

Esquire GUIDE TO TRAVEL



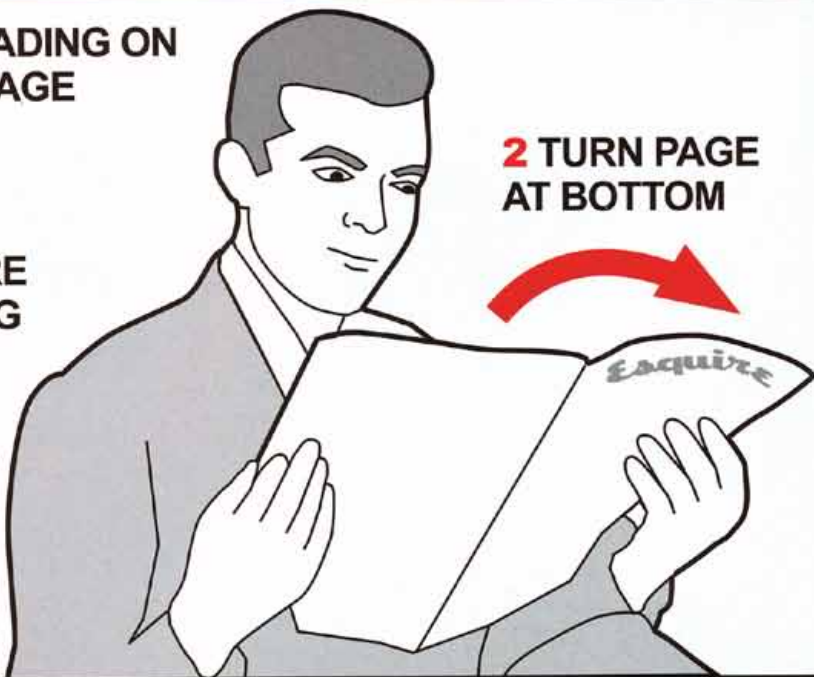
HOW TO USE THE FOLLOWING PAGES

**1 START READING ON
OPPOSITE PAGE**

**3 READ
ABOUT MORE
FASCINATING
TRAVEL
THINGS**



**2 TURN PAGE
AT BOTTOM**



**A PLAY GOLF ON A
COURSE MADE OF
ICE AND SNOW**



**B RELIVE THE
GOLDEN AGE OF
AIR HOSTESSES**

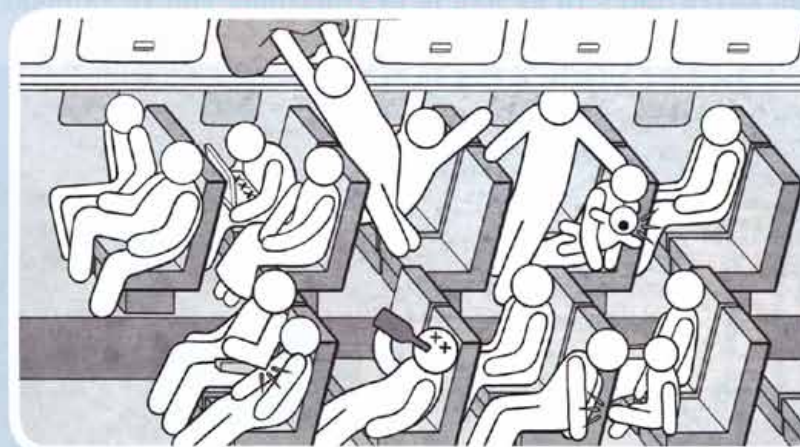


**C WHY NOW IS THE
TIME FOR A TOUR
OF EUROPE BY TRAIN**

PLEASE DO NOT REMOVE FROM MAGAZINE

WORDS: SCOTT SNOWDEN

THE JETTQUETTE OF AIRPLANES



1 YOU'RE SITTING NEAR A SCREAMING BABY:

Not much you can do. Try earplugs or headphones to drown-out the noise. Avoid booking seats near the bulkhead as that's there where the bassinets clip on so passengers with babies often congregate there.

