

# National Geographic Traveller (UK) October 2023 available in newsstands now

Submitted by: APL Media (Absolute Publishing)

Thursday, 7 September 2023

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LONDON (7 September 2023) — The October issue of National Geographic Traveller (UK) is out now. The cover story this month focuses on hands-on experiences in Thailand. With slow-island exploration and cave meditation to the south, and a wealth of community experiences and craft workshops to the north, there's far more to this endlessly surprising destination than its palm-fringed bays and world-class waters.

This issue also comes with a 100-page Japan guide, with the spotlight on the nation's history, culture and evolving traditions, covering everything from craft beer trails in Sapporo to spiritual retreats in the UNESCO-listed temple complex at Koyasan.

## ALSO INSIDE THIS ISSUE:

Morocco: Language, tradition and community in the High Atlas mountains.

Croatia: A new bridge linking Split with Dubrovnik makes Dalmatia's coast ripe for road tripping.

The Himalayas: There's more than one way to experience Asia's most legendary mountain range.

Los Angeles: Tracing the Latin roots of an American icon, from El Pueblo to Hollywood Boulevard.

Milan: A wave of exciting openings is adding to the cultural appeal of Lombardy's capital.

North Norfolk: Go seal-spotting and sample local seafood in East Anglia.

Tel Aviv: Cultures and flavours from across the world mingle in Israel's coastal city.

Rio: The Brazilian city's hotel scene runs the gamut from super-luxe suites to sociable hostels offering live music.

Smart Traveller: Tackle New Zealand's latest Great Walk; new direct flights to Iceland's northern region; the flavours of Mexico City; a tour of Champagne's vineyards; boutique hotels in Margate; Disney-inspired destinations, from Norway to Fiji; a guide to Munich; what to do in the Stour Valley; writing about home with author Tim Hannigan; and essential items to take on safari.

Notes from an Author: Beth Lewis on British Columbia.

Meet the Adventurer: Freediver Georgina Miller on finding peace beneath the waves.

Travel Talk: Ask the Experts returns with advice on the best seaside spa breaks in Britain, what to do if wildfires disrupt your trip, turning a multi-day stopover en route to Australia into a budget mini-break and European city breaks to book for October half-term. Meanwhile, The Info takes a look at the Republic of Turkey on its 100th birthday, while Hot Topic explores the question of travelling with Covid. Finally,

The Report investigates the post-pandemic struggles and spiralling bed prices calling the future of hostelling into question.

PLUS: Win a four-night trip for two to Somabay, Egypt. [natgeotv.com/uk/competitions](https://www.natgeotv.com/uk/competitions)  
(<https://www.natgeotv.com/uk/special/competitions>)

For a 26-page digital sample of the October 2023 issue, visit: [magazine.natgeotraveller.co.uk/oct23](https://magazine.natgeotraveller.co.uk/oct23)  
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## Notes

National Geographic Traveller (UK) is published under licence by APL Media Limited, from National Geographic Partners LLC in Washington, DC. The travel and lifestyle magazine launched in December 2010, and is packed full of you-are-there photography, authentic travel experiences and inspiring narratives. [nationalgeographic.com/travel](https://www.nationalgeographic.com/travel)

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