



Havana, Cuba
Photo courtesy of Travelhd



Sasha Arms in Spain
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IN SEARCH OF THE UNUSUAL & ENJOYABLE

SASHA ARMS editor of Carl Goes travel guides, journeys around the globe for the ultimate travel adventure

HOW HAS TRAVELING CHANGED YOUR LIFE?

I've never really known a life without traveling, so it may not have changed my life, but it's certainly shaped it. Most notably, it's enabled me to become a globally published writer, as well as the author and editor of a series of travel books I truly believe give people a new perspective on travel.

I've put in a lot of hard work to get where I am, but I'm really fortunate to have been able to weave travel so fundamentally into my daily life.

WHAT KIND OF TRAVELER ARE YOU?

I like to mix things up between luxury and back-to-basics. And I equally like trying new activities from skydiving in **Cuba** to relaxing in a spa. I'm lucky to have stayed in some of the most decadent and trendy hotels in the world, yet one of my most memorable recent trips is when I went wild camping in **Dartmoor** in the southwest of **England**. This is apparently the only place in the **United Kingdom** where you're allowed to go wild camping, and the feeling of space and freedom that came from finding a small woodland spot to call "home" for a couple of nights was extraordinary.

PHOTOS BY SASHA ARMS



Berlin Tempelhof Airport park
© Sasha Arms

"My first proper travel experience was at the tender age of 17, when I embarked on a month-long expedition to Brazil. In the Pantanal, I slept in a hammock with caiman eyes gleaming eerily nearby, and stood waist high in piranha-infested waters while fishing. I danced on the beach with locals on Ilha Grande, watched the sunrise on the Copacabana Beach in Rio, and helped build a treehouse for former street children in Belo Horizonte. I've been embarking on new travel adventures ever since."

WHAT'S YOUR TRAVEL PHILOSOPHY?

I think travel keeps people open-minded. Experiencing global cultures helps us appreciate similarities and embrace differences. Travel opens up the world and provides opportunities to grow. People used to think of travel as an annual two-week spell on the beach somewhere sunny.

While some people still do this, more and more travelers have a real thirst for blending in with the locals, and discovering creative and entrepreneurial happenings in new places. This is why I got involved with "Carl Goes," because no one else is meaningfully translating this modern way of traveling into the printed word.

HOW DO YOU CHOOSE WHERE TO GO NEXT?

Since travel, work, and life are intertwined for me, my next destination depends on where an editor or tourism board wants to send me. I'm always open to suggestions, and if I can make the logistics work, I'll go!



View of London from Primrose Hill

HOW DO YOU PREPARE FOR A TRIP?

My trips can take weeks or months of planning because I usually have a lot to get done in a limited time. But every so often I treat myself to a trip where I only have my flights booked, and nothing else. Recently I did this, and spent five blissful days in and around **Nice** in the south of **France**, where I discovered alleyway cafés, ate pizza on the beach in the evening with the locals, and stumbled upon the shabby-chic bar of a yacht club in a small town in between Nice and **Monaco**.

WHICH CITY IS MOST MEMORABLE FOR YOU?

I'd have to say **Tegucigalpa in Honduras**. It's not a pretty or common destination, but I spent some time working there for a Honduran newspaper, so it'll always be a little bit special to me.

My work took me to the most random places, from medical centers treating malnourished children to the offices of members of congress, whom I interviewed. On one assignment, I was even escorted around a notorious prison, surrounded by 20 armed guards! In Tegucigalpa, I have memories of eating *pupusas* and *anafres* (black bean and cheese dip) and dancing to *reggaeton* in the bars.

DESCRIBE ONE OF YOUR FAVORITE PLACES.

