

feel EVERY MOMENT...

SOUL-STIRRING JOURNEYS FOR A NEW YEAR OF TRAVEL



Insider...

RECONNECT ON A DEEPER MORE JOYFUL LEVEL | BE INSPIRED BY CULTURAL RICHES AND SENSATIONAL SIGHTS | HARNESS YOUR BRAVERY
WITH EXHILARATING EXPERIENCES | IMMERSE YOURSELF IN ENRICHING ENCOUNTERS AND NATURE'S BOUNTY | WELLBEING AND
REJUVENATION THAT'S BEYOND SKIN DEEP | GOOD FOOD, FINE WINE: INDULGE IN THE LOFTIEST LEVELS OF LUXURY



It's not just a holiday, it's a feeling

Why do we travel? It's a question we pose all the time.

If someone asked you from a sun lounger in the Maldives, on a sky safari in Tanzania, or at the dinner table in Dubai, 'why here?', what would you say?

It can be tricky to pinpoint an answer, but trace the journey back to the moment the idea hit and it all becomes quite straightforward. We travel in order to feel something different. Where we choose to go will be informed by that, with the reality being even more rewarding as we feel an entire spectrum of emotions wherever we decide to journey. It may not even be conscious at the time, but when we're away from the hubbub of everyday life we can't help but be truly present. Breathing a little deeper and lingering a little longer to stir a smile, a sigh or a gasp.

This year, instead of a collection of our favourite lodgings, we wanted to bring you a selection of stories that tell of destinations that spark connections and provoke poignant reactions. Tales of unforgettable holidays that will excite all the senses and satisfy the principle reason we all roam: to feel alive.

When we travel in search of transformative experiences, it pays to feel every moment.



SOUL-STIRRING JOURNEYS FOR A NEW YEAR OF TRAVEL

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Good food, fine wine, and the loftiest levels of luxury; here’s to enjoying the finer things.



feel reconnected...

To feel that sentimental rush of nostalgia – wistful affection for days gone by – we must first have had the experiences to long for. Holidays offer the perfect chance to put loved ones at the heart of everything. Eat together, laugh together, swim, drink and dance; eat and laugh some more, because the feelings evoked by memories of life's simple pleasures are nearly always those which matter to us most.

There is nothing more special than spending precious time in an extraordinary place with your favourite people. Celebrate milestones, make forever memories, and cherish every second of your next holiday. Life's mundane moments, so fondly recalled years later, often become as meaningful as those that are magical initially. Reconnect with every generation of your family, with loved friends and with yourself, in luxurious hotels that understand how important your time is and exactly how to deliver the experience of a lifetime.

8-9 / MYTHS, MAGIC & MEMORIES

Connect over glorious stories new and old with One&Only Resorts

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Memorable, mouth-watering, made-to-order meals

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Travel to make the best kind of memories

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A classic South African city-and-safari duo

Myths, magic & memories

Bask in the modern-day marvels and ancient history of vibrant coastal cities then relax in paradise island retreats inspired by the sophistication, stories and traditions of centuries gone by.



Greece is a place with people at its heart. The spoken poetry of an age long gone, about families and friends, love and strife; these words resonate through the millennia and visitors to this ancient land return home feeling elated and energised, with their own bonds closer than ever. The Athenian Riviera in particular has an all-enveloping, nameless quality that has the power to unlock our emotions, with rugged, sleepy islands, cossetting villas, ancient monasteries, meals cooked with fire and ice, and spirited festival nights.

First, descend en masse to the **One&Only Aesthesis**. Glamorous Glyfada is close enough to Athens for trips to marvel at the Acropolis, Parthenon and other heritage sites, while also encapsulating the area's golden-age charm. Cultivate a sense of wonder in aspiring Attenboroughs by allowing them to explore the insectarium, go foraging for a forest dining experience, or gaze up at the stars with an astronomer. Next, board



Clockwise from left
A chapel on Kéa Island,
Greece; a pizza chef
at One&Only Le Saint
Géran, Mauritius; Riviera
Bungalow Suite at
One&Only Aesthesis,
Greece; the entrance
to One&Only The Palm,
Dubai; a villa bedroom
at One&Only Kéa Island,
Greece



a helicopter for an awesome 20-minute flight (80 minutes by boat) to Aesthesis' sister sanctuary: **One&Only Kéa Island**. Leave all troubles behind at the gateway to the Cyclades and focus on the matter in hand: spending precious time in a special place with your favourite people.

For those looking for contemporary culture with an invigorating dose of family escapism, you'd do well to twin Dubai and Mauritius. Tucked away on the West Crescent tip of Palm Jumeirah Island, **One&Only The Palm** offers a secluded, frangipani-scented contrast to the skyscrapers and superlatives for which Dubai is known. This quiet, low-rise, boutique-style hideaway has a charmingly calming ambience, although the ante is upped during the gastronomic dramatics you'll enjoy together at two Michelin-starred chef Yannick Alleno's STAY.

Fly on to the grande dame of the Mauritian hotel scene and a hotspot for Hollywood stars of the 1970s; **One&Only Le Saint Géran**. It's a place that, despite its opulence and exemplary service, feels like home; receptionist Preetham has worked here since the hotel's opening in 1975. Families can zip from the airport by helicopter, languish in villas with private pools and lush gardens, and trek with passionate, knowledgeable Mauritian Wildlife Foundation eco-rangers through protected nature reserves. Filled with broad smiles and pinch-me moments, these are experiences that bond and deepen lifelong relationships. ■



WHITE Beach Club,
Dubai's most luxurious
beach club, at Atlantis,
The Palm

A shared *experience awaits*

There's no time like the present for nurturing relationships with family and friends; cherish leisurely, laughter-filled meals, gasp-inducing adventures and fun nights out to remember forever. Jump feet first – together – into everything the world has to offer, satiating appetites and hearts by way of Michelin-starred restaurants and atmospheric meals to dream of.

Clockwise from right
Studio Frantzén at
Atlantis, The Palm,
Dubai; The main lawn
at One&Only Portonovi,
Montenegro; an
outdoor pool at the
spa at Bab Al Shams,
Dubai; drummers in the
courtyard of One&Only
Royal Mirage, Dubai



A Michelin-starred dish so good it rendered you speechless; the waiter who knew your names within minutes and had you all in stitches; that meal when you all ordered the same course and didn't regret it. Mealtimes punctuate and unite, signifying each new chapter of a holiday and reminding us to savour the present.

Raucous laughter and non-stop chatter are always a sign of a great meal and, in Dubai, dining matters. Not just the menu and the artistry of its creation; a unique, memorable atmosphere and special company are just as vital in a

land where food is the language of love. At *Atlantis, The Palm*, this is conjured up by the gastronomic wizardry of Nobuyuki Matsuhisa (of Nobu fame) and the FZN by Björn Frantzén tasting menu. At El Fuego's fabulous fiesta, acrobats and flaming hoop artists reign supreme, while at Ossiano, only breathtaking underwater views detract from the indulgent dishes.

At nearby *One&Only Royal Mirage*, guests luxuriating in The Palace suites might choose an exclusive, indulgent dining experience instead, during which the lively company of loved ones amplifies enjoyment of fine food; perhaps on the moonlit sands of a secluded beach, or in the comfort of a luxury villa, with a restaurant-hopping menu served by candlelight.

Connect even more deeply with local tradition by heading away from the city lights into the desert. At *Bab Al Shams, A Rare Finds Desert Resort*, guests are rewarded, ravenous after days filled with nomadic-inspired activities, with bespoke meals under the stars. At Al Hadheerah, theatrical, Arabian open-air dining has a supporting cast of dancers, musicians and camel riders. Heady aromas of flame-grilled seafood and hot mezze fill the warm night air, and tender lamb ouzi is cooked in the authentic, time-honoured way. This is the time to feast, together, on extraordinary moments that become the most cherished of memories.



Plates and hearts full

You'll always find love gathered around the dining table, though when it comes to food, sometimes there's just no escaping the fact that when some want sophisticated, others want simple. Some play for multiple courses, while others a light lunch. In Montenegro, the *One&Only Portonovi* makes sure that everyone will be won over, whether that's courtesy of a trolley of personalised cocktails, unforgettable Japanese bites, comfort food at La Veranda, high-end pizzas at sunset, or antipasti through to dolci at Sabia (where kids have their own menu). Raise a glass and make a toast. 'To family, friends and food – a recipe for holiday happiness.' ■



Remember when...?

Travel the world to make new memories together, in places that promise to surprise, spoil and thrill in equal measure.

All together now

Remember when your wide-eyed children caught sight of their Disney heroes, a moment they'd counted down to all year? A holiday to **Four Seasons Resort Orlando at Walt Disney World® Resort** – where having fun is the number one priority – will be full of unforgettable moments, for them and you. Gasp at the nightly firework extravaganza from the bedroom balcony; watch a movie in the family pool; have breakfast with Goofy and friends. You will never hear the end of it, and you won't want to.

For the ultimate in R&R, stay closer to home: the **Grecotel's Corfu Imperial** has mastered the art of pleasing guests of all ages. For starters, this peninsula is almost impossibly beautiful, in that mystical, olive-tree-speckled way, and has so much space that everyone can choose a beach – from four Blue Flag-awarded – for themselves. The ultra-luxe Villa Collection, with sparkling pools and private entrance area, includes a new penthouse, family suites and the Medusa Estate, which can be tailored as required. Younger ones will always remember learning to cook, and being inspired by watersports instructors; grown-ups will recount that time when they had a traditional dinner in Danilia Village where *The Durrells* and *For Your Eyes Only* were filmed.

Further south, in Crete, encircled by the glorious Mediterranean, **Daios Cove** bestows the gift of time on its guests (especially parents of little ones; the Creche Club baby-whisperers take babies from just four months). This calming hillside retreat has curated spaces to breathe, recharge and stay in the moment, whether that involves a bespoke spa ritual or poolside sundowners with live music. You'll always remember the songs they played, and why it meant so much.

This page from top
Grecotel Corfu
Imperial; Daios
Cove, Crete; Four
Seasons Resort
Orlando at Walt
Disney World®
Resort



This page from top
Bensley Collection
– Shinta Mani Wild,
Cambodia; Jumeirah
Muscat Bay, Oman;
Southern Ocean
Lodge, South
Australia

Just the two of us

Travel as far as you can to be immersed in experiential tourism of the most romantic, other-worldly kind. What will you tell folks back home about Kangaroo Island, Australia? That, here, **Southern Ocean Lodge** was spectacularly rebuilt above towering limestone cliffs, with ice-blue ocean waves thundering below? That you came face-to-face with koalas and frolicking fur seals, or that the labyrinth of caverns you explored were formed two million years ago?

At **Bensley Collection – Shinta Mani Wild** in Cambodia, conservation and luxury are again on equal footing. Daring duos can accompany rangers to check anti-poaching camera traps and board expedition boats to explore waterways. Only one thing can eclipse the architectural mastery of this camp – the design of its tents is said to be influenced by Jackie Kennedy's visit in the 1960s – and that's the ensemble of wildlife that surrounds it.

Elsewhere, be lured out of your comfort zone into a world of wonder at **Jumeirah Muscat Bay**, amid the majesty of the Hajar Mountains and Gulf of Oman. Snorkel with turtles, visit the breathtaking Dimaniyat Islands and surrender to the bliss of an 'Essence of Oman' massage with therapeutic frankincense oil. ■



The best of both worlds

Like cookies and cream, or Timon and Pumbaa, some things are just better when they're together, like a classic city-and-safari family adventure.



This page Tswalu Kalahari at night
Opposite page from top One&Only Cape Town; horse riding in the Tswalu Kalahari Reserve

Time seems to stand still at the top of Table Mountain, an illusion suspended only by joyful birdsong, wisps of cloud, and the sun's rays sweeping across the rugged peak. Families, arm in arm, gaze out, smiles as wide as the panorama before them, marvelling at the majesty of Cape Town below. Described by Sir Francis Drake as 'the fairest cape in all the world', this dynamic, beachside city has so much to offer – and, thankfully, no jet lag.

Take five days to explore together, with more than enough pastimes to please the whole clan. Venture along the Sea Point Promenade on cruiser bikes that delight big kids as much as small ones, before setting off on garden treasure hunts and – an absolute joy – penguin spotting. Rest weary heads at the luxuriously cosmopolitan **One&Only Cape Town**, where downtime can be spent in the Kids' Club or spa before family-friendly waterfront sundowners. Home to Reuben Riffel's first urban restaurant, guests can experience local flavour at Reuben's – South Africa's favourite chef is sure to tantalise your taste buds.

Now, if you've come all this way, you simply must take a quick (two-hour) direct flight into the wild, to a land of rolling dunes and red Kalahari sands; to **Tswalu Kalahari Reserve**, the largest of South Africa's private game reserves (and also malaria-free). A safari experience like this is almost beyond words; you'll never forget the wonder that swells inside



You'll never forget the wonder that swells inside at the first sighting of a rhino or black-maned lion.

as dawn breaks to reveal just-waking wildlife, the first sighting of a rhino or black-maned lion, nor the time an eagle-eyed guide slows to point out a pangolin or print in the sand.

Days here are spent indulging in bush picnics, nature walks and game drives; little explorers can learn how to track wildlife and make casts of their footprints. By night, eat local dishes by the campfire and share favourite moments under twinkling stars, then snuggle down to the mesmerising sound of the savannah. Here, time has a way of slowing down so that every holiday second counts. ■

TRAVEL NOTES

Ideal time:

10 nights

When to go:

November to March

Flight time:

11 hours 25 minutes
(London to Cape Town)

Ideal for:

Tween families

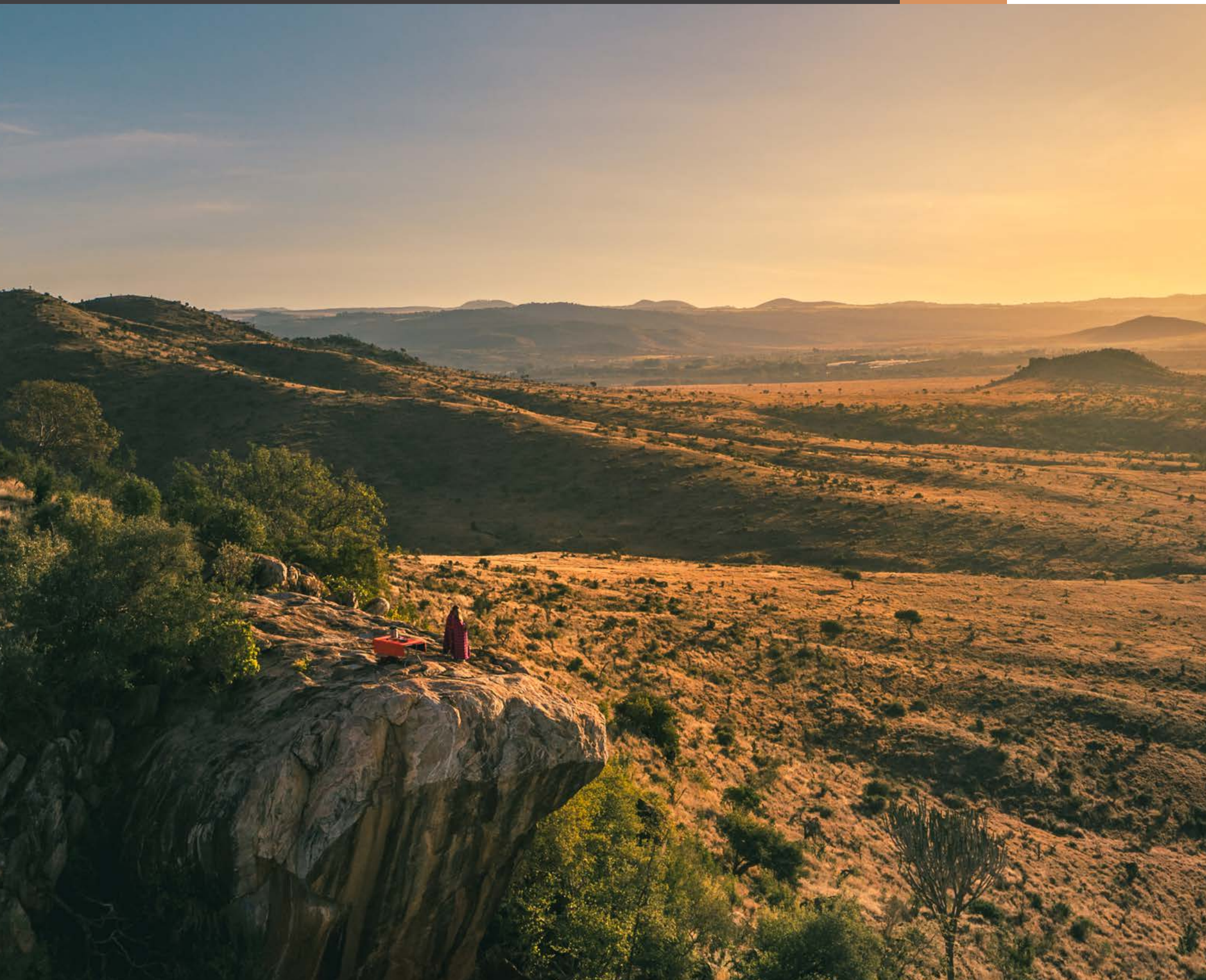


PINCH ME MOMENTS

Reach the top of Table Mountain by cable car and trek to Maclear's Beacon for an awe-inspiring view.

