



---

# WHERE IN THE WORLD?



YOUR SUMMER / BROUGHT TO YOU BY BA HIGH LIFE >>

# WANT TO MAKE TRAVEL MORE REWARDING?

Want to enjoy more travel perks? Sign up to the British Airways Executive Club and start collecting Avios to save money on flights, hotel stays and car hire. Best of all, it's free to join

## THIS HOLIDAY COULD PAY FOR THE NEXT

Collect Avios – the British Airways rewards currency – each time you fly with BA or its oneworld partners.

## IT DOESN'T TAKE MUCH

As little as 1,250 Avios can save you £10 off a return flight with Avios part payment.

## BOOST YOUR AVIOS WITH SPECIAL OFFERS

Earn when you book a BA Holiday or stay at a BA partner hotel.

## EARN AVIOS ON EVERYDAY SPENDING

Top up your Avios balance with any of BA's partners such as Tesco Clubcard, Avis car hire or BA Avios eStore (our online shopping portal, which features hundreds of high street retailers) as well as using a British Airways American Express® credit card.

## MORE PERKS

Accrue Tier Points every time you fly with BA or one of its oneworld partners, helping to unlock further benefits.

## EVEN YOUR KIDS CAN EARN

The Household Account allows Avios accounts to be linked with family and friends to earn rewards faster.

## PAY NOTHING TO JOIN

The Executive Club is completely free to join, whether you're travelling for business or leisure.

## IT'S SO SIMPLE

Keep up to date with your travel plans and Avios and Tier Points balances through the free BA mobile app.

Join Today at [ba.com](http://ba.com). For more information on the BA Executive Club, visit [ba.com/executiveclub](http://ba.com/executiveclub)



We love summer, but it doesn't have to mean sun and tropical sands, which is why we've rounded up some alternative holiday ideas for your annual leave, from rodeos to zip wiring. We've still got plenty of dreamy beach ideas, too – just take a look at our life-changing trips pages.

You can also find your own microadventure, share in the joys of solo travel, and salivate at the foodie destinations to put on your wish list.

Don't forget to check out [ba.com/where](http://ba.com/where) for more exciting destination inspiration, travel reads perfect for a lunch al-desko, and handy holiday guides for planning your next trip.

Have a great summer.

ROSS CLARKE EDITOR

# CONTENTS

## 04 IN SEASON

Discover some irresistible roads less travelled this summer

## 15 GOING SOLO

Ross Clarke dumps his selfie-stick and launches into the unknown

## 18 EAT THE WORLD

Mina Holland lets us in on her top global foodie spots

## 23 TRIP OF A LIFETIME

Find out how to have a life-changing trip in a weekend

## 30 URBAN JUNGLE

Grab your pop-up tent and head for the city

## 34 GOING UP

See what's hot and what's not with our travel trends barometer



THREE WAYS TO SHOP THIS ISSUE



Visit [ba.com](http://ba.com)



Download the BA app (free on iOS and Android)



Call our bookings team 0344 493 0787



**Editor-in-chief** Kerry Smith  
**Editor** Ross Clarke  
**Group copy editor** Bryony Coleman  
**Production editor** Olivia McLearn  
**Senior subeditor** Tom Allsop  
**Group art director** Jamie McPherson  
**Art director** Craig Baxter  
**Designer** Corey Jackson  
**Picture editor** Faris Mustafa  
**Picture researcher** Monica Roche  
**Business and strategy director** Ann Hartland  
**Account director** Katherine Knight  
**Insight and strategy manager** Alex Palmer  
**Production director** Vanessa Salter  
**Production manager** Sarah O'Neill  
**CEO** Clare Broadbent

**Managing director** Christina da Silva  
**Creative director** Stuart Purcell  
**Commercial director** Justine Daly

**British Airways** Sarah Walmsley, Katie Gatens, Emma Jagger, Viktoria Williams, Gemma Abrahams

**Cedar Communications Limited**, 85 Strand, London WC2R 0DW  
 Tel +44 (0)20 7550 8000  
 Email [high.life@cedarcom.co.uk](mailto:high.life@cedarcom.co.uk)  
 Web [cedarcom.co.uk](http://cedarcom.co.uk)  
 © 2017 Cedar Communications Limited

Material in this publication may not be reproduced in any form without permission. Editorial material

and opinions expressed in *High Life* do not necessarily reflect the views of British Airways or the publisher. BA and the publisher do not accept responsibility for the advertising content. Products and services mentioned are subject to change without prior notice. British Airways PLC, Waterside, PO Box 365, Harmondsworth UB7 0GB

Colour origination by Rhapsody. Printed in England by Pindar Scarborough Ltd. Text printed on Edixion Offset 100gsm. Cover printed on Edixion Offset 250gsm.



# 18

## REASONS TO LOVE SUMMER

From a 70-day festival in Croatia to extreme sports in Norway, our experts from around the world give us their insider tips on how to enjoy the season from a fresh perspective. Compiled by [MELISSA LAWFORD](#)

Photograph: Mboicdy/Getty Images

## THE INSIDERS

Introducing our global travel experts



**YVAN RODIC**  
PHOTOGRAPHY

This photographer and author captures style, from Svalbard to Honolulu.

**Just back from?** Snapping in Fukuoka, Japan

**Now?** Exploring Busan, South Korea

**Where next?** Uzbekistan

📷 @facehunter



**RACHEL TAYLOR & JODY DAUNTTON**  
OUTDOOR LIFESTYLE

Co-founders of *Another Escape*, an indie magazine focused on creative culture and sustainable living.

**Just back from?** Driving through the Dolomites, Italy

**Now?** The Romanian wilderness

**Where next?** City break to Krakow

📷 @anotherscape



**JESS PARR**  
BLOGGER

Cabin crew for British Airways and creator of travel blog, *The Layover Life*.

**Just back from?** A trip to Cape Town, South Africa

**Now?** Exploring Oakland, California

**Where next?** Puerto Rico

📷 @thelayoverlife



**MINA HOLLAND**  
FOOD

Author of *The Edible Atlas* and *Mamma*, and editor of the *Guardian's Cook* supplement.

**Just back from?** The tapas trail in Barcelona

**Now?** At home in London

**Where next?** Eating around the Alentejo region, Portugal

📷 @minaholland



**DAVE CORNTHWAITE**  
ADVENTURE

Adventurer, author, filmmaker and founder of SayYesMore.

**Just back from?** Riding a kick scooter around Japan

**Now?** My houseboat, *Enigma*, in London

**Where next?** Riding a tandem across Europe with my partner

📷 @DaveCorn →



**MONTPELLIER**

**1** **BECAUSE IT'S THE 10TH ANNIVERSARY OF FESTIKITE ON THE COAST NEAR MONTPELLIER**

Festikite (2-5 June) aims to bring together kitesurfers of all ages and abilities in Plage du Prévost in Villeneuve-lès-Maguelone. Forty exhibitors will display the latest innovations at the International Kitesurf exhibition, and Festikite is hosting the second stage of the Hydrofoil Pro Tour – a regatta of up to 100 riders that begins in Mexico and ends in Australia.

**As of 3 May, BA flies to Montpellier twice a week from Heathrow**

“Kuala Lumpur is only a few hours’ drive away from Taman Negara National Park, a 130-million-year-old rainforest that sprawls for more than 4,000sq km”

**RACHEL TAYLOR**  
*Global travel insider*



**3** **BECAUSE RAMADAN MARKETS POP UP IN KUALA LUMPUR**

After sunset during Ramadan (26 May-24 June), food markets (Ramadan bazaars) appear all over the city streets offering up the best local delicacies in one huge culinary celebration – rows of stalls can reach more than a mile long. Muslims head to the street-food stands to buy tasty *iftar* meals for breaking fast, while non-Muslims stop by to try the fresh traditional dishes – one of the only times in the year they’re served up.

**BA flies to Kuala Lumpur daily from Heathrow**

**2** **CROATIA**

**BECAUSE CROATIA IS HOME TO A SUMMER-LONG ISLAND FESTIVAL**

Obonjan, a 136-acre island in the Adriatic, is about to begin its second summer festival season. From 23 June-3 September, the previously uninhabited island offers a 70-day programme of musicians, speakers, artists and wellness classes. Sleep under the pines, dance in the open-air stone amphitheatre and, in the evening, pick up a telescope and stargaze from the beach.

**During the summer, BA flies to Split twice a week from Heathrow**



Photographs: Natrow Images/Alamy, Jorg Greuel/Getty Images; Nora Carol/Getty Images; Norbert Eisele-Heinr/Getty Images



**4** **BECAUSE CALGARY GOES RODEO-MAD**

Novice bareback, tie-down roping, steer-wrestling... If you don't know your rodeo, now's the time to learn at the Calgary Stampede (7-16 July). At 19.45 each evening, a klaxon kicks off the GMC Rangeland Derby – nine heats of four-horse wagon racing. Think thunder, dust and pounding hooves, plus the best street food.

