

Discovering the Falkland Islands: Penguins, Wildlife, and Local Life

Hosted by **Tracy Collins** with guest **Roxy King-Clark**, Lupin Tours



Seventh-generation Falkland Islander Roxy King-Clark, who runs Lupin Tours, shares how to make the most of the Falkland Islands: a day ashore in Stanley, why Volunteer Point's king penguins need booking early, packing for four seasons in one day, and flying in from the UK or Chile.

This transcript has been lightly edited for easier reading. Links to everything mentioned are in the show notes at globaltravelplanning.com/episode107.

TRACY Five minutes from the supermarket, there's a beach with penguins on it. That's everyday life in the Falkland Islands, and when I stopped there on my Antarctica cruise last year, I came away wishing I'd had much longer. In this episode, seventh generation Falkland Islander Roxy shares how to make the most of your time there, from king penguins to the colourful streets of Stanley. Hi everybody and welcome to this week's episode of the Global Travel Planning Podcast. If you have an Antarctica cruise in your plans, there's a good chance the Falkland Islands are on the itinerary, and most people step ashore with no real idea of what to expect. Well, my guest this week is Roxy, who runs Lupin Tours and shares daily life on the islands as Roxy in the Falklands. We talk about what you can fit into a day in port, which penguin trips to book well ahead, and what to pack for four seasons in one day. And if you're not cruising, you can fly in too, so we cover that as well. So let's get into it. Hi, Roxy, welcome to the Global Travel Planning Podcast. It's fantastic to chat with you all the way in the Falkland Islands. I want to start by asking you to introduce yourself, because you're a seventh generation Falkland Islander, which I find absolutely fascinating. I want to find out a little bit about that, what it was like growing up on the Falklands, and what made you want to start showing it off to visitors. But I thought the best way for you to start was actually to say what they are and where they are, because I guess there are going to be people listening to the podcast who have no idea where the Falklands are and what they are.

ROXY Which is totally fair enough. Thank you so much for having me, Tracy. The Falklands is a British Overseas Territory. It's down towards the bottom of South America, though we don't consider ourselves South American. It's a few hundred miles off the coast of South America, right down the tip where it kinks out. So it's out in the South Atlantic Ocean, and the next stop is Antarctica. It's a wonderful, wonderful place. Interestingly, we're 52 degrees south where London is 52 degrees north, which is quite a fun little fact. And we have a similar climate to the UK as well, which is quite neat.

TRACY Absolutely. And so, it's a British Overseas Territory. Do you want to explain a little bit about what that means?

ROXY Well, we are a self-governing island. We call ourselves a country. We're not a country technically, we're a territory, but we say it's the best little country in the world. It's actually not that little. It's about half the size of Northern Ireland, so it's not tiny. Most people think it's just a rock, but it takes about four hours to get across by road and probably five or six hours lengthwise. I'm laughing because the UK, Great Britain, the Commonwealth family, it's all complicated, isn't it? The UK is one thing, Britain is another thing, and the British Isles is another thing. So we're part of the British family. We're British to the core. We have standard British passports. And as you can hear, I sound very British. Well, English, really. We do have our own accent, but I think I've lost some of mine, which is a real shame. I need to try and get some of it back. But yeah, we're self-governing and self-funding. We have our own tax system, our own money, our own culture and traditions and way of life, but we're also very tightly connected with the rest of the UK.

TRACY Perfect. So yes, I know you're British, and I was actually in the Falklands last year, which is amazing, because it's one of those places that not a lot of people are privileged enough to go and visit, because you are a little bit remote. Now, I'm fascinated by the fact that you are a seventh generation Falkland Islander. So tell us what it's like living there and growing up there. I know you've got married and you've got children, so I guess your kids are now the eighth generation, which is amazing. Just tell us a little bit about what it's like living on the Falklands.

ROXY I absolutely adore it. It is a very special place to live. It's a very special place to grow up and to bring up kids. It's really safe. We've got a wonderful community. We've got so much space, half the size of Northern Ireland, but only 3,600 people, plus about 1,000 to 2,000 military at the base. It's a lot of space for not many people. I live in Stanley, and over 3,000 of the population are within Stanley. If I go to the east, I've got beautiful white sand beaches with penguins on, dolphins swimming past, sea lions, and sometimes whales. If I go to the west, then I've got the mountains, and I love to hike. So 10 minutes from my house, I can be hiking already. It's just wonderful. You can leave one of the supermarkets and five minutes down the road is a beach with penguins on. You can go and see the penguins or some other beauty spot with your kids at lunchtime, or after school and after work. You've just got so much on your doorstep that's stunning. So it's a really nice place to live, and it's really relaxed as well. We don't have long commutes, nothing like elsewhere, like in the UK.

