

# YOUR SAMOAN GETAWAY



Samoa's natural beauty, it's the inspiration you're looking for

Hot tip

Be sure to check out a Fia Fia night while in Samoa for a true taste of traditional local food & culture.

Previous issues of Inspire magazine have introduced our readers to the unspoilt, natural charm of Samoa. This is a South Pacific getaway where you really can get away from it all, so what better place for a no fuss retreat that repairs body and mind, or for an ocean swim series that really immerses you in nature at its best?

New Zealand's leading celebrity fitness specialist, Lee-Anne Wann, brings the distinctive coaching style that we've seen her employ to great effect on TV's 'Downsize Me', to idyllic Aggie Grey's Lagoon Beach Resort & Spa. Lee-Anne has developed a special programme of fitness and empowerment modules to improve health and fitness in mind and body, delivering physical wellbeing and improved stress management for

harassed executives, parents and anyone else who needs to spend quality time on themselves. Each day, nourished on a special Paleolithic or caveman diet, you will learn how the basics of human survival are still fundamental to re-balancing minds and bodies in the modern world.

It's no accident that Lee-Anne has chosen Samoa for this ground-breaking fitness

programme; Samoa's 3,000-year old culture has resisted the negative impacts of mass tourism. The ten islands that comprise Samoa and the endless kilometres of pristine beaches are the perfect environments for a genuinely natural approach. It's this ability to engage with unspoilt nature that has also inspired former triathlon world champion, Rick Wells, to develop the Samoa Swim Series



It's easy to stay active in Samoa

### HOUSE OF TRAVEL HINTS

**WHEN TO GO**

- It's the rainy season December and January and holiday smiles could melt in the humidity between November and April. The very best time to visit is in the dry season between May and October when the weather is perfect and the events calendar is full. A really tricky time to visit is around Christmas and New Year when many Samoans return home from NZ to join their families – flights especially can get really packed.

**HOW TO GET THERE**

- Samoa is a 3.5 hour flight from Auckland. Virgin Samoa flies five times a week and Air New Zealand flies six times a week from Auckland to Apia. The International Airport is about 30 minutes from the capital, Apia. Getting to the city centre is easy with regular bus services & taxis. There is a departure tax of WST\$40 (approx. \$23 NZD) per person payable when leaving Samoa.

For more information, phone your House of Travel specialist on **0800 838 747**.

and the Samoa Swim Scholarship coaching programme. Wells is passionate about teaching kids in the villages to swim.

Imagine three ocean swims on consecutive days through stunning coral lagoons and you can picture the crystal clear thrill of the Samoa Swim Series. Plus you stay at the iconic Aggie Grey's, a hotel that's been a Samoan institution since the 1930s. It's a wonderful adventure for the participants, and there are lots of additional experiences to add on when the racing's out of the way. Hit the big island of Savaii for more swimming, biking and touring. Or if you've had enough exertion, just crash out on the warm sand and relax.

Samoa's the South Pacific as you may not have experienced it yet; a place that's still in tune with nature. All you have to do is join in.



Lee-Anne Wann, creator of the No Fuss Fitness Programme



## Samoa Swim Series

3 swims in 3 days – 24–26 July 2012



## No Fuss Fitness Retreat



<b>Insel Fehmarn Hotel</b> ★★	5 nights from	<b>\$569</b> *	per person share twin
<b>Aggie Grey's Hotel &amp; Bungalows</b> ★★★	5 nights from	<b>\$799</b> *	per person share twin
<b>Tanoa Tusitala Hotel</b> ★★★	5 nights from	<b>\$869</b> *	per person share twin

Includes: Full buffet breakfast daily, transport to the 3 swims, race pack, prize giving function & the opportunity to work with Rick Wells in Samoa.

<b>Savaii Add-On: Le Lagoto Resort</b> ★★★★★	3 nights from	<b>\$699</b> *	per person share twin
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Includes: Return ferry transfers to Savaii & tropical breakfast daily.

<b>Aggie Grey's Lagoon Beach Resort &amp; Spa</b> ★★★★★	5 nights from	<b>\$3599</b> <sup>1*</sup>	per person share twin
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Includes: 3 meals per day based on the Paleolithic Diet, created by Lee-Anne Wann and the chef's at Aggie Grey's, 4-week general fitness guide to prepare your base fitness, online health assessment screening, a full training kit including training shoes, t-shirt, shorts, back-pack, cap, sweat towel, water bottle and a signed copy of Lee-Anne's newest book No Fuss Fitness, 20 fitness modules custom designed by Lee-Anne to enhance fitness, health and wellbeing, 2 nutrition seminars, 5 modules focused on making the most of our surroundings and an opportunity to see Samoa and experience the culture, and a Post Retreat Question and Answer forum to keep the new you on track.

Travel: July, October & November 2012. Please contact your House of Travel specialist for further details & dates of the retreats.

\*AIRFARES ARE ADDITIONAL, ASK YOUR HOUSE OF TRAVEL SPECIALIST FOR THE BEST AVAILABLE AIRFARE TO SAMOA.

<sup>1</sup>Cost based on a minimum of 20 participants.