2 YOU'RE SITTING NEAR A SCREAMING/ KICKING CHILD:

If he's ruining your flight, ask the parents if they can tell their child to stop whatever it is he's doing. Say please and thank you when asking, and if that doesn't work, inform the flight attendants. They will take it from there.

3 YOU WANT TO SPREAD YOUR LEGS:

Draw an imaginary line from your armrests to the armrests of the seats in front

of you. Don't let your knees cross those lines, and don't let anyone else's, either.

4 YOUR NEIGHBOUR WANTS TO SPREAD HIS LEGS:

If he looks like a leg spreader, mark your territory by positioning your knees just inside the imaginary lines you've drawn. If your neighbour's knees knock against your knees, do not cede an inch. It should take only a few moments of touching knees to sufficiently shame him back into his own space.

5 YOU'RE ORDERING A NIGHTCAP:

Have just enough to relax, and keep your voice low.

7 YOU'VE GOT A CARRY-ON:

Don't wheel your bag behind you down the aisle — instead, carry it

in front of you until you get to your seat. Try to stow it in an overhead bin in the general vicinity of your seat. (One row forward and one row back is fair game.) Wheels in first, handle out.

8 YOU'VE GOT A WINDOW SEAT AND YOU NEED TO USE THE BATHROOM:

Exit facing the front, with your back to your neighbour.

9 YOU WANT THE ARMREST:

When it comes to the middle armrest, the elderly, women, and children get first dibs. If, however, none of those apply or you're sitting in the middle seat, it's first come, first served. If one or both armrests are already taken, try reclining your seat all the way back and positioning your elbow behind your neighbour's.

DOPP KIT

The idea of these bags (originating from kits issued to soldiers) is to carry toiletries, but too often they look like those wretched man-purse things that shameless Italians and Cristiano Ronaldo carry about. This one is part of a range that is far more suitable for the regular guy. \$36 from www.flight001.com



EIGHT WAYS TO MAKE YOUR FLIGHT A COMFORTABLE ONE

1 Take moisturiser (remember no more than 75ml) and lip balm. Recycled airplane air is incredibly drying and bad for the skin.

2 Check in early and reserve a seat next to the emergency exit — they have more leg room. But don't be surprised if they have been pre-reserved for mothers with babies. And make sure you don't get the one next to the toilet.

3 Buy some hard sweets to suck on, it'll pop your ears during take-off and landing.

4 Get a blow up neck pillow. It'll take up less space in your carry-on and it'll prevent any neck strain from sleeping on economy seats. Earplugs are also useful to take, as many airlines don't provide them.

5 Eat watermelon and lots of fibre before you fly. It'll prevent your bowels from er... clogging, which often happens after long haul flights.

6 Take a comfy jumper or hoodie with you which can keep you warm if the temperature on the plane is too low, or if it's too high, you can scrunch it up and use it as an extra pillow. If you wear it in the airport, security won't ask you to take off a jumper or a hoodie, but they will ask you to take off a jacket.

7 Wear trousers that don't need a belt. Taking a belt on and off to go through metal detectors is a pain and it will just dig into you if you're trying to sleep on the plane.

8 When they hand out hot towels, put it over your face and inhale to clear congestion caused by flying.

BEYOND THE OBVIOUS

THERE ARE CHEAP FLIGHTS AND ADVENTURES TO BE HAD IN DESTINATIONS YOU'VE PROBABLY NEVER CONSIDERED. HERE ARE JUST A FEW...

DJIBOUTI CITY

WERE: Djibouti.

WHY: The gateway from Africa to the Middle East, this former French colony (until 1977) is still a French-speaking city of 400,000 that's one of the safest in the whole of Africa.

STAY: Djibouti Palace Kempinski for those moments of comfort you'll need.

EAT: Avoid the tourist traps, and meals will cost about \$5, including drinks.