Anna Maria Island, off the Florida coast. I discovered it on a road trip last year. It's a place where white sandy beaches are pristine and undeveloped, where beach-side restaurants are unfussy but serve the freshest seafood, and where the locals all love to go to the same place for their morning coffee at Ginny's and Jane E's. (*ginnysandjanees.com*)

The pier has a bar at the end, and one of the most peaceful moments in my life was drinking a beer there, watching a dolphin scaring away the fish -- much to the annoyance of the local fishermen!

WHICH CITIES SHOULD TRAVELERS NOT MISS?

HAVANA I visited before the softening of relations with the United States. The city was full of crumbling charm, music and, of course, mojitos. I'm curious to see how the city, and Cuba more broadly, will evolve over time.

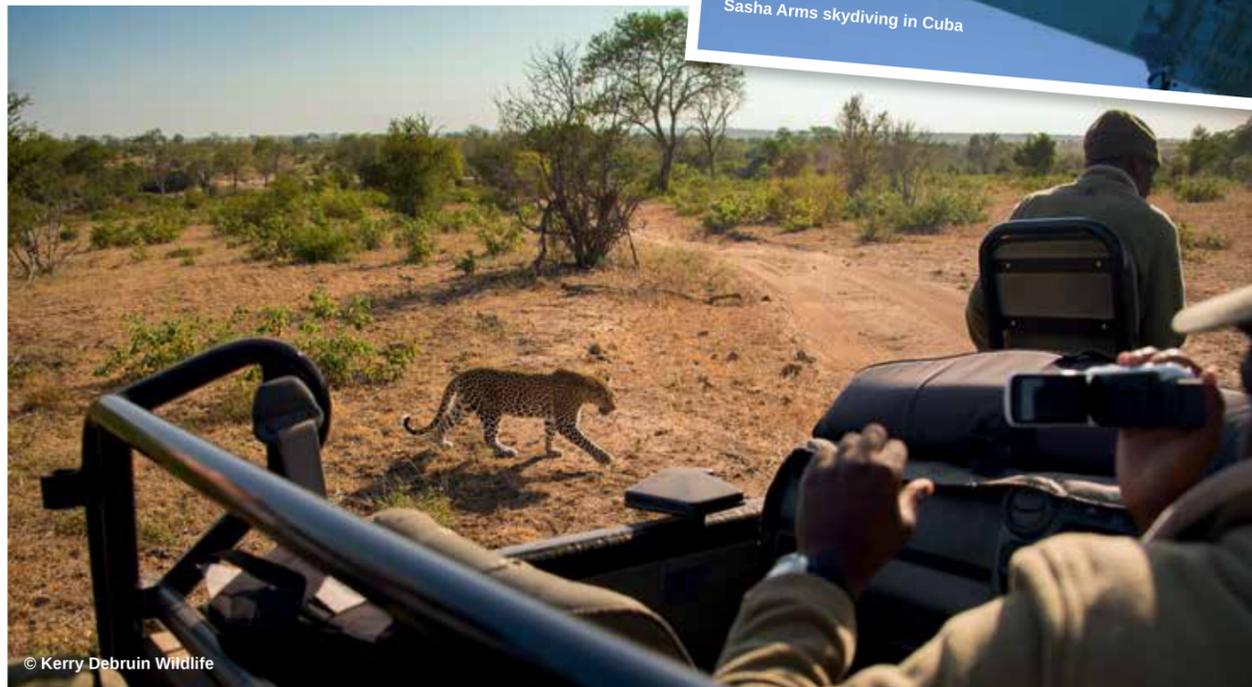
CAPE TOWN This is where **Africa meets Europe**, where the city collides with the ocean,

and where a place with a difficult history has transformed into a vibrant, creative and globally-relevant hub.

DUBROVNIK With centuries of history packed inside and out of its walls, this tiny city has elegance and a buzzing feeling on the cobbled streets. In the evening, the buildings are lit up in the most magical way.

LISBON There's a tiny bar or café to discover on every winding street, while sitting in residential squares with a glass of wine from the local kiosk marks a way of life I wish more places had.

