

The Brida Journal

Email : daily@brida.eu

www.journal.brida.eu

Week 22/2020

The journal for learners of English, by learners of English

Loire Living

The Virtual Traveller

The Kings Path. Walk the Royal Château route, hiking via the green Sologne Forest, to the famous Touraine Vineyards, a route enabling you to enjoy the richness of the Loire. An easy to moderate walk in one of the most beautiful parts of France.

DAY 1: BLOIS.

Discover the town with its handsome streets and its château offering a brilliant illustration of the evolution of French architecture from the Middle Ages to the 17th century.

DAY 2: CHAILLES – CHAUMONT SUR LOIRE: 18 Km

After breakfast take a short taxi ride to the village of Chailles where your walking route begins. The first day's walk takes you along a winding path through a forest passing through several small villages all built of the local white stone, tufa. The final part of the day's walk takes you along the banks of the Loire. If you have time on arrival, you may be able to visit the Château de Chaumont which overlooks the river Loire. This chateau was rebuilt at the end of the 15th and during the 16th centuries.

DAY 3: CHAUMONT SUR LOIRE – AMBOISE : 24 Km

The walk continues along the banks of the Loire, exploring some of the slopes and nearby plateaus before reaching the Forêt d'Amboise. You enter the Department of Indre et Loire in the district known as Touraine. At Amboise there is the opportunity to go around the chateau overlooking the Loire. You can also visit the Clos Lucé. This is a house where Leonardo da Vinci lived for a time.

DAY 4: AMBOISE – CHENONCEAU: 13 Km

Leaving Amboise, this short day's walk takes you principally through the Forêt Domaniale d'Amboise, and if you keep your eyes open you may see a good number of wild animals (deer, wild boar and birds). The shortness of the day's walk should give you ample time to enjoy an unhurried visit to the Château de Chenonceau and its gardens.

DAY 5: AMBOISE – VOUVRAY: 23Km

Take a taxi back to Amboise and from there walk to Vouvray and its world-famous vineyards and its celebrated white wine. Further walking through villages and vineyards takes you through Lussault and then Montlouis, famous for its tradition of producing “Pineau de Loire”, before returning to Vouvray and its wine-cellars which are dug out of the living “tufa” rock.

DAY 6: ROCHECORBON – VILLANDRY: 28 km

This is a 26,5 Km day’s walk which takes you across the town of Tours. You can explore the town following various marked pedestrian routes through the old quarters, but you can equally use public transport to get straight out of town to the Le Pont Sanitas to the south of Tours, where you can get on to the GR (long-distance track, way-marked in white and red). From the southern side of the town until you come to Savonnières, you will partly follow the cycle track known as the « Loire en Vélo » which goes all the way to Nantes. The track runs along the picturesque banks of the river Cher, where you can still see the old traditional boats (barges or lighters, with flat bottoms and cabins, known as “gabares”) moored, all the way to Savonnières. The final walk takes you through Villandry, where it is well worth stopping to visit the 16th century chateau, and its unique and famous gardens.

DAY 7: VILLANDRY – AZAY LE RIDEAU: 14 Km.

This final short day’s walk takes you to Azay le Rideau, which has a splendid Renaissance chateau on the edge of the river Indre.

[Listen to Text here.](#)

[Do activity here.](#)



Personal Trainer

I am a 27-year experienced top professional personal trainer. I am certified and have insurance. I have been training all type of clients with all type of fitness goals. I have been independent personal trainer for 15 years since 2005. Before that, I worked for fitness clubs and gyms as a personal trainer for 12 years since 1993

I competed in bodybuilding contests for 10 years in the past and I am still in great shape to inspire others. I can definitely help you to get you in shape because I proved it on my body. So, I am a living proof. Results are guaranteed. My training system is very efficient and effective you will definitely see the results. I am specialized in weight loss, toning, gaining muscle mass, size, cut definition, cardiovascular, cross fit training and stretching. I trained many clients so far: male, female, middle age people, actors, musicians, business men celebrities, politicians seniors, teenagers, models, athletes, bodybuilders, football players, swimmers, basketball players. They all saw the results. Besides, I have 15 years' experience to train senior people for their health and fitness. So, if you want to take care of your body and health regardless your age and without fitness background, I can definitely help you. I have been told by my clients and others that I am the best trainer in city not only because I am a champion bodybuilder or I am in top shape, but also I am friendly positive, good motivator, dedicated, innovator trainer. I have unique techniques which most trainers don't even know. I train my clients at their building gyms, home, outdoor at parks, I can travel to train you at your place and apartment building gym.

Wine Storage for sale

I'm selling my wine Eurocave because we are about to move out of the country.

I bought it 5 years ago, I am the 2nd owner, works perfectly.

It was built in 2005

I am very happy with it. Still using it.

Pick up only!!!! Need to be at least 2 persons to move it.

Capacity 125 bottles.

€550

Phone: 07.xx.51.96.41

[Listen to the text here.](#)

[Listen to the text here.](#) [Do Activity Here.](#)



Instabuy

Get paid to shop! Have a car? Earn €€€ delivering for Instabuy.