While away an afternoon at Kirstenbosch National Botanical Gardens, hunting for treasure between treetop canopy walkways and prehistoric cycad gardens.

Try to spot the five shy nocturnal species – the ground pangolin, aardwolf, armadillo, bat-eared fox and brown hyena – that often prove elusive elsewhere. Tswalu is one of the best places in Africa to see them all.



feel inspired...

Inspiration comes in many different forms but, despite shapeshifting from person to person and place to place, it almost always has a mind-altering effect. From dramatic skylines to cloudless horizons, these holidays will light the fire of curiosity and the promise of possibility within you, to burn long after you return home.

Take time to explore cultural riches, landmarks both ancient and contemporary, and landscapes that take in the glorious cerulean hue of the Aegean, the sweeping white-sand beaches of south-east Asia, and the incomparable tapestry of the Kenyan savannah. Learn about conservation, traditional local cooking, and time-honoured traditions; about Greek gods, Buddhism, and seizing opportunities. Go home with a mind more open, filled and fulfilled by memories of happy days, island-hopping, city-touring and knowledge-quenching. Leave nothing but footprints in the sand.

20-21 / **WHEN OPPORTUNITY KNOCKS**
Holiday in places where it pays to say 'yes'

22-23 / **THE SIREN SONG OF THE CYCLADES**
Greek island-hopping heaven

24-26 / **CALL OF THE WILD**
Be thrilled by spectacular safaris and local culture in Kenya

27 / **PARADISE FOUND**
In idyllic Indonesia, smiles are a shared language

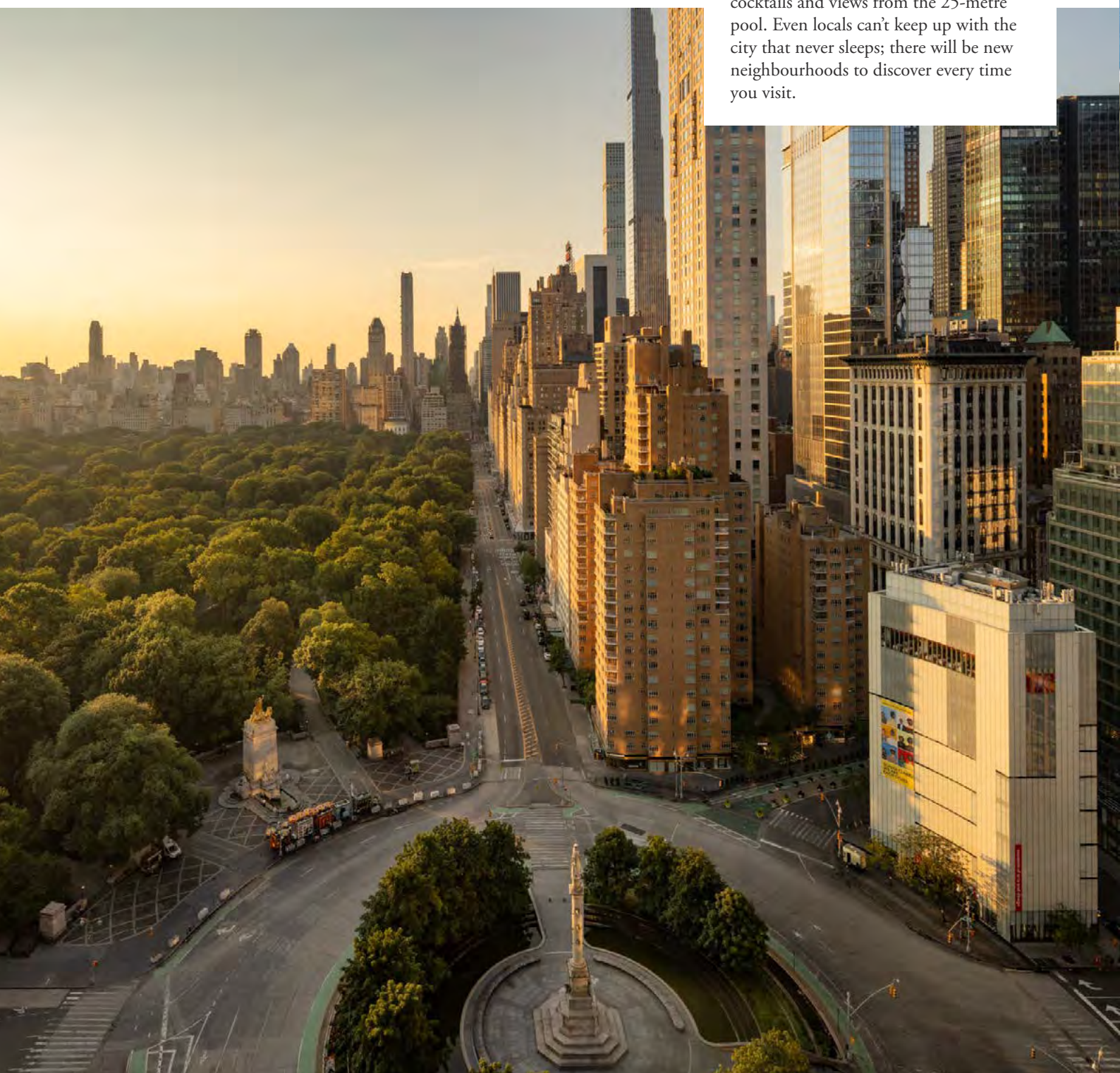
28-29 / **OPEN YOUR MIND**
The treasures of Thailand from city to coast

When opportunity *knocks...*

It pays to say ‘yes’ to everything on holiday, whether that’s sightseeing in New York, snorkelling and sundowners in the Caribbean, or socialising in style in Greece.

Take a bite out of the Big Apple

Where to start: with a bike tour of the city or a long walk along The High Line? A Nordstrom VIP shopping session, or perhaps live jazz in the Lincoln Center? A swimming lesson for little water babies, and a bar-hop between New York’s secret speakeasies for their thirsty parents? Do all this and more, courtesy of the **Mandarin Oriental New York**, ideally located at the union of Columbus Circle and Central Park, with larger-than-life marble baths, cocktails and views from the 25-metre pool. Even locals can’t keep up with the city that never sleeps; there will be new neighbourhoods to discover every time you visit.



Carpe diem in island heaven

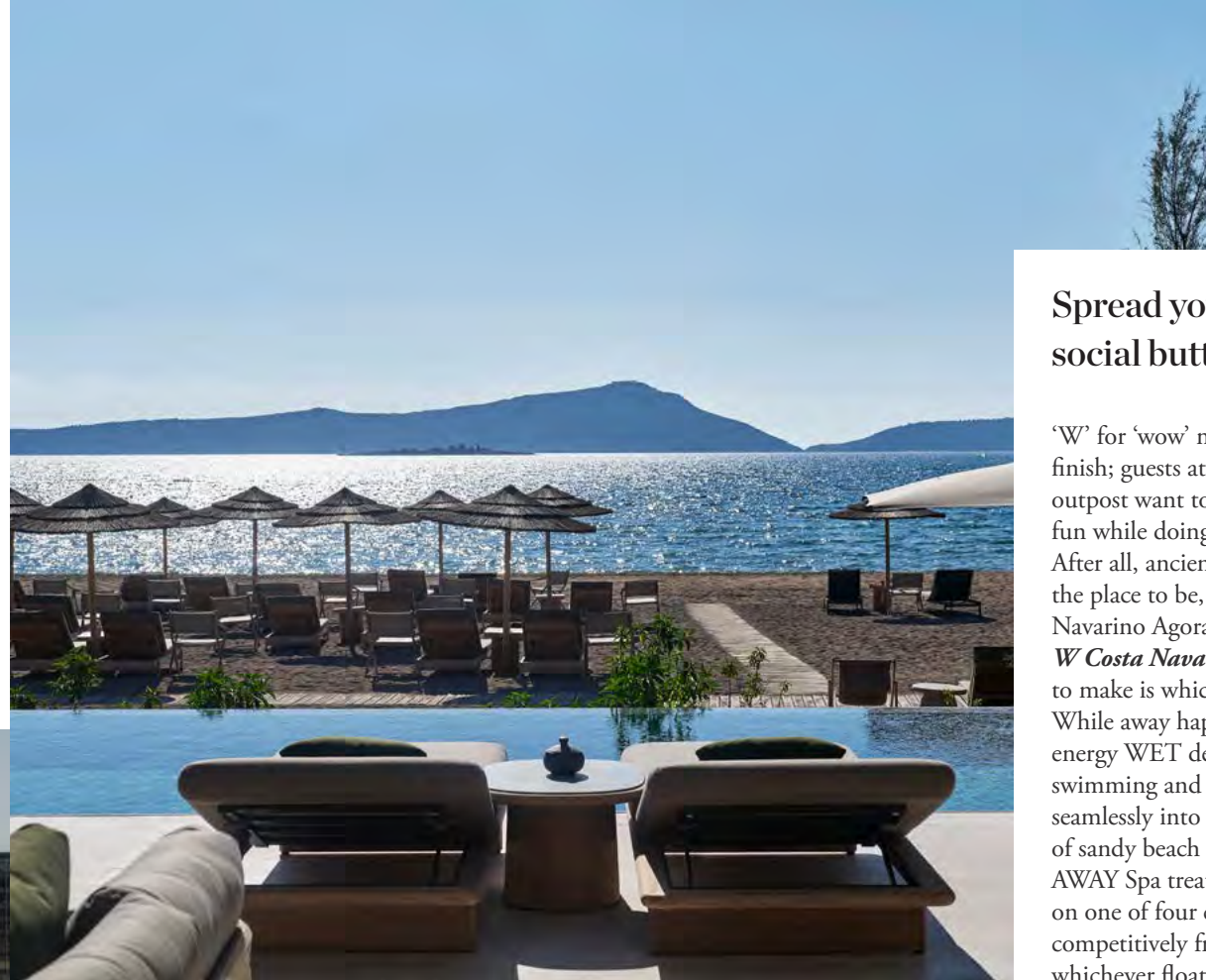
After **Peter Island Resort** was decimated by hurricane Irma in 2017, its owner dug deep. When life gives you lemons... five-star hoteliers seize the opportunity to modernise and reconfigure their charismatic, glamorous property. All but two of the rooms, suites and villas are now found on spellbindingly white beachfronts, on the British Virgin Island’s largest private island, amid lush greenery. There’s time to linger over emerald-sea swims, sun-dappled sand snoozes, cocktails and champagne picnics; and time to explore deserted coves, sports courts and the beautiful boats moored in palm-fringed Deadman’s Bay. Up for starting your day with a run around the resort’s five-mile loop? It’s not for the faint of heart, they warn, and you won’t forget the ‘hill’, but you certainly won’t regret it. ■

Left Sunrise as viewed from Mandarin Oriental New York Top The view from an Ewow Villa at W Costa Navarino Right Beachfront Bedroom at Peter Island Resort, BVIs



Spread your wings, social butterflies

‘W’ for ‘wow’ moments, from start to finish; guests at W Hotel’s first Grecian outpost want to see, be seen and have fun while doing both in serious style. After all, ancient Greek agoras were the place to be, and the effervescent Navarino Agora is no exception. At **W Costa Navarino**, the only choice to make is which ‘wow’ comes next. While away happy hours on the high-energy WET deck, lounging, laughing, swimming and unwinding, as day slips seamlessly into night, or on 450 metres of sandy beach with friends and family. AWAY Spa treatments, a round of golf on one of four courses, beach club beats, competitively friendly watersports – whichever floats your boat. Overnight ‘wow’ in the form of the crème de la crème of W’s villas (and a multi-gen family’s paradise). Located on the beachfront, it comes complete with its own bar, firepit and outdoor cinema. Wow.



The siren song of *the Cyclades*

Surrender to the bewitching charms and dazzling light of the Aegean archipelago: it's inevitable, when Greek island-hopping, history and hedonism go hand-in-hand.



The tiny island of Delos has a significance far mightier than its 1.32 square miles might suggest. To the ancient Greeks, this was the most sacred of all islands, where the sun god Apollo and his sister Artemis, of the night and moon, were born. Perhaps that's why the island's hypnotisingly mystical light has captivated visitors for millennia. Now a World Heritage site in the middle of the Aegean, Delos is encircled by the Cyclades, which each have their own unique stories to tell; an island-hopping holiday can reveal their secrets and be tailored to take in what inspires you most, whether that's art, history, fine dining, hiking, boat trips or all of the above.

Mykonos has a glamorous reputation as a hedonist's playground – with boutiques and trendy cafes to be discovered by day and lively bars and restaurants to be revelled in come sundown – but pockets of calm are easy to come by, if one knows where to look.

The sun-drenched *Panoptis Escape*, at the ridge of Elia Beach, has panoramic views from dawn until dusk, a gorgeously Greek boho aesthetic and a quiet serenity. Find the same, when you retreat after a day indulging in curiosity and sating a sense of wonder on a blue-domed, white-walled island, at *Grace Hotel Santorini, Auberge Resorts Collection*; a Polaroid is taken upon arrival, perhaps

PINCH ME MOMENTS

Romantic sunset beach picnic for two in Santorini.

Sea kayak exploration of the picturesque Parian coastline.

Private RIB transfer between islands (an optional upgrade).



Clockwise from far left
The architecture at Cosme, Paros; inside the spa at Cosme, Paros; a Deluxe Cave Suite at Gundari, Folegandros; inside a three-bedroom villa at Panoptis Escape, Mykonos, the view from the pool at Grace Hotel Santorini, Auberge Resorts Collection

capturing a gasp at the distinctive Skaros rock formation which the hotel faces, or the smile of someone truly relaxed.

Less well-known than its Cycladian sisters, Paros has a captivating, unspoilt authenticity, with sprawling golden beaches, glorious hiking trails and whitewashed fishing villages. In one of these, Naousa, can be found *Cosme*; the crescent-shaped swimming pool mirrors the shape of the bay and a star-gazing terrace promises to instil a childlike fascination with the night sky. Last, but certainly not least, on the island-hop itinerary is Folegandros, a 12 square mile gem in the gleaming Aegean with a lively backstory of Persians and Byzantines and Artemis-worshippers, and no fewer than 85 Greek Orthodox dimly-lit, incense-scented chapels. Explore, eat, hike, swim, drink and breathe in the heady scent of history on these enticing islands, indulging in whatever inspires you – rather like the Greek gods themselves. ■

TRAVEL NOTES

Ideal time: 13 nights

When to go:
Spring or autumn

Flight time: 4 hours
(London to Mykonos)

Ideal for: Couples and families with teens



Call of *the wild*

Kenya is renowned as the kingdom of the safari, home to the famous Big Five. Visitors to its spectacular savannah landscapes will bring home tales of much more, from sustainable initiatives to fascinating local culture.

A lion spotted within
Kenya's Borana
Conservancy

In the cool twilight of early morning, mist rising into warming air filled with squawks, hoots and chatter, it's a waiting game. The Jeep is still and silent. Seconds turn to minutes as peachy-pink sky slides slowly up from the horizon, like a theatrical backdrop being eased into place. Through binoculars, a glimpse: the long-awaited, endangered panther balancing with its hard-won prey, almost obscured by tree branches. You will be handsomely rewarded for patience on this revealing tour of Kenya's famed highlights and hidden delights.

After a couple of days acclimatising in Nairobi and visits to its giraffe sanctuary and elephant orphanage – the calming, charming *Manzili House* is the perfect resting place within this bustling urban hubbub – travel to

visit the tribes of the Maasai Mara, who are proud to introduce visitors to their traditions and savannah-specific skillsets. Curious children will be as thrilled by the 'Little Five' as the Big – challenge them to spot an elephant shrew or leopard tortoise – although, with the highest density of lions in the world, you're almost guaranteed to see those, too. *Cottar's 1920s Camp* is a base with an all-encompassing, authentic magic; luxurious safari tents (some for families), bush breakfasts, champagne picnics and sundowners with gold-standard Mara guides, in a place with the largest concentration of terrestrial wildlife on earth.

To make this a truly once-in-a-lifetime experience, go north and get your boots on the ground in the Borana Conservancy to see the lengths to which the teams ►



From top A room with a view at Lengishu; Manzili Ndoto House; a bathroom at Cottar's 1920s Camp



PINCH ME MOMENTS

Take a helicopter ride over the Suguta Valley.

Forage with a local hunter-gatherer who can introduce you to more than 300 plant species.

Join rangers on protected black rhino tracking and anti-poaching bush walks.

go to in order to protect endangered and lesser-known species, such as the rhino, oryx and striped polecat. Rest weary feet and heads full of facts at **Lengishu**, where the influence of its Scottish owners blends seamlessly with Maasai cultural references. In the surrounding 32,000 acres, you might choose to go on a horseback safari or take a tour of Pride Rock (yes, Simba's rock); an outing with Nissa, one of only 59 Silver guides in Kenya with more than 20 years' experience, is a must. Hopefully you'll spot one of those protected animals on an unforgettable trek. ■

TRAVEL NOTES

Ideal time: 11 nights

When to go:
June to October

Flight time: 8 hours
(London to Nairobi)

Ideal for: Lovers of nature and wildlife



Paradise found

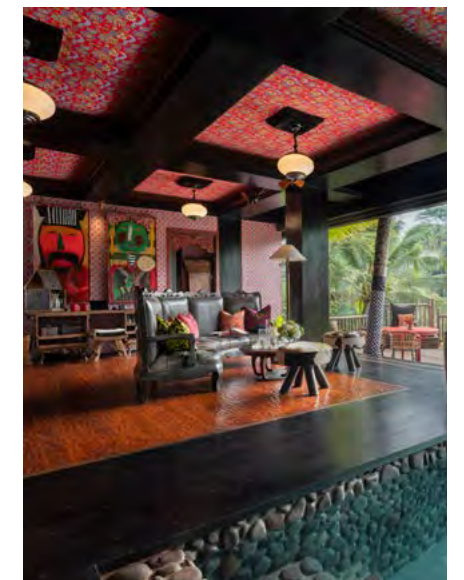
A symphony of islands and colours, an adventurer's playground, a place where pleasure and devotion hold equal sway; in Indonesia, a smile is the shared language.