TRACY And your roads don't get too busy with too much traffic either. That's one thing I noticed last year.

ROXY No. Definitely not.

TRACY Everybody drives around in their Land Rovers.

ROXY Well, yes, we have a lot of Land Rovers, a lot of 4x4s. Most people drive 4x4s because we do like to explore the Falklands and get out and about. So pretty much everyone's got a 4x4.

TRACY And that's a perfect segue, actually, to talk about your tours, because you started Lupin Tours, and now you've got 14 guides, so that's crazy. It started with you, and then it's grown. So how did that happen? Where did you get the name from? What was your inspiration to do something like that?

ROXY The name comes from the lupin flowers, which I am obsessed with. I love them. I even have them tattooed on my arm, and my garden is filled with lupins. I live in what was my grandparents' house, and my great-grandparents' as well, so my kids are the fifth generation of my family to live in this house. It's a little stone cottage in the centre of Stanley. It's lovely. My lovely grandparents planted all these lupin flowers in the garden, and I always loved them. They're quite tall, so when you're a little kid they just seem like these big things, and they're full of colour. We ended up getting married in our front garden surrounded by the lupins, so it was really special, that connection with my grandparents. It was just amazing. So I keep planting more and more lupins every year in the garden. I wanted a name for the tour business that was a bit different and didn't include penguins or my name, something a bit different and special to me. So that's where the name came from. And I like the symbolism of lupins as well, because they're very hardy but beautiful, which is just like the Falklands. So I think that fits really well. And I started because I was a tour guide for my dad, who has his own tour business, PK Tours. I'd had my babies and finished full-time career work in health and safety and quality control, and I didn't want to go back to that, so I'd started touring with my dad. And then my mum needed to have a hip replacement, and that's not something that can be done in the Falklands. It's a bit too complicated for our otherwise brilliant healthcare system. So my mum and dad went off to the UK for her to have her hip replacement, and it was right over our tourist season. So I was like, what am I going to do then? I had the idea for Lupin Tours, and within a week I had it live. The day it went live, I had my first booking. It was just supposed to be me driving, and then the bookings were just flooding in. I was like, okay, maybe I need to bring other people in then. And it's just grown and grown. I adore it. It's become a bit of an obsession for me.

TRACY I think it's fantastic. Last year when I was in the Falklands and I went on a tour, it felt like all the islanders were doing the tours. There were so many of us. We all came off the cruise ship and there were just Land Rovers everywhere picking people up, and then we took off and went all over the island. And I know the girl that took us, I think she was a part-time teacher as well, so she was like, yeah, everybody gets pulled in to come and help and do the tours. It was a lot of fun, I have to say. It was so much fun. And talking about that, when is the busy season for you guys?

ROXY The tourist season starts in October, so we've just had the first ship in for this season, and it finishes in April. But the busiest time is December through to March. That's when it's full on.

TRACY Oh, I can imagine. I came in on a cruise ship, because I've been to Antarctica, and I know the Falklands is often added on as part of that. So I'm guessing if anybody's listening thinking, wow, how do I get to the Falklands? I guess your two options are going to be on a cruise ship, or potentially you could fly in. And I know that's probably not as easy as it sounds, but I'm going to ask you about the flying in option before we focus a little bit more on the cruise ships, because I'm guessing the majority of visitors come into the island that way. And I have to say, I also think I know the house that you're living in, that was your great-grandparents' and grandparents' house. Is it the one with the flag outside as you come in?

ROXY No, but you know what? That was my grandma's house, on the other side of my family, my mum's side. We lost her two years ago. No, three years ago, my goodness. But yeah, that was her house with the flag up. So I'm not quite there. That's the only brick terrace house in the Falklands, whereas I'm in one of the little stone cottages.

TRACY Ah, cute. So talk a little bit about how you actually arrive at the Falklands, the options.

