25 GREAT PLACES WAITING TO BE DISCOVERED

Explore the majesty of the desert in Morocco

SPRING 2020

CAA MAGAZINE
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See Owner’s Manual for complete details on system operation and limitations. Outback and Subaru are registered trademarks.
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See how wineries like Dos Búhos are putting central Mexico on the map, page 29
IT IS DIFFICULT TO PREDICT the future of travel, but you can rest assured that working with a CAA travel advisor is always the best way to go.

Not only do we have great advice on where to go and what to do when you get there, but when the unexpected does happen, we are there to assist.

The value of a trusted travel advisor became even more evident during the COVID-19 pandemic that broke out in March. Our CAA Atlantic travel advisors worked tirelessly, doing whatever it took to get our Members rebooked, rescued and home safely.

Concerned about travel plans that are already booked? Looking for travel advice from the experts? Want ideas to keep your travel dreams alive? Whatever your needs, you are a valued CAA Member and we are here to help.

When travel resumes, near and far, trust us to find the best vacation for you, with the peace of mind that comes with having a team who is with you every step of the way. Travel is our passion, and it is our privilege to help you roam the world.

The world will be waiting for you.

Glenda Hunter
Vice-President, Retail Sales and Service, CAA Atlantic
We’re as close as it gets... One night from $99 * PP/DB includes a beautifully appointed room, a Romantic Fallsview Dinner for two high atop the Skylon Tower Revolving Dining Room, breakfast for two in Coco’s Restaurant at Holiday Inn, a Niagara wine tasting at Inniskillin Estate, full use of Nordic Spa and more!

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**4 ways** to help you prepare for the unexpected with CAA Health & Dental Insurance

Imagine you’ve lived your whole life without back pain, when one morning you wake up and there it is, throbbing along your spine. Suddenly, you may have some chiropractor bills in your future. What if your toothache turns out to be a cavity that needs to be filled? Boom: instant unexpected dental bills.

Dealing with unexpected out-of-pocket medical expenses like these is no fun, because while our government health plans are great, they don’t cover everything. That’s why it’s important to have a health and dental plan that can help fill those gaps — especially if you don’t have a health plan through work.

Here are **4 key unexpected health care expenses** that a good health and dental plan can help you cover:

**Prescription drugs** — Every province has different rules regarding prescription drug coverage, but people may find that most of the cost of prescription drugs is not covered by their government health plans.¹

**Dental care** — From routine checkups to emergency dental work and orthodontics, you’re sure to find a health and dental plan that can provide coverage for your needs.

**Vision care** — Nearly three quarters of Canadians require vision correction.* Glasses and contact lenses can be expensive, so it helps to have some coverage.

**Registered specialists & therapists** — We mentioned earlier that sudden back pain could require a chiropractor. You may also find that you need help from a psychologist or massage therapist. Many of our health plans will cover specialists and therapists like these.

*OpticalPrism.com, “Eyeglasses Trending: More Canadians are wearing eyeglasses as their primary form of vision correction”, September 16, 2016.
¹To find out which prescription drugs are covered by OHIP, visit https://www.ontario.ca/page/check-medication-coverage/.

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WHERE ARE YOU?

GETTING BUZZ

I could smell the coffee roasting from a block away, smoky and rich. Now that I have an espresso in front of me, I have to take a deep breath to keep myself from downing it in one sip.

I’m at Tomoca, an Italian-style coffee bar in the European-influenced Piazza neighbourhood of Addis Ababa. The café opened in 1953, long after the Italian occupation of Ethiopia ended in 1941, but still specializes in espressos and macchiatos made from local beans. The vintage machines behind the counter are an unusual sight; traditional Ethiopian coffee is brewed in a jedena, or clay pot.

This place remains a local favourite, though, where friends squeeze around standing tables. I empty my glass, pass the sugar to a new arrival and step into the sunshine re-energized.

–Kristen Koch

ADDIS ABABA
ETHIOPIA

LOCATION
9.0311° N
38.7512° E

POPULATION
4.6 million

DID YOU KNOW?

Tomoca’s wall clock might make you think you’ve gone back in time. That’s because Ethiopians use a 12-hour clock that starts days at sunrise, not midnight.
INSPIRATION

Working It Out

Healthy lifestyle advocate and CAA partner Sasha Exeter has earned her online followers with a positive and proactive approach to life. She shares her tips for staying fit—and sane—while travelling with a tot in tow. —Athena Tsavliris

1. Pack it in
If I am travelling with my baby and only taking one suitcase, I use packing cubes to separate our items. It keeps everything really organized, so I don’t have to go rummaging through my suitcase looking for something.

2. Ready, steady, go
I work out while I travel just as much as I work out at home. I book hotels that have a solid gym—or better yet, a long beachfront where I can run or train outside. I travel with a skipping rope and resistance bands in case I need to improvise and work out in my hotel room.

3. Hour of solitude
Now that [my daughter] Maxie is a little older, I consider properties with a kids club. She’s never there for long, but I like to have the option to drop her off for an hour so I can get a massage or take a nap.

4. A room of one’s own
I always try to book a hotel room with two bedrooms, a separate living room or even a balcony when travelling with the whole family. With a baby who still naps and has a relatively early bedtime, it’s good to have a space to hang out in while she is sleeping.

5. Sitting pretty
I like to look at the aircraft layout before booking flights. If I book the two seats on either side of the middle one, there’s a good chance the two of us will have the whole row to ourselves. People don’t typically purchase a single middle seat unless the flight is full.

FIND SASHA
@sashaexeter

CAN’T TRAVEL WITHOUT...

I am on high germ alert when travelling, so I could never leave home without Aesop Resurrection Rinse-Free hand wash. aesop.com

If I’m headed somewhere warm, I’ll bring Fenty Beauty Body Lava luminizers. sephora.com

Glossier’s Mango Balm Dotcom, a hydrating facial mist, eye masks and Le Labo’s Santal 33 lotion are in my carry-on. glossier.com

I’ll never travel without running shoes and at least one sports bra—the only two things critical for a workout.

ELECTRIC SLIDE

Imagine gliding through some of the planet’s most pristine wilderness in total silence, thanks to an emissions-free electric snowmobile.

Hurtigruten Svalbard, an adventure travel company based in the remote islands of Norway’s far north, has partnered with Finnish tech startup Aurora Powertrains to offer guided safaris on e-sleds. Charged by solar panels and windmills, the battery-powered snowmobiles won’t disturb wildlife—so you, the polar bears, reindeer and Arctic foxes can enjoy the northern lights together.

–Anna-Kaisa Walker
Small Aboard
The next big thing in cruising is actually smaller: ships of fewer than 300 passengers. Find out what to expect on board. -Diane McDougall-Tierney

TREND

1. No big crowds
With fewer passengers, there are fewer lineups. Plus, you won’t get lost or have a long walk back to your cabin if you forgot your hat.

2. Fast friends
Small ships attract savvy travellers who’ve already cruised on the biggies, so it’s easier to truly connect with like-minded passengers.

3. Full features in a compact design
Look for a scaled-down pool, hot tub, gym, spa, theatre, library and casino. Windstar and Paul Gauguin ships have ingenious drop-down marinas with water toys, while others have surprisingly deep hulls with windows—so when you’re at the gym down below, curious dolphins can watch you work out.

4. Better access
The smaller the ship, the more ports available, so you can visit less-frequented spots. You can also dock in port instead of tendering.

5. All-inclusive perks
Most small ships include everything from drinks to unique shore excursions. Celebrity’s new Flora has rigid Zodiacs to take you exploring, while Crystal and Seabourn have mini submarines for adventures, James Bond–style.

LIFESTYLE
Snack Pack
Road trips and snacks are always a winning pair. Bring these five easy ideas on a March break family adventure.

–Beverley Ann D’Cruz

<table>
<thead>
<tr>
<th>GOURMET SKEWERS</th>
<th>SALTY JUMBLE</th>
<th>ENERGY BALLS</th>
<th>ONE-BITE DESSERT</th>
<th>TRAIL-MIX TREAT</th>
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<tbody>
<tr>
<td>grapes + cheese</td>
<td>popcorn + pretzels</td>
<td>dates + walnuts</td>
<td>raspberries + chocolate chips</td>
<td>raisins + almonds</td>
</tr>
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Fruit on a stick makes for easy one-handed eating
Use small reusable containers to individually portion loose snacks
Always pack something sweet
Put the chips inside the raspberries
Dried fruit is a better bet than fresh for the littlest road-trippers
On the Merge
2020 marks 50 years since the cities of Fort William and Port Arthur joined forces to become Thunder Bay. Here’s what to eat, see and do in each. –Kristen Koch

**Fort William**

Pick up produce and fresh-caught fish to cook yourself or a pre-made pie at the Thunder Bay Country Market. Don’t miss the selection from Thunder Oak Cheese Farm, the first one in Ontario to make gouda.

**Port Arthur**

Try a tasting menu of locally grown fare at Tomlin Restaurant. The co-owner is also the co-founder of Heartbeat Hot Sauce, a TBay favourite that’s now enjoyed by celebrities on internet wing-eating talk show Hot Ones.