Instabuy is the North American leader in grocery delivery. Now in Europe, we strive to help make grocery delivery effortless, affordable, and accessible to everyone. Our technology gives customers access to their favourite stores online so they can order groceries from anywhere. Full-service shoppers receive these orders through an app on their smartphone, then shop and deliver groceries to the customer's door.

- Start earning quickly
- Shop on your schedule
- Shop and deliver the customer's order
- Get to know the community by delivering to new and familiar areas

BASIC REQUIREMENTS

- At least 18 years old
- Consistent access to a vehicle
- Consistent access to and ability to use a recent smartphone (iPhone 5 / Android 4.4 or newer)
- Ability to lift 20 kg with or without accommodation

ADDITIONAL INFORMATION

If you already provide services as a personal shopper or are involved in the grocery or transportation industries (such as a courier, driver, truck driver, professional driver, taxi driver, food delivery driver), you might want to consider shopping with Instabuy. We welcome interested individuals from an array of industries and backgrounds. Shopping on the Instabuy platform is great for anyone looking for flexible, seasonal, home-based, entry-level, weekend, weekday, after-school, or temporary opportunities.

[Listen to the text here.](#)

[Do the activity here.](#)



BBQ Marinades

Asian chilli marinade

Mix 4 tbsp **sriracha**, a chopped stalk of **lemongrass**, a grated chunk of **ginger**, 1 tbsp **palm sugar** and the juice of 2 **limes** in a bowl. Use to marinate salmon fillets or chicken before grilling.

Wholegrain mustard marinade

Mix 3 tbsp **grain mustard**, juice of 1 **lemon**, 2 tbsp **olive oil**, 1 tbsp **honey**, 1 tbsp **white wine vinegar** and 1 tsp **thyme leaves**. Use to marinate steaks or veg.

Spiced yogurt marinade

Put 250ml **natural yogurt**, a large bunch of **coriander**, 2 chopped **garlic cloves**, 4 **green chillies**, a small chunk of **ginger**, 2 tsp ground **cumin** and 1 tsp ground **coriander** in a food processor and whizz until smooth. Stir in 1 tsp ground **turmeric** and 1 tsp salt. Use to marinate lamb leg steaks or chicken fillets before grilling.

Chermoula marinade

Put the juice of a **lemon**, 1 tsp ground **cumin**, 1 tsp **smoked paprika**, a small bunch of **coriander**, 1 chopped **red chilli** and 2 chopped **garlic cloves** in a food processor and whizz, adding enough **olive oil** to make a marinade (about 4-6 tbsp). Use to marinate firm fish like tuna or salmon, or veg, before grilling.

Jerk marinade

Put 4 chopped **spring onions** in a food processor with 2 chopped **scotch bonnet chillies**, 3 crushed **garlic cloves**, a small, grated chunk of **ginger**, leaves from 6 **thyme sprigs**, 1 tsp ground **cinnamon**, 3 ground **cloves**, 2 tsp ground **allspice berries**, 3 tbsp **dark brown sugar**, 4 tbsp **groundnut oil** and half a cup of water. Whizz to a marinade. Use to marinate racks of ribs or whole bone-in chicken pieces.

[Listen to the text here.](#)

Brida Local

The Weather This Week In Brida

Monday, 25 May 2020. Sunny and a gentle breeze.
Highs 26° and Lows 16°.

Friday, 29 May 2020. Sunny intervals and a gentle breeze. Highs 26° & Lows 15°.

Tuesday, 26 May 2020. Sunny and a moderate breeze. Highs 28° and Lows 15°.

Saturday, 30 May 2020. Sunny intervals and a gentle breeze Highs 27° & Lows 15°.

Wednesday, 27 May 2020. Sunny and gentle breeze. Highs 25° and Lows 14°.

Sunday, 31 May 2020. Sunny and a gentle breeze Highs 27° & Lows 16°.

Thursday, 28 May 2020. Sunny and a gentle breeze.
Highs 25° and Lows 14°.



Brida Supermarket

Our special offers for this week.

Instant Coffee
300g, €4.50

Toilet tissue, white
10 per pack, €2.85.

Tomato Ketchup,
250 gr, €1.20.

Egg custard tarts,
2 per pack, €0.95

Medium free range eggs
12 per pack, €1.95.

No added sugar diet Cola
2 litre bottle, €0.75.

Trimmed green beans
200 g. €1.55

Original Bagels
5 per pack, €1.00.

Australian Merlot
75 cl. €2.95

Smoked rindless back bacon
10 rashers, 170 gr. €1.90

Diced beef,
450 gr. €4.70.

