



THE
TAILOR MADE
COLLECTION

Your holiday includes:

- ✓ 7 night full board cruise on board Norwegian Dawn
- ✓ **Free all-inclusive drinks package**
- ✓ 3 night hotel stay in New Orleans
- ✓ FREE Jazz dinner cruise on board an authentic steamboat on the mighty Mississippi River
- ✓ Return flights and transfers

10 NTS DEPARTING NOV 2016 - APR 2017

INSIDE	OUTSIDE
Fr £1,499 pp	Fr £1,699 pp
BALCONY	SUITE
Fr £1,899 pp	Fr £2,199 pp

FREE PHONE OUR TRAVEL SPECIALISTS

0800 840 5910

FREE MISSISSIPPI JAZZ DINNER CRUISE

Southern Charm: New Orleans Stay & Caribbean Cruise

NCL
NORWEGIAN
CRUISE LINE®

10 NIGHTS

FR **£1,499*** PP

DEPARTING

ON BOARD

NOV 2016 - APRIL 2017

NORWEGIAN DAWN

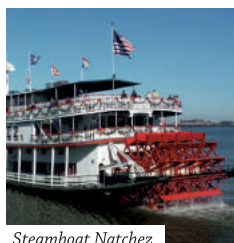
Imagine discovering: New Orleans, Cozumel, Roatan, Harvest Caye, Costa Maya, New Orleans

FREE
MISSISSIPPI
JAZZ
DINNER
CRUISE

New Orleans



FREE
ALL-INCLUSIVE
DRINKS
PACKAGE



Steamboat Natchez

Why? this holiday

This holiday has it all! Experience the unadulterated jazz and joy of New Orleans, followed by a relaxing Caribbean cruise complete with sun-drenched beaches, ancient Mayan history and treasure troves of beautiful coral reef to be explored.

Eating well, drinking with friends, embracing the good times: New Orleans is all about the simple pleasures. Discover the vibrant, musical city on a four day stay before you embark on a cruise around the Caribbean coast.

New Orleans is known for many things, as the hometown of jazz, the city of Mardi Gras, popular with foodies and history lovers alike. A lot of time has passed since the hurricane of 2005 and the city has risen from despair to reclaim its title as the most joyous city in America. Unlike much of the United States, history is visible from street view and the city's charming façade is a study in architecture, with a lived-in feel that comes from hundreds of years of discourse with the past.

As the birthplace of jazz you'll find its hypnotic beats played on street corners, in live music venues and rustic bars on any night of the week, as crucial to the city soundtrack as the ringing of the streetcar's bells. Pull up a time-worn wooden stool at a sticky table in any one of the city's bars, order a cool drink and sit back as you're transported to another time via the sensation of jazz.

Cocktail connoisseurs will find plenty to tempt their taste buds in The Big Easy, from the fiery Sazerac to the lurid hurricane, the frosty daiquiri or the refreshing mint julep. And if you're hungry, then bring your appetite to the table as New Orleans will take you on an epicurean adventure that you'll never forget. If you're feeling adventurous there's everything from the weird to the wonderful. You can experience alligator sausage and shrimp cheesecake – no, really – or dig in to a mouth-watering plate of shrimp jambalaya, red beans and rice or crayfish gumbo – all variations of comforting stews.

Breakfast can start in the most indulgent way possible with a light fritter of dough dusted with a thick blanket of powdered sugar, served with a cup of chicory coffee. The beignet is possibly the most famous of all New Orleans' dishes, but sadly not the most waistline-friendly! Get yours at Café du Monde for the most authentic experience – it was founded in 1862.

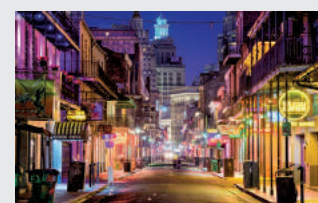
Work off your indulgent dinners as you stroll around the atmospheric city and its surrounds. Take in the cultural heart of the city in the French Quarter; a little slice of Paris in the United States,

or head to Bayou St John to watch the fireflies. New Orleans' faded glamour is tinged with a hint of melancholy that hides in the shadows behind its lively joie de vivre, so take the time to visit some of the areas devastated by Katrina and observe how the residents have pulled together to rebuild, remain strong and above all, move on. Nearby there are many plantation homes and antebellum mansions which you can visit: Oak Alley is a renowned house with a sweeping drive lined with the oaks that give it its name.

After your time in the city you'll board NCL Dawn for your cruise around the Caribbean coast of Central America. You'll visit attractive Cozumel, a beach resort on the Yucatan Peninsula which offers plenty of snorkelling and visits to the Mayan ruins of mainland Mexico, and Roatan, an unspoilt ecotourists dream off the coast of Honduras. At Harvest Caye you can enjoy a wealth of beach activities at Norwegian's private cruise port, while Costa Maya is a coastal paradise rich with ruins and soft sandy beaches. It's a final hit of Caribbean sun before you sail back to New Orleans for your flight home.

