

# PRAVEG'S TOURISM ONE

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*A high-end monthly magazine*

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# Chile

*An Eden on Earth*

VEGAN-FRIENDLY  
**HOLIDAY**  
DESTINATIONS



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## PRAVEG'S TOURISM ONE

November 2022



## Boundless Journey

**S**o, you love to travel, but you're also a vegan. You probably already know how difficult that can be, with few places in the world that can accommodate your special dietary needs. But the good news is, as the popularity of veganism expands around the world, our vegan options only keep growing.

Here we present a list of vegan travel holiday locations that we've recommended for a variety of reasons. Some have a high vegan population and some are home to some of the most reputable vegan venues. But they are all guaranteed to give you some wanderlust to inspire your next vegan travel adventure!

On 14th November, Children's Day is celebrated every year. This year, if you decide to take your child on a trip because travel leaves them with experiences that would last a lifetime, we are here to help you with fun-filled destinations that can offer amazing experiences.

Read on!





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Budapest



Far Far Away

# Chile

*An Eden on Earth*



**M**easured from North to South, this country is 1056 km longer than India. From East to West, it averages only 177 km in width. It is a land defined by extreme geographical attributes and a diverse blend of cultures. The country is Chile in the western part of South America, the southernmost country in the world and the closest to Antarctica. It is a country hedged in by the Andes in the east and the vast Pacific Ocean to the west.

Chile has one of the most intriguing geographical attributes. It is located along the Pacific Ring of Fire and so is prone to earthquakes, volcanic eruptions and tsunamis. There are more than 30 active volcanoes in Chile. Eighty percent of the country is mountainous, with the Andes occupying almost one third of the country. The Atacama Desert is the driest place on Earth, with an average rainfall of less than 0.05 mm per year. The Thar Desert in India gets about 500 mm of rain annually. Easter Island is the world's most isolated island, located

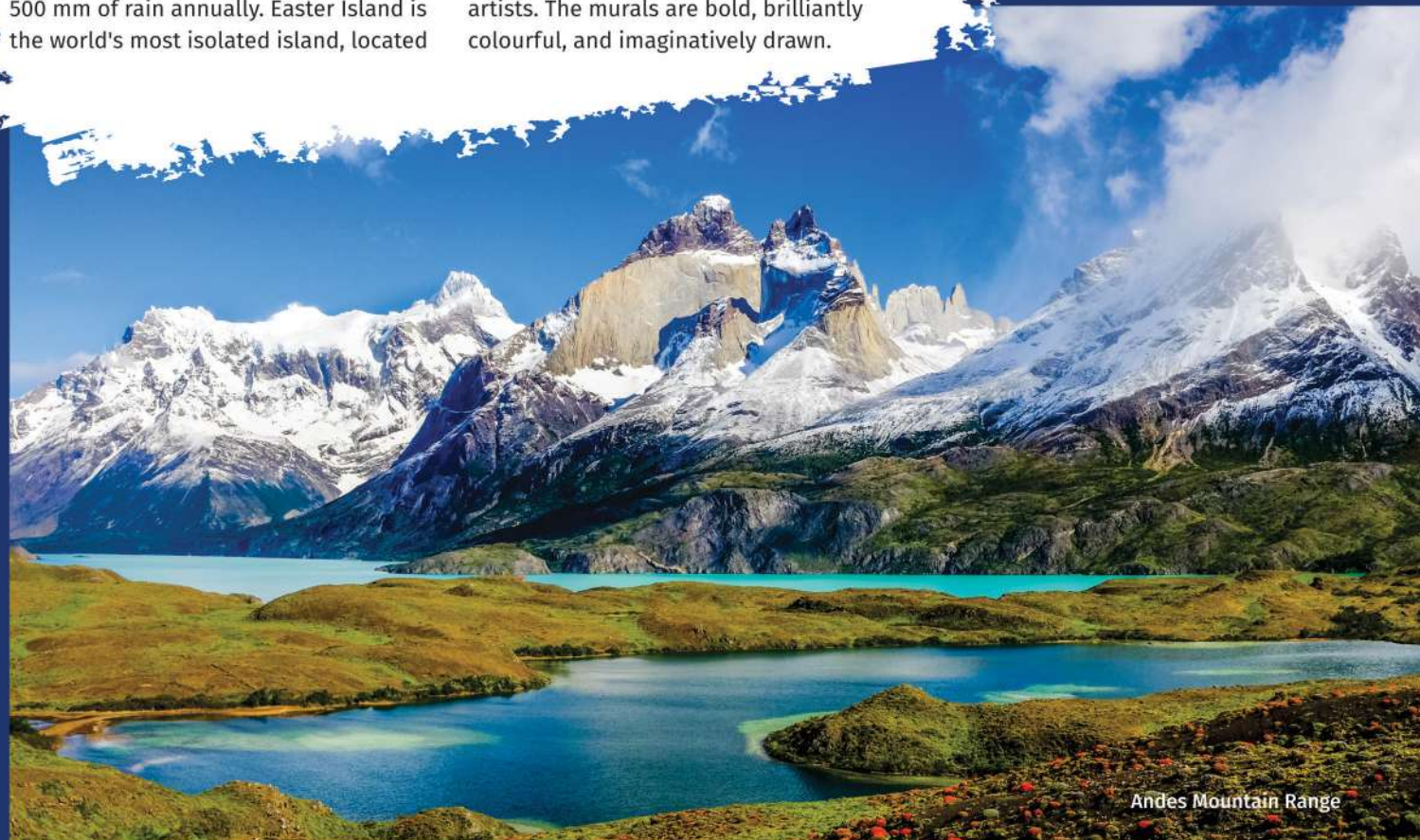
3,600 kilometres west of the mainland of Chile. Ojos Del Salado Crater Lake is the world's highest lake at 6,390 metres above sea level.

So much for its physical attributes, which make it a profoundly attractive place to visit. Surrounded by the snow-capped Andes, the capital, Santiago is touted to be one of the safest and most prosperous cities on the South American continent. Plaza de Armas is the historic central square of Santiago. It is the epicentre of activities and is one of the more popular tourist attractions of the capital. Here one can visit museums and art galleries, and shop for handicrafts.

In 2018, National Geographic had designated the city a must-see place because of the city's most colourful and unique feature, the Street Art in Santiago. Many streets of Santiago have enormous painted murals covering various themes. The contributions have come from internationally renowned artists. The murals are bold, brilliantly colourful, and imaginatively drawn.



Easter Island



Andes Mountain Range





La Moneda Palace, Santiago



The Santiago Metropolitan Cathedral harks back to the mid-1500s when a Spanish conquistador named Pedro de Valdivia founded Santiago. He erected a small catholic chapel, which happened to be at the Plaza de Armas. Subsequently a century later, the chapel was expanded to a small cathedral. However, over the centuries, the cathedral was destroyed several times due to earthquakes and rebuilt. It was only in the early 19th century that the cathedral assumed its present form. Today, it stands out as a beautiful building with ornate frescoes and majestic gilded columns.