**See**

Spot the Sleeping Giant from 152 metres up at the Anemki Wajiw (Mount McKay) lookout in Fort William First Nation, just south of the city.

More than a dozen works of art dot the waterfront park at Prince Arthur’s Landing, from balloon animals sculpted in stone to three cedar “lanterns” with backlit figures.

**Do**

The Thunder Bay Museum, in a former police station, has dinosaur displays that will take you back millions of years and shipwreck artifacts that tell tales of peril on Lake Superior.

Browse for glassware, ceramics and more at shops in the historic Bay and Algoma neighbourhood, stopping to snack on candies and cookies imported from Finland.

**Shop Talk**

CAA auto expert Ryan Peterson answers your questions

My 2006 Chevy Silverado runs rough at start-up. My mechanic’s tests showed three spark wires were misfiring, so I replaced them, but the truck still starts rough. What’s the problem?

–Mike Guindon

**A:** You’ll need to start digging a little deeper. Are the same cylinders still misfiring? If so, inspect the condition of the spark plugs and ignition coil(s). If those are in good order, I would then do a compression test to see if the cylinders are maintaining the correct pressure.

The air conditioning on my 2013 Volkswagen Jetta stopped working. (The fan runs, but the air is not cool.) My mechanic said there was a leak, but couldn’t find it. What should I do next?

–Alice Tsoi

**A:** Air-conditioning leaks are often difficult to locate, as the refrigerant leaves virtually no trace as it leaks. In cases like this, your mechanic can recharge the system by refilling the refrigerant and add a dye at the same time. As the refrigerant leaks, the dye will leave a residue that can be seen under black light, indicating the faulty component.

Send your car questions to caamagazine@contentlabs.ca
Common Knowledge

Bike-sharing services can make getting around town easy, green and cheap. Stay safe and pedal smart with our step-by-step guide. –Anna-Kaisa Walker

STEP 1 FIND A STATION
Your bike-share program’s mobile app will point you to the closest station. Purchase a day pass at the kiosk to get an unlock code, or if you’ve got a membership, insert your key and lift the bike out of the dock.

STEP 2 CHECK YOUR BIKE
Adjust your seat height: sitting on the bike with the pedal in the six-o’clock position, your knee should be almost completely straight. Make sure the brakes and bell work, and check that the tires are inflated. Most importantly, fasten your helmet before you ride.

STEP 3 PLAN YOUR ROUTE
Keep your trip short, as some programs (like Bike Share Toronto) limit free rentals to 30 minutes. Plan to use roads with bike lanes, and never ride on highways or freeways.

STEP 4 OBEY TRAFFIC RULES
Always ride on the right, and never on sidewalks. Signal turns—the simplest way is to point in the direction you want to go with your arm straight out.

STEP 5 DOCK YOUR BIKE
Return your bike to any designated docking station where there’s an available spot and make sure it’s properly locked into place.

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AUTO NEWS

UTILITY VEHICLES

These three outside-the-box uses for cars show that they’re not just for transportation anymore – Matthew Guy

PACKAGE DELIVERY

The Amazon Key app can now connect to either your front door or the locks on certain recent-model cars, allowing the company to leave a package in your vehicle.

NAP PODS

A car-sharing service in Japan called Orix discovered some of its customers were renting cars not to drive, but to catch forty winks.

PORTABLE CLASSROOM

Standard cars are few and far between, so people have taken to renting vehicles from car-sharing services like Turo to learn to drive manual transmissions.
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SEE THE WORLD

Home to more than 200 different nationalities, Toronto is a melting pot of cultures, arts and cuisines. A weekend here is like a whirlwind trip around the globe.

by BEVERLEY ANN D’CRUZ

DAY 1

Set up base at the glam Bisha Hotel, in the heart of the Entertainment District and a skip away from the CN Tower. Cab north and west to breakfast on sunny-side-up eggs over butter-sautéed dates and walnuts with warm Persian barbary flatbread at Takht-e Tavvos before trekking to the Museum of Contemporary Art, housed in the 100-year-old Tower Automotive building, once Toronto’s tallest. Make tracks back downtown via antiquarian bookshop Monkey’s Paw, and don’t forget to treat yourself to a random read from the store’s Biblio-Mat book vending machine. If you’re lucky, the cherry blossoms in Trinity Bellwoods Park will be in full bloom. End the day with a tasting menu crafted from locally sourced ingredients at Canis (7), one of the country’s top tables.

DAY 2

Grab cream-filled apollini pastries from Forno Cultura (2) and head to the north side of the city and the Aga Khan Museum, where the stunning architecture alone is...
We’ve gathered the best of spring in Ontario just for you.

KawarthasNorthumberland.ca/Spring
72 hours

is reason enough to visit. Explore their temporary exhibit on the second-generation immigrant experience, then have lunch at the on-site restaurant, Diwan. Let your sweet tooth lead the way south to Wong’s Ice Cream (4), which offers an Asian twist in flavours like black sesame salted duck egg. Soak in the cool vibe of Leslieville with a stop at Arts Market (6) for terrariums, nail polish and more made by local artisans. Sip one of the 18 cheekily named brews (Truth Serum, anyone?) at Rorschach Brewing Co., then swing west to Pai for a comforting bowl of khao soi before a show at the Mirvish Princess of Wales Theatre.

D A Y  3

Caffeinate at StrangeLove (1) and pose with the café’s highly Instagrammable Toronto mural. Follow up with a history lesson on an Urban Adventures walking tour around bustling Chinatown (3) and multicultural Kensington Market. For lunch, hop over to PowWow Café, where Ojibwe chef Shawn Adler dishes up “Indian tacos”: frybread topped with chili, fish, chicken shawarma or venison stew. Still peckish? Order a wedge of Basque cheesecake at Bar Raval (5). Get lost in the downtown labyrinth that is the PATH, certified by Guinness as the world’s largest underground shopping complex, then tuck into a wood-fired steak and other Latin American-influenced dishes at Momofuku Kojin. Slide into a sleek banquette at the “speakeasy-esque” Cloak Bar for a nightcap and bid The Six adieu.

THE ESSENTIALS

WHEN TO GO
There’s less tourist traffic in the spring than in the summer, meaning you might have the sidewalks of Leslieville and Kensington Market to yourself. Weather can be unpredictable, though, so pack a rain jacket to be on the safe (read: dry) side as you explore.

WHERE TO STAY
The Residence Inn Downtown by Marriott has a close-to-everything location in the Entertainment District. Plus, CAA Members can save five per cent or more on their stay.

WHAT TO SEE
1. StrangeLove
2. Forno Cultura
3. Chinatown
4. Wong’s Ice Cream
5. Bar Raval
6. Arts Market
7. Canis
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Explore the Rich History of the Golden Isles
Head to coastal Georgia for more than just the beaches

NESTLED ON THE GEORGIA COAST—midway between Savannah, Ga., and Jacksonville, Fla.—are four scenic barrier islands: St. Simons Island, Sea Island, Jekyll Island and Little St. Simons Island, and their historic port city, Brunswick. While visitors flock here for sun and sand, they’ll also find hidden-away towns, forgotten heroes and a powerful history. Here’s where to look.

JEKYLL ISLAND CLUB RESORT AND HISTORIC DISTRICT
This romantic Victorian treasure is located on a barrier island of remarkable beauty off Georgia’s southeastern coast. It’s both a National Historic Landmark and a premier vacation destination. The Jekyll Island Club opened in 1888, quickly establishing itself as a retreat for families that represented one-sixth of the world’s wealth, like the Vanderbilts, Morgans and Rockefellers. In 1948, the island opened to the public as a state park and is now home to the Jekyll Island Club Resort, a member of Historic Hotels of America.

ST. SIMONS ISLAND LIGHTHOUSE
This museum, located near the village and pier, is one of only five surviving lighthouses in Georgia that still help ships navigate. While Confederate forces destroyed the original lighthouse during the Civil War, the current lighthouse and keeper’s dwelling was built in 1872. Visitors can climb to the top for panoramic views of the coast, including Jekyll Island. The keeper’s dwelling houses a museum with interactive exhibits and rare artifacts.

PLANTATIONS AND CHURCHES
The African-American heritage of the Golden Isles has played a significant cultural role in coastal Georgian communities. Hofwyl-Broadfield Plantation, built in 1807, is still standing after 200 years, and its dwellings offer a glimpse into the life of a slave on a rice plantation. The First African Baptist Church, established in 1859, is one of the oldest historic institutions on St. Simons Island, and the former African-American Harrington School now serves as a venue to interpret the island’s Gullah-Geechee roots.

FORTS AND MUSEUMS
In 1736, Fort Frederica was established on St. Simons Island; in 1742, Spanish and British forces clashed, and the Spanish were defeated in the Battle of Bloody Marsh. Today, the remnants of Fort Frederica are protected by the National Park Service, which offers ranger-led tours and colonial life programs. A new World War II Home Front Museum has also opened on the island, bringing to life coastal Georgia’s contributions during the war with exhibits where you can direct fighter-pilot squadrons or join the crew of a Liberty ship.