REYKJAVIK This tiny city prone to harsh weather conditions is surprisingly creative and design-conscious. It also has some of the best restaurants I've eaten in, including **Dill** (*dillrestaurant.is*), squirrelled away inside **Nordic House** (*nordichouse.is*).



© Kerry Debruin Wildlife



WHERE IN THIS WORLD CAN YOU FIND THE MOST CREATIVE INSPIRATION?

In **Amsterdam**, I love the feeling of life on the canal-adorned streets, cool ventures such as a restaurant on an island only accessible by boat (Lighthouse Island) and the creative things happening in north Amsterdam.

Berlin is like nowhere else in the world, with parts of the wall still standing and distinctly communist buildings all around. The past has made Berliners creative and daring; around every corner there's something cool to discover, or a courtyard behind a building to reflect in.

London, where I live, has something inspiring in every neighborhood, from pop-up bars on car park rooftops like Frank's Café (*frankscaffee.org.uk*) to acrobatic shows inside tents that look like upturned animals the Udderbelly Festival! (*udderbelly.co.uk*)

TELL US ABOUT A TRAVEL EXPERIENCE THAT BLEW YOUR MIND AWAY.

My trips to **South Africa** have been full of exhilarating experiences. I was lucky enough to be a guest at **Entabeni Nature Reserve** a few years ago, where people train to be nature guides. It's owned by Lee Gutteridge, one of the world's true experts in anything to do with wildlife. His skill is amazing.



Anna Maria Island

One day he took me tracking elephants, another day we watched a lion cub get his first taste of meat. And one day we were driving along when he stopped the truck, walked me 30 meters into the bush, and pointed out a tiny chameleon curled up on a tree, no larger than a couple of inches. He'd spotted it while driving, talking and listening to the walkie-talkie. Meeting people like this makes me feel alive.

WHAT'S NEXT ON YOUR TRAVEL BUCKET LIST FOR 2017?

I'll be travelling to **Andalucía. Granada** has been on my bucket list for some time, after which I'll also be taking in **Seville** and **Ronda**. I'll also be heading over to Berlin for a "Carl Goes" art installation we're running with a fashion brand to celebrate our Amsterdam and **Berlin** books. Besides that, we're in the process of deciding on the next books we'll be publishing for "Carl Goes." So that's going to take me to some new destinations too. ■

Sasha Arms is also a freelance travel writer, contributing to travel publications, in-flight magazines, websites and blogs. See more of her work at sashaarms.com.

A GASTRONOMIC NOON DELIGHT

KITSHO JAPANESE RESTAURANT & SAKE BAR offers an exciting new lunch set menu



Kitsho Japanese Restaurant & Sake Bar guarantees delicious and authentic Japanese dishes, crafted by renowned Chef Mizumoto Masahiro. Chef Hiro born and raised in Tokyo, has more than 30 years of experience mastering the art of creating Japanese cuisine.



Kitsho's new lunch set menu has something for every Japanese food lover. Diners who want something new everyday must order the Daily Set, as the main dish changes daily. The Kaisendon Set offers a variety of fresh sashimi atop steaming rice along with cold soba with a special sesame sauce. Health buffs should try the Grilled Fish Set of mackerel or salmon that comes with a fresh vegetable salad. Meat lovers will definitely enjoy the Pork Sautéed

Set, while seafood lovers will enjoy the Sashimi Set with its beautifully plated selection of fresh mackerel, salmon, lapu-lapu and more. The Tempura Set is composed of shrimp, fish, squid, and vegetables. For undecided seafood lovers, get the Sashimi & Tempura Gozen Set, which includes three kinds of sashimi with prawn and vegetable tempura pieces. These beautifully plated lunch sets may include Chef Hiro's special chawanmushi, miso soup, and a plate of seasonal fresh fruits. ■

PHOTOS BY BRYAN AREVALO

KITSHO JAPANESE RESTAURANT & SAKE BAR

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