

reasons to be cheerful this summer

Moonlight spa treatments, hip new hotels, under-the-radar festivals... the sunny season is here, says Joanne O'Connor

Walk the Wales Coast Path

From the rocky headlands of Anglesey to the sweeping sands of the Gower Peninsula, walkers will have unprecedented access to the spectacular Welsh coast this summer thanks to the opening of a new footpath. Tackling the 870-mile Wales Coast Path in its entirety is a challenge for only the hardiest of hikers, but there are plenty of shorter sections which fair-weather walkers can take on in a long weekend, such as the wildly beautiful Ceredigion Heritage Coast with its seaside towns, sand dunes and basking seals. walescoastpath.gov.uk

Experience the outback in Sydney

Get a taste of the outback without ■ leaving Sydney Harbour on a new tour at

from an Aborigine guide. £65 for adults, £45 for children. BAflies to Sydney from London Heathrow.

Embrace the outdoors from a luxury treehouse in Hampshire

The humble treehouse gets a country housestyle makeover this summer with the opening of Chewton Glen's luxury treetop suites. Experience the novelty of sleeping in the forest canopy without sacrificing the five-star attention to detail and service levels. The six suites will open in the grounds of the New Forest hotel in August. From £600 a night. chewtonglen.com

Check in to the Buddha Bar Hotel in Paris

The enduringly hip bar and hotel chain will return to its roots with the opening of a Buddha Bar Hotel (buddha-bar.com) in Paris. Ever since the first Buddha Bar opened just off the Place de la Concorde in 1996, the brand's signature blend of Asian opulence, Pacific Rim cuisine and cool DJ sets has been rolled out in cities as diverse as Cairo and Kiev. The 56-room hotel will open in the 8th arrondissement and promises an exotic fusion of modern Asian and French colonial décor plus spa, restaurant and bar. BA flies to Paris from London Heathrow.

C Get a retro makeover at the **→** Vintage Festival

Tapping into the current vogue for all things retro, British design duo Wayne and Gerardine Taronga Zoo (taronga.org.au/nuradiya). The Nura Hemingway will be transforming Boughton Diya walk promises visitors an insight into the House in Northamptonshire into a 20th-century $country's \textit{wild} \textit{life} from an Aboriginal \textit{perspective}. \quad \textit{time} \textit{capsuleth} is \textit{summer} \textit{with} \textit{the} \textit{return} \textit{of} \textit{their}$ See indigenous species while learning about Vintage Festival. Get a 60s beehive hairdo, shop



for 50s prom dresses and learn how to lindy-hop at this celebration of the music, fashion, art and culture of the 1920s to 80s (13-15 July). Weekend tickets with camping: £139. vintagefestival.co.uk

Be pampered at the new Aman resort in Greece

The opening of Aman Resorts' third Mediterranean property on a hilltop near Porto Heli in the Peloponnese (amanresorts.com) can only be good news for devotees of the Singapore-based group's unique brand of luxury. Amanzoe will have 38 suites with private pools and views over the Aegean, a spa specialising in ancient Greek beauty rituals and private beach club. Introductory rates: £686 a night, BA flies to Athens from London Heathrow.

Kayak around Menorca

A circumnavigation of Menorca by kayak is one of the best adventures you can have in the Med. Warm seas and sheltered coves create perfect conditions and at night you can wild camp on pristine beaches. Menorca en Kayak (menorcaenkayak.com) offers everything from kayakrentaltoaten-day guided round-island trip. BAflies from London City to Menorca*. BA offers seven nights at the Carema Club Playa from £419pp**includingreturnflights.ba.com/holidays

Take a foodie tour of Copenhagen

Having been granted a total of 14 stars in the 2012 Michelin guide, Copenhagen's food scene goes from strength to strength. A four-hour walking tour (cphfoodtours.dk,£66) includes eight tastings and visits to renowned local producers such as the Nørrebro microbrewery and the world's smallest liquorice factory. BA flies to Copenhagen from London Heathrow and London City.

9 Fly a jetpack, James Bond-style, in the Florida Kora in the Florida Keys

What better way to mark 50 years of James Bond movies than to put on a jetpack and blast out of the ocean 007-like? Visitors to the Florida Keys are being offered the chance to try out a water-powered jetpack, which will allow

them to hover 30ft above the ocean. The 20-minute flights are with JetPack Adventures at the Galleon Resort in Key West and cost £156 per person (jetpackadventures.com). BA flies to Miami from London Heathrow.

Dance under the

stars at Kenya's Rift /alley Festival It's been billed as Africa's answer to Glastonbury – and not just for the eclectic line-up. Revellers at last year's Rift Valley Festival (riftvalleyfestival.co.uk) were drenched with downpours more typically seen in Britain, but the rain failed to dampen spirits at this fledgling festival, which brings together musicians from the UK and East Africa. Held at Fisherman's Camp on the shores of Lake Navaisha, the nonprofit festival will take place during 31 August-2 September.

Hang out in Brooklyn's newest hip hotel

BA flies to Nairobi from London Heathrow.

