

How-to

### Protect animal welfare

Intrepid Travel has these tips for helping prevent animal cruelty:

1. Before you visit a zoo, make sure it adheres to the World Association of Zoos and Aquarium Code of Ethics (WAZA.org). Better yet, view wildlife in the wild.
2. Steer clear of cockfights, bullfights and animals employed in cultural festivals.
3. Swimming with captive dolphins is stressful for them. Avoid any captive marine mammal.
4. Don't be tempted by local cuisine that includes wild animals.
5. Don't buy souvenirs that incorporate fur, horns or shells.
6. Don't get your picture taken with, or ride on, a wild animal, elephants included. Many are drugged or mistreated in order to be "tame" enough. **DOUG WALLACE/METRO**

Deal

### Book early for Italy

Globus is expanding its offerings next year for Italy and other parts of Europe. Its portfolio will include a new nine-day Italian Sampler tour priced at about \$220 per day. It takes in Rome, Florence and Venice, plus quieter spots such as San Gimignano and Padua. If you book an air-inclusive 2015 Globus Europe vacation before Oct. 28, you get a \$100 air credit per person. The credit grows to \$350 when it's Italy you're booking and \$500 if you choose Air France, KLM or Alitalia flights to Italy. Visit [GlobusJourneys.ca](http://GlobusJourneys.ca). **TEXT: DOUG WALLACE, PHOTO: GLOBUS**



Tool

### Virtual guide to the Adirondack Park

Summon up the summits of the Adirondack Park's six million acres in upstate New York at [adirondacksusa.com](http://adirondacksusa.com). A new and very cool virtual guide gives you interactive, 360-degree views from various locations throughout the park, with links to everything from mountain peaks to golf courses to town shopping streets. Park businesses can also get on board to help promote tourism in the region. With 3,200 kilometres of hiking trails and 1,900 kilometres of rivers, this place is paradise. **TEXT: DOUG WALLACE, PHOTO: SHAUN ONDAK**



## That's hot. San Fran and Sriracha top foodie travel list



Top five food destinations

- 1 San Francisco, USA  
Sriracha sauce
- 2 New York, USA  
gourmet burgers
- 3 San Sebastian, Spain  
foraging
- 4 Toronto, Canada  
hand-held pies
- 5 Lyon, France  
heritage cuisine



A new food and travel report has named San Francisco the top culinary destination for food lovers this fall, citing the city's love affair with Sriracha sauce as one of its star attractions. Written by online booking site Travelocity.ca and "culinary trendologist" Christine Couvelier, the list of top 10 food cities in the Culinary Travel Report is dominated by North American and European cities, with nary an Asian destination in sight. San Francisco tops the list for being a hotbed of culinary creativity and food artisans, the report says. And apparently, the culinary trend to keep an eye out for in this city is Sriracha sauce, which is being used not only as a condiment but also as a spicy, barbecue glaze for grilled meats, particularly chicken. **AFP**

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