

Lifestyle

LATE AVAILABILITY

UK & Ireland

TWO NIGHTS AT THE MORTAL MAN IN THE LAKE DISTRICT FROM £75 PER PERSON

The Mortal Man hotel in Troutbeck, Windermere, has created a spring break for all the family. Under new ownership, guests visiting The Mortal until the end of April can enjoy a two-night spring break from £75 per person.

For information and reservations telephone The Mortal Man, Troutbeck, Windermere, Lake District, Cumbria 01539 433193 or email: enquiries@themortalman.com



Short haul

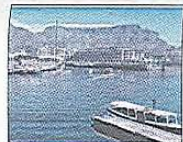
PLAY GOLF FOR LESS ON THE ALGARVE WITH PINE CLIFFS RESORT

Tee off at Pine Cliffs Resort before 31 March and get a €20 (£13.60) golf shop credit per room and one green fee per person per day at the club's stunning nine-hole golf course.

In addition you get special prices at 25 golf courses in the area, five-star accommodation in a mountain-view room and buffet breakfast from just €224 per day, per room.

Pine Cliffs Resort is part of Starwood's Luxury Collection. The five-star resort is one of the most impressive in Portugal, perched on the striking red cliffs of the Praia Falésia overlooking the Atlantic Ocean.

For more information or to book visit www.luxurycollection.com/algarve or call 00351 289 500 100



Long Haul

MAY CAPE GOURMET FESTIVAL AND CAPE TIMES V&A WATERFRONT WINE FESTIVAL

Travel an alternative wine route on Cape Town's Waterfront between 8 and 11 May.

The 15th Cape Times V&A Waterfront Wine Festival features more than 90 of the Cape's best wineries — from top notch estates to superb boutique wineries — presenting more than 300 wines for tasting.

Kuoni Travel (01306 747008 or www.kuoni.co.uk) offers five nights in a luxury room at the five-star Table Bay Hotel in Cape Town from £1,372 per person based on two sharing. This price includes transfers, bed and breakfast accommodation and return flights with KLM from London Heathrow. Valid for travel in May 2007.

www.suninternational.com

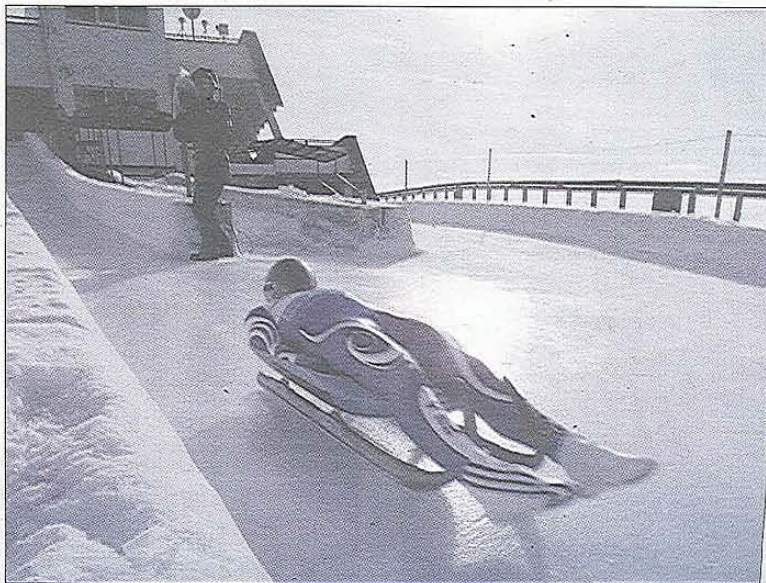
Flight Only

LONDON GATWICK - MALE FLIGHTS FROM £194 RETURN

A tropical paradise, Male is located on the North Atoll of the Maldives in the Indian Ocean. Boasting countless islands and a stunningly shaped coral reef, the destination chimes with relaxation, water sports activities and rest.

Flights depart 19 March and return 3 April

To make a booking, go online at www.thomsonfly.com or telephone 0870 199 737



Ride the famous Cresta Run in St Moritz — the world's oldest winter sports resort

Picture: ACTION IMAGES

With speeds of up to 80mph, skeleton tobogganing is the most extreme of winter sports

Because daredevils need a holiday too

Emma E Forrest runs down the best breaks for those who live life at breakneck speed

► Travel

BREAK THE SOUND BARRIER IN A FIGHTER JET

Witness the curvature of the earth as you climb to 50,000 feet over Cape Town with a trip to Thunder City — a squadron of the world's largest and most diverse private jets and the only civilian operator to fly supersonic in ex-military jets.

During your sortie, you can choose to

fly low-level over the dramatic South African landscape, roll through the Cape Swartberg mountains or fly in formation.

Book your Thunder City jet experience through British advanced flying training school Ultimate High and you'll get a free acclimatisation flight with a fast jet pilot in one of their Extra300 planes at Kemble airfield, near Cirencester.

Thunder City fast jet flight, from €3,500, Extreme Aerobatic Flight (Extra300 aircraft), £275 per person. Book with www.ultimatehigh.co.uk.

DRIVE FROM LONDON TO ASIA — AND BACK

For the last eight years, Maximillion Cooper's legendary car rally, the Gumball 3,000, has drawn together thrill-seeking supermodels, wayward movie stars, members of the Jackass TV show gang, eccentric multi-billionaires, car nuts and party animals for a daredevil motoring event.

The entry fee of £28,000 per car guarantees a certain calibre of driver on this infamous road trip, not that you'll have much time for networking.

This year's Gumball crew will squeal away from Pall Mall on 28 April for their eight-day extravaganza that takes them through 16 countries, from London to Asia and Australia and back. There are a couple of places left for lucky applicants. www.gumball3000.com

RACE DOWN THE CRESTA RUN

If you thought you could rack up the mph on your snowboard, you should try shooting down the Cresta Run. With speeds of up to 80mph, skeleton tobogganing has got to be the most extreme

and thrilling of all winter sports. Carving through 10 sharp corners down a gully in St Moritz — the oldest winter sports resort in the world — the Cresta Run is a private club, but luxury big-short-break holiday operator Original Travel can organise for non-member clients to ride the world famous ice run.

From £805 for three days at the Cresta Run, www.originaltravel.co.uk.

CATCH THE AMAZON TIDAL BORE WAVE

Plucky surfers will want to brave the annual tidal bore wave of the Araguari River in the Brazilian Amazon basin — one of the longest, wildest waves in the world that you can surf for about 30 minutes... should you be able to cling onto your surfboard.

Wake up in your luxury, serviced Rio penthouse and walk past your private, glass-bottomed rooftop pool, to the roof of an adjoining building where a black helicopter awaits to zip you over to the airport to catch a private jet to the remotest Amazonian airport.

There you'll surf the wave of a lifetime, the legendary once-a-year Amazon tidal bore — the Pororoca, in one of the most remote and inaccessible parts of the river.

A rescue helicopter is on hand to pull you out of the water and drop you back in front of the wave for another ride so you get as many bites of the cherry as you like.

Luxury bespoke travel agency Dehouche organises unique, tailor-made holiday across South America. Visit www.dehouche.com for more details.

LISBON from £86 • PORTO from £86 • FARO from £86 • FUNCHAL from £144

TAP ONLINE

www.flytap.com

or call reservations on 0845 601 0932*

Fares quoted are for return flights booked online from Heathrow or Gatwick. Price per person inclusive of taxes and surcharges. *A booking fee will apply for telephone reservations

TAP TAP PORTUGAL

A STAR ALLIANCE MEMBER