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Travel doctor



Q My wife and I wish to travel to Norway to visit the fjords but the holidays offered all seem to be cruises. We are not very keen on cruising and would prefer to travel overland. Can you help with any recommendations please?
Martin Astill, via e-mail

A A great alternative would be to travel by train. Great Rail Journeys (01904521936, greatrail.com) offers a week-long journey that crosses the roof of Norway on Northern Europe's highest train line as well as a trip on the scenic Flåm Railway to the head of the Aurlandsfjord. Prices start at £1,238pp including flights.

Q I am going to Australia and am unsure as to the best way to take my spending money. Buying dollars in the UK and then changing any unspent Australian dollars back into sterling seems to represent quite a loss when comparing buying and selling rates. Would it be better to take traveller's cheques in sterling or hard UK

currency? And is there any limit on how much money I can take into Australia in any form?
Brian Baldwin, via e-mail

A There isn't any limit to how much sterling you can take in to Australia, but you may want to consider a prepaid currency card as an alternative to carrying cash (banks will charge to exchange sterling) or buying traveller's cheques, which are neither convenient nor cost-effective these days. Prepaid cards work like pay-as-you-go mobile phones — you top them up with credit, then withdraw money from cash points or use them to make purchases. One you might consider is the My Travel Cash prepaid MasterCard Multi-Currency Card (mytravelcash.com), which has a 1.5 per cent transaction charge and a £1 ATM withdrawal fee. If you'd like to lock into a favourable exchange rate before you go, the Travelex Cash Passport (Travelex.co.uk) can be loaded with Australian dollars.
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