ROXY The majority of people do come in by cruise ship. We get 70,000 to 80,000 visitors each year, which is a lot of people for a place with such a small population. It's pretty impressive. The vast majority of those people come by cruise ship, but you can also fly in. There's a twice-weekly flight, pretty much direct from the UK. You stop off on Ascension Island just to refuel, and you're there for a couple of hours. It's an MOD flight, but anyone can go on it. It usually flies from RAF Brize Norton. At the moment, it's flying out of and into East Midlands Airport while they repair the runway at Brize. So that's twice a week. And then every Saturday, we have a flight from Chile, from Santiago to Punta Arenas and then the Falklands.

TRACY Wow. And just thinking about that flight back to the UK, do you get any assistance? Do they make it cheaper? I'm just thinking because I live in Australia, and some of the outback towns get a subsidised flight into Brisbane to do the shopping or whatever a couple of times a year. Do you get that? Is that one of the benefits of living in the Falklands?

ROXY If you are just coming in as a visitor, then it's about £2,500 return, but the Falklands government reserves, I think, about 12 seats per flight for local residents or people coming in for work, things like that, and that's £1,500 return. So yes, we do get subsidised by the Falklands government. To make it clear, it's not the UK government subsidising us. They don't subsidise us for anything.

TRACY Okay, cool. Now, let's talk a little bit about the cruise ships coming in. Most of the cruise ships come in and you've only got a specific period of time ashore. It's a day maximum, really, by the time you get in, and then you've got to get back to your ship later on in the day. What would you recommend people do with that one day?

ROXY It is tricky because people do want to do everything, and I get a lot of enquiries from people saying they want to go to this place and this place and this place. I'm like, oh, the Falklands is a lot bigger than you realise, and there aren't proper roads to all of the penguin sites, so that adds a lot of time on as well. The other thing is people are quite laser-focused on wanting to see penguins, which I totally get, because they are amazing. But don't discount Stanley. I'd always encourage people to look around Stanley. It's not very big, and where people come ashore, you're on the main road anyway. On a beautiful day, you can't beat walking up that road. It's just stunning. So I'd always encourage people to walk along Ross Road and enjoy that. And particularly if they can get up to the Historic Dockyard Museum as well, that is well worth a visit. It's brilliant. You've got lots of sights around there, like the Liberation Monument and Government House, and lots of historical buildings. Also go into the cathedral as well. It's the world's most southerly cathedral, so it is rather special. And then try and get out to see some penguins and some other wildlife as well, like the elephant seals. They're just huge. They weigh a few tonnes. I never get tired of seeing them. They're just awesome beasts.

TRACY I think there might have been some when we came in on the tender boats. I'm sure there were a few of those elephant seals there.

ROXY They're the sea lions.

TRACY Oh, sea lions. I knew there was something big when we came in.

ROXY Yeah. Oh, they're nothing compared to the elephant seals.

TRACY Oh, really? I need to come back then, because I don't remember seeing any. I do remember seeing the penguins, which is a bit ironic, because you see so many penguins in Antarctica and you still want to see more penguins. You do become a bit of a penguin aficionado, I would say. But I'm going to totally reflect back what you said, because the thing I wanted to spend more time doing was actually exploring Stanley. By the time I got back there, we didn't have a huge amount of time, and I really wanted to spend a bit more time looking around and taking a lot more photos. I didn't take as many photos or videos as I should have done either. That was the other thing I regretted. I was having a good look around and I was like, oh, I didn't take that much. But I was really interested, because it's actually the southernmost capital city in the world, apart from Wellington if you count it as an independent country. It's crazy how far south you are, like you say, when you've got that parallel with London. The weather was great. We were there in November, and it was a lovely day when we were there. I don't remember it being that cold. It was probably cold when we were standing looking at the penguins, and I do remember it being a bit breezy, but it was actually a lovely day. So you're talking about that peak time when people arrive. We're heading into the summer season, we're in the Southern Hemisphere. So what's the best time to visit, would you say, month-wise? November, December, January, February, is there a big change in the weather? And what should people think about wearing when they come to the Falkland Islands? If they're on a cruise, they're probably going to be packed up with all the Antarctica gear. Are they going to need that?

