

**Newsletter No. 5****FLUFFY  
TOWEL**

Is it really Autumn already? As they say, time flies when you're having fun, and speaking of flying, I recently joined the inaugural flight from Perth to Bali with TransNusa. My full review will be published shortly, but in the meantime, I will share how much I appreciated the convenient flight times. Leaving Perth at 13.55pm, I had a cocktail in my hand at The Laguna, in Nusa Dua, by the time the sun set.



While in Bali, I was fortunate to also stay at the InterContinental Bali Resort in Jimbaran and the Holiday Inn Canggu, before heading to Ubud and a brief jaunt to North Bali. My time in Ubud coincided with Nyepi, the day of silence on 29<sup>th</sup> March. In the lead-up to Nyepi, there were cleansing ceremonies and parades all over the island, with the entire community getting involved, including the Ogoh Ogoh parade, where demon statues were paraded through the streets and then burned, as pictured on the cover of this issue. This noisy and chaotic tradition completely contrasted with the following day, when everyone spent 24 hours reflecting, adhering to the rules of no entertainment, lights, cooking, work, or travel – no one was even allowed to go outside. I've never known Bali to be so quiet, and I wish we had this time of reflection in Perth. There aren't many places where a festival has the ability to shut down the airport, and if you would like to hear more about my experience, please listen to my [segment on Travel Writers Radio](#).

In February, I headed to Sydney for the annual IMM (International Media Marketplace) and spent an entire day speed networking with back-to-back meetings with tourism operators and boards. As intense as the experience was, I'm already looking forward to IMM 2026, as it's an invaluable resource for travel writers, especially those living on the West Coast, far removed from a lot of the action.

This issue also includes some of my published articles from Japan, Sri Lanka, Singapore, Perth and Broome. Even if a trip isn't on the cards, who doesn't love a bit of inspiration and armchair travel?



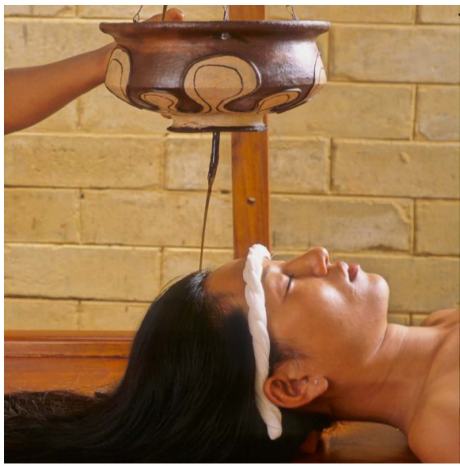
If you'd like to read more travels, please head to my [Fluffy Towel Travels](#) blog, or get in touch at [carmen@fluffytowel.com](mailto:carmen@fluffytowel.com) if there's something specific you would like to see in my newsletters or blog.

Thank you coming along for the journey and may your travels be fluffy.

Carmen Jenner.

## Travel Asia





### An Ayurveda journey to Sri Lanka

I indulgently relived some of my Ayurveda experiences when I wrote this article for Have A Go News titled [An Ayurveda Journey to Sri Lanka](#), including an awkward and hilarious experience I had in the hilltop town of Ella.

Ayurveda is one of the oldest forms of holistic healing by maintaining a balance between the three life energies, aka doshas of Vata, Pitta and Kapha. When our doshas are in harmony, we're able to achieve a state of equilibrium where our well-being improves, vitality increases and healthy ageing is activated.

[Read an Ayurveda Journey here](#)



### Sri Lanka with kids

It's been awhile since my daughter was young enough to be considered a kid, but the magic of our family holidays in Sri Lanka still live on. Even if you're not travelling with kids, I hope you find this guide to Sri Lanka useful, as I had the absolute pleasure of researching this topic over several trips. If this tear-drop isle intrigues, you might find these other posts on [Sri Lanka](#) interesting too. Although there aren't any direct flights from Perth to Colombo yet, Qantas has partnered with Sri Lankan Airlines, or you can find connections to Sri Lanka from Kuala Lumpur, Bangkok or Singapore with several other airlines.

[Read Sri Lanka with kids here](#)

### What my trip to Laos was really like

When I visited Laos in November 2024, I was in Vang Vieng at the same time as the fatal alcohol poisoning of several tourists, including two young ladies from Australia. While this tragically played out, I noticed some questionable practices myself, which I shared on [Travel Writers](#)



**How is this even real?**



Listen to the podcast here



Read my Singapore article  
here

[Radio](#). Nonetheless, Laos is an incredible country with loads to offer any traveller, and unlike its more popular neighbours, it isn't overrun with tourism. Before it becomes the latest hotspot, now is the perfect time to visit Laos, which has connections to most capital cities. The bullet train is a seamless way to see most sights without braving the roads.