To learn more, visit goldenisles.com/canada

SPECIAL OFFER
CAA Members get 15% off at the Jekyll Island Club Resort, Sunday to Thursday. Visit jekyllclub.com to discover the property, then call 1-800-992-8143 to book with a CAA Travel Planner.
WATER SIGNS

Here's how to prevent flooding when heavy rain hits

by STACY LEE KONG

Flooding is on the rise and it’s costing Canadians—according to the Insurance Bureau of Canada, repairing a flooded basement can run up to $43,000. All the more reason to waterproof your home before the next big storm.

Luckily, simple fixes can go a long way. “The single largest issue we see creating water entry into basements is inadequate drainage away from the home,” says Shea Ratzlaff, who owns a franchise of Rainbow International, a restoration company that specializes in water damage. “Most often, all it takes is placing some dirt or topsoil along the home to make sure the water runs away from the foundation.”

Ratzlaff also recommends making sure any windows that are close to the ground have strong seals and proper drainage. Ideally, these windows all have a window well with crushed rock and weeping tile, he says. And come winter, make sure to shut off and winterize all exterior water valves and lines, which can freeze in the cold weather and leak once spring arrives.

It’s also worth keeping an eye out for repairs that will require professional help. One way to do that is to take a “walk around outside the home in spring and fall,” Ratzlaff says. You’re looking for any signs that your home may be prone to flooding, like a damaged roof, eavestrough or downspout; cracks in exterior walls; or deteriorating seals on doors and windows.

---

Pipe Dreams

What you can do to prevent burst pipes

Drain and disconnect all your outdoor water hookups

That includes your sprinkler system, outside hoses and any outdoor appliances, such as refrigerators and fountains.

Wrap your pipes with durable insulation

And not just when cold weather is approaching! “It’s still a good idea to insulate your home’s pipes year-round to take some of the load off your water heater,” says Vesna Kolakovic, franchise owner of Mr. Rooter Plumbing Mississauga/Etobicoke.

Let your taps drip

Leave your kitchen or bathroom taps open a tiny bit—this will keep a little water flowing through your pipes, which helps prevent them from bursting if they do freeze. To minimize wasted water, only open taps that are connected to exposed pipes. And remember, if your hot- and cold-water lines both serve a spigot, open both valves.

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Get the Right Coverage

Be confident that your home insurance policy includes everything you need. Talk to a CAA Insurance expert, who can review your policy and help you understand what’s covered for flooding and water damage, and what may require an addition to your existing policy. Call 1-877-552-5371 or go to atlantic.caa.ca/insurance for more information.
CAA Guaranteed Issue Life Insurance can help you leave a legacy for your family which can help them avoid the impact of major expenses. All without worrying about your savings. You can choose a coverage amount up to $25,000, which could help with or completely cover certain expenses. Plus, your premiums will never increase.

Get a quote at caagi.ca or call 1-844-538-7457 to speak to a Licensed Insurance Advisor.

4 ways a guaranteed issue life insurance plan can help you prepare for the unexpected

The future is always a mystery. It’s part of what makes life interesting, but it can also be pretty difficult.

So why not make a plan to leave a legacy for your family, just in case? Life insurance can be a big step in that direction, but for some people it can be tough to get accepted for coverage. The great thing about a guaranteed issue life insurance plan is that your acceptance is guaranteed, with no medical questions or exams when you apply.

So if the unexpected were to happen to you, here are 4 ways you can leave a legacy by helping cover your loved ones’ expenses with a guaranteed issue life insurance plan:

**Household debt** — The average Canadian has $20,967 in non-mortgage debt,¹ and for every dollar Canadians earn, they are $1.77 in debt.²

**The cost of a funeral** — The average cost of a funeral in Canada is $8,500.³

**A university education** — After 4 years, the average student has $28,000 in debt.⁴

**The cost of a wedding** — The average cost of a wedding in Canada is now $42,400,⁵ and many cost more.

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¹ theglobeandmail.com, ‘Canadians take on even more debt’, March 25, 2017.

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THREE FOR A CROWD

SUVs with a third row are a growing branch of an already-popular segment. We highlight some standouts.

by MATTHEW GUY

ALL-WHEEL-DRIVE SPORT-UTILITY VEHICLES with three rows of seats are fast becoming the ride of choice for growing families. (Sorry, minivans.) They’re large, spacious and able to carry the whole brood, so it’s easy to see why they’re so popular. Here are three examples, all of which carry three rows of passengers, but with very different approaches.

### SUBARU ASCENT

This is a new entry into the segment, and it brings the brand’s legendary all-wheel drive into the mix. It’s the longest vehicle ever to be sold in a Subaru showroom, meaning the third row of seats isn’t just for children. Ground clearance measures 22 centimetres, about a centimetre more than segment stalwarts like the Ford Explorer.

Practical touches abound, such as USB ports in the third row and handles on the second-row seats, said to be modelled after those found on Japan’s bullet trains.

**STARTING PRICE** $36,695  
**ENGINE** 2.4-litre four-cylinder  
**POWER** 260 hp, 277 lb-ft of torque

### MAZDA CX-9

This beauty from Hiroshima will suit those who like a bit of style with their family vehicle. Designed with a hint of MX-5 sports car in its DNA, the CX-9 will be one of the best-looking rigs in the parking lot.

Current model-year refinements to its suspension and steering permit the CX-9 to handle better than any three-row SUV has the right to. Its interior is downright gorgeous, especially in top-rung Signature trim. Modern infotainment and 250 horsepower don’t hurt, either.

**STARTING PRICE** $39,900  
**ENGINE** 3.6-litre V6; 3.0-litre diesel V6  
**POWER** 285 hp, 260 lb-ft of torque; 260 hp, 442 lb-ft of torque

### FORD EXPEDITION

Occupying a spot in the “traditional SUV” corner, this big brute is probably what springs to mind for most when someone mentions a three-row SUV. Ford recently refreshed it with an emphasis on plushness, treating passengers to creature comforts like buttery soft Del Rio leather seats and wood trim.

The engine is the same as the one in the F-150, and its turbocharged technology permits fuel economy nearing 10 litres per 100 kilometres during highway driving—impressive for such a large machine.

**STARTING PRICE** $62,500  
**ENGINE** 3.5-litre EcoBoost V6  
**POWER** 375 hp, 470 lb-ft of torque
Madeleine wrote to us to tell her story of how Blue Berry™ has impacted her quality of life and helped her enjoy her favorite hobby: painting beautiful landscapes.

Wonderful to have good eyes

“My name is Madeleine and I live in Montreal. In my spare time, I enjoy time in nature, painting beautiful landscapes. In my later years, my eyes began to weaken. I was very sad about this, because painting requires accurate vision.

When I went to my optometrist, he diagnosed me as having age-related macular degeneration (AMD), and told me this unfortunately gets worse with time.

I Read About Blue Berry™

“In a magazine I read an ad about a supplement called Blue Berry, and a man who had maintained his eye health. In hopes of getting the same results, I bought a box and started the same day. Now, I have been taking Blue Berry for almost a year, and I am very happy with the product. I am back to painting and my mood has been lifted.

I am happy I found this product from New Nordic, and highly recommend it to anyone who wants to take good care of their eyes.”

- Madeleine F., QC

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What types of edibles are legal?

While brightly coloured candies and bear-shaped gummies have been popular on the black market, consumers of legal edibles can expect a less vibrant array of goods. According to Tammy Jarbeau, senior media relations advisor at Health Canada, the Cannabis Regulations Act sets strict requirements on the classes of cannabis that can be sold. For example, cannabis edibles that mimic familiar food items, that are packaged like candy or that would otherwise be appealing to children are prohibited. Expect items like mints, chocolates and gummies in plain forms such as half-spheres and squares.

What types of edibles aren't allowed?

Cannabis edibles containing meat, poultry and fish or items requiring refrigeration are prohibited. This is because dried products pose a lower food-safety risk than raw products. Cannabis-infused alcohol and cannabis products that also contain tobacco, nicotine or caffeine are prohibited as well, but up to 30 milligrams of naturally occurring caffeine (such as in chocolate) is allowed. Health Canada hasn’t yet stipulated if there are certain colours, shapes or flavours that will be prohibited, as products are approved on a case-by-case basis.

Where and how are edibles sold?

As with dried cannabis, the sale of edible products is regulated by each province. Quebec is the only province that has not approved the sale of edible products (aside from edible oils and butters), citing a public-health concern over the appeal of such products to children. Otherwise, each province or territory governs its own sales of cannabis. Depending on the province, cannabis may be sold at government-run or -licensed stores, and online through government-run or -approved sites.
How and where are these products made?

Edibles are made by licensed producers that have sought out an additional processing licence to manufacture, package and label edible cannabis products. If the production facility making cannabis edibles also makes conventional food products, the cannabis products have to be made in a separate building. This is to prevent cross-contamination between ingredients and products, and decrease the risk of product mix-ups and mislabelling.

What food-safety protocols and regulations are in place?

Facilities manufacturing cannabis edibles need to follow food-safety regulations and sanitation guides set out by the Cannabis Act and enforced by Health Canada. For example, facilities need to have adequate ventilation systems to prevent the escape of odours and cleaning protocols for equipment used to transport cannabis and cannabis edibles.

How do producers ensure the potency of edibles is consistent?

