Island, a pristine sandbar popular for shelling and picnicking.

Sunsets anyone?

Enjoy the nightly ritual on a Marco Island Princess sunset dinner cruise. Or join the action at the Sunset Grille, voted Marco’s best beach bar, or at the Sunset Beach Bar at the Naples Beach Hotel & Golf Club. Cocktails at the Snook Inn on Marco Island are a must. This marina bar has been the favorite hangout for more than 20 years.

When it’s time for casual sophistication, stroll along Fifth Avenue in Naples. Peruse the boutiques and galleries. Dine at a charming sidewalk café such as Caffe Milano for an Italian night, or at Vergina Restaurant for Euro fare and live entertainment. Enjoy a nightcap at the original Tommy Bahama Restaurant. The brand was founded in Naples by two vacationing entrepreneurs. A perfect fit for the area’s stylishly laid-back vibe.

Where to stay? Where do I start? My recommendations include the luxurious Inn on Fifth, with a rooftop pool and bar; the Naples Beach Hotel & Golf Club, the only beach resort in downtown Naples; the J.W. Marriott Marco Island Beach Resort, the Hilton Marco Island Beach Resort & Spa and loads of vacation homes and swank condos. ParadiseCoast.com.
Dateline: The World

If you’ve never been to Malta, consider visiting during the Valletta International Baroque Festival, January 10-25 in the capital city of Valletta. It’s a unique cultural experience featuring music and arias by the era’s top composers such as Telemann, Fasch, Vivaldi, Handel and Bach, performed by leading musicians and singers from Malta and the world, in beautiful baroque and contemporary venues. VallettaBaroqueFestival.com. Visit Malta during Joseph’s Cruising the Mediterranean episode airing now.

Thrill to authentic Cuban jazz – in its homeland – at the Havana Jazz Festival, January 15-20, in Havana. This internationally renowned event features top international and Cuban jazz musicians performing in venues across the city including the Casa de la Cultura Plaza and the Teatro Nacional de Cuba. Cuba is a music machine – pumping out its own famous genre of jazz, which is revered by Cuban society and the Cuban government, so there’s a nearly endless supply of new and exciting local talent to hear. JazzCuba.com.

It’s party time in the streets of Barcelona, Spain during Fiesta de los Foguerons de Sant Antoni de sa Pobla a Gràcia, a lively festival imported from Mallorca honoring St. Anthony taking place the last weekend in January. Street bonfires, parades, dragons and giants, human towers, puppet shows, folk songs by candlelight in the city squares, morcilla sausages cooked over the bonfires and other Balearic folk festivities add to the fun. Barcelona.cat.

Watch in wonder as thousands of illuminated traditional rice paper lanterns float into the night sky, during the Pingxi Lantern Festival in Taiwan, February 8-9, in celebration of the Chinese Lunar New Year. The 31st electric Taiwan Lantern Festival will take place in Taichung City from February 8 – 23. It’s great to take in both and enjoy the two contrasting celebrations. Taiwan.net.tw, EnchantedVagabond.com, Watch Joseph’s Taiwan Lantern show — airing on PBS, public television and Amazon.

Celebrate Argentina’s fine wines at the National Grape Harvest Festival, March 6-8 in Mendoza, the “capital” of Argentine wine country. Billed by National Geographic as “one of the world's most famous celebrations,” the Vendimia Mendoza Show features 1,200 performers on stage and a spectacular 20-minute firework show! Also the blessing of the fruit, parades with floats, gauchos, street performers, musicians and beautiful harvest queens; wine dinners and more. WelcomeArgentina.com.
Say “Nepal,” and I think of exotic temples, enlightenment, ridiculously tall mountains and, in the ‘60s, hundreds of wandering hippies. I missed the hippy invasion. So, though considerably longer in the tooth these days, I figured it’s never too late and booked a flight.

Kathmandu, the country’s capital city, was pretty much all I imagined, if slightly more crowded and chaotic. Evidence of the 2015 earthquake was throughout. Nepal is a poor country so repairs are slow. My hotel was the Kumari Boutique Hotel, a small, clean and friendly property tucked into a narrow street in the middle of the Thamel district. One of their incredibly accommodating employees actually escorted me to my dinner choice, a pizza parlor, which came highly recommended, so I wouldn’t get lost in the labyrinth of winding alleys.

From my modest, but cozy digs, to my second Kathmandu accommodation involved a certain amount of culture shock. Suddenly I was transported back to the days of the Raj at the luxurious Dwarika’s Hotel. Old Nepali-style brick buildings are embellished with ancient woodcarvings. Many of these beautiful woodcarvings were rescued by the hotel’s visionary conservationist owner and incorporated into the property’s stunning exteriors and interiors. This historic décor coupled with spacious courtyards and a gracious staff conjure up the luxury and privilege of a bygone era.

