

# compass

Travel / Auto / People / Leisure

La salle verte de la gare et  
est alors basé en moyennement  
les idées de précipitation dans les  
batailles d'une grande arène  
sur le champ de bataille.  
Alors de l'air.



WHERE ARE YOU?

## GETTING BUZZ

I could smell the coffee roasting from a block away, smoky and rich. Now that I have an espresso in front of me, I have to take a deep breath to keep myself from downing it in one sip.

I'm at Tomoca, an Italian-style coffee bar in the European-influenced

Piazza neighbourhood of Addis Ababa. The café opened in 1953, long after the Italian occupation of Ethiopia ended in 1941, but still specializes in espressos and macchiatos made from local beans. The vintage machines behind the counter are an unusual sight;

traditional Ethiopian coffee is brewed in a *jedena*, or clay pot.

This place remains a local favourite, though, where friends squeeze around standing tables. I empty my glass, pass the sugar to a new arrival and step into the sunshine re-energized.  
—Kristen Koch

**ADDIS  
ABABA**  
ETHIOPIA

LOCATION

**9.0311° N  
38.7512° E**

POPULATION

**4.6  
million**

DID YOU KNOW?

Tomoca's wall clock might make you think you've gone back in time. That's because Ethiopians use a 12-hour clock that starts days at sunrise, not midnight.



## INSPIRATION

# Working It Out

Healthy lifestyle advocate and CAA partner Sasha Exeter has earned her online followers with a positive and proactive approach to life. She shares her tips for staying fit—and sane—while travelling with a tot in tow. *—Athena Tsavlis*



Sasha and Maxie Exeter

### 1. Pack it in

If I am travelling with my baby and only taking one suitcase, I use packing cubes to separate our items. It keeps everything really organized, so I don't have to go rummaging through my suitcase looking for something.

### 2. Ready, steady, go

I work out while I travel just as much as I work out at home. I book hotels that have a solid gym—or better yet, a long beachfront where I can run or train outside. I travel with a skipping rope and resistance bands in case I need to improvise and work out in my hotel room.

### 3. Hour of solitude

Now that [my daughter] Maxie is a little older, I consider properties with a kids club. She's never there for long, but I like to have the option to drop her off for an hour so I can get a massage or take a nap.

### 4. A room of one's own

I always try to book a hotel room with two bedrooms, a separate living room or even a balcony when travelling with the whole family. With a baby who still naps and has a relatively early bedtime, it's good to have a space to hang out in while she is sleeping.

### 5. Sitting pretty

I like to look at the aircraft layout before booking flights. If I book the two seats on either side of the middle one, there's a good chance the two of us will have the whole row to ourselves. People don't typically purchase a single middle seat unless the flight is full.

#### FIND SASHA

@sashaexeter

#### CAN'T TRAVEL WITHOUT...



I am on high germ alert when travelling, so I could never leave home without Aesop Resurrection Rinse-Free hand wash. [aesop.com](http://aesop.com)



If I'm headed somewhere warm, I'll bring Fenty Beauty Body Lava luminizers. [sephora.com](http://sephora.com)



Glossier's Mango Balm Dotcom, a hydrating facial mist, eye masks and Le Labo's Santal 33 lotion are in my carry-on. [glossier.com](http://glossier.com)



I'll never travel without running shoes and at least one sports bra—the only two things critical for a workout.



## INNOVATION

# ELECTRIC SLIDE

Imagine gliding through some of the planet's most pristine wilderness in total silence, thanks to an emissions-free

### electric snowmobile.

Hurtigruten Svalbard, an adventure travel company based in the remote islands of Norway's far north, has partnered with Finnish tech startup Aurora Powertrains to offer guided safaris on e-sleds. Charged by solar panels and windmills, the battery-powered snowmobiles won't disturb wildlife—so you, the polar bears, reindeer and Arctic foxes can enjoy the northern lights together.

—Anna-Kaisa Walker

PHOTOGRAPHY [SASHA] JESS BAUMUNG; [PRODUCTS] COURTESY OF RESPECTIVE BUSINESSES; [WORKOUT GEAR] LIGHTFIELDSTUDIOS; [SKEWER] STOCKFOD; [POPCORN] ETERNALCREATIVE; [PRETZEL] PJOHNSON; [RASPBERRY] R.TSUBIN; [CHOCOLATE CHIP] UNALZOMEN; [ALMOND] JON STOKES; [CRAISIN] BARATIBOR; ALL GETTY IMAGES; [BALL] LIFE MORNING/SHUTTERSTOCK. ILLUSTRATION GIORDANO POLONI

TREND

# Small Aboard

The next big thing in cruising is actually smaller: ships of fewer than 300 passengers. Find out what to expect on board. —Diane McDougall-Tierney



## 1. No big crowds

With fewer passengers, there are fewer lineups. Plus, you won't get lost or have a long walk back to your cabin if you forgot your hat.

## 2. Fast friends

Small ships attract savvy travellers who've already cruised on the biggies, so it's easier to truly connect with like-minded passengers.

## 3. Full features in a compact design

Look for a scaled-down pool, hot tub, gym, spa, theatre, library and casino. Windstar and Paul Gauguin ships have ingenious drop-down marinas with water toys, while others have surprisingly deep hulls with windows—so when you're at the gym down below, curious dolphins can watch you work out.