Producers typically make their products by infusing a food item with a specific amount of cannabino...
With one of the most affordable and attractive retirement lifestyles in Ontario, Elliot Lake offers breathtaking scenery, sunlit beaches, golf, hiking, canoeing and an abundance of arts and cultural pursuits. All of this in a safe, clean, friendly community where you have plenty of choices when it comes to where you want to live.

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SOMETHING BLUE

MEET THE 2020 DULUX COLOUR OF THE YEAR—AND FIND OUT HOW TO USE IT IN YOUR HOME

by ATHENA TSAVLIRIS
Blue is often voted the world’s favourite colour, likely because we associate it with sky and sea, and because it makes us feel calm and restored.

Colour therapy is not new—even the ancient Egyptians believed in the healing properties of different hues—and blue is a popular antidote to our fast-paced digital era. That’s why paint brand Dulux has selected Chinese Porcelain as its 2020 colour of the year. It’s a strain of blue that embodies both verve and calm. “Chinese Porcelain is a rich and traditional hue that combines the energy and brightness of cobalt blue with a muted, dark navy tone, emitting a feeling of restfulness and hope,” says Mitsu Dhawan, brand manager at Dulux Paints.

This is a colour that reflects the spirit of our time, Dhawan adds. “We’re future-gazing, yet focused on sustainability; entrenched in technology, yet yearning for stability and a sense of richness.”

Beyond its emotional appeal, Chinese Porcelain has aesthetic versatility, and works as a natural complement to wood tones, metallics and the ever-jubilant orange. This is a hue that’s easily integrated into a home, Dhawan says, whether your style skews traditional or ultra modern. Get inspired by these tips on folding the colour into your decor.

COLOUR OF THE YEAR

TANGERINE DREAM

Blues and oranges are a winning combination: they always get along. Consider a throw pillow the colour of persimmon or a rug with threads of zingy citrus in a room painted Chinese Porcelain. For smaller accents, an orange ceramic vase or an orange-jacketed coffee-table book will do.

LIGHTS FANTASTIC

Pair it with crisp white linens in the bedroom, as above, or set it off with soft ivory towels in the bathroom.

TAKE A SHINE

Mix this decadent blue with the brightness and sheen of in-vogue metallics, whether headboard sized or smaller.

SPICE IT UP

Orange not your colour? Use this blue with lush drapes or velvet pillows in warm saffron and turmeric tones instead.
BRASS ACT

Everyone loves a decadent powder room, and Chinese Porcelain packs a punch in small spaces. Pops of brass, either in faucets or light sconces, bring opulence. Maximalists might consider a gilt-framed mirror for ultimate drama.

TEAK FOR TWO

Natural materials such as wood and rattan have gained popularity for their warmth and nostalgic qualities. For the first time, Dulux Paints has announced a stain colour of the year for 2020: Teak, a warm, semi-transparent medium brown that offers a perfect complement to Chinese Porcelain. “It has a 1970s retro vibe with a richness that fits today’s world and a raw, organic feel that brings out the best of that inky cobalt blue,” Dhawan says. Stain a deck in Teak, then add Chinese Porcelain solid-stained chairs for the ideal spot to relax. Complete the scheme with exterior walls painted in a sandy colour that plays up the warm undertones of Teak.

COLOUR CONFIDENCE

Whether your style skews traditional or eclectic, these three colour combinations will bring out the richness of this deep blue.

1. Blue and white was used on Chinese pottery in the ninth century and continues to be a popular choice among contemporary ceramicists. Why not pair Chinese Porcelain with bright, crisp Moonlit Snow on crown mouldings and trim to pay homage to its heritage?

2. Lovers of high-wattage colour may want to set off this inky blue with a shade of chartreuse. Paint a sideboard in Grass Daisy to put in a Chinese Porcelain room.

3. Teal tones look beautiful with blue; together, they conjure the many shades of the sea. Consider Teal Bayou with Chinese Porcelain for an effect that’s as dramatic and unpredictable as a coastal view.

FEELING THIS BLUE?

Bring it home! CAA Members can save on paint, stain, tools and applicators from Dulux Paints. See page 52 for details.
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Path to Wellness

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by CHRISTINE SISMONDO  photography by LEILA ASHTARI

WHAT’S THE BEST WAY TO TOP OFF A DAY AT A SPA?

How about a dip in a hot-springs pool? Followed, perhaps, by a bowl of cool watermelon gazpacho and a splash of fresh-tasting Sauvignon Blanc under the thatched roof of a poolside patio. Take a stroll through a wildflower garden to the world’s cutest thatched-roof cabin for a quick nap before dinner. After all, anything worth doing is worth overdoing—especially self-care.

This is the scene at Nirvana Restaurant & Retreat, where stress goes to die. The boutique hotel and ranch in Atotonilco, Guanajuato, which focuses on farm-to-table cuisine and regional wine, is one of dozens of serene spots on central Mexico’s new wine and wellness trail. And yes, in this region, tequila is a supporting character, and local wine is the star.

If this is the first you’ve heard of this trail, you’re not alone. Since very little Mexican wine gets exported, few of us realize the country has a wine industry. In wine circles, though, central Mexico—especially the Guanajuato region around San Miguel de Allende—is considered an exciting, up-and-coming region, thanks to the area’s silty clay soil and high-altitude vineyards.

Winemakers have just recently started to promote La Ruta del Vino (The Wine Route) as a destination. So while excitement over this region is starting to spread, you might have parts of the route practically to yourself. About two million tourists spend the night in neighbouring San Miguel de Allende every year, but last year’s October wine-country harvest only attracted a little over 4,000 visitors.

Winemaker Alejandra Cordero at Tres Raíces, a soon-to-be-opened estate on the wine and wellness trail
Best of all, at almost every stop along La Ruta, you’re only ever a few steps away from yet another hot spring, boutique hotel and spa, or scenic restaurant that specializes in local, organic-farm-fresh food.

In a sense, this new trail is the natural extension of the food, drink and wellness culture so deeply established in San Miguel de Allende, an impossibly charming colonial city that was added to the UNESCO World Heritage List in 2008 for its lovingly preserved architecture and historical importance as a meeting point for Spanish, Creole and Indigenous peoples. Long a base for artists and expats looking for a break from the modern grind (and all the avocado toast you could want), San Miguel has decades of expertise in serving up elevated Mexican fare and craft cocktails, as well as some first-rate water and wellness experiences, including temazcal, or sweat lodges, holistic bodywork and underwater massages.

“People come here for the architecture, of course, but I think they really come here for the magic of the city,” says Guillermo Gonzalez, former general director of the region’s tourism board and a San Miguel native. “They call this area the heart of Mexico. You can enjoy traditional Mexican culture in a colonial city and, at the same time, stay in a very nice hotel and have all the best-quality services—spas, fancy restaurants and craft drinks.”

There are three main ways to explore this emerging destination: take day trips from San Miguel; check into a spa hotel in nearby wine country for two or three days; or build a multi-day road trip and make your way into the mountains to check out the high-altitude resorts and wineries.

Those wanting to use San Miguel as a base will find no shortage of hotels, from artsy boutique colonials like Casa 1810 in the historical centre to the fully modern Live Aqua “urban resort,” which is walking distance from the city’s bars and restaurants. Several private tour operators offer day trips to nearby...
HAPPIER TRAVELS

Ready to relax? Leave travel stress at home when you take off for Guanajuato, thanks to a new Canadian law that gives air travellers more rights than ever before.

If you’re bound for Mexico—or anywhere else with an airport—you’ll now be protected by the air passengers’ bill of rights, which became law last year. “When you compare Canada to other jurisdictions, this is an area where we have lagged,” says Teresa Di Felice, assistant vice-president of government and community relations with CAA South Central Ontario. “The new legislation is a strong first step in the right direction.”

As one of Canada’s largest consumer advocacy organizations, CAA played an important role in the law’s passage, advising the government and pressing for the legislation amidst stiff opposition.

To check out the bill’s highlights, such as compensation for overbooking and lost luggage, go online to caa.ca/airtravellers. It’s one less worry to let go of as you soak in the hot springs. –Andrew Raven
La Santisima Trinidad with gorgeous views of grapevines and lavender fields, as well as a small wine museum and boutique to help visitors familiarize themselves with the region’s diverse wineries. Tres Raíces will likely dominate the area when it opens soon, given the sheer ambition of this hyper-modern 60-hectare estate, replete with a full spa and boutique cabins for overnight visitors. The highly acclaimed Viñedo Cuna de Tierra, on the other hand, is a little more understated—suitable for a day visit and a sampling of their juicy reds and dry whites, considered some of the best the region has to offer.

“About 50 years ago, this was a place to study Spanish or art—it was a little bohemian,” Gonzalez says. “After that, the destination weddings started coming, and then the international chefs opened fancy restaurants, and then the organic farmers came, and now, the wineries. It’s a whole system: one that now goes beyond the city into the areas all around.”

