

Walk to Kabul

Date: March 8 - April 24, 2021

Ottawa- Kabul



Travelogue # 1



Hello fellow travellers,

Today marks the first day of our tour as we journey to Kabul, Afghanistan. Because of the enthusiasm of some keeners, we have already amassed enough kilometres to reach Montréal. I realize that it is late afternoon, but there is still time to explore this beautiful, cosmopolitan city before we gather for dinner at the Bonaparte Restaurant in Old Montréal 447 St Francois Xavier St. Please check out the menu so that we don't waste time ordering.

After dinner, you might wish to walk along the wide city streets in Old Montréal and experience Cité Mémoire 's self- guided tour, take a walk downtown, attend Stash , the jazz cafe, or Upstairs Jazz Bar and Grill ,1254 Mackay Street .

Finish the evening with an evening sightseeing tour of Montréal and Mount Royal or a night cap in one of the numerous bars. Maybe now is the time to stop for a drink and jazz at the Upstairs Bar and Grill.

Hotel reservations have been made at the Le Petite Hotel, 168 Saint-Paul St , back in Old Montréal.

This boutique hotel has a rating of 4.8/ 5 . It is beautifully situated in Old Montréal, so you can continue your exploration of the area and its shops after breakfast, which is included with the room.

Don't tarry too long as we are continuing on our way to Quebec City.

Enjoy your stay!

Happy trails!

Jill





Walk to Kabul

March 8-April 24, 2021



Travelogue #2

March 12, 2021

Good Morning!

I had not intended to write two travelogues in one week, but the response to the first travelogue has been so encouraging. Thank you for your kind words, your feedback and your kilometres! It has meant more time responding, but I am so pleased with your sharing of places to stay, see and eat. I have decided to add a new section to the travelogue, The Bulletin Board, where I shall be posting the photos you have shared with me of the places we are visiting or have already visited. You will see how this works with this Travelogue. Just to give you an idea of what has happened since Monday, I thought I would share with you the following statistics. When I first wrote, we had seven Ontario clubs participating, two clubs from Nova Scotia, two Montréal clubs, four teams made up of family and/ or friends, and one e-club from Regina. I was corresponding with 13 people. We had enough kms to reach Quebec City. Here we are a few days later and while no new clubs have joined us, I am now corresponding with over 32 individuals. What is more astonishing is that we have accumulated over **3,608.38km!** Thank you everyone for your support.

Bon Jour!

We have arrived in beautiful Quebec City where we shall be spending the weekend. Here is your chance to immerse yourself in French culture. While English is spoken here, try to speak in French, whenever possible.

There is so much to do in this city. So,
let's get started.



You will want to start with a visit to the Old City, whose walls make Quebec City the only fortified city in Canada and the only walled city north of Mexico. So go through one of the four main city gates and discover the beautiful Old Quebec. Before walking the 17 century 4.6 kms ramparts, you might want to stop for a coffee and croissant at any one of the numerous cafés in the area.

Once you have completed the tour of the ramparts, walk along the streets and enjoy the ambiance, shop in one of the quaint Québécois stores, meander through the narrow cobblestone streets, work your way to the iconic Chateau Frontenac or take the funicular that is a link between Dufferin Terrace and Quartier Petit-Champlain, Place-Royale and the Old Port.

I have not even mentioned the lively rue Tresor where you might wish to talk to the artists and buy art work as a souvenir of your visit. The famous Notre-Dame de Québec Basilica-Cathedral should also be included on your tour.

By now, you are probably ready for some sustenance.



There are numerous restaurants and brasseries that you can choose from. The menus are varied and the selections wide.

After all the walking, you will be ready for dinner and a good night's rest as there is still so much more to see and do.

See the Bulletin Board below for suggestions from two of our members for a restaurant for dinner and for a place to stay for the duration of our visit to Quebec City.

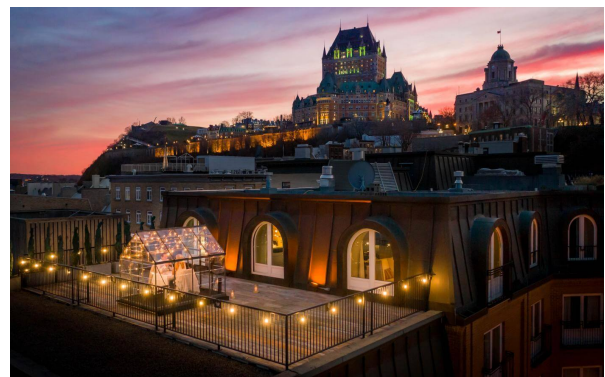
The Bulletin Board

We shall be dining tonight at **Aux Anciens Canadiens, 34 rue St - Louis.**

The oldest house in Québec (1675) has been transformed into a restaurant. Five dining rooms, decorated with antiques and collectors' items. Authentic Québec cuisine featuring regional produce. Professional and courteous service under the same management for the past 40 years. Capacity: 128 places. Private salons for groups and receptions.

March 12, 2021

Our accommodation for the weekend will be the **Auberge Saint Antoine**, 8 rue Saint-Antoine. In addition to beautiful accommodations, this boutique hotel offers a



“food to fork” sustainable strategy. A vital plank of this is sourcing local, high-standard food. The auberge operates its own farm on a nearby river-island. This supplies 70% of the restaurant’s food - vegetables, salads, and herbs - all pesticide-free. It also encourages the cultivation of endemic varieties from Quebec, as well as ancient tomatoes and older root vegetables. The remainder of the auberge’s organic sources are local too - some very local: the hotel produces its own preserves and honey” Mark a special occasion by eating on the terrace. It would prove to be an unforgettable evening!

Denise Amyot offers this suggestion for Saturday, “We could have breakfast at Cochon Dingue on Champlain boulevard and then take a tour of Ile d’Orléans...and visit the Ste-Famille Parish where many French settlers started their journey in Canada. Still very pastoral and and charming with its beautiful churches in each parish....”

But you will need to find your own adventures as well. This is the city to explore, have fun and enjoy gastronomic pleasures. Next stop is Halifax! Have a lovely weekend.

Jill Moll, your tour co-ordinator

March 12, 2021



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Travelogue #3

Québec City to Halifax, 1435km.

March 19, 2021

I hope that you enjoyed your weekend in Québec City as much as I did. I also hope you managed to visit the Plains of Abraham, which I had neglected to include in my last travelogue. I know that I certainly enjoyed my stay at Auberge Saint-Antoine and a wonderful Brunch at Chez Muffy . Unbelievably, we have accumulated an additional 7,000+ kms! So our total is now 10, 650 + kms! That is since Friday. Thank you, everyone, for all this support . In this small, but significant way, we are recognizing the importance of including the voice of women in the peace negotiations . There is so much at stake at the peace negotiations for all the women of Afghanistan. Members of CFUW-Ottawa are working on an advocacy initiative that you might find interesting. Stay tuned for more details in the next travelogue.