DO: From October until February you can go swimming with 40ft whale sharks. It's also great for diving. The ramshackle bars and colourful nightlife throughout the city is a great alternative to the OTT 5-star hotels you may be used to.

HOW: Air Arabia from Dhs900 return.



YEREVAN

WERE: Armenia

WHY: For Communist kitsch and magnificent masonry stationed beneath Mt Ararat, the Armenian capital is complex and wonderfully beguiling.

STAY: Golden Tulip's Hotel Yerevan for Armenia's best beds

EAT: Ishkhan khorovats or Armenian fish barbeque, caught locally in Lake Sevan. Yerevan has a lively alfresco dining scene, but be

prepared to eat late, as restaurants don't fill up until around 10.30pm

DO: Visit the crazy, colourful museum dedicated to Armenian filmmaker Sergei Parajanov, buy old Russian war medals at the Vernisaj Flea Market and take a day trip to Echmiatsin — Armenia's answer to the Vatican — the stunning mountainside Geghard Monastery dotted with ornate katchka crosses, and Tsakhadzor, Yerevan's own ski resort, which also makes a colourful summer escape.

HOW: Air Arabia from Dhs1,000

BAKU

WERE: Azerbaijan

WHY: The capital of the former Soviet state is a cultured city on the edge of the Caspian sea.

STAY: The Radisson SAS Plaza Hotel is a fine hotel.

EAT: Terrace Garden is the pick of those serving Azeri

cuisine, and there is an abundance of restaurants serving Russian and Azerbaijani dishes.

DO: From ballet and opera to spas and mud volcanoes it's a mixed bag, but the best thing

about Baku is the jazz scene. They have a festival every summer, but throughout the year the Caravan Jazz Club and Room 103 are great.

HOW: FlyDubai do return flights for Dhs900.

LATTAKIA

WERE: Syria

WHY: The temperature is high-20s, liberal (by Syrian standards anyway) and there are mountains, beaches and great historical places to visit in this Ancient-Greek-influenced city.

STAY: Le Meridien Lattakia

EAT: The cliff-top Dolphin restaurant on the cornice has great views, fresh seafood and fine Syrian cuisine — it's also licensed.

DO: The Saladin castle is worth seeing, while the Ruins of Ugarit is where the ancient Canaanites invented the first recognised alphabet.

HOW: Air Arabia from Dhs1,010 return



CASABLANCA

WERE: Morocco

WHY: Historic and cosmopolitan capital city.

STAY: Hyatt Regency Casablanca is excellent and has views of the great Hassan II mosque.

EAT: There is a (recreated) Rick's Cafe with piano player and waiters wearing Fezes. Not as tacky as it sounds and the food is excellent.

DO: Visiting the Hammam (Turkish Baths) is well worth the time, but the best thing to do for a few days is to eat, drink and explore. The courtyard restaurant Al Mounia is very good.



TOP TIP
Air Arabia and Jazeera Airlines (among others) do flights to Istanbul Sabiha Gokcen Int'l Airport for under \$275 (Dhs1,010). From there you can get an EasyJet flight to London for about \$140 (Dhs140). That's about half the price of going direct with Emirates or Virgin and a good excuse to spend a day or two in Istanbul. From the Turkish capital you can also get flights to places like Madrid, Barcelona and all over Italy for a fraction of what it would cost to go direct or via other routes.

HOW: Air Arabia fly direct from Sharjah airport. It's also worth noting that they now fly to Barcelona via Casablanca, so spending a few days in the city on your way to having a long weekend in Barca (with a match at the Nou Camp of course) could be the best way to do it.