La Moneda Palace is the presidential residence. Initially, it was built to be a mint house, the work for which began in the early 18th century. Subsequently in the mid-19th century, it

was converted to a presidential palace. People gather in front of the palace to see the grand change of guard that takes place daily at 10am with pomp and show. The changeover takes place to the accompaniment of the band.

The Museum of Memory and Human Rights is a chilling reminder when a nation devolved into a dictatorship regime. The exhibits in the museum are a stark reminder of the human rights violations carried out by the Chilean state during the rule of Augusto Pinochet from 1973 to 1990. The museum displays photographs, videos, letters and other materials from that period. It is a saga of extrajudicial killings, brutal repression and mysterious disappearances of the people. The museum serves as a beacon of hope - The hope that the country never ever

reverts to the dark period that it had witnessed in the late 20th century. The museum was opened in 2010 to celebrate the country's bicentennial year.

Patagonia covers the southernmost part of the South American continent, occupying 2,60,000 square miles of area. The region belongs to both Argentina and Chile with the Andean Mountain ranges acting as the boundary between the two countries. One of the more popular attractions here is the Torres Del Paine National Park, covering 1,814.1 sq km. The region is known for vast forests, stark mountain peaks, jagged spires of granite rocks, crystalline lakes, an abundance of glaciers and an array of unique wildlife. It boasts of a number of trails meant for the novice and regular hikers.



Memory and Human Rights Museum, Santiago



Paine National Park, Patagonia





Valle de la Muerte (Death Valley)

Moon Valley, Atacama Desert

**M**oving on from the comfortable environs of the city to the inhospitable and unforgiving land, yet the alluring world of sand and rock brings one to the sprawling Atacama Desert. The Atacama Desert is not just endless swathes of sand and rock. There are resorts from where one can travel into other areas of the desert that are bewitchingly beautiful.

San Pedro de Atacama, located 2,500 mts. above sea level, is an area of great tourist and archaeological attraction. The place that very much looks like a town in a western movie is situated amid many oases.

Valle Del Arcoiris or The Rainbow Valley in San Pedro de Atacama is unique for its colour of the sand, rocks and the

hills that display a spectacular range of colours - red, beige, green and white.

Valle de la Luna or the Valley of the Moon, the desolate infertile land has all the appearance of the lunar landscape. Its extra-terrestrial appearance and terrain prompted NASA to test its robotic vehicles, before it was sent to Mars.

Valle de la Muerte, also called the Death Valley, is another that should be added to one's itinerary. It is a place of deep chasms and ravines, towering sand dunes with spectacular dramatic views of the distant cordillera (parallel mountain ranges). Cycling and snowboarding are activities that can be undertaken here. As the sun begins to ebb, look out for a brilliant display of sunset colours.





Terremoto Cocktail with pineapple ice cream, liquor grenadine, pisco & white wine

The Atacama Desert is an ideal place for stargazing. Even a person, disinterested in astronomy will be dumbfounded at the magnificent display of millions of stars in the desert sky. It is also one of the best places to observe the Milky Way in all its breath-taking glory. Due to its dry environment, high altitude, scant cloud cover and almost negligible radio interference and light pollution from cities, the desert is one of the best places on Earth for astronomical observations. There are several observatories for tourists, where one can visit. Astronomer Alain Maury, who has a popular observatory for tourists in Atacama, states in a science magazine.

"To the naked eye, it looks like a fuzzy star, but the telescope reveals its true nature: a huge, globular cluster of hundreds of thousands of stars, ...."

When in Chile, go for the Terremoto, (meaning earthquake) cocktail. It is extremely popular and widely consumed. Made from native Chilean grapes, this cocktail or drink is prepared with white Pipeño wine (made from ordinary grape stock), pineapple ice cream and grenadine and served in large glasses. The wine is meant to be consumed young and fresh. The Pipeño wine is made after a short period of fermentation and ageing process.

Chile is certainly a land of contrasts. It is a country of arid deserts, beaches,

fjords, volcanoes, snow-capped mountains, lakes, forests, and glaciers. It has everything that a person with a keen sense of adventure and curiosity would like to see. A stanza in the Chilean national anthem perfectly encapsulates the country's embodiment.

**Pure, Chile, your sky is blue  
Pure breezes cross you as well  
And your flower-embroidered fields  
Are the happy copy of Eden  
Majestic is the white mountain  
That was given to you as a bastion by the Lord,  
And that sea that quietly washes your shore  
Promises you a splendid future....**

San Pedro de Atacama



# CHILD-FRIENDLY HOLIDAYS

**IN GUJARAT** Gujarat has some great destinations that you can explore with children. On **14th November, National Children's Day**, visit some of them.





## TAKE A BEACH BREAK AT DWARKA

Dwarka has long been famous as a temple town but it also has some fine beaches. Travel north from Dwarka to the Rukmini Temple, a 12th century architectural gem with exquisitely carved walls located near the sea. From here continue to Shivrajpur, which has a beautiful beach with lovely sands and blue water. The water is shallow and suitable for swimming. Kachchigadh Lighthouse is one of the landmarks of the beach.

The beach has developed as a destination for scuba diving, snorkelling and water sports. The gentle gradient of the foreshore is safe for beginner divers to start in shallow sea waters and then

move to more open seas. Operators of diving lessons and water-based activities have their tented offices along the beach.

Continue from here to Mithapur, named for the saltworks ('mitha' is the Gujarati word for salt) with Tata's well-planned township. The town is located near a beach declared a no-plastics zone by the Tata's to protect marine ecology. Tata Chemicals runs Okhai, an organisation working for the benefit of local craftswomen. You can buy exquisite appliqué and embroidery of Bhopa Rabari and other communities at their shop.

Proceed to Okha, an old port that

thrived in the days of the Baroda Princely State. From the jetty at Okha, you can get a ferry to Bet Dwarka, an island in the Arabian Sea much revered by pilgrims. This island also has a good beach, called Dunny Point, which is good for spotting marine life – walk along the rock pools where you could see octopus, sea hare, starfish and other marine invertebrates left behind by the tide. Dolphins and gulls are often seen on the crossing from Okha to Bet Dwarka, and there are also chances of seeing sea turtles. Return to Okha, and time permitting visit the beautiful beach at Positara fringed by superb coral reef.



Dwarka

Shivrajpur Beach



Rukmini Temple



## AN ENJOYABLE AND EDUCATIONAL DAY IN AHMEDABAD

Start your morning at Kankaria Lake, which has been a recreational hub for families in Ahmedabad for decades. The lakefront is entered by a magnificent gateway designed to represent the architecture of the Gujarat Sultanate, and there are well-planned parking areas. Walk along the promenade to enjoy views of the lake, which was created in the 15th century. The 34 sided lake has an island

garden in the centre and the Nagina Wadi Gardens. You can watch herons and other birds at the lake.