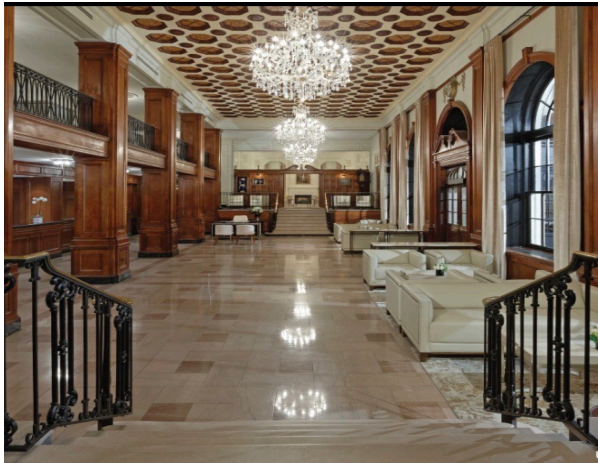
Halifax



Halifax with its population of 390,000 is the capital of Nova Scotia. It is a seaport, "a harbor with a city attached" , and has a history that goes back to 1794.

As we approach Halifax, I would like to thank the Halifax CFUW club for their help in writing this travelogue.

First, you might wish to drop your bags and freshen up. So, we have booked rooms at the Lord Nelson Hotel, 1515 South Park St. and because we may take over this hotel, some of you will be staying at the Westin Hotel, 1181 Hollis St, Halifax.



So now, we are ready to explore the sights of this beautiful city.

Just a short walk from the Lord Nelson, you can climb Citadel Hill, see the Town Clock, and visit the Citadel Museum. The firing of the daily noon cannon has taken place there since 1856.

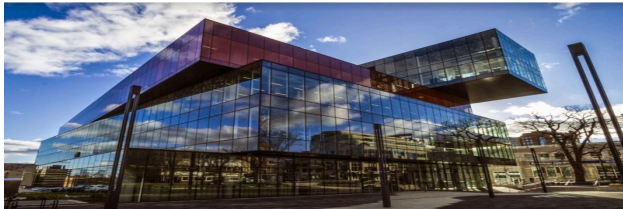
Then walk down to the harbor and walk along one of the world's longest city boardwalks, this one is 10 city blocks long. As well as a view of the harbor, interesting shops, and restaurants, you will encounter the Maritime Museum where you will see relics from the sinking of the Titanic, and a little further down, Pier 21 Immigration Museum, an exceptional museum like no other in Canada.

If any of your ancestors sailed from Europe to Canada as immigrants, the archivists can search for the names of ships and the dates of arrival. If any

members of your family sailed to Europe during WWII, they likely passed through Pier 21 doors to a warship.

You might want to stop for a bite to eat at any one of the numerous restaurants in the area recommended by the CFUW-Halifax Lunch Bunch: **The Hermitage**, 1460 Lower Water Street, **Ristorante a Mano**, 1460 Lower Water Street, **The Black Sheep**, 1496 Lower Water Street. Or if all you need is an espresso and tasty homemade treats, stop at **The Old Apothecary**, 1496 Lower Water Street.

After lunch, visit The Halifax Public Gardens. An historic site built in 1836, this Victorian Garden is worth a walk around at any time of the year. Though there are no tulips yet, Halifax eagerly awaits the colors of Spring. There is evidence of snowdrops and crocuses in Halifax now. Sunday concerts and summer weddings are features of this popular historic site.



If you are not too tired, go into the Halifax Library. Hopefully, Ottawa's new library will be just as eye-catching as this beautiful new building which was listed on CNN's list of "10 eye popping new buildings" in 2014.

This is probably more than enough for one day. You have two days in Halifax. So, why not stop for a bite to eat at **The Henry House**, 1222 Barrington St, built in 1834 for "some excellent food in an intimate pub setting. Baby back ribs are a house specialty or for a healthy option, try the salmon baked in crushed cashews."

Our next stop will be St. John's, Newfoundland, where I made reservations for everyone at Fogo Island Inn. This will prove to be quite an experience, but you need to walk from the ferry at Port aux Basques.

Jill Moll, your tour Co-Ordinator

The Bulletin Board

The Halifax Club suggests that you take the Ferry to Dartmouth. For the fun of the ride, the views of the water, and to visit Dartmouth take the ferry for \$2.75 with frequent crossings from the Halifax waterfront. There is a lovely walk along the Dartmouth waterfront. If you are hungry, stop at the **Wooden Monkey** in the Alderney Landing terminal for locally grown fare, or walk up to Portland and try **The Canteen**. Denise also suggests **Evan's Seafood Restaurant**, 2 Ochterlone St, Dartmouth, for gluten-free fish and chips .

When you return to the Halifax waterfront once again, Alice suggests , **McKelvies Seafood Restaurant** 1680 Lower Water Street, which serves seafood fresh from the sea. There is a lovely pewter shop not far away and well worth a visit.

Both Denise and I would recommend **Edna**, 2053 Gottingen Street. Reservations, as with most of the restaurants mentioned in this travelogue are essential. This is an expensive restaurant, but the seafood is fresh and is absolutely delicious. They also offer a gluten-free menu.

Other things to do in Halifax.....



The Art Gallery of Nova Scotia is well worth a visit, particularly, if you are a fan of Maud Lewis, but even if you are not, there is a fine permanent collection worth viewing.

If you are a nature- lover find you way to Point Pleasant Park. This "large, mainly forested municipal park at the southern tip of the Halifax peninsula once hosted several artillery batteries, and still contains the Prince of Wales Tower - the oldest Martello tower in North America" However, there are several other beautiful parks in Halifax that you might enjoy strolling through.

There is still lots of time, so work your way back to the Harbor and take a harbor tour on the Bluenose II. Only 75 spots are available , so you might want to reserve a seat or take your chances by calling 90 minutes before departure. There are some lovely little shops in the surrounding neighbourhood so be sure to take a walk after your

A final suggestion from the Halifax club:

"Don't forget to get your fill of fresh Atlantic lobster, scallops, and fish chowder at our wonderful local restaurants!"



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Travelogue # 4

Halifax to St John's 1,484.6 kms. March 22, 2021

It is amazing how quickly the time goes when you are having fun. As we leave beautiful Halifax and its lively Boardwalk, be sure to pick up a pizza from Morris East Restaurant & Wine, 5212 Morris Street as we shall be on the ferry for six to eight hours depending on the weather. While we wait to board the ferry, thought I would give you an update. We started this trip exactly two weeks ago! reported that we had we had eight Ontario CFUW clubs, two Montréal clubs, one e-club from Regina, and two Clubs from Nova Scotia. At the time I was corresponding with 32 individuals, and we accumulated 3,608.38 kms. It is amazing how quickly numbers can change. We now have nine Ontario clubs, three Quebec clubs, two clubs from Nova Scotia and one e- club from Regina. I am corresponding with 50 individuals, and we have accumulated as of last night, 12,815.5 kilometres and counting! There is no question that we shall make it to Kabul on time.



Newfoundland,

We have
our walk
Inn. Look

arrived in Port aux Basques, where we shall start
to Twillingate and our first night in the Fogo Island
for towering icebergs by signing up for a boat tour,

or if you are not too tired, walk to the last manned lighthouse in Newfoundland.
or follow one of the trails to see the starkly beautiful landscape. Follow a trail to
Sandy French Beach. In addition to seeing the icebergs, this portion of our trip is
all about - The Inn! Who has not heard of the Fogo Island Inn?



