

SEE THE SITES

Are inspiring additions to the UNESCO World Heritage list, from Mexico to Merida

page 7

GRIFF RHYS JONES

Fruging is glamorous, plus fitness on a par. I'd rather take my punishment in private!

page 11



NAUTICAL BUT NICE

A million makes over for the Seaport, once the heart of New York's cigar trade

page 15



# Travel on Sunday

## Journey to the source of spice

*Holmes and nutrition expert Justine Henley turn up the heat on the spicily island of Zanzibar, where Africa and Arabia meet*



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# COVER STORY

**WORLD OF CELEBRITY**  
 Promising night  
 Kieran Lake  
 (right) before



## 'Spice: a currency worth more than gold'

**H**OW DOES IT FEEL TO BE THE first woman to be named 'Spice' in the world? Kieran Lake, 31, is smiling broadly as she sits on a boat in Zanzibar, Tanzania. She is wearing a colorful, patterned dress and has her hair styled in a way that is popular in the region. She is surrounded by a variety of spices and herbs, which are the focus of her work.

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### ESSENTIALS

**TOUGHEN UP** (p. 10) The world's toughest men are back in the ring, and they're not just fighting for the title. They're fighting for the right to be the toughest men in the world.

**WINE** (p. 10) The world's toughest men are back in the ring, and they're not just fighting for the title. They're fighting for the right to be the toughest men in the world.

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**BOOKS OF THE DAY**  
A guide that will help you make the most of your trip.



## TRAVEL ETIQUETTE

*Can I work during a remote holiday without ruining the trip?*

**Q** We had the best of intentions: To take a remote holiday in the mountains of Colorado. I thought that if I could get a few days of work done before leaving, it would be a great way to combine work and vacation.

**A** Working while traveling can be a great way to combine work and vacation. However, it's important to be clear about your expectations before you leave. Many people who travel to work expect to be able to work during their trip. This is not always the case, especially if you are traveling to a remote location. It's important to be clear about your expectations before you leave. Many people who travel to work expect to be able to work during their trip. This is not always the case, especially if you are traveling to a remote location.

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