The lakefront has been rejuvenated with a pedestrian-only recreational area. Take a morning toy train ride on the Atal Express, a toy train. Proceed from here to enjoy the gardens and fountains. A little further away is the tethered balloon – get into the basket and go up in the balloon for a superb

panoramic view of the city. Nearby, you can hire a Segway – a two-wheel balancing vehicle, for a ride around the lake. A number of aquatic activities and boating can be enjoyed at the lake.

Leave the promenade and visit Kid's City, which is like a miniature scaled down world for children where they learn through realistic role-play at micro-versions of a fire station, a post office, a police station and other utilities.



Kankaria Lake



The Atal Express, a toy train at Kankaria Lake



From the lakefront, you can access the Kamala Nehru Hill Garden Zoological Park, which is one of the most visited zoos in India. The zoo was started in the 1950s by the Ahmedabad Municipal Corporation with the late Reuben David as its first superintendent. The zoo became famous for the interest David took in each of the animals, its breeding record of lesser flamingo, water monitor and various endangered species, and its record of maintaining albino specimens of many mammals and birds. There is a good collection of big cats,

herbivores, monkeys, birds and reptiles. Don't miss seeing the Nicobar pigeons.

Near the zoo is Balvatika, a children's park with a maze of mirrors and other attractions. There is also an informative Natural History Museum with dioramas featuring stuffed animals and birds in their natural habitat. The Butterfly Park is a garden that has been landscaped to create a habitat for butterflies – walk around the park to see butterflies feeding on various flowers.

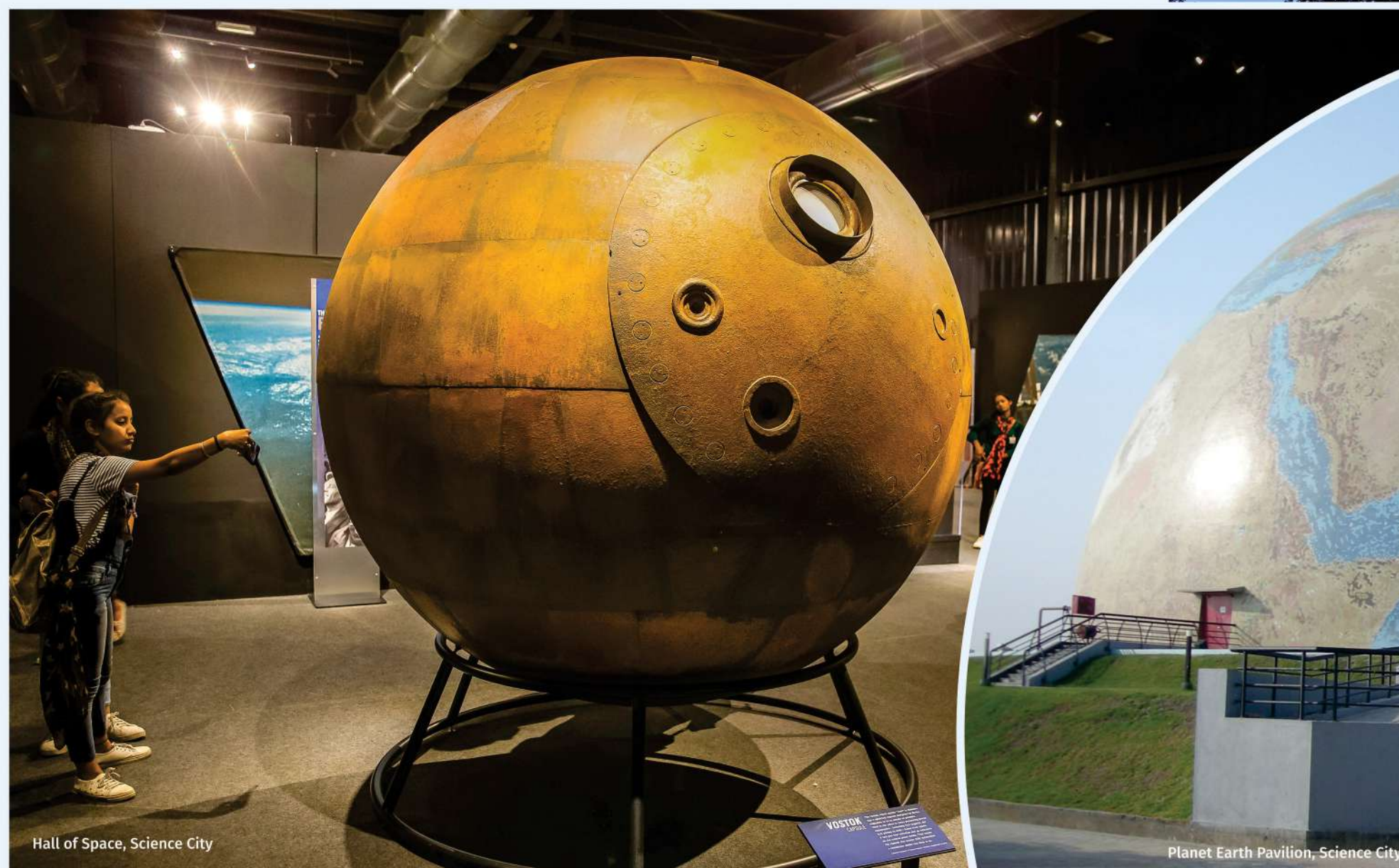
From Kankaria, travel to the Shreyas Campus, which has two

museums exhibiting toys, dolls and handicrafts.

Proceed to the Gujarat Science City, a unique science theme park. It has IMAX 3D Theatre, a Planet Earth Pavilion, a Hall of Space, an Energy Education Park, an Electrodrome with lots of information about electricity and its uses, a Life Science Park and Hall of Science with interactive exhibits. Take a thrill ride in the simulator and see a show on the Science City LED Screen. You could also check on details about events at the Amphitheatre. At night, enjoy the musical fountains.



Hot Air Balloon Ride, Kankaria Lake



Hall of Space, Science City



Planet Earth Pavilion, Science City





Indroda Dinosaur Park

## A NATURE TOUR OF GANDHINAGAR

Indroda Nature Park is set along the Sabarmati River. The park contains botanical gardens, a reptile park, a zoological park with enclosures for hoofed ungulates and carnivores of Gujarat, a bird aviary, a dinosaur park and wooded areas. From the parking area, you come first to the Dinosaur Park, which exhibits fossils of prehistoric fauna from Kutch, eastern Gujarat and

the fossil site of Raiholi near Balasinor, life-like models of Deinonychus (a carnivore), Tyrannosaurus-Rex, Megalosaurus, a Triceratops and her baby, a giant Brontosaurus, an Iguanodon and other dinosaurs, and informative text about prehistoric life. The models are displayed in a naturalistic environment. Further ahead of the dinosaur park is an exhibition of skeletons of blue whales, a

dolphin and a dugong. Continue to the bird aviary, snake park, deer park, crocodile enclosures, deer park and cages with big mammals.