This former factory building on the Brooklyn waterfront is shaping up to be one of New York's hottest new addresses. Aimed squarely at the hipster market, the Wythe Hotel (wythehotel. com) makes a feature of its industrial heritage with exposed brick walls and beds custommade from reclaimed ceiling beams, art installations and floor-to-ceiling windows offering eye-popping views of the skyline. Hang out in the rooftop bar, and indulge in 'whole animal, wood-fired cooking' in Reynards restaurant. BAflies to New York from London City and Heathrow.

Fish for your supper in Brittany The Breton coastline is renowned for its seafood and where better to taste it than on board a fishing boat within minutes of the catch being hauled onto the deck? A day at sea on a working trawler is just one of several experiences at the Haliotika discovery centre (haliotika.com) in the port of Le Guilvinec near Quimper. Seafood cookery classes, visits to fish auctions and coastal treasure hunts are on offer. BAfliesfromLondonCitytoQuimperfrom30May. BA offers a seven-night fly-drive to Quimper from £209 perperson including BAflights from London BA flies to St Lucia from London Gatwick. City and Avis car hire*. ba.com/holidays

Indulge in a 'lunar ritual' in the Maldives

Treat yourself to a nocturnal spa experience at to rise, the only place to see and be seen in the Four Seasons Resort Maldives at Kuda Huraa (fourseasons.com/maldives). Open from 10pm to 1am, The Night Spa offers a choice of 'lunar rituals', which take place on a private beach under the stars. Guests are collected from their villa and taken by dhoni across the resort's lagoon to the torchlit Island Spa where they choose from four treatments designed to complement the different phases of the moon. £380 for a twoand-a-half-hour treatment.

BA flies to Male from London Gatwick.



The Blue Marlin (bluemarlinibiza. com) is bringing a flavour of the Balearics to the Emirates this summer with the opening of its first overseas outpost on a private island off the coast of Dubai. The legendary Ibiza beach club, with its A-list following, is already shaping up to be the hottest new hangout in town. BAflies to Dubai from London Heathrow.

Make your own chocolate bar

The Hotel Chocolat (thehotelchocolat.com), a boutique hotel on the cacao-growing Rabot Estate in St Lucia, is offering guests the chance to make their own chocolate from scratch. The Tree to Bar Experience starts with a walk through the estate to pick cacao pods before roasting them and creating a personalised chocolate bar in the hotel kitchens. The threehour package costs £40.

Dip into a Las Vegas pool party

When desert temperatures start Vegas is poolside. The city's legendary pool party scene kicks off in spring and hots up as the summer unfolds at 'day clubs' such as Rehab at Hard Rock Hotel, Encore Beach Club and Tao Beach at The Venetian. The rival clubs like to boast about their USPs – swim-up blackjack tables, private poolside cabanas and big-name DJs – but wherever you go you can count on bronzed and buffed beautiful people and throbbing dance music. BA flies to Las Vegas from London Heathrow.

7Cook authentic spaghetti Bolognese in Bologna

An authentic ragù alla Bolognese is a rare treat indeed. Learn how to prepare the dish on a cookery break at the Bologna Cooking School (bolognacookingschool.com) on either half-day market visits or three-day courses covering Italian dishes such as fresh egg pasta and tiramisu. BAfliestoBolognafromLondonHeathrow.BAoffers threenightsattheGrandHotelElitefrom£199pp** including flights. Contact ba.com/bologna.

Go wild with the family in the Scottish Highlands The Cairngorms National Parkisthe setting for this new action-packed family holiday from adventure experts Wilderness



Scotland. Canoeing, biking, hiking and rivertubing areamong the activities, with the highlight being an overnight wild camp in the forest with a bushcraftworkshop and night-time wildlife safari. Departures in July and August. £995 per adult and £895 per child, wildernessscotland.com

19 Cycle around old Shanghai Modern Shanghai can seem daunting but this two-wheeled tour will give you a different perspective. The three-hour Old Shanghai Exploration circuit (chinacycletours.com) takes in the renovated Yuyuan Commercial area, the colonial French Concession district and an antique market on the Dongtai Road. From £29 a day. BA flies to Shanghai from London Heathrow.

Join the festival circuit in Croatia Croatia is one of the festival circuit's best-kept secrets hosting no less than eight

Clockwise from above See old Shanghai on a cycling trip; create chocolatefromscratch in St Lucia: DJ Nico Lupo at the Rift Valley Festival in Kenva: Encore Beach Club, Las Vegas; chill out at a boat partyduringtheHideout Festival in Croatia



fans can hear the latest acts while topping up their tans at four beachfront venues during the Hideout Festival on the island of Pag (29 June-1 July, hideoutfestival.com) while Murter Island will host four back-to-back festivals, including the popular Electric Elephant (12-16 July, electricelephant.co.uk). The season wraps up with the world's biggest dubstep festival, Outlook, in Pula (30 August-3 September, outlookfestival.com) held in an abandoned fort. BA flies to Dubrovnik from London Gatwick.

VAY TO GO

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Read about the most romantic dates all musical gatherings this summer. Drum and bass over the globe at bahighlife.com