### Some of my favourite spots in Singapore

When Urban List Singapore asked me to write an article about some of [my favourite spots in Singapore](#), I jumped at the opportunity to revisit rooftop bars, the East Coast Seafood Centre, Clarke Quay, Chinatown and Sentosa, to name a few tasty enclaves. With so many connections from Singapore to the rest of the world, the metropolis is the perfect stopover or a vibrant destination in its own right, worthy of a longer stay.

If a trip to Singapore is on your wish list, you might enjoy [A Singapore Schwing: Fun date ideas in Singapore](#) or whipping up some [Hainese Chicken Rice](#) with this recipe in the meantime.



# Travel Japan



Listen to the podcast on Travel Writers Radio here

## Konichiwa to Japan's Onsen Prefecture

There aren't many professions where you're encouraged to get naked with your work colleagues. But then again, travel writing is exactly a typical occupation. One day I'll write my memoirs and spill the tea big time, but in the meantime, you might enjoy [hearing about my mostly clothed adventures in Japan's Hiroshima and Ehime Prefectures](#) and what it's like to discard your clothes and inhibitions to dip into the ancient tradition of onsen bathing.



## Japan's Ripple Effect

## Finding peace in Hiroshima



“As Typhoon Kong-rey bears down on neighbouring Taiwan, it’s a race against the elements to reach Miyajima Island by ferry, about an hour from Japan’s Hiroshima. As we approach the island, sheets of rain add to the fascination of the Itsukushima Shrine and the floating torii gate emerging in the fog. The tomato-red gate is a striking gateway to the island and demonstrates the resilience of the mainland.” Please [read my article here](#) as I explore how water is an essential element to Japanese culture, ranging from its use in beer, sake, paper making and ramen, and perhaps even more famously, for its onsens.

Read The Ripple Effect in Japan here

You don’t exactly associate Hiroshima with peace or being a cosmopolitan city. Practically obliterated almost 80 years ago, Hiroshima rose from the ashes and rebuilt itself into a cosmopolitan city any visitor to Japan should add to their itinerary.

Please click here to read my article Hiroshima: Uncovering Peace In This Must Visit Japanese City



[With direct flights from Perth and Sydney to Tokyo, as well as free side flights, please check out my ANA \(All Nippon Airways\) flight review here.](#)

## Travel Broome



**Moonlight Bay Suites deals**



## Visiting Broome during the wet

### season

They say working with animals isn't recommended, but I made an exception when I took a camel ride at sunset on Broome's Cable Beach. I've done this several times before, but it never gets old, no matter your age. I was a guest of Moonlight Bay Suites and had so much fun in Broome that I almost forgot I was working. I highly recommend visiting Broome during the wet season and find out what else I got up to during this segment on [Travel Writers Radio](#).

Listen to the podcast here



**Nagula Jarndu Designs: empowering Aboriginal women through art and fashion**

Did you know you can watch the Staircase to the Moon from [Moonlight Bay Suites](#)? If you have a room or suite overlooking Roebuck Bay, you can witness the full moon rising over the mudflats from your balcony and, in some instances, even from your bed. Moonlight Bay Suites offers a 10% discount from 1<sup>st</sup> to 31<sup>st</sup> May when you book two nights or more.

Book Moonlight Bay Suites here



## The Pearl of the Kimberley

"It's open mic night on a Tuesday at The Roey (aka The Roebuck Hotel) in the heart of Broome's Chinatown. An Indigenous woman belts out *Valerie*, and if I close my eyes, I can pretend that the incredible Amy Winehouse has returned for a final performance. Well, almost. Nothing about Broome, the region or the locals is like anywhere else on earth,

It's often those unexpected encounters that occur while travelling that leave a lasting impression. When I heard about Nagula Jarndu Designs empowering Aboriginal women through art and fashion, I had to visit the not-for-profit arts centre, which was established in 1987 and has become a launchpad for many designers to showcase their work on the catwalk. If you'd like to know more, I highly recommend checking out their website, popping in when you're next in Broome or reading my article in the [National Indigenous Times](#).

[Read more here](#)

ruled by the gravitational pull of its tides and the pearling history that put the remote town on the map."

Please click here if you'd like to read more of my Pearl of the Kimberley article.