My second morning in the capital produced gloomy skies, fog and persistent rain – none of which did anything to discourage Kathmandu’s devout believers, and countless monkeys, from making their sunrise pilgrimage to Swayambhunath Stupa, one of the holiest Buddhist sites in Nepal. Steep steps led the way up to where its four seeing eyes watch over the valley from atop a higher than 250-foot hillock. Things were pretty murky when we arrived. But eventually the rain stopped, the fog cleared and we got a cloudy view of downtown Kathmandu.

Fortified with a hearty breakfast, I segued from the sacred to the commercial and headed to the market at Durbar Square. Photographers are suckers for markets and I’m no exception. You can find anything at this market if you have the fortitude to withstand the crowds. I saw wooden masks, plastic flip flops, exotic fruit, underwear with funny sayings and knockoff sportswear.

Apart from the commercial component of Kathmandu Durbar Square, there’s its important historic side. Back in the day, before the unification of Nepal, the country consisted of small kingdoms. Each kingdom had a square, with temples, idols, open courts and fountains, opposite the royal palace. Kathmandu Durbar Square was one of these and today is a UNESCO World Heritage Site. Sadly the 2015 earthquake caused significant damage to the historic buildings and repair has...
reserve for Nepali royals and foreign aristocrats, so much of the forest and animal life remain pristine. Fortunately, the days of slaughtering wild animals are gone, but today the park’s challenge is poachers who continue to kill rhinos and tigers for profit.

A morning jeep ride through a heavily forested part of the park was lovely, but the animal sightings were few and only amounted to one partially submerged rhino and a few birds.

In the afternoon, I checked out the crocodile breeding center in what turned out to be a driving rainstorm. Well, it was monsoon season after all. This was my first look at a gharial crocodile, an odd-looking breed with a long skinny mouth loaded with really sharp looking teeth. I learned that it’s a fish-eater and native to sandy freshwater river banks in the plains of the northern part of the Indian subcontinent.

Fortunately the rain stopped long enough for a dugout canoe ride. But the bus from the riverbank got thoroughly mired in mud. I arrived back at the Tigerland Safari Resort lodge sitting on a coil of rope in the open-air back of a work jeep. Hey, just another travel adventure.

Another activity to check out in Chitwan is a Tharu Village. The Tharu people, an ethnic group who live mainly in the Terai region of Nepal, live here. They call themselves “People of the Jungle,” and still maintain their traditional way of life. The Tharu houses are mud-walled and quite primitive, and they live off the land, growing rice, corn and lentils and hunting wild deer and rabbit. I was lucky enough to see them perform the traditional Tharu Stick Dance, which was originally used to keep wild animals away from their villages.

Last on my Nepal agenda was to hit the heights. While I had no interest in scaling any peaks or exploring the Mt. Everest basecamp, I just couldn’t go to Nepal and not get into a little rarified atmosphere.

Frankly I’d never heard of the Mustang region before going to Nepal, but it sounded intriguing and just the place to experience a little altitude. A remote and isolated region of the Nepalese Himalayas, the Upper Mustang was a restricted demilitarized area up until 1992. This makes it one of the best preserved regions anywhere. The true Tibetan

...continued from page 5
Vegetable seller in Thamel Market Kathmandu

The Monks of Muktinath

To get there meant boarding a tiny Yeti Airlines plane for a 20-minute flight to Jomsom, a high mountain town at nearly 9,000 feet. Flights only operate in the morning as the afternoons are often too windy.

After enjoying a surprisingly excellent cappuccino at the Himalayan Java Gallery Cafe in Jomsom, I hopped on a bus headed for Kagbeni, about a 30-minute drive up the road. If I thought the coffee cafe in Jomsom was a surprise, imagine finding that the name of my Kagbeni hotel was Yak Donalds. What? You gotta be kidding! Here I was in the heart of the Himalayas staying in a hotel painted MacDonald’s red and yellow and serving “Happy Meals.” A local divergence from the original being that the burger was yak rather than beef! They also served yummy homemade cookies and delectable lemon-ginger tea.

Kagbeni turned out to be my favorite of the several mountain towns we visited. Winning me over with a small monastery with very congenial monks, lovely views of the valley and all sorts of winding streets with residents going about their daily chores.

