

BRITISH AIRWAYS

high life

GO UP IN THE WORLD
JANUARY 2007

THE 2007 GUIDE TO ESCAPISM

The year's ultimate travel secrets - brought to you by the experts

Detox boot camp

Can India Knight survive a no-nonsense Austrian health clinic?

ABOUT A BOY

Lucy Cavendish's ten-year old goes wild in Mozambique

LOCAL HEROES

A London football team go to Iran for a kickaround

YOUR MOVIE,
TV AND AUDIO GUIDE
See page 111

FIVE-MINUTE GUIDES

Where to eat, sleep, shop and party in four hot cities



Edinburgh

Stay
The UK's favourite city now has an expensive, up-to-the-minute design hotel to brag about: Le Monde Hotel (+44 (0)131 270 3900; www.lemondehotel.co.uk). Each room is fabulously themed around a different city, from Paris to Marrakech.

Eat
Assembly (+44 (0)131 220 4288; www.assemblybar.co.uk) is a relaxing and affordable multipurpose café-bar that is so cool it even has its own quarterly style magazine.

Drink
Home House Edinburgh (+44 (0)131 523 1528) is the sister club to London's glamorous Home House. It has three bars, a restaurant and four bedrooms available to members and their guests.

Shop
Cockburn Street is a one-stop street for music lovers, with Fopp at 55 (+44 (0)131 220 0133; www.fopp.co.uk) and the indie Avalanche Records at 63 (+44 (0)131 225 3092; www.avalancherecords.co.uk).

More
Edinburgh Tourist Board (www.edinburgh.org)



Hong Kong

Stay
The Mandarin Oriental (+852 2522 0111; www.mandarinoriental.com/hongkong) is modern and classic, and it's worth checking in just for the OTT bathrooms. Pierre Gagnaire's restaurant is top-notch, as are drinks at the sexy MO bar downstairs.

Eat
Acclaimed Melbourne chef Geoff Lindsay is behind the city's latest hotspot, Pearl on the Peak (www.thepeak.com.hk). Find it at the recently restored Peak Tower.

Drink
Feix (+852 2315 3188; www.hongkong.peninsula.com) is Hong Kong's most iconic bar: a swanky Philippe Starck creation with awesome views of the city.

Shop
Tucked behind Times Square, Yu Wo Street is home to stores such as Kevin Cheung's H3 studio (+852 2573 3301; www.kevincheung.com) and Olivia Couture (+852 2838 6636). They're a welcome alternative to the glut of mainstream brands elsewhere.

Dance
Many a big night has kicked off at Dragon-I (+852 3110 1222), a late-night drinking den that is often brimming with attractive, up-for-it types.

More
Hong Kong Tourist Board (www.discoverhongkong.com)



Rome

Stay
Residenza Napoleone III (+39 347 733 7098; www.residenza-napoleone.com) is impossibly grand and beautiful. The historic apartment near the Spanish Steps, where the emperor lived in 1830, has three magnificently large rooms.

Eat
At Oloká (+39 06 683 26303), the best mozzarella from Naples and Salerno is delivered fresh every day and served in a multitude of ways.

Drink
Shak Wine Bar (+39 06 6800 8590) is a small, ultra-chic wine bar-café just beneath the Spanish Steps.

Shop
SEU (+39 06 6880 2547) is leading the new Italian anti-fashion-designer pack. The boutique is on the up-and-coming Governo Vecchio.

Visit
Foodies should make a beeline for Città del Gusto (+39 06 55 112 21), a new gastronomic mecca located in a six-storey warehouse. Go there for wine and cheese tastings, restaurants and the studios of the Gambero Rosso food channel.

More
Rome Tourist Office (www.romaturismo.it)



São Paulo

Stay
Hotel Unique (+55 11 3055 4710; www.hotelunique.com.br) looks so curious that locals have nicknamed it the slice of watermelon. Designed by Ray Olden, a protégé of Oscar Niemeyer, the ultra-fashionable hotel is a must for the design-conscious.

Eat
São Paulo's huge Japanese community has given rise to some excellent restaurants, the best of which is probably Jun Sakamoto (+55 11 3088 6088). Topping the list of favourite menu items is the tuna tartare with foie gras.

Drink
Spot Gisele and other Brazilian models (especially during Fashion Week this month) at the upmarket Fasano bar (+55 11 3096 4000; www.fasano.com.br), located in one of the city's most chic hotels.

Listen
Book tickets for a performance at Oscar Niemeyer's new 800-seat Itaipava Auditorium (+55 11 514 5177; www.ticketmaster.com.br) in Itaipava Park.

More
São Paulo official tourism website (www.cityofsaopaulo.com)

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