Many flock to Indonesia – a rich, 2,000-mile long archipelago punctuated by soaring, craggy volcanoes, dense forests and postcard-perfect beaches – to find balance, and freedom. Holistic healers explore and cement their sense of self alongside coral-seeking divers and salt-specked surfers; festivalgoers revel in joyful religious celebrations, while appreciative craft-lovers admire handmade furniture and traditional textiles.

'You can feel the magic in Bali as soon as you arrive...', wrote author Elizabeth Gilbert, and hypnotising Ubud is at its cultural heart, in the mountains, surrounded by rainforests, rice paddies and Hindu temples. **Capella Ubud**

prioritises luxury, romance, adventure and inspiration in its Bill Bensley-designed tented camp, with saltwater pools and myriad trees; none were felled during Capella's creation. Seek solace in the sacred Wos River and satisfaction through dining, whether you choose the interactive Asian barbecue option or The Camp Fire.

While Bali's allure is irrefutable, those who have travelled here from the other side of the world should seize the opportunity to move on to Sumba, twice the size of Bali and affectionately known as the 'forgotten island'. **NIHI Sumba**, reached after a 50-minute flight and two-hour Jeep ride through undulating hills and palm groves, delivers laid-back, experience-led luxury in spades, as well as surfing heaven for every ability level. Villas have forest-clad bathrooms, four-poster beds and infinity pools housed under conical thatches. Experiences to inspire the culturally curious feature Marapu ceremonies led by animist priests, megalithic tombs and indigenous wildlife, while hearts will race during beach gallops or an ocean swim mounted on the resort's free-roaming horses. For younger guests, pony riding, baby turtle releases, jungle explorations, and off-resort tours cultivate a sense of exploration and freedom that will endure long after they leave this captivating corner of the globe. ■



Left Mandaka Sumba House
Above The Two Bedroom Lodge at Capella Ubud



Clockwise from left
Four Seasons Resort
Chiang Mai; the
Courtyard Suite
at The Siam, Bangkok;
a restaurant at Four
Seasons Tented
Camp, Chiang Rai; a
river excursion from
Four Seasons Tented
Camp



TRAVEL NOTES

Ideal time: 14 nights

When to go:
November to March

Flight time:
11 hours 30 minutes
(London to Bangkok)

Ideal for:
Couples and families
seeking authenticity

showcases the landscape around the city – lush greenery, rice terraces and the Suthep Mountains – as well as delighting with delicacies ranging from Peruvian to Indian, two pools, floodlit tennis, yoga classes and bikes for guests to borrow.

Of course, no Thailand-traversing journey can end without sand between one's toes so, to the province of Krabi for awe-inspiring R&R in the form of karst limestone formations, eerie sea caves and expanses of impossibly soft golden sand. Leave, having jumped feet first into the kingdom's classic sights and opened your eyes to its myriad of hidden delights. ■

Open your mind

Take in the classic sights and hidden treasures of Thailand, a country home to a host of natural and cultural wonders, with an allure that stretches from city to coast.

Bangkok is loud. Loud in every sense of the word, from vibrant Pak Khlong flower and vegetable day market, to neon night market lights, to the sound of tuk-tuks jostling for space, to the blasts of aromas fighting for attention as chatting crowds stroll down main thoroughfares and side streets. Soak it all in and allow the steadfast spirituality of the Thai people to seep into your bones.

For those who are desperate to see the famous sights and hidden treasures of this bustling capital city, but don't want to miss the joys of exploring paths less travelled (nor objectively epic beaches), a Thailand tour will open eyes, and minds, to it all. In Bangkok, call *The Siam* home for a few days, a calm urban haven on the banks of Chao Phraya River filled with vintage heirlooms and uniquely-themed,

enigmatically-elegant suites and villas. Here, experiences are designed to awaken the senses; join a Muay Thai trainer in the hotel's boxing ring and explore riverside temples and shrines.

Next: north, to the Golden Triangle, where Thailand, Laos and Myanmar (Burma) collide and where lush plantations, artisan textiles and hand-crafted jewellery abound. Retreat, after mountain treks and leisurely river outings on the Ruak and Mekong, to the enchanting *Four Seasons Tented Camp*; bed down in an inviting king-size bed after a swim in the outdoor pool and sundowners in the tub on your spacious veranda. The charming city of Chiang Mai – although it translates as 'new city', it was founded in 1296 – entices and impresses, with its ancient Buddhist temples, cooking classes and museums. The *Four Seasons Resort Chiang Mai*

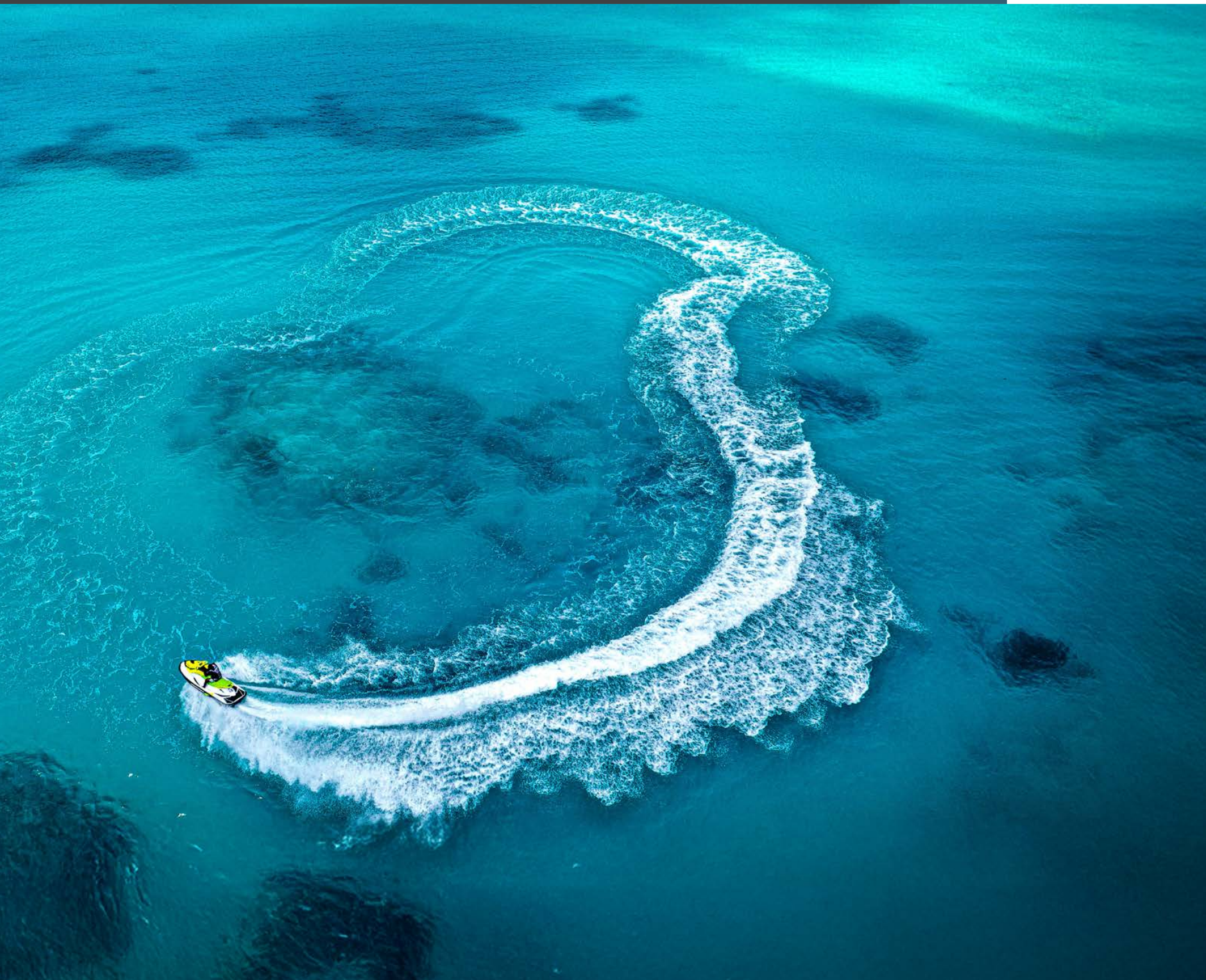


PINCH ME MOMENTS

Sail in a longboat to Phang Nga Bay's ancient caves to learn about its paintings.

Walk through treetops, 30 metres above the botanical gardens of Doi Tung mountain.

Learn authentic Thai recipes from a local family in the north of the country.



feel exhilarated...

'Exhilarating' is a very personal adjective; we all find entirely different things in life thrilling. One thing is certain; if you seek out experiences that deliver when it comes to personal joy, animation and elation, you can expect to have the most glorious, adrenaline-filled, jaw-dropping adventures.

Physical exertion for thrill-seekers is a guaranteed route to happiness on holiday. For some, that would involve carving down pristine slopes at dusk towards a lively, cosy bar; others will enjoy gasping in icy Arctic air as they exclaim at the first sight of a breaching blue whale; others will get a kick from jet-skiing in circles through warm sapphire water. Or it might come courtesy of majestic mountains looming into view on one of the world's most spectacular train journeys, or after your best-ever round of golf on one of Europe's top courses. Whatever you choose, get lost in the thrill of it all.

32-33 / ADRENALINE TO APRÈS
Spectacular skiing, Swiss fine dining and five-star spas

34-45 / COOL AS ICE
Arctic cruises where discovery and luxury share top billing

36-39 / SPACE AND TIME
The peerless landscapes of Canada's national parks and epic Rocky Mountains

40-41 / SURF AND TURF
Find the best kind of playgrounds for adults on land and at sea

Adrenaline *to après*

Come winter, thrill-seekers pack their gear and take to the mountains for spectacular skiing and superb spas.



Clockwise from this image
The town of Andermatt in central
Switzerland; the outdoor pool at
the Bürgenstock Resort; the central
courtyard of The Chedi Andermatt

If you're the sort of person for whom a holiday means excitement, dozing on a sun lounger likely holds little appeal. Chances are, you're looking to raise your heart rate, not slow it down. During the winter months, there's one glaringly obvious opportunity for adrenaline junkies like you: skiing.

There's nothing quite like it: carving through drifts that glisten like crystals; weaving between powder-laden firs; hurtling through a blanched landscape under a sky that's never seemed closer. Then you're momentarily overcome as, suddenly, a towering mountainscape, so beautiful and yet so imposing, draws into view.

Nothing settles the post-skiing buzz like retreating to an Alpine hotel – this elevated world balances contradictions like no other. **The Chedi Andermatt** is home to no fewer than 200 fireplaces, for example: with access to more than 180km of linked slopes and the Gemsstock glacier, days here are spent both off- and on-piste. When the outdoor gear is hung up, it's time for treatments ranging from hydrothermal therapies to restorative massages at the spa, which is home to a Tibetan-themed relaxation lounge, a 35-metre indoor pool and a 12-metre heated outdoor pool. Follow your spa visit with some serious Swiss fine dining (there's a fondue pop-up from December to April)



There's nothing quite like it: carving through drifts that glisten like crystals; weaving between powder-laden firs; hurtling through a blanched landscape under a sky that's never seemed closer.

or two Michelin-starred dining at The Japanese Restaurant. Come bedtime, make the most of deep-soak tubs in each room.

For a change of scenery, take the second half of your holiday in **Bürgenstock Hotel & Alpine Spa**,

a sanctuary cocooned within a wooded peninsula, a short drive from The Chedi Andermatt. This hotel knows how to bring you down from an adrenaline high with facilities that represent the pinnacle of design, craftsmanship and epicurean pleasures.

Swiss hospitality was practically invented here – Bürgenstock boasts a spa suspended 500 metres above Lake Lucerne; many restaurants, lounges and bars covering every cuisine; and innovative features like the Diamond Domes tennis courts.

Guests have access to the award-winning Bürgenstock Alpine Spa which has five pools and panoramic views over Lake Lucerne. In order to reach the chocolate-box city of Lucerne itself, guests board first a catamaran and then the historic funicular railway.

For scenes that look almost otherworldly, where spectral hulks of mountains are ever-present in the background, it's hard to beat Switzerland. There simply aren't many other destinations like it. ■





Clockwise from this image
Godafoss waterfall, Iceland;
kayakers from Seabourn Venture
explore southern Iceland;
Seabourn's Wintergarden Suite

Cool as ice

Get under the skin of Iceland on a Seabourn expedition that showcases the country's most jaw-dropping sights, while onboard a vessel that delivers discovery and luxury in equal measure.

Deep breaths, seatbelts on, rotor blades spinning. The windows fill with a perfect-as-a-painting panorama of Arctic mountains, fjords, sheep farms and ice walls on this flight, by helicopter, to the Qalerallit Glacier. Exploring this vast and awesome landscape is an experience that will shape you; you'll recall the sensation of treading lightly as you walk on Greenland's ice cap, part of the second largest ice sheet on Earth, forever.

Appetite whetted by this experience of a lifetime, be the first to sign up for a Zodiac ride alongside a polar bear-inhabited glacier or a double sea-kayak outing, two of the myriad activities possible in Iceland and its surrounding seas. Intrepid explorers must take to the seas to make the most of adventure in these hard-to-reach corners of the world; *Seabourn* cruises are as opulent and exclusive as they are intimate and engaging.

Its fleet of two boutique-size, ultra-luxury expedition vessels are decked out with all 21st century Arctic explorer kit, from snorkelling and hiking gear to custom built submarines.

On-board, enjoy world-class meals, yoga and meditation, sea-view fitness suites, and crystal-clear views thanks to the Swarovski binoculars in every suite. A 23-strong Expedition team made up of academics, scientists and general naturalists share their passion for glaciology and natural sciences through captivating talks. With no more than two guests per crew member, there's a convivial, members' club atmosphere. Everyone is brought together by a shared passion for exploration.

Seabourn is committed to interaction with the remote destinations visited, sustainability and respect for the people

who inhabit these regions. Unique, immersive shore experiences are an integral part of a Seabourn voyage, whether that's downtime on Iceland's volcanic shores, visiting Godafoss, the spectacular waterfall of heathen gods, or taking a hike up to the charming Hvanneyrarskál valley from Siglufjörður.

These are rivalled by at-sea excursions like the transit of the 60-mile Prince Christian Sound, under the southern edge of the massive Greenland Ice Sheet. With high peaks on either side, glaciers calve into the sound, and bearded seals can be spotted on floating ice. Remoteness is part of life for those at the Ikerassasuaq weather station, where ships enter, and the small village of Aappilattoq. A blue whale may surface, seemingly as curious as you about the details of the natural majesty that surrounds. ■



PINCH ME MOMENTS

Walk on Greenland's ice cap, part of the world's second largest ice sheet.

Take an optional submarine tour in an icy, underwater world like no other.

Visit Umivik Bay: in contrast to the sheer cliffs and rugged terrain presented by much of the coastline, here the massive Greenland Ice Sheet comes right down to the smooth shore in undulating slopes.

Space *and time*

Journey across the magnificent Canadian Rockies and through the country's national parks for spectacular landscapes, thrilling adventures and complete immersion in natural wonders.



A Rocky Mountaineer train with Mount Robson in the background, the highest point in the Canadian Rockies



Clockwise from this image
Stoney Creek Bridge, British
Columbia; Rocky Mountaineer
GoldLeaf carriage; Fairmont Banff
Springs; Lake Louise in Banff National
Park; a Canadian grizzly bear

On to Jasper, Lake Louise and Banff National Parks, where venturesome travellers will be handsomely rewarded by a host of adrenaline-boosting activities, from white-water rafting to hikes, canoeing and climbs with peerless views of turquoise-tinted lakes and craggy glaciers. Banff is great for thrill-seeking families, whether the kids fancy horse riding, heli-hiking or going in pursuit of a grizzly-sighting as bears emerge from hibernation.

Although all great things come to an end, have one final Canadian city fling. Famed for its western-style extravaganza in July, the Calgary Stampede sees the city celebrate its roots while showcasing thriving art and culture, boutique shops and a foodie scene that is often (unfairly) overlooked.

Before you leave, stride across the 11 sq km of the city's Nose Hill Park, breathe in the fresh air, and let that sense of space seep into your soul. ■



An expansive, joyful feeling of freedom pervades Canada, which is roughly the same size as the United States but with eight times fewer people. Visitors to this sprawling land are swept up in wonder, struck by a sense of immense possibility. Stay as long as you can to allow Canada's many charms to invigorate and elate. Start in Vancouver with a bike ride that takes in the indigenous histories of Stanley Park, grab a banh mi baguette in Chinatown, before boarding a train, but not like any you've boarded before.