And even up into the mountains, which is sure to appeal to adventure-seeking travellers. About 90 minutes west of Dolores Hidalgo lies Viñedo Caminos d’Vinos, Mexico’s highest-altitude winery and an ideal destination for a few days of total serenity. Located 2,400 metres above sea level, Caminos has amazing vistas best seen from its adjacent luxury hotel and spa, Ex Hacienda Jesús María, a popular spot for mountaintop weddings. It’s remote, but there’s a lot to do for hikers and naturalists, given its location between two important parks: Cuenca de la Esperanza, or the Basin of Hope, a nature preserve, and Cerro del Cubillete, a 2,700-metre hill topped with a shrine and a statue of Christ called the Cristo Rey.

Meanwhile back at the Hacienda, after that hike you’ll have earned a massage. Possibly a nap, too. And definitely a glass of house wine—the perfect pairing to go with the world-class view.
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SHOPPING FOR A CAR? FOLLOW OUR STEP-BY-STEP GUIDE FOR EVERYTHING YOU’LL NEED TO KNOW.

by MARK RICHARDSON

1 SET A BUDGET
Consider down payment, monthly payments and insurance costs

2 CHOOSE WISELY
Pinpoint a type of vehicle and features to narrow the field

3 SHOP AROUND
Research to find the right make, model and price

4 TAKE A TEST DRIVE
Drive around your work, home and on the highway

5 NEGOTIATE
Remember your budget and stick to it

6 FACTOR IN INSURANCE
After choosing a vehicle, get an insurance quote

7 DO THE PAPERWORK
Line up insurance, registration and plates
There are alternatives to traditional gas-powered vehicles. Here’s what’s on the market and what’s coming.

**HYDROGEN**

It’s a clean, cheap fuel that creates no emissions except water, but the infrastructure isn’t quite there yet—Canada is home to just one public hydrogen refuelling station, located in British Columbia. As lobbying for additional stations ramps up, expect more hydrogen vehicles to arrive in the coming years.

**ELECTRIC**

Powered only by an electric motor, mid-range examples, like the Nissan Leaf, are peppy and quiet. Many can travel about 350 kilometres before needing to be recharged. The $109,090 Tesla Model S can drive up to 600 kilometres before running out of juice.

**GAS-ELECTRIC HYBRID**

A special battery is connected to the gasoline engine and kept charged while running. When the car is cruising or being driven gently, the engine turns off, and the car drives on its battery power to save gas. The Toyota Prius, now in its fourth generation, is still the best known.

**DIESEL**

Many carmakers now offer modern diesel options in North America that are cleaner than their predecessors. While diesel power is more efficient than gas, it’s been criticized for nitrogen-oxide emissions.

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**What to Choose**

The choice used to be so easy: big car, little car or truck? But today’s roads are bumper to bumper with various sizes and styles, makes and models. Your first decision is what type best suits your needs and wants.

**Compact/subcompact:**
Easy to drive in the city, best fuel consumption and ideal for those looking to go from A to B. Small doesn’t mean less safe, though: all cars are built to strict safety standards. The Honda Civic and Toyota Corolla, both compacts, are the most popular cars in Canada. A Hyundai Accent is a subcompact.

**Full-size/mid-size:**
Larger and roomier, but also thirstier for gas. A Chevrolet Impala is considered full-size; a Ford Fusion is mid-size.

**Sedan:** A four-door car, comfortable for two or three passengers in the rear seat. Examples include the Toyota Camry and Volkswagen Jetta.

**Coupe:** A two-door car with either one or two rows of seats; sportier, but not so accessible for rear-seat passengers. Consider a coupe if you usually have just one passenger. The Hyundai Veloster is an example.

**SUV:** Roomier than a car and designed to be driven off-road (though few ever really do). Drivers like them because the taller ground clearance lets you sit up higher, and they’re a nice family alternative to minivans, especially if you choose one with a third row. The GMC Yukon and Ford Explorer remain popular choices.

**Crossover:** A slightly smaller SUV that’s still taller than a regular car. It’s a good choice for someone who wants a versatile vehicle with easy passenger access and plenty of cargo space. The Ford Edge is a crossover.

**Convertible:** Usually only comfortable for front-seat passengers. Cloth tops are most common, but some hardtops are now available that are quieter and more practical in winter.

**Minivan:** Large and handy for carrying more than five people and the family dog. One-touch sliding doors are good for loading groceries.

**Pickup truck:** There are car people and then there are truck people! If you’re farming or building, this one is for you.

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**How much?**
Find out how much it’ll cost to run different vehicles for a year with CAA’s Driving Costs Calculator: caa.ca/car_costs

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**SPRING 2020**

| 35 |
Consider Your Options

Once you’ve selected your new vehicle, what features do you want? There are lots of choices—some of which didn’t even exist 10 years ago. Here are a few of the most popular in today’s new cars.

**VOICE ACTIVATION**
Voice activation learns the sound of your voice and will turn on or off many of the car’s features with a spoken command. But always be mindful of the road; voice activation can still be distracting.

**HIGH INTENSITY DISCHARGE (HID) HEADLIGHTS**
High-intensity discharge bulbs light the road ahead more effectively than standard halogens, but without dazzling oncoming drivers. Automatic dimming lights can also detect an oncoming car and dim the beams without any driver input.

**TEMPERATURE-CONTROLLED SEATS AND HEATED STEERING WHEELS**
These options used to be a luxury, but they’re more commonplace today, and are usually available on mid-priced-and-up trim levels of most vehicles. Some offer heated seats in the rear, and many models, such as the Mazda CX-5, have seats that can be cooled.

**DUAL-ZONE CLIMATE CONTROLS**
These allow both the driver and passengers to set their own heating and AC levels. You can also opt for automatic climate controls: in auto mode, the system will fine-tune the temperature to keep everyone comfortable.

**POWER OPEN/CLOSE**
Power opening and closing for the trunk (or the tailgate for pickup trucks) helps keep your hands free. Just press a button and the trunk lid or tailgate will close itself securely. Many vehicles now let you wave a leg under the rear bumper to open the trunk.

**ELECTRONIC SENSORS**
More common and effective than they used to be, radar and sonic sensors detect other objects and vehicles around the car and can help prevent collisions. These sensors are critical for driver-assist features like lane-keeping and self-parking.

**CAMERAS**
Backup cameras, now mandatory on all new cars, can help prevent collisions when used in combination with attentive checks by the driver. Surround cameras—more common on luxury vehicles—display a bird’s-eye view of everything around the car on a central screen, as if seen from above.

**FRIENDLY ADVICE**
Car-buying insights from a CAA auto expert by Andrew Raven

**HOW DO I KNOW IF I’M PAYING A FAIR PRICE?**
If you’re buying a new car, know that prices don’t vary much from dealership to dealership. But if you’re buying used, you need to do a little homework. Start by reaching out to CAA’s Auto Advisors. These in-house car experts have access to the Canadian Black Book, and they’ll give you the going rate for the vehicle you’re considering.

**WHAT IS THE DIFFERENCE BETWEEN LEASING AND FINANCING?**
When you lease a car, you’re basically renting it, and once the lease term ends, the car goes back to the dealer. When you finance a car, you’re buying it with the help of a loan. For the average person, that’s the better route, says CAA auto expert Ryan Peterson. “But if you have the cash flow, don’t want to worry about car maintenance or use your vehicle as a business writeoff, leasing makes sense.”

**WHAT IS THE BILL OF SALE?**
It’s your receipt that you’ll need to register the car in your name. If you buy from a dealership, you’ll get one with all necessary details. If you buy privately, make sure the bill of sale includes the vehicle’s make, model, Vehicle Identification Number (VIN), mileage, warranty details, and the names of the seller and buyer. You can also use the bill of sale found in the government’s used-vehicle info package.
Buying a Used Car

Going down the pre-owned road? Here’s some fuel for thought.

A used car will be less expensive than an equivalent new car, but you’ll need to do a bit more research, as you likely don’t know its full history. There’s also more variety in price, so it’s easy to overpay. But don’t worry—CAA can help.

Start by getting a used-vehicle information package from the provincial government. It will show the most recent odometer reading, when the car was registered in your province and if there’s any money owed on it.

Next, get a Carfax report through CAA. (Members are entitled to a discount.) The report will tell you if a vehicle has been reported stolen, rebuilt or salvaged in Canada or the U.S. It will also show title information, odometer readings, accident indicators, and reported service and repair info.

You should also find out about a vehicle’s service history. If it’s been properly maintained, the seller can provide a record showing regular maintenance and any repairs, whether under warranty or not.

Finally, make sure there are no surprises by having a qualified technician inspect the vehicle. If you’re looking for a trustworthy garage, head to atlantic.caa.ca/automotive/approved-auto-repair. There, you’ll find a list of CAA-approved auto repair shops.

If you’re satisfied you’ve found a car in good condition that’s legally clear to buy, check the recommended purchase price on canadianblackbook.com, which has suggested prices for specific makes and models up to 14 years old. This will also help if you’re selling a car, so you know what price to expect from the purchaser. ▶
Insurance Know-How

Auto insurance is compulsory in Canada, but there are many different plans. Here are the terms you should read up on.

**THIRD-PARTY LIABILITY**
Mandatory in Canada, it covers the cost if you’re sued for hurting someone or damaging their property with your car. CAA recommends at least $1 million in coverage, but preferably $2 million.

**COMPREHENSIVE**
Covers damage to your vehicle that is not covered by Collision, like hitting an animal, fire, theft or vandalism.

