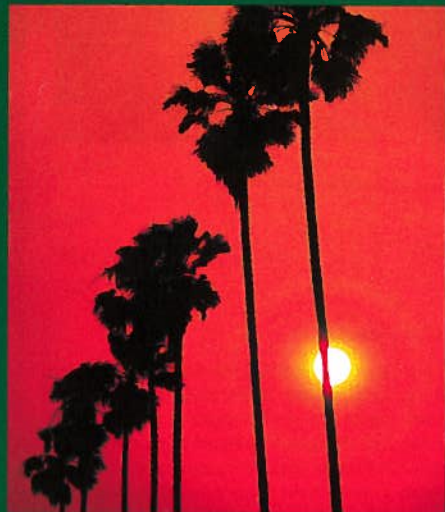


Los Angeles

City of Angels and land of the American Dream, many celebs make Los Angeles their home and it's easy to see why. The place to see and be seen, LA has sun-drenched beaches, buzzing boulevards, million-dollar mansions and all the kitsch and cheese you'd expect. Play among the stars and party with the glitterati; this is the ultimate screen test.



Beaches

The place to get a film star tan, cool shores include Santa Monica Beach, with its wooden pier; Venice Beach, home to entertainers, fitness fanatics and skaters; and Huntington Beach, playground of the rich and gorgeous.

Sports

The city's beaches are top for surfing and beach volleyball is popular but, for a real LA experience, you should head to Venice Beach, rollerblading along Ocean Front Walk or flexing your muscles at the outdoor gym.

Local tastes

While healthy eating is à la mode, there are plenty of fast food joints offering cheap eats. A melting pot of ethnic gastronomy, Chinatown, Little Tokyo and El Mercado serve up alternatives to LA's seafood.

Evening flavour

Catering for celebs and wannabes, LA's nightlife is chic, sparkly and exclusive, with an endless stream of trendy bars and clubs, particularly on Sunset Strip, and comedy shows and concerts.

Travel notes

When to go: LA offers fun and sun almost anytime of year.

GMT: -8 hrs.

Language: English.

Currency: US Dollar.

Dates for the diary: Join the stars in LA for the Academy Awards in February or March.

Tourist/Visa/Health information: Please refer to pages 78-83.

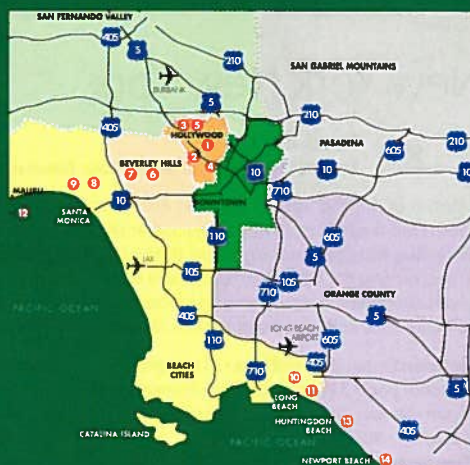


Best buys

LA's malls burst at the seams with the usual menu of Gap, Banana Republic and H&M, while eclectic shops stud Venice Beach's promenade and Rodeo Drive remains the place to max out your credit card.

Live the experience

Following the tourist trail is no bad thing in LA: spot stars on the Walk of Fame and match handprints at Mann's Chinese Theater on Hollywood Boulevard; ride movie-themed attractions and the 'behind the scenes' trolley tour at Universal Studios; visit exclusive Beverly Hills; tour the Hollywood Bowl; and be part of a sitcom's audience.