The *Rocky Mountaineer* offers what is routinely voted the most spectacular train trip in the world. During this journey, you gape and gasp at the lakes, prairies and magnificent glacier-clad mountains that flash past, and above, thanks to glass-dome ceilings providing 180-degree views. Pause only to fortify yourself with Canadian five-star dining, including prime Alberta beef and award-winning wines, while knowledgeable hosts captivate travellers with stories about the indigenous people of each area.



TRAVEL NOTES

Ideal time: 11 nights

When to go:
May to September

Flight time:
9 hours 30 minutes
(London to Vancouver)

Ideal for:
Adventurous couples



PINCH ME MOMENTS

Take a bike ride along the 28km Seaside Greenway in Vancouver, the world's longest uninterrupted waterfront path.

Admire the surreal scenery on the Rocky Mountaineer's outdoor viewing platform.

Heli-hike in the spectacular landscape of Banff National Park.

Surf and turf

Does your idea of entertainment involve hiking or quad-biking? Are you like a duck to water when it comes to jet-skiing? For the traveller who can't stay still, these escapes are for you.



This page from left
The pool at Four
Seasons Resort Bora
Bora; Beachfront
Residences at
Sani Asterias, Halkidiki



Itchy feet: it's a good problem to have, as it tends to strike when you've reached your capacity for languishing by a pool. Although it's not exactly a hardship, restlessness isn't something you need to worry about with the luxury hotels of today, which cater to every sort of traveller – those looking for relaxation, and those in need of stimulation.

At sea

In French Polynesia, life revolves around the ocean. Similarly, at **Four Seasons Resort Bora Bora**, the water forms the lifeblood of the hotel – bungalow accommodations are designed with glass panels, allowing guests to see the marine life below, and the ultra-luxury Overwater Suites stretch into the lagoon. Guests feast on seafood enhanced by French influences and enjoy spa rituals like the 'deep sea purification' with detoxifying algae.

Visitors also get up close and personal with the waves in a suite of adrenaline-boosting activities ranging from jet-skiing and helmet diving to scuba diving, kite surfing and fishing. Sail in a racing catamaran or on a sunset cruise, or go night-snorkelling under a blanket of stars.

For water babies in need of a fix closer to home, the cerulean waters of the Kassandra peninsula, Greece, also offer aquatic opportunities. The villa-style residences of **Sani Asterias** in Halkidiki front their own exclusive beach and boast views of the marina. There are three watersports stations here to allow guests to enjoy the fruits of the Aegean, offering activities such as windsurfing, kayaking, waterskiing, wakeboarding and parasailing. You can also jump aboard the Jeanneau Sun Odyssey 35 for day trips on the green-tinged waves of the Mediterranean.

On land

If you haven't found your sea legs, these hotels offer a raft of land-based thrills. At **Four Seasons Resort Bora Bora**, you can hike the depths of caves and the heights of mountains or tear up the terrain on your own ATV (all-terrain vehicle). At **Sani Asterias**, guests can scale the climbing wall, try their hand at archery, or get stuck into five-a-side football at a sprawling sports centre. They can fly through the air on a zipline, go on a guided jog, and explore 10km of forest trails, home to flora and fauna unique to Halkidiki.

For a more leisurely pursuit, and a sport in the more traditional sense, golf is an obvious choice. It requires skill and strategy while being accessible for all levels. From pristine greens that boast the Casares mountains as a backdrop, to the satisfying sound of a well-struck ball on an 18-hole course, the greens at Andalusian hotel **Finca Cortesin** make the experience exhilarating.



Finca Cortesin's six acres of gardens, four swimming pools, and tennis and padel courts keep those who desire to be kept busy, busy. Guests can go horse riding, trekking and, in winter, skiing in the Sierra Nevada mountains. The hotel, nestled in a tranquil enclave near

Marbella, is less than two hours from the wonders of the Alhambra, the historic city of Ronda, and Malaga's museums, which get hearts pumping in a different way.

With these horizon-widening activities, itchy feet won't stay prickly for long. ■

Restlessness isn't something you need to worry about with the luxury hotels of today, which cater to every sort of traveller.



This page clockwise from top The courtyard at Finca Cortesin, Andalusia; the interiors at the same hotel; a bathroom of a Signature Residence at Sani Asterias, Halkidiki





feel enriched...

Holidays that can be summed up as neatly as 'five-star R&R' are simply delightful; others – those that involve immersion in local culture, exploration of landscapes both foreign and familiar, and engagement with the past – can be rather more complicated, often in the most life-enhancing and deepest of ways.

Take to the highways of America's west coast and feel as though the novels you've read and the films you've seen are coming to life. Take to the skies of Tanzania to get far more than the Big Five you bargained for; the song of the savannah will echo until you return. Take to the water in vessels big and small to truly understand the importance of the mighty sea to many a local community. Take in millennia of history, stories, myths and traditions in Italy and Greece; they simply cannot be surpassed in terms of the gifts they bestow on the curious outsider.

44-45 / THE ART OF TRAVEL

Connect with local life to feel the essence of a place

46-47 / HIGHWAY HIGHLIFE

An iconic Californian road trip

48-50 / A BRIDGE TO THE PAST

Discover why Sicily is the pearl of the Med

51 / CARIBBEAN COCKTAIL

Twinning the gems and quirks of Grenada and St Lucia

52-53 / UNCHARTED WATERS

Stealing into ports on an intimate yacht cruise

54-55 / TAKE TO THE SKIES

An epic Tanzanian safari like no other



Connect with neighbours

Puglia is home to whitewashed villages and gnarled olive groves, one of which you pass through to reach *Borgo Egnazia*, a family-run property which feels quintessentially Italian. Indeed, it could be mistaken for yet another picture-perfect village in the Itria valley. The hotel leans into it, immaculately showcasing this southern region. The surrounding centuries-old farmland screams ‘Puglia’, but Borgo Egnazia also facilitates experiences designed to allow guests to immerse themselves in local life: you can tour the region by vintage car, enrol in an olive oil tasting session, and trek the neighbouring landscapes.

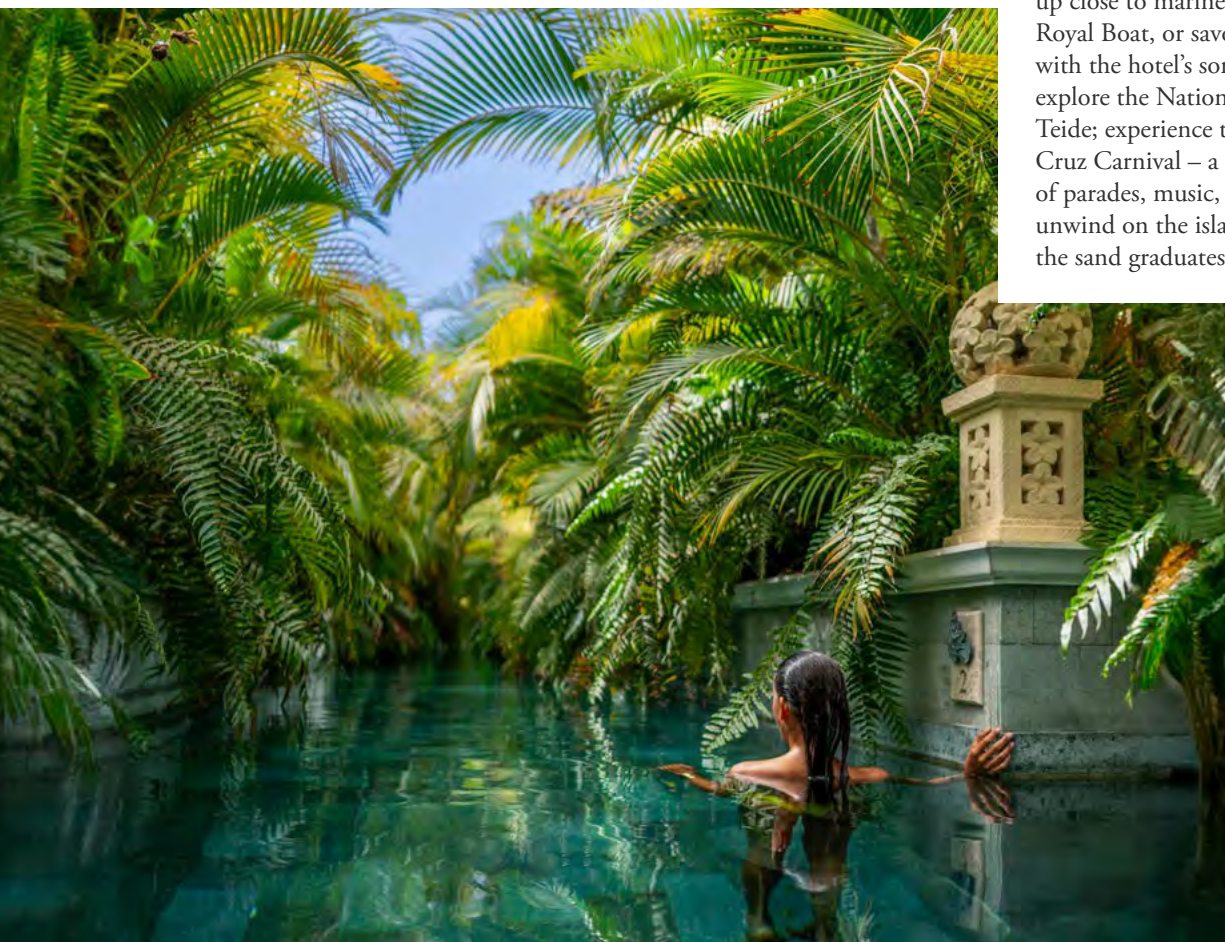
In Tenerife, *Royal River* is exploring innovative ways of unlocking the island. One of these is through design: the resort, a haven of pure luxury and tranquillity, is also contemporary and full of quirks, like the porcelain giraffe on the hotel’s roof terrace. Another way is through unforgettable experiences: get up close to marine wildlife aboard the Royal Boat, or savour Canarian wines with the hotel’s sommelier. You can also explore the National Park of Mount Teide; experience the vibrant Santa Cruz Carnival – a pre-Lent extravaganza of parades, music, and costumes; or unwind on the island’s beaches, where the sand graduates from gold to black.

The art of travel

Whatever your motive for experiencing more of the world, one of the most rewarding pursuits is to connect with the local way of life.

Travel shapes who we are, broadening our minds and allowing us to see the world from a different angle. You don’t need to go far to find these formative moments; you just need to look beyond tourist spots and

into worlds inhabited by locals. Seek out encounters and experiences outside of your everyday. This is when ‘holidaying’ becomes ‘travelling’ – when you can throw away the guidebook and feel the essence of a place.

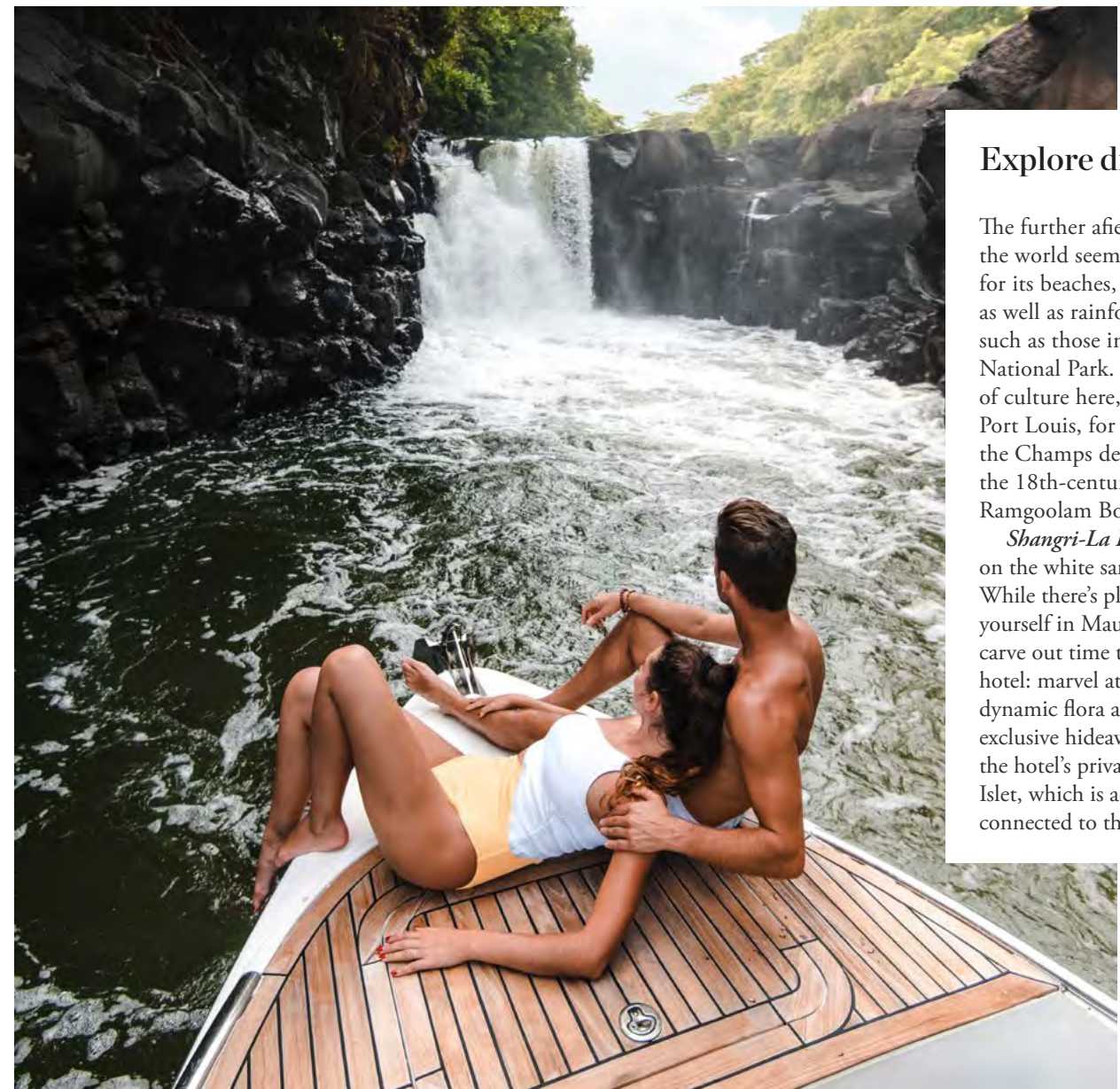


Clockwise from top left
Borgo Egnazia, Puglia;
‘Luxents’ at 91 Athens
Riviera; a waterfall
excursion from
Shangri-La Le
Touessrok, Mauritius;
River pool at Royal River,
Tenerife



If you’re looking for cultural escapades, you’ll struggle to do better than Athens. History merges with myth in the Greek capital, which is still dominated by fifth century BC landmarks, like the Acropolis. The adjoining museum preserves mind-boggling wares from the ancient world.

Despite Athens’ classical origins, the area’s hotel scene is breaking ground. The newest kid on the block is *91 Athens Riviera*, which has the USP of being a sophisticated glamping resort. This is about as far as it gets from camping in a field: safari-style ‘Luxents’, as they’re called, come complete with balconies and plunge pools. The hotel restaurant is partnered with Barbarossa, possibly Greece’s most iconic restaurant. Plus, the hotel shines in both summer and winter, with attractions that range from a beach club to a health club open all year round.



Explore distant lands

The further afield you travel, the bigger the world seems. Mauritius is known for its beaches, lagoons and reefs, as well as rainforests and waterfalls such as those in the Black River Gorges National Park. But there’s no shortage of culture here, too: the capital of Port Louis, for example, is home to the Champs de Mars horse track and the 18th-century Sir Seewoosagur Ramgoolam Botanical Gardens.

Shangri-La Le Touessrok is perched on the white sands of the east coast. While there’s plenty to do to immerse yourself in Mauritius, make sure you carve out time to kick back at this hotel: marvel at the sunrise, discover the dynamic flora and fauna, and experience exclusive hideaways like Ilot Mangénie, the hotel’s private island, and Frangipani Islet, which is accessible by a bridge connected to the mainland. ■



Highway *highlife*

Cruise through California's most iconic cities and landscapes, drinking in the dramatic delights of San Francisco, Big Sur and Los Angeles with the wind in your hair and a thrill in your heart.

I left my heart in San Francisco,' sang Tony Bennett. 'High on a hill, it calls to me / To be where little cable cars climb halfway to the stars.' The various gems of America's West Coast have been immortalised in many a lyric, novel and film, their creators drawn to the beaches and bridges, hills and vineyards, city heights and bright lights. San Francisco has serious soul, charming visitors with its Golden Gate

Bridge – in fact painted 'International Orange' – and pretty Painted Ladies, its Exploratorium, cable cars, and nearby winelands of Napa and Sonoma.

Drive 150 miles down the coast to the wild wonderland of Big Sur, which lends its name to a Jack Kerouac novel and songs by The Thrills and Jack Johnson; think beachside waterfalls, looming cliffs and the iconic Bixby Bridge, as depicted in the Nicole Kidman smash hit *Big Little Lies*. The romantic, secluded *Post Ranch Inn* is perched atop the cliffs; televisions are eschewed in favour of wood-burning fireplaces and decks with views that are out of this world. Occupy your time with everything from champagne breakfasts in bed and couples' massages to yoga, stargazing experiences and golf at the world-famous Pebble Beach nearby.