**LOSS OF USE**
Covers the cost of temporarily renting a car, or using taxis and buses, while your damaged car is being repaired.

**REMIXING**
Covers the costs of repairing your vehicle if you’re involved in an at-fault accident

**COMPREHENSIVE**
Covers damage to your vehicle that is not covered by Collision, like hitting an animal, fire, theft or vandalism.

**LOSS OF USE**
Covers the cost of temporarily renting a car, or using taxis and buses, while your damaged car is being repaired.

**ACCIDENT BENEFITS**
Also mandatory, it includes coverage for things like medical care and income replacement if you or your passengers are injured in a collision.

**COMPREHENSIVE**
Covers damage to your vehicle that is not covered by Collision, like hitting an animal, fire, theft or vandalism.

**LOSS OF USE**
Covers the cost of temporarily renting a car, or using taxis and buses, while your damaged car is being repaired.

**REMIXING**
Covers the costs of repairing your vehicle if you’re involved in an at-fault accident

**ACCIDENT FORGIVENESS**
Protects your driving record when you’re involved in your first at-fault accident. Conditions and rules apply.

**LIMITED GLASS**
Removes coverage for repairing a windshield from your Comprehensive policy to lower the premium or if you make frequent claims.

**MEMBERS SAVE**
CAA recommends bundling your home and auto insurance for bigger savings. Go online for a quote at atlantic.caa.ca/insurance.

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**DON’T LEAVE THE LOT WITHOUT IT!**
Before driving off in your new ride, be sure you’ve got everything you legally need to get behind the wheel. (If you buy from a private seller, it’s your responsibility to be sure the paperwork is complete.) Follow this list of essentials before turning the key.

**INSURANCE**
The biggest expense after the vehicle itself, and the most variable. It’s compulsory in Canada to have auto insurance to drive on a public road.

**LICENCE PLATE**
It stays with you, not with the vehicle. If you’re trading in a vehicle, swap the plate over. If you’re buying for the first time, or buying an additional vehicle, you need a new plate. Visit a provincial services location to buy one along with a vehicle permit and registration. Your plate must be linked to a vehicle when first purchasing, so you’ll need to provide the VIN of your new car.

**REGISTRATION**
Every vehicle must be provincially registered annually in order to drive legally on the road. A sticker on your licence plate proves it.

**DRIVER’S LICENCE**
It must be valid and represent the province in which you currently live. If you’ve moved from another province, you have 90 days to transfer your licence.
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TOURISM IS BOOMING, AND TOP-OF-THE-LIST PLACES ARE GETTING BUSIER. IF YOU WANT A FIRST-RATE EXPERIENCE WITHOUT THE CROWDS, HEAD TO THESE 25 UNDER-THE-RADAR DESTINATIONS INSTEAD.

There’s never been a better time to explore the world. And more people are travelling every year, thanks to accessible airfares and growing flight networks. International tourist arrivals climbed to 1.4 billion in 2018—two years ahead of the World Tourism Organization’s prediction—and are on track to reach 1.8 billion by 2030.

Luckily, the world is pretty big, and there are lots of places where you can have a little more elbow room. Here are 25 destinations that show how going just a little off the beaten path can pay off in a big way.
Nearly half of South Koreans live in Seoul. Tell them you’re going to Busan, though, and their eyes light up. The country’s second city pairs skyscrapers with mountains and coastal cliffs with sandy beaches, making it a favourite with Koreans and a must-see for visitors.

It’s an easy two-and-a-half-hour trip on the high-speed KTX train from Seoul to Busan. Cyrillic script on a few buildings around the main train station acts as a reminder that Busan’s port has connected it to the rest of the world for centuries. The station neighbourhood makes it easy to get a taste of city life, with old-school gukbap restaurants ladling out the local specialty of rich pork soup (stir the rice in to thicken) and Brown Hands Design Café, a chic spot housed in a former hospital, serving lattes.

Fill your camera roll on an afternoon in Gamcheon Culture Village, a slum revitalized in 2009 with public art installations and plenty of bright paint. Its candy-coloured houses spill down the hillside, connected by steep streets and even steeper flights of stairs; some of the buildings are still inhabited by locals, and others by large-scale sculptures. Let the city bus ferry you up to the Haneul Maru info centre, pick up a map and follow it to stamp stations scattered at shops and lookout spots throughout the neighbourhood. Collect enough stamps and you’ll earn a postcard.

But it wouldn’t be a trip to Busan without some time by the water. For the energetic, the Igidae Coastal Walk is a gorgeous (but intense) hike past rocky coves scented by jasmine and through sweet-smelling pine forests. For everyone else, sandy Haeundae Beach, Korea’s largest, waits just off the subway, and Gwangalli Beach fills up at night with groups of friends waiting for the light show on the bridge just offshore. –Kristen Koch

Get away from the usual Italian destinations and do what Italian expats do: go south. Specifically, consider Matera, the “underground city” in the region of Basilicata that’s just coming off a stint as European Capital of Culture in 2019. This unbelievably well-preserved ancient settlement is known for its sassi, or cave dwellings dug out of the limestone, and a network of byzantine footpaths. Once evacuated due to squalor and disease, Matera underwent a gradual transformation, and its sassi are now filled with restaurants, shops and hotels. –Karan Smith

Already been to Dublin? Next time, make the two-hour drive to Belfast, capital of Northern Ireland. Belfast’s maritime heritage is brought to life at Titanic Belfast, an interactive museum that tells the infamous tale of the RMS Titanic. Across the street, the swanky Titanic Hotel offers afternoon tea in a converted shipbuilding office with 500 artifacts from the golden age of ocean travel. In the city centre, enjoy innovative cocktails (and panoramic views) at the Grand Central Hotel’s Observatory—the tallest bar in Ireland. –Vawn Himmelsbach
Long boulevards and elegant Haussman-style buildings make it easy to see how Lyon’s central Presqu’île district is often described as a smaller, friendlier Paris. But with its own unique topography and culinary traditions, France’s third-largest city offers much more to warrant a visit than simply being a more manageable version of the sprawling French capital.

Situated at the nexus of two rivers, the Saone and the Rhone, and surrounded by verdant farmland and vineyards, Lyon is a prime example of geography as destiny. More than 2,000 years ago, the Romans made it the capital of their wine trade, bringing with them new flavours and setting the scene for the city’s gastronomic pre-eminence. Today, it’s the gateway to the Beaujolais region, and Lyon shines on the foodie front, with one of the highest concentrations of restaurants per capita in all of France and delicacies that are hard to find anywhere else: quenelles, coq au vin and above all else, offal.

These classic dishes, plus a warm, unpretentious atmosphere, make a meal at a traditional Lyonnais restaurant, or bouchon, a must-do, whether you choose a standby like Daniel et Denise in Vieux Lyon or a neighbourhood favourite like Les Filles. And don’t miss Les Halles Paul Bocuse. Named for the late chef, perhaps Lyon’s most famous, the indoor market is chockablock with fish- and cheesemongers, butchers and bakers: the best of the city under one roof.

For an altogether different vibe—and a sense of how Lyon is evolving—check out the burgeoning Confluence district. Once derelict, the Presqu’île-adjacent neighbourhood has been reborn as a hub of sleek shops, restaurants and futuristic architecture, including the steel-and-glass Confluence Museum of anthropology, frequently likened to the Guggenheim in Bilbao. —Alyssa Schwartz

From top: the dining room at Daniel et Denise Saint-Jean in Vieux Lyon; the eco-friendly Green Cube office building stands where the Saone and Rhone rivers meet in the Confluence neighbourhood; the McNay Art Institute, scores of hiking and bike trails, the huevos rancheros breakfast at Mi Tierra and the Pearl District, an entertainment area born from the remains of a century-old brewery whose former brewhouse is now the high-design Hotel Emma.

Downtown is best known for its River Walk, a network of bars, restaurants and shops enlivening the banks of the San Antonio River. Don’t miss the McNay Art Institute, scores of hiking and bike trails, the Pearl District, an entertainment area born from the remains of a century-old brewery whose former brewhouse is now the high-design Hotel Emma.

On the city’s outskirts, Hill Country brims with wineries.

—Becca Hensley

Logging a visit to buzzy Austin has become a status symbol of sorts. But the nearby larger city of San Antonio, a.k.a. the Alamo City, is more the Texas of travellers’ imaginations.

Once part of Mexico, later home to wealthy cattlemen, German settlers and oil barons, this quietly sophisticated city in the heart of Texas has a fusion of cultures that defines Tex-Mex. Even the architecture is a mix of UNESCO-listed, circa 1700 Spanish missions and iconic Greek Revival and Victorian buildings.

Downtown is best known for its River Walk, a network of bars, restaurants and shops enlivening the banks of the San Antonio River. Don’t miss the McNay Art Institute, scores of hiking and bike trails, the huevos rancheros breakfast at Mi Tierra and the Pearl District, an entertainment area born from the remains of a century-old brewery whose former brewhouse is now the high-design Hotel Emma.
Dunes drift inside an abandoned house in Kolmanskop from Namibia’s diamond-rush days.