HIGHLIGHTS

- Spend three nights in New Orleans, the home of celebration. From Mardi Gras to Jazz Fest, the city buzzes with joy and hedonism
- Indulge all your culinary sensations: New Orleans is bold and innovative with a huge choice of cuisine and perfect for the food-lover
- Board the NCL Dawn, a fun, family ship for a final seven night cruise around the Caribbean coast of Central America



*Price based on 19 January 2017



THE MASTERPIECE COLLECTION

Your holiday includes:

- ✓ 10 night full-board cruise board Oceania Riviera
- ✓ All gratuities
- ✓ Choose one of the following:
 - FREE shipboard credit \$800*
 - FREE shore excursions (four)
 - FREE beverage package
- ✓ 1 night luxury stay in Rome
- ✓ 1 night luxury stay in Venice
- ✓ 2 day luxury Venice Simplon-Orient-Express full-board train journey from Venice to London
- ✓ Outbound flight and all transfers

13 NTS DEPARTING 05 MAY 2017	
INSIDE	OCEAN VIEW
Fr £3,799 pp	Fr £4,499 pp
VERANDA	SUITE
Fr £4,899 pp	Fr £5,999 pp

FREE PHONE OUR TRAVEL SPECIALISTS

0800 840 5910

EXPERIENCE THE ICONIC VENICE SIMPLON-ORIENT-EXPRESS

Allure of the Adriatic & Venice Simplon-Orient-Express Journey OCEANIA CRUISES

13 NIGHTS	FR £3,799 PP
DEPARTING	ON BOARD
05 MAY 2017	OCEANIA RIVIERA

Imagine discovering: Rome (Civitavecchia), Florence/Pisa (Livorno), Amalfi, Taormina (Sicily) Zakynthos, Corfu, Kotor, Dubrovnik, Koper, Venice (overnight)

LifeSelect* Select one complementary extra - for a limited time only!

FREE Shore Excursions

FREE Beverage Package

FREE \$800* onboard spend

*Based on 4 free shore excursions. \$800 per stateroom. House beverage package and on board credit based on per stateroom



Venice

**LUXURY
HOTEL STAYS
IN ROME
& VENICE**

Why? this holiday

The Venice Simplon-Orient-Express is a Art Deco icon that harks back to a more elegant age of travel. While on board you'll journey through the countryside in original 1920s carriages for a truly unforgettable travel experience.

The sparkling Adriatic is ringed by a succession of stunning ports blessed with natural beauty and historic sights. Cruise from Rome to Venice in the lap of luxury on board Oceania Riviera, with hotel stays in Rome and Venice and a fitting finale on board the Venice Simplon-Orient-Express: the most exquisite way to travel.

The Eternal City of Rome begins your voyage of discovery around the ports of the Adriatic Sea. Fly to Italy's magnificent capital and immerse yourself in ancient history as you walk in the footsteps of the Romans around the Colosseum, the Roman Forum or the winding streets of the Trastevere district. Sample the flavoursome Roman cuisine as you stay overnight in a luxury hotel before boarding your cruise the following day.

You'll be transferred to the port of Civitavecchia where you'll board Oceania Riviera, a sumptuously outfitted ship with a magnificent Lalique staircase and rich furnishings. More like a floating boutique hotel than a cruise ship, you can expect attentive service and exquisite cuisine on board.

Your first port of call will see you dock in Livorno, the port for Tuscany. Explore the undulating countryside or venture into the cities of Pisa or Florence, where you'll find a living museum of outstanding architecture such as the Leaning Tower and the soaring Duomo in the heart of Renaissance Florence. Docking on the Amalfi Coast you'll be able to visit the picturesque towns that

line the hillsides, such as chic Positano and enchanting Amalfi. In Taormina you can uncover the natural and man-made wonders of Sicily before sailing to the Greek Islands of Zakynthos and Corfu, verdant splashes of colour in the Ionian Sea. Stopping in Kotor you can explore the fjord-like scenery of Montenegro before docking in Dubrovnik on the ruggedly beautiful coast of Croatia. Famous for its fortified Old Town encircled by imposing walls, the red-roofed city contrasts strikingly with the swirling emerald sea below. In Koper you'll get to explore Venetian-influenced Slovenia before docking in the city of Venice itself. Here you'll have a night in port to allow plenty of time to drift down the romantic canals and traverse its many soaring bridges.

You'll disembark for a one night stay in a luxury hotel before the grand finale of your Adriatic adventure. Boarding Venice Simplon-Orient-Express you'll glide through the spectacular scenery amid the Art Deco luxury of the legendary locomotive, immersed in the surroundings of the beautiful vintage cabins, exquisite gastronomic cuisine and refined entertainment. Your one night stay on board is ample time for you to discover why Venice Simplon-Orient-Express is one of the world's most iconic travel experiences.

Discover Oceania Riviera

Stunning Riviera was designed to be distinctive and special in so many ways. Featuring the magnificent Lalique Grand Staircase, stunning Owner's Suites furnished in Ralph Lauren Home and designer touches throughout the entire ship, Riviera showcases rich design and furnishings.

DISCOVER Venice Simplon-Orient-Express



This liveried train is a beautiful relic from the golden age of rail travel and a trip on board is a 'must do' experience for many. Beautifully restored and featuring 1920s, 30s and 50s style coaches, this is the most romantic way to return home. Enjoy the lavish décor, fine dining, elegant cabins and stunning countryside panoramas as you travel through the Alps and rustic French countryside.





