# SOUTH AMERICA & ANTARCTICA

(\*) KEY LOCATIONS: Vilcabamba and Paraiso, Peru; Peruvian Amazonia; Tiwanaku, Bolivia; Undisclosed, Antarctica

#### **Key Terminology:**

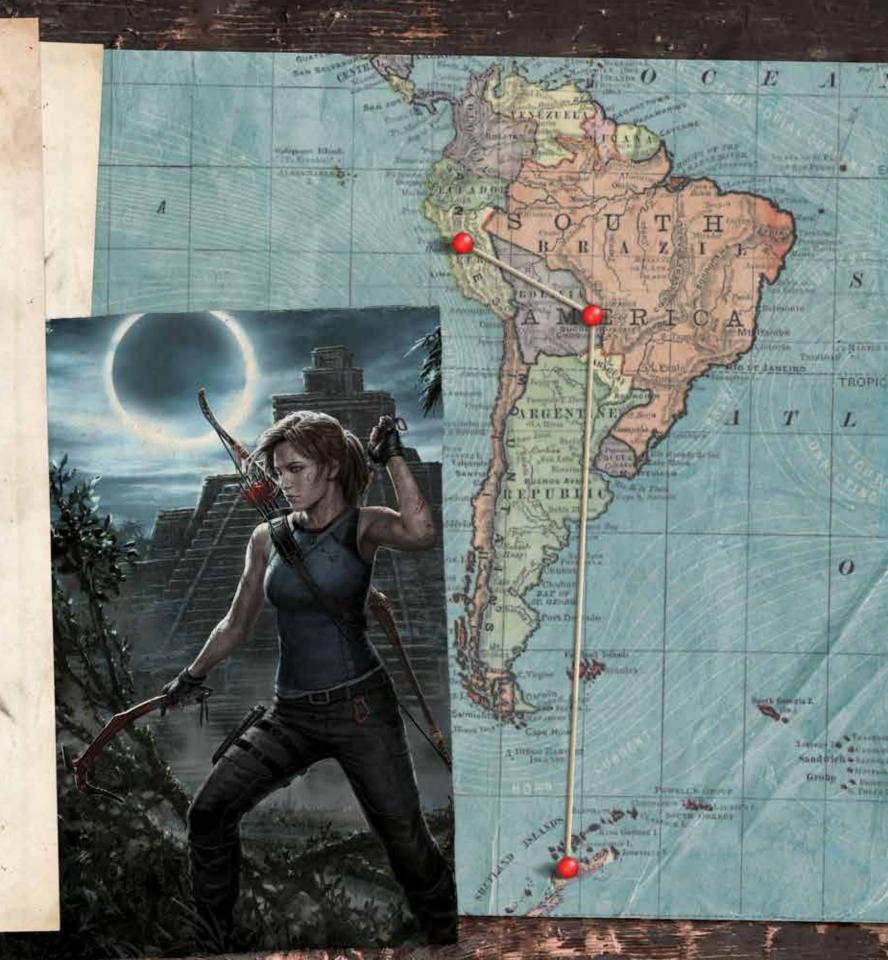
Please reference Page 8 for more important terminology related to the Americas.

- Antarctic Circle: The most southernly circle of latitude on maps of Earth, and home to the Antarctic region. Nearly all of the continent of Antarctic is in the Antarctic circle, and the only inhabitants are those of research stations by countries who are a part of the Antarctic Treaty.
- used to describe geographic locations where civilizations are thought to have independently emerged. Academically accepted Cradles of Civilization include the Fertile Crescent—birthing both Mesopotamia and Ancient Egypt—the North Indian River Plain, North China Plain, Mesoamerica's Golf Coast, and the Andean Coast.

South America is one of the most biodiverse destinations in the world and a continent of extremes. It is home to both the Andes Mountains, the longest continental mountain range on the planet, and the Amazon River, one of the longest rivers in the world. The Amazon River and its many tributaries form the Amazon Rainforest, the world's largest rainforest and home to an unimaginable number of plant and animal species.