“Situated off the tumultuous Northeast Coast of Newfoundland, Canada, Fogo Island is a remote yet accessible outpost community found at 49.6667° N, 54.1833° W.”

Fortunately, I have made arrangements for a group rate as the room rates range from \$2,000- \$4,000 per night! What do you get for that price? A hotel that offers in addition to your room, a dining room with an incredible view, a cinema, a library, sauna and hot tubs, an art gallery, convention space and “The shed”. But I’m starting my visit in the Bar and Lounge. I shall send you the link to this remarkable inn so that you can plan your stay accordingly, as we are only here for one night. <https://fogoislandinn.ca/>. This should prove to be a memorable experience.

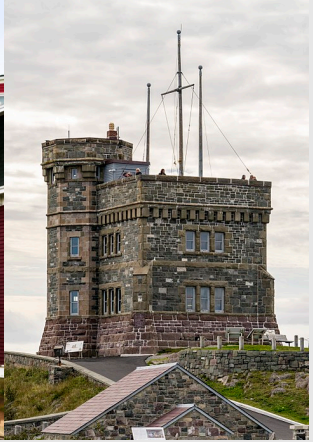
We are in Newfoundland for four days, so you might wish to rent a car and drive along the West coast and the Northern Peninsula. Take Route 430 all the way to Saint Anthony, book a room at the delightful **Crow’s Nest**, 1 Spruce Lane, and then drive to l’Anse aux Meadows. Here you can visit the only Viking site in North America. Re-enactors will meet you at the entrance of the sod huts and let you experience life 1,000 years ago.

Visit the Grenfell Mission Museum in Saint Anthony before taking Route 430 back down the coast to Gros Morne National Park. The incredible landscape is “a slice of Arctic tundra, and it is well worth taking a hike on one of the beautifully maintained trails.

On your way to St. John’s take a side tour to Woody Point, which hosts a very popular literary festival every year. But now you might wish to take a boat tour to the magnificent fjords before stopping for lunch.

When driving in Newfoundland, always be on the lookout for moose! You do not want to hit one of these animals. They will always come out the winner!

The Bulletin Board



St. John's, the capital of Newfoundland and one of the oldest cities in North America existing on maps as early as 1519, is the last stop in Canada before we take our chartered plane to Amsterdam. There is much to see and do here. The first place you might want to visit is Signal Hill for a view of the city. But, for an even better view, climb the stairs of the Cabot Tower, built in 1897 to celebrate the 400th Anniversary of John Cabot's landing in St. John's. Don't forget to count your kilometres! Then visit the displays inside. This is an island surrounded by marine life, so you might wish to visit the Institute for Marine Technology, the Marine Institute, or the Ocean Sciences Centre. In this Centre, you may be lucky enough to find the lucky rock. It needs to have a complete white line (calcite) around it. A double white line might even bring you double luck! Maybe a visit to Memorial Botanical Garden, 110-hectares in total. But now, it is time for lunch. Norma recommends, **Raymond's Restaurant**, 95 Water Street in the heart of downtown St. John's. Now that we are downtown, Denise suggests we look for labradorite in Blue Jewel at 114 Duckworth or August and Lotta Stockholm, 306 Waterstreet, visit the Art Crafts council to buy cool NFLD products including the famous mommers

We are booked into the **Murray Premises Hotel**, in St. John's National Historic Site on the harbourfront, 5 Beck's Cove. Dinner reservations for our last meal in Newfoundland is **Bacalao** 65 Lemarchant Rd. known for its fine dining and Nouvelle Newfoundland cuisine, and highly recommended by Denise. Newfoundland is an incredible province and well worth a return visit.

Jill Moll, trip Co-Ordinator.



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Travelogue #5.

St.John's, Newfoundland - The Netherlands March 26, 2021. 4921km

We say goodbye to St. John's and Grace Holett, CFUW National Past President and hello to Eileen Focke -Bakker, GWI Vice- President, Membership. CFUW & GWI- NL are jointly involved in the NFA2NFA Partnership Project 2021. The committees from these two organizations have already organized a Zoom meeting with Lauryn Oates, Executive Director of Canadian Women for Women in Afghanistan, and Salma Alokoza, Director of CW4WA's Afghan office, who explained "why peace negotiations in Afghanistan and their consequences for women should matter to all of us." The second part of the initiative between these two organizations is the Webinar and the reason why we are on this walk. The end of the Walk is April 24 when everyone is invited to listen to three Afghan women with close ties to the Afghan peace table address the topic " Afghan Peace Negotiations: Their Perilous Significance for Women in Afghanistan." The three participants on the panel are Dr. Sima Samar, activist and physician and former head of the Afghanistan Independent Human Rights Commission, Habiba Sarabi, one of only four women on the 42 member peace negotiating team, and Mary Akrima, Afghan Women's Network. It should prove to well worth our journey to hear these women speak. However, without the combined effort of everyone on this walk, we would not have reached the total of **25,188.5km**! Someone asked if we would have enough kilometres left over to get us back to Ottawa. While I need to take 4,921 to get fly us across the Atlantic on our chartered flight, that still leaves us with kilometres to spare and we are still walking .

While this will be a quick visit, I am giving you a choice: walk, run or bicycle as we visit Amsterdam and The Hague.



In addition to the canals, Amsterdam and Ottawa have a great deal in common: they are both capital cities of their country, they have a similar population, and in 1940, Crown Princess Juliana of the Netherlands arrived in Ottawa with her two daughters. Her mother, Queen Wilhelmina, fearing for her daughter's safety in London where they had fled after Germany invaded Holland, had sent Princess Juliana to Canada. Three years later when her third child was due, "the Canadian government proclaimed the Civic Hospital's maternity suite "extraterritorial" so that the royal baby would have full Dutch nationality. Canadian soldiers were very much involved in the liberation of Holland during WW2. As a gesture of thanks for these two initiatives, tulip bulbs have been sent to Holland every year since 1945. Hence Ottawa's annual Tulip Festival.

But we haven't too much time; so, join the throngs on their bikes as you explore the city: ride over the canals, stop at the Noordermarkt for organic, regional produce and fortunately for us, it is open on Saturdays. Then proceed to one of Amsterdam's numerous museums. But you won't want to miss the Rijksmuseum, the Van Gogh Museum, or, if you prefer modern, the beautiful Stedelijk Museum. Stop for something refreshing to drink at the Heineken Museum or stop at a marijuana cafe. As in Canada, marijuana is legal in the Netherlands. Back on your bike, be sure to visit the Anne Frank House. Maybe, by now you just want to relax some where far from the crowds. Try the botanical gardens Hortus Botanicus.

We shall be riding our bikes to The Hague taking the LF coastal Route, the best known long-distance cycle route in Holland, that follows the Dutch coast and passes through The Hague on its way. The distance between Amsterdam and The Hague is just shy of 68 kilometres. The idea to cycle this route came about because of a photo sent to me by Leslie Baird, a CFUW-Ottawa member

Leslie sent me a photo of her and two friends on their bikes with the caption, “ Riding to Kabul”. Check our Facebook page for more information <https://www.facebook.com/Walk-To-Kabul-105297578297560> Lizz Wilfert, our Ottawa Club President is responsible for setting up the page. Please take a look. Leslie is chairing a committee that is producing a postcard that can be sent to various government officials asking for their support in advocating for Afghan women’s rights during the peace negotiations. More on this in a future travelogue.