A YEAR IN ADVENTURE: THINGS TO SEE AND DO ALL OVER THE WORLD

JULY 2010

3-25 Tour de France. The perfect way to combine seeing some of rural France with being present at various stages of the great race

13-14 Bastille Day Parade and celebrations in Paris with fireworks at the Trocadéro and then parties in most bars and clubs

15-18 Benicàssim Music festival. Next to the beach in Valencia and a great line up



AUGUST 2010

27-29 Reading Music Festival, England. Arcade Fire, The Libertines and the travelling curiosity that is Guns N Roses

NOVEMBER 2010

25 Thanksgiving Day Parade in New York. Some rooms at the Comfort Inn Central Park West have a view of the parade. Book early



This is a great month to go to southern Iceland and see the Northern Lights. Then head to Reykjavik for spas and bars



DECEMBER 2010

16-19 Havana Jazz Festival. A perfect time to see Cuba and party with jazz, rum and cigars before Castro dies and it all changes forever

MARCH 2011

1-6 Rio Carnival in Brazil
8 Mardi Gras, New Orleans

9-31 World Ice Golf Championship in village of Uummannaq, Greenland. 300 miles inside the Arctic Circle. The ice course is open to the public at the beginning of the month



APRIL 2011

Coachella Music Festival in California not only has a great line up, but is also full of babes in bikinis

SEPTEMBER 2010

18-Oct 4 Oktoberfest in Munich

26 Singapore Grand Prix. The combination of night racing and a street circuit make this one of the best Grand Prix races to visit



OCTOBER 2010

2-3 Prix de L'Arc de Triomphe. The classic horse race at the Parisien Longchamps course makes it a perfect time to visit the great city

8-11 The Dinard British Film Festival. The yearly celebration of British film, that's held in Northern France



JANUARY 2011

7-29 Asia Cup, Doha. Not quite the World Cup, but there's no denying that the group with Iran, Iraq, North Korea and the UAE looks a bit tasty



FEBRUARY 2011

3 Chinese New Year. Hong Kong is the place to enjoy it with a stunning fireworks display over the harbour. The Peninsula Hotel is the top place to stay, but head to the Chungking Mansions five minutes away for sensory overload and great curry

The Marlin World Cup starts in Mauritius, with a month of Hemingway-style fishing during the day and then carousing like him at night



MAY 2011

28 Champions League Final, Wembley, London

29 Indianapolis 500 speedway race. Around 400,000 rednecks and speeds of over 400km/h. Perfect place to head out and meet "real" America



JUNE 2011

2 Festa della Repubblica Italian national day festivities in Rome make it a fine time to take in the Eternal city then join in the celebrations with cheese, pizza and wine

A GUIDE TO TRAVEL GUIDES

LET'S GO

THE GOOD: It offers great money-saving ideas for budget-conscious travellers.

THE BAD: A lot of the information is useless unless you're obsessed with the bottom line, and the whole book — including maps — is in black and white.

FROMMER'S

THE GOOD: It's specific where other guides are vague, suggesting down-to-the-minute itineraries for the varying amounts of time you might have.

THE BAD: It's sometimes too specific, and the amount of information can be just as exhausting as it is exhaustive. Also: thick and heavy.

TIME OUT
THE GOOD: It's punchy and



informed, with the sort of cultural recommendations and independent spirit you would expect from a company that makes local magazines, too.

THE BAD: Just like local magazines, it's full of ads. (When you're strolling Barca, do you really want to go to an Irish pub called O'Sullivan's?)

frequented by in-the-know locals.

HG2 (THE HEDONIST'S GUIDE TO...)

THE GOOD: User-friendly and no-nonsense, with well-informed chapters like Sleep, Eat, Snack, Party.

THE BAD: It's so chic, it's missing some of the stuff

you would expect — and sometimes need — in a traditional travel guide. Like a few foreign phrases to get you by.