The extremes continue: Venezuela's Angel Falls is the highest uninterrupted waterfall in the world; Lake Titicaca, straddling the border between Bolivia and Peru, is the highest navigable lake in the world; and Chile's Atacama Desert is the driest place on Earth outside the North and South Poles. Encompassing the entire tip of South America, Patagonia offers travelers the chance to traverse desert steppes, visit fjords, and climb glaciers. And this is all just found on the mainland continent—there is so much more to explore in the Southern Caribbean, the Galápagos Islands, and beyond.

In addition to its natural beauty, South America also has an extensive history of vibrant indigenous cultures and is home to some of the most stunning archeological sites in the world. The Norte Chico civilization (also known as the Caral Civilization) is considered one of several cradles of civilization and is the oldest in the Americas, thriving in the same period of the first dynasty in Egypt. Although they lived in a preceramic culture, their earthwork mounds and plazas are known worldwide. The Nazca culture emerged sometime around 100 BCE and left behind a stunning array of textiles, ceramics, and most uniquely their geoglyphs the Nazca Lines best viewed from high above the ground. The Inca Empire emerged in the thirteenth century and grew to be the largest empire in pre-Columbian America, spanning much of the Western continent before the beginning of Spanish rule.



### **TIWANAKU, BOLIVIA**

Bolivia helped usher in a new generation of Tomb Raider titles, serving as the opening and ending levels of Tomb Raider: Legend (2006). Players were introduced to Crystal Dynamics' Lara Croft as she ascended to explore the beautiful Bolivian ruins of Tiwanaku, intentionally doing so without proper climbing gear for the added thrill.



If you're eager to check out the real-world Tiwanaku, be sure to stop by the treasured Lake Titicaca on your way south. The massive lake is shared between Peru and Bolivia, and is believed to be the birthplace of the Inca Empire. The resort town of Copacabana is so famous you've likely heard at least one song about it, and travelers can take boat trips to Isla del Sol to explore ancient Inca ruins. The island is still occupied by more than eight hundred indigenous families who farm, fish, and augment income with tourism. Plan on a day-trip at a minimum to explore the island. It takes three hours to trek across Isla del Sol, but with more than eighty ruins to see you'll want to take your time. Remember that Lake Titicaca is at high elevation, so pace yourself with the hiking.

While Lake Titicaca was an important place for the Inca Empire, it is believed that other earlier cultures also lived on the lake, including the people of Tiwanaku. To see remnants of their capital, travel south to the Tiwanaku UNESCO World Heritage Site. It is a stunning example of pre-Columbian architectural structures, as well as one of the largest historical sites in South America. It is not quite what you'd expect after playing Tomb Raider: Legend (2006), however.

In Legend, Lara ascends a lush mountain side with waterfalls in a climate instead similar to the Yungas forest near La Paz. Tiwanaku is an arid. cold environment with little vegetation, but like in the game, it does boast an impressive pyramid. Tiwanaku is notable not only for its advanced agricultural technology and perfectly carved stones with ninety-degree angles—defying the limitations of the era's tools—but also for its unfinished buildings. The seemingly overnight disappearance of the inhabitants remains a mystery.

### **ANTARCTICA**

To explorers and historians, Antarctica is notable for many reasons, including being the last discovered continent in recorded history. No one country has a claim to Antarctica. Rather, the continent is governed by the innovative Antarctic Treaty. Established in 1959, the Antarctic Treaty is an emblem of international cooperation and establishes enforced principles over the region. An emphasis is placed on freedom of scientific investigation and non-militarization of the continent and the surrounding ocean. There are an estimated five thousand scientific personnel spread across over sixty national research facilities during peak summer months, but as few as one thousand remain during the winter. Over forty-five thousand tourists visit Antarctica each year.