The Hague(den Haag) is the administrative and royal capital of the Netherlands, capital of the province of South Holland, it is also the seat of government of the Netherlands and hosts the International Court of Justice, one of the most important courts in the world. Making this the perfect city to visit.

We are spending the night at the beautiful Hotel des Indes, originally built as a castle before being purchased and turned into a luxury hotel.



Enjoy getting to know this city. Eileen suggests a lunch on the beach so start your visit at the seaside Scheveningen and Pier. Then take a walking tour of the oldest part of the city, the Historic Binnenhof . If you like Escher, you might want to see Escher in the Palace (Escher in Het Paleis) and the impressive collection of his works. Otherwise, the. Kunstmuseum Den Haag maybe more to your liking. Dinner reservations have been made for us at **Restaurant Baasal**, Dunne Bierkade 3. This promises to be a lovely end to our visit as it is on one of the most beautiful canals in the city, and the food comes highly recommended in the Michelin Guide.

Our next stops will be a quick visit to see the new museum in Pompeii before staying in Sicily.

Happy and safe travels,
Jill Moll, your tour co-ordinator



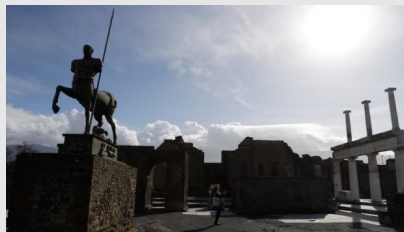
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Travelogue #6

The Hague, The Netherlands to Pompeii , Italy 1,857.2 km March 30, 2021



We leave the bicycles behind and start walking to Italy and the beautiful island of Sicily. This is a long walk so we shall break it up by stopping in Pompeii. A great many of you will have already visited this historic site, but you probably will not have seen all the latest discoveries that now lie in the museum, and that is why we are here. There will be time for you to walk through these incredible ruins, but first let's look at the most recent discovery "Officials at the Pompeii archeological site in Italy announced Saturday the discovery of an intact ceremonial chariot, one of several important discoveries made in the same area outside the park near Naples following an investigation into an illegal dig...."The chariot, with its iron elements, bronze decorations and mineralized wooden remain was found in the ruins of a settlement north of Pompeii, beyond the walls of the ancient city, parked in the portico of a stable where the remains of three horses previously were discovered.. Just as impressive is the news release about the opening of the



Antiquarian museum. "The museum gives Pompeii a permanent exhibition space. Visitors can see sections of frescoed walls from the sprawling city's unearthed villas, examples of some of the graffiti unearthed by archaeologists as well as household objects ranging from silver spoons to a bronze food-warmer, items of the everyday life that was snuffed out by the volcanic explosion. Our timing could not be more perfect! You might also wish to see the thermopolium or fast food eatery just recently discovered. Also a recent and poignant discovery are the bodies of the master and his slave who were attempting to escape the volcanic eruption 2,000years ago!

You might want to explore the rest of the site after having lunch at **Verace**, via Scara 28, before beginning your walk to Palermo, Sicily, 691.8 km due South.

Palermo, Sicily,



Palermo, the capital of Sicily has been described as “ an ancient and elegant city.. Built in the Cordova style entirely from cut stone known as kadhan or a soft limestone.” The architecture of the city reflects the various conquerors: Christian, Arabic, Norman. If you want some food before you start exploring this city, stop at Ballaro Market and choose from a wide selection of produce. Then walk the narrow streets, as you work your way to the magnificent cathedral, Cattedrale di Palermo, erected in 1185 and finished during the nineteenth century. Spend some time in the Palazzo dei Normanni (Norman Palace) or Royal Palace of Palermo, the oldest Royal residence in Europe. The ancient building houses the Cappella Palatina. Admire the wonderful mosaics , the wooden roof, “elaborate fretted and painted, and the marble incrustations of the lower part of the walls and the floor” If you are ready for lunch, try **Trattoria Ai Cascinari**, Via D'Ossuna, 43/45 for traditional Sicilian food or pick up a Sicilian pizza .

Dinner reservations have been made at **L'ottava nota** , Via Butera, 55 , another Michelin guide recommendation. After lunch, go to the waterfront or create your own tours as there are 12 UNESCO sites in the province of Palermo

I'll meet you at our hotel, **Grande Alberto Sole**, Corso Vittorio Emanuele 291.

Tomorrow, we shall see how close we can get to Mount Etna. At the moment its current status: **erupting**. Mount Etna's eruptions go back 2000 years.



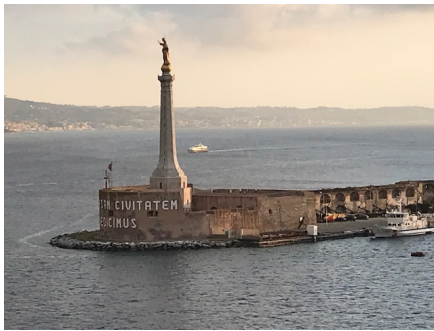
As luck would have it, I have managed to book us on a nighttime excursion to watch the explosions and lava streams. We shall be picked up from our hotel and driven to Taormina where we shall meet our tour guide. It is recommended that you wear sturdy hiking shoes, and bring your camera! This will

certainly be the highlight of this visit to Sicily!

The Bulletin Board

I do hope you enjoyed Sicily. Of course, there is so much more to see, but that will mean another visit at another time. Hopefully, you were able to try the famous Sicilian cannoli, tasted the juice of the blood red oranges, drank some Sicilian wine or limoncello and purchased some lava jewelry.

Alice Bolt sent some photos of her visit to Messina.



This is exactly what the Bulletin Board was intended to do. It is a place where you can share photo's, suggestions about places to stay,



places to eat, sightseeing suggestions, and even shopping tips.

SPECIAL ANNOUNCEMENTS:

In the last travelogue, I suggested you look at the Facebook.

<https://www.facebook.com/Walk-To-Kabul-105297578297560>

Lizz Wilfert, CFUW -Ottawa's President has asked you to write a review on the Facebook page so that we can get a rating.

Your next travelogue will be a Special Advocacy Edition. Leslie Baird and her committee have been hard at work producing a "Postcard" that you can send to various government officials advocating for Afghan women in the peace negotiations. This is an excellent initiative, and I do hope that you will want to be involved.

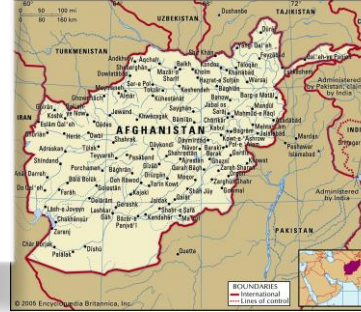
Finally, we are walking up the Adriatic coast of Italy and headed to our next stop, Bucharest.

Jill Moll, your tour Co-Ordinator.