**BA flies to Calgary daily from Heathrow**



5

**NEW ORLEANS**

**BECAUSE NEW ORLEANS ISN'T JUST ABOUT MARDI GRAS**

Louis Armstrong grew up singing on the streets and went on to revolutionise American music. "Every time I close my eyes, blowing that trumpet of mine," he was to say in later life, "I look right in the heart of good old New Orleans... it has given me something to live for." Satchmo Summerfest celebrates his birthday from 3-6 August, with free live music and a 'jazz mass' at St Augustine Church.

**BA is the only airline to fly direct from the UK to New Orleans. There are four flights a week from Heathrow**



6

**VANCOUVER**

**BECAUSE YOU CAN WATCH SHAKESPEARE ON THE WATERFRONT IN VANCOUVER**

Let your inner thespian run wild and free at Vancouver's Bard on the Beach Festival (1 June-23 September), which this summer brings live performances of four Shakespeare plays to Vanier Park's English Bay waterfront.

**BA flies to Vancouver daily from Heathrow**

Photographs: Atlantide Phototravel/Getty Images; Gallery Stock/David Spenc; Area 47/Florian Breitenberger; Allan Hughes/Alamy; Anders Blomqvist/Getty Images



8

**ORLANDO**

**BECAUSE IT'S TIME TO CELEBRATE ORLANDO'S LITERARY HERITAGE**

Visit Jack Kerouac's Orlando house and pay homage to the father of the road trip to mark the 60th anniversary of *On the Road* this September. Kerouac travelled the USA in the 1940s, hitch-hiking, jumping freight trains and drinking moonshine liquor. "There was nowhere to go but everywhere, so just keep on rolling under the stars," he wrote in his seminal novel.

**BA flies to Orlando twice a day – late morning and lunchtime – from Gatwick**

9

**NORWAY**

**BECAUSE IT'S THE SEASON FOR EXTREME SPORTS IN NORWAY**

EkstremSPORTveko (25 June-2 July) in Voss does what it says on the tin. The foolhardy try base-jumping or skydiving while water-bound adrenaline junkies speed downstream on a bodyboard. The signature event? The Horgi Ned, a reworking of a triathlon that replaces the flat with the steep: downhill skiing, downhill biking and whitewater kayaking.

**Be in Bergen in just over two hours. BA flies to Bergen daily from Heathrow**

7

**INNSBRUCK**

**BECAUSE WHEN THE SNOW MELTS IN THE TYROL, THE REAL ADRENALINE JUNKIES COME OUT TO PLAY**

The mountainside scenery of the Ötztal Valley is idyllic but play at the AREA 47 amusement park is fast and furious. Zoom down one of five slides in the 20,000sq m waterpark. Go cliff-diving, canyoning and kayaking. Or, if you've ever fancied being a human cannonball, hop in the water catapult. Just don't collide with someone flying along the 400m zip wire overhead.

**BA flies to Innsbruck twice a week from Heathrow**

**WASHINGTON**

**10** BECAUSE THE CIRCUS IS COMING TO THE WASHINGTON MALL

Celebrate the big 5-0 of the Smithsonian Folklife Festival (29 June-4 July and 6-9 July) and join the million-plus visitors to the largest cultural event in the US capital. A series of stalls and exhibitions will take over the Mall. This year's theme is Circus Arts, so expect tales from generations of travelling circus folk, with aerialists, acrobats, clowns and a big top.

**BA flies to Washington DC three times a day from Heathrow**

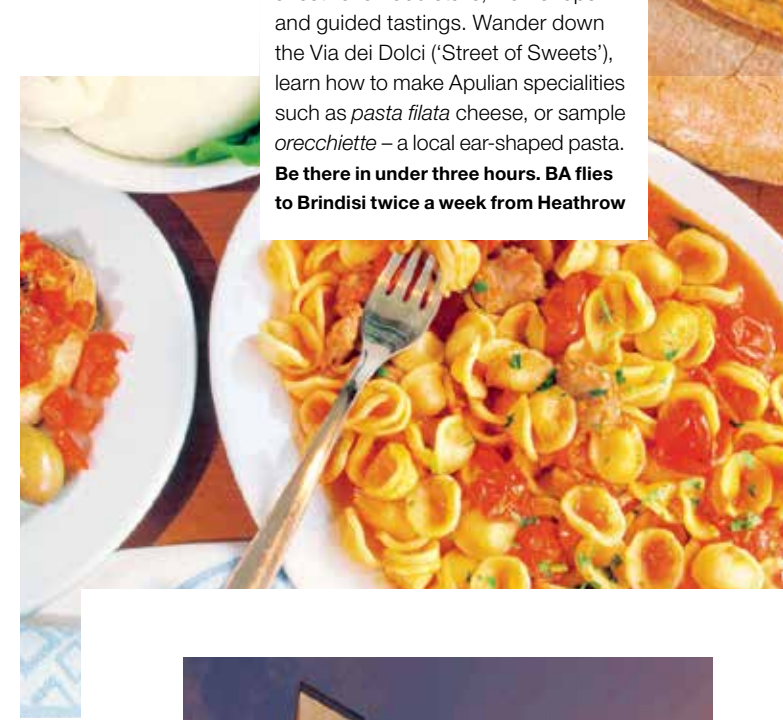


**PUGLIA**

**13** BECAUSE IT'S TIME TO EAT 'LITTLE EARS' IN PUGLIA

Nestled in the tip of the Salento peninsula – the heel of Italy's boot – is the small town of Maglie. It hosts the Mercatino del Gusto (1-5 August), a festival of food stalls, workshops and guided tastings. Wander down the Via dei Dolci ('Street of Sweets'), learn how to make Apulian specialities such as *pasta filata* cheese, or sample *orecchiette* – a local ear-shaped pasta.

**Be there in under three hours. BA flies to Brindisi twice a week from Heathrow**



**SKIATHOS**

**11** BECAUSE SKIATHOS' BEACHES ARE THE PERFECT ESCAPE

It's only seven miles long, but Skiathos has 27 miles of coastline, more than 60 beaches and an average August sea temperature of 26°. Hire a boat and moor it in a remote cove to picnic. And, if you're wondering why it all looks a little familiar, *Mamma Mia!* was partly filmed on the island – it's regularly screened at an open-air cinema on Papadiamantis Street.

**BA will start flying to Skiathos twice a week from London City, from 26 June**



**TALLINN**

**12** BECAUSE TALLINN GETS MORE THAN 18 HOURS OF DAYLIGHT – MEANING IT'S TIME TO HUNT FOR THE FERN FLOWER

For Estonians, Jaanipäev is second only to Christmas. This public holiday is celebrated just after the summer solstice (23-24 June), when the sun barely sets and night never seems to come. Join the hunt for mythical fern blossoms, said to ensure romantic bliss.

**BA now flies to Tallinn twice a week from Heathrow. Flight time: three hours**



**NEW YORK**

**14** BECAUSE BRITISH STYLE IS BOOMING IN NYC

Husband-and-wife team Tim and Kit Kemp, who run Firmdale boutique hotels, make bed look like an appealing place – even in the city that never sleeps. Sandwiched between MoMA and Central Park, The Whitby is the couple's second US hotel.

**BA flies to New York multiple times a day from London City, Gatwick and Heathrow**



Photographs: Giorgio Filippini/SIME/4Comers; Santiago Urquijo/Getty Images; REDA & CO srl/Alamy.



**FRANCE**

**15** BECAUSE MOUNTAIN CLIMBING GETS SERIOUS IN FRANCE

Celebrating its fifth anniversary this year, France's Fête de la Montagne (24-25 June) hosts a high-altitude programme in the Alps. From Grenoble, take a two-day trip with an expert in edible plants with Mountain Wilderness France and learn to cook cuisine *sauvage*. Or, from Geneva, join a guided climb of Fort l'Écluse at dusk, followed by a picnic and stargazing with an astronomer.

**BA flies to Geneva several times a day from London City, Heathrow and Stansted**

"I use a great app called Esplorio. It pins your locations as you travel and you can curate your own travel guide by adding images and text. It's like an instant blog post of your trip that you can share with friends and family, or as a public link. I create a guide for all my trips"

**JESS PARR**

*Global travel insider*

**ALICANTE**

**16**

BECAUSE BONFIRE JUMPING IS ALL THE RAGE IN SPAIN

Alicante goes big during the festival of Hogueras de San Juan (Bonfires of St John). From 19-24 June, there are ear-splitting displays of firecrackers every afternoon, and at midnight on 24 June the burning of bonfires begins, cued by a palm-shaped firework exploding over the castle. Tradition holds that jumping over a bonfire will bring good luck. Maybe go easy on the sangria beforehand.

**BA flies to Alicante daily from Gatwick**



**17**

BECAUSE IT'S THE 50TH ANNIVERSARY OF THE SUMMER OF LOVE

In the summer of 1967, California became a focal point of counter-culture, protest and sexual freedom as hippies tuned in, turned on and dropped out. Visit *On the Road to the Summer of Love*, a photographic exhibition at the California Historical Society, or catch the 50th anniversary of the Monterey International Pop Festival (16-18 June).