The hotel's award-winning cellar, which features more than 14,000 bottles, will whet appetites for Santa

PINCH ME MOMENTS

Go behind the scenes at Universal Studios Hollywood.

Take a tour of the off-the-beaten-track vineyards of San Francisco's wine country.

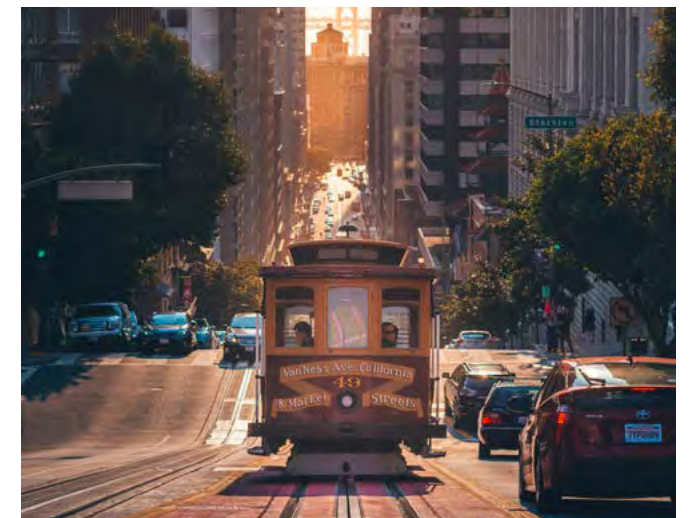
Board an eco-raft cruising the waters of Monterey Bay, spotting humpback, orca and blue whales.



Barbara, the next port of call, with a Mediterranean-like climate and soil perfectly primed for grape growing. Before you visit its incredible wineries and downtown Funk Zone, watch the cult-classic film *Sideways* – this cemented Santa Barbara's deserved place on the global traveller map. At *El Encanto*, *A Belmond Hotel*, expect gorgeous 1920s Cali-chic in suites and bungalows with rainforest showers. Within its landscaped grounds can be found a lily pond and a zero-edge pool.

Onwards down the iconic Pacific Coast Highway – although PCH trips off

the tongue far more easily and makes one feel more like a local – to Tinseltown, La La Land, the City of Angels: Los Angeles. The all-suite *London West Hollywood at Beverly Hills* is the place to stay, in a neighbourhood with a glitzy, vibrant reputation that precedes it: panoramic city skyline views, a rooftop pool with gorgeous cabanas, and Boxwood On The Roof for drinks and dining, a venue beloved by Hollywood stars. You'll leave the Golden State knowing exactly why its 'biggest fan' Joni Mitchell sang: 'Oh, make me feel good... California, I'm coming home'. ■



Clockwise from far left
Shops in Santa Barbara;
Bixby Bridge, Big Sur;
a tram in San Francisco;
a Garden Bungalow at El
Encanto, A Belmond Hotel

TRAVEL NOTES

Ideal time: 11 nights

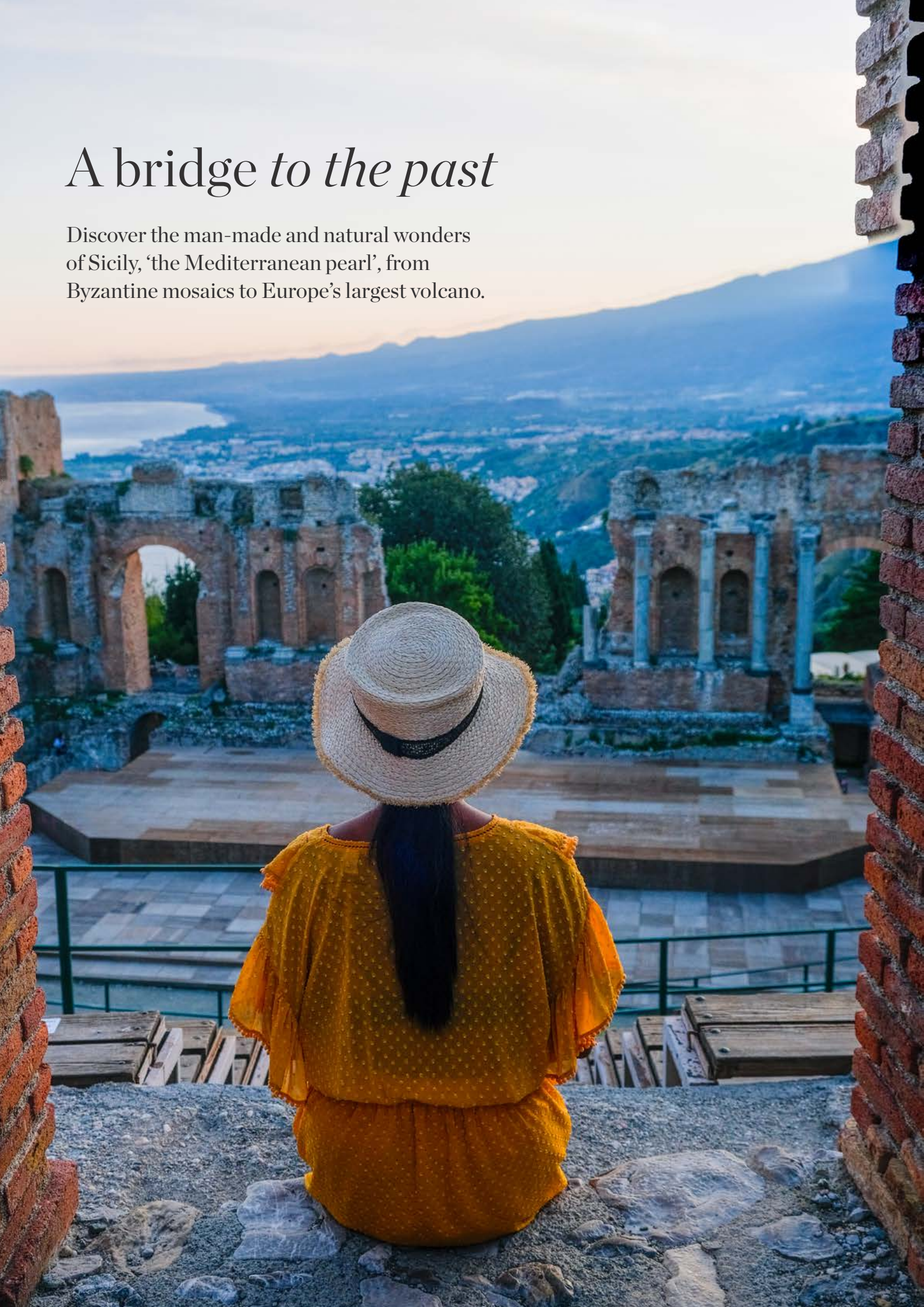
When to go:
April to November

Flight time: 11 hours
(London to San Francisco)

Ideal for: Road-trippers
and American dreamers

A bridge to the past

Discover the man-made and natural wonders of Sicily, ‘the Mediterranean pearl’, from Byzantine mosaics to Europe’s largest volcano.



Sicily, the Mediterranean’s largest island, is positively overrun with history, with reams of mesmerising architecture to match. Your trip here starts at the **Grand Hotel Timeo, A Belmond Hotel, Taormina**, which commands breathtaking views of Mount Etna from its elevated position. This hotel exudes a timeless glamour, from rooms and suites that recall the Sicilian Baroque, to a bar designed to evoke a 19th-century winter garden.

First on the agenda: a walking tour tracing the filming locations of *The White Lotus*. The sumptuous portrayal of Taormina in the second series reflects real life – it really is *that* romantic. The following day, treat yourself to a cooking class in the stunning surroundings of a Sicilian home stacked with old books, paintings and memorabilia.

Take the next day to tackle Mount Etna in a 4x4 tour, with spates of hiking with an Alpine guide. Stop for wine tasting and lunch on the way to **Il San Corrado**, where you’ll stay for



four nights. This resort looks out over a blanket of olive groves and citrus trees. Once owned by Prince Nicolaci, it is now a sanctuary of minimalism with rooms carved from Modican stone – rural, yet worlds away from rustic. While you’re here, see the incredible Baroque architecture of Val di Noto, broken up by a granita tasting.

Next up: the winding streets of Ortigia. This UNESCO World Heritage site contains remarkable Renaissance and Baroque buildings and is home to an interesting tradition: the Opera dei Pupi, or opera of puppets. During the tour, meet an artisan of handmade marionettes. Discover another Sicilian tradition, cart-making, on a city tour of Ragusa Ibla; carts were used as a means of transportation in Sicily until the second half of the 20th century. ►



Clockwise from far left
Views out over the Teatro Antico
di Taormina; the pool at Il San
Corrado; the terrace at Grand Hotel
Timeo, A Belmond Hotel, Taormina;
an entrance to the same hotel

PINCH ME MOMENTS

Learn authentic Sicilian recipes with a local expert during a hands-on cooking class at Villa Britannia.

Explore the local wineries of Pachino, where you can taste Sicilian wines such as Nero d’Avola and Moscato.

Wander the sites of Ragusa Ibla, from the Duomo of San Giorgio, a symbol of the town’s rebirth, to the Giardino Ibleo, an old park with stunning views of the surrounding countryside.

On to the Valley of the Temples next, one of the largest archaeological sites in the world and a five-minute drive from the city of Agrigento. Delve into the history and secrets of a town founded in 582BC and described by Greek poet Pindar as “the most beautiful of those inhabited by mortals” during a guided tour at dusk. The valley itself, which stretches for more than two kilometres, is home to statues, tombs and Doric temples. **Villa Athena** is a luxurious 18th-century residence which overlooks the site, imbued with the same ancient spirit – this is the only five-star hotel in the Valley of the Temples (boasting an exclusive direct entrance).

Spend the next three nights fully committed to R&R in **ADLER Spa Resort SICILIA**, where location is everything; it’s found on a hill overlooking the sea, alongside the spectacular Torre Salsa Nature Reserve – a WWF-protected stretch of unspoilt sandy beaches and exquisite bays. ADLER also boasts a spa with an infinity Thalasso pool, a Med Centre, where guests can access tailored health programmes, and gourmet experiences that go to the heart of Sicilian cuisine.

Ease yourself out of the Sicilian way of life slowly, with three final days in Palermo. On a walking tour of this UNESCO World Heritage site, devour



local specialties like arancini, cannolo siciliano and granita; learn more about striking sights like the Palatina Chapel and the Piazza Pretoria. **Villa Ignea, a Rocco Forte Hotel** is your home in Palermo – after a refurbishment stamped Rocco Forte’s signature opulence on the Art Nouveau interiors of this 19th century palazzo, it has become the place to stay in the Sicilian capital. Both a health retreat and a high-end hotel, guests of Villa Ignea never feel far from its gilded past. ■

TRAVEL NOTES

Ideal time: 14 nights

When to go:

April to June or
September to October

Flight time:

2 hours 50 minutes
(London to Palermo),
3 hours 15 minutes
(London to Catania)

Ideal for:

Culture vultures



Cap Maison in St Lucia, another Relais & Châteaux property, also makes for an elegant stay. Here, you’ll find all the requisite charms of a Caribbean break, from a secluded beach to a scrupulous focus on good food and wine. So, again, while fly-and-floppers will have no difficulty making this their base, for those who want not only to see the world but to experience it authentically, the hotel encourages exploration.

As an adventure-seeker, you’re probably drawn to the pair of dramatic mountains, the Pitons, on St Lucia’s west coast. The island is also home to volcanic beaches and imposing waterfalls, including the 15-metre high Toraille. The owners of Cap Maison, who are longtime residents of St Lucia, will give you the lowdown on their favourite hiking and running trails.

St Lucia is also populated by charming towns and villages. The capital, Castries, is a throwback to a bygone era with bustling weekly markets. There’s Pigeon Island National Park, home to an 18th-century fort from which you can see the island of Martinique, and the fishing village of Gros Islet, which throws a street party every Friday night. The concierge at Cap Maison will make sure you experience all of it to the fullest.

These islands are brimming with possibilities – you just need to know where to look. ■

A Caribbean cocktail

When it comes to off-the-beaten-track charm, these paradise islands reign supreme.

The Caribbean is chock-full of unexpected gems and serendipitous quirks. The beaches, towns and forests of Grenada are ripe for exploration. Similarly, St Lucia offers eye-opening itineraries covering everything from majestic mountains to jazz performances.

In Grenada, check into **Calabash Hotel**, a Relais & Châteaux property exuding warmth. Make the most of the protected bay that Calabash calls home. Ditto the food and drink offering: Nori restaurant has rejuvenated the concept of Japanese and Nikkei (Peruvian) cuisine. There’s also all manner of amenities here, including a dive and watersports centre. Although one could happily not leave the resort, those looking for enrichment may be tempted to strike out – something that Calabash is happy to facilitate.

In unspoiled Grenada, you’ll find some of the finest nutmeg and cocoa in the world, which you can try in St Andrew. The terroir comprises rainforests, waterfalls and powder sand beaches. In the towns, especially the capital, St George’s, you’ll find

fantastically colourful harbours. The west coast, meanwhile, is dotted with hidden beaches which reward those dedicated enough to look for them with breathtaking sunsets. Not bad for an island that’s only 21 miles long and 12 miles wide.

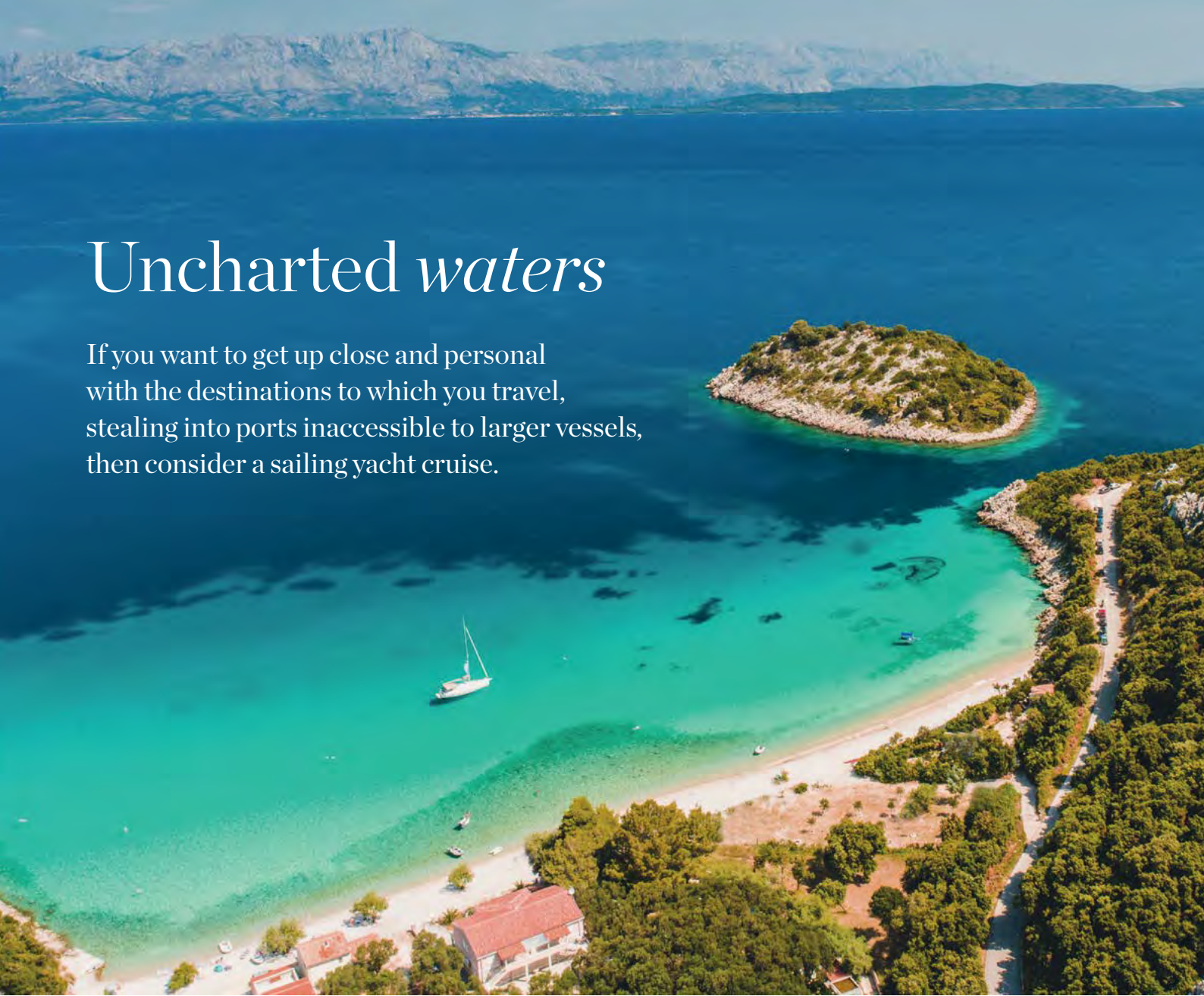


This page from top
The courtyard at Cap
Maison, Grenada;
view of the bay from
Calabash Hotel, St Lucia

This page Villa Ignea, a
Rocco Forte Hotel

Uncharted waters

If you want to get up close and personal with the destinations to which you travel, stealing into ports inaccessible to larger vessels, then consider a sailing yacht cruise.



Being anchored offshore with a tender as your link to land can sometimes feel a little impersonal. Sailing yacht cruises are different. This intimate mode of travel brings you into the heart of each destination to truly experience them.