Your holiday includes:

Option 1

1 NIGHT HOTEL STAY
IN SANTIAGO

- ✓ 23 night full-board cruise on board Queen Victoria
- ✓ 1 night hotel stay in Santiago
- ✓ Return flight and transfers

24 NTS DEPARTING 15 FEB 2017

INSIDE	OUTSIDE
Fr £1,999 ^{pp}	Fr £2,299 ^{pp}
BALCONY	GRILL SUITE
Fr £2,799 ^{pp}	Fr £7,199 ^{pp}

Option 2

SANTIAGO AND SYDNEY
STAYS & TOURS INCLUDED

- ✓ 23 night full-board cruise on board Queen Victoria
- ✓ 2 night hotel stay in Santiago
- ✓ Santiago wine tour
- ✓ 1 night hotel stay in Sydney
- ✓ Sydney tour and catamaran cruise with lunch
- ✓ Return flight and transfers

26 NTS DEPARTING 14 FEB 2017

INSIDE	OUTSIDE
Fr £2,499 ^{pp}	Fr £2,799 ^{pp}
BALCONY	GRILL SUITE
Fr £3,299 ^{pp}	Fr £7,699 ^{pp}

FREE PHONE OUR TRAVEL SPECIALISTS

0800 840 5910

NEW & EXCLUSIVE

Ocean Odyssey from South America to Sydney

24 NIGHTS

FR £1,999^{PP}

DEPARTING

ON BOARD

15 FEB 2017

QUEENVICTORIA

Imagine discovering: Santiago, Valparaíso, Easter Island (scenic cruising), Pitcairn Island (scenic cruising), Papeete, Bora Bora, Nuku'alofa, Auckland, Bay of Islands, Sydney (overnight)

FREE
BUSINESS CLASS
FLIGHT UPGRADE*

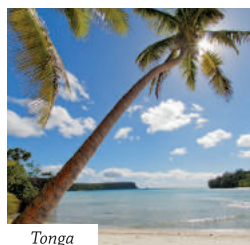
*WHEN BOOKING
A GRILL SUITE



Bora Bora



**



Tonga

Valparaíso is one of Chile's most atmospheric regions. Fly to Santiago, Chile's capital, and immerse yourself in the vibrant culture of South America before embarking on an adventure-filled cruise across the Pacific Ocean to sunny Sydney.

Enjoy a night in the cosmopolitan metropolis of Santiago, grab a bite to eat in one of the sidewalk eateries or head toward upmarket neighbourhoods like Providencia to dine in traditional restaurants. The next day you'll travel to Valparaíso where you'll see its many charms for yourself. To the observer, Valparaíso is a romantic, dilapidated town. The hilly city's backdrop of the sparkling Pacific Ocean clashes brilliantly with its higgledy-piggledy colourful, crumbling mansions, fantastic street art and chaotic winding streets.

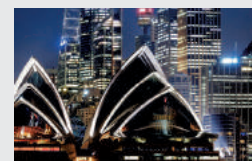
Your journey across the ocean to Sydney is made all the more interesting by the comfortable environs of your luxury cruise liner. Queen Victoria is a ship known for her glamour and grace with a beautiful ballroom, Royal Court Theatre, fine dining and luscious accommodation. On your journey

you'll sail past mysterious Easter Island, one of the most isolated places on the planet, gifted with enormous stone statues and volcanic Pitcairn en route to Papeete in Tahiti. With aquamarine lagoons and lush greenery, it's a stunning first port of call and the perfect way to unwind in some of the most beautiful surroundings on Earth. Laze on the sandy beaches or go snorkelling in the spectacular lagoons - there are colourful fish, dolphins, rays, sharks and turtles to be found. The beauty continues in Bora Bora, French Polynesia, as you cross the international dateline to Tonga, the last remaining kingdom in the South Pacific with untouched coral gardens and fresh coconuts to enjoy.

In New Zealand you'll enjoy a duo of very different ports. In Auckland you could explore the cosmopolitan downtown area, the expansive parks or the attractive harbour. At Bay of Islands, giant kauri trees line the shores, some 1,200 years old. The captivating bay shelters some 150 islands and enchanting wetlands replete with birds, fish, seals, dolphins and even whales. It's a final hit of natural beauty before you sail into Sydney's iconic harbour, where you'll disembark.

Sydney is renowned for its fantastic weather; stunning beaches and incredible harbour scenery; explore the jagged peaks of the Opera House, the soaring arch of the Harbour Bridge and the curving sweep of Bondi Beach. Take your camera to get plenty of shots across the water before you fly home to the UK.

Upgrade your holiday with hotel stays and tours in Santiago and Sydney to ensure your cruise starts and finishes in the best way possible.

DISCOVER
Sydney

Sydney is renowned for its fantastic weather; stunning beaches and incredible harbour scenery. Explore the harbour, Mrs Macquarie's Chair and the historic Rocks district or immerse yourself in the lively food scene.



QUEEN VICTORIA

- Royal Spa and fitness centre
- Several entertainment and dance lounges
- Two main pools, several Jacuzzis
- Luxury cabins, some with butler service
- Play Zone kids' activities

Why? this holiday

This cruise allows you to discover the vibrancy of South America, sailing across the Pacific Ocean and experiencing ports of incomparable beauty before arriving in glitzy Sydney.

* Free business class flight upgrade is only applicable when booking a Grill Suite cabin and applies to the inbound flight route from Sydney to London. **Business class image for illustration purposes only.