**BA flies to San Francisco twice a day from Heathrow. BA also flies to Oakland and San Jose, making it the only European airline to operate from all three Bay Area airports**



**18**

BECAUSE STREET THEATRE COMES TO IRELAND

Founded by Viking raiders in AD 914, Waterford is the oldest city in Ireland. It's thought the name comes from the Norse for 'windy fjord'. Its narrow, mediaeval streets provide an atmospheric background for the Spraoi festival and parade, as artists, musicians and theatre companies perform all over the city streets from 4-6 August.

**BA flies to Dublin multiple times a day from London City, Gatwick and Heathrow**





WHERE  
IN  
THE  
WORLD ...

Tyrol is home to  
15,000 miles of  
marked hiking and  
mountain trails

## CAN I GET A NATURAL HIGH?

We all know Austrian Tyrol is superlative for skiers but, once the snow melts, a newfound energy sparks a different type of adventure

**A HIKER'S PARADISE** With 15,000 miles of hiking trails, you're unlikely to run out of routes. The 257-mile Eagle Walk starts in St Johann in Tyrol, traverses the Alps via Innsbruck and ends in St Anton am Arlberg. Ambitious hikers will love the final 11 miles, which deliver stellar views of the Lechtal Alps ([tyrol.com/hiking](http://tyrol.com/hiking)).

**ON YOUR (E-)BIKE** There are 3,293 miles of designated mountain bike tracks. Hardcore riders will like the Bike Trail Tirol, a 621-mile trail in 32 stages, or the Tirol Mountain Bike Safari. For less pulse-pounding pursuits, rent an e-bike from one of 45 rental stations in the Kitzbühel Alps ([tyrol.com/mountainbiking](http://tyrol.com/mountainbiking)).

**WHITewater WONDERLAND** Thanks to its thundering rivers and mighty rapids, Tyrol is a popular spot for whitewater activities. The Imster Schlucht canyon and the Ötztaler Ache tributary offer adrenalin by the bucket load. Just be prepared to get wet.

### THE ESSENTIALS

#### EAT

Try Restaurant Rosengarten, where Simon Taxacher serves up pork with Périgord truffle and catfish with Catalogna chicory. [restaurant.rosengarten-taxacher.com](http://restaurant.rosengarten-taxacher.com)

#### STAY

The chic four-star Penz Hotel is right in the centre of Innsbruck. The rooftop bar – with views of the Alps – is the perfect place to unwind after a day of hiking or sightseeing. [ba.com/penzhotel](http://ba.com/penzhotel)

#### IF YOU ONLY DO ONE THING...

Take a trip in Zaha Hadid's Nordkette funicular as it climbs 2,256m from the city centre up the mountain, to enjoy the views.

British Airways flies direct from London Heathrow to Innsbruck. [ba.com/innsbruck](http://ba.com/innsbruck)

**CITY ESCAPE** Known as the Capital of the Alps, Innsbruck may be the gateway to the mountains, but it has plenty on offer for sightseers. There's a Habsburg palace, Baroque cathedral, and the famous Bergisel Ski Jump to be explored, while the popular university ensures exciting nightlife and a friendly vibe ([tyrol.com/innsbruck](http://tyrol.com/innsbruck)).

Words: Harriet Cooper

# THE JOYS OF SOLO TRAVEL

From choosing your own itinerary to finding unlikely inspiration in strangers, **ROSS CLARKE** discusses why it's sometimes good to go it alone →



I recently saw a YouTube video of a New Yorker called Buddy Bolton cutting people's selfie sticks in half with a pair of wire cutters, mid-photo opportunity. It gave me a strange sort of impish delight. I share Mr Bolton's distrust of the device. For me I just can't understand the appeal: it merely confirms the faux jollity and ridiculous constraints of what happens when you travel en masse.

As much as I enjoy other people's company, when it comes to travelling, friends and family can become tricky. For some, it's being dragged around yet another museum, when all you want to do is go into the Louvre, see the

*Mona Lisa*, and get out again. For others, it's the seemingly endless process of deliberating over which restaurant to visit, which takes so long that the only option left is a questionable *hamburguesa con queso*. But on your own, you get to decide everything – for instance, the perfectly reasonable realisation I had recently in California that, “Yes, I am going to spend all day on the beach with no one bothering me or flinging sand from their beach towel on my freshly sunblocked skin.”

One of the best solo trips I've had was going on 'Around the Sound', through Denmark and southern Sweden by train. I'll never quite

forget jumping into the freezing cold sea with a group of equally crazy stark-Baltic-naked Swedes. Of course, they thought nothing of it and delighted in watching my face contort. But then that's the joy of solo travel – having the oddest, yet most memorable experiences with complete strangers.

Recently, I set off on my latest solo adventure around Asia and Australasia. I never did the 'gap yah' thing at university so, at the ripe young age of 30, it seemed like a good time to venture further afield than my usual Euro weekend jaunts. There's something so exhilarating about doing it by yourself, too,

from making the list of essentials (flip flops and mosquito repellent) before your trip, to being told how brave you are by your great aunt as she ruffles up your hair. And there are plenty of other benefits, too: getting to meet random people from around the globe and listening to their stories – something I never do if I'm travelling with friends. It's all about those moments when you become drinking buddies for the night, scroll through your iPhone gallery the morning after and question how you could possibly have taken that photo... without a metre-long pole. ■

Twitter: @rosswclarke

TOP SPOTS FOR SOLO TRAVELLERS



01 / THAILAND

**The lowdown** Trek the jungle, soak up the bustling city of Bangkok or lounge on glorious beaches in the south. Thailand is full of charming locals and other free-spirited solo travellers so you'll never feel lonely here.  
**Stay** Whether you go north or south you're likely to fly from Bangkok, so treat yourself to a night at the Mandarin Oriental (ba.com/mandarinoriental) on the banks of the Chao Phraya River.  
**Single traveller tip** Take an overnight train for long distance travel eg Bangkok to Koh Samui. It's cheap, comes with a bed and saves on the cost of a hotel.  
 ba.com/thailand



02 / TORONTO, CANADA

**The lowdown** Toronto has all the benefits of a big city (great food, fun bars, lots to do) as well as super-friendly locals who will generally go out of their way to chat to you.  
**Stay** The Chelsea Hotel (ba.com/chelseahotel) has a wealth of facilities, including a pool and sun deck. Plus, you can get big discounts at some of the city's top attractions simply by showing your room key.  
**Tip** Canadians love their team sports. One evening go to a sports bar and pick a team to cheer on – you'll soon get talking to people who agree with your choice (or don't). ba.com/toronto



03 / COPENHAGEN, DENMARK

**The lowdown** With *hygge*, constant candlelight and an endless supply of hot chocolate, it's easy to understand why the Danes are among the world's happiest people. Copenhagen is packed with great architecture, design, food markets and historical monuments.  
**Stay** The super-stylish Andersen Boutique Hotel (ba.com/andersen) has a daily 'Wine Hour' that allows you to meet up with other guests and enjoy a free glass of vino.  
**Tip** Sign up for 'Meet the Danes' (meetthedanes.dk), a service that arranges home dinners with locals. ba.com/copenhagen



Photographs (previous page): Reinhard Schmitz/Getty Images; (this page): Robin Alam/Icon SportsWire/Getty Images; Oleh Siobdeniuk/Getty Images; Pietro Canali/SIME/4Corners; Maurizio Rellini/SIME/4Corners

# THE NEW CULINARY CAPITALS

At the start of this year, Copenhagen's famed restaurant Noma shut its doors after 14 years of pushing the boundaries of the dining experience. So where now in the world can we sate our appetite for original, creative dishes? Our global travel panel insider, [MINA HOLLAND](#), serves up some suggestions for getting our foodie fix

**T**here's nothing quite like the promise of good food to get me out of the front door. Just as when you had to visit distant relatives as a kid, the trip seemed much more tempting with the offer of an ice cream, things haven't changed. Luckily, there are masses of places popping up on the foodie radar to give me an excuse to leave home and jump on a plane.

## OAKLAND AND THE BAY AREA

College Avenue, the long road connecting Berkeley to the city of Oakland – just 20 minutes' drive from San Francisco – on the eastern side of San Francisco Bay, is a food Mecca. The Ramen Shop is great for imaginatively executed ramen of eye-watering goodness, served with local beers or natural wine. Berkeley's San Pablo Ave has an epicurean nook where you can get your morning coffee – or a Persian breakfast, while at Bartavelle, grab bread from Bay Area institution, Acme, and peruse the wines at celebrated merchant Kermit Lynch. Oakland is, of late, awash with the achingly trendy – try Trouble Coffee Co, tucked in just off the freeway and order whole coconut and cinnamon toast.

Photographs: Plainpicture



### Eat the world

Clockwise from top left: open sandwich with sliced avocado and radish; pulled chicken tostada with slaw; prawn and octopus skewers; a colourful salad; green padron peppers; saffron mash and shrimp

**NEW ORLEANS AND THE DEEP SOUTH**

It's not just music that's good for the soul here, but the food, too. Reputed to have the USA's best fried chicken is Willie Mae's in New Orleans. It's a big claim, but one that the bronzed, crisp drumsticks with velveteen meat live up to. Or try one of the city's annual food festivals: the Crawfish Festival in May or one of the food/music combos, such as Crescent City Blues and BBQ Festival in mid-October.