My final Nepal adventure was a visit to Muktinath, one of the most sacred places on earth for Hindus and Buddhists alike. From the parking area the temple grounds were up a steadily climbing road. While no problem at sea level, at more than 12,000 feet I opted for horseback. For a few dollars a young Tibetan man led me on his little horse past businesses and souvenir stalls up the rocky road to the temple steps.

Besides an enormous Buddha statue and the temple itself, there’s a large pond. Considered to be holy water from the Himalayas, devout visitors circle the wall around the pool getting showered upon by the water pouring out of glistening gold cow’s heads. It is thought that the water will wash away their sins.

Walking down from the temple was not problem and I stopped for a pizza in one of the restaurants along the way. Soon it was time to leave this sacred place and head back to Jomsom.

Next morning’s skies were shrouded in a heavy cloud cover. It was touch and go as to whether my plane was going to be able to fly back to the town of Pokhara. Luck was with me though, as there was a break in the clouds and we flew out. Thank goodness, since the alternative would have been a 12-hour trip in a beat-up four-wheel drive vehicle over way less than ideal roads. I mean, there is a limit to how much adventure a girl can stand in the world’s highest country!

For more information, visit Nepal Tourism, www.welcomenepal.com
Resorts, Hotels 'n' Dining
Here are some restful values.

R Looking for a luxurious California coastal stay? The Park Hyatt Aviara, north of San Diego in Carlsbad, is a prime pick. Set amid 200 acres of verdant hillsides, it features an Arnold Palmer-designed golf course which plays host to the LPGA Kia Classic; six top quality tennis courts; the Aviara Spa; the AAA Four-Diamond Argyle Steakhouse, recognized as San Diego's best steak spot; and the unique VeraVia all-inclusive wellness program, featured in the Wall Street Journal as offering one of the world's top mind-body rejuvenation programs. All 327 rooms overlook the golf course or the Batiquitos Lagoon with living room that stretches up to 2,140 square feet. Executive Chef Pierre Albaledejo is an avid surfer. So, the resort offers a “Surfing with the Chef” experience which includes prepping breakfast with him, a surf lesson, a meal on the beach prepared by the Chef and a personalized longboard to keep! ParkHyattAviara.com.

H/D You can experience the best of Southwest France country charm and cuisine at La Truite Dorée Hotel and Restaurant, located within walking distance from your Le Boat mooring in the riverside village of Saint Gery-Vers. This former 14th century coaching inn offers fairytale architecture and 28 rooms in a variety of styles including studios with kitchenettes. The hotel facilities include a fitness center and a swimming pool overlooking the Lot River. The inn’s rustic-style restaurant serves fine traditional French fare — a welcomed respite from your own onboard culinary concoctions. The hotel menu features everything from omelette aux truffes and poisson frais du jour to confit de canard and desserts such as tarte aux noix. Managed by the same family for five generations, guests experience the time-honored tradition of “Bienvenue” — a warm Southwest France welcome. Rates average $82 per night and include buffet breakfast. LaTruiteDoree.fr.

H Opened in November 2018, the built-from-scratch Moxy San Diego Downtown/Gaslamp Quarter is playful and different in so many ways. You check in at the bar where the friendly staff hands you a cocktail. Inside the 128 guestrooms, each designed to resemble “a clubhouse with cushy beds,” you’ll see a personal welcome in what could pass for lipstick scrawled across the mirror. Skyline views from floor-to-ceiling windows, a 42” TV with a high-quality sound system and speedy Wi-Fi add to the pleasure. Everything revolves around the bar, where breakfast, lunch and dinner are served. Even the nightlife is built-in. Text the secret code for entry into Room 56 (named after the 56 signers of the Declaration of Independence), a speakeasy-style restaurant and lounge located behind a library bookcase and down a spiral staircase. The Moxy is also within easy reach of Petco Park, Seaport Village, Little Italy, the San Diego Zoo and other San Diego attractions. Marriott.com/Sanox.

D What goes best after a great dinner? A fun-filled evening of theatre! That's what's on the menu at the Kirk Douglas Theater from December 3-15 for travelers to Culver City, Southern California's new dining mecca. Using hilarious improv, catchy tunes and a touching story, Little Black Dress, The Musical, pays homage to every gal's best friend and secret weapon. A rollickingly funny girls' night out the musical Little Black Dress fits the bill for every birthday, anniversary, reunion and bachelorette party’s requirement of a colorful topper to a wild evening of wining and dining. The joyful story follows the twists and turns of two women’s lives back-dropped by their Little Black Dress. Tickets are online at LittleBlackDressTheMusical.com or at 213-628-2772. If you miss it in Culver City, catch it starting January 7th at a stop on its cross-county romp through Florida, North Carolina, Iowa, Minnesota, Wisconsin and Ontario, Canada. For cities, dates and more show info go to LittleBlackDressTheMusical.com.
Savoring Northern Sonoma’s Wine Road

Story and Photos by Barbara Beckley

Sip, savor, dine – repeat. This was my mantra on a recent trip along the Wine Road in Northern Sonoma County. I’m relieved to report the area survived last fall’s fires. The beautiful scenery, excellent food, shopping, accommodations and award-winning wineries are as enticing as ever.