ROXY This is the million-dollar question that I get a lot: what should I wear for a visit to the Falklands? And my answer is always layers, because we can have all four seasons in one day. It could be as high as 27 degrees Celsius, and it could be as low as 8 degrees Celsius. The wind chill is always the killer with our climate. Stanley is relatively sheltered, so that's really good for getting away from the wind. But if you're going to places to see the penguins, you're going to be on the beach and more exposed, so you want those layers that you can put on. So layers are key. A lot of people think it's a really wet climate and that we get a lot of rain, but we actually get about half the amount of rain compared to the UK. So if it's raining here when you visit, you're very unlucky. If it's not windy, you're very, very lucky. It is windier in spring and summer than it is in autumn and winter. That's one of the reasons I love winter here, because you have a break from the wind, which is nice. So be prepared, and make sure you're wearing sun cream as well, because we have the hole in the ozone layer. I think it has actually healed and repaired itself a bit, but it's still thin. It's above us, so it is very easy to get sunburnt here, and you don't notice the strength of the sun because of the wind.

TRACY No, that's right. I do remember a little bit of wind, but more so when I was outside of Stanley, when I went to see the penguins. It's the usual UK advice, isn't it? Dress like an onion, because you never know when you need to peel the layers off.

ROXY I like that.

TRACY That's the way to do it. So most people will come in on a cruise ship. If people do fly in, can they hire a car? Or even if you come in on a cruise ship, can you hire a car for a day and take yourself around? Or is your best option to just... do you have a taxi service in the Falklands?

ROXY Yeah.

TRACY How does that work?

ROXY We have several taxi services, yep, and there are several places you can hire cars from. You don't have the big brands like Europcar or Avis. We don't have any big brands or chains here. It's all independent people and companies. So yes, you can hire a car. The only problem, particularly if you're coming on a cruise ship, is that you need permission from the landowner to go to most of the penguin sites, because they're all privately owned. If you visit York Bay, Gypsy Cove or Rookery Bay, which are all near Stanley and all have penguins on the beaches, that's all on common land owned by the Falkland Islands Government, so anyone can visit those. As soon as you get out of Stanley, it becomes privately owned, and you need to get permission. So it's much easier to take a tour to those places. And if you're visiting the spots close to Stanley that I mentioned, it's easier to just get a taxi, or we have a hop-on hop-off bus, so you can get on that as well.

TRACY That's cool. And you've got hotels, I'm guessing? B&Bs or hotels?

ROXY Yep. Plenty of hotels, B&Bs and different lodges. If anyone's flying in, I always recommend that they go to one of the outer islands, or to West Falkland as well. There are lodges and self-catering houses on loads of them.

TRACY Yeah, I was going to say, when you think of the Falklands, it's an archipelago. There's not just one island. On the cruise we did actually go and visit a couple of the other islands. On one of them we went to see albatross, and on one of the islands there was just one couple who lived on it, which was amazing. Them, a lot of sheep and lots of albatrosses. It was crazy. I'm sure they enjoy the cruise season when everybody comes in, and I'm sure they also enjoy the time of year when it's just them, with that little island to themselves. But it was amazing. I can't remember the name of the man there, but he was saying he was a Falklander, I don't know how many generations. I guess to live that more isolated life, you definitely need to be a hardier type of person, or really into the idea of it. I think I'd freak out. I need my shopping centre and my cinema.

ROXY Yeah, I couldn't live on one of the outer islands, or even on West Falkland. That's not for me. I'm a townie. I like having the option to go out to where there's nothing, but I like it in Stanley.

TRACY Yeah, I think I'd be with you for sure. Should we talk a little bit about the wildlife? When I think of the Falklands, I obviously think about penguins these days. You've got five different penguin species in the Falklands. So tell us a little bit about the best places to see them and

how close you can actually get to the penguins. And I'm guessing some of your tours cover this anyway.

ROXY Yeah. There are more penguin locations that you can get to, even on a cruise ship, than I could mention now. There are so many options. We are very spoilt. Most people want to see the king penguins, which are the tallest ones here, and the best place to see them is Volunteer Point. There are a couple of thousand there. It's incredible. I've been there, I don't know, a dozen times, and it still blows me away. Sometimes it literally nearly blows me away with the wind. It's very special out there. It's a bumpy, off-road adventure to get there. They are building a gravel road out there, which will make it a lot quicker to get there, but will take away some of the fun and the adventure of it. But it'll be good. So that's the main place people want to get to. And if anyone listening does want to go there, you need to book early, because they have visitor number restrictions, and they book up well in advance, sometimes a year in advance. I've got bookings for my company two years in advance already.