In Tomb Raider III (1998) Lara Croft follows a trail of extraterrestrial artifacts littered across the world. Eventually these artifacts point her to Antarctica, where she uncovers a massive Meteorite cavern. Interestingly, the majority of meteorites found in the world are collected in Antarctica, for a variety of reasons. Most notably, their dark colors clearly contrast against the ice and snow, which doesn't usually feature naturally occurring rocks. Also, the desert-like conditions of Antarctica keep the rocks from eroding as they do in other parts of the world. When conditions are right and the top layer of massive ice sheets evaporate, older ice with fresh access to meteorites is exposed.

If you plan on following Lara's icy footsteps, prepare for an average temperature of -56°F/-49°C and severe wind chill. At nearly twice the size of Australia, Antarctica is a beautiful, hostile, and mostly desolate icescape. But those that make the journey will have the opportunity to view breathtaking sights, including glaciers, volcanos, and entire islands filled with penguins.

Lara crash-landed on Antarctica via helicopter. This is obviously not the recommended approach, though the real-world methods are not without risk. The most common route for tourist expeditions is through the Drake Passage, named after the famed explorer Sir Francis Drake. Powerful currents converge from three different oceans at the Drake Passage, resulting in waves reaching over sixty feet in height. During the early age of exploration, these conditions made the passage one of the most deadly sea voyages in the world. Luckily, modern maritime technology has reduced the most dangerous part of the voyage to severe seasickness.

Cruises usually depart from Ushuaia, Argentina, and after nearly fifty hours at sea you'll get access to the Antarctic coastline. The most popular destinations including King George Island, the Lemaire Channel, Deception Island, Port Lockroy, and Paradise Bay. Once on the coastline, you can catch activities including viewing icebergs from a zodiac boat, exploring via kayak, seal and penguin watching, and even camping on the coast.

The less common travel method is flying to Antarctica, with flights usually departing from Punta Arenas, Chile. Itineraries can be challenging considering the limited number of flights. Chartered flights are usually only available via tourism packages and are frequently delayed due to the destination's harsh weather. The flying season is also slim—usually December through February. However, flying allows you to enter mainland Antarctica, including the South Pole—albeit at a hefty price.

Sadly, you won't leave Antarctica with an official stamp on your passport due to the unique governance of the continent. However, there are souvenir stamps that can be obtained from research stations to chronicle your travels.

Thank you to our South American travel guide and recipe consultants: Freddy T. of Lara Croft Peru, Jorge Fernando Salazar Perdriel



### PERUVIAN CUISINE

# **LOMO SALTADO**

Lomo saltado is a traditional Peruvian stir-fry combining marinated beef, tomatoes, and vegetables. "Lomo saltado" means "jumping loin" and represents the act of stir-frying the tenderloin used in the dish. It is commonly served with rice and French fries, an indicator of its hybrid origins. The wide array of potential ingredients and the presentation of the fries allows for great personalization of the hearty recipe. If you can't find an aji amarillo, substitute a yellow bell pepper and jalapeño pepper

#### **RECIPE ORIGINS**

Lomo saltado originates from Chifa, a culinary fusion invented by Chinese immigrants who settled in Peru around the turn of the twentieth century. Chifa fuses Cantonese cuisine with Peruvian ingredients and influences. Chifa creations such as lomo saltado have since become some of Peru's most beloved dishes.

PREP TIME: 70 MINUTES

COOK TIME: 50 MINUTES

TOOLS NEEDED: Deep pot or Dutch oven, for frying, Kitchen thermometer, Large wok or frying pan, Blender

#### **INGREDIENTS:**

1 pound (about 3) russet potatoes Vegetable oil, for frying

Salt and black pepper, to taste

3 tablespoons soy sauce

11/2 tablespoons white vinegar

3 cloves garlic, minced

2 teaspoons cumin

1 pound tenderloin steak

½ red onion, cut into thin wedges

2 plum tomatoes, cut into wedges

1 vellow chili pepper (aii amarillo. if available), stemmed, seeded, and sliced lengthwise