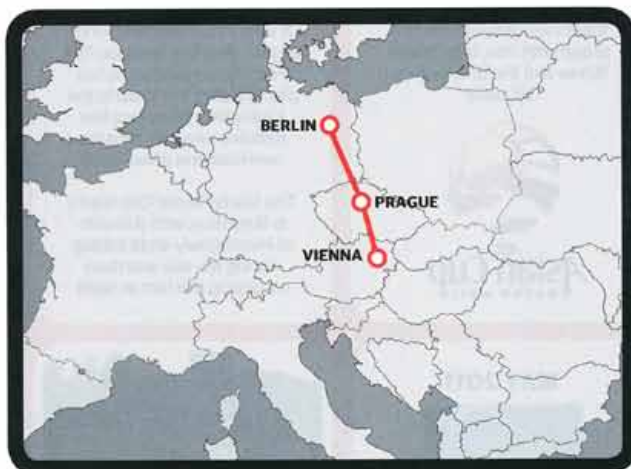
TUMI

THE GOOD: As the luggage company partnered with HG2 for the content. Also, the covers are made of durable ballistic nylon.

THE BAD: See: HG2, "The bad." And it gives you only eight cities in the world to choose from.

INTER RAIL EUROPE

WHILE IT WAS ONCE THE PRESERVE OF GAP-YEAR STUDENTS with Young Persons Railcards, you can now do it in a bit of style. The growth of Europe's high-speed rail network means that you can fit in several destinations in one trip and enjoy great scenery while travelling between them. Unlike airports, there's no long check in times, queues at security or waiting for bags at the other end. Here are some suggestions for multi-country cross-continent adventures...



THE BEST OF THE OLD COLD-WAR CITIES

BERLIN - PRAGUE - VIENNA

Berlin to Prague is 4 hours and 30 minutes and the same again from Prague to Vienna.



BEST BARS AND MOST BEAUTIFUL WOMEN

HAMBURG - COPENHAGEN - STOCKHOLM

Four hours to Copenhagen (including 45mins via a ferry that the train loads onto) and 4 hours and 30 minutes from there to Stockholm.



WILD NIGHTLIFE, BEST FOOD, BEST LIVE MUSIC

AMSTERDAM - PARIS - LONDON

From Amsterdam you can be in the centre of Paris in 3 hours. From Paris, it's 2 hours and 30 minutes on the Eurostar into London.



PIZZA, VINO, GONDOLAS, CULTURE, ROMANS

ROME - FLORENCE - VENICE

On the Pendolino tilting train it's only 90 minutes from the capital to Florence. Venice is a further 2 hours and 50 minutes away.



OLD COMMUNIST TOUR WITH A CHINESE FINISH

MOSCOW - BEIJING

Moscow to Beijing on the famous Trans Siberian Express. See www.trans-siberian.co.uk for full details of the huge route.

SLAY THY ENEMY: JET LAG

BEFORE YOU TAKE OFF:

Set your watch to the local time of your destination and try to sleep and eat accordingly. The quicker your body starts getting used to your new time zone, the better.

IN THE MIDDLE OF THE FLIGHT:

If it's night time where you're going, try to sleep, but don't knock yourself out with tablets or booze. When it's morning in your destination time zone, expose yourself to light (natural or artificial) to begin resetting your internal clock.



ONCE YOU'VE LANDED:

Avoid napping. Some sleep debt may help you adjust to your new time zone. Exercise every morning: a few press-ups help alleviate any jet lag-induced sleepiness.



THE VISUAL ARGUMENT

In the early 1970s stewardesses working for Southwest Airlines of Texas were required to wear hot pants and leather boots for the job. In accordance with the airline's motto "sex sells seats", prospective employees were selected on the strength of their legs and their looks.

(PHOTO BY ALAN BAND/KEystone/GETTY IMAGES)

FEELING SUPERSONIC?

YOU FLEW TWENTY THREE MILES A MINUTE AT TWICE THE HEIGHT OF MOUNT EVEREST. You were so high that if you looked up you could see the darkness of space, and if you looked down you could see the curvature of Earth. You could leave London at 10.30am and be in New York for 9.25am the same day. Rather than an eight-hour flight, it would take less than three and a half. This was in 1976, the plane was Concorde and it was to be the future. One day, all long-haul flights would be like this. Then one day, it all stopped. Why?