## 4. Better access

The smaller the ship, the more ports available, so you can visit less-frequented spots. You can also dock in port instead of tendering.

## 5. All-inclusive perks

Most small ships include everything from drinks to unique shore excursions. Celebrity's new Flora has rigid Zodiacs to take you exploring, while Crystal and Seabourn have mini submarines for adventures, James Bond-style.

LIFESTYLE

# Snack Pack

Road trips and snacks are always a winning pair. Bring these five easy ideas on a March break family adventure. —Beverley Ann D'Cruz



## GOURMET SKEWERS

grapes  
+  
cheese

Fruit on a stick makes for easy one-handed eating



## SALTY JUMBLE

popcorn  
+  
pretzels

Use small reusable containers to individually portion loose snacks



## ENERGY BALLS

dates  
+  
walnuts

Always pack something sweet



## ONE-BITE DESSERT

raspberries  
+  
chocolate chips

Put the chips inside the raspberries



## TRAIL-MIX TREAT

craisins  
+  
almonds

Dried fruit is a better bet than fresh for the littlest road-trippers



MILESTONE

# On the Merge

2020 marks 50 years since the cities of Fort William and Port Arthur joined forces to become Thunder Bay. Here's what to eat, see and do in each. *—Kristen Koch*

## FORT WILLIAM



Pick up produce and fresh-caught fish to cook yourself or a pre-made pie at the **Thunder Bay Country Market**. Don't miss the selection from Thunder Oak Cheese Farm, the first one in Ontario to make gouda.



Spot the **Sleeping Giant** from 152 metres up at the Anemki Wajiw (Mount McKay) lookout in Fort William First Nation, just south of the city.



**The Thunder Bay Museum**, in a former police station, has dinosaur displays that will take you back millions of years and shipwreck artifacts that tell tales of peril on Lake Superior.

## PORT ARTHUR



Try a tasting menu of locally grown fare at **Tomlin Restaurant**. The co-owner is also the co-founder of Heartbeat Hot Sauce, a TBay favourite that's now enjoyed by celebrities on internet wing-eating talk show *Hot Ones*.



More than a dozen works of art dot the waterfront park at **Prince Arthur's Landing**, from balloon animals sculpted in stone to three cedar "lanterns" with backlit figures.



Browse for glassware, ceramics and more at shops in the historic **Bay and Algoma** neighbourhood, stopping to snack on candies and cookies imported from Finland.

ASK AN EXPERT

## SHOP TALK



CAA auto expert Ryan Peterson answers your questions

The air conditioning on my 2013 Volkswagen Jetta stopped working. (The fan runs, but the air is not cool.) My mechanic said there was a leak, but couldn't find it. What should I do next?

*—Alice Tsoi*

**A:** Air-conditioning leaks are often difficult to locate, as the refrigerant leaves virtually no trace as it leaks. In cases like this, your mechanic can recharge the system by refilling the refrigerant and add a dye at the same time. As the refrigerant leaks, the dye will leave a residue that can be seen under black light, indicating the faulty component.

My 2006 Chevy Silverado runs rough at start-up.

My mechanic's tests showed three spark wires were misfiring, so I replaced them, but the truck still starts rough. What's the problem?

*—Mike Guindon*

**A:** You'll need to start digging a little deeper. Are the same cylinders still misfiring? If so, inspect the condition of the spark plugs and ignition coil(s). If those are in good order, I would then do a compression test to see if the cylinders are maintaining the correct pressure.

**SEND YOUR CAR QUESTIONS TO**  
[caamagazine@contentlabs.ca](mailto:caamagazine@contentlabs.ca)

# Common Knowledge

Bike-sharing services can make getting around town easy, green and cheap. Stay safe and pedal smart with our step-by-step guide. —Anna-Kaisa Walker



## STEP 1

### FIND A STATION

Your bike-share program's mobile app will point you to the closest station. Purchase a day pass at the kiosk to get an unlock code, or if you've got a membership, insert your key and lift the bike out of the dock.



## STEP 2

### CHECK YOUR BIKE

Adjust your seat height: sitting on the bike with the pedal in the six-o'clock position, your knee should be almost completely straight. Make sure the brakes and bell work, and check that the tires are inflated. Most importantly, fasten your helmet before you ride.

## STEP 3

### PLAN YOUR ROUTE

Keep your trip short, as some programs (like Bike Share Toronto) limit free rentals to 30 minutes. Plan to use roads with bike lanes, and never ride on highways or freeways.



## STEP 4

### OBEY TRAFFIC RULES

Always ride on the right, and never on sidewalks. Signal turns—the simplest way is to point in the direction you want to go with your arm straight out.



## STEP 5

### DOCK YOUR BIKE

Return your bike to any designated docking station where there's an available spot and make sure it's properly locked into place.

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## AUTO NEWS

# UTILITY VEHICLES

These three outside-the-box uses for cars show that they're not just for transportation anymore –*Matthew Guy*



## PACKAGE DELIVERY

The Amazon Key app can now connect to either your front door or the locks on certain recent-model cars, allowing the company to leave a package in your vehicle.



## NAP PODS

A car-sharing service in Japan called Orix discovered some of its customers were renting cars not to drive, but to catch forty winks.



## PORTABLE CLASSROOM

Standard cars are few and far between, so people have taken to renting vehicles from car-sharing services like Turo to learn to drive manual transmissions.