Proceed from here to the Wilderness Park set near the GIFT City. This park has an excellent butterfly garden and walking paths. You could see nilgai, black-naped hare, star tortoise and other animals.



Indroda Botanical Park

## VISIT THE DINOSAUR PARK AT BALASINOR

The town of Balasinor was ruled by the Babi Nawabs. It has become famous because of the dinosaur park located at Raioli outside the town. Before visiting the park, take a tour of the museum and interpretation centre with dinosaur models and information about prehistoric fauna. The centre is interactive with many infotainment activities for children. Proceed to Raioli, where you can visit the Fossil Park. This park contains the area, where a large number of dinosaur fossils and fossilised eggs were found.





## VISIT THE PARKS AND MUSEUMS OF VADODARA

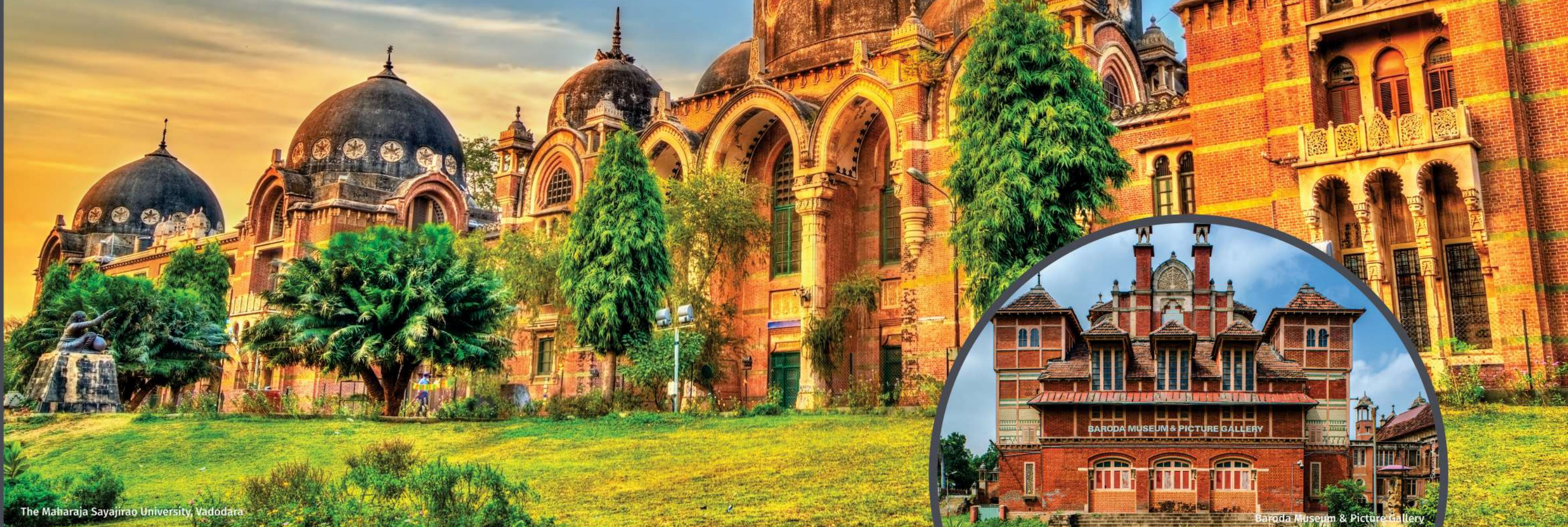
Vadodara or Baroda has been Gujarat's Art and Culture Capital from the late-1800s when Maharaja Sayajirao Gaekwad of Baroda patronised art in the city. Take your children to the 19th century City Museum with Tamil paintings, Tibetan-Buddhist art, Mughal-period miniature paintings and manuscripts, oil paintings from Europe, plaster images of classical works meant as role models for aspiring artists, tribal art and a portrait gallery.

There are other museums in the park that exhibit details about nutrition and the sciences. The museum complex is located in the Kamati Baug, which is a large park with a zoo and a vintage toy train that once belonged to the Maharaja of Baroda.

A short drive from the park, the Lukshmi Vilas Palace has vast collections of princely memorabilia. You can also see Chinese and Japanese art, Ravi Varma's portraits and European paintings at the Maharaja Fatehsinhrao

Museum in the magnificent Lakshmi Vilas Palace complex. While in the city, check up on information about art exhibitions at the art galleries like Sarjan, Kalanidhi and Lenxus.

Proceed to Ajwa lake and Nimeta, famous for its gardens, and then to the World Heritage Site of Champaner-Pavagadh. See the impressive historic fort and majestic mosques of Champaner, before taking the ropeway to Pavagadh Hill – the views are superb. ■



The Maharaja Sayajirao University, Vadodara

Baroda Museum & Picture Gallery





# HUNGARY

THE COUNTRY OF CAVES AND  
**HOT SPRINGS**  
AND GINGERBREAD



Szechenyi Baths in Budapest



Thermal water pools in Egerszalok

Hungary is a country, where the modern Zionism movement found its roots. About 400,000 Hungarian Jews were murdered by the Nazis during World War II. But Hungary has pulled through its traumatic past to establish itself as one of the most beautiful getaways in Europe. Today, it is a tranquil country, rich in colours and flavours, earning sobriquets for itself as the Spice of Europe or the Spa Capital of the World. This land-locked country in Central Europe has the charm of a modern city, while still retaining much of its mediaeval past.

Hungary was once part of the 19th-century Austria-Hungarian Empire, which then consisted of several central European nations. Hungary was then three times larger than its current size. Post WW I, the country was broken up into Czechoslovakia, Yugoslavia and Austria.

Evidence has shown that this region had been continuously inhabited from the Palaeolithic period, which was about 2.5 million years back in time. What attracted the people to this place? There is a bewildering concentration of thermal springs that have been attracting people for aeons. Today, it is a potential European spa destination, unsurpassed by any city in Europe.

There are over 100 natural springs throughout the city. The hot water springs are so numerous that the

people can pretend to have their favourite thermal springs. These springs have different mineral contents dissolved in them. When the rainwater or the groundwater percolate deep down into the earth, it meets magma or superheated rock, which in turn heats up the water; the waters are then pushed through various cracks and ducts, to the surface of the earth, as hot water springs. Heated water has the capacity to absorb large amounts of salts and minerals. The right combination of these salts and minerals has therapeutic effects.