THE MASTERPIECE COLLECTION

Your holiday includes:

- ✓ 7 night full-board cruise on board MSC Fantasia
- ✓ **FREE outside to balcony upgrade**
- ✓ 4 night luxury hotel stay at the world's tallest hotel, the JW Marriott Marquis in Dubai including breakfast
- ✓ Return flights and transfers
- ✓ Exclusive rugby event featuring:
 - Rory Underwood MBE
 - Corporate hospitality ticket with VIP seating
 - Breakfast, lunch, dinner, afternoon tea & drinks*

11 NIGHTS DEPARTING 30 NOV 2016

INSIDE Fr £1,499 pp	OUTSIDE Fr £1,799 pp
BALCONY Fr £1,799 pp	

FREE PHONE OUR TRAVEL SPECIALISTS
0800 840 5910

LIMITED AVAILABILITY

Dubai Rugby Sevens & Arabian Cruise



11 NIGHTS	FR £1,499 PP
DEPARTING	ON BOARD
30 NOV 2016	MSC FANTASIA

Imagine discovering: Dubai, Abu Dhabi, Sir Bani Yas, Doha, Bahrain, Dubai (overnight), Abu Dhabi

Deserts, skyscrapers and... try lines? Rugby comes to the sun on a four night break in Dubai for the Emirates Dubai Rugby Sevens event, followed by a leisurely cruise around the ports of enigmatic Arabia.

lunch and afternoon tea on both days, as well as drinks. Not only will you have the best seats in the house, you'll be in the company of former England and British Lions rugby legend Rory Underwood MBE, who will regale you with tales of his illustrious rugby career.

Qatar, Doha, and the colourful kingdom of Bahrain, sailing back to Dubai where you'll spend a night in port before sailing onto Abu Dhabi, where you can see the stunning Sheikh Zayed Mosque and the staggering Empty Quarter before your flight home.

Leave the chilly UK winter behind and arrive in Dubai to sun and fun – and plenty of it. Check into your luxury hotel for four nights in the city, with plenty of time to explore the sights, such as the tallest building in the world, the towering Burj Khalifa and the traditional dhows that cruise Dubai Creek. You could spend your dirhams at the Dubai Mall and take in the famous fountain show; choreographed to music and lights, the show is set to 35 different songs with jets that soar as high as 45 storeys – not quite enough to reach the top of the 163-storey Burj Khalifa!

As part of your holiday we've arranged hospitality tickets to the Emirates Dubai Rugby Sevens, so you can enjoy the thrilling action, party atmosphere and world-class rugby from your seats in the VIP stand. Your ticket includes breakfast,

After your stay in Dubai the excitement doesn't stop as you'll travel to Abu Dhabi to board the stylish MSC Fantasia for a seven-night full-board cruise around the ports of the Arabian Sea.

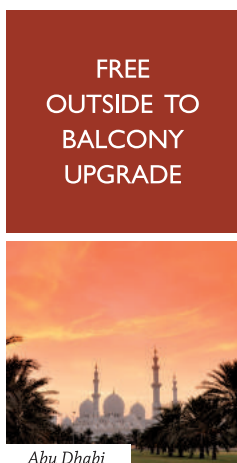
This cosmopolitan cruise line provides a charmingly European on board ambience for its passengers. There's a real stone piazza where you can mingle, an espresso bar serving freshly baked pastries and delicious, authentic gelato. MSC Fantasia is a perfect choice either for those trying this fantastic style of holiday for the very first time or seasoned travellers looking for new horizons.

Sail to the island of Sir Bani Yas, famous for its natural beauty and free-roaming animals such as cheetah and hyena. You'll then stop in the glamorous capital of

Corporate hospitality



Relax in your VIP seat and enjoy drinks, breakfast, lunch and afternoon tea in between enthralling games of fast and furious rugby. We've also arranged for England rugby legend Rory Underwood to join you for your two days at the rugby.



Abu Dhabi

Dubai



Why this holiday

The Emirates Airline Dubai Rugby Sevens attracts rugby fans from around the globe. You'll get to enjoy it from your exclusive corporate hospitality stand - plus a cruise around Arabia!

*Limit of five drinks per person per day at the Rugby Sevens.



Experience Rugby Sevens

MEET GUEST SPEAKER RORY UNDERWOOD

Record-breaking rugby player and former RAF pilot, Rory Underwood MBE has played in three Rugby World Cup championships with 85 England caps to his name.



THE MASTERPIECE COLLECTION

Your holiday includes:

- ✓ 7 night full-board cruise on board Vision of the Seas®
- ✓ 7 day Golden Triangle tour with 3 nights in Delhi, 1 night in Agra and 2 nights in Jaipur
- ✓ Sightseeing tours of Old and New Delhi including Chandni Chowk, the Red Fort, Jama Masjid Mosque, Raj Ghat, Humayun's Tomb and Qutub Minar
- ✓ Sightseeing tours of Agra including a visit to one of the seven wonders of the world, the Taj Mahal, as well as Agra Fort and the deserted city of Fatehpur Sikri
- ✓ Sightseeing tours of Jaipur including the opulent Amber Fort, Hawa Mahal, the City Palace, Jantar Mantar Observatory and more
- ✓ 1 night hotel stay in Dubai
- ✓ Emirates flights and all transfers

14 NTS DEPARTING DEC 2016 - MAR 2017

INSIDE	OCEAN VIEW
Fr £1,499 pp	Fr £1,699 pp
BALCONY	SUITE
Fr £2,099 pp	Fr £2,499 pp

FREE PHONE OUR TRAVEL SPECIALISTS
0800 840 5910

7 DAY TOUR OF INDIA'S GOLDEN TRIANGLE

Middle Eastern Wonders & Gems of the Golden Triangle

14 NIGHTS	FR £1,499* PP
DEPARTING	ON BOARD
DEC 2016 - MAR 2017	VISION OF THE SEAS®
Imagine discovering: Delhi, Agra, Jaipur, Dubai, Khasab, Muscat, Abu Dhabi	

Immerse yourself in the vibrant colours, sights and sounds of enthralling India on a seven day tour before sailing through enigmatic Arabia.

