

**TRAVEL NOTES ICY ADVENTURE, ISLAND PARTY, BIG DETOX**
**Hot cold trend**

The sweater crowd never had it so good. Exodus Travels has a new collection of 50 cold-weather journeys to winter wonderlands around the world, from Norway to Italy to Bulgaria. Choose from ski trips, wildlife safaris, snowshoe treks, glacier hikes, UNESCO sites and more, staying in log cabins, mountain lodges and cozy igloos. Visit [exodustravels.com/winter-holidays](http://exodustravels.com/winter-holidays).



**Mt. Hengill, Iceland.**  
CONTRIBUTED

**Jump-up time**

Why not work the biggest carnival in the Caribbean into your sun holiday this year? Trinidad's Carnival sees Port of Spain throwing a massive two-day street parade Feb. 8 and 9, with plenty of pre-festival activity. And when the last soca song has been sung, take the 25-minute flight to Tobago and sit on the beach for a few days. Not a bad plan. Visit [GoTrinidadandTobago.com](http://GoTrinidadandTobago.com).



**Party it up in Port of Spain.**  
CONTRIBUTED

**Luxury boot camp**

With a 35 per cent return rate, they must be doing something right. The Ranch at Live Oak is a weeklong fitness and wellness program that restores mind and body in the hills above Malibu, Calif. Go for big hikes, take fitness classes, eat organic plant-based meals and sink into the spa amenities. Get a full detox and you're ready for 2016. Visit [TheRanchMalibu.com](http://TheRanchMalibu.com). DOUG WALLACE



**The Ranch at Live Oak, Malibu.** CONTRIBUTED

# Water sports to whiskey in Dublin

## IRELAND

## Discover the historically rich city's rebirth in 72 hours

**Morgan Dunlop**  
For Metro Canada

Dublin is as steeped in tradition and charm as it is brimming with innovation, fuelled by a steadily growing economy and a slew of young entrepreneurs infusing the city with fresh ideas. Here's how to get the most out of Dublin, from the past to the present.

SUP (standup paddleboard) around Ireland's Eye with Pure Magic. Put on a wetsuit and brave the Irish Sea as you paddle around the small island, home to the ruins of a 19th-century fort, thousands of seabirds and a colony of grey seals. At low tide, paddle into island crevices and watch the friendly seals splash and dive beneath your board.

Retrace the steps of Dublin's Viking origins and centuries of ship merchants with City Kayaking, the only group to offer tours on the River Liffey, running through the heart of



**The rooftop bar and terrace of The Marker Hotel in the Docklands district.** THE MARKER HOTEL

the city.

Warm up with Art Tea at The Merrion Hotel as you step into Ireland's Georgian era in a row of townhouses converted into one of Dublin's most luxurious hotels, complete with plush couches, open fireplaces, thick carpets and one of the country's largest private art collections. Chefs create decadent desserts inspired by works hanging on the walls around you.

Sip Prohibition-era-inspired

cocktails under a cloak of mystery at The Blind Pig. Feel the speakeasy vibe with dim lighting, stone walls and an air of secrecy. Despite the fact that it's in the basement of a well-known restaurant, there's no address listed online and you need a password to enter. ([theblindpig.ie](http://theblindpig.ie))

Prohibition may be good for a throwback, but it nearly killed Ireland's whiskey industry. Celebrate a resurgence of sorts with

a visit to the first whiskey distillery built in Dublin in more than 100 years. Teeling Whiskey offers tours at its site in the Liberties, once the epicentre of Irish whiskey distillation.

Try Citron Restaurant for renowned Irish beef and seasonal vegetables or Cliff Townhouse Restaurant for sustainable seafood from Irish waters. Take a post-dinner stroll along the meandering paths in St. Stephens Green, past sculptures,



**SUP is what's up.** PURE MAGIC



**Citron Restaurant fare.** CITRON

**+ STAY**

**The Marker Hotel:** Open-air rooftop patio with the best view of the city and an address in Dublin's Docklands district.

**The Dean Hotel:** Contemporary-art-gallery feel, in-room record players and a spot on the nightclub-heavy Harcourt Street.

**The Shelbourne Hotel:** Top-hat-clad doormen, an abundance of chandeliers and a museum dedicated to its most famous visitors, including Grace Kelly, John F. Kennedy and Michael Collins.

fountains and manicured gardens. Both restaurants border the walled-park.

Explore the city's larger, albeit less central, Phoenix Park on horseback with Ashtown Stables. Guides take you across some of the 1,752-acre park, through valleys with unobstructed views of the Dublin Mountains and forested areas home to hundreds of fallow deer.

Wrap up your weekend with a lazy tour of the city's most

iconic sites. With the Lazy Bike Tour, it won't matter if you dance all night to cheesy dance tracks at the legendary Copper Face Jacks. The electric bike tour requires minimal pedalling and takes you from the pub-heavy Temple bar area to Kilmainham jail, passing Dublin Castle, the Guinness brewery and the city's most famous cathedrals along the way.

*Some of the costs of the writer's trip were covered by Tourism Ireland.*

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