Tucked between South Africa, Botswana and the Atlantic, Namibia boasts wildlife and landscapes rivalling those of its neighbours. It’s also one of the least densely populated (and sparsely touristed) countries in the world, so if you want lions and dunes to yourself, Namibia is for you.

Excellent roads and jaw-dropping boutique hotels are perfect for a self-drive tour of the sights. Wild Atlantic currents have littered the Skeleton Coast with shipwrecks. The red dunes of Sossusvlei, some of the tallest in the world, drift into surrealist landscapes. Abandoned diamond-rush towns are an explorer’s dream; petrified by the desert air, they sit just as they were 100 years ago. And Etosha National Park has one of the world’s largest concentrations of wildlife. Even on a short visit, you’ll see rhinos, elephants, lions, oryx and giraffes—without the crowds. –Mark Dunsmuir and Naomi Horrox

Despite being the country’s capital, this charming northern city has, so far, been spared the unchecked development that has transformed many other Southeast Asian metropolises. You can spend a day strolling through Hanoi’s colonial-era French Quarter, pedal boating on central Ho Tay Lake and reflecting at ancient shrines—like the nearly 1,000-year-old Temple of Literature. That’s the type of easy-going experience you’d be hard pressed to have in bustling Ho Chi Minh City, Vietnam’s biggest urban centre. –Andrew Raven

Riga, Latvia

“The art nouveau architecture is very romantic in this city. It has a wonderful city centre with so many amazing restaurants. Latvia is also very social, with lots of music and bars to enjoy some great craft beers. There are castles and amazing art history as well.” –Katherine Khoury, CAA North & East Ontario

Malta

This island country south of Italy lacks the spotlight and nightlife of other Mediterranean hot spots, but makes up for it with historic architecture, temples, marinas and caves. “You can wander along the beautiful marble promenade on the Valletta waterfront and watch the sun go down.” –Ramsay Anderson, CAA Atlantic

British Isles

“It’s not just London.” Forgo the city in favour of sweeping views that will steal your heart in the wide moorlands and river valleys of England’s Dartmoor National Park, the mountains and lochs of the Scottish Highlands, or the rugged Aran Islands off the west coast of Ireland. –Ramsay Anderson
Amsterdam gets all the buzz, but Rotterdam has all the cool. Known as the City of Architecture, Rotterdam was largely destroyed in the Second World War, then rebuilt with modernist Dutch architecture, such as its famous cube houses. It's now one of Europe's liveliest festival cities, and art takes centre stage on Witte de Withstraat, the so-called Axis of Art, featuring boutiques, galleries and cafés.

–Vawn Himmelsbach

Grenada

Anchoring the end of the Grenadine island chain in the southern Caribbean, Grenada is a tiny taste of island bliss, all white sand, blue waters and smiling faces. This engaging retreat manages to maintain a rustic charm flavoured with traces of its British roots, all while delivering a luxury vibe—often without the hefty price tag. It's outside the hurricane belt and an easy alternative to more popular Caribbean islands, with far fewer high-rises (and people), exceptional value and a tropical climate tempered by cooling trade winds.

Besides trekking up rainforest hills or lounging poolside at one of the three new resorts that have sprung up in the past two years, visitors can take advantage of excellent diving and snorkelling along with sublime sunset cruises. The island's cuisine is elevated by its spice heritage; Grenada is a global source of nutmeg, mace, turmeric, cinnamon, cloves and ginger.

The calibre of the tree-to-bar chocolate here makes it easy to decide what to bring home. –Doug Wallace

PORTO, PORTUGAL

Sure, Lisbon has pasteis de Belem, but Porto lends its name to Portugal's other sweet export: port wine. Get lost in narrow lanes sloping toward the Rio Douro before crossing over to wine heaven in Vila Nova de Gaia. Raise a glass in one of the many wine “caves” offering tours and tastings here, then capture a postcard-perfect vista from the 360° Terrace Lounge at Espaço Porto Cruz with a port and tonic in hand. –Beverley Ann D’Cruz
Edmonton
ALBERTA

Name the city that’s home to Canada’s largest urban park, along with a sophisticated homegrown restaurant scene and top-notch museums. Edmonton, not Toronto or Vancouver, offers all these things. From the steel architecture of the Art Gallery of Alberta—meant to evoke the city’s urban grid and northern landscapes—to eateries such as Bündok and Café Linnea to 160 kilometres of outdoor fun in the River Valley, Alberta’s capital city surprises, inside and out.
—Alyssa Schwartz

TALLINN, ESTONIA

There are more than 30 museums around the city, ranging from medieval exhibits to marzipan collections on display at the oldest café in Tallinn. “This city also has authentic restaurants where you eat by candlelight. And it has a lively nightlife!”
—Katherina Khoury

Rhone River

A river cruise not only lets you slow down, it also docks at a country’s less-trodden destinations. An Avalon Waterways journey along the Rhine from Amsterdam to Basel makes stops in the beautifully preserved city of Colmar, France, and Mainz, Germany, home to the Gutenberg Museum.
—Johanne Ottens, CAA Niagara

Panglao Island
PHILIPPINES

When it comes to the Philippines, most visitors make a beeline for Boracay, but Panglao Island in Bohol has the same white-sand beaches without the crowds. Swim and snorkel in the clear waters of Alona Beach, then go scuba diving at Balicasag Island or spot dolphins and whales at Pamilacan Island. For some sightseeing on land, head to the main island of Bohol to view the stretch of dome-shaped mounds known as the Chocolate Hills, or cruise the Loboc River aboard a floating restaurant.
—Rina Diane Caballar

MOROCCO

Even its place names conjure up a cultural adventure: Marrakesh, Casablanca, the High Atlas Mountains. We can help you find the right places to ride camels, shop in crowded souks and savour slow-cooked tagines.
—Johanne Ottens
If you’ve already explored Dubrovnik, why not head to Split? As Croatia’s second-largest city, it has a bit of everything: a medieval Old Town, a buzzing seaside promenade and a wooded peninsula with secluded beaches, backed by coastal mountains along the Adriatic Sea.

The palm-lined Riva promenade runs the length of the Old Town, where the well-heeled stroll past yachts and sip Aperol spritzes at the outdoor cafés. It’s all just outside the fortifications of Diocletian’s Palace, built in the heyday of the Roman Empire. The palace is more like a city within a city, its labyrinth of alleyways bustling with shops, restaurants and bars. It’s a UNESCO-designated site, but people still live and work here, just as they did hundreds of years ago. Sharp-eyed visitors might also recognize several filming locations from Game of Thrones, including the dungeons where Daenerys kept her dragons.

For those who want more film-worthy scenery, Klis Fortress—the ruins of an ancient fortification atop a mountain overlooking Split and the Adriatic—is a must-visit for Thrones fans and history buffs alike. Over the course of an eventful past that could fill a TV season, the Knights Templar, the Mongols and the Ottomans all fought real-life battles here. And its hilltop perch has the best views of Split, bar none.

Fresh seafood abounds in the medieval maze of Old Town, whose cafés and restaurants spill out onto cobblestoned streets. You’ll also find traditional restaurants, called konobas, that serve Dalmatian specialties, such as grilled fish and brudet (seafood stew). Croatia produces its own wine, but its grape varietals, like the vowel-free grk, are unfamiliar to most visitors. Get to know them on the breezy rooftop terrace at Paradox Wine & Cheese Bar, where sommeliers pair local Pag cheese with more than 100 Croatian wines. – Vawn Himmelsbach

**Expert Ideas: Adventure**

**20**

**Jordan**

Explore the pink sandstone city of Petra, dine under the desert stars in Wadi Rum and float effortlessly in the Dead Sea. “We felt very safe. People were happy that we’d come to visit and proud to show us their history, their culture, their food. And I was overwhelmed by how beautiful the country was.” — Ramsay Anderson

**21**

**Adirondack Mountains, New York**

“I recently went to the Wild Center, a great option for families wanting interactive trails and different programs, including canoeing. It was a five-minute drive to the town of Tupper Lake, which had antique shops and a few neat restaurants. Saranac Lake was only a 20-minute drive, with lots of hiking trails.” — Katheina Khoury

**22**

**Bhutan**

A guided road trip through this carbon-negative country opens up Himalayan views and hiking trails ranging from a climb to the Tiger’s Nest, a cliff’s-edge monastery, to a trek to Bumdra High Camp. “Hardest hike I’ve done yet. The views were stunning, though!” — Katheina Khoury
Kuelap
PERU

Many visitors head to the Peruvian Andes to see one thing and one thing only: the ancient Inca citadel of Machu Picchu. That’s a shame, because the mountain range is home to a trove of stunning archaeological sites, including Kuelap, a towering fortress that predates its famous southern neighbour by almost a millennium. Kuelap’s calling card is its monumental walls, which reach up to six storeys high. Archaeologists say they hold more stone than the pyramids of Egypt. But perhaps the biggest attraction is the solitude. Nestled in the cloud-covered forests of the remote Amazonas region, Kuelap saw 90 per cent fewer visitors than Machu Picchu in 2018. –Andrew Raven