What did surprise me is the fact that the Wine Road – Northern Sonoma County isn’t just a route – it’s a full-service organization, with friendly folks who are happy to act like travel agents – for free. Tell them your wine, food, activities and lodging preferences and a real person will email you back pronto with recommendations. These aren’t computer generated suggestions. A real person is helping you plan your trip. They even helped me find a fabulous clothing resale boutique!

The Wine Road – Northern Sonoma County encompasses top wine regions: the Alexander Valley, Dry Creek Valley, Russian River Valley, Green Valley, Rockpile AVA and Chalk Hill (a sub-appellation of Russian River Valley). All anchored by the charming, walkable town of Healdsburg – an ideal headquarters for exploring the more than 200 wineries within a 10- to 20-minute drive. Tastings generally begin at $15 to sample five wines. Many offer gourmet cheese pairings at higher prices.

Sonoma’s friendliness embraced me the very first night. I was staying at the Calderwood Inn, a 1902 Queen Anne-style mansion, in Healdsburg. Following the innkeeper’s recommendations, I walked to Valette, one of America’s 100 Best Wine Restaurants, according to Wine Enthusiast magazine, for dinner. I sat at the bar next to a lovely woman who lives in West Los Angeles and has a second home in Healdsburg. We hit it off over a plate of the signature Scallops en Croute.

The next morning, I’m at breakfast in the inn’s formal dining room, when in she pops – and hands me a bottle of Northern Sonoma’s J Vineyards sparkling wine as a welcome gift! The warm hospitality continued as I drove through the emerald hills and valleys for 13 tastings in three days. No wine snobs here. Just friendly, talented specialists who love what they’re doing.

“What does this pair with?” I asked John Viszlay, the owner/winemaker at Viszlay Vineyards overlooking the Russian River. He moved here from Chicago ten years ago to fulfill a dream. I was sipping his signature Five Vines Estate Red Blend 2015.

“A glass,” he replied. I liked him instantly. He doesn’t do tasting notes either. “I prefer you to tell me what you taste.” “Bold and delicious” was how I described this Bordeaux blend of Merlot, Cabernet Sauvignon, Malbec, Petite Verdot and Cabernet Franc.

Viszlay’s fun personality doesn’t stop him from creating small lot, award-winning estate vintages from his ten-acre vineyard. He also leads the charge as president of the Wine Road Board of Directors. “The number and diversity of varietals in Northern Sonoma County is unmatched,” he declared. “In my neighborhood alone there are 80 varietals!”

Farther into Alexander Valley, I sampled estate cabs at the Robert Young Estate Winery’s Scion House, their stylish new indoor-outdoor hilltop tasting facility. The Young’s have worked this land since 1858 and there’s always a family member in the tasting room.

Given the family’s longevity in the wine industry – I asked the loaded question. “What’s the difference between Sonoma and Napa wines?” “Authenticity vs. Marketing,” Joanne Young, one of the sixth generation wine makers, replied.

Back in Healdsburg, shopping was as wonderful as wine tasting. Susan’s Basement wholesale boutique features contemporary men’s and women’s fashions that simply don’t sell fast enough at Saks and Bloomingdale’s in downtown San Francisco. I bought a cashmere sweater coat for pennies on the dollar. I celebrated my find with a delicious dinner at Brava Bar de Tapas with sangria and Spanish small plates on the patio under the trees.

The next day, a bright red fire engine left no doubt the Hook & Ladder Winery in the Russian River Valley had been founded in the 1970s by a fireman. I loved its estate 2018 Rose of Pinot Noir, which delivered strawberry tones and a dry finish.

continued on page 10
A diner-like ambiance added fun to my final tasting at the Rockpile Vineyards Tasting Lounge. Sitting at a high-top table, I looked out on Healdsburg’s round-about road, munching on locally made cheeses and cold cuts paired with their gold-medal 2016 estate Zinfandel. It was phenomenal, bright and spicy with a memorable finish. Just like my trip! For more, visit WineRoad.com. Watch Joseph’s California adventures — airing on PBS, public television and Amazon.

So many wineries. So little time.