**NORTHERN SPAIN**

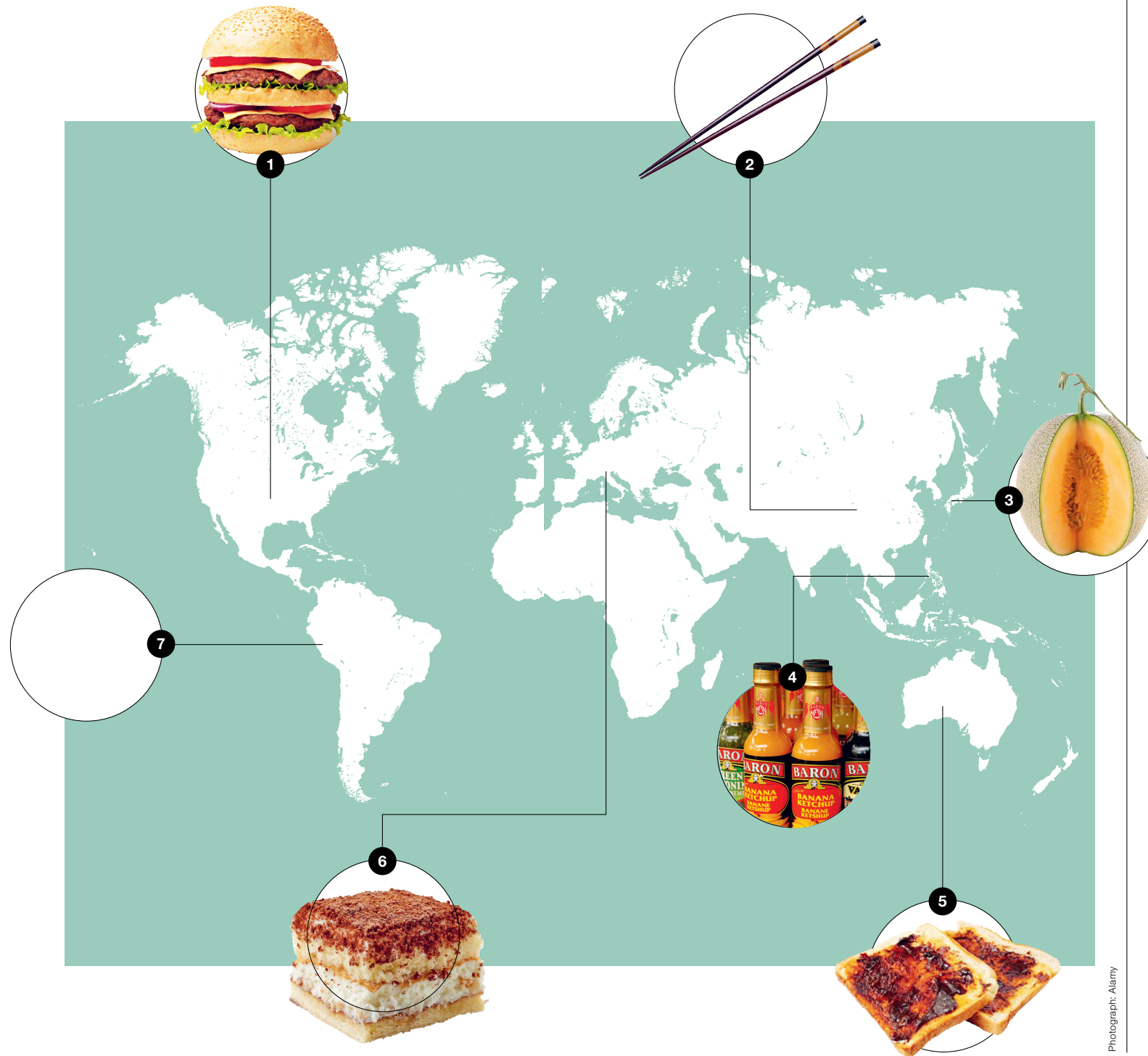
San Sebastián is on every glutton's visit list, but Galicia is also fabulous. This northwestern nook of Spain has a rugged coastline rich in spoils of the sea: razor clams, scallops, goose barnacles and, famously, octopus, which has its own festival in August, when tentacular mountains are served with boiled potatoes and smoked paprika.

**MEXICO**

Mexico's no stranger to octopus either. Hartwood restaurant in Tulum is known for roasting the cephalopods whole, as well as a host of other dishes that change according to what nature provides. Super restaurant Noma has a pop-up in Tulum until the end of May, too, so fine dining opportunities abound – and let's hope the residency gets extended. Head inland and up to the capital, Mexico City, where there are days upon days' worth of delicious, and sometimes challenging, food ops. Try breakfast at Lalo near Roma, where eggs are served with ant eggs – or try guacamole with grasshoppers at Corazon de Maguey or pre-Hispanic Don Chon (which also serves rattlesnake). Mezcal fans will love La Clandestina in Condesa, where owner Karla Moles serves up hundreds of different specimens of the spirit with demijohns, garnished only with oranges and chilli worm salt. ■

*Mina Holland is Guardian Cook editor and author of the Edible Atlas*

**FOOD FACT FILE**



1. Americans eat nearly **50 billion burgers a year**, which translates to **three burgers a week** for every single person in the **USA**.
2. **CHINA** gets through about **80 billion pairs of chopsticks** a year.
3. The **most expensive fruit** in the world is the **JAPANESE Yubari King cantaloupe** – two of these once sold at auction for **£18,200**.
4. In the **PHILIPPINES**, during WWII, there was a **national shortage of tomatoes**. So instead of normal **tomato sauce**, they started making **banana ketchup**. It's still going strong.
5. Fred Walker, the **AUSTRALIAN** who commissioned the **invention of Vegemite**, ran a national **competition** in 1923 for the  **naming of the yeast spread**. His **daughter** selected the name, and Vegemite was **christened** – but alas, the **winning entrant's identity** is not on record.
6. The **largest cake sculpture** in the world weighed **more than 1,000kg** – the enormous **map of Italy** measured **16.46m by 13.94m**. It was made in **MILAN** in 2015 by a vast team of **250 cake designers**.
7. **Quinoa** – the high-protein **superfood grain** – was once called "**the gold of the Incas**" because of its reputation for **strengthening** ancient **PERUVIAN warriors**. The **United Nations** like it so much, it declared **2013 The International Year of Quinoa**.

Photograph: Alamy

**UNDER THE SPELL** Tallinn's two-tiered walled city – a Unesco World Heritage site – is a fairy-tale dream. In Toompea, the upper town, there's the castle and onion-domed cathedral, while in the busier lower town you'll find colourful gabled houses, Gothic spires, and restaurants spilling on to sunny squares.

**GET YOUR GROOVE ON** A short hop from the Balti jaam train station lies the district of Kalamaja, now a magnet for the bohemian and hip who wander its characterful streets. Many make a beeline for Telliskivi, a collection of old railway buildings that's home to cool shops, artists' studios, nightclubs and offbeat eateries.

WHERE  
IN  
THE  
WORLD ...

## CAN I GO FOR A COOL CITY BREAK?

Though proud of its mediaeval heritage, Tallinn has catapulted itself into the 21st century with hipster neighbourhoods and buzzing nightlife



**FEAST ON ESTONIAN CUISINE** It's not all jellied pork and boiled potatoes – although, if you're looking for traditional local fare you won't be disappointed by the thriving street food scene. But for something different, Tallinn – with its wave of restaurants serving Estonian and Nordic cuisine with a twist – is the place to be. And there are microbreweries and drinking spots aplenty, including craft beer specialist Pudel Baar.

**DOWN MEMORY LANE** The city's history isn't confined to the Old Town. Arm yourself with a Tallinn Card (for free access to museums, galleries, and more) and get exploring. A visit to the Baroque Kadriorg Palace is a must. Also fascinating is the Estonian Architecture Museum and, for a Soviet throwback, the Tallinn TV Tower.

