

Around the world in 80 downloads

BY JEN LEO
LATWP NEWS SERVICE

If your travel budget hasn't been simply pinched but is getting the life squeezed out of it by a big metal vice clamp, it might be time to do a little armchair travelling. Tripfilms.com can take you all over the world, and it doesn't cost more than your Internet connection.

WHAT'S HOT: The travel videos

cover areas as diverse as Antarctica and Vanuatu. Once you click on a location, the videos are organized by sections such as "Overview," "What to do," "Where to eat" and "Where to stay."

I had the most fun looking through the travel-videos tab for new additions. There I watched the video "Korean Street Food" (a student project featuring a teacher interviewing his students). Next I

clicked "Highest-rated" videos in the side bar and watched "Faces of Papua, New Guinea." While I was looking at Cuba destination videos, I was pleasantly surprised to find *Lonely Planet's* Tony Wheeler giving me Havana travel tips on a YouTube clip. The videos load quickly, and it's easy to stop them if you lose interest.

WHAT'S NOT: Don't expect the same number of videos from each

destination.

Naturally, the more popular a destination, the more videos you'll have to choose from. New York and London, for instance, have about 200 each versus the remote Tajikistan, which has one.

Also, you have to weed through some promotional clips on your way to the videos you want to watch. I found most of these promos in the hotel sections.



with
**CHERYL
MacKINNON**

TRAVEL & lifestyles

TRAVEL

Travel & Lifestyles is a weekly information report from Cheryl MacKinnon, Founder of 'kid friendly!' family tourism and Tourism Industry of Canada 2006 Travel Media Award Finalist for outstanding tourism promotion of Canada. Watch Cheryl on Global TV Morning News every Wednesday at 8:50 a.m. in B.C.

Visit
www.cherylmackinnon.com
Please contact me at
cherylmack@shaw.ca



Getaway BC

Heading over to Vancouver Island aboard BC Ferries, I love watching the kids romp about, even as harried parents nervously admonish rambunctious play and high-pitched squeals of laughter. Relaxing during their trip across the water, weary students share their excitement in anticipation of returning home to loved ones, commuters unwind while exchanging casual conversation with fellow passengers and those travelling on a mini vacation? They bury themselves in brochures and maps, or simply recline near a window and enjoy the trip.

A SPECIAL REPORT PROVIDED BY GLOBAL TV'S CHERYL MACKINNON



Seeking Bliss at Kingfisher Oceanside Resort & Spa

De-stress, unwind, rejuvenate...no matter what you call it, if you feel the need to get away (and who doesn't these days?), for some rest and relaxation, the Kingfisher Oceanside Resort & Spa in the gorgeous Comox Valley region is an excellent choice. Stay in an ocean view guest room or a beachfront suite, everything you need is easily accessible from your restful accommodation. The Dining Room and Spa sit towards the front of the Resort's property, taking full advantage of the views and scenery. Lounge chairs thoughtfully placed on the beach, beckon to come rest for awhile. It's a very good thing this taking time for oneself.

Bliss, Utter Bliss

Following a few laps in the heated, outdoor pool, with a pause in the Jacuzzi, immerse yourself in the innovative hydrotherapy experience of the Pacific Mist HydroPath®. A professional attendant guides you through eight different water therapies including a waterfall massage, steam cave, river walk and tidal bath complete with seaweed scrub. Most popular response when asked

how you feel is "Blissfully contented," finished off with a soft "Thank You!"

The following day, complete your revival with a massage treatment. Having transcended the realities of daily life, the soothing ambiance of the relaxation lounge helps restore you to a functioning state. And yes, at some point you should get out of your robe, dressing appropriately to explore some of the community's culture.



Locals' Chef Ronald and wife Trishia



Home & Garden Gate's Jody Williams



I-Hos Gallery's Nikki and Pamela

Nearby Visits

Be sure to make a dinner reservation for one of your evenings at "**Locals – Food from the Heart**" Restaurant located in downtown Courtenay. This fairly new (opened in June, 08) dining spot epitomizes all that is good, clean and fresh in relation to food. Vegetables, meats and treats from the sea, to (a part of) the wine list, are locally sourced from throughout Vancouver Island, with particular emphasis on the availability from within the remarkable Comox Valley.

Take a tour around downtown Courtenay where you'll find one-of-a-kind boutiques, cafes and museums lining 4th and 5th Street and adjacent cross streets. Stop by the newly opened **Brambles Market** then visit Hot Chocolates for a smooth cup of cocoa and yummy cookie. **Home & Garden Gate** boutiques (a second store is in nearby Cumberland), welcome visitors to linger over inviting displays of specialty items ranging from candle holders to imported linens.

Over the 17th Street Bridge, turn right towards Comox. Located on the site of the original Comox Village, is the beautiful **I-Hos Gallery** featuring a collection of traditional and contemporary northwest coast First Nations artwork, books and home décor.

Getaway Details

Tourism Vancouver Island –
www.vancouverisland.travel
Telephone 1.888.655.3483

Comox Valley Tourism –
www.discovercomoxvalley.com
Telephone 1.877.848.2427

BC Ferries – www.bcferrries.com. Telephone
1.888.223.3779 or from your cell phone *223

Kingfisher Oceanside Resort & Spa –
www.kingfisherspa.com.
Telephone 1.800.663.7929

Locals Restaurant –
www.localscomoxvalley.com.
Telephone (250)338.6493. Open Tuesday to
Saturday, lunch and dinner.

I-Hos Gallery – www.ihosgallery.com.
Telephone (250)339-7702.

Open 7 days a week 10am to 5pm.

WHAT'S NEXT? Exploring the Spring TIme Beauty of Tofino and Ucluelet on Vancouver Island's West Side