Indian Tonic Water
1 litre, €1.75

Honeydew Melon
€2.50

Rice Pudding
400 gr. €0.75

Oxtail Soup
400 gr. €1.99

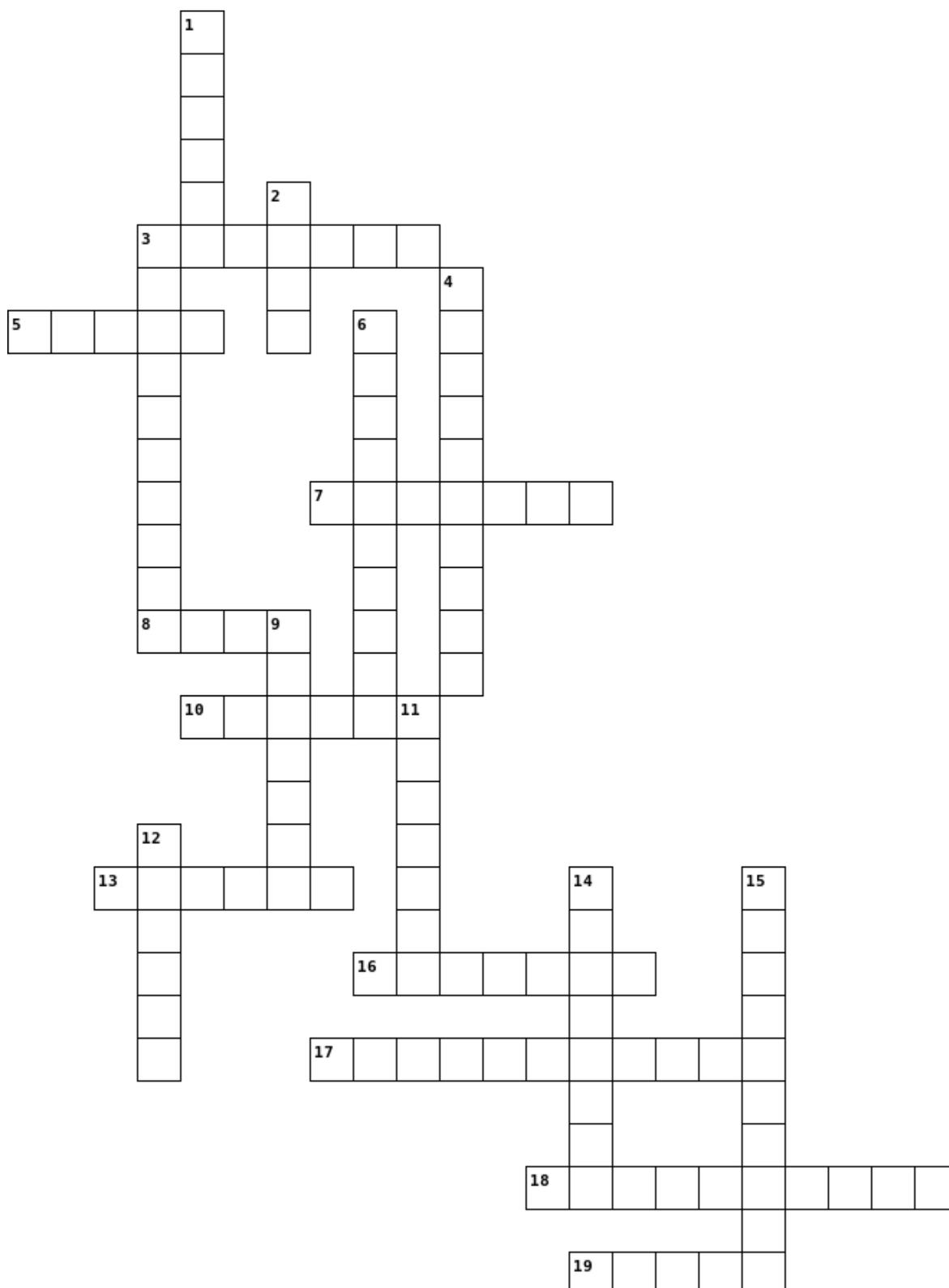
Offers while stocks last. Valid from May 25, 2020 to May 30, 2020.

[Listen to Text here](#)

[Answer questions here.](#)

Brida Gymnastics - Vocabulary

22.20 Crossword



Across

3. bring something to a person's home
5. extremely content
7. generic word for car
8. public transportation
10. royal homes
13. who you buy something from
16. 100 years
17. free
18. electronic applications
19. the longest river in France

Down

1. special way of doing things
2. going for long marches
3. French administrative area.
4. elected official
6. very fast ball game
9. when people motivate
11. discovering unknown places
12. room used to store wine
14. used to soak and flavour meat
15. modern mobile phone

Solution Crossword 21.20**Across**

2. Film
3. email
6. grocers
8. factory
9. watermelon
10. slice
13. carpet
14. stock
16. tradition
17. Baguette
19. Juice
20. puppy

Down

1. firecrackers
4. inhabitants
5. narrow
7. dimensions
11. chocolate
12. Behaviour
15. Mince
18. ugly

Play Brida, Learn English



The Brida Journal,
a journal
for learners of English
by learners of English.

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Brida is an educational platform to facilitate the learning of English.
www.brida.eu

The Brida Journal is an educational tool with the purpose of helping learners to improve their knowledge of English.
English teachers wishing to participate in the programme should contact me via email.

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Third Party Inspirational Sources

classifieds: gumtree.ie or gumtree.co.uk,

the supermarket: www.ocado.com

weather: bbc.co.uk/weather, (the city is Perpignan, France)

Chez Brigitte: olivemagazin.com.

The garden: Wenia Field's Gardening, published 1973 by Octopus Books.