### THE ESSENTIALS

#### EAT

Settle in for the splendid five-course Sunday brunch at Umami. [umamiresto.ee](http://umamiresto.ee)

#### STAY

The boutique Hotel St Petersburg, in the Old Town, is steeped in history but filled with modern comforts. [ba.com/hotelstpetersbourg](http://ba.com/hotelstpetersbourg)

#### IF YOU ONLY DO ONE THING...

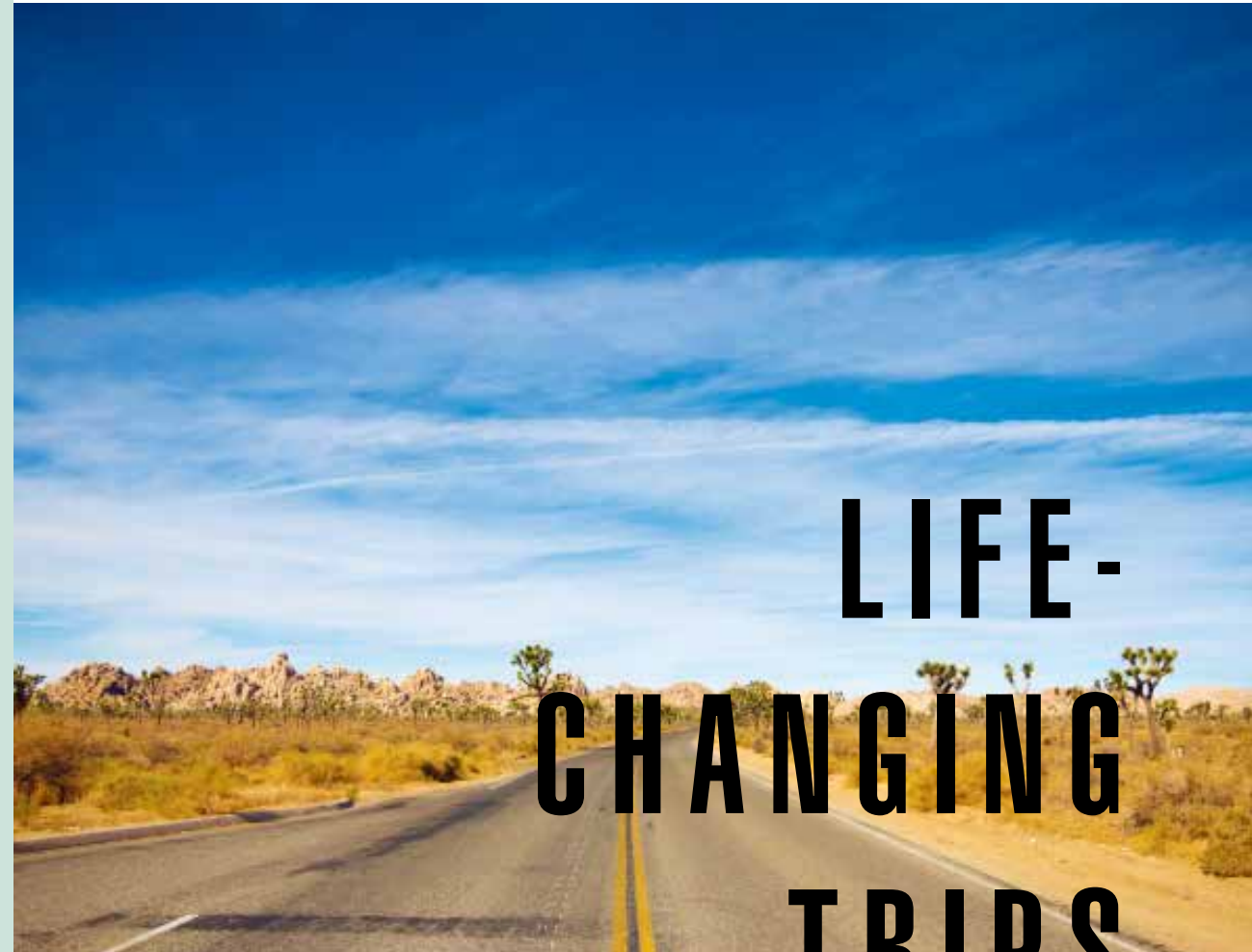
Outside the town of Rummu is the Underwater Prison, an abandoned jail built in the 1940s by the Soviet Union. It is surrounded by crystal clear water and is a popular diving spot.

BA flies to Tallinn twice weekly from London Heathrow. [ba.com/tallinn](http://ba.com/tallinn)

Words: Harriet Cooper

#### On the road again

A road across Joshua Tree National Park, southeastern California



# LIFE-CHANGING TRIPS

(REGARDLESS OF YOUR ANNUAL LEAVE ALLOWANCE)

Words:  
[AMANDA STATHAM](#)

Photographs: Marc Princivalle/  
[imagesconcept.com/Getty Images](http://imagesconcept.com/Getty Images)



# GREEK ISLANDS

**TIME** Long weekend  
**TRIP** Greek Islands  
**FLY IN** Mykonos  
**FLY OUT** Santorini

## ITINERARY

Fly to Mykonos, a hot spot for bohemian jet-setters since the 1960s, and check into the luxurious Kensho Boutique Hotel & Suites. With its cool minimalist style, muted décor and no-fuss furnishings, it's intimate with a relaxed vibe. It might be hard to extract yourself from the pool-side daybeds overlooking Ornos Bay, but do visit Scorpios, a beach bar where you can enjoy long lunches and cocktails at sunset. Before

you depart, spend a few hours exploring the island's main town, Chora, taking in the harbour, windmills and whitewashed churches.

## Island hop

From Mykonos, it's a short, high-speed ferry hop to the island of Santorini (pictured), where the best views in the Mediterranean can be found at Oia, a village perched on vertiginous cliffs overlooking the caldera (sunken volcanic crater). It's also home to the iconic Santorini hotel, where terraces, pools and rooms are carved from the volcanic rock. Make time for a boat trip to the crater of New Kameni and hot springs at Palia Kameni. [ba.com/greece](http://ba.com/greece)

Photographs: Pawel Kazmierczak/Alamy, Sladja Kisic/4Comers

**TIME** Sun-packed week away  
**TRIP** Croatian coast  
**FLY IN** Dubrovnik  
**FLY OUT** Pula

## ITINERARY

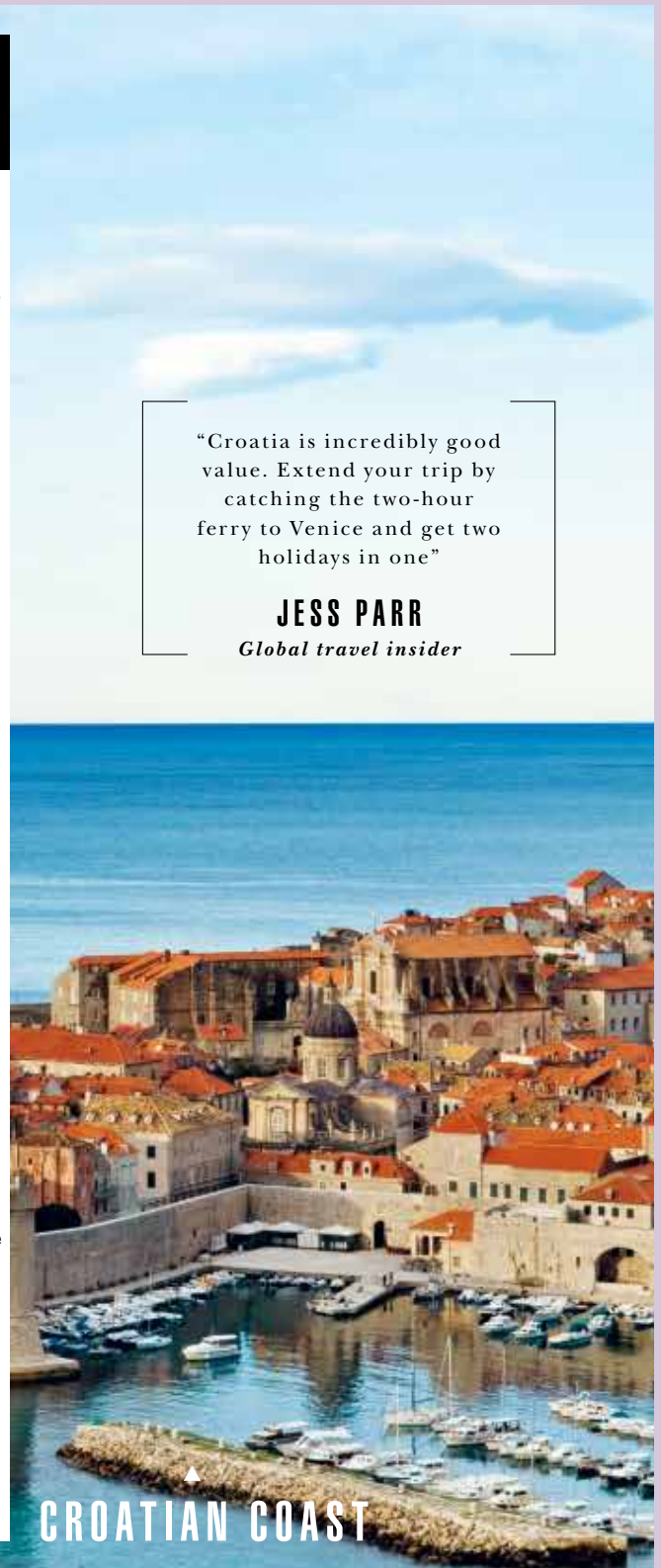
Exploring ancient cities, tanning on pebble beaches and stylish stays are all part of the allure of holidaying on Croatia's Dalmatian coastline. Kick the week off in Dubrovnik (pictured), a mediaeval fortified city heavy with history, including a Franciscan monastery with one of the oldest pharmacies in the world and a Cathedral Treasury claiming to house a relic of the crucifixion cross. Dubrovnik is also a TV star, thanks to *Game of Thrones*, so book a tour if you're a fan. Later on, make your way to Pantarul for superb locally sourced dishes such as octopus risotto. Stay at the Pucic Palace, a 17th-century building converted into a boutique hotel on the Old Town's Gundulic Square.