Your journey of discovery begins in Delhi, the country's frenetic capital where the old and new combine. A full day sightseeing tour will demonstrate the huge variation between the ancient walled city and New Delhi. Driving around the city is a fantastic way to observe a full spectrum of life, accompanied by the cacophony of thousands of beeping car horns.

Starting in Old Delhi you'll hop on board a rickshaw to Jama Masjid, where you'll have the chance to step inside one of India's largest mosques between prayers. Opposite the mosque you'll find the Red Fort, one of Delhi's most magnificent sights. Venturing behind its imposing walls you'll notice how the sound of the city drops away.

Driving through the embassies and parliamentary buildings you'll notice the huge contrasts between the ancient and modern sides to the city. Take in the grand architecture of the Lutyens'-

designed government buildings and the grand India gate. Your tour also takes in Humayun's Tomb and the towering spire of Qutub Minar. Piercing the sky at 120 metres, it is the tallest brick minaret in the world.

Next you'll travel to Agra. The modest city hides a spectacular monument within its muddled streets: the incredible Taj Mahal. Visiting at sunset you'll have the opportunity to see how the light alters the white marble to a pale gold. While in Agra you'll visit Agra Fort, a Mughal walled city and, en route to your final destination, you'll stop at uninhabited Fatehpur Sikri, once the capital of the Mughal Empire.

Entering Rajasthan you'll notice how the landscape changes: Rajasthan has a distinctly colonial feel. Your tour of Jaipur will include a visit to the serenely beautiful Hawa Mahal, the Palace of the Winds and the Amber Fort. Zipping up the ramparts in an open-sided jeep you'll have privileged views of the Aravalli Mountains, taking in the lakes and saffron gardens below.

You'll head back to Delhi for a final night in incredible India before flying to Dubai where you'll spend the night

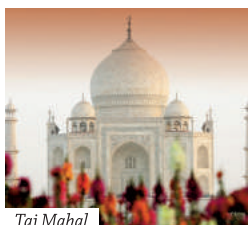
before boarding Vision of the Seas, sailing around the Arabian Sea. Take in the fjords of Khasab with a dolphin-watching excursion, before continuing to Oman's capital, Muscat. The characterful city retains its traditional feel with Islamic architecture and a bustling corniche. You'll stop at boldly bright Abu Dhabi where the Empty Quarter stretches endlessly ahead of you, before returning to Dubai. It's three amazing holidays in one.



WHERE EXTRAORDINARY HAPPENS



VISIT THE ICONIC TAJ MAHAL



Taj Mahal



Jaipur

Why? this holiday

Explore some of India's most recognisable landmarks on a seven-day tour before immersing yourself in the fascinating cultures of the Arabian peninsula on a Royal Caribbean cruise.

* based on 9th January 17 departure



DISCOVER Vision of the Seas®

- Shipshape spa and gym
- Main Aquarius dining hall, Windjammer food court, selection of casual eateries
- Stunning Centrum with shopping and cafes
- Adventure Ocean kids and teens clubs
- Nightclub

DISCOVER The Taj Mahal



It's true what they say – the Taj Mahal really does take your breath away. Slip behind the towering walls and a truly mesmerising spectacle unfolds before you.

Shimmering white marble basking in the sun, soaring minarets and tranquil gardens lined with glittering pools. Your guide will bring to life the amazing optical illusions that can be viewed at the Taj and you'll even venture into the monument's cool interior to see the intricate inlaid walls, resplendent in colourful jewels.

BIG STEP IN THE RIGHT DIRECTION

IF YOU were offered a daily pill that could reduce your risk of Type 2 diabetes, cancer, heart disease and stroke, give you a healthy dose of vitamin D, help you lose weight, tone up and increase your stamina, would you take it? The answer is bound to be yes but before you go searching for this new wonder drug, here's the best bit: the benefits are all yours with a brisk daily walk.

Hard to believe? Time and time again the evidence supports claims that walking reduces the risk of chronic diseases.

In 2008, University College London researchers published a review of the most robust walking studies carried out between 1970 and 2007. They concluded that walking cut the risk of cardiovascular disease by 31 per cent and the risk of dying during

Overwhelmed by the choice of fitness trends? Evidence shows we can become healthier, fitter and lose weight by taking a brisk daily stroll, says LAURA DAY

the 12-year study period was reduced by 32 per cent for both men and women. Those who walked briskly for longer had the greatest protection.

Other studies have provided similar results.

Walking for up to 30 minutes as part of a daily commute was found to decrease the risk of stroke in men and women by between eight and 11 per cent, while brisk walking was found to have a similar lowering effect on high blood pressure, Type 2 diabetes and high cholesterol as

running. And even if you're physically inactive now, just 20 minutes of brisk walking every day is enough to lower your risk of suffering an early death by up to 30 per cent.