TRACY I can imagine. That was my first choice of penguins to see, the king penguins. Unfortunately I didn't see them because, as you say, it was fully booked. That was my mistake, because I didn't know what to do, and by the time I came to choose, it was a bit more limited with what I could do. So I agree. And I saw the photos from the people who did go and see the king penguins, and I was very jealous.

ROXY It's a very special place. But if you go to any of the penguin colonies, you're not going to be disappointed. Penguins are amazing. I don't get sick of seeing them. I get to a penguin colony with some tour guests and I'm like, well, welcome to my office. Mind the smell. They're brilliant. They're so funny, and each species has its own personality as well. They're so fun to just sit and watch. They're really entertaining.

TRACY They are. They're really cute, I have to say. Do you have a favourite species?

ROXY Southern rockhoppers, definitely. They're the smallest that we have here, and they have so much attitude. I just love them. Quite a while ago now, maybe 15 years ago, I was out on one of the outer islands with Falklands Conservation doing some conservation work, and I was there for 10 nights. We were working with the birds of prey there, the striated caracaras, and to get to them, you're in amongst the albatross and the rockhoppers. When we were there, they had all the rockhopper chicks, and if you got too close, the adult rockhoppers would literally walk right up to your feet, look up at you and shout at you. And they're this big.

TRACY That is so funny.

ROXY They're brilliant. They put you in such a good mood.

TRACY They've got a lot of attitude then. Tiny, but with attitude.

ROXY Yeah. And they scale the cliffs as well. All penguins make it hard for themselves. Sometimes you just wonder what they're thinking. Why did you choose this spot for your colony? Who thought that this was a good idea? But the rockhoppers and the macaronis really take the cake with that. They're up cliffs.

- TRACY** Unreal. They are really cute. The macaronis are also really cute. They're all cute, actually. They're just lovely to observe and spend a while watching, getting up, doing their daily business, walking around checking everything out, having little squabbles with each other, pinching stones off each other and all the other things they get up to. It is really funny. Though I was really sad, because I didn't realise just how the skuas in Antarctica, I don't know if you have those in the Falklands as well, come in and steal the eggs and steal the chicks. They're awful. I was like, no, this is just awful.
- ROXY** Yeah, they are brutal. They'll attack humans as well if you're close to their nest. When I was on this island, Steeple Jason, doing the conservation work, I had to have a stick in my backpack to stop the birds of prey coming to get us, but also to stop the skuas, because they will dive-bomb you.
- TRACY** Oh, I can imagine. So as well as the penguins, you've got a whole lot of fantastic birdlife on the Falklands. Aside from the penguins, what other wildlife should you be keeping an eye out for?
- ROXY** If you are going to one of the outer islands or to West Falkland, then hopefully you will see albatross. Unfortunately you can't see them within range of Stanley. So if you're coming in on a cruise ship only to Stanley, then you're not going to see an albatross, I'm afraid, unless you happen to see one flying past the ship. But they are incredible to see. The size of them is amazing. I hadn't actually seen one until I went to this island to do the conservation work, and there are about 120,000 breeding pairs there. So it went from never seeing an albatross to suddenly seeing about a quarter of a million. They're amazing. And like I said, the elephant seals are very impressive, and the sea lions, and you can see them within reach of Stanley as well. The other thing that I really love is the Falkland flightless steamer duck, which doesn't sound as exciting as penguins, but it's my favourite animal here. They are endemic to the Falklands, so you can't find them anywhere else in the world. As their name suggests, they are flightless, because they're big ducks. If you walk along the front road in Stanley, Ross Road, they're dotted all along the harbour and the seafront. And they have a very distinctive sound. I love it when I walk along the sea wall on Ross Road and I can hear them. It's just such a Falklands sound. So Falkland flightless steamer ducks are one to watch out for as well. They're beautiful.
- TRACY** I'm going to have to check my videos and photos now to see if I took any pictures of them. Otherwise, you're going to have to send me a picture so I can go, ah yes, I do remember seeing those. Now, we've talked a little bit about Stanley. It's the world's most southerly capital of a dependent territory. I was really impressed by Stanley. I really liked it. I thought I could probably spend a bit of time here. It just had a really nice feel to it. So if people are going to spend a bit of time in Stanley, what would you recommend they go and see? What about going for a drink or something to eat? Have you got favourite places that you'd recommend?
- ROXY** I would recommend going to the gin distillery, which is right by the jetty where you come ashore. It's a bright yellow building with a bright red roof, and they make award-winning gin. It's really nice gin. And up the hill from the distillery, you've got Falkland Beerworks, the local brewery, so I'd also recommend trying that out. They have a beer garden, so on nice days it's