## A little luxury

Next stop is Hvar. Enjoy seafood at beach taverna Zori: it's always packed with a smart set at lunch. At sunset, sample daiquiris at the rooftop bar of the Adriana Hotel. Go on to the waterside Bonj steak and seafood restaurant and lounge, where waiters bring Champagne in ice buckets to the Balinese-style daybeds.

## In the know

Under-the-radar Zadar, on the north of the Dalmatian Coast, is a former fortress of the Venetian Republic. The walled city is home to marble streets, terracotta roofs and pretty squares. Reserve a table at Foša, a seafood restaurant by the harbour, then have drinks at The Garden, a bar that was opened by two members of UK reggae band UB40 (the Garden Festival is held nearby each summer, too). Spend your final day in Pula, checking out the Roman architecture and looking out over the water towards northern Italy. [ba.com/croatia](http://ba.com/croatia)



"Croatia is incredibly good value. Extend your trip by catching the two-hour ferry to Venice and get two holidays in one"

**JESS PARR**  
*Global travel insider*

# CROATIAN COAST

**TIME** Far-flung fortnight  
**TRIP** Far East city hop  
**FLY IN** Singapore  
**FLY OUT** Bangkok

**ITINERARY**

Start in Singapore (pictured) and head for the Botanic Gardens, a skywalk at Mount Faber where steel-and-wood causeways lead through the jungle canopy, and shopping on Orchard Road, a mile-long stretch lined with traditional Chinese stores and mega-malls stocking the best labels. For relaxation, head for Tanjong Beach Club on Sentosa Island, 15 minutes' drive from the city. The in-crowd head here post-work and get riotous on signature cocktail, the Tanjong Sling. Recover with a Thermal Mineral Kur treatment at the in-house spa of the legendary Raffles Hotel. Afterwards, jump on the sleeper train to Kuala Lumpur.

**In the jungle**

Visit the Islamic Arts Museum Malaysia and the six-tiered Buddhist Thean Hou Temple. For snaps to fill your Instagram feed, ascend the Petronas Twin Towers, once the tallest buildings in the world, then swap the concrete jungle for actual jungle at the KL Forest Eco Park, ten hectares of preserved rainforest. For dinner, choose Atmosphere 360, a revolving restaurant atop the Kuala Lumpur Tower, followed by drinks at the MO bar of the Mandarin Oriental Hotel.

**Taste of the Orient**

Jump on the sleeper train again and wake up in Bangkok, Thailand's capital. Make time for Pak Khlong Talat flower market, where the scent of jasmine and lotus flowers greets visitors. Next, take a tour of the Grand Palace, visit Wat Phra Kaeo Museum and its collection of silver and gold Buddhas and take a boat tour on the Chao Phraya River. Dining out in Bangkok is a treat, from street food to high-end restaurants such as the Celadon in the Sukhothai hotel. [ba.com/foreast](http://ba.com/foreast)



▲ SINGAPORE

Photographs: Chatchawat Prasertisom/Getty Images; Plainpicture/Cultura/Kate Ballis

**TIME** Make the most of a month  
**TRIP** California road trip  
**FLY IN** San Diego  
**FLY OUT** Los Angeles

**ITINERARY**

Hire a car ([ba.com/avis](http://ba.com/avis)) and drive from San Diego to LA. Take in the Maritime museum, the Old Town State Historic Park and visit the zoo. Toast the start of your trip at La Jolla, a seaside village on the outskirts of San Diego with luxurious hotels such as The Lodge at Torrey Pines, set on cliffs above Black's Beach. Drive north through the desert and mountains on the Palms to Pines Highway, stopping in the Temecula Valley for lunch at a vineyard.

**Being Frank**

Once the Rat Pack's playground, Palm Springs is today lauded for its mid-century architecture. Take city tours highlighting the Albert Frey buildings and the houses of famous residents. Take a trip up Palm Springs Aerial Tramway for top views, hikes through the Tahquitz Canyon and spa therapies at the Viceroy Palm Springs. Hit the highway. The stretch of desert after you leave Palm Springs (pictured) is beautiful.

**LA state of mind**

People watch on Venice Beach, celeb spot at the glam Beverly Hills

Hotel or go on an exciting Universal Studios Tour in LA. In the evening, channel *La La Land* and head into the Hollywood Hills for a night at Yamashiro, a restaurant that dates back to the 1920s and offers some of the best views of the city. Stay at Petit Ermitage: you can dine, swim and watch films on the rooftop. [ba.com/california](http://ba.com/california)

LOS ANGELES



**MAKE YOUR ROAD TRIP UNFORGETTABLE AND BOOK YOUR HIRE CAR WITH BA AND AVIS**

**Earn Avios** Enjoy a free additional driver and earn a minimum of 500 Avios per rental.  
**Combine & Save** Book your flight, hotel and car hire together at [ba.com](http://ba.com) for great savings.  
**Flexibility** Collect your car from

one Avis branch and return to another. One way rental charges are always included.  
**Peace of mind** Roadside assistance and 24-hour customer support as standard and ATOL protected.

**Avis Preferred** Fast-track collection and drop-off, upgrades and offers, and pre-prepared paperwork.



# CHILE

**TIME** The big trip  
**TRIP** Discover Chile  
**FLY IN** Santiago  
**FLY OUT** Santiago

## ITINERARY

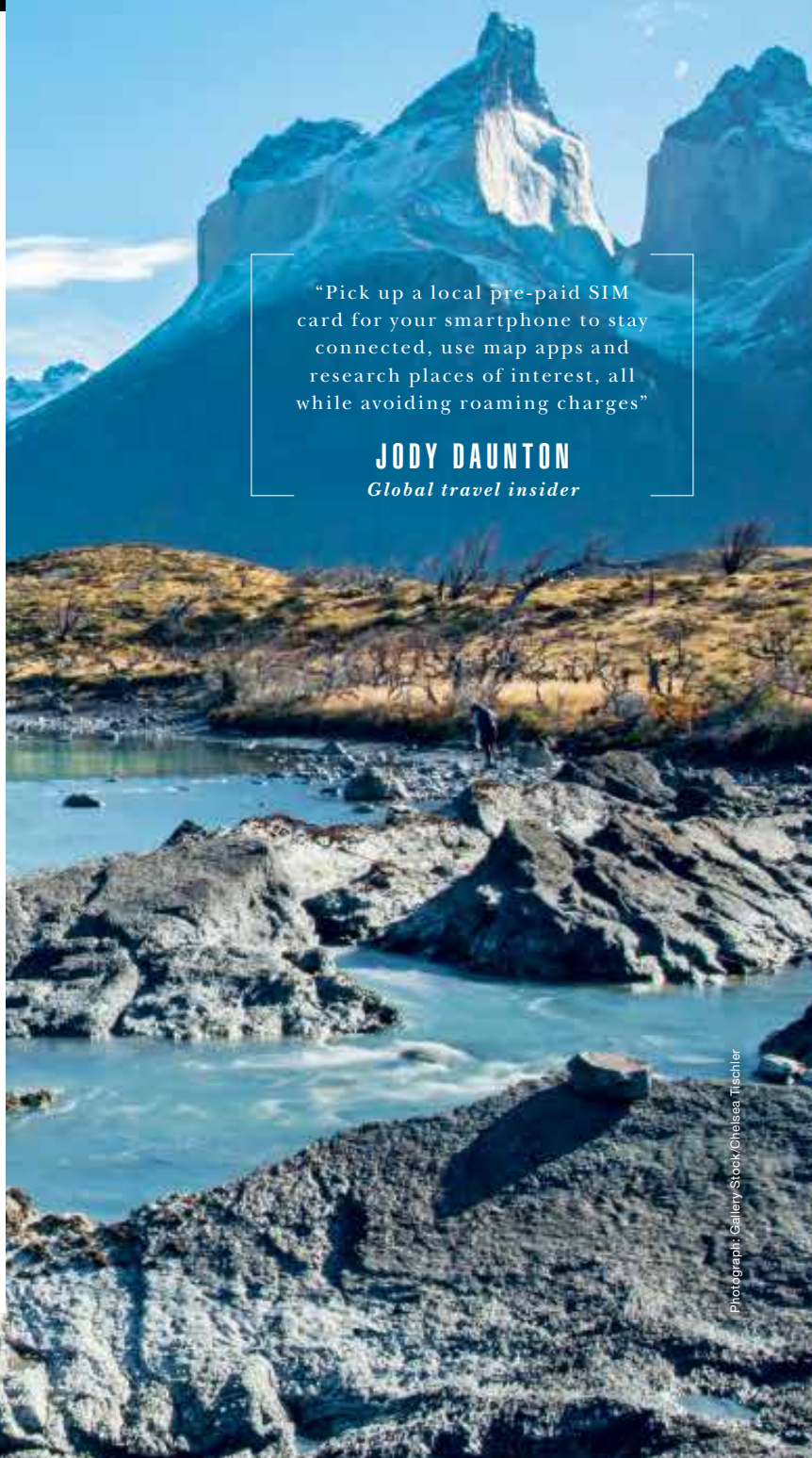
With a few weeks up for grabs, you can take time exploring the longest, thinnest country the world has to offer. Sip fine vintages in wine country, bike ride through rainforests, raft along the waters of the Petrohué River and relax at the remote log cabins on the shores of General Carrera Lake, surrounded by mountains.