The NHS recommends we do 150 minutes of moderate-intensity exercise per week and this suddenly sounds a whole lot easier to achieve when you factor in walking, although you'll need to walk as if you're in a rush.

Better still, some studies suggest walking doesn't increase your appetite in the way some

high-intensity workouts can (your weight loss attempts may backfire if you work out too intensely and end up eating all or more of your burned calories).

GET STARTED

Your new plan can take effect from the minute you read this.

"Walking is a great way for non-exercisers to begin a fitness programme as it's simple, free and you already know how to do it," says personal trainer Jessica Smith (jessicasmithtv.com).

"It's a great way for people new to exercise to build their fitness base and endurance level and feel successful about a regular workout plan. Plus it's easy on the joints, which makes it a great alternative to jogging for anyone with knee or hip issues."

To make walking part of your routine, Jessica recommends

setting a weekly goal, such as walking on a certain number of days (between two and five, depending on your fitness level) and marking it on your calendar to make sure you do not forget.

STEP IT UP

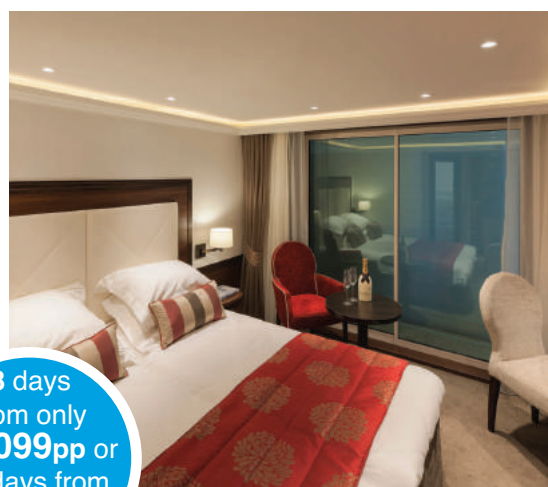
Start by adding incidental walks to your day, such as walking to the shops or getting off the bus early.

Once you're moving more, taking part in sociable walking groups that meet every week can keep you motivated.

"Many of our walkers have been diagnosed with diabetes or high blood pressure, or they want to lose weight," says Charlie Coward of Walking for Health (walkingforhealth.org.uk). "People initially join because of the benefits of being active but what encourages them to stay is the social aspect to our meet-ups."

EXPRESS

travel**offer**



8 days
from only
£1,099pp or
15 days from
£1,499pp



Europe's Finest River Cruises

Rhine, Danube, Moselle, Main, Douro, Rhône or Seine

Selected departures up to November 2016 and April to October 2017

Riviera Travel are pleased to announce the release of our brand new all-suite ships for 2017, operating alongside our luxurious and elegant selection of five-star vessels including the MS Lord Byron, MS William Shakespeare, MS Jane Austen and MS Charles Dickens, all boasting superb cuisine and the most comfortable surroundings possible. We offer a choice of eleven stunningly beautiful and fascinating cruises visiting some wonderful sights such as Cologne, Trier, Koblenz, Heidelberg, Strasbourg, Basel, Lucerne, Vienna, Budapest, Amsterdam, Avignon, Arles, Bruges, Paris or Rouen.

Price includes

- Return rail connections on selected dates and cruises from over fifty regional stations including Newcastle, Leeds, Manchester, Glasgow, Liverpool, Birmingham, Nottingham, Bristol and Cardiff*
- Standard class reserved seat on Eurostar from London St. Pancras or flight from a choice of regional airports (at a supplement)
- Beautifully appointed five-star cabins with hotel standard beds, private bathrooms and river views
- Exceptional cuisine with full board throughout
- A choice of eleven stunning cruises, see the website to view our videos
- Very extensive and fully inclusive touring programmes
- Escorted by an experienced cruise manager

To request a brochure, please call
0871 988 8331

To read more about this offer visit
www.expriviera.co.uk

Calls cost 10p p/min from a BT landline. Mobile and other providers' costs may vary. Prices based on per person sharing a twin cabin, single cabins available at a supplement, optional insurance extra. *Supplements applicable for certain regional stations. Cruise duration dependent on selected itinerary. Holiday organised by and in respect of the booking conditions of Riviera Travel, New Manor, 328 Wetmore Road, Burton upon Trent, Staffs DE14 1SP. Offered subject to availability. Additional entrance costs may apply. ABTA V4744 ATOL 3430 protected. Images used in conjunction with Riviera Travel.



DAILY EXPRESSreader
offer
64328Save
£10
Was £34.99

Beurer Wrist Blood Pressure Monitor Just £24.99

The Beurer wrist blood pressure monitor allows you to measure and record your vital blood pressure and pulse rate readings. This fantastic model is simple to use and easy to read with its bright clear digital display and large screen.

Simply follow the step-by-step instructions and in three steps you will have an accurate reading of your systolic pressure, diastolic pressure and heart rate. Understanding the readings is easy, either use the included World Health Organisation chart with numerical diagnostics or there is a colour chart on the side of the screen where an icon will appear to indicate the result.

With features such as month and day setting, irregular rhythm detection and it even has the capacity to store and record up to 60 readings – ideal for monitoring your blood pressure for a month on the daily morning and evening readings. Cuff fits sizes 14-19.5cm.