The Air France Concorde crash in July 2000 was a huge blow. It meant, according to one British Airways insider, "effectively losing a year's service, which meant some £30 million. Add to that the £17 million for return to flight modifications."

After successful test flights, the modifications (to ensure the causes of the Paris crash had been eliminated) were approved, but by now it was 5th September 2001 and six days later the terrorist attacks on America would kill off Concorde for good. Although it was reintroduced to service on 7th November 2001, first-class travel had been decimated.

British Airways were operating a reduced service and earning far less than before but operating costs were on the increase.



"It was the core business market on the JFK route, for the most part twice daily, that was BA Concorde's lifeblood for years. Undermine that and there is only one way to go. Then new legislation about ageing aircraft, along with the usual issues of running a tiny, specialised fleet, meant that for BA and Air France, in the two years following 2003, costs would rise by £40 million," a BA insider said.

The upgrades would not have been worth it. Lack of competition causes businesses to ossify and stagnate and Concorde was no different. Its analogue cockpit in a digital age was from a different era and, although the notion of supersonic was futuristic, the technology that took us there had dated very badly. Concorde flew commercially for the last time on 24 October 2003.

However, the idea of supersonic flight for the masses hasn't been totally abandoned. A British firm is currently developing the LAPCAT A2 which has been dubbed "Son of Concorde". If it ever goes into production, it will take three-hundred people (in a plane that's almost twice the size of a jumbo jet) from Brussels to Sydney in just over four and a half hours at speeds of up to Mach 5.

Whether people want to pay for that, or if the project is ever economically viable, is another matter.

SO YOU'RE SUNBURNED



Start by taking a cool bath — this will reduce the temperature of your skin and provide some temporary relief — and take two pain relievers (aspirin is best) every six hours. If you have blisters, clean them with hydrogen peroxide, then apply an over-the-counter antibiotic ointment like Bacitracin two to three times a day until the blisters dry out. Do not puncture or otherwise attempt to open the blisters if they're not ready. You can also try the following home remedies.

- **COLD MILK:** Pour cold milk into a bowl and soak a few paper towels in it. Place them on the affected areas; the milk will soothe the skin and function as an anti-inflammatory agent, while its coolness will lower the skin's temperature.
- **WETTED AND CHILLED TEA BAGS:** Apply directly to the burned or blistered area. They'll cool the epidermis, while the tea bags' tannic acid will help to dry out the blisters and reduce swelling.
- **VINEGAR AND WATER:** Take a capful of vinegar and mix it in a small bowl of cold water. Soak paper towels in the mixture and lay the sheets over areas with blisters that you're afraid may become infected. Like tea bags, the weak acetic acid in the vinegar has a drying effect.

WITH THANKS TO DR. BRUCE KATZ AND THE JUVA SKIN AND LASER CENTER.