The Hungarians have taken advantage of these numerous springs and converted them into modern thermal soiree with modern pools, saunas and steam baths. And these have different names. The Rudas is known for its Turkish pools. If one needs an extended afternoon dip and swap yarns with friends and family, the VeliBej and the Dandár, have the perfect family-oriented atmosphere. The Széchenyi and Lukács baths are best to have all night parties with special lighting and performances. Old men can often be seen playing chess, immersed waist high in the hot waters. It is said that after a good long dip in the hot water, one can have a good night's sleep! Where there is a crowd, there is gaiety. And so, these hydro thermal joints have a perpetual carnival atmosphere.



The capital Budapest is riven by the river Danube, dividing the city into two parts - Buda and Pest. The completion of the famous chain bridge, in 1873, joined the two cities and came to be known as Budapest. Despite being under the yoke of Soviet rule, Budapest steadfastly maintained its own identity. It was very dissimilar to the other staid capitals in the Soviet bloc countries. With the dissolution of the Soviet Union, the country finally freed itself from the vice grip of communism to become a democratic republic. Today, Budapest and other cities and towns are crammed with chic shopping centres and gourmet restaurants. Tourists flock to explore its ancient heritage sites and its rural landscape.

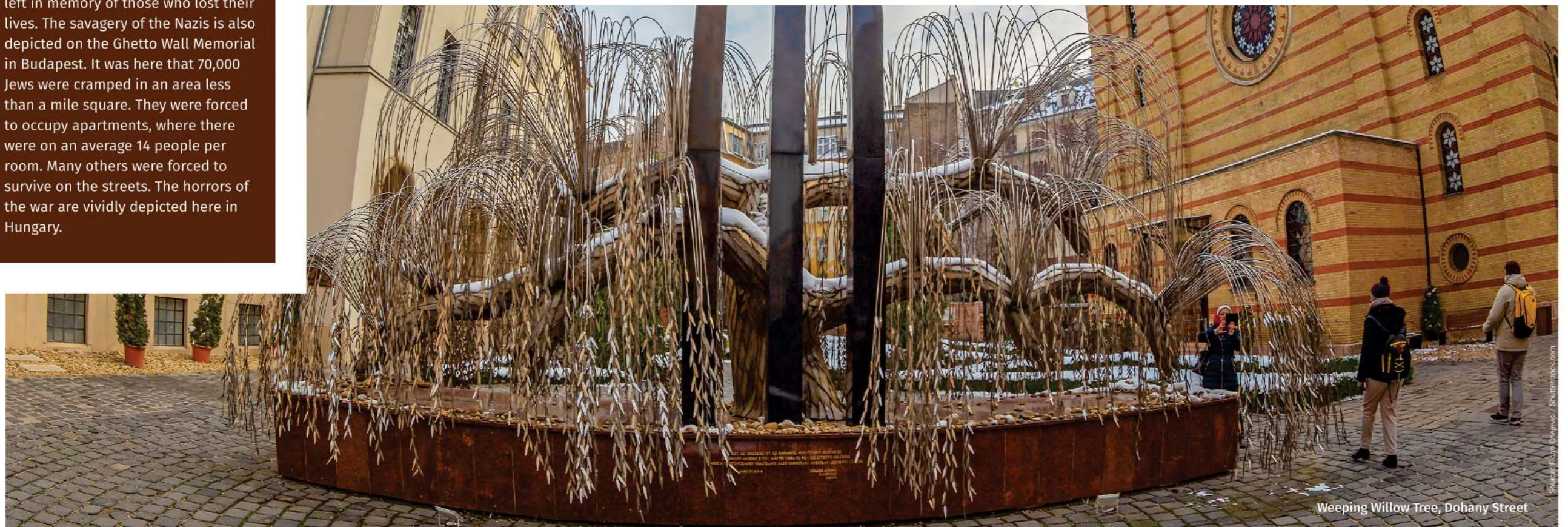
In the courtyard of the Dohany Street, Synagogue is a solemn memorial, known by several names. The sculpture commemorates the death of the Hungarian Jews murdered by the Nazis. It is known as The Tree of

Life, The Holocaust Memorial Tree, The Emanuel Tree and The Memorial of the Hungarian Jewish Martyrs, depending on how people felt compelled to describe this very poignant remembrance.

The sculpture is in the form of a silver-coloured metal Weeping Willow tree symbolising mourning. The tree has thousands of small metallic leaves, some of which have been engraved with the names of victims of the Holocaust. The pebbles placed around the base of the sculpture are left in memory of those who lost their lives. The savagery of the Nazis is also depicted on the Ghetto Wall Memorial in Budapest. It was here that 70,000 Jews were cramped in an area less than a mile square. They were forced to occupy apartments, where there were on an average 14 people per room. Many others were forced to survive on the streets. The horrors of the war are vividly depicted here in Hungary.



Famous Szechenyi Chain Bridge, Budapest



Weeping Willow Tree, Dohany Street



There exists a vast subterranean world in Hungary. The country is also known for its cave systems. There are about 3700 caves in Budapest, gouged out by the thermal springs over the ages. Many of the caves have achieved a status for themselves.

The Gellért Hill Cave is part of a network of caves in Gellért Hill in Budapest. The cave is also referred to as the Cave Church or Saint Ivan's Cave, referring to a hermit who was believed to have lived there sometime in the 9th century. He used the thermal water near the cave to cure the sick. Today, it is run by the Pauline Monks, a monastic order of the Roman Catholic Church. The cave has had a chequered past. The entire Pauline order was arrested in 1951, by the Communist government and the cave was sealed. It was reopened in 1989, after the fall of communism in Hungary.

The Pálvölgyi Cave is the longest of the caves in Budapest, spanning 7 km. Conducted tours are possible in the vast labyrinth of tunnels. Buda Castle Labyrinth is associated with the legend of Dracula's Chamber, where

one of the Hungarian kings was imprisoned in the 15th century.

Coming out from the eerie claustrophobic confines of the caves, another enchanting world awaits the visitors. Buda Castle is one of the city's most recognisable monuments. Known for its grandeur of scale, simplicity of design, the palatial structure offers a panoramic view of the city. In 1240, the Mongols under Genghis Khan ransacked and pillaged the cities and towns of Hungary. When the Mongols finally withdrew, King Bela IV, sometime in the late 13th century, to ward off further invasions by the Mongols, built the Buda Castle.

The castle has had a turbulent past. When the country came under the suzerainty of the Ottoman Empire, the Turks burnt and pillaged the castle. The churches were converted to mosques. Over the centuries, the castle was rebuilt and destroyed several times; the last carnage was by the Nazis. The tempestuous past of the castle is evident even today on its walls and structures, which is a palimpsest of different cultures and civilisations and political interventions.