## Back to nature

The beauty of remote Patagonia puts Chile at the top of bucket lists. The Torres del Paine National Park and Unesco biosphere reserve is one of the few places left on the planet that's still largely undiscovered. Once you've stopped gawping at endless views, pick from the 30-plus excursions: boat journeys past icebergs, riding with gauchos, hiking to the base of the Torres and condor viewing.

## Final flourish

After all that action and adventure, it's time to let your hair down, so finish your break in the capital, Santiago. Treat yourself to a stay at the W Santiago, which lies in the Isidora 3000 skyscraper – it has a particularly good rooftop pool and bar. Or join the locals for a glass of wine at one of the Maipo Valley vineyards. [ba.com/santiago](http://ba.com/santiago)



“Pick up a local pre-paid SIM card for your smartphone to stay connected, use map apps and research places of interest, all while avoiding roaming charges”

**JODY DAUNTON**  
*Global travel insider*

Photograph: Gallery Stock/Chelsea Tischler

WHERE  
 IN  
 THE  
 WORLD ...

SPONSORED CONTENT

## CAN I GET MY URBAN AND RURAL FIX?

**Calgary buzzes with energy, with an active arts scene and nightlife. An hour west, Banff National Park teems with wildlife and jaw-dropping scenery**

**MARVEL AT THE SKYLINE** in cosmopolitan Calgary. A product of the oil boom, its infrastructure isn't the only thing that'll catch your eye. Follow the cool crowd downtown, soak up the café culture in vibrant Kensington Village and browse antique stores in Inglewood, the original Main Street.

**DON YOUR COWBOY HAT** at the Calgary Stampede, taking place every July. Expect nine days of steer-wrestling and chuck wagon races featuring some of the world's best competitors and animals. Whatever you do, don't miss the legendary stampede pancake breakfasts.

**CHANNEL YOUR INNER ALANIS MORISSETTE** at the new National Music Centre, which will take you on an interactive ride through Canada's music history.

**LACE UP YOUR WALKING BOOTS** and head to Banff and Lake Louise for mountain adventure. Trek Banff National Park's 994 miles of well-marked walking trails or hire a guide to show you hidden gems.

**HIT THE WATERS** of Lake Louise, either by canoe or kayak. Glide through the startlingly turquoise lake, before stopping for lunch and a swim at one of the sandy beaches. Or sit back and let someone else do the hard work on a Bow River Safari, where you'll spot an array of wildfowl and wildlife.

**UP YOUR CAMPING GAME** on a backcountry adventure. With its impressive network of campsites all linked by hiking trails, Banff National Park is ideal for backpackers who like to sleep under the stars and wake to breathtaking vistas.

**Bike or hike**  
 A local cycles through Calgary's Poppy Plaza memorial park

## THE ESSENTIALS

### EAT

Old-school dining institution **Caesar's** in Calgary has been serving Alberta beef since 1972. Order your steak charbroiled over open flames. [caesarssteakhouse.com](http://caesarssteakhouse.com)

### STAY

**Fairmont Banff Springs** is the perfect base from which to appreciate the wilderness of Banff National Park. [ba.com/fairmontbanffsprings](http://ba.com/fairmontbanffsprings)

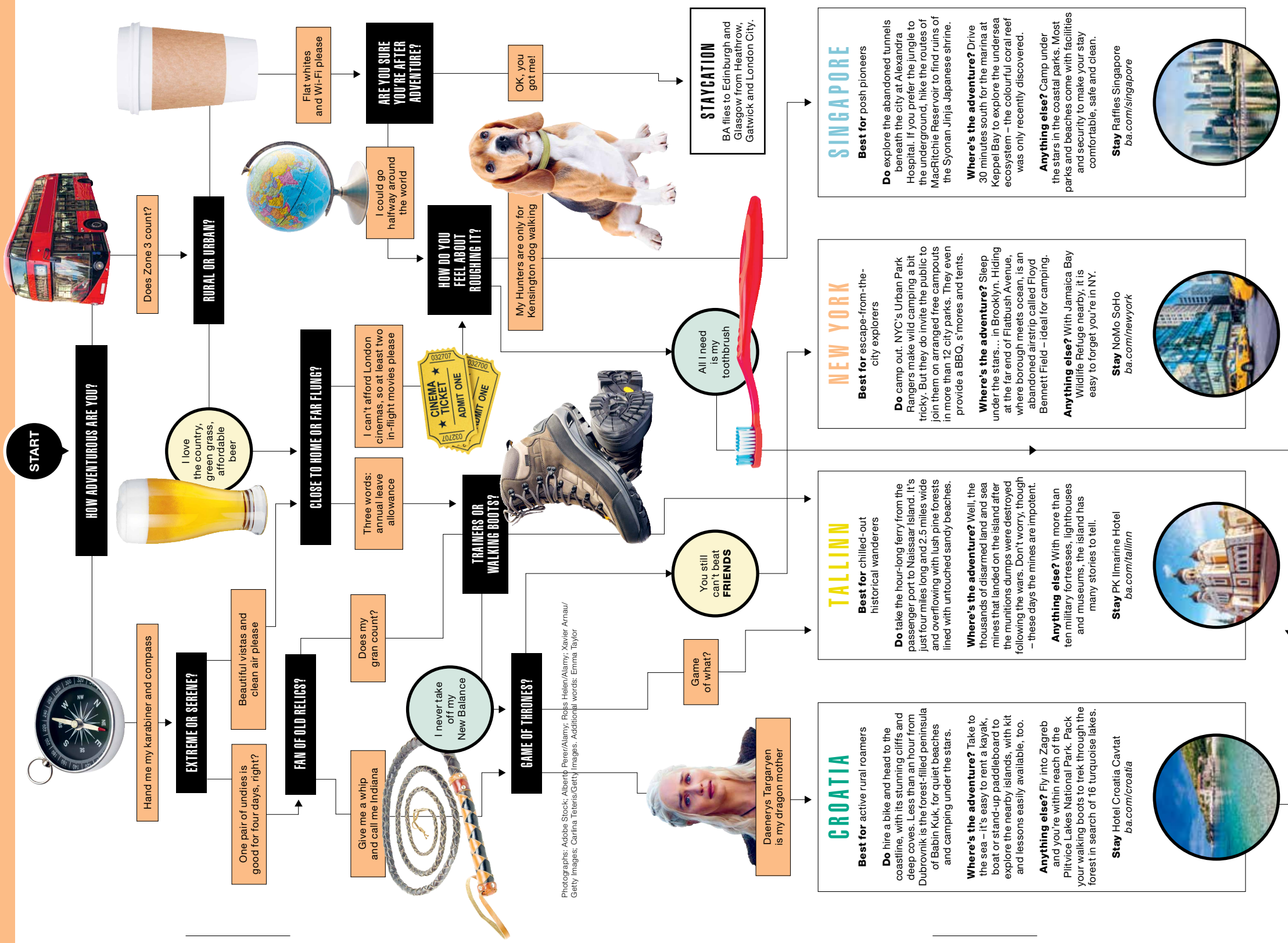
**British Airways** flies direct from London Heathrow to Calgary. [ba.com/calgary](http://ba.com/calgary)