1 tablespoon minced cilantro

White rice, cooked

#### **DIRECTIONS:**

- 1. To make the fries: Peel the potatoes and cut them into ½-inch strips. Soak the potato strips in cold water for at least 1 hour, then rinse and pat dry.
- 2. Heat 3 inches of vegetable oil in a large, heavy pot to 325°F. Using a slotted spoon, place some of the fries in (enough where they are fully submerged and not overcrowded). Cook the fries for 5 to 6 minutes, then remove and set them on a paper towellined plate. Continue with all the fries.
- 3. Heat the oil up to 400°F, and cook each batch of fries a second time until they are crisp and golden brown (about 5 minutes). This will help make an extra crispy fry. Set on a paper towellined plate, salt to taste, and set aside.
- **4.** For the stir-fry sauce: In a small bowl, mix together the soy sauce, vinegar, garlic, and cumin. Set aside.
- **5.** For the stir-fry: Slicing against the grain, cut the steak into thin strips (about 1/4-inch thick). Salt and pepper the steak.
- 6. Heat 2 tablespoons of oil in a large frying pan or wok over high heat. Add the steak, and cook for 1 minute on each side or until browned. Make sure the steak has room in the pan to sear-if it's touching other pieces, fry in multiple batches.
- 7. Remove from the pan, and set aside.
- **8.** Add the onion to the pan, and cook for 3 minutes, or until the onions are browned and softened.

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One of the marvels of modern Europe is its interconnectedness—short flights between countries and comfy train rides can take you from one end of the continent to the other. Additionally, residents of the European Union benefit from passport-free zones in most EU countries, which streamlines the travel.

Lara didn't have to stray far from her native England to find adventure. Her many European exploits include boating through the Venice canals in *Tomb Raider II* (1997) as well as fighting lions in the Roman Colosseum and exploring the haunted isles of Ireland as a teenager in *Tomb Raider: Chronicles* (2000).

### **SURREY, ENGLAND**



Surrey, a county in southeast England, is home to the fictional Croft Manor. In the Tomb Raider universe, Croft Manor is a perfect place for Lara to prepare for her adventures—complete with a library, gymnasium, hidden trophy room, obstacle/assault course, ATV track, and hedge maze, along with the more common accommodations. Croft Manor holds a special place in fans' hearts since the series debut, and many Tomb Raider fans who travel to England seek out a Croft-like estate to visit.

According to the original Croft Manor level designer, Heather Gibson, the architecture isn't tied to a specific structure, but rather was inspired by common countryside aesthetics. That being said, fans have noticed some similarities between Croft Manor and Compton Wynyates, a Tudor-period home located in Warwickshire, England. The estate is a private home, so it isn't open for visitation. There is an alternative stop in Surrey, found in King Henry VIII's Hampton Court Palace. A stunning Tudor complex with equally beautiful grounds, fans will enjoy the garden maze in particular.

Moving out of Surrey, Hatfield House in Hertfordshire has served as the new facade for Croft Manor starting

with the first *Tomb Raider* (2001) film starring Angelina Jolie. A beautiful Jacobean structure, Hatfield House was completed in 1611. It is one of the ten palaces, houses, and castles that make up the Treasure Houses of England, a consortium of estates geared toward tourism.

Tours of the house are a must, with highlights including the Marble Hall, Grand Staircase, King James Drawing Room, the Long Gallery, and the Armory. There is also a massive library with over ten thousand books ranging from the sixteenth century onward. Each room houses art and artifacts that are treasures in their own right, such as the Rainbow Portrait of Queen Elizabeth I.

The nearby Old Palace, built in 1485, showcases beautiful medieval brickwork, and the garden walks are equally stunning; the famous East Garden in particular is full of meticulously groomed topiaries.

Hatfield House welcomes visitors on a seasonal basis, so be sure to check the calendar before you plan your trip. Located twenty miles north of Central London, it's an easy commute by bus or train, disembarking at the Hatfield Railway Station.

### **LONDON, ENGLAND**

The capital of England and the largest city in the United Kingdom, London is a massive metropolitan area full of popular tourist spots. In *Tomb Raider III* (1998), Lara manages to find a few unusual locations while searching for an artifact known as the Eye of Isis.