The Pálvölgyi Cave



The Gellért Hill Cave, Budapest



Inner view of the Gellért Hill Cave, Budapest

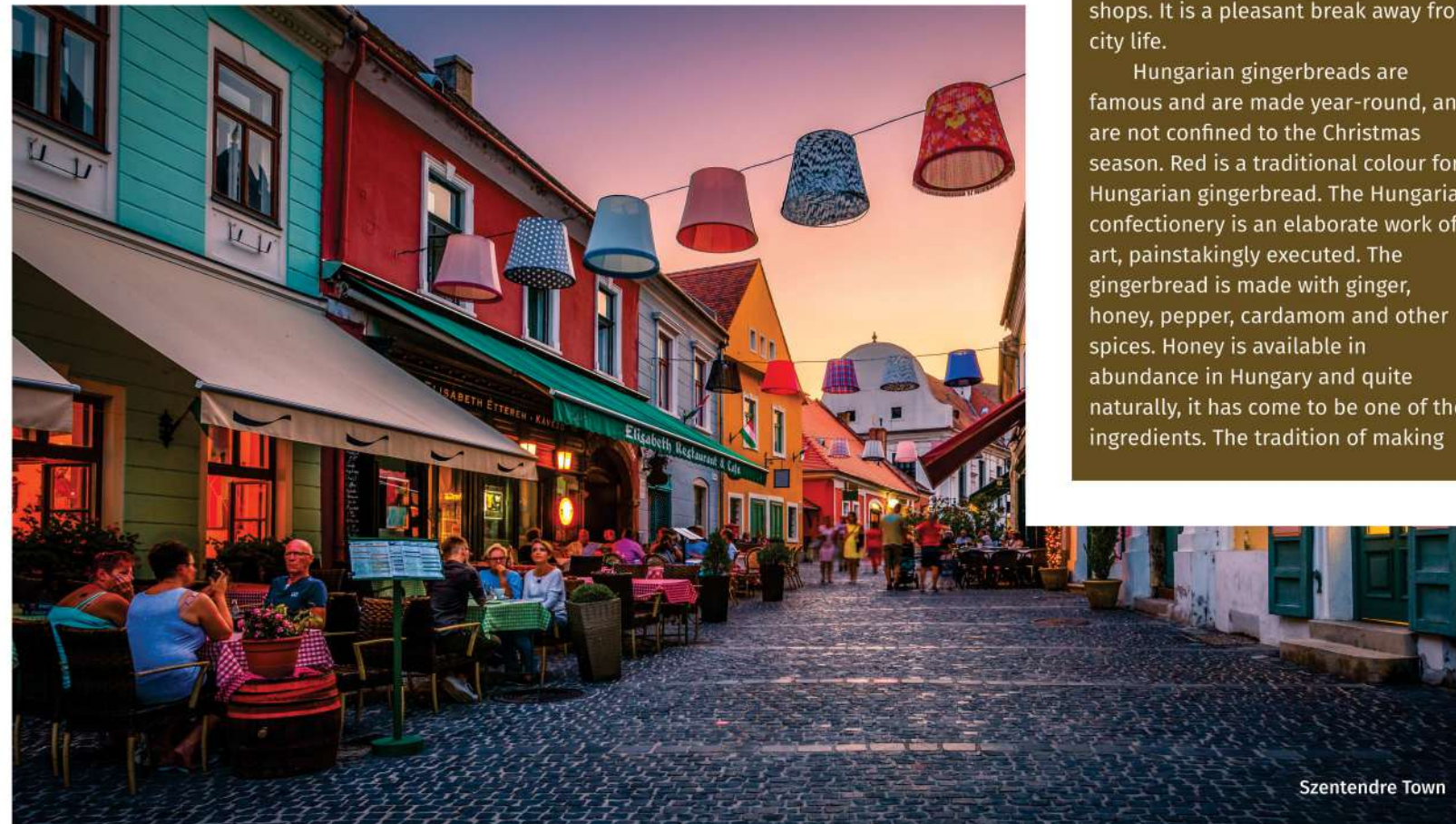




Szentendre Town



Hollókő Village



Szentendre Town

About 40-minutes from Budapest, Szentendre is a scenic town on the bank of Danube. Though it is just 20 km away from Budapest, it brings you to a mediaeval setting of cobbled streets lined with colourful Baroque houses, elaborate in architecture that flourished in Europe in the 17th and the 18th century. The sloping Spanish clay tiled roofs of the houses give them a rustic look. There are labyrinthine alleys to explore that shrewdly wind its way through boutiques and delicious confectionary shops. It is a pleasant break away from city life.

Hungarian gingerbreads are famous and are made year-round, and are not confined to the Christmas season. Red is a traditional colour for Hungarian gingerbread. The Hungarian confectionery is an elaborate work of art, painstakingly executed. The gingerbread is made with ginger, honey, pepper, cardamom and other spices. Honey is available in abundance in Hungary and quite naturally, it has come to be one of the ingredients. The tradition of making

gingerbread goes back many centuries. In Hungary, honey bread was meant for the delectation of the upper crust of the society. It first appeared in monasteries, in the castles of aristocrats and among the elite citizens.

About 100 km from Budapest, the Old Village of Hollókő is a Palócz (a subgroup of Hungarians in northern Hungary and southern Slovakia) settlement that has been deliberately preserved for posterity. It is a perfect embracement of rural life before the advent of agricultural revolution in the 20th century. The prototype of the rural landscape covers 145 hectares and consists of 55 residential buildings, farm houses and a church. It also includes the mediaeval castle ruins, which date back to 1310. Strip farming is done here, wherein different crops are sown in long narrow strips, as was traditionally done to prevent soil erosion. Orchards, vineyards, meadows complete the picture. Walking on the cobble street of this UNESCO World Heritage Site, will unfailingly transport you several centuries, to an era gone by.





Wine Cellars in the Town of Tokaj



Goulash traditional Hungarian Beef Meat Stew



Tokaji Wine Bottle

When in Hungary, why not partake of its world-famous wines? Located in Northeast Hungary, among the rolling hills, Tokaj is renowned for its superlative quality of wines, which became popular amongst kings in the 18th century. It has been the favourite drinks of Catherine the Great of Russia, Voltaire, Goethe and Schubert. The locals believe with pride that cheese is to France, what wine is to Hungary. Free tours are available in Tokaj to visit wine cellars, which are filled with ageing wine in wooden vats. Some of the subterranean cellars are almost a kilometre long. The standard and the quality of the wines have remained unchanged over the centuries.

One cannot leave a destination without consuming their traditional dish. A typical Hungarian food has an abundance of dairy products and

meats. Chicken, pork and beef are most common.

Goulash is one of the most famous dishes from the Hungarian culinary spread. It has a long history dating back to the 9th century. A traditional dish, made by the herdsmen, that falls between soup and stew. The main ingredients are beef, carrot, potato, spices and paprika. Sometime in the 1800s, the dish became a national symbol that the Hungarians uphold with pride.