SPECIAL ADVOCACY EDITION

Walking to Kabul, March 31, 2021



Desperate for an education, these Afghan girls are writing 3-hour final exams in the snow

This Special Edition Travelogue marks the beginning of an important phase in our Walk to Kabul. Today we are taking direct action to advocate on behalf of the women and girls of Afghanistan in the current peace talks.

We begin now to urge our Government to work with its allies to help bring peace to Afghanistan and protect the rights of all citizens, particularly those of women and girls. This is our opportunity, at this crucial time, to unite our efforts and unify our voice with the people of Afghanistan.

In negotiations between the elected government and the Taliban, the insurgents show no commitment to ending violence or protecting human rights. The future of Afghan women is in peril. They have come too far to return to the time when they were incarcerated in their homes, required to veil head-to-foot, denied education, employment, health care and the right to participate in greater society.

Sending postcards is a time-honored tradition when travelling and we have produced a postcard unique to our walk for you to send to your Member of Parliament, the Prime Minister and others. If you are the leader of a Club, a group or team, we ask that you share this with your members and friends. Write-in campaigns work. A stream of messages to MPs can effect change.

Send a postcard now by clicking on these links. [Postcard](#) [Instructions](#)

The first will give you the postcard and the second the instructions for completion. It will only take a couple of minutes and Leslie Baird baird.leslie@gmail.com and Norma Pike normapike@rogers.com are available to help.



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Unfortunately , we do not have the time to see more of Sicily as we need to keep to our schedule if we are to make Kabul by April 24. Also ,unfortunately, we will not be in Bucharest for their Easter as they will be celebrating a their Easter a week later according to the Julian calendar rather than the Gregorian calendar. This would have been quite an experience no matter your beliefs or non beliefs: the beautifully decorated Easter eggs, the lamb prepared especially for Easter, and the parade of worshippers holding their candles as they process along the streets. Nevertheless, there is still much to see and do in this city of 2 million. I would suggest starting at the magnificent Palace of the Parliament, built by President Nicolae Ceausescu. It is the heaviest building in the world, weighing about 4,098,500,000 kilograms and the most expensive administrative building in the world. The two houses of Parliament, the Senate, the Chamber of Deputies and three museums are all housed in this incredible building. You may not want to spend all your time looking at all three museums, but we are in Bucharest until Tuesday, so dinner reservations at Caru' cu bere, Strada Stavropoleos 5, offers traditional Romanian dishes, a beer garden, stain - glass windows, wooden paneling and beautiful architecture.

After lunch, visit the Dimitrie Gusti National Village Museum, in the King Michael I Park. This open - air traditional Romanian village contains 272 authentic peasant farms and houses from all over Romania



The churches of Bucharest are well worth a visit. Whether Orthodox Romanian or Orthodox Russian, Take the time to enter these edifices and get away from the city distractions

Before we check into our hotel, you might wish to visit Passable Macca-Vilacrosse, with its variety of restaurants and bars all in the style of the Belle Époque. This will prove to be quite an experience. Romania serves some of the best coffees in the world; stop in a quirky cafe before heading to our hotel. As you walk, look for the statue of Vlad the Impaler, Dracula's role model extraordinaire.

Bucharest is called 'the little Paris' because of its architecture, because it has its own Arc de Triumf, it boasts one of the city's main arteries, Calea Victoriei. This street is dotted with beautifully restored buildings, museums and memorial houses that recall the avenues of Paris," and because it has the famous **Grand Hotel Continental**, 56 Calea Victoriei, Sector 1. We shall be staying at this luxury hotel for three nights.

Dinner reservations have been made at **The Artist Restaurant**, Calea Victoriei, 147. fine dining with wines from local vineyards.

If you have time, book a tour to Transylvania. "It's known for medieval towns, mountainous borders and castles like Bran Castle, a Gothic fortress associated with the legend of Dracula. The city of Braşov features Saxon walls and bastions, as well as expansive Council Square, ringed by colorful baroque buildings, the towering Gothic Black Church and cafes." Whatever you decide to do, enjoy your visit! Turkey is our next stop

SPECIAL ANNOUNCEMENT: We have logged 42,879 km! Thank you!

Jill Moll, your tour co-ordinator



Walk to Kabul

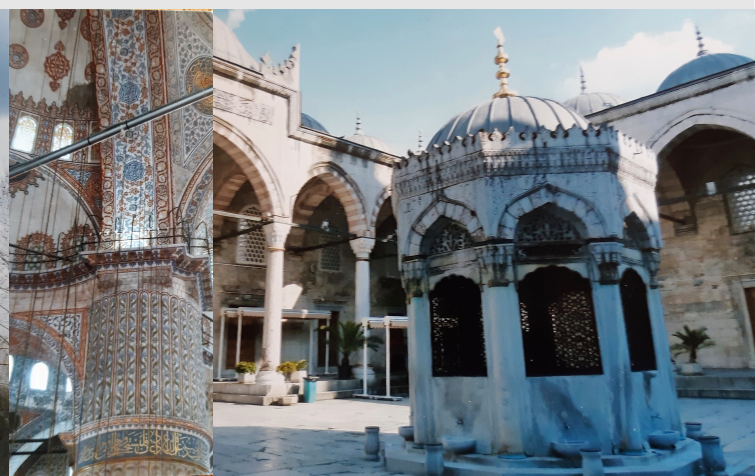
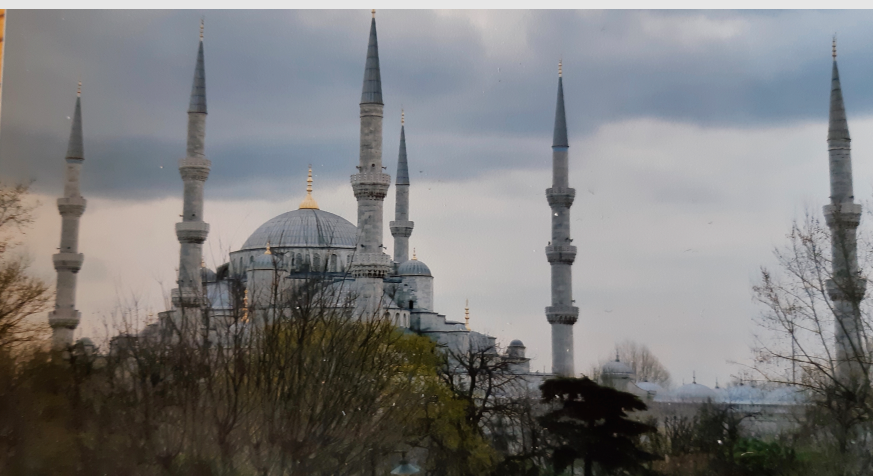
Ottawa to Kabul, March 8- April 24, 2021



Bucharest, Romania - Istanbul , Turkey 638.6 km. April 6, 2021

This is one of the shortest distances we have undertaken but a very significant one as we are getting closer to our destination! We cross from Europe to Asia across the Bosphorus Strait, which also divides the New Town (in Europe) from the OldTown(in Asia). As we shall be eating and sleeping in the New Town, let us hop on the tram that will take us across the Galata Bridge to the Old Town. Istanbul is home to 15.46 million inhabitants, We can see the minarets and hear the call to prayer. It all seems so foreign, but there is so much cultural history, and this is a very cosmopolitan city.