Lara starts her London adventure in Thames Wharf, but doesn't spend much time at ground level. She's mostly seen zipping around the city rooftops with the beautiful dome of St. Paul's Cathedral in the background. If you're looking for a unique perspective of London, a safer alternative is one of the many Thames river cruises.



If it's a higher vantage point you're after, St. Paul's Cathedral offers a breathtaking view of London for those willing to put in the work. The cathedral is open all week except Sundays, and buying a ticket grants you entry to not only the church but also to the galleries of historical objects, tombs, and the domes high above. Make sure to stretch properly before climbing the 259 steps to the interior dome

and the Whispering Gallery, where the acoustics are impeccable. Climbing a total of 528 steps will get you access to the Golden Gallery and a view of the city that doesn't require rooftop access.

Next on Lara's itinerary is Aldwych Station, previously known as Strand Station when it opened in 1907. Located in Central London, Aldwych closed in 1994 due to dwindling usage, but has a seasoned history outside of transportation. It was used as a shelter for both people and art World War I and II, and is now used for filming movies such as *V for Vendetta* and *Sherlock*. Tours of the station are available, but they sell out quickly, so it's best to sign up for the waiting list via the London Transport Museum website. For those of you at home, you can also sign up for a virtual tour, which includes extra access and a Q&A at the end.

In the Lud's Gate level, Lara is off to visit the Natural History Museum to steal some embalming fluid for new friends she met in the abandoned train station. She proceeds to shimmy through ducts and open trap doors to gain access to an Egyptian exhibit. While the Natural History Museum is explicitly mentioned in-game, the exhibit is actually inspired by the world-renowned British Museum, which has over fifty thousand Egyptian objects in its collection. Despite the error, we still highly recommend a stop at the Natural History Museum to say hello to an old friend; the famous Dinosaur Gallery is home to the first T. rex skeleton ever discovered. Both museums merit a full day dedicated to exploring their labyrinthine galleries, but you can also take shorter tours to get the highlights if you're on a tight itinerary. Better yet, they are both free to visit, so they are perfect for budget-conscious travelers.

### **CORNWALL, ENGLAND**

Continuing her home-base adventures, Lara also explores the county of Cornwall in *Tomb Raider:* Legend (2006), located in the most southwest part of England. She is in search of a piece of the legendary sword Excalibur and finds it in King Arthur's tomb, hidden below a kitschy Arthurian museum.

Cornwall is a location where many legends of King Arthur were born, so it isn't surprising there are a number of dedicated tours available for travelers. The must-see stops include the castle near the village of Tintagel, where Arthur is rumored to have been conceived. This and many other local legends are subject to debate, as is the legitimacy of Arthur himself as a real historical figure. What isn't up for debate is the beauty of Tintagel Castle's ruins against

the stunning seascape. The stronghold was built in the thirteenth century, half on the mainland and half on a cliff jutting into the Cornish Sea. It was only in 2019 that a bridge once again united the two sections, which had been divided for five hundred years.

Cornwall also boasts other sites tied to Arthurian lore, including St. Nectan's Glen, where his knights were supposedly blessed as they departed in search of the Holy Grail. The aptly named Slaughterbridge is found nearby, rumored to be the place of Arthur's final battle. The nearby town of Camelford has also been tied to Camelot of legend, although that too is disputed. While the truth may be lost to time, Cornwall is an excellent place to brush up on your history of one of the most legendary figures of all time.

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### BRITISH CUISINE

# **BEANS ON TOAST**

LOCATION: SURREY, ENGLAND TILD: 4 SERVINGS

**DIFFICULTY RATING:** 2 OUT OF

Quick and hearty, beans on toast are a favorite for people on the go. Most people will tell you British baked beans from a can are the only way to go, but if you don't have access to them, you can make your own version from scratch and fancy it up with some shredded cheese.

Beans on toast happens to be classic Lara's favorite meal, as noted in her original bio from 1996. The preparation provided for this teatime dish is for a more complex and posh experience, while traditionally the meal is as simple as the name implies.