Los Angeles Flight Information

| Airline | UK Departure | Day of Operation | Journey Time | Outbound & Inbound Stops | Economy Class | Premium Economy Class | Business Class | First Class |
|--|---|------------------|--------------|---|---------------|-----------------------|----------------|-------------|
| UNITED | Heathrow | Daily | 11hrs 15m | - | 31" | 36" | 55" | flat bed |
| Why not upgrade to Business Class with United? Supplements from £899 one way | | | | | | | | |
| atlantic | Gatwick | Daily | 11hrs 20m | - | 30"-32" | 38" | flat bed | - |
| Continental Airlines | <small>Geneva/Birmingham/Manchester/Glasgow/Edinburgh/Belfast</small> | Daily | 14hrs 20m | Newark, Houston or Cleveland | 31"-33" | - | 55" | - |
| American Airlines | Heathrow | Daily | 11hrs 10m | Chicago** <small>(both regions only)</small> | 32"-35" | - | 60" | flat bed |
| BRITISH AIRWAYS | Heathrow | Daily | 11hrs 00m | - | 31" | 38" | flat bed | flat bed |
| KLM | UK Regional Airports | Daily | 15hrs 15m | Amsterdam | 31" | - | 60" | - |

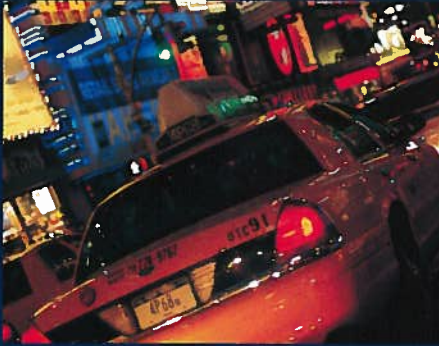
UK regional connections are available. Supplements may apply - please contact our Travel Centre for details.

Please visit hayesandjarvis.co.uk or call 0870 89 89 890 for any reductions or supplements if wishing to use other airlines differing to those listed in the pages overleaf.



New York

As steam rises from subway grates and with a soundtrack of taxi horns, New York's iconic images merge like something from a film; yellow cabs, little brown bags, the bright lights of Broadway and soaring skyscrapers. Whether you see the sights, hit the shops or soak up the nightlife, as the song says, 'it's up to you, New York, New York'.



Beaches

New Yorkers favour the Hamptons and Fire Island for beach breaks, but Brooklyn and Staten Island have sandy shores just a subway or ferry ride from Manhattan.

Sports

Forget trying to hail a cab, brisk walks around the city give you a chance to find lesser-known sights. You can join locals jogging in Central Park or watch the Knicks shoot hoops at Madison Square Gardens.

Local tastes

Serving a diet of fast food, international fusion cuisine and Starbucks, whatever your taste buds are tingling for, New York has just the place; you can wake up to bacon and grits and spend nights sipping Cosmopolitans.

Evening flavour

Famously known as the city that never sleeps, cocktail, blues and jazz bars mix with the hippest of clubs. By joining afternoon queues in Times Square, you can get tickets to top Broadway shows for rock-bottom prices.

Best buys

You can't visit the Big Apple without hitting Fifth Avenue; splashing out at Bloomingdale's, Macy's and Saks; revisiting your childhood at the famous toyshop, FAO Schwarz; and browsing the bling at Tiffany & Co.

Travel notes

When to go: New York is fabulous all year, come snow or shine.

Standard GMT: -5 hrs.

Language: English.

Currency: US Dollar.

Dates for the diary: Spectacular parades occur throughout the year: the most famous include March's St Patrick's Day parade and November's Thanksgiving Day parade.

Tourist/Visa/Health information: Please refer to pages 78-83.



Live the experience

Home to the historic Chrysler Building, Grand Central Terminal and Flatiron Building, the best views of New York's mirrored skyline can be seen from the Empire State Building or by helicopter. Must-dos include sailing to Ellis Island and the Statue of Liberty, crossing Brooklyn Bridge, exploring Central Park by horse-drawn carriage and visiting poignant Ground Zero.

A selection of our most popular excursions in New York

• Harlem Gospel Tour

From £39 per person

Duration: Approx 3.5 hours

Sightseeing tour that includes a walking tour of Harlem's loveliest areas and attendance at an authentic service with soul stirring gospel music. Proper dress required for Church service. Departs 9am on Sundays.

• World Yacht Dinner Cruise

From £49 per person

Duration: Approx 4 hours

Sail on a beautiful yacht, indulging in gourmet cuisine and fine wines, dancing to delightful live music, enjoying gracious service against the dramatic ever-changing panorama of the world's premier skyline.