Words: Harriet Cooper

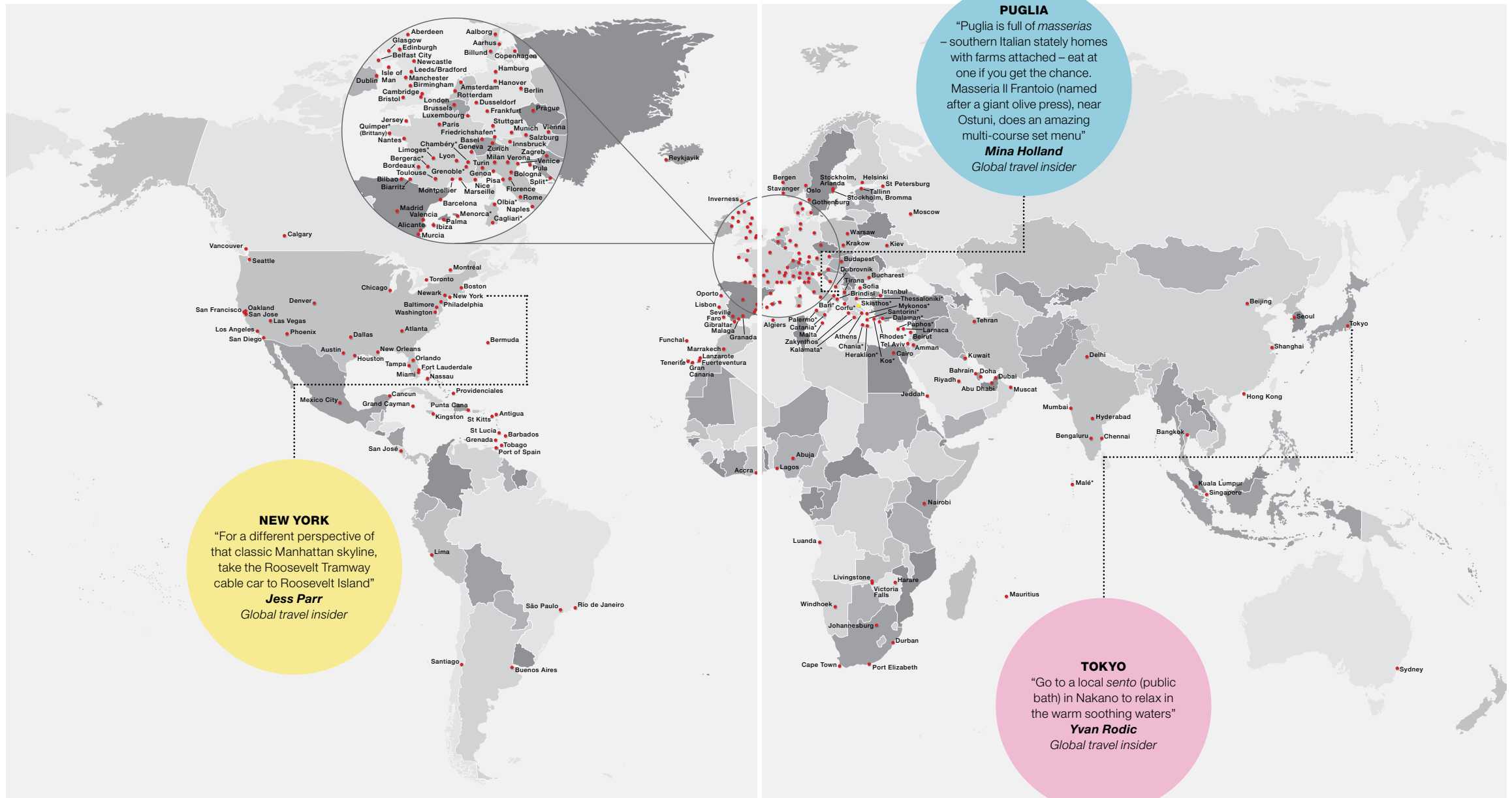
# FIND YOUR ULTIMATE URBAN MICROADVENTURE

With the help of our adventure insider DAVE CORNTHWAITE, discover your ideal destination





# BRITISH AIRWAYS ROUTE MAP



**NEW YORK**  
 "For a different perspective of that classic Manhattan skyline, take the Roosevelt Tramway cable car to Roosevelt Island"  
**Jess Parr**  
 Global travel insider

**PUGLIA**  
 "Puglia is full of *masserias* – southern Italian stately homes with farms attached – eat at one if you get the chance. *Masseria Il Frantoio* (named after a giant olive press), near Ostuni, does an amazing multi-course set menu"  
**Mina Holland**  
 Global travel insider

**TOKYO**  
 "Go to a local *senjo* (public bath) in Nakano to relax in the warm soothing waters"  
**Yvan Rodic**  
 Global travel insider

## KIDS FLY FREE THIS SUMMER

Summer just got more affordable for families. Whether you're visiting relatives or taking your folks on a summer break, up to two children under 12 per booking can travel free between seven airports.

Kids must be accompanied by at least one adult. Destinations that are involved in the campaign are London Heathrow, Leeds/Bradford, Newcastle, Inverness, Edinburgh and Belfast in the UK,

and Billund in Denmark. Flights must be to or from London Heathrow.

Book your flights between 10 May and 1 October 2017 for travel between 1 June and 31 October



2017 – this means that both the summer holidays and autumn half term are covered.

Blackout dates apply. For more details as well as the full T&Cs, visit [ba.com/kids-fly-free](http://ba.com/kids-fly-free)

**GOING UP**

**Retro deckchairs**  
Lie back and think of England, well... the quintessential British summer. We're dreaming of strawberries, Wimbledon on the radio and not a beanbag in sight.



**Multicentre trips**  
"Use city airports as jumping off points for adventures further afield – hire a car, hop on local transport, or fly into one airport and out from another."  
*Jody Dauntton*



**Endurance journeys**  
"There's nothing like a long slow journey for perspective, fitness and self development, be it on a bike, kayak or paddleboard."  
*Dave Cornthwaite*



**Old-school lilos**  
The traditional lilo won't let you down ("ahem") and also won't make you look like an extra from a cheesy pop video circa 2001. Time to ditch the luminous plastic pineapple from last year (see below).



**Packing your own suitcases**  
Away Travel now offers a service where your carry-on can be stuffed with essentials (swimsuit, workout gear, "Moon Juice") and sent to any US address.  
*awaytravel.com*



**Expectations at Banksy's accommodation**  
The Walled Off Hotel in Bethlehem boasts 'The worst view in the world' and a chimpanzee porter who refuses to help with your bags.  
*banksy.co.uk/rooms*



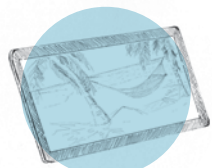
**Legs on lounge selfies**  
Yes, we know you're on holiday from your drinks-at-the-airport snap, and pile-of-books-next-to-lounge pic, but please give us a break from looking at your unwashed toes.



**Novelty inflatables**  
Giant inflatable fruit and pink flamingos might cut it for your paddling pool at home, but channel the late, great George Michael when heading to your own Club Tropicana this summer with a traditional lilo.

**GOING DOWN**

**LOOKING FOR MORE TRAVEL INSPIRATION?**



Visit [ba.com/where](http://ba.com/where)



Follow @British\_Airways



Join our Club [ba.com/executiveclub](http://ba.com/executiveclub)

Photographs: Adobe Stock. Illustrations: Jessica Kendrew

Words: Harriet Cooper



## CAN I FIND SOMETHING FOR EVERYONE?

**Down in the heel of Italy, Puglia offers 500 miles of unspoilt coastline, rich interior, cultural heritage and superb food – a must for every savvy traveller's go-to list**



**FOR THE CULTURE VULTURE** From the Ancient Greeks and Romans to the Swabians, Puglia has a rich heritage. Its towns have churches, castles and palaces, hidden piazzas, and winding alleyways. Not to forget the region's three Unesco World Heritage sites: Castel del Monte; the conical *trulli* homes of Alberobello; and the mediaeval masterpiece, the Sanctuary of San Michele Arcangelo.

**FOR THE FOODIE** Puglia – thanks to its fertile ground – produces the lion's share of Italy's wine and olive oil, fruit and veg, and durum wheat to make pasta, while its shoreline offers the tastiest pickings from the sea. The cooking here is exemplary and the slow-food trattorias serving up fresh burrata and carafes of deep red Primitivo wine are not to be missed.

**FOR THE BEACH LOVER** Those looking to do a spot of sun worship have some of Italy's most pristine beaches to choose from, flanked by both the Ionian and Adriatic seas. Particularly worth laying your towel on are Pescoluse, aka the Maldives of Puglia, the fine white sands of Torre Lapillo bay, and the picturesque cove at Polignano a Mare.

**FOR THE NATURE CRAVER** With olive trees carpeting the land as far as the eye can see, Puglia's rolling hills are ripe for exploring. Valle d'Itria has some of the prettiest views, thanks to its oak forests, vineyards and *trulli*. Also offering photo-ops aplenty is the wildlife reserve Torre Guaceto, south of Bari, and Sentiero Airone, famous for its pink flamingos.

**FOR THE BIG KID** Aside from copious amounts of gelato, your inner Indiana Jones will be amazed by the stalactites at the Grotte di Castellana, and lovers of the great outdoors will relish the Tremiti archipelago, where the crystal clear water is ideal for swimming and diving.

Relax – or swim in the sea – at the beach, at Otranto, Apulia

### THE ESSENTIALS

#### EAT

The family-run *Al Fornello da Riccio* in whitewashed *Ceglie Messapica* totally deserves its Michelin star.  
[alfornellodaricci.com](http://alfornellodaricci.com)

#### STAY

*Borgo Egnazia* was built in the form of an old Apulian village, and has views over the Adriatic.  
[ba.com/borgoegnazia](http://ba.com/borgoegnazia)

#### IF YOU ONLY DO ONE THING...

Admire the 800-year-old *Tree of Life* mosaic in Otranto's Norman cathedral – it fills an entire floor.

From 3 June, BA flies twice weekly to Brindisi from London Heathrow.  
[ba.com/brindisi](http://ba.com/brindisi)