#### **RECIPE ORIGINS**

Although bean dishes such as beans and bacon date back to medieval England, baked beans originate from indigenous American cuisine and were adopted by English colonists during the seventeenth century. Prominent in the New England region of the United States, baked beans spread throughout the world over the preceding centuries until beans on toast eventually became a classic breakfast meal in the United Kingdom.

PREP TIME: 5 MINUTES

COOK TIME: 25 MINUTES

TOOLS NEEDED: Medium Pot, Toaster

#### **INGREDIENTS:**

1 cup vegetable broth

⅓ cup ketchup

2 tablespoons light brown sugar, packed

2 tablespoons tomato paste

1 tablespoon apple cider vinegar

½ tablespoon Worcestershire sauce

1 teaspoon kosher salt

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon black pepper

2 (14-ounce) cans navy, cannellini, or other medium white beans. rinsed and drained

1 tablespoon cornstarch

1/4 cup water

4 slices thick white bread

4 tablespoons (1/4 cup) salted butter

1 cup cheddar cheese, shredded

#### **DIRECTIONS:**

- **1.** Place vegetable broth, ketchup, brown sugar, tomato paste, vinegar, Worcestershire sauce, salt, garlic powder, onion powder, and black pepper in a medium pot, and stir. Mix in the beans, and bring the pot to a boil.
- 2. Lower the heat to medium low, and simmer for 20 minutes uncovered, stirring occasionally.
- **3.** Mix the cornstarch with the water, and pour into the pot while stirring. Cook for an additional 2 minutes or until sauce is thick.
- 4. Toast and butter your bread, and spoon the baked beans on top. Sprinkle on some cheddar cheese.

**LOCATION FEATURED IN:** Rise of the Tomb Raider (2015) **KEY LOCATIONS:** 

**ESSENTIAL EQUIPMENT:** Discovering Amelia's Tomb

Croft Manor





## INDIAN CUISINE **VADA PAV**

LOCATION: UNDISCLOSED, INDIA

Vada pav is a deep-fried potato dumpling encased in a bread bun. The vegetarian snack is native to the Indian state of Maharashtra, where it began as a popular street food and has since become a mainstay at restaurants across the country.

#### **RECIPE ORIGINS**

As with kati rolls, the creation of vada pav is widely attributed to a specific vendor. In this instance, Ashok Vaidya is believed to have had the first vada pay stall, positioned near Dadar railway station in 1966. The cheap and carb-heavy snack became a favorite of mill workers before spreading to the wider populace.

PREP TIME: 5 MINUTES

COOK TIME: 60 MINUTES

TOOLS NEEDED: Small pan, Blender or food processor, Large pot or Dutch oven, Kitchen thermometer, Potato masher, ricer, or a fork, Mortar and pestle or food processor, Large bowl, Whisk

#### **INGREDIENTS:**

#### DRY RED CHUTNEY:

6 cloves garlic

6 red chilies (mild ones)

½ cup dried coconut

½ teaspoon red chili powder

Kosher salt, to taste

#### **POTATO VADA:**

2 large russet potatoes

2 green chilis

6 cloves garlic

1 tablespoon vegetable oil

½ teaspoon mustard seeds

7 curry leaves (or fresh bay leaves)

1/4 teaspoon turmeric

2 tablespoons chopped cilantro

Kosher salt, to taste

#### **VADA BATTER:**

1 cup gram flour (also known as besan or chickpea flour)

1/8 teaspoon turmeric

½ cup water

Pinch of kosher salt

Pinch of baking soda

#### **ADDITIONAL INGREDIENTS:**

Oil for deep frying

8 green chilis, deseeded

8 pay or dinner rolls

Green chutney (see recipe on page 50)