It uses two AA batteries (supplied) and also comes with its own lightweight storage box for protection when not in use and making it easy to transport.



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your**health**

Bright idea to zap

Q I HAVE read that in some newer aeroplanes, the toilet compartment is lit by blue light. Could this be at all harmful to the eyes and even contribute to macular degeneration?

A I THINK you are referring to the ultraviolet (UV) light that is now being used on some aircraft for cleaning purposes. It is not used to light up the toilet compartment when someone is using it but rather the light comes on when the compartment is vacated.

It shines on all the surfaces for a few seconds and apparently this is a very effective way of killing all types of germs. The UV rays used are a different wavelength from those used in tanning beds and are not harmful to the eyes or the skin.

Q FOR the past three years I have suffered from a terrible skin irritation in my genital area that I think might be eczema. I am desperate to get rid of it as it has ruined any closeness with my husband but I am afraid to go to the doctor about this. I am 65.

A IN younger women genital itching is often due to thrush but this is unusual after the menopause. Instead irritation is often caused by the dryness that can occur when oestrogen levels are very low.

However this does not tend to cause extreme itching and I wonder if you have the skin condition lichen sclerosis. This

Dr Rosemary

GETTING TO THE HEART OF MEDICAL MATTERS



causes the body's immune system to attack the skin cells, making them inflamed, sore and itchy. This is followed by scarring, which makes it uncomfortable to have sex as the entrance to the vagina becomes smaller and cannot stretch.

Without treatment the condition can lead to a slightly increased risk of vulval cancer so it is very important that you see a doctor and get a proper diagnosis. If your usual GP is male I am sure he won't mind if you arrange to see one of his female colleagues. Or you could ask the practice nurse if she could be with you while you see the doctor.

Effective treatment, in the form of strong steroid cream, can relieve the irritation, stop further scarring and also prevent the increased risk of cancer so it is important you do get down to the surgery.

Q FOLLOWING an accident 20 years ago I damaged my lower back and have spent a lot of time in a wheelchair ever since. About two years ago I started getting pins and needles in my

feet. Today my feet are painful all the time and my legs permanently feel cold. Painkillers are ineffective.

What could be causing this? I am a Type 2 diabetic and have suffered from a heart attack in the past.

A I SUSPECT you have two different problems in your legs. The cold feeling is probably due to poor circulation from narrowed arteries. The best treatment for this is to continue with the medication you have been given following your heart attack, including statins. Eat a healthy diet and most importantly, do not smoke.

Exercising your legs will help as well, though I accept this is difficult for you as you spend much of your time in a wheelchair. The pins and needles suggest you have pressure on the nerves that supply your legs.

The best medicines for this are ones that alter the messages from nerves to the brain, such as amitriptyline, gabapentin or carbamazepine. Unlike standard painkillers these take time to become fully effective and they

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CURRENT TRENDS: Ultraviolet light helps kill germs

must be taken regularly to work. Unfortunately morphine, although a strong painkiller, is often not very effective for nerve pain.

Not only that but the body soon gets used to it, meaning the dose has to be increased. This in turn can lead to problems with side effects, especially constipation.

I suggest that you consult your GP to discuss altering your pain-relieving medicines, although to avoid withdrawal symptoms you should reduce your dose of morphine slowly and not stop it suddenly.

● If you have a health question for Dr Rosemary please write to her in confidence at The Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN or email health@express.co.uk

Dr Rosemary's reply will appear in this column. She regrets that she cannot enter into personal correspondence and that, due to the volume of letters, she cannot reply to everyone. Find out more about Dr Rosemary at drrosemaryleonard.co.uk

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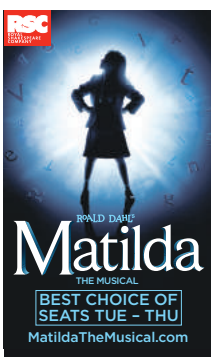
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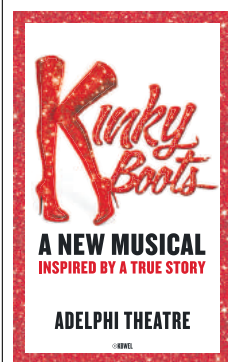


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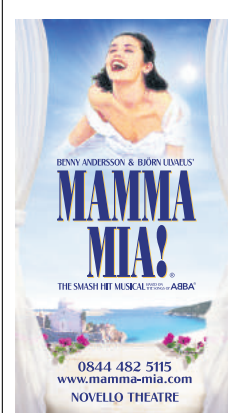
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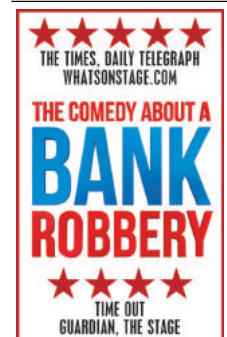
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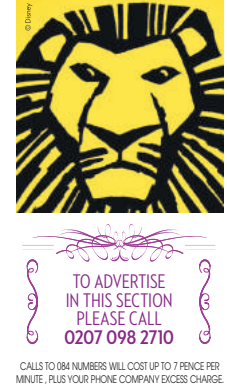
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yourhealth

EVER wondered why your joints pop? Way back in 1947 it was thought that cracking your knuckles made a sound because of the formation of a bubble in joint fluid. A mere 68 years after this theory was first proposed and then discredited, Professor Gregory Kawchuk and his team at the University of Alberta have confirmed it.