SUNSCREEN EXPLAINED

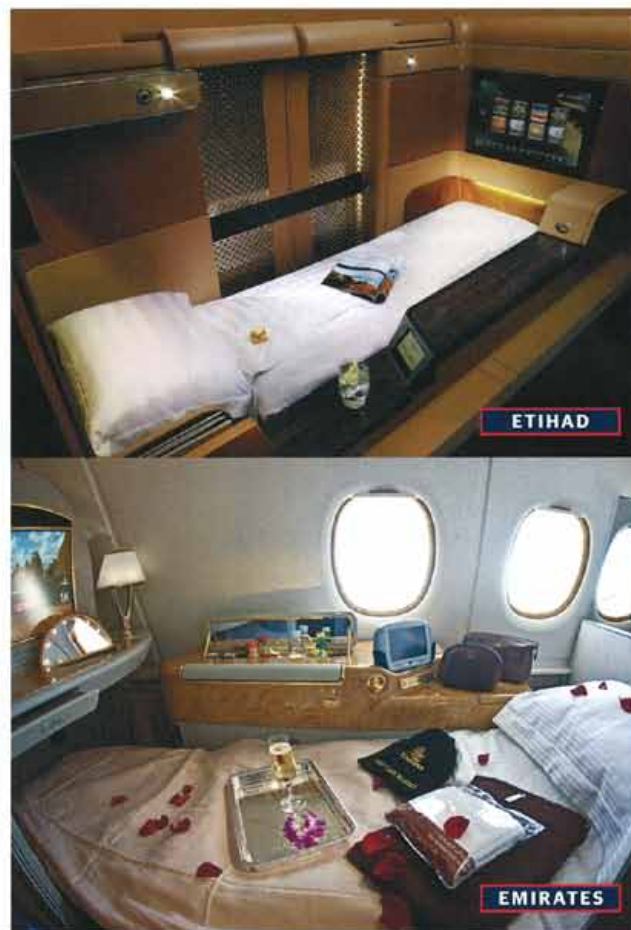
Think of sunscreens as filters that can absorb or reflect the sun's harmful ultraviolet (UVA and UVB) rays and that generally fall into one of two categories: inorganic and organic. Inorganic sunscreens, like the kind made with titanium dioxide and zinc oxide (the white stuff on a lifeguard's nose) mostly reflect UV rays. Organic sunscreens, like the kind containing avobenzone, tend to absorb them. They are equally effective at protecting you from UV rays, so long as you apply (and reapply and reapply) an adequate amount (about one shot glass full).

WITH THANKS TO DR. STEVEN Q. WANG OF THE SKIN CANCER FOUNDATION.

A BRIEF GUIDE TO RESPONSIBLE TANNING

- First, think twice about it. Even responsible tanning can be dangerous, and you've got other options. Look into sunless tanning solutions like lotions, creams, and sprays. It's the only safe way to get a tan and you have to reapply only every couple of weeks.
- If you really have to be in the sun, though, use an SPF 30 with broad spectrum UVA and UVB protection and reapply every two hours. Spend no more than 20 or 30 minutes in direct sunlight at any given time, and avoid spending too much time in the sun between noon and four. (The midday sun is the worst for you).
- Build a tan over a period of weeks, not days, and apply moisturiser daily to avoid the dry, scale-like skin that often follows a tan.

WITH THANKS TO DR. ARIEL OSTAD OF THE SKIN CANCER FOUNDATION.



ETIHAD V EMIRATES FIRST CLASS

ETIHAD

ROOM: 1-2-1 configuration, with all first-class seats forward-facing with aisle access. A 6' 8" flatbed with pure, 600-thread Egyptian cotton sheets and proper full-sized pillows. Slippers and sleeper suit are also provided.

ENTERTAINMENT: Over 600 hours of on-demand entertainment encompassing movies, TV shows, music and interactive games via noise-cancelling headsets and a 23" personal LCD TV.

FOOD: Extensive à la carte range and dine-when-you-like policy as well as your own personal mini-bar.

OTHER: In-seat power sockets compatible with most major plug types for laptop use, plus iPod, USB, Ethernet and audio sockets.

COST OF RETURN FLIGHT TO NEW YORK: Dhs34,775*

(*based on booking at time of writing, flying out on 1 Nov for one week)

EMIRATES

ROOM: A 6' 8" flatbed with a real pillow and advanced mood lighting system that adjusts throughout the flight to reflect the time at your destination, and combat the effects of jet lag.

ENTERTAINMENT: A personal video library, in addition to the airline's 23" "Ice Digital Widescreen" in-flight entertainment system, which features over 1,100 channels of on-demand entertainment.

FOOD: Seven-course meal (served on bone china) created by top chefs can be ordered from an extensive menu at any time and served in your suite.

OTHER: Two shower spas are located in the First Class cabin as well as a bar area on the Airbus 380.