Tamarind chutney

#### LOCATION FEATURED IN: Tomb Raider III (1998)

**KEY LOCATION:** River Ganges

**ESSENTIAL EQUIPMENT:** 

Quad Bike

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# JAPANESE CUISINE

# **OKONOMIYAKI**

LOCATION: TOKYO, JAPAN

**YIELD:** 2 PANCAKES

**DIFFICULTY RATING:** 2 OUT OF

Okonomiyaki are savory Japanese pancakes typically embellished with extravagant toppings. Preparation varies between regions, and many restaurants serve raw okonomiyaki ingredients as part of a cook-it-yourself experience. Unlike sweet pancakes, this hearty dish typically contains cabbage, yam, vegetables, and meat such as bacon, pork, or octopus, and is topped with pickled ginger, seaweed flakes, or Japanese mayonnaise. Okonomiyaki is derived from the word "okonomi," meaning "how you like." There are countless variations to this recipe, but this Osaka-style version is one of the more popular ways you'll see it offered in Tokyo.

#### **RECIPE ORIGINS**

According to the Heibonsha World Encyclopedia, modern okonomiyaki originates from crêpes that became popular after the 1923 Great Kanto earthquake. The crêpes were made using the limited supplies available at the time. The recipes evolved and expanded over time to include savory variants and were favored as a filling and inexpensive snack for children during World War II.

PREP TIME: 5 MINUTES

COOK TIME: 30 MINUTES

TOOLS NEEDED: Large mixing bowl, Large skillet with a lid, Spatula

#### **INGREDIENTS:**

#### SAUCE:

2 tablespoons ketchup

2 tablespoons Worcestershire sauce

1 tablespoon soy sauce

1 tablespoon oyster sauce

1 tablespoon granulated sugar

**LOCATION FEATURED IN:** 

**MEMORABLE MOMENTS:** Jumping across buildings on a

**KEY LOCATION:** Takamoto's party

motorbike

Tomb Raider: Legend (2006)

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#### PANCAKE:

1 cup all-purpose flour

1/4 teaspoon kosher salt

1/4 teaspoon granulated sugar

1/4 teaspoon baking powder

3/4 cup dashi stock

2 eggs

4 cups of cabbage, sliced into thin strips no longer than 3 inches each

4 green onions, sliced thin

2 tablespoons minced pickled red ginger

2 tablespoons vegetable oil, divided

½ pound sliced pork belly or bacon

#### **TOPPINGS:**

Japanese mayonnaise

Dried bonito flakes

Dried seaweed

Chopped green onions

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# POLYNESIAN CUISINE

# 'OTAI

LOCATION: UNDISCLOSED, SOUTH PACIFIC | TYPELD: 2 LITERS (4 SERVINGS)

| **MODIFFICULTY RATING:** 1 OUT OF 3

'Otai is a Western Polynesian fruit drink served as a refreshment during summer gatherings. Common fruit ingredients include watermelon, pineapple, and coconut, and are to be shredded rather than blended.

#### **RECIPE ORIGINS**

'Otai is generally attributed to the Kingdom of Tonga, a Polynesian country comprised of 169 islands. The ingredients used to make 'Otai are plentiful throughout the Tonga archipelago and the surrounding countries, such as Fiji and Samoa, where similar drinks are common.

COOK TIME: 10 MINUTES

INACTIVE TIME: 30 MINUTES

TOOLS NEEDED: Blender, Pitcher

#### **INGREDIENTS:**

1 (20-ounce) can crushed pineapples in juice

1 (13.5-ounce) can coconut milk

1 cup coconut water

Juice from 1 lime

Seedless watermelon (about 6 cups' worth)

#### **DIRECTIONS:**

- **1.** Blend the crushed pineapple and juice, coconut milk, coconut water, and lime juice until smooth.
- 2. Scoop the watermelon out into a large bowl and grate it, mash it, or shred it with forks until it's in small chunks.
- 3. Combine the blended contents, the watermelon, and the watermelon juice into a large pitcher and mix together.
- 4. Chill 30 minutes or until cold, then serve.

**LOCATION FEATURED IN:** Tomb Raider III (1998)

**KEY LOCATION:** Temple of Puna

**MAJOR ARTIFACT:** Ora Dagger

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