Windstar Cruises embarks on alternative expeditions to lesser-known places and ports, and its focus on late-night sailings, overnight stays and excursions guided by locals, shines a new light on the world of cruising. A Windstar voyage comprises experiences which showcase each region's charms and culture; think local artistic performances and authentic menus complemented by market tours and cooking demonstrations.

Indeed, this is one that foodies won't want to miss: Windstar has partnered with the James Beard Foundation, whose mission is to celebrate and support the



people behind America's food culture, as its official cruise line. The pairing presents guests with culinary experiences created by some of the world's most renowned chefs, who share their techniques and secrets.

Among ancient ruins is a thoroughly modern metropolis.

Windstar's Mediterranean and Adriatic voyage is a perfect example of how the cruise line curates unique experiences. Your journey starts in Venice, where a winding network of canals connects Renaissance and Gothic buildings. The entire city is a UNESCO World Heritage site, brimming with idiosyncrasies like the Bridge of Sighs. The fishing port of Rovinj on the Istrian peninsula is also magical.

The next destination is Split, with its cafe-lined harbour, and a tour of the Adriatic wouldn't be complete without anchoring in Dubrovnik, which feels as though it has been plucked out of a fantasy novel (it was, after all, a key filming location for *Game of Thrones*). Larger ships can't get beyond the city walls; on a Windstar cruise, guests step right ashore. Montenegro is next, and the approach to Kotor is breathtaking, characterised by this region's viridescent-water-and-terracotta-rooftops palette. The Old Town is car-free, filled instead with Baroque palaces and Romanesque churches.

Discover Giardini Naxos in Sicily, a village nestled into the horseshoe of a bay, offering a jump-off point to Taormina. By this point, you've reached the southwestern coast of Italy, where



each cliff-top settlement outdoes the last. Sorrento tumbles down the Amalfi Coast, offering views of the Bay of Naples and Mount Vesuvius.

Your journey culminates in Rome. Among ancient ruins is a thoroughly modern metropolis, home to designer boutiques and chic cafes. But its history is the blood that beats through its veins – the Vatican, the Colosseum and the Trevi Fountain only scratch the surface.

Clockwise from top left
The Pelješac Peninsula; Dubrovnik
harbour; Venice canals; Windstar
sailing yacht

There's a reason the beaten track is well-worn, and these wonders don't go unchecked with Windstar. But dare to deviate from this path and you'll uncover riches you never knew existed. ■



PINCH ME MOMENTS

Disembark in Dubrovnik to discover Croatia's vineyards. The Pelješac Peninsula is home to some of the region's best wineries.

Rome is one of fashion's capitals, so get an inside look at the city's fashion houses while you're here with a walking tour that encompasses Gucci, Prada and more.

When your cruise comes to an end, extend your trip with a visit to Kéa Island. You can hike to the temples of Athena and Apollo from the One&Only Resort.



Take to the skies

The only thing better than a Tanzanian safari is a Tanzanian safari that factors in the magic of flight.

‘Arusha’, ‘Tarangire’, ‘Ngorongoro’, ‘Serengeti’. With their musical, polysyllabic rhythm, these unfamiliar words will mean so much more after a week in Tanzania. A safari in this part of the world changes people; its magnificent, teeming vastness, home to countless animals and birds of every size, impresses an overwhelming urge to protect our planet, and an equally overwhelming urge to return.

How best to take in as much as humanly possible in just seven nights? With *SkySafari*, which will fly you between some of Tanzania’s most luxurious accommodation in style on a plane that seats just eight people. Home for the first night is the peaceful *Elewana Arusha Coffee Lodge*, in the

foothills of Mount Meru. The next day, take to the sky to travel to Tarangire National Park; for every SkySafari guest, a contribution is made to Land & Life, ensuring local communities receive tangible benefits from tourism, and all trips compensate for flight carbon emissions. Days at *Elewana Treetops* are spent on bush walks with the local Maasai, marvelling at families of the country’s largest pachyderms – 3,000 elephants live here – and the camp’s 1,000-year-old baobab tree. At dusk, retreat to one of the open-fronted treehouses and sip a sundowner on the deck outside, looking out over plains rich with game.

A quick private jet flight away is the remarkable, enormous Ngorongoro Crater, about 11 miles across and home

PINCH ME MOMENTS

One-on-one bush walks with a Maasai guide in Tarangire National Park.

Embark on a night safari to see the animals in a different light.

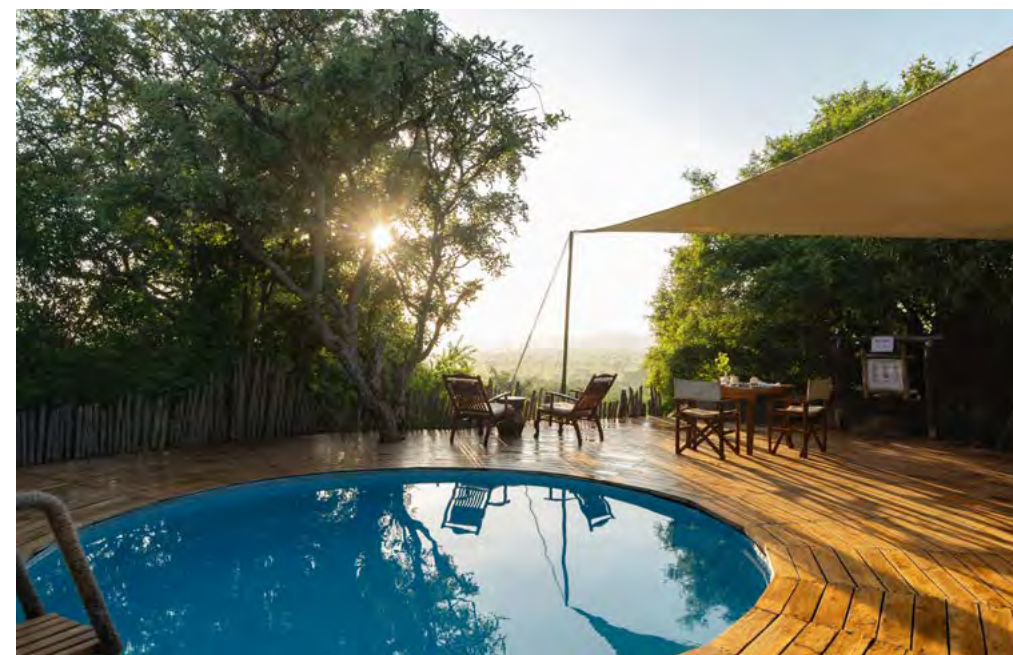
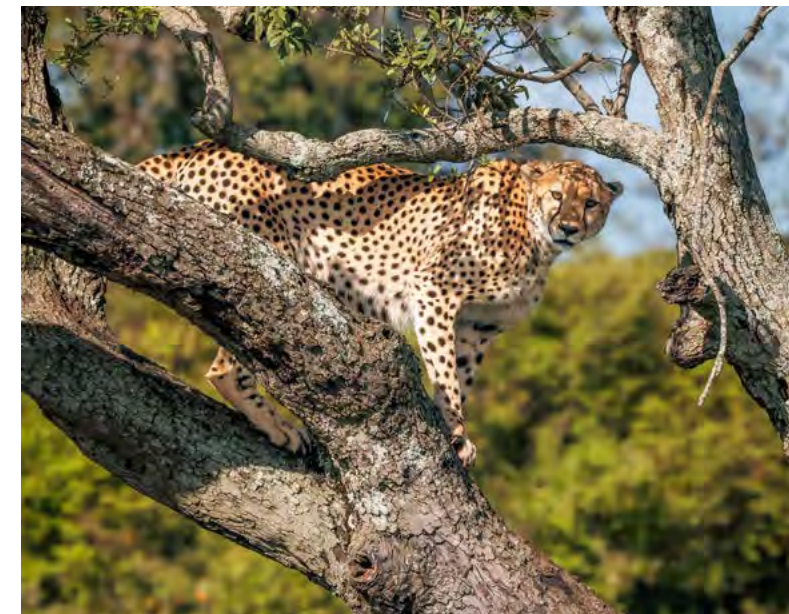
Catch the great migration, if you time your visit right.

to what feels like the real-life cast of the *Lion King*; the Big Five (black rhinoceros, elephants, buffaloes, lions and leopards) all live here, alongside kudu, giraffes, vervet monkeys, bushbucks and more than 200 species of birds. Return to *Elewana The Manor at Ngorongoro*, in the style of an elegant Cape Dutch farmhouse, full of tales about the grey-rumped swallows, red-billed firefinches and wattled starlings that your guide pointed out.

If you didn’t spot the Big Five in Ngorongoro, it won’t take long to find them in the rolling hills and undulating savannah of the Serengeti; its name comes from the Maasai word ‘seringit’, which means ‘endless plain’ or ‘the place where the land moves forever’. Sumptuous safari dwellings are found at both *Elewana Serengeti Pioneer Camp* and the stilted *Elewana Serengeti Migration Camp*. Running alongside the 360-degree verandas of the latter is the Grumeti River, beloved by local hippos who wallow in its shallows. Leaving this place is a wrench and many do so with tears in their eyes, happy to have had such an experience to miss so wholeheartedly. ‘Arusha’, ‘Tarangire’, ‘Ngorongoro’, ‘Serengeti’; the song of the savannah calls you back. ■



Clockwise from far left
Bush lunch at Elewana
Serengeti Migration
Camp; a bedroom at
Elewana Serengeti
Migration Camp; a
cheetah spotted in a
tree; a pool at Elewana
Serengeti Pioneer
Camp



TRAVEL NOTES

Ideal time: 7 nights

When to go:
June to October

Flight time:
14 hours 35 minutes
(London to Kilimanjaro)

Ideal for:
Adventurous couples



feel rejuvenated...

The concept of 'wellness' is difficult to define. Broadly, it refers to the pursuit of good health – be it mental, physical, emotional, spiritual or environmental. To be rejuvenated is to be nourished through exercise, nutrition and rest. It is to feel at peace, miles from the anxieties of everyday life. It's more than skin deep: a conscious, evolving process that is conducive to living a happy, healthy life.

How to achieve this higher plane? Close your laptop and jet off somewhere you can live slowly, like we were meant to. Maybe this looks like golfing among the dunes of Abu Dhabi, or stargazing under a Maldivian sky. Rediscover yourself through yoga, Pilates and meditation; unwind in adults-only pools and stress-busting spas. Salve your spirit in destinations ranging from the sun-baked groves of Mallorca to the white-sand beaches of the Caribbean. Total refreshment, mind and body, awaits.

58-60 / WELLNESS, YOUR WAY

Hotels to soothe the mind, body and soul

61 / ISLAND QUEENS

Where in the Caribbean is right for you?

62-63 / ARABIAN ADVENTURE

Head to Abu Dhabi for the best of both worlds

64-65 / GO EAST

Seeking renewal on an Indian Ocean escape

66-67 / INVIGORATING VIETNAM

Discover a country of glorious intensity

Wellness, *your way*

Whether you subscribe to the school of ‘early mornings, meditations and green juices’ or the ‘set no alarms and take long lunches’ way of living, these hotels have got you covered.

How do we make ourselves feel good? There are myriad answers to this perennial question. ‘Living well’ is a spectrum, and where you land is deeply personal, but at the poles lie two camps: not doing much and doing quite a lot. So, when you find yourself flagging under life’s stresses and thinking about a well-earned break, ask yourself: what sort of rejuvenation am I craving?

Get serious about feeling good

Perhaps you’re drawn to a more active brand of wellness – not quite being hit with a bundle of twigs, Russian banya-style, but a wellness that involves regimen and cutting-edge treatments.

This sort of experience is for those who are ready to throw themselves into early mornings and cryotherapy chambers. They want to get a sweat on as the sun rises, fuel their body with nutritious food, and tend to their muscles with massages from highly-skilled professionals. This holiday ►





Take it slow

Perhaps you're in the market for another sort of rejuvenation – the type that entails sleeping late and taking a leisurely breakfast before embarking on an itinerary of precisely nothing. This holiday means basking in the sun, lingering dips in the pool and sinking into a menu of spa treatments, where you're lulled into a soporific state and leave feeling like you're floating.

The Caribbean is king when it comes to such experiences. Here, the pace of life is slow. Perhaps you've heard of it – 'island time' – where deadlines, shifts and schedules melt away. Barbadian grande dame ***Sandy Lane*** embodies this attitude: the spa is an enormous monument to relaxation, and the swimming pool comes complete with underwater music and attendants on hand. The hotel is also home to arguably the best beach on the island, where guests luxuriate on iconic pink loungers.

Sandy Lane is home to arguably the best beach on the island, where guests luxuriate on iconic pink loungers.

is about chasing endorphins, and returning feeling fresh, focused and thriving.

Kimpton Aysla Mallorca is a great choice for active holidaymakers. This zen-like hotel is home to all manner of feel-good facilities at its fitness centre, including a state-of-the-art gym and yoga and spinning studios. If treadmills, ellipticals and exercise bikes aren't your scene, you can take fitness outside, with yoga on the lawn or paddle board yoga. There's tennis at Mallorca Country Club; golf at Golf Santa Ponsa (both just a stone's throw away); even cruiser bikes for adrenaline-fuelled rides over the Serra de Tramuntana mountain range.



Clockwise from left The spa at Kimpton Aysla Mallorca; the spa pool at Sandy Lane, Barbados; the pool at The Sandpiper, Barbados

The Sandpiper also does luxury the Barbadian way. Here, spa facilities include an outdoor hydro-pool, a thermal suite with a 'crystal steam room', and an experience shower. Therapists perform massages, facials and scrubs with products made from local plants. Elsewhere, in Turks and Caicos, lies another wellness haven: ***COMO Parrot Cay***. The Shambhala Retreat (meaning 'peace' in Sanskrit) at this resort specialises in Asian-inspired therapies and boasts treatment pavilions overlooking the water, a light-filled yoga area and a Jacuzzi garden.

Achieve balance

Of course, when it comes to luxury stays and relaxation styles, you can do either or both, anywhere in the world. Golf is a huge part of the proposition at ***Sandy Lane*** and ***The Sandpiper***, with both also offering tennis and extensive gym facilities. Alternatively, get your daily movement in via sailing, paddle boarding or windsurfing on Barbados's crystalline coast. At ***COMO Parrot Cay***, there's no need to idle all day thanks to an offering that includes private yoga and Pilates, and even bespoke diet programmes from a nutrition expert. At the same time, vegging out is enthusiastically encouraged at ***Kimpton Aysla Mallorca***, which is home to a cocooning spa with multiple pools, sauna, steam room, salt cave, mud bathroom and more.

What we're trying to say is, when it comes to feeling rejuvenated, there are no rules. Get-up-and-goer or fly-and-flopper – how you relax is wholly down to you. ■



This image Exterior at Coral Reef Club, Barbados
Below A treatment room at Six Senses La Sagesse, Grenada

Island queens

It is universally acknowledged that the Caribbean spells 'laid-back luxury'. But where to park your sun lounge? We propose Grenada and Barbados.

There's a reason that holidaymakers flock to the Caribbean to reset. The region – home to hundreds of paradisaical islands – is blessed with aquamarine waters, alabaster sands and warm trade winds. Then there's the people, who are so laid-back and without pretence that you can't help but feel them rub off on you.

Which is why, when you make the trip to this wellness nucleus, you'll want to make the most of it. It's easy to jump from, for example, the Windward Islands to the Lesser Antilles. We suggest starting in Grenada.

To experience the vibrant tapestry of shipwrecks, Soca music and rum of the so-called Spice Isle, stay at ***Six Senses La Sagesse***. Reposing in a serene bay, the hotel seamlessly integrates into the topography of vegetation-blanketed cliffs; this proximity to nature

culminates in an eco-commitment that ranges from the resort growing its own ingredients, to hosting sustainability workshops at its Earth Lab. The stresses of life positively evaporate here: the interiors are light and airy, while scents of cinnamon, nutmeg and palo santo emanate from the lagoon-adjacent spa.

From Grenada, hop on a quick flight to Barbados for a stay at ***Coral Reef Club***. Set amid 12 acres of landscaped gardens on the island's tranquil west coast, there's a quintessentially British vibe to this hotel. It's been owned by the same family, the O'Haras, since the 1950s, and you can feel it in the convivial service – Monday evenings, for example, are for savouring rum cocktails at their family home.

Rooms and suites are housed in a colonial-inspired building made up of clean, modern lines; this calming ambience extends to a show-stopping spa decorated with creamy linens and woven grasscloths. This is the focal point for the resort's week-long wellness retreats, which entail stress-busting treatments, Caribbean-style Zumba and holistic rituals.

From dreamlike panoramas to soothing therapies and service with a warm human touch, when it comes to banishing the pressures of everyday life, the Caribbean is almost impossible to beat. ■





REJUVENATED

promises to restore balance. For those who wish to be out and about, explore the amazing adventure pool, and play tennis, football or beach volleyball, followed, of course, by a first-class meal; taking time over nourishing food on holiday is an uplifting antidote to often-rushed bites at home.