Our first stop is the hieroglyph-filled **Obelisk of Theodosius**. “This ancient Egyptian obelisk was originally built by Pharaoh Tutmoses III at the temple of Karnak in 1450BC.” Look way up. Then look down as we shall go into the Basilica Cistern, the largest of the underground cisterns that lies beneath the city. From here to the Hagia Sophia. First a church, then a mosque , then a museum and as recently as July 2020 back to being a mosque. It was a decision that was not welcomed by many Christian countries nor by UNESCO. Topaki Palace, a museum now, was the palace of the Sultan Mehmed the Conqueror and built in1459. You can take a tour of the harem before leaving the palace and making your way to the Blue Mosque with its six minarets, the beautiful blue, tiled interior and the courtyard where worshippers gather. You are most welcome to enter but please remove your shoes and women are required to wear a head covering.



Now it is time to shop! Where else but The Grand Bazaar! Be wise, though and plan carefully. There are 4,000 shops in 61 covered streets. Everyone wants your money! Maybe, you want some gold jewellery or a beautiful rug, or a scarf, just buy judiciously. Make sure you stop for a kebab and a Turkish coffee because our next stop is the Spice Market . Here you might want to try some Turkish delight for dessert .

It is time to check into our hotel, **The Hilton Bosphorus Hotel**, Cumhuriyet Cad. No 50, but we need to go to Europe to reach it. We could take the tram back across the bridge , or we can do what thousands of commuters do each day- take a ferry. Dinner reservations have been made at the Borsa Restaurant, where the reviews are mixed but the views from the terrace are spectacular!

Tomorrow, we are visiting modern Istanbul. We'll meet at Taksim Square, walk the main shopping street, Istiklal Caddesi, the busiest thoroughfare in Istanbul. Stop for breakfast at one of many restaurants in the Flower Passage, an historical arcade. For a totally different experience enter into MekanGalata Mevlevi Whirling Dervish House and Museum

I 'll leave you to finish sightseeing in Istanbul as I prepare for the next leg of our journey- Yerevan, Armenia.

Enjoy your stay,

Jill Moll, your tour co - ordinator

The Bulletin Board

As we shall be arriving in Afghanistan in just over two weeks, it is time to remind you about our postcard initiative. I am so delighted that several of you have mentioned that you have sent postcards, . Once again, here are the links

Send a postcard now by clicking on these links: [Postcard Instructions](#) . If you experience any difficulty Norma Pike normapike@rogers.com and Leslie Baird baird.leslie@gmail.com can help you.

Our Advocacy committee has asked me to include some background information about Afghanistan ..

The rugged country of Afghanistan, landlocked by Pakistan, China, Tajikistan, Uzbekistan, Turkmenistan and Iran is located in one of the most politically turbulent areas of the world. One of the poorest and least literate countries, it continues to be one of the most dangerous in the world in which to live as a woman. War has continued unabated for the lifetime of most of its citizens

I shall be including more information about this country as we get closer to Kabul.



Walk to Kabul

Ottawa to Kabul, March 8- April 24, 2021



Istanbul, Turkey- Yerevan, Armenia, 1,125km. April 10, 2021

Two weeks today, we shall have reached Kabul! It has been an incredible journey. We have seen some wonderful sights, eaten traditional meals in fine cuisine restaurants and spent nights in the best hotels the cities could offer. It is difficult to think what we shall do to fill our days under lockdown once the tour is over. As our days are numbered, **I would like to receive the final kilometres no later than Friday, April 23.** The grand reveal will be on April 24 after the webinar and our last travelogue. We are thinking of ways that we might celebrate before returning to Ottawa; so if you have any suggestions, please let me know.



Our visit to Armenia begins in Ottawa. This beautiful building is as its plaque states, “ an excellent example of the Spanish Colonial Revival Style in Ottawa, and it is where the offices of Embassy of the Republic of Armenia are housed. Canada has a consulate in Yerevan and a Canadian embassy in Moscow accredited to Armenia . The ties between Armenia and Canada are strong ones. Canada recognized Armenia’ s separation from the Soviet

Union in 1921 and in 2006, Canada officially recognized the Armenian Genocide that killed 2 million Armenia citizens over the course of several years from 1915-1916. Armenians have never forgotten Canada’s recognition, which you will experience for yourself.



With a population of 1 million, Yerevan is the capital and largest city of Armenia and is “one of the oldest continuously inhabited cities”. And at 2,802 years old, it is a city rich in history seen through the eyes of



its museums. Hally Siddons has kindly lent me the notes of her trip, which will make this visit a far more personal one than I would have been able to provide. There are so many museums, but I am going to limit this travelogue to just a few. However, before we hit the museums, let us begin our visit with a view from the top! We are climbing the 572 steps of the Yerevan Cascade. We can stop at each level, admire the statues, and at the top, admire the view of Mt Ararat and the city below.

Then upon your descent, go underneath the steps and view the Cafesjian Museum Foundation with the contemporary art. You may be ready for something to drink or eat in one of the numerous restaurants inside. Our first museum will be a visit to the Yerevan History Museum. “The Yerevan History Museum traces the history of Yerevan from ancient times, beginning with some remarkable exhibits from the Stone Age. There are exhibits of Hellenic Armenia, the arrival of Christianity (Armenia is the oldest Christian country in the world), and long centuries under Muslim Turkish and Persian rule.” Or, you might wish to visit The State History Museum, “The State History Museum was amazing - again with many ancient artifacts including 2 superb wooden carts that brought to life the ancient history of the country. But the part I found especially fascinating were the more modern times - The Genocide, WW II and the Soviet Times”. For a sobering and “powerful” view of the Genocide, visit the Genocide Museum. “Foreign leaders who have recognized the Genocide have planted trees in an adjacent park site and haunting but beautiful Armenian music is played as one approaches the area. A broad pathway to a memorial flame is flanked by a 100 metre long wall engraved with the names of massacred communities.” After this visit, I know I shall be ready for lunch at **Lavash**, 21 Tumanyan, for traditional Armenian food. This is considered to be one of the best restaurants in Yerevan.

After lunch you might be ready for shopping at the Vernissage, an open air market. “ I could not believe all the Soviet and even WWII items available – all spread out on tables in an open air market. Also there was lots of embroidery. But unlike some markets I have been to,



it was interesting to see how well dressed the merchants were and several spoke English. They did not push one to buy which really meant we could look carefully and take our time” . Look at the rugs and see if one might look good on your floor. A beautiful souvenir!

Personally, I am headed to the Manuscript Museum. according to Wikipedia, it is called “The Matenadaran, and officially the Mesrop Mashtots Institute of Ancient Manuscripts, it is a museum, repository of manuscripts, and a research institute. ” I love manuscripts, so I am happy to stay here for a while. However , I shall certainly make time for the Folk Art Museum,, which Hally tells us has “a wide range of embroidery, lace, silver jewelry, stone carving, wood carving, carpets, ornamental metalwork and ceramics. Make sure to stop in at one of the many Orthodox Churches in Yerevan, perhaps St Gregory the Illuminator?