We all know that Joseph is a talented storyteller. He brings the wonders of the travel world to life for us through his award-winning television footage…and his words. Words that we get to appreciate in the show, as well as right here in the Travelscope magazine and website.

Joseph knows that “The Story is King” and that we all have a tale to tell – no matter what genre we choose. And to help us on our way he’s recommending the newly released book – Everybody Has a Book Inside of Them: How to Bring it Out.

Written by Ann Marie Sabath, dubbed “The Book Whisperer” by budding author and former Seattle Seahawks running back Julius Jones, who was inspired by her work, this is an easy-to-follow volume with proven tips for taking an idea from germination to completion. It’s also a practical how-to manual with tips on identifying the books inside us and overcoming the worn out excuses and conjured up obstacles that we put in our way.

Drawing on the unique writing habits of 15 authors, Sabath shares insights, easy-to-follow guidelines and simple advice that we can put into practice immediately. Ann Marie boils it down to 49 topics in 177 pages covering every aspect of the book-writing process such as, How long does it take? Why knowing your reader is a must before you begin. Why to stop writing while you’re ahead. And how bestselling authors structure their books.

Other key advice includes tuning into your inner writing voice. The benefit of taking 30 days to “think” before you begin. A simple way to figure out your book genre and how to complete a 180-page book in 32 weeks by writing only one hour every day.

Many recommendations are commonsense: Read books by authors whose writing styles you admire and Write the Way You Live Your Life. As an example, do you thrive on keeping a schedule? Or do you live an impromptu life and love last-minute plans?

Other insights are surprising, like the chapters on What Authors Wear When They Write; and The Importance of Beginning with the End in Mind.

Whatever your story – Joseph encourages you to tell it creatively – and with the help of this book – you can do just that!

Find Everybody Has a Book Inside of Them $7.56 paperback at Amazon.com; and $16.95 at Indiebound.org.
With arguably the West’s oldest Spanish mission, modern art and centuries-old Mexican culture, dude ranches and chic resorts, Tucson offers a world of exciting and unexpected pleasures.

Framed by five mountain ranges in Arizona’s Sonoran Desert, Tucson is only 90 minutes from greater Phoenix—but light years apart in history and culture. “Laid back and genuine” is how the Visit Tucson folks describe it.

Tucson was established in 1692 when Jesuit missionary Father Eusebio Francisco Kino founded Mission San Xavier del Bac. A part of Spain and Mexico until 1854, Tucson exudes an inviting Old Mexico vibe in the shadow of modern skyscrapers. The mission is a top attraction, surprising visitors with its soaring, baroque façade that mirrors the grand cathedrals of Mexico City and Guadalajara. Its architecture makes sense, however, once a mission tour docent explains “Tucson was the farthest outpost of Catholicism in New Spain.”

Authentic Mexico continues in the downtown’s newly chic Barrio Viejo, where 19th century adobes are being restored into charming shops, studios and luxurious homes. In 2018, actress Diane Keaton bought a 4,572-square-foot adobe compound as a part-time home.

The cuisine is puro Mexico as well. A must-eat includes El Charro Café, the nation’s oldest Mexican restaurant. It has been run by the same family for 97 years. House specialties include Micheladas (Mexican beer meets Clamato cocktail), served with an open can of cerveza plunged upside down into a goblet.

Cycling—on your own or with an operator such as Tucson Bike Tours—is a popular way to explore the downtown and take in the public art. The Loop, a 131-mile system of paved, shared-use paths and bike lanes makes it easy. Memorable moments include peddling between the fangs and into the mouth of a giant rattlesnake on Rattlesnake Bridge, a bicycle and pedestrian-only viaduct designed in the likeness of a hissing rattler.

For sunset and other view sensations consider dining or staying at the Hilton Tucson El Conquistador Golf & Tennis Resort or the AAA Five-star Hacienda Del Sol resort. Both are perched in the foothills overlooking the city.

If you’re in a cowboy mood, you can hit the trail to the White Stallion Ranch, an hour outside of town. Owned and operated by the same family for 50 years, it features cowboy-swank with comfy cabins, activities from horse riding to rodeo shows and sipping cocktails in the lounge while you’re seated on a bar stool that’s a real saddle.

VisitTucson.org
Joseph Rosendo has been a travel, food and wine journalist for 39 years. His awards include four Emmys® for Host and Director, 47 Telly awards, five Taiwan Tourism Awards, the Globe and Mail Travel Media award and France’s Medaille d’Or du Tourisme. He lives in California with his wife and producer, Julie, and their cats Topanga Jones and Carlos.

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