He says: "It's a little bit like forming a vacuum. As the joint surfaces suddenly separate, there is no more fluid available to fill the increasing joint volume so a cavity is created and that event is what's associated with the sound."

What is happening is that your joints are being expanded when you pop them and as the space within the joint is increased, the pressure within the joint drops.

Due to this pressure drop, carbon dioxide is expelled and this release of gas is what creates the crack or pop that you hear when you crack your knuckles.

Yet these sounds can also be created by ligaments or tendons quickly snapping over bone as does happen in someone with "snapping hip".

With snapping hip the iliotibial band (a tendon) or tensor fasciae latae muscle on the side of your hip snaps over the femur, creating a snap or popping sound. The reason this muscle or tendon snaps over the hip is usually because they are too tight. With proper stretching or use of a foam roller this can often be resolved.

Another possible reason your joints could be making sounds is due to increased ligament laxity. Some people have inherently looser ligaments than others.

Ligaments provide passive structural support for our joints whereas muscles provide active

WHY IS IT THAT MY KNUCKLES CRACK?

Professor TONY KOCHHAR examines the causes of this phenomenon and explains when you should be concerned

support for our joints. We can control our muscles but we cannot control ligaments.

A person with increased ligament laxity or looseness makes their joints more susceptible to increased motion within the joint and therefore increased ability to expand, release gas and make a sound.

WILL CRACKING KNUCKLES CAUSE ARTHRITIS?

Your joints, including those in your knuckles, are surrounded by a membrane called the synovial membrane which forms a capsule around the ends of your bones.

Inside this membrane is synovial fluid which acts as a

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SOME eight million of us suffer from the irksome problem of haemorrhoids, or piles, according to recent estimates. Yet NHS data shows that surprisingly few come forward for treatment.

And perhaps it's little wonder. Surgery can leave patients in pain for weeks afterwards. Not to mention the embarrassment factor. Only sexually transmitted diseases cause people more medical blushes, a survey by YouPoll reveals. One in seven piles sufferers even avoids sport or taking a holiday, and one in six has needed to take time off work. But there is a new treatment that could shrink piles without the worry.

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"Ultroid is going to transform people's lives."

minutes, causing it to shrink. This procedure is completely non-invasive - no needles or sharp instruments are used. Many patients feel instant relief from the moment they stand up. Almost all can then return to normal activities without having

to spend time recovering. More than 150,000 patients have now been treated worldwide. Arabella Maudslay, a private carer from Kent, said, "I had piles for many years and finally ended up getting a banding procedure from an NHS consultant, but the piles never really went away."

"I struggled on for another 10 years. A few months ago I went dog training with some friends and ended up bleeding in the pub. A horrendous situation. Golf had also become almost impossible and standing for any length of time. It really was affecting my whole life."

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Picture: ALAMY

CRUNCH TIME: Popping joints can be the sound of gas releasing

lubricant and shock absorber so your bones don't grind together when you move.

Yet if you have osteoarthritis, the cartilage within your joints is progressively being damaged and the amount of synovial fluid is typically reduced as well.

The pain and joint stiffness that you feel is a result of your bones starting to come into contact with each other as cartilage and synovial fluid diminishes.

To date, research has not shown a correlation between knuckle cracking and osteoarthritis in your hands. In one study of more than 200 people the prevalence of osteoarthritis in any joint was similar among those who cracked knuckles and those who did not.

WHEN DO POPPING NOISES INDICATE JOINT DAMAGE?

While those funny popping sounds are probably innocuous, other grinding noises, known as crepitus,

can be a sign of damaged cartilage or inflammation.

When cartilage deteriorates it creates a rough surface and can even leave parts of bone exposed. The creak and grind of crepitus occurs when the rough surfaces or exposed parts of bone rub against each other. This is osteoarthritis and the noise is common in the knee and neck. It is often painful.

Unfortunately, once you become aware of these grinding sounds there's little you can do to prevent further cartilage deterioration.

Osteoarthritis is primarily controlled by your genes, although keeping your weight under control can help reduce symptoms.

Confusingly, your degree of cartilage degeneration may not correlate closely with the amount of pain you feel. It seems to depend on how pain signals are amplified or dampened down in the brain but no one is really sure what influences that. Severely

painful crepitus is best checked out by a health professional. In rare cases it can be caused by a fracture – the two broken fragments of bone rubbing together is what makes the noise.

If worn cartilage is the cause, you should try to continue to be as active as possible. Cartilage has a poor supply of blood and relies on movement to obtain nutrients.

The bottom line is noise plus pain is much more likely to be an indication of a problem needing medical input than a noisy joint alone. If in doubt, ask your doctor or physiotherapist to check it out.

● **Professor Tony Kochhar** is a consultant orthopaedic surgeon specialising in shoulder, elbow and upper limb surgery at London Bridge Hospital. He is an expert in keyhole surgery and is a visiting professor of sports science at the University of Greenwich. Visit shoulderdoctor.co.uk for advice.

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The Happy Puzzle Company would like to permit carefully chosen third party companies to contact you with special offers from time to time. If you don't wish to receive this information, please tick here ☐

* Our 0844 numbers cost 7p per minute plus your phone company's access charge.

Offer ends 11.59pm 31st August 2016!