



## **VARUN SHARMA**

### **Inside Luxury Travel**

#### **Favourite destination and why?**

That's a bit like asking me which is my favourite pet (I have one pup, two kittens and two lambs) – I don't actually have just one! However, The Sonora Resort in Vancouver, The Four Seasons Tented Camp in the Golden Triangle (Thailand) and The Royal Malewane in South Africa spring to mind. They offer total escapism, amazing vistas, stunning flora and fauna, peace, tranquility . . . and the greatest night-sky spectaculars in the world. I would happily breathe my last in these places.

#### **Worst destination and why?**

Home in London – because I am not abroad, exploring.

#### **Best travel tip?**

After a long flight, *always* have a massage, it works wonders with jet-lag, releases the “flight tension”, makes your first night's sleep wonderful and sets you up for your trip in the right state of mind.

#### **Essential travel accessory?**

I have two – sachets of Heinz Ketchup that make the worst food (including anything I cook) taste acceptable and a personal deioniser for commercial flights. This gadget keeps the air around your head clean – helps fight colds, with sleep and jet-lag too.

★ **The Travel Channel launches May 1 on Sky channel 77, [www.travelchanneltv.co.nz](http://www.travelchanneltv.co.nz)**