a very nice spot to be. For food, I love Groovy's and also the Malvina House Hotel. Not to be confused with Malvinas, which you shouldn't use here, because it's very offensive. It's the Argentine name for the islands, and we say it's a make-believe place. We don't accept that name. But Malvina is a Scottish female name, so people are often very confused about why we have a place called the Malvina, but that's why. The restaurant there is brilliant. So those are my two favourite places to eat, and I would recommend either fish and chips, so typically British, or the local squid. Our squid is some of the best in the world and gets exported all around the world. In fact, if you're in Europe, there's a strong possibility that if you have calamari there, it's Falklands calamari. We supply about a third of the calamari to Europe, which is pretty impressive.

TRACY Wow. That is incredible. I had no idea about that. I love calamari, so next time I come, I'll have to try some.

ROXY Yes, definitely.

TRACY And what else? What about things to see when you're in the capital?

ROXY Yep. Like I said before, coming along Ross Road is really beautiful. If you walk along the sea wall and the promenade there, it's really lovely, especially on a nice day, and you'll see my favourite ducks as well. You'll pass so many historic buildings. There's Christ Church Cathedral, there's the Whalebone Arch, and of course there are supermarkets and souvenir shops there as well. There are many buildings from the 1800s, some of which one of my ancestors built. He arrived here in 1842 and he built what's called Marmont Row, so that's pretty neat. And you've got the Liberation Monument as well, which is for the British servicemen and the three British civilians who died in the 1982 conflict. You've got the Historic Dockyard Museum, Government House and the 1914 Battle of the Falklands Monument, all along that lovely stretch of road. I thoroughly recommend enjoying that walk. Take your time. I do walking tours as well. I don't do them for Lupin Tours, but you can book them through the ship's agent. They organise them, so I do walking tours for those as well.

TRACY Oh, that's very cool. And of course, you've got the red post box where you've been posting all your postcards around the world. You've built a large following on TikTok and Instagram, so talk us through that, and talk us through the postcards as well, because when I started writing the questions for you a couple of weeks ago, I think it was about 600 people who had ordered a postcard from the Falklands, but it's over 1,000 now, which is...

ROXY Incredible! Yeah, it's been crazy. The whole postcards and social media thing has all been a bit crazy. I had this idea ages ago that I wanted to start posting about life in the Falklands, and I had the accounts ready, but I wanted to go all in with it, so I hadn't really launched or done anything. And then when the Falklands got into the global spotlight once again, thanks to the Argentine football team and the stunt they pulled at the World Cup with the Islas Malvinas banner, my account just took off. I think I had about six videos on my account, a mix of some Falklands bits and some personal bits. But because my handle is Roxy in the Falklands, when people were searching for the Falklands, up I came. Within a week, I went from about 300 followers, who were basically just friends, to about 25,000. And I'm just about on 48,000 now. Then I launched on Instagram as well, which is on 12,000, and I put it

on Facebook as well, so that's three so far. It's just crazy. And then I had this idea with the postcards, because on my tours we give stamped postcards to all of our tour guests. I'd got a big old stack of them ready for this upcoming tourism season, and I thought, oh, this would be quite a fun thing to do. I'll see if any of my followers would like a postcard from the Falklands. I thought I'd send about 20 for free, and the response was huge. So I was like, okay, I need to carry on with this. I've sent out about 40 freebies, mostly to Falklands veterans, which has been really nice, to personally thank them for their service on each card. But obviously I couldn't cover the cost of all of them, so now it's properly set up and people are buying postcards from me. And today I wrote number 1,027.

TRACY Wow, that's incredible. I think it shows there's an interest in your life in the Falklands, and I think it's where we're moving to. We want to know what's happening in places that we may never ever visit and what life is like there. I think it's ever so important that we learn about other people's lives in parts of the world that we might never get a chance to explore. I think if more people actually did that, it would make the world a better place. What's wonderful is that people can access you through Instagram and TikTok and learn all about what life is like in the Falklands. Talking about the postcards, I'm looking at my noticeboard as we're talking, and I can see the postcard I sent myself from that same post box that I see on Instagram. You've posted all those amazing postcards to everybody around the world. So tell me, what sort of destinations are you sending all these postcards to? Where's the furthest away or the most remote place?