Our final stop before heading to our luxurious hotel, the **Armenia Marriott Hotel**, 1 Amerijan St., is the very stately, National Gallery of Art, located just behind the State History Museum and I ‘ll let Hally have the last word, “ It has a huge collection, apparently the finest in the USSR apart from those in St. Petersburg and Moscow. Many valuable works of art were brought there during the war years and never returned”



Dinner reservations have been made at **At Gayane’s**, 35b Tumanyan. Enjoy your genuine and authentic eating experience!

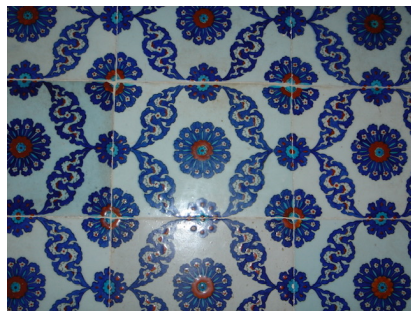
The Bulletin Board

A special thank you to Hally Siddons, who was out tour guide in Yerevan, and fortunately for us, will be our tour guide until we reach Kabul. Our next stop is Tbilisi, Georgia.



Hally has sent the following photo of the memorial to the victims of the Armenian Genocide, which was completed in 1955. “The memorial flame, which is protected by a circle of 12 tilted slabs [which] represent the lost provinces of Western Armenia, land lost to Turkey in a post- WWI peace deal between Ataturk and Lenin. The spire next to the circle has a fine split dividing it into larger and smaller needles, the smaller one representing Western Armenia.”

Alice Bolt sent some photos of her visit to Istanbul. In the Blue Mosque and the Spice Market.



Happy travels!
Jill Moll, your tour Co-Ordinator



Walk to Kabul

Ottawa to Kabul, March 8- April 24, 2021



Yerevan , Armenia - Tbilisi, Georgia. 275 kilometres April 16, 2021

As we shall be arriving in Kabul eight days from now, it also means that our kilometre collecting will be coming to an end on April 23. As of April 12, 500 participants have contributed 52, 296 kilometres! This has been an incredible journey. With the latest news of the withdrawal of American soldiers from Afghanistan , the plight of the women of Afghanistan becomes even more serious, and our support even more crucial. If you have not already done so, please take the time to send a postcard by following the links provided:

Send a postcard now by clicking on these links. [Postcard Instructions](#)

The first will give you the postcard and the second the instructions for completion.

Leslie Baird baird.leslie@gmail.com and Norma Pike normapike@rogers.com are available to help.

Tbilisi

Tbilisi, with its population about the size of Ottawa, is the capital of Georgia. It is an ancient city with cobblestone streets and a modern city. Once again, I am delighted to have Hally Siddons join us as our tour guide. We shall begin in the Old Town or tala.





“The Old Town retains much of its original layout, a spider’s web of narrow winding streets and alleyways. These old balconied houses, leafy squares, handsome and many denominations of churches, mosques and synagogues, countless busy bars and cafes, are all overlooked by the Old Fortress.”

We can climb to the top or take the funicular to the The Narikala Fortress.

The Fortress was built in the 4th century and expanded on during subsequent centuries Rick Steve’s tells us that “ with each invasion, the fortress was bombed .With each new victor, the walls were rebuilt on top of the destruction—the oldest layer being from the fourth century A.D., the newest being the fortress' crown jewel: a small Orthodox church that opened only a few years ago.” The view from here is spectacular. We are

joined by Hally as we go to the bathhouses, “domes partially protrude out of the ground and are fed by natural hydrogen sulphide water from the underground springs, probably dating back to the Arab Period(7-8cc).

The outwardly complex is most impressive and gives a Central Asia feel with its blue tile facade, probably last surviving example of Islamic influence.”

There are so many churches we could visit, but we shall limit our visit to just a few : the oldest surviving church in Tbilisi dating back to the 6th century is the Orthodox Anchiskhiah Basilica, but high on a cliff, opposite the Old Town is Metekhi, a 13 century Georgian Orthodox Church. Sioni Cathedral, is one of the largest Orthodox churches in the world. You will be intrigued by the Grigory Gagarin’s frescoes and impressed by the Georgian icons.

But now it is time to finish our visit with a walk across the modern Peace Bridge, which links the west side of the Mtkvari River with Rice Park and its very modern concert Hall.

Hotel reservations have been made at the **Adamo Hotel**, 4 P. Kakabadze Str., Mtatsminda, 0105 Tbilisi City, the 2020 winner of the World Luxury Hotel award. Situated 1.8 km from Freedom Square, it is in the heart of the city. Dinner will be served at **Somoni**, 57 Alexander Kazbegi Ave. We are here for two nights before arriving in Tashkent, Uzbekistan. Make sure you try some Georgian wines, their wine brandy, Cha Cha, and of course, that famous Georgian traditional dish, Khachapur made of bread, eggs and cheese. you also have time to visit the Janashia Museum and the Judah mosque, one of the few mosques in the world where Shias and Sunnis pray together. I shall let our tour guide on this visit, Hally Siddons, finish our tour with her observations on modern Tbilisi. “ The modern city is trying to move into the 21st century after the strife and stagnation of the late 20th century...flagship building projects from a new cathedral and presidential palace to revamped parks and museums coexist with crowded old markets and shabby Soviet apartment blocks.” Explore the city for yourself.

The Bulletin Board

Hally sent the following photos: the balconies , the Judah Mosque, and Tbilisi.



I heard from two individuals after my travelogue to Yerevan, Armenia. One asked me to share the following link: <https://youtu.be/VSjRy0sKk8Y>, Andouni" (Homeless) - Isabel Bayrakdarian and the Komitas String Quartet

And the other from the Georgetown Club, the following:

The Georgetown Boys, or **Canada's Noble Experiment**, was the first humanitarian act on an international scale by the country. This effort was spearheaded by the Armenian Relief Association Canada.[1] At this time **Canada** started to take in orphaned children from the Middle East. The first 50 came in 1923.[2] The following year another 40 boys came.[1] The boys came to **Canada** from the Middle East after they had been orphaned during the **Armenian Genocide**. By the end of the project a total of 110 came to **Georgetown, Ontario**, and eventually came to be called the Georgetown Boys [3]”



Walk to Kabul

Ottawa to Kabul, March 8- April 24, 2021



Tbilisi , Georgia- Tashkent, Uzbekistan 3,341 km. April, 21, 2021

On Saturday, we shall be in Kabul in time for the the Webinar at 11:00am EDT.

All kilometres should be in no later than midnight Friday, April 23, in order to be included in our final count. If you are sending me the total accumulation for the whole six weeks , please make this clear; otherwise, leave it up to me to total. This just avoids duplication of kms. Thank you for all you hard work.

However, we have one more city to visit before arriving in Kabul. And what a city to end our travels.

Tashkent,



Tashkent is the capital of Uzbekistan, and with its population of 2.5 million, it is the largest city of Uzbekistan and the most populous in Central Asia. It gained its independence from the Soviet Union in 1991. A good part of the city was destroyed by an earthquake in 1966 , but was rebuilt. Now, it has plans to become a modern city, and plans are already underway to make this happen. We are visiting some well established sights.

