



ESSENTIAL GETAWAYS

SHANGHAI CITY STOP

From R10 770 p/p sharing

Return Flights on Cathay Pacific
3 Nights accommodation on bed & breakfast
Return Private Airport Transfers

½ Day Jade Buddha Temple and Yu Garden Tour
 Starting from **R 10 770 p/p** sharing at the Panorama Hotel
 Starting from **R 11 220 p/p** sharing at the Bund Hotel
 Starting from **R 11 220 p/p** sharing at the Crowne Plaza Pudong
 Starting from **R 11 690 p/p** sharing at the Howard Johnson Plaza
 Starting from **R 2 050 p/p** for approximate taxes to be added
VALID JULY - AUGUST 2009



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Ancient Iran

Ronelle Ramsamy

Located between Iraq and Pakistan, opening onto the Persian Gulf and the Gulf of Oman in the south and the Caspian Sea in the north, lies the middle eastern country of Iran.

The southwest Asian country of mountains and deserts has been home to former Zululander Theresa van der Vyver, her husband Charl and children Simon and Zoe. Iran is rich in traditional roots with its capital city Tehran, dating back to 550 BC. It was the centre of the Persian Empire and is home to the world's most ancient human settlements. Known as Persia until 1935, Iran became an Islamic republic in 1979 after the ruling monarchy was overthrown.

From the high plateaus, large salt flats and vast sand semiarid deserts of the Iranian landscape, to the subtropical climate of the Caspian coast, the former eShowe resident has made the most of exploring Iran's rich cultural heritage.

'My husband was working for MTN in Iran.

'It is a country with strict rules and regulations, but lots of museums to see and many interesting places to visit.

'It is dry and polluted, but they do try hard to plant shrubs everywhere and water them.

'They paint bridges, walls, beautiful murals and having snow in the winter was just the best,' said Theresa.

But apart from the mesmerising sights of Iran, Theresa says they often visit her family in eShowe and simply love Zululand.

'We love South Africa, especially Zululand which is a beautiful place. It is so green, the weather is great and we love the birds and the wildlife.

'The beaches are also stunning, lots and lots to see and do - you can't keep us away.

'I am originally from eShowe. I grew up on a farm just outside Ntumeni and matriculated in 1993 from eShowe High School. My parents are still living there and we visit them as much as we can.

'The children love it there. My dad always gets the paper so I can catch up on news when we visit them.'



Charl and Theresa van der Vyver with their children Simon and Zoe



Esfahan City's famous bridge



The popular skiing spot at the top of Tochal Mountain which surrounds the capital city Tehran



A famous 'Greek Ship' that ran aground on Kish Island in the Persian Gulf

Main photo: Monument 'Azadi Square' in the middle of Tehran city, the capital of Iran

W. TRAVELTIP 1

Travel tip for this week

AVOID JETLAG AND AIR SICKNESS
 Flying internationally causes jetlag because of the fact that you are often crossing several time zones. Some precautions to take include:

- Drinking plenty of water and no alcohol intake;
- Take some sleeping pills on that long flight over, sleep is golden and you'll be thankful for it when you arrive.

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 Empangeni: 035 772 7727 • www.harveyworld.co.za
 E-mail: heathero@harveyworld.co.za

Ivan Stone
 Travel director and consultant



Heather Oosthuizen
 Travel manager



Karon McGarr
 Senior consultant



Melissa Greene
 Travel consultant



MEET THE STAFF

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