

What's new @

Atlas



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Welcome to Atlas Newsletter

“Travel, in the younger sort, is a part of education; in the elder, a part of experience” - Francis Bacon

Winter Sports in Europe

When you hear the words winter travel you might imagine pricey pistes, all-inclusive Arctic adventures and those sparkly seasonal markets. Think again: European holidays in wintry months offer much more than that. Travelling in January and February is superb timing for travel bargains, local flavor and catching a whiff of winter madness.

The rush for Christmas and New Year flights is over and there are great deals as typically summery destinations hit their off-peak season. Right now, the Northern Hemisphere is in the deep mid-winter; take advantage of the January slump and plan an incredible European winter holiday.

If you've never had the pleasure of participating in some of winter's finer activities (like snowboarding or skiing). Here are a couple of winter sports you just GOTTA try, and maybe one will be a perfect fit for YOU!!

Snowboarding is one of the most extreme winter sports! It can be pretty hard to get the hang of at first -- so take a few lessons at a local ski area before you start

plowing down the slopes. Also, snowboarders need a lot of equipment, like a board, helmet, special boots, goggles, and some really warm winter clothing. That may seem like a lot of work just to slide down a mountain, but it's totally worth it!

Skiing There are two major forms of skiing -- downhill and cross-country. That makes it double the fun! If you like sports where independence, coordination, and practicing balance matter, skiing is for you. Cross-country skis are skinnier, more flexible, and used to glide along on flat, level trails. If you like running during the rest of the year, cross-country skiing is your PERFECT winter sport.

Safety! As with all sports, it's important to use the right equipment and to be careful at all times. In cold weather, always wear enough warm clothing!

If you are planning a trip contact **Atlas Immunization Services at: 780-465-5150** regarding your travel health advice and vaccinations.

www.atlasimmunization.com

SMARTER PREVENTION: Damaged Passport



Figure:
<http://www.thinktankphoto.com/products/passport-holder.aspx>

If you are planning a holiday in Mexico, please make sure your passport is in "perfect" condition.

Mexican customs and immigration officials could deny entry to anyone arriving with a damaged passport. Rips, tears, missing corners or water damage to the cover or inside pages are all no-noes.

Passport Canada recommends that you apply for a new passport if your current passport is damaged, destroyed or inaccessible. Travellers whose passport is damaged in any way could face significant delays or be denied entry at border crossings, or be denied boarding on flights.

▶ San Francisco, California

San Francisco is one of those cities that need no introduction; like Hollywood and New York, this city already enjoys international renown for everything from sightseeing to shopping to entertainment.

There are so many cool things to do in San Francisco; from the barking seals and seafood at Fisherman's Wharf, to the cafes and bistros in North Beach, to the gardens and museums of Golden Gate Park, San Francisco attractions have become brand-names recognized the world over. Take a chance and discover this paradise.



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