Our first stop is the State Museum of History of Uzbekistan. This will give us a chance to acquaint ourselves with the local history and culture, but also to see the alabaster Buddha relief found from Fayaz Tepe in Termez. From here a short walk to the metro which we are able to photograph as of June 2018. Built during the Soviet occupation, the metros are beautiful in their design and practical in their functionality. Our stop is Chorsu. Here we shall visit the Chorsu Market, which you can't miss because of its green dome. We can purchase some lunch and souvenirs before we meet Hally, who will lead us on a tour of this fascinating city caught between old and modern. The Hazrati Imam Complex, is the "historical spiritual Centre of Tashkent, and a glimpse of what the city must have looked like before it was levelled by the 1966 earthquake or replaced with Soviet concrete." Here is the library which contains the Ottoman Koran or Caliph Uthman's Koran, dating back to medieval period . After our visit, we continue along "the historical stone streets, 2000 years old and part of the Silk Road. I love arts and crafts, and Uzbekistan is known for its decorative and applied workmanship,. We are told "its original and exclusive work of folk craftsmen, artisans, who transfer their skills from generation to generation. By investing a piece of soul in everything over the centuries, they have created unique patterns of products: whether it's utensils for the home or decoration of the home, a unique fabric for a festive dress or special dishes". So, what better place to end our tour than at the Museum of Applied Art.

We shall be spending two nights in Tashkent. Reservations have been made at the **Ichon Qal'a Hotel**, afakkur St. 68. Breakfast is included. Dinner tonight at **Afonsa Restaurant** , T . Shevchenko St, 30. Enjoy your visit!

Next stop, Kabul.

Jill Moll, your tour Co-Ordinator.



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Walk to Kabul

Ottawa to Kabul. March 8- April 24. 2021



, Uzbekistan - Kabul, Afghanistan. 1153 km. April 24, 2021.

Tashkent, Uzbekistan- Kabul, Afghanistan. 1151km. April 24,2021

Kabul



Because we shall be flying directly from Kabul to Ottawa after the Webinar, we shall not be spending the night in Kabul. However, we have time before and after the Webinar to visit a few sights before arriving at the airport for our flight back to Canada.

Kabul is the capital of Afghanistan and has a population of 4.2 million. It is known for its gardens, palaces and bazaars. Our first stop is Pul-e Khishti Bazaar. The sounds, the sights, smells and produce, carpets and so much more, will be a memory you will never forget. But there are many more bazaars as well. While in the neighbourhood, let us visit one of many mosques in the city, Pul-e Khishti Mosque. It is the largest mosque in Kabul. While erected in the late 18th century, it was rebuilt and then restored after 1990. Two major palaces lie outside the city so time does not permit us a visit; however, the Garden of Babur, is an historic park “and the final resting place of the first Mughal emperor Babur . It is thought to have been developed around 1528 AD.” It is a wonderful place to relax before visiting the National Museum of Afghanistan or the Kabul Museum . Seventy percent of the 100,000 objects on display were lost during the war of 1992. Thanks to the efforts of the international community, 8,000 artifacts have been recovered.

This is a good place to say goodbye to Kabul as we get ready for the Webinar, tomorrow at 11:00 EDT . See you there.

The “Walk” initiative was intended to bring attention to the Webinar on April 24, when we would learn why the peace negotiations are so important to the future of Afghanistan. However, as we walked together, talked about the latest travelogue and shared the latest news on Afghanistan, none of it good, we gained a better insight into how much we take our own freedom for granted. We are not living in poverty, we are not living in a country where women who are advocating for their rights to education employment, and the ability to contribute to the economy, are being killed or forced to flee for their lives and leaving their husbands, their children and families in danger . Ambassador Adela Raz, The Afghan Ambassador to the UN in his address to the Commission on the Status of Women, held Feb. 26, 2021 states, “Afghanistan is a young country. The young make up 70% of the population. A sustainable peace agreement needs the consensus of youth and women(who make up 45 % of the population).” Education is crucial and women have gained so much over the past twenty years. It would be a shame to lose. The Ambassador added that , “The current Afghan constitution is a bill of rights for women and creates equal treatment before the law. Afghan women do not want to lose what they have gained. Women now constitute 27% of the student population in higher education. There are women in Parliament now and in media” There are women who are lawyers, judges, journalists, professors; and yet only four women are on the peace negotiation team. The Taliban have no women on their Team. The webinar on Saturday , April 24, 2021, will introduce us to three women, three extraordinary women, who are risking their lives to make sure that the voices of the women of Afghanistan will be heard. The three women are Dr. Sima Samar, activist and physician, former head of the Afghanistan Independent Human Rights Commission, Habiba Sarabi, one of only four women on the 42 member peace negotiating team, and Mary Akrima, Afghan Women’s Network. It is not too late to register for the Webinar: <https://graduatewomen.org/register-for-webinar/>

I was touched by the young woman from Afghanistan, who upon finding out that I had cried after having read her email mentioning the young activist women escaping Afghanistan before they were murdered, apologized for making me cry! I was further touched by the recent addition of kilometres from a group of young Afghan women, who upon hearing of the walk, accumulated kilometres to add to the total; they went on the walk in memory of their friends who had died in Kabul

These are the tangible stories. While our walk has been virtual rather than tangible, it has increased the awareness of the issues in the minds of over 600 individuals who have gone on this trip. And that is absolutely phenomenal!



Fran Harding, a CFUW- Ottawa member representing the Walkers as she presents the Canadian flag to Mr. Nabi Habibi, consul of the Embassy of Afghanistan in Ottawa, Canada. Mr. Habibi assured Fran that the “Government of Afghanistan is committed to protecting the rights of women and will continue to support them to gain education, employment and equal treatment in all aspects of society.” April 23, 2021.

We have arrived! We have walked a total of **17,877** kilometres over a period of six weeks. We have crossed 9 countries: Canada, The Netherlands, Italy, Romania, Turkey, Armenia, Georgia, Uzbekistan, Afghanistan, visited fourteen cities and seen the aftermath of Pompeii after it erupted in 79 AD, and visited Mount Etna as it was erupting March 30, 2021. **Six hundred and twenty- one** walkers have contributed **104,872** kilometres!

We are families, individuals, team members and **nineteen** club members from Cape Breton to Vancouver and one Graduate Women’s International club from The Netherlands. The response has been absolutely amazing. I have been introduced to family members from as far away as California and to many living closer to home. They have all received the travelogues. Hopefully, all thirteen.

I would like to thank the co-ordinators who faithfully collected the kilometres, even having to resort to nagging to do so. It is not easy to be consistent and to take the time to report the accumulated kilometres requires dedication and a perseverance that I am truly grateful for.

This is a bittersweet moment for me. I have “met” so many wonderful people on this walk, re -connected with shared acquaintances, and now like all trips, it is coming to an end. You have been wonderful travel companions, and I am proud to say, that I lost no one! Not an easy feat with so many travellers.

Hopefully, in the next few years, we shall be able to travel in real time. When we do, may our paths cross again.

Happy trails!

Jill Moll, your tour co-ordinator.