COST OF RETURN FLIGHT TO NEW YORK: Dhs43,205*

(*based on booking at time of writing, flying out on 1 Nov for one week)

AN ADMITTEDLY SIMPLISTIC GUIDE TO WOMEN AROUND THE WORLD



STOCKHOLM

WOW, SHE LOOKS LIKE: Elin Nordegren
WHAT SHE'S DRINKING: A shot of aquavit
HOW TO SAY "BEAUTIFUL":

Vacker (va-ker)

HOW TO SAY "SORRY":

Förlåt (furr-lawt')

WORD TO THE WISE:

Swedes are funny about personal space. Make sure you stay at least three inches away from her. At first, anyway.



ST. PETERSBURG

WOW, SHE LOOKS LIKE: Natalia Vodianova
WHAT SHE'S DRINKING: A shot of chilled vodka
HOW TO SAY "BEAUTIFUL":

Krasivaya (krah-see'-vah-ya)

HOW TO SAY "SORRY":

Izvinite (eez-vee-neet'-yeh)

WORD TO THE WISE:

Never sip vodka. You must down it in one gulp, lest she think less of you.



RIO DE JANEIRO

WOW, SHE LOOKS LIKE: Gisele Bündchen
WHAT SHE'S DRINKING: A caipirinha
HOW TO SAY "BEAUTIFUL":

Linda (leen'-dah)

HOW TO SAY "SORRY":

Desculpe (dish-kool'-peh)

WORD TO THE WISE:

Making the OK symbol with your fingers means, quite literally, a**hole — and is therefore not okay.



PARIS

WOW, SHE LOOKS LIKE: Emmanuelle Béart
WHAT SHE'S DRINKING: Pastis
HOW TO SAY "BEAUTIFUL":

Belle (behl)

HOW TO SAY "SORRY":

Je suis désolé (juh swee de'-zo-lay)

WORD TO THE WISE:

It's considered rude to place your hands below the table during dinner. Always keep them where she can see them.

A NE'ER-DO-WELL'S GUIDE TO TRAVEL



YOU'VE BEEN HURT

DON'T PANIC: Assuming you have any control over your situation — i.e., you haven't been hit by a bus or need immediate attention — do not head to the nearest hospital. (They may not provide adequate care).

DO YOUR RESEARCH: Return to your hotel and ask the concierge for a good, reputable hospital in the area. If you don't trust your concierge, call your embassy.

RECONSIDER YOUR PLANS: If your injury requires a second opinion or follow-up, think about cutting your vacation short.



YOU'VE BEEN ARRESTED

SIGN NOTHING: Even if it's in English, you might not be fully aware of the paperwork's implications.

SAY AS LITTLE AS POSSIBLE: Especially if there's a language barrier. Whatever you say probably won't help your cause, because, well, you've already been arrested.

GET HELP: Ask politely but firmly to speak to a representative from your embassy or consulate, who can get you a lawyer and explain exactly what's going on. And until that person arrives, again, say nothing.



YOU'VE LOST YOUR PASSPORT

GET ORGANISED: Assemble any alternate evidence of your identity: driver's licence, credit cards with your name, photocopies of your passport. And if you've got a friend who can vouch for you (and who still has a passport), bring him along. He may be able to expedite the process.

DRESS UP: Embassies are constantly suspicious of Western citizens selling their passports for quick cash, so you might have an easier time if you don't look like one of the homeless.

HOW TO APPLY SUNSCREEN TO A WOMAN'S BACK

1. Wait until you are asked. Don't stand around with sunscreen on your hand.
2. Do not apply the sunscreen directly to her back. Instead, put it on your hands and begin rubbing on her back, making sure not to miss any spots.
3. Keep talking while you do it. There's nothing creepier than someone silently rubbing your back. Ask if you missed anything.
4. Leave the front to her. Unless she asks.

WITH THANKS TO DANIEL POST SENNING, MODERATOR OF ETIQUETTEDAILY.COM.



TOP TIP
"No matter where I go, I always carry a blazer. It is the male version of a Chanel suit. Always appropriate, and in an emergency, when worn with a tie, it can almost pass as a suit." — TOM FORD