magazine

Festive & fabulous

GROWN-UP GLAMOUR 50 great tips for ageless style

> CHRISTMAS CHIC-ONOMY! Simple gifts to make yourself

Quick stunning puds Extra-easy canapés Last-minute Christmas Day

TURN OFF THE TV

oit down together with our fun family quiz

HOLIDAY HOTLIST

2 different ideas for 2011

Planning a party?

Stay stress free and impress your friends with our stylish get-ahead menu







Life-changing wellbeing break

on a Method Putkisto Break in the glorious

Dionysos Estate on Turkey's Lycian Coast.

movement specialist Marja Putkisto, Method

Putkisto is a revolutionary take on Pilates, and

now has a fleet of devotees around the world.

It uses a re-education programme of stretching

and breathing to rebalance muscles, detoxify,

energise, and tone and strengthen your body,

leading to overall wellbeing. Classes are held

Exclusive Escapes (exclusiveescapes.co.uk)

offers seven-night half-board breaks from

£1,300 per person, including flights and

transfers. No single supplement applies.

each morning and early evening with

additional private tuition also available.

canyon-top setting of the super-stylish

A legendary, life-changing technique developed by Finnish-born dance and

Learn to manage stress and genuinely unwind

on Turkey's Lycian coast

May

Walk Peru's Inca Trail Celebrate the 100th anniversary of the discovery of Machu Picchu, left, by embarking on an Inca Trail Hike with Explore. The trip takes in Cusco, the Sacred Valley and the full four-day Inca Trail Trek - all in just a week. Explore (explore.co.uk) offers seven nights from £1,898 per person, based on two sharing, including flights, transfers, B&B and the services of an Explore guide.



hotel to the more affordable Chalet Gerard), join a series of guided hikes to cight different.

Port Lympne Wild Animal Park, Kent Go on safari - in Kent, Port Lympne Wild Animal and Safari Park has a 100-acre recreation of the African bush, replete with lions, antelopes and more. Spend a night in a luxury safari tent, then go on a game drive the next day. One-night experiences cost from £115 per adult and £110 per child (aspinallfoundation. org/portlympnel.





June

From a base to suit your budget (there's everything from the spectacular Rosa Alpina

mountain huts, each showcasing a chef and local culinary speciality - from cured ham and cheese to milk and honey - and enjoy fantastic food in gorgeous mountain settings. For more information on accommodation and events, visit altabadia.org or suedtirol.info. British Airways (ba.com) flies return to Verona from £97; three-course meals as part of the Peaks of Gastronomy event cost from £20-£100 per person.

July





Family adventure in Nicaragua Explore has just launched a new family adventure programme with a range of trips geared towards everyone from toddlers to teenagers. The 16-day family trip to Nicaragua. Central America's most exciting new destination and thankfully now one of its most peaceful, is geared towards families with teenagers and includes surfing lessons. kayaking on Lake Nicaragua, right, horse riding around vocanoes, visits to chocolate factories and much more Explore (explore.co.uk) offers the 16-day Active Nicaragua trip from £1,839 per person, based on two sharing, including



September

Snorkel, dive and whale watch on São Tomé & Principe This tiny Portuguese-speaking island nation in the Gulf of Guinea off the northwest coast of Gabon, is the new must-visit beach destination for intrepid travellers. A true tropical paradise. these tiny islands are home to spectacular white and black sand beaches, stunning coastal roads, above, some of the world's best. reefs and primary tropical rainforests that spill over with tropical plants and flowers. São Tomé is also a nature lover's paradise and new species of orchid are regularly discovered here. There is also some fantastic food to enjoy. from gourmet chocolate and delicious coffee to an abundance of fresh seafood and fruit. What's more, it's right on the humpback whale migration route and September is the best month for both whale sightings and weather. Original Travel (originaltravel.co.uk) offers seven nights from £2,400 per person, based on two sharing, including flights, transfers

and accommodation.



October

Rajastban International Folk Festival (RIFF). in India (12-16 October) Music fans looking for something different should check out RIFF, a hip Indian event held in Jodhpur's amazing 15th-century Mehrangarh Fort, below. The festival attracts musicians from all over the world and this year's guests include classical singer Sona Mohapatra (David Bowie's favourite). Greaves Travel (greaves india.com) offers a seven-night trip from £1,999 per person. based on two sharing, including flights, festival and accommodation.



November Kite surfing on Isla Sal,

Cape Verde archipelago Cape Verde's Isla Sal, 500 kilometres off the coast of Senegal, has no less than five excellent places to kite surf, above, plus volcanoes, lush forests and fantastic food. Waveriders (waveriders.co.uk) offers seven nights from £1,000 per person, based on two sharing, including flights, B&B. kite-surfing tuition and equipment.

December

Shopping in Marrakech Why battle on the high street for your Christmas shopping, when you can pick it up at a fraction of the price in Marrakech - and enjoy an exotic break at the same time? Stay at the romantic Dar Les Cigognes hotel and let the conclerge create your very own luxe-for-less shopping itinerary. Audley (audleytravel.com) offers five nights at the Dar Les Cigognes from £950 per person, based on two sharing. including flights and guided tour. +