The city is relatively inexpensive and has a high quality of life as compared to other major European cities. It is an eclectic mixture of the old and new. It is a city that has left behind a savage past. It has not forgotten its past. Today, it is a city agog with excitement; a place for the gourmet and for the oenophile alike. A place for the hedonist. 🍷



# Vegan

FRIENDLY HOLIDAY  
DESTINATIONS

“Vegan or plant-based diets are becoming popular for ethical, environmental and health reasons. We look at some destinations, where it is easy to find a vegan restaurant while discovering heritage.”





## EXPLORE MODERN ARCHITECTURE AT TEL AVIV



Rothschild Boulevard Street



Local Street Food Restaurant

Often called the Miami of the Middle East, Tel Aviv is Israel's city with buzz – it has beautiful beaches, diverse cultural scene, top-notch cuisine and vibrant nightlife. For those interested in architecture, the White City area has about 4000 buildings in the Bauhaus-style built between the 1930s and '40s. The best places to find them are Rothschild Boulevard and Ahad Ha'am Street. Visit the Bauhaus Center

to join walking tours of the architectural sights and don't miss visiting the jewel-like Bauhaus Foundation Museum housing furniture and design pieces. You can stay at the Bauhaus-style Gordon Hotel located near the beach. Walk along the Tel Aviv Promenade that runs along the Mediterranean seashore and choose from over a dozen beaches accessible from the city.

You can also visit Beit Hatfutsot,

where multimedia exhibits illustrate the history of Jewish communities worldwide. To explore the more ancient aspects of Israel, Eretz Israel Museum covers the country's archaeology, folklore and crafts, and features an on-site excavation of 12th-century-B.C. ruins.

With 400 vegan and vegetarian restaurants, Tel Aviv truly befits its title as the plant-based food capital of the world.

## DISCOVER CULTURE IN UBUD



Pura Taman Saraswati Temple



Nasi Campur with Sate

Ubud in Bali is the heart of Indonesia's Hindu art and culture. This town is known as Bali's artistic heritage capital. Art and crafts are everywhere in Ubud and you can explore landscapes with paddy fields and picturesque countryside.

One of Ubud's top and underrated attractions is its superb dining scene. There is a large collection of sophisticated restaurants. With many yoga retreats, beautiful natural eco-resorts and great food, you can choose from several vegan options, where tofu

and tempeh are often used as a meat replacement. Tempeh was actually invented in Indonesia. Some of the vegan-friendly dishes of Indonesia are gado-gado, nasi goreng, mie goreng, nasi campur, tempeh goreng, bakso and sambal.



## STROLL AROUND THE MEXICO CITY



Old Ruins of Aztec Civilization

**B**uilt in the 16th century by the Spanish on the ruins of Tenochtitlan, the old Aztec capital, Mexico City has five Aztec temples, the ruins of which have been identified, a cathedral (the largest on the continent) and some fine 19th and 20th century public buildings such as the Palacio de Bellas Artes. Xochimilco lies 28 km south of Mexico City.

Mexico City is a great place to discover Mexican cuisine. It also has a wide variety of vegan-friendly restaurants. Vegan tacos, burritos and quesadillas are easy to find throughout the city.



Palacio de Bellas Artes, Mexico



Mexican table Taco, Guacamole, Fajita, Salsa sauce, Corn Tortillas, Nachos



## VISIT THE HERITAGE SITES OF CHIANG MAI



Wat Phra Singh Temple



Local Art and Craft Stall



Traditional Thai Food

Chiang Mai was a royal residence in 1292 and became a town in 1296. It served as the capital of the Lanna Thai kingdom until 1558, when it fell to Myanmar. In 1774, the Siamese king drove out Myanmar but the city flourished till the late 19th century with some independence.

With such a rich history, Chiang Mai abounds in heritage sites. Though it is

the largest city in northern Thailand and the third largest city in the nation after metropolitan Bangkok and Nakhon Ratchasima, Chiang Mai does not feel like a big city, instead retaining the orderly, clean and traditional appearance of a large village. Visit the 18th-century walled settlement, which contains ruins of many 13th and 14th century temples. Chiang Mai is the hub

of crafts like silverwork, wood carving, and making pottery, umbrellas, and lacquerware.

The dining scene is interesting, and it is sometimes called the Vegan capital of Asia. You can also visit during its annual vegetarian festival. You can also enroll for cooking classes that teach you how to cook traditional Thai dishes using plant-based ingredients.

## ENJOY DINING IN DUBLIN



Irish Pub



Dublin Castle

Dublin is a historic city with heritage buildings like the 13th century Dublin Castle, imposing St Patrick's Cathedral founded in 1191, the landscaped St Stephen's Green and the huge Phoenix Park, containing Dublin Zoo. The National Museum of Ireland explores Irish heritage and culture.

Dublin is known for its pubs and restaurants. The vegan food scene is widespread in Dublin, anything from a vegan burger, jackfruit curry or a South Indian dish, you will find it here. ■



# *Catch The* **CHILL** *in Gujarat*

November to February is the best period to travel in Gujarat when the weather is pleasantly cool and birds gather at the wetlands.





Flamingos at Rann of Kutch

## Enjoy The Geography Of THE GREAT RANN OF KUTCH

In Kutch, you can discover landscapes ranging from the huge expanse of salt encrusted desert wilderness called the Great Rann of Kutch to the beaches along the Gulf of Kutch, the steppe-type grasslands of Banni, the Savannah like habitat of Naliya and the Kala Dungar (Black Hills), stunning Jurassic ridges and interesting rock formations. Whether it is on a full moon night when the white salt desert looks stunning in the shimmering moonlight or on a new moon night when the stars shine bright and you can see the constellations clearly marked out on the dark sky, the Great Rann is a destination for Astronomical tourism, where the skies at night free from artificial light pollution can be enjoyed.

The best time to visit Kutch is in winter during the Rann Utsav. This festival takes place at the edge of the Great Rann of Kutch, a geologically unique salt desert that spreads over more than 7500 sq km. The White Rann Resort is set up with deluxe tented rooms, performing

areas, craft centres, restaurants and other facilities.

From the White Rann Resort, travel by camel cart across the flat clay plains to the salt encrusted clay plains of the Great Rann, where musicians entertain tourists to folk music concerts. The white desert is a spectacular sight, stretching for miles on every side. It is a great place to witness a glorious sunset.

The road west from the White Rann Resort goes to the expansive Banni grasslands. Together with being the final frontier for many crafts and cultures, Kutch is also one of India's most important bird areas with many globally threatened endemics like the great Indian bustard, lesser florican, white-backed vulture, long-billed vulture, white-naped tit and Stoliczka's bushchat. This is one of the few places where the grey hypocolius is seen in India. The Chhari Lake is a gathering place for wintering birds on their migratory journeys to the Indian peninsula.

