

BRITAIN'S BIGGEST

LIFESTYLE MAGAZINE

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# Good Housekeeping

## Happy 2017

### YOUR BEST YEAR EVER

- \* FRESH START MAKEOVERS
- \* HAIR, MAKE-UP AND STYLE MAGIC
- \* THE PARTY SEASON BEGINS HERE!

### 12 MINS A DAY TO BEAT DEMENTIA

### GH EXPERT GIFT GUIDE

What the Editors are really giving  
*Last-minute panic covered!*

### BRAVE, BOLD & INSPIRATIONAL

Meet the Women of the Year

15% off  
BRILLIANT BROWS  
*Shaping, tinting, pencils & more*

SARAH RAVEN  
Step-by-step seasonal glitz



SPARKLE  
Spotlight on glittering accessories



### Tried & Tested

- ☑ Curling wands ☑ Marmalade
- ☑ Matte liquid lipstick
- ☑ Toning belts ☑ Smoothies
- ☑ Vegetable crisps



New Year's resolutions from the money gurus

### Food for sharing

21 pages of Triple-Tested meals for entertaining or quiet nights in

One-pot wonder



GH EXCLUSIVE

## Jamie

'Christmas is extra special this year'

+ HIS NEW FESTIVE RECIPES





● TO GET CLOSE TO NATURE

# GALAPAGOS ISLANDS

Follow in the footsteps of Charles Darwin and enjoy a privileged glimpse of some of the world's rarest and most amazing creatures



The blue-footed booby has nested right in the middle of the footpath, and appears entirely untroubled by the small band of approaching visitors armed with cameras and smartphones. The regulations governing tourism to the Galápagos Islands are clear – humans must keep to the tracks and not come within two metres of the wildlife. The booby remaining serenely on her eggs, there's nothing for it but to turn around and retrace our steps.

On most wildlife and safari holidays, total concentration and a pair of good binoculars are required to spot the animals. Here the challenge is

not to trip over them. Sea lions lounge on the beaches feeding their pups. Iguanas engage in territorial stand-offs with each other, oblivious to passers-by. A rock will suddenly get up and lumber off, revealing itself to be a giant tortoise. And even the spectacular and rare albatrosses engage in elaborate courtship rituals unfazed by having an audience.

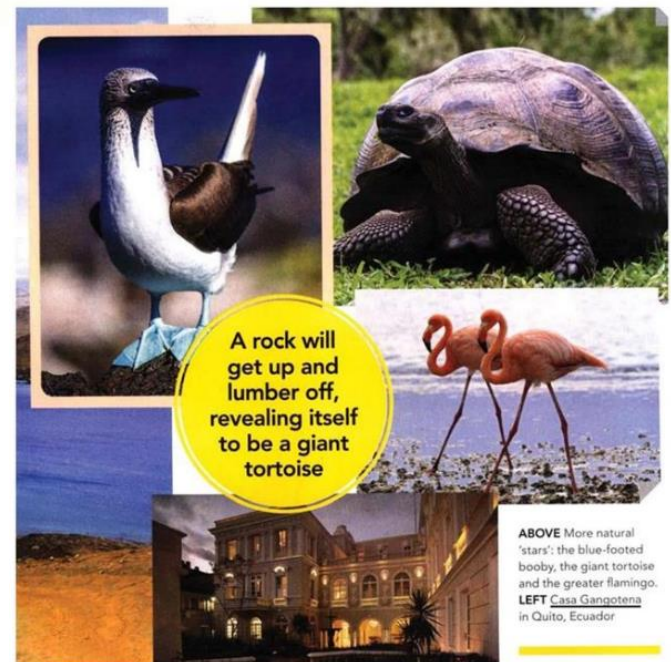
It's not that the creatures are tame or accustomed to humans; simply that they've evolved differently from their relatives in other parts of the world, and experience no flight-or-fight reaction in our presence. It was this discovery that led naturalist

**ABOVE** Follow in the footsteps of Charles Darwin in this amazing place. **INSET** The marine iguana is unique to the Galapagos Islands



## BOOK IT

Journey Latin America ([journeylatinamerica.co.uk](http://journeylatinamerica.co.uk)) offers a nine-day holiday in Ecuador and the Galapagos Islands, staying four nights full-board on the Santa Cruz II, two nights' B&B at the Finch Bay Eco Hotel on Santa Cruz Island and two nights' B&B



A rock will get up and lumber off, revealing itself to be a giant tortoise

**ABOVE** More natural 'stars': the blue-footed booby, the giant tortoise and the greater flamingo. **LEFT** Casa Gangotena in Quito, Ecuador

Charles Darwin to publish *On The Origin Of Species* in 1859, changing forever theories of evolution.

The Galápagos Islands form an archipelago about 900km off the coast of Ecuador. Only a few of the 128 islands are inhabited, and almost all of the area is designated as a National Park. Like Darwin, who sailed here aboard *The Beagle*, we also arrive at the islands by ship – but this is no traditional cruising holiday. The *Santa Cruz II*, which carries just 90 passengers, made its maiden voyage in the Galápagos at the end of 2015. Fitted with the state-of-the-art equipment, this is an expedition ship – albeit one with elegantly furnished cabins, hot tubs, a panorama deck and spacious communal areas.

And after spending our days hiking around the islands, snorkelling, kayaking, swimming with seals

and other activities, most of us crave early nights rather than the nightlife that's a feature of your average cruise ship. Indeed, the most popular evening activities are stargazing and wildlife lectures from the hugely knowledgeable guides. The food is plentiful and delicious, though, while dressing for dinner simply involves putting on a clean fleece and jeans.

The best way to access the Galápagos is to fly from the Ecuadorean capital Quito. The historic old part of this city is beautiful, and spending a couple of days here is a good way to get over jet lag. (*Casa Gangotena* is a pretty boutique hotel situated by the market square of Plaza San Francisco.)

A trip to the Galápagos, to walk in Darwin's footsteps, and see animals and landscapes almost exactly as he saw them nearly 200 years ago, is a rare privilege and, in every way, the voyage of a lifetime.

*Lindsay Nicholson* ▶

at Casa Gangotena in Quito. Prices from £4,665pp, including international and domestic flights, transfers and a Quito 'Live like a local' tour.