At *Qasr Al Sarab*, a short drive inland, dining experiences are about so much more than the food, with a setting and ambience that is incomparable. At the edge of the Liwa Desert's Empty Quarter, one of the world's largest unbroken expanses of desert, this resort appears like a mirage amid rolling sands; no wonder scenes for the *Dune* and *Star Wars* franchises have been filmed here. Guests feast on an Arabic mezze and local delicacies at the al fresco Al Falaj. For romantic evenings head to Ghadeer, with its lively shisha lounge, or have an in-villa barbecue. Join a Bedouin-style camel trek and see the stars more clearly than ever, go dune-bashing, horse-riding and spa-seeking. When you return home, nurture memories of what made you feel most alive. ■

Arabian adventure

In Abu Dhabi, there's no need to choose between beachfront bliss and adventurous desert pursuits, you can have both.

Some of us seek high-octane thrills to escape from quotidian life and recharge. Others find restoration through spa-going and sleep. In the cosmopolitan Emirate of Abu Dhabi, with its fascinating heritage and endless desert, all of the above can be found.

Yas Island is home to the Grand Prix, Ferrari World and Warner Bros. World, while Saadiyat Island boasts a beach with a Hawksbill turtle hatching site, the region's first ocean golf course, and the Louvre Abu Dhabi. For five-star R&R, retreat into an opulent world of landscaped gardens, domes, mosaic glass tiles, and a 1.3km private beach at the *Emirates Palace Mandarin Oriental*.

Slip away to its award-winning spa – boasting a neroli-scented haven of dim lanterns and water features – that's complete with a traditional hammam and ice cave. Ancient Eastern and indigenous Arabian healing traditions inspire signature therapies; the two-hour, four-handed Oriental Harmony massage

TRAVEL NOTES

Ideal time: 7 nights

When to go:

Spring and autumn

Flight time:

7 hours

(London to Abu Dhabi)

Ideal for:

Near-allocentric couples

PINCH ME MOMENTS

Experience wellness the Arabian way, enhanced by beautiful local scents and traditional healing.

Explore the Empty Quarter and the majesty of the Liwa Desert in a purpose-built 4x4 buggy.

See sunset or sunrise, and soak in mesmerising vistas, on top of a camel, aka the 'ship of the desert'.

Clockwise from left
Entrance to Qasr Al Sarab, Abu Dhabi;
a falconer from the same hotel; a
beach view from Emirates Palace
Mandarin Oriental, Abu Dhabi



Go east

Uncover a glamorous gateway to physical and spiritual renewal.

It's the fantasy of every frazzled commuter in the trenches of a UK winter: a Maldivian villa suspended over the marbled blue of the Indian Ocean. Imagining yourself stepping into the warm azure from your private terrace, while sitting at your office desk, is tantamount to torture.

The best way to shake the longing daydreams? By jetting off to *The Ritz-Carlton Maldives, Fari Islands*. From the moment your speedboat docks and the staff, as tradition dictates,

blow a Sangu conch to signal your arrival, you feel invigorated. This sensation only grows with flaming sunset ceremonies, stargazing sessions, and visits to a spa suspended over a turquoise lagoon. Having the service of the Aris Meehas, or island butlers, at your disposal, also helps.

For a truly holistic experience, split your time between here and *The St. Regis Maldives Vommuli Resort*, where villas are inspired by the forms of manta rays and Maldivian dhoni.

Clockwise from above The beach at Bvlgari Resort Dubai; the living room of a Beach Villa in the same hotel; a couple enjoying a floating breakfast at The St. Regis Maldives Vommuli Resort; Beach Pool Villa at The Ritz-Carlton Maldives, Fari Islands



The Iridium Spa, meanwhile, is designed to look like a crustacean, and blissful therapies are administered in treatment rooms housed in the 'pincers' of the lobster. You can sink into a sedative state in the Ayurvedic suites, and the whirlpool jets in the hydrotherapy pool have all manner of curative benefits. Spiritual enrichment is delivered through touches like a library, observatory tower and Vommuli House – a discovery centre containing facilities from a culinary school to a yoga studio.

A popular layover on the way to the Maldives is Dubai, and no savvy traveller would consider passing through without indulging in its offering. While its bright lights and bustling malls are well-documented, the Gulf State is also world-leading in the wellness scene.

The *Bulgari Resort Dubai* resides on a seahorse-shaped island in Jumeirah Bay, accessed via a bridge from the mainland, and is as such sequestered from the skyscrapers. Ocean views to all sides and an Italian-designer-style throughout makes this feel like an oasis in the city. The surroundings alone are an antidote to the clamour of this Arabian metropolis, but if you want to be proactive about feeling good, the resort has developed a new fitness concept in partnership with Technogym, where an AI assessment creates a bespoke training programme for each guest.

When you return to reality, the wonders of the Maldives and the splendours of Dubai will fade from view, but the buzz of building healthy and holistic habits will remain long after. ■





Next, go south to Hue, formerly the imperial capital of the Nguyen Lords, which is dotted with temples and palaces to explore – a laid-back Perfume River cruise reveals yet more fascinating shrines – before you move on to the coast of the South China Sea, for an understatedly luxurious beachfront stay at **Four Seasons Resort The Nam Hai**.

Refuel on both Indian and Vietnamese cuisine, and retreat into a floating spa pavilion for restorative treatments. Just a 10-minute drive away is the ancient trading port of Hoi An; admire its well-preserved buildings, cobbled streets and riverfront art galleries.

Hold the calm within you as the adventure concludes among the hustle and bustle of Saigon (Ho Chi Minh City), with its swarming streets and scooters piled high with every item you could imagine. “I can’t say what made me fall in love with Vietnam,” mused English writer Graham Greene. “Everything is so intense. The colours, the taste, even the rain.”

We couldn’t agree more. Vietnam begs you to live in the moment, and those who do are rewarded generously. ■

TRAVEL NOTES

Ideal time: 11 days

When to go:

April to June

Flight time:

11 hours 40 minutes
(London to Hanoi)

Ideal for:

Asia-loving couples
and solo travellers

Invigorating Vietnam

Dive headfirst into the glorious intensity of the cities and beaches of this southeast Asian country, at a pace that allows for immersion, reflection and restoration.

“Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves – slowly, evenly, without rushing toward the future.” The words of monk and peace activist, Thich Nhat Hanh, ring true throughout a Vietnamese journey, urging visitors to this intriguing land to cease rushing and quieten their minds.

Start in Hanoi, with its yellow ochre buildings, tree-lined boulevards and scenic lakes, and travel through the 13th century Old Quarter in a three-wheel cyclo ride. Take time for reflection at Ho Chi Minh’s Mausoleum and the lakeside at Hoan Kiem, before joining a calm-watered sailing trip on a traditional junk boat to admire the towering limestone pinnacles of UNESCO site, Ha Long Bay.



This page Four Seasons
Resort The Nam Hai, Vietnam

PINCH ME MOMENTS

Connect with local spirituality; the evocatively named Perfume River’s banks are dotted with shrines.

Retreat into a floating pavilion for a Nam Hai Earth Song ritual, which uses synchronised, quartz-crystal alchemy bowls to balance energies.

Discover the art of creating authentic Vietnamese food with chefs.



feel indulged...

Satisfaction. Pleasure. Extravagance. Fulfilment. Holidays should be filled to the brim of moments that indulge our senses: powder-soft sand between toes, the exotic scent of frangipani flowers, local ingredients both mysterious and entirely more-ish, the soothing, rhythmic beat of waves.

What does indulgence feel like for you? Luxuriating in meals so incredible the taste-memory delights for months. Basking in meditation and blissful breathing in the most gorgeous corners of the world. Admiring sunsets somehow more beautiful than any that have gone before, and artworks you long to own. Feeling the earth beneath your feet, fresh air filling your satisfied body, as muscles relax, minds switch off and smiles broaden; these are the finer things in life.

70-71 / PORT OF CALL

Cruise in elevated, understated luxury

72-73 / SAVOUR THE WORLD

Fabulous dining around the globe

74-75 / FOOTPRINTS IN THE SAND

Tantalise your senses in Oman

76 / PLEASURE ISLANDS

Paradise in the Caribbean

77 / THE FINER THINGS IN LIFE

Intimate, refined settings, with all your creature comforts

78-79 / AMERICAN DREAM

Take to the Florida Keys

Port of call

To experience true opulence at sea, choose to cruise with the ‘world’s most luxurious fleet’.



A *Regent Seven Seas Cruises* voyage is an experience like no other. The six ships that sail under the Regent banner are pure luxury, albeit in an understatedly opulent kind of way – rivalling five-star hotels with their à la carte fine dining, oversized suites with plush king-sized beds, walk-in closets, and Picasso lithographs lining the walls. Seven Seas Grandeur is even home to the first Fabergé egg to permanently reside at sea. Regent claims to have ‘the world’s most luxurious fleet’, which is difficult to refute once you’ve stepped on board.

Sip champagne as you do so, admiring custom-crafted designer furnishings and revelling in service of the very highest standard; staff anticipate your needs before you’ve even thought of them. Naturally, travellers choose a cruise based on the ship in which they’ll sail, but also, of course, because of the places that ship will take them to. Regent’s world-class vessels travel to all corners of the globe, from Africa to Arabia, and from Alaska to Australia. They offer the perfect solution for luxury-seekers with wanderlust.

When the weather in Britain turns, sail into the horizon on a Regent ship bound for the Sunshine State. In Florida, temperatures are delightful year-round, Art Deco buildings populate the iconic South Beach, and a number of legendary literary figures have left their legacy in Key West. The state’s juxtaposition of Latin and South American influences



Clockwise from top
Seven Seas Navigator
in the Caribbean;
La Veranda restaurant;
a Signature Suite in
Seven Seas Voyager;
the spa pool deck on
Seven Seas Grandeur

makes it a hub of entrancing colours, flavours and cultural traditions.

Regent Seven Seas Cruises emphasises immersive exploration. As such, guests are privy to a suite of included shoreside experiences: in Miami, visit the exquisite Vizcaya Museum and Gardens; in Key West, tour President Truman’s Little White House; in Tampa, watch artisans demonstrate the art of hand-rolling cigars.

Anchors have barely lifted before being dropped again in the Caribbean. Here, you’ll find the same limpid waters but rather than bustling metropolises, discover serene islands where everything seems enhanced: the heat hangs heavy, the plants are technicolour, and the air vibrates with the sound of local fauna.

As far as indulgence goes, Regent’s Caribbean excursions offer hedonism in spades. Back on board, what will you choose? A blissful massage? A wine tasting? Perhaps a cabaret show, some designer shopping, sunset cocktails, or all of the above? Your choice. This is five-star cruising, your way. ■



PINCH ME MOMENTS

Tour the graffiti-covered warehouses of Florida in Miami’s Wynwood Art District before creating your own spray-painted masterpiece.

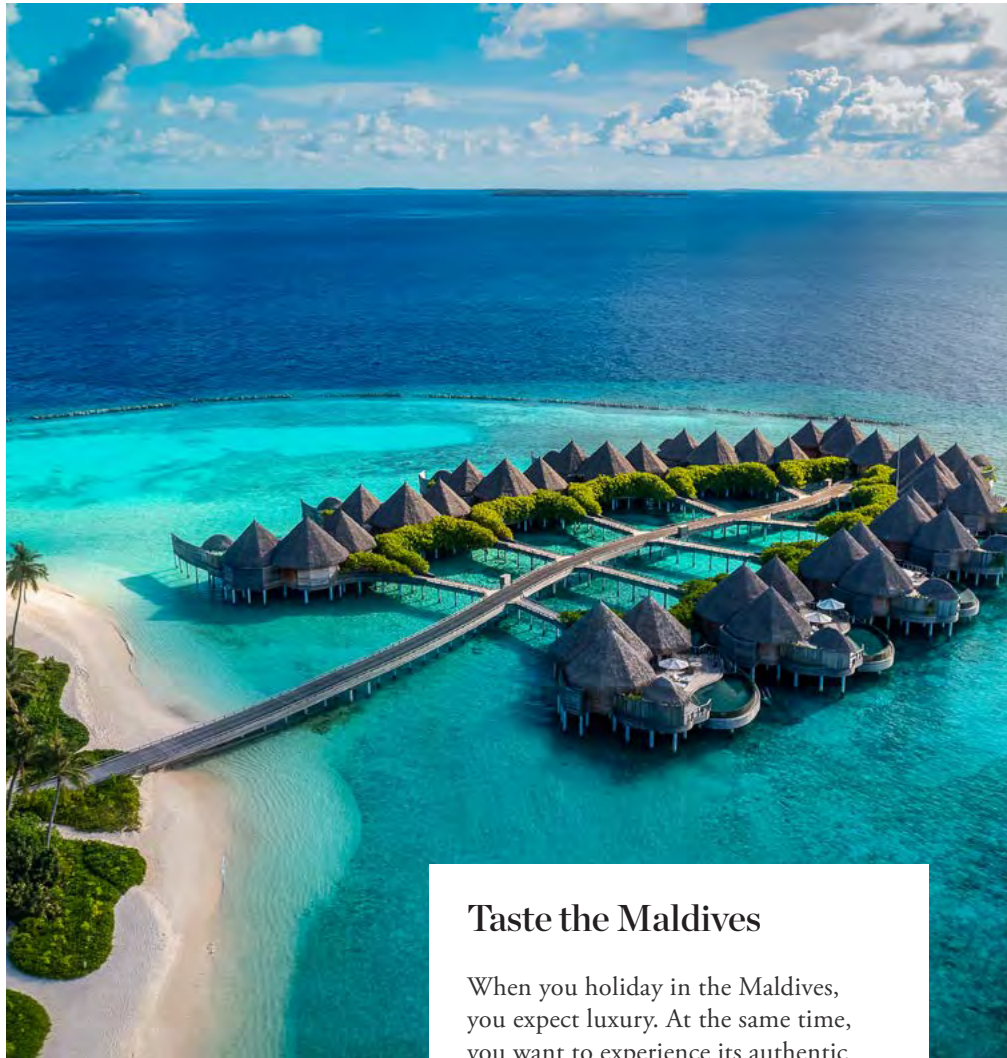
Visit Walt Disney World® and Universal Studios with VIP access, granting exclusive character meet-and-greets, reserved show seating, and queue jumping.

Extend your trip in Barbados by checking into the iconic Sandy Lane. Golfers shouldn’t miss the opportunity to tee off on the iconic Green Monkey course.

Savour the world

When we travel, food is a way to understand and share in cultures, to bring people together, and to anchor a moment in your memory forever.

For many, holidays mean one thing: food. Eating plays a fundamental role in how we experience the world. It's not just about the cuisine, of course; it's about where you were when you experienced a certain taste, texture or aroma. Perhaps it was a bustling market in Antigua, a knock-out fine-dining experience in Dubai, or a beachside barbecue in the Maldives with the people you love most.



Taste the Maldives

When you holiday in the Maldives, you expect luxury. At the same time, you want to experience its authentic spirit. *The Nautilus* strikes this balance with remarkable prowess: this unpretentious private island hideaway is both refined and beautiful. Its restaurants feel fresh and informal, with no opening or closing times, so guests have complete freedom when it comes to what, where and when they eat. Service is exceptional, and each house's pantry is stocked with guests' favourites. The private island resort also offers personalised nutrition plans tailored to individual needs, ensuring a holistic approach to wellness.

This page Breakfast is served at Ocean Houses and Residences at The Nautilus Maldives Opposite, clockwise from top left View from Hermitage Bay, Antigua; The Cove Restaurant at Blue Waters, Antigua; the terrace of a Villa at Al Bahar Villas, Dubai



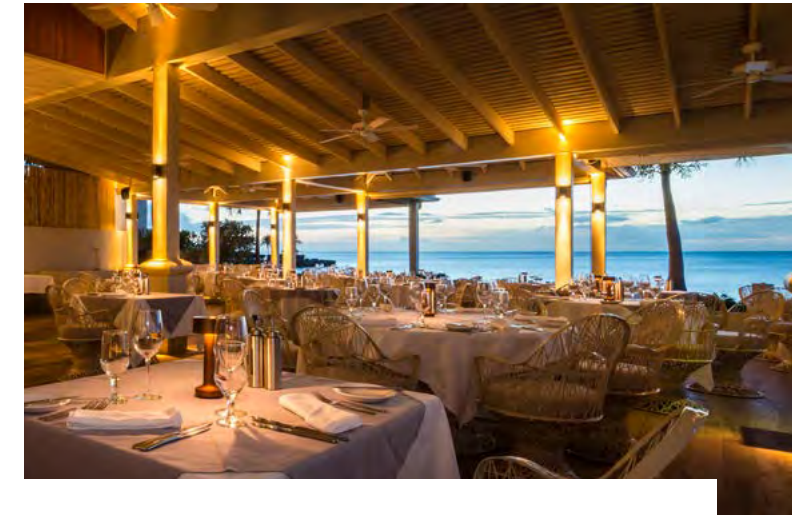
Taste Antigua

Caribbean cuisine is a crowd-pleaser, and the scene in Antigua is flourishing. Here, you'll find colourful combinations of saltfish, coconut and chilli, and staples like jerk chicken, conch and roti. There's both comfort food and elevated fare to be had in unexpected places.

Hermitage Bay has recently enhanced its culinary offering: the Beach Club is a convivial grill restaurant serving seasonal, freshly sourced menus and craft cocktails. The Tree Bar, meanwhile, is set under the canopy of an ancient tree with wicker

chandeliers hanging from its branches – the perfect place to enjoy a rum punch. Guests can also enjoy guided farm tours and cooking classes drawing inspiration from the resort's on-site organic garden.