MUMBAI
INDIA

Although New Delhi gets capital-city cred, Mumbai remains India’s heartbeat. Marine Drive, a three-kilometre promenade hugging the Arabian Sea, is the spot to get swept up with locals relishing the salty breeze. As dusk falls, the stretch sparkles as it lights up, showing how it got its nickname: the Queen’s Necklace. –Beverley Ann D’Cruz

BERGEN, NORWAY

With about half the population of Oslo and central attractions that are completely doable on foot, Bergen has a small size that belies its big charm. As Norway’s historic capital, Bergen boasts a heritage that’s incredibly well preserved, from the wooden Bryggen district, built in the 12th century (and rebuilt after fires), to waterfront stalls where fishermen have been hawking herring and tiny, sweet prawns for hundreds of years. For the best view in town, catch the funicular up to Mount Floyen, one of seven iconic hills in the city centre. –Alyssa Schwartz
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HOME OPENER

Planning to refresh your space this spring? Your CAA Membership card can help you save on home essentials. See page 52.
CONNECT WITH US
Exciting events and news from CAA Atlantic

BEEN THERE, LOVED THAT

Magical Morocco
with CAA Member Choice Vacations Explorations

HOW CAN ONE COUNTRY have such amazing diversity," asks Glenda Hunter. "This North African country is a blend of glitz in Rabat and Casablanca, along with centuries-old medinas in Fez and Marrakech." There were 18 people on this group trip, and "anyone interested in history and a cultural experience would enjoy this destination," says Hunter. "For me, it’s the colour and the pattern of Morocco that I can most clearly visualize and that I think I will never, ever forget," she says. A variety of dining options were available, with breakfasts provided at the hotels. "Our first night in Casablanca we had dinner at Rick’s Café, inspired by the mythical saloon from the film," says Hunter. They also had a typical Moroccan meal at The Riad in Fez one evening.

WHEN YOU GO
Be aware of timing. Morocco is 90% Muslim, and this trip was taken during the holiday of Ramadan, when the bulk of the population was fasting during the day. "There were limited options for lunch, as many restaurants weren’t open midday when most of the country was fasting, and alcoholic beverages were sometimes not available."

Be prepared for heat. It was unseasonably hot in May: between 33°C and 42°C. "Anyone bothered by heat would want to plan their travel dates accordingly."

Be ready to step carefully. Medinas have uneven steps and are quite crowded. "This destination would be challenging for anyone with mobility issues," she says.

Be mindful of stomach ailments. Hunter suggests taking Dukoral before travelling to Morocco.

WHY TRAVEL WITH MCV EXPLORATIONS
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*On select cruises in Europe. Winner will be drawn on April 22, 2020.
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Bouclair knows that home starts with a feeling, and they’re inviting CAA Members to refresh their homes for spring with stylish window treatments, wall decor, pillows and much more at affordable prices. Save an extra 5% on everything in store and online.
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Whether painting or staining, inside or out, confidently refresh your home with all the advice you’ll need, from choosing the right product to proper prep and application techniques, from the experts at Dulux Paints. With a complete range of interior and exterior paint and stain products and accessories, along with the support of in-store associates and exclusive CAA discounts, nothing updates your home as easily or with greater impact than a fresh coat of Dulux paint or stain.

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Trimming is one of the easiest ways to add character to a room. Head to Moulding Warehouse, located outside Halifax, for a large selection and experienced staff who are ready to help.

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You’ll love how new paint transforms your space, but sometimes finding the right professionals to paint your home can feel overwhelming. Whether it’s exterior or interior painting, CAA Members can have peace of mind knowing that the experts at CertaPro Painters® will treat your home with the care it deserves. Their trained professional painters will transform your house into something you’ll be proud of.

**Save 15% on all painting projects booked in February. Or save 5% plus earn 5% in CAA Dollars every day!**

Have you been wondering about the benefits of smart home technology? The Source offers a great selection of top-brand smart home products, including smart speakers, hubs, thermostats, security cameras, smart lighting and more. When you shop at The Source, you get personalized customer service that helps simplify today’s technology. Visit any of their stores throughout Atlantic Canada for everything you need to connect your home.

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New Neuropathy Pain Cream Provides Amazing Leg and Foot Relief

A cream, not a pill, may be the most effective solution yet for neuropathy pain. Active ingredient increases sensation in the legs and feet, relieving burning, tingling and numbness

By Dr. Henry Esber, Ph.D.

TORONTO — An exciting clinical use survey study shows that a new neuropathy cream can relieve leg and foot pain just 15 minutes after applying.

And according to the study participants, burning, tingling, and numbness were the most common symptoms to be relieved.

The cream, called Diabasens, recently developed by scientists in the US, became an instant hit among those suffering with neuropathy. It’s finally available in Canada.

The first phenomenon is known as vasodilation, which triggers arteries to expand, improving circulation in the extremities.

The second is called TRPA1 activation and this is what really has people excited as it relieves the pain.

Research Shows Correlation Between Nerve Damage and Sensation

Published research shows that neuropathy symptoms arise when the nerves in your legs and feet break down and blood flow is lost to the areas that surround them.

As the nerves begin to die, sensation is lost. This lack of sensation is a major cause of burning, tingling, and numbness.

Remarkably, Diabasens contains one of the few known substances to activate TRPA1, a special sensory pathway right below the skin’s surface, that controls the sensitivity of nerves. It’s these nerves that allow you to feel heat, cold, and touch.

And although this pathway has been known about for years, neither a drug nor a pill has been able to target it successfully. That’s why Diabasens is so impressive.

“It all comes down to sensation. When sensation is lost, the foot feels constantly asleep. It may also burn and tingle. When sensation is increased, these nagging symptoms often go away,” explains Dr. Henry Esber, one of the scientists behind Diabasens.

“That’s why Diabasens performed so well in our clinical-use survey study. It increases sensation and blood flow wherever it’s applied. It’s impressive to say the least.”

A Brilliant Technology Most Failed to Consider

Until now, many pharma companies have failed to develop a means of TRPA1 activation to fight neuropathy pain. Diabasens is one of the first to take full advantage of this amazing discovery.

“Today’s treatment methods have focused on minimizing discomfort instead of attacking its underlying cause. That’s why millions of adults are still in excruciating pain every single day and are always battling effects,” explains Esber.

“Diabasens is different. Since the most commonly reported symptoms...painful, tingling and numb legs and feet...are caused by lack of sensation of the nerves, we’ve designed the formula increase their sensitivity.”

“And since these nerves are located right below the skin, we’ve chosen to formulate it as a cream. This allows for the ingredients to get to the site faster and without any systemic side effects.” he adds.

Study Finds Restoring Sensation the Key to Long Lasting Pain Relief

With the conclusion of the human clinical-use survey trial, the makers of Diabasens are offering it in Canada and the US. And regardless of the market, its sales are exploding.

Men and women from all over the country are eager to get their hands on the new cream and, according to the results study participants reported, they should be.

In the trial above, participants taking Diabasens as needed experienced pain relief just 15 minutes after applying! Burning, tingling and numbness were the most commonly reported symptoms to improve.

Even more impressive, when asked if this was the best product they used for their legs and feet, 90% gave a resounding “Yes” with all participants raving they would absolutely recommend it to someone else.

Diabasens is a major breakthrough for neuropathy pain. Its daily use can result in relief from...

- Pain
- Tingling
- Numbness
- Poor Balance
- Swelling

Targets Nerves Right Below the Skins Surface

Diabasens is a topical cream that is to be applied directly the legs and feet. It does not require a prescription in the US or Canada.

The active ingredient is extracted from cinnamon bark.

Studies show that neuropathy pain is often caused when peripheral nerves breakdown and blood is unable to circulate into your legs and feet. As these nerves deteriorate, sensation is lost. This is why you may not feel hot or cold and your legs and feet may burn, tingle and go numb.

Worse, without proper blood flow, tissues and cells in these areas begin to die, causing pain that seems to never go away.
Gillian Burman doesn’t usually enter contests, but in summer 2018, when she saw CAA’s 115 Trip of a Lifetime contest on Facebook, she decided to give it a whirl. “You just had to watch videos and enter a keyword, so I did,” she says. “I didn’t think much of it after that.”

That changed after a November call from CAA, telling her she had won a travel voucher for $11,500. Suddenly Burman was working with Oakville CAA Travel Expert Lisa Mlodozenec, who helped her plan and book a cruise on the Celebrity Infinity and a tour of Rome for herself, her wife, Kim Bildfell, and their son, Jeremy Burman-Bildfell, 11. “Lisa’s knowledge base was fabulous,” Burman says. “She helped us plan excursions with Jeremy in mind and helped us choose a boat that was less expensive than what we thought.”

The trio travelled for 10 days, from late June through early July last year, and enjoyed every minute. “Everything stood out,” Burman says. “Rome was just fabulous, with ruins so concentrated—everywhere you turn. And I loved waking up on the ship and seeing different scenery every day.”

Burman is also seeing CAA in a new way. “I had never booked a trip through CAA, but I would definitely consider doing that again,” she says. “I’ve got the CAA app on my phone now and I use my membership to buy movie tickets, too. I now understand better the value of membership.”

Have a great CAA story to tell? Send it to us at caamagazine@caasco.ca and you could be featured in an upcoming issue! ■
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