ROXY Oh, they're going all over the place. I think we're up to 42 or 43 different countries and territories. And they literally started arriving today. I've just had message after message after message saying, it's arrived!

TRACY Oh, that's amazing.

ROXY It's taken about three weeks. They've been arriving all over the UK today, so hopefully very soon the next lot, the further afield ones, will start arriving. I have sent one to a lady called Kelly Green who lives on Tristan da Cunha. We follow each other on TikTok, and one of my classmates was from Tristan da Cunha, so I've always had a real interest in it. It's another British Overseas Territory as well, and they're even more remote than us. They're the most remote inhabited island in the world. It's just amazing. So I'm really interested to see how long it takes the postcard to get to Kelly.

TRACY Oh, that'll be incredible, because it does take quite a while. I'm in Australia, and it did take quite a while for mine to arrive. I'd definitely been home for a few weeks before it turned up, that's for sure.

ROXY Yeah.

TRACY Now, we'll talk in a second about how people can follow you on social media, where they can find you and how they can order their own postcard from you. But I just want to wrap up a little bit about the Falklands for visitors. What would you say is the thing that surprises them the most when they arrive, or when they've been and explored a bit? What makes them go, wow?

ROXY The Falklands really surprises people, actually, because like you said before, most people are coming here on their way to Antarctica. Antarctica is the big focus for them, and they don't really know anything about the Falklands. They don't know what to expect. But they get here, and I've had so many people say to me that the Falklands was actually the highlight of their trip, which is really nice as a proud Falkland Islander. I think it's just got such a nice feel to it. It's relaxed. Everyone's really friendly. Stanley's got so much character, and it's so colourful. We really like our colourful houses. My house is bright white with a green roof, very typical. So Stanley's beautiful and colourful. And the fact that you can get so close to wildlife as well. Particularly with the king penguins, if you sit on the ground and stay nice and still, they will come up and peck at your feet. Technically you're supposed to stay about six metres away from the penguins, but if they come close to you, it would be silly for you to move, because then you would scare them. So if you just stay nice and still, they will wander on past. And you're usually on bright white sand beaches with the penguins, with turquoise seas and the mountains in the background. It's stunning. The landscape is really stunning. One thing people comment on is that we don't have any trees, which is true. We don't have native trees, but I always say that's great, because we don't have anything to block the beautiful views. You can see all the coastline, the beaches and the mountains. We have stone runs coming down the mountains, which are like rivers of stone, and they're pretty much unique in the world. They're very impressive. So people are always very pleasantly surprised by the Falklands. I think they come in with low expectations, or no expectations. They have no idea what to expect, and we're like, well, here you are. It's awesome.

TRACY Oh, fantastic. Absolutely fantastic. So if anybody listening wants to get in touch with you, follow you on social media or order that postcard... You'll be up to 2,000 or 3,000 soon, I can see this. You're going to end up buying up all the postcards in the Falklands, Roxy. You'll need to start printing them yourself. So where can our listeners find you?

ROXY I'm on TikTok, Instagram, Facebook and YouTube as Roxy in the Falklands. You can also find Lupin Tours on all those channels as lupin.tours. And if you'd like to order a postcard, it's postcard.roxyinthefalklands.com, and that'll get you to it.

TRACY Perfect. I'll put links to all of that in the show notes for this episode. It's been great catching up and chatting with you all the way in the Falklands.

ROXY Thank you so much for having me. I could talk about the Falklands all day. I just love it. That's what I always say to my tour guests: please ask me as many questions as you possibly can, because I will happily talk about it the whole day. It's just the best.

TRACY It's so lovely that you love the place you were born in and have your roots in, and that you want to share that with the world. So thank you so much for doing that.

ROXY Thank you very much.

TRACY And that brings us to the end of this episode. If Roxy has you looking at cruises that call at Stanley, or even that flight down from the UK, links to everything we talked about can be found at globaltravelplanning.com/episode107. That includes Lupin Tours, Roxy's social channels and where to order your own postcard from the Falklands. Don't forget, if you're

planning a trip of your own, our free Global Trip Planner is at globaltravelplanning.com/tripplanner. And if you enjoyed this one, please share it with a fellow travel lover. Until next time, happy global travel planning!

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