

February e-postcard:

Hello again everyone!

Our New Year resolutions are still holding good so far and we are trying to make sure we live a healthier and more active lifestyle every year. This is made so much easier living here by the lake as there are so many beautiful places to walk and stunning backdrops to enjoy. Every trip out seems to bring a new experience, such as last week when we walked the full length of the lungolago, past the shops and bars, continuing on round by the marina as far as the beach. We had the warmth of the winter sun on us as we went and a definite sense of Spring being just around the corner. As we reached the far shore, our eye was drawn to three black blobs bobbing just above the surface of the water. We watched on slightly mesmerised and perhaps because of our Scottish heritage, pondered that this may be the Italian version of the Loch Ness monster! Just as we tried to move closer to figure it out, the three blobs grew bodies and arms and legs! Three divers in wet suits emerged, looking slightly chilly I have to say, but were happy to have their photograph taken and explained to us that there is an old wreck lurking in the deep which we knew nothing about. Not for the faint hearted a dip in the lake on a brisk January morning!

It's also easier to eat healthier here as compared to other places we have stayed there is so much less processed food on offer. When we first moved here, I remember being struck by the aroma of the fruit and vegetable section in the supermarket. I could actually smell what I was about to purchase not only because it was so fresh but also because it wasn't hiding in plastic bags. Another delight for the senses is visiting the local markets. Salo has a large Saturday morning market all year round and it's a food lovers paradise. Apart from the delicious titbits to sample, it can also be very entertaining as some of the stallholders love to put on a show as they sell their wares which only adds to the whole experience. Our particular favourite is the stall pictured where there is a variety of delicious salami, parma ham, salsiccia, ricotta, parmesan.....I could go on – bellissimo!

Following a health scare a couple of years ago I had been researching a little about what is good for me. I concluded that the recommendations seem to say dark chocolate, red wine and garlic. Exactly my kind of diet – way to go!

We are delighted with the feedback we have been receiving so thank you all for your kind words and for taking the time to get in touch. We're looking forward to meeting those of you who are coming over this year and if there is anything that you feel could make your experience even better then please be in touch.

Ciao, ed a presto,

Lesley and Gordon

Stepping Off