**Getting there:**  
Bhuj Airport/Railway Station



The Great Rann of Kutch



Kala Dungar (Black Hills)



White Rann Resort



## Watch Migratory Birds at NALSAROVAR

Ahmedabad, the largest city of Gujarat, is the base for visits to Nalsarovar Bird Sanctuary, Thol Bird Sanctuary and a number of important bird sites. Nalsarovar Bird Sanctuary is especially significant for its spectacular congregations of wetland birds during the winter months. The tourist zone has an interpretation centre, an eco-camp and forest department facilities. From this zone, an elliptical lake sprawls

across the 121 sq km sanctuary area and is dotted with about 360 tiny islets. Members of local communities like the Jaths and the Padhars operate country boats on the lake, using long poles to negotiate the aquatic vegetation of the predominantly shallow lake. Start by scanning the margins of the lake, which can be very good for viewing wading and waterside birds. As you progress over the water, you could see ibises and spoonbills feeding in the shallow waters

of the lake, herons and storks spearing fish, and rafts of ducks floating over the water.

Both greater and lesser flamingoes could be seen during a boat trip at Nalsarovar. In winter, huge flocks of demoiselle and common cranes gather at the lakes, while the sarus crane is usually seen round the year in surrounding fields. Rosy white and dalmatian pelicans fish in the open waters of the lake. Large flocks of greylag geese can be seen in winter. The lake is also an important raptor habitat with Palla's fish eagle and greater spotted eagle among the birds of prey that could be seen.

**From Nalsarovar, you can drive to the Thol Bird Sanctuary.**



Flamingo

Nalsarovar

Herd of Pelicans

## Watch Marine Life and Coastal Birds of THE GULF OF KUTCH

South of the Gulf of Kutch, the Jamnagar coast sees large assemblage of coastal birds like crab-plover, oystercatcher, sanderling, etc, during the winter months. The Khijadiya Bird Sanctuary near Jamnagar is of much importance for birdwatchers as one of the most likely sites in Gujarat for seeing Indian skimmer and black-necked stork. A group of fresh water and brackish water bodies, Khijadiya is a nesting

area for many species of birds that rarely breed in the peninsula of India.

Offshore from the Gulf of Kutch southern coast are 42 islands. Many of these islands are fringed by coral reefs. While wading along the reefs of islands like Pirotan or Narara, you could see a variety of marine invertebrate including species of octopus, sea hare and other molluscs, echinoderms like starfish, brittle star, feather star and sea urchin, sea anemone, crabs and other

crustaceans, segmented and unsegmented worms, etc as well as interesting fish like the puffer. In a landmark move in 1980, Gujarat set aside 458 sq km offshore waters of the Gulf including the islands as a marine nature reserve, which was further divided in 1982 into a 295 sq km Marine Sanctuary and 162 sq km Marine National Park. The park headquarters are at Jamnagar from where permissions are given on application for visits to the ecologically-sensitive marine habitats.

Travel onwards to the Charakhla salt pans that offer a very productive area – thousands of flamingos, hundreds of pelicans, and a number of other birds can be seen at these pans. From here you can reach Dwarka for a night stay.



Bee Eater at Khijadiya Bird Sanctuary

Pirotan Island, Jamnagar



## Take a Lion SAFARI IN GIR

Winter is the time when the Gir National Park & Wildlife Sanctuary opens after the monsoon. This is the place for safaris that take you from Sasan to explore deciduous forests, semi-evergreen and evergreen riverine flora, thorn

scrub jungle, grasslands and rocky areas. While Gir is best known as the only place to see the lion in its natural habitat outside Africa, it is also one of the best sanctuaries for leopards in India and boasts thriving populations of sambar, chital or spotted deer, chowsingha (the world's

only four horned antelope), chinkara gazelle, blue bull antelope, striped hyena, golden jackal, jungle cat, black-naped hare and other mammals. Rusty spotted cats have also been seen and photographed in this wildlife reserve. The sanctuary is also known for its population of vultures and eagles. The Kamleshwar reservoir in the sanctuary yields crocodile sightings.

Devaliya has the Gir Zone where mini-bus safaris offer close viewing of lions and other wildlife.



Asian Lion



Source: JUMBOUSHI



Leopard



Somnath Temple

## Take a Coastal Drive to SOMNATH

Dwarka attracts a large number of religious tourists. It is also architecturally interesting with finely carved walls and a towering shikara (spire) over the main sanctum. Inside, the temple has about 60 columns in the hallway leading to the sanctum. You can walk from here to the beach and river estuary.

From Dwarka, it is a drive of about 100km to Porbandar passing the shore temple of Harshad Mata. Just off the highway before Porbandar, Kuchhdi has a mediaeval temple, a beach and the bird-rich marshes.

Once in Porbandar, you can see impressive buildings like the school called Arya Kanya Gurukul set up in 1936 by Gujarati industrialist and philanthropist, Shri Nanji Kalidas Mehta. In the heart of the city, you can visit Kirti Mandir built in memory of Mohandas Karamchand Gandhi and Kasturba Gandhi, adjacent to the

enormous house where Mahatma Gandhi was born on 2nd October 1869. Once the seat of power of the Jethwa Rajputs, Porbandar was a prosperous princely state and has many impressive buildings – you can see the Grishma Bhavan or Sartanji Choro where the 18th century ruler Sartanji recited poetry, old Parsee mansions, the elaborate palace called Daria Rajmahal, which is now an educational institution facing the sea, and the Huzoor Palace looming up by the beach. The boulevard by the beach called Chowpatty is a popular gathering place for tourists. Flamingos and other water birds are frequently seen at the creeks and water bodies of Porbandar.

From Porbandar, the highway to Veraval goes along the coast. This area comprises one of India's biggest nesting areas of the endangered Green Sea turtles – The hatchery at Madhavpur village, around 60 km south of Porbandar town, is one of the major

conservation initiatives, and Madhavpur Ghed is also a pilgrimage place and a fine beach. Further ahead, Chorwad is known for its scenic rocky coastline and beach, and the remains of the palace of the Nawab of Junagadh facing the coast.

As you drive through Veraval, you can see the fishing port and the boat building yards, where artisans make dhows and other ocean worthy vessels. The road from here leads past historical gates to the Somnath Temple, which is situated by the beach commanding a superb view of the Arabian Sea. The temple has a jyotirlingam revered as one of the 12 most sacred sites dedicated to Lord Shiva. East of the temple are other holy sites like Triveni Tirth and Balka Tirth. The museums and the historical Sun temple of Somnath are also worth visiting.

From Somnath, travel to Ahmedpur Mandvi Beach, which is superb for walking. Here you can enjoy a view of Diu Island. Take a day visit to Simbore or Simmer, which is a lovely little-visited beach between Gujarat and Diu. 📍





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