

The Concierge

TIPS FOR TOURING HERE AND ABROAD



IHSAAN HAFPEJEE/GETTY IMAGES

THE LIST

SOUTH AFRICA'S GENUINE DELIGHTS

Travelers looking for authentic experiences that also benefit local communities and conservation turn to ResponsibleTravel.com for advice. For example, if you're heading to South Africa and hope to experience more than a safari, here are the website's top suggestions for connecting with real culture. www.responsibletravel.com/holidays/south-africa#travel-guide

1. PUT CULTURE IN CONTEXT
Visit the Apartheid Museum. The best way to understand the present is to read up on South Africa's complex past.

2. EAT, DRINK, AND BE MERRY
Wander through local markets, eat street food, dance to local music in the Bo Kaap quarter of Cape Town, and visit cultural festivals.

3. VISIT A TOWNSHIP
Soweto and Khayelitsha are becoming vibrant cultural draws. Choose a locally guided walking or cycling tour that allows you to meet residents and purchase food and crafts that directly support community development initiatives.

4. DON'T BE FOOLED
Wooden drums and masks in Cape Town's Green Market Square are usually imported from Mali and other African nations and are not part of South African heritage.

5. MAKE YOUR HOLIDAY FAIR TRADE
Look for hotels, tour operators, and experiences that carry the Fair Trade Tourism certification.

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HERE

MASTER APPLE CIDER MAKING IN VERMONT

Learn how to make — and then sample — fresh apple cider with free lessons from a cider press expert at Lake Morey Resort in Fairlee, Vt. Every Saturday afternoon during peak foliage season you can pick apples at orchards near the resort and then use a hand-crank cider press (pictured below) to create tasty apple cider. The resort also offers pontoon boat rides, kayaking, hiking trails, golf on an 18-hole championship course, and movies in its 120-seat indoor theater. Rates for the Smash, Sip, and Stay package, good Sept. 19 through Oct. 12, start at \$418 per adult, double occupancy, which includes two nights of accommodations, two dinners, two breakfasts, apple cider pressing and lesson, boat rentals,

and more. 800-423-1211, www.lakemoreyresort.com

SEE BAY STATE'S WILDEST, LEAST-ACCESSIBLE ISLANDS

On Sundays in September, join naturalists from Mass Audubon for the only guided tours to the Elizabeth Islands off Cape Cod's southwestern corner. Leave Falmouth at 9 a.m. for a 90-minute boat ride through Vineyard Sound and Buzzards Bay, learning about the area's landmarks, geology, wildlife, and history along the way. On Cuttyhunk Island, explore the village of Gosnold, visit secluded beaches, and enjoy views from Lookout Hill. Then wander the trails of Penikese Island and learn about its natural history school, nesting grounds for the endangered roseate tern, and history as a leper colony. Full-day tours go to Penikese and Cuttyhunk on Sept. 7, 14,



and 28, and just to Cuttyhunk on Sept. 21. Mass Audubon members/nonmembers: \$53/\$58 adults, \$48/\$53 12 and younger. Preregistration required. 508-362-7475, ext. 9353, www.massaudubon.org/long-pasture

THERE

LEARN HOW TO DRIVE LIKE RICHARD PETTY

Slip behind the wheel of a NASCAR stock car and take part in a thrilling speedway challenge during the Richard Petty Fantasy Racing Camp Oct. 11-14 in Charlotte, N.C. Up to 12 participants can drive more than 100 laps on three NASCAR Sprint Cup Series tracks (pictured above), including the Martinsville Speedway, the Charlotte Motor Speedway, and the Darlington Raceway. Other highlights include a chance to meet Petty, a seven-time NASCAR champion, and world-class driver Dale Inman. Cost: \$9,500, includes all activities, luxury accommodations, meals, custom apparel, in-car videos, and commemorative photos. Must be at least 18 and have a valid driver's license. 704-454-6224, www.drivepetty.com/fantasyracingcamp

HOP ON THE SADDLE FOR COZUMEL'S GRAN FONDO

Bicycle around the island of Cozumel, Mexico, during the inaugural "gran fondo in paradise" event, officially the GFNY Cozumel, on Nov. 23. Battle challenging Caribbean winds and strong competitors on this 100-mile bike ride, which loops around the island twice and includes traffic-free roads, tropical sun, and 40 miles of turquoise sea views. Or take the 50-mile route, which does one loop around the Mayan island. Register at www.gfnycozumel.com. Host hotel Presidente InterContinental Cozumel Resort & Spa, a member of Leading Hotels of the World, will offer participants and spectators a special starting room rate of \$239, plus taxes and fees, for two adults and two children under 17; includes bike mechanical services, free access to wet areas at The Spa, free Wi-Fi, and customized meals for athletes. 800-327-0200, www.intercontinentalcozumel.com

EVERYWHERE

TRAVEL-FRIENDLY BIKE COMPUTER

Take Garmin's Edge 1000 on your next cycling trip, whether you're on a fully supported tour or renting bikes at your destination, and you can track all the details of your rides and also navi-

gate easily thanks to the built-in bike maps. The bundle includes the bike computer with its easy-to-read 3-inch touch screen, a quick-release handlebar clip, a heart-rate monitor strap, and speed and cadence sensors that quickly and easily attach to your bike using hardy rubber bands (no ties needed). The unit comes preloaded with maps of US road routes and bike paths, and offers a handy route-finding feature: Enter the distance you want and it gives you three bike-friendly options. The Live-Tracking feature lets you connect it with your phone by means of Bluetooth and then use the Garmin Connect Mobile app so others can follow you in real time — a great feature for peace of mind when cycling in unfamiliar areas. When synched with your phone, the bike computer also displays weather info, and incoming call and text alerts. It wirelessly uploads all ride data once in range of your computer. \$599. 800-800-1020, www.garmin.com



A CHARGE AT YOUR FINGERTIPS

Keep your power cords handy on the go with Kero's new Nomad Cables (pictured above). These 3-inch rubber USB cables clip to your key ring for easy access when you need to charge or synch a device. They come with a micro USB or Lightning tip on one end and a standard USB connector on the other, all of which are covered with secure caps that keep out dirt, dust, and moisture. The cable adds little bulk or weight. \$24.99 for Lightning cable, \$14.99 for micro USB cable. 312-544-0005, www.keroproducts.com

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