Another must-visit for Caribbean-bound foodies is The Cove Restaurant at *Blue Waters Resort & Spa*. Owned by the same family for the past three decades, this hotel avoids 'stuffy' territory, with a crowd that skews young. The cliff-top eatery, looking out over the Caribbean Sea, combines punchy flavours and classic French fare in dishes like five-spiced duck breast and pan-fried snapper.



Taste Dubai

With the proliferation of world-class restaurants in Dubai, 'tasting' the city would, in truth, take a lifetime. Where to start, then? The one-, two- and three-bedroom *Al Bahar Villas*, at the *Jumeirah Beach Hotel* are styled after a traditional Arabian village and are simply opulent; the standard of the food is just as high. You can get Levantine at Nuska Beach, a French brasserie experience at Bastion, and even a British gastropub experience at Dhow and Anchor. You can also get your hands on healthy Italian nourishment, or drinks with a view on the roof. In other words, anything and everything is at your fingertips. Much more than dishes on the table, stories are told here through recipes; bonds are formed over meals, and horizons broadened by Dubai's diverse offering. ■



feel EVERY MOMENT...

Footprints in the sand

Majestic mountains and faraway dunes, pristine sands and swirling oceans; in the Gulf of Oman, every one of the five senses is indulged.

Feel the apricot sand flood between your toes on the UAE's most magnificent beaches. Smell the juicy bounty of pomegranate orchards, and of fish freshly caught by locals on traditional dhows. Look up at starry skies, above jagged peaks; taste the national dish shuwa amid bustling souks, echoing with laughter and bartering.

Largely undiscovered, open-hearted Oman indulges the senses, sometimes all



at once, and there is so much more to this country than desert, although that does cover four-fifths of the land. At **The Chedi Muscat**, feast your eyes on dramatic mountain scenery, Omani architecture, its private beach and beautiful, sprawling grounds, before exploring a city filled with the clamour of life, from the Muttrah Souks to the Al Alam Palace and Al Mirani and Al Jalali forts.

After the bustle of Muscat, the silence and seclusion that follow, deep

PINCH ME MOMENTS

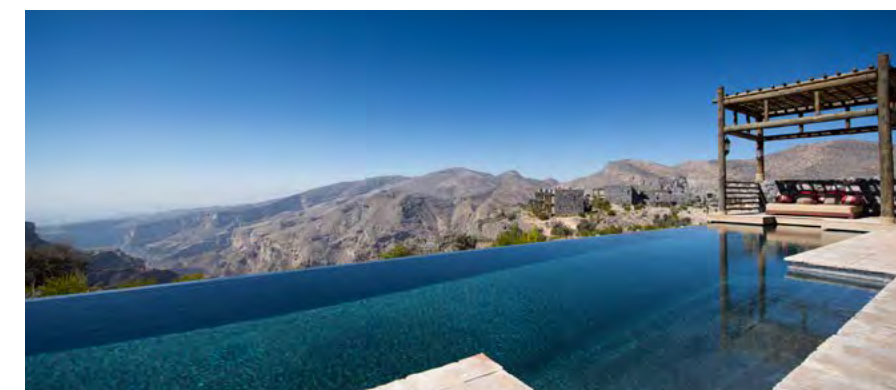
Follow a scenic butterfly trail that weaves through foliage, organic gardens and beehives as it teaches walkers about the Hajar Mountains' rich natural history.

Take a walk around Nizwa, the old capital of Oman, a village where traditional Arabian architecture forms the backdrop to busy souks.



in the desert, will seem all the more remarkable. At the **Wahiba Desert Sands Camp**, guests journey by camel to a private supper; sunset's hypnotising hues give way to constellations twinkling in the clear starlit sky, as authentic local dishes are slowly savoured. Next, the mystical, magnificent Hajar mountains, where curious travellers can connect with the earth beneath, and sky above, while hiking, rock climbing and star gazing. The breathtaking, cliff-side **Alila Jabal Akhdar** has suites overlooking the dramatic gorge; absorb wondrous views before discovering how the sweet-smelling flavour of roses permeates the resort's cuisine, and fills the air in spring. In Spa Alila, treatments centre on ancient healing techniques, herbal infusions and massages which incorporate vibrations from a singing bowl.

Ground yourself and indulge once more in Muscat, in its history, culture,



and marine life, from the opulent **Shangri-La Al Husn, Muscat**. At sea: snorkelling, dolphin spotting and islet-touring in the uninhabited Daymaniyat Islands await. On land: discover the ornate Sultan Qaboos Grand Mosque and Royal Opera House. Let the sounds, smells and sights of Oman echo long after your feet leave its soil. ■

TRAVEL NOTES

Ideal time: 11 nights

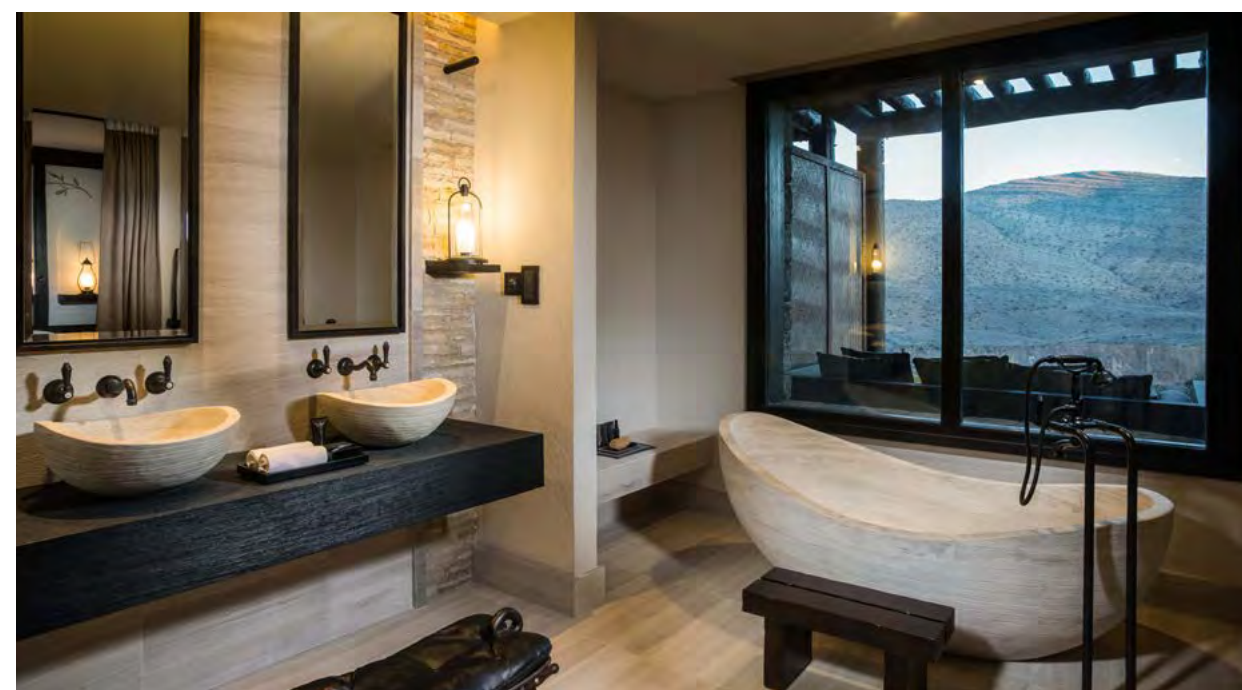
When to go:

October to April

Flight time: 8 hours
(London to Muscat)

Ideal for:

Adventurous couples



Clockwise from top left
The pool at Shangri-La
Al Husn, Muscat; tents
at Wahiba Desert Sands
Camp; a private pool
at Alila Jabal Akhdar; a
bathroom at the same
hotel; the Long Pool at
The Chedi Muscat



Pleasure *islands*

There is nowhere better to commit to absolute indulgence than in the Caribbean: specifically, the sandy paradises of Antigua and St Barths.

One of the best things about a holiday is looking forward to going. Basking in the delicious anticipation of what awaits, we browse tempting restaurant menus, book appointments thanks to equally tempting spa menus, and envisage the delights of dream days and nights as we plan what to pack. Once on the plane, the true luxury of having whatever you want, when you want it, can commence.

On the island paradise of St Barths, **Eden Rock** is a glimmering, salt-speckled jewel on a promontory fringed with white sand beaches and coral reefs; renowned for its dazzling glamour and welcoming, laid-back vibe, it is a place to see, and be seen. But where to start? With a blissful massage in the spa, if that's your indulgence of choice. Perhaps a meditation session, a glorious run or admiring some of the hotel's 400 artworks? Always end the day with a meal to tantalise the tastebuds; the culinary flair of Jean-Georges Vongerichten, who has opened Michelin-starred kitchens and restaurants everywhere from NYC and Chicago to Tokyo and São Paulo, is world-famous and it is this master chef who runs the show.

Hop into a little charter plane to journey to Antigua for the ultimate in decadent relaxation, where waves lap gently on the almost impossibly turquoise shores of **Jumby Bay Island**. Locals welcome all with wide, friendly smiles; 'jumbee' means playful spirit and it's found in every corner of the tiny, palm-fringed, car-free haven, surrounded by nature. Indulge through connection and social activities, with a unique maritime heritage reflected in a passion for sailing and watersports. Finish a happily busy day with a magnificently leisurely sunset cocktail cruise; end your stay by plotting how soon you can come back to this stylish, comfortable home-from-home. ■



Above The Jane Suite at Eden Rock
Below The beach at Jumby Bay Island
©Romain Reglade



Clockwise from left
Four Seasons Resort
Seychelles at Desroches
Island; paddle boarding
from Four Seasons
Resort Seychelles;
Junior Seaview Suite
at Mandarin Oriental
Jumeira, Dubai

spills down a frangipani-scented slope towards the ocean. As far as beaches go, the bar is high in the Seychelles, but the horseshoe-shaped Petite Anse, at the bottom of said slope, is surely one of the most breathtaking.

Life on this granite island embodies the 'castaway' experience: kick back in your treehouse-style villa, lounge by your private pool, or wade into the turquoise waters of the bay. Enjoy sunset meals, try your hand at a Creole cooking class, or unwind at the hilltop spa.

A short flight from Mahé, Desroches is flatter, with a more delicate beauty.

Four Seasons Resort Seychelles at Desroches Island is the only property on this captivating island, achieving new levels of tranquillity. Relax in a pool cabana or a hammock strung between palm trees. Take wellness to new heights at The Circle of Connection Spa with yoga on the island's runway or in the privacy of your villa, holistic visiting practitioners and a treatment menu incorporating local Seychellois ingredients.

To awaken your senses in a different way, pair your Seychelles trip with a visit to Dubai. This is a place of unabashed indulgence: everything is superlative, and nothing is done by halves – think glossy shops, gourmet restaurants and hotels where you don't need to lift a finger.

Mandarin Oriental Jumeira, Dubai brings a certain Californian-style ease, but, in terms of 'wow-factor', it's still UAE through-and-through. The brand's foray into the Middle East is an exercise in balance: rooms look out over the glittering skyline, including the Burj Khalifa, and the clear waters of the Arabian Gulf. Design, meanwhile, merges traditional Arabian rugs with sophisticated embellishments and lavish furnishings.

They say you can't be all things to all people – a dual Middle Eastern and Seychelles-bound trip says otherwise. ■



The finer *things* in life

Relaxation is all about balance – the unspoilt serenity of the Seychelles is the perfect counterweight to the glamour and modernity of Dubai.

What's better than savouring secluded, relaxing luxury? Doing that in two places, which offer a delightful balance thanks to their contrasting appeal, on one out-of-this-world holiday.

The granite topography of the Seychelles is truly unique: tropical vegetation meets vast boulders and volcanic hills. It's a land that feels almost frozen in time, existing in its own bubble and untouched by the clamour of modern life; here, get back to nature and bask in the joy of feeling a million miles away from everyone and everything.

On the island of Mahé, white sands, striking waters and emerald mountains come as close to perfection as you can get. This is the home of **Four Seasons Resort Seychelles**, on Mahé's less travelled southern coast, a resort that



vibes, whether you feel like remaining in a horizontal position on the beach during a sunrise spa treatment, diving to new depths, or dancing the night away to a Sandbar Session concert.

Your last stop must take in the most southerly point of America: the happy-go-lucky Key West itself, with lively streets and buzzing nightlife, spectacular food and famous sunsets. It's also where you'll find the Southernmost House. Over the decades, the 'Mansion on the Sea' has welcomed Ernest Hemingway, of course, several presidents, and Louis Armstrong. Take to the ocean in a sailboat to be stunned into silence by the sun blazing as it sinks below the horizon. Oh, what a wonderful world. ■

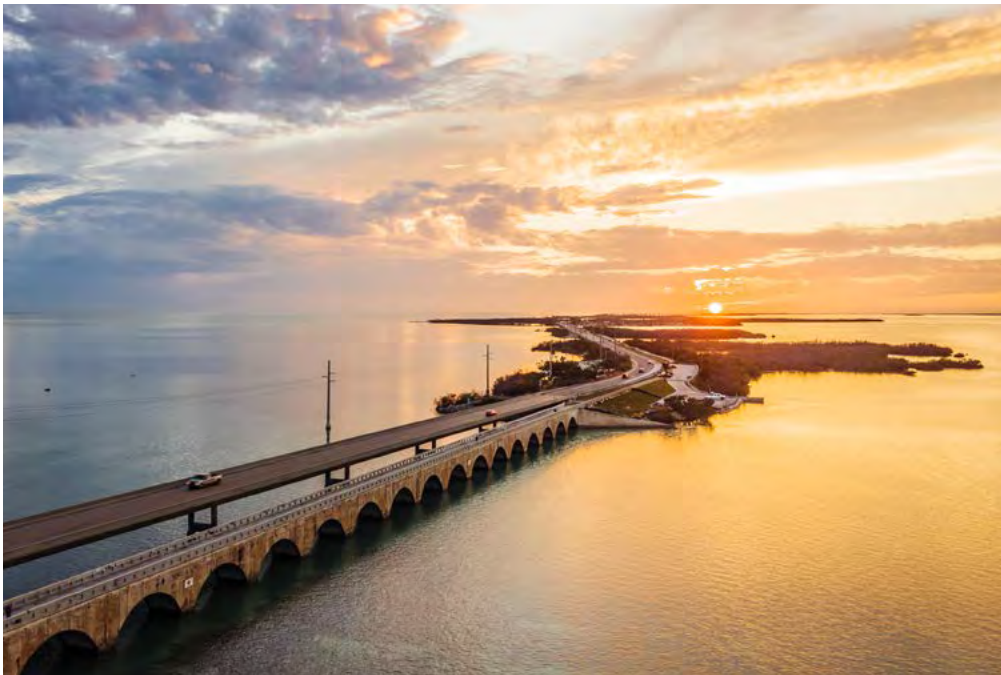
PINCH ME MOMENTS

Relax on the deck of a sailboat, chilled wine in hand, marvelling at Key West's famous sunset.

Journey by boat or seaplane to Dry Tortugas National Park, with its gleaming sandbanks and imposing Fort Jefferson.

Join a cocktail making class at the Hemingway Rum Co. distillery.

Clockwise from far left
The entrance to Isla Bella Beach Resort & Spa;
Seven Mile Bridge, Florida Keys; Lighthouse
at Bill Baggs Cape Florida State Park;
Little Palm Island Resort & Spa



The American dream

Go big or go home: the Florida Keys are known not only for larger-than-life theme parks but also for their glorious, crystal-clear waters, culture-rich towns and incredible seafood.

Everything is possible in the sun-drenched Florida Keys, which Harry S. Truman, Tennessee Williams and Calvin Klein have all called home over the decades. Start your indulgent immersion into this coral cay archipelago, found off the southernmost part of the United States, in the vibrant, cosmopolitan city of Miami. Tick all the picture-perfect boxes on bike rides and sunny strolls that take in the Art Deco architecture, the remarkable art of Wynwood Walls, chilled-out Miami Beach, and the mangroves and marshes of the Everglades. Just 45 minutes out of the city, alligator and Shark Valley trails feel a world away.

Youthful charm and a fierce love of the ocean is nurtured a bit further south near the Key West tip, at the **Isla Bella Beach Resort & Spa** in Marathon; your heart will be warmed by the Turtle Hospital, your eyes opened by the history of the original Seven Mile Bridge, and your palate wowed by tiki-style seafood from the very waters lapping the resort's shores.

The jumble of little islands – more than 1,700 of them – that make up the Keys have names whimsical and endearing; some known as Middle Torch, Sugarloaf and Summerland, and also No Name Key and Knockemdown Key. Make **Little Palm Island Resort & Spa** the base for soaking up the differing



TRAVEL NOTES

Ideal time: 11 nights

When to go:
November to April

Flight time: 10 hours

Ideal for: Those happiest by, or on, the sea



Ready to start planning *your next journey?*

Whatever you hope to feel on holiday this year, and whoever you want to share it with, we hope we can assist with the ‘where’. Allow us to help you make the most of the year ahead. To make every second of your next holiday count. To feel every moment.

Our holidays don’t exist until we create them for you, from the ground up; they are not made at the click of a button, but conceived by our knowledgeable specialists. We get to know you and what matters most to your holiday, meaning you receive genuine recommendations and a truly individual travel experience. Every single time.

So now that you know not just of where to stay, but of the ways in which these places can help to thrill or relax, ignite that imaginative spark, or simply bring loved ones closer together, get in touch to discuss your next getaway.

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