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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Traveller's Journal: Snowdonia National Park – Day 4

By Steven Cronin

For the first time this week Llanberis awoke bathed in sunshine. The gorgeous weather had stirred more than most from their beds at the Royal Victoria Hotel. The breakfast room was buzzing with activity.

Despite my early start I still could not catch a seat in the conservatory and the magnificent views of the village. Once more I took my table with the four walls for company and tucked into some hearty cereals. I skipped the traditional English breakfast. Though nice, it can get a little tedious day after day.

After breakfast I decided to explore the hotel grounds. The hotel sits amongst 30 acres of woodland before backing into Padarn Country Park. Kitted and booted I made my way to the back of the car park and picked up the trail into the woods.

The earlier rain had made ground slippery underfoot; puddles of mud were everywhere making progress a little tricky. A narrow path led from the car park and climbed gently until sounds of the cars along the main road were all but inaudible.

The only noise was the songs of birds dancing in the trees and scurrying in the undergrowth searching for grubs. A rushing river could be heard faintly in the distance whilst the sun's rays penetrated the branches overhead illuminating the foliage around me.

I soon came to a small fence which I scaled with ease. Once past the fence the land began to open up more. Dolbadarn Castle was now visible at the top of the hill. The castle ruins date back to the thirteenth century.

Most of the building has crumbled away over time. All that remains now is the castle keep and what's left of the old castle walls. But she remains a grand sight and I made my way up the winding path to the entrance of the keep.

The narrow spiral staircase was remarkably well preserved and I began the careful ascent to the top. The tight twisting steps felt uncomfortable to climb. You find yourself leaning forward and palming the

steps at head height to help maintain your balance. I would imagine in wet weather it becoming treacherous underfoot.

You reach the top just grateful to still be in one piece, but what a magnificent view. Peering through the narrow slit opening the beauty of lake Lynn Padarn fills your view, bordered by the magnificent Snowdonia mountains. It makes it all worthwhile.

Steven Cronin owns the City Breaks website featuring city break special offers from luxury hotels to budget accommodations. For more information please visit

<http://www.sargas.co.uk>

Yosemite National Park – A Must For Visitors To The USA

By Ciara McGrath

If, like many others, you are looking for an exceptional and distinctive holiday in the USA that will give you and your family unforgettable memories, Yosemite National Park should be high on your list of destinations. An area of protected natural beauty since 1890, Yosemite National park is situated in the dramatic mountain area of the Sierra Nevada, California.

Yosemite National park is one of the most exciting ways to experience America, with year round activities and an abundant variety of scenery, giving visitors an immense amount of choice and convenience.

Key attractions include Yosemite Valley and Glacier Point, which at certain times of the year gives tremendous views of the area; Tuolumne Meadows, a sub alpine meadow surrounded on all sides by mountains; a museum at Wawona and the Mariposa Grove, famous for its Giant Sequoia trees – the largest and oldest living things on earth.

The variety of things to do at Yosemite National park is also huge: from taking a drive or coach trip up to Glacier Point to see the awe-inspiring panoramic views of Yosemite National Park, to serious hiking, biking and mountain climbing.

The accommodation you choose will naturally depend on what your plans are, so thinking ahead is vital. Day-trippers are welcomed, and Yosemite National Park is accessible from other parts of California. Entrance fees range from free to 20 dollars for a vehicle. You should expect to spend at least four hours in the park.

For a longer trip, Yosemite National Park provides a variety of lodging and camping. Official discounted Yosemite National Park lodging ranges from basic tent cabins with nearby toilet facilities to the more luxurious lodging in The Ahwahnee, a distinctive hotel that is the pride of Yosemite National Park.

You can examine the variety of Yosemite National Park lodging online, and it may be possible to make reservations. Additionally you can find the essentials for your trip: such as Yosemite National Park

maps, camping equipment and crucial information on Yosemite National Park's weather.

Yosemite National Park is an inspiring and unique place, so be prepared to find that one visit is nowhere near enough!

Ciara McGrath is a full time mother to four teenage daughters. She travels widely in the US and abroad. For more information for US visitors check out

<http://www.yosemite-services.info>

or

<http://www.chicago-today.info>



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