Check out those storm clouds on the horizon

### **I witnessed the Kimberley Wet Season from land, sea and sky**

I visited Broome during the wet season in January, and delved into the Kimberley from the sea, sky and land. The landscape was painted in a vibrant *pindan* (the name given



to the rich landscape in the Kimberley) colour palette, as the red soil and cliffs popped against an ocean that defines the colour turquoise. As one of the planet's most remote and ancient landscapes, the Kimberley sprawls over 422,000sqm in Western Australia's vast northwest. The region boasts some of the country's most unique natural phenomena, including Staircase to the Moon, Horizontal Falls, Waterfall Reef, the Bungle Bungle Range, and the iconic Cable Beach.

Please read my article in "We Are Explorers" to inspire your next visit to Broome.

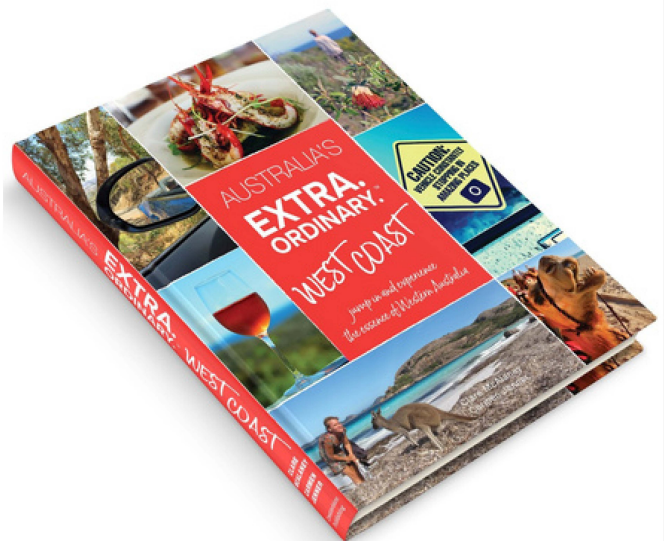
For a bit of Broome time, please check out [Celebrating Shinju Matsuri, Broome's Annual Pearl Festival](#) and if you love the power of an engine between your thighs, you might get a laugh out of [Broome Vroom](#).

## Travel Western Australia



### Ginza Nana Alley

After my trip to Japan last year, my love of Japanese food has only heightened. Imagine how delighted I was to discover that Perth has a precinct dedicated to Japanese cuisine tucked away in the heart of the city, running adjacent to Pier



### Looking for some WA inspiration?

Australia's Extra.Ordinary. West is a Western Australian travel book like no other. Told from an insider's perspective, this coffee table book has dispelled the myth that kangaroos are jumping through the streets of Western Australia. Natural wonders, quirky anecdotes and surprising revelations are shared where

Street. Ginza Nana Alley wouldn't be out of place on the streets of any Japanese city or town and features several eateries serving tonkatsu, yakitori and ramen inspired by the tradition of Onomichi from the Hiroshima Prefecture, which I sampled while in Hiroshima. There's a [group on Facebook](#) if you want to know more and stay up-to-date with this lively precinct

even the most zealot local will be compelled to jump in and experience the essence of Western Australia. This 244-page guide welcomes you to explore our vast state where Western Australia plays the beautiful yet aloof protagonist.

Order your copy of Australia's  
Extra.Ordinary. West Coast



### A day out in Perth

As the Western Australian capital continues to grow as a hub with more airlines flying from Perth, travellers on short layovers may find this article, [An Extra Day in Perth](#), useful, which I wrote for Business Traveller. No doubt you have your favourite local spots, but if you're seeking some suggestions for out-of-towners or want to become a tourist in your own city, I recommend Elizabeth Quay, Northbridge, Kings Park, Fremantle, the Swan Valley, Guildford, the Pinnacles Desert and Rottnest.

Read more here

## Let's work together!

### Would you like to be featured?

There are multiple ways we can work together if you have a brand you'd like promoted or you have a travel story to share. Here is how we can collaborate:

- Write a guest post for [www.fluffytowel.com](http://www.fluffytowel.com) or this newsletter.
- Sponsored posts are an effective way of promotion.



- Perhaps you need some copywriting for your business, such as blog and social media posts, newsletters, magazines, websites, editing, press releases and emails.
- I regularly write for local, national and international publications, and if you have a story that resonates, I will pitch for editorial coverage on your behalf.
- If you have a product, hotel, airline or tour that you would like reviewed, I can help with this.
- I'm open to famils in exchange for coverage.
- Please get in touch if you have an amazing idea you'd like to share on my platforms.

P.S. I don't charge agency fees.

**Please contact me on [carmen@fluffytowel.com](mailto:carmen@fluffytowel.com) for more information.**



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