New York Flight Information

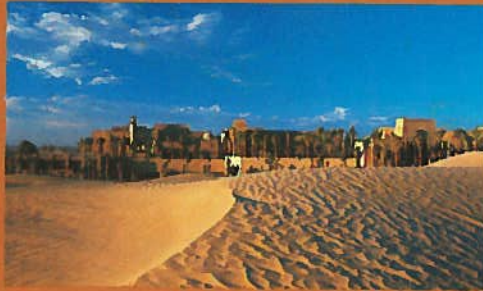
| Airline | UK Departure | Day of Operation | Journey Time | Outbound & Inbound Stops | Economy Class | Premium Economy Class | Business Class | First Class |
|--|--|------------------|--------------|--------------------------|---------------|-----------------------|----------------|-------------|
| American Airlines | Heathrow | Daily | 7hrs 25m | - | 32" 35" | - | 60" | flat bed |
| Why not upgrade to Business Class with American Airlines? Supplements from £99 one way | | | | | | | | |
| KLM | UK Regional Airports | Daily | 10hrs 30m | Amsterdam | 31" | - | 60" | - |
| Continental Airlines | Cologne/Bonn Frankfurt Munich Paris Zurich | Daily | 8hrs 00m | - | 31" 33" | - | 55" | - |
| BRITISH AIRWAYS | Heathrow/ Manchester | Daily | 7hrs 30m | - | 31" | 38" | flat bed | flat bed |
| atlantic | Heathrow | Daily | 7hrs 40m | - | 30" 32" | 38" | flat bed | - |

UK regional connections are available. Supplements may apply - please contact our Travel Centre for details.

Please visit hayesandjarvis.co.uk or call 0870 89 89 890 for any reductions or supplements if wishing to use other airlines

Dubai & Abu Dhabi

Embodying the style, glamour and wealth of the Middle East, these desert metropolises combine the best of city life and beachside relaxation. Offering you the ultimate shopping experience, everything you've heard about Dubai is true, with limitless restaurants, unparalleled nightlife and spectacular skyline, while the beautiful garden city of Abu Dhabi, the UAE's island capital, brings sophistication and sunshine.



Beaches

If you want a chilled atmosphere and uninterrupted sunshine, Dubai's famous Jumeirah Beach is the perfect antidote to the city's frenetic lifestyle, while Abu Dhabi has a laid-back island setting, with good beaches including Al Raha.

Sports

Adventurous travellers can water-ski, sail and scuba dive in warm gulf waters; while landlubbers play championship golf courses, take to the dunes, catching Dubai's sandboarding craze, or taste lazy luxury at the races; horses, yachts, cars, camels, it's your choice!

Local tastes

Catering for your every craving, these cosmopolitan cities have a range of dining experiences, perfectly reflecting their multi-cultural background. With Michelin-starred restaurants and chic cafes jostling for space with international and local fast food outlets, your options are endless in Dubai's popular Jumeirah, Bur Dubai and Deira districts, while Abu Dhabi's Corniche also features world-class dining.

Evening flavour

While Dubai's pulsating entertainment scene rivals any European nightlife capital, Abu Dhabi's relaxed evenings find you frequenting swanky hotel bars and nightclubs. In Dubai, sleek wine bars are the ideal place to warm up for nights in the city's exclusive clubs, while superb live theatre and traditional sheesa cafes offer cultural diversions.

Travel notes

When to go: Dubai is warm and humid for most of the year, with May to September extremely hot months.

GMT: +4 hours

Language: Officially Arabic, with English spoken for business.

Currency: UAE Dirham.

Dates for the diary: Along with many international sports events, Dubai's month-long shopping festival starts in mid-January, with Abu Dhabi's in March.

Tourist/Via/Health Information: please refer to page 258-259.

Private Transfer supplements: £12 per person return (not available to Hatta Fort. Included in the holiday price for Burj Al Arab.)



Best buys

Shopping is a way of life in Dubai, and you'll find its upmarket malls, cool boutiques and designer brands make tax-free shopping thoroughly enjoyable. Great places to barter, Dubai's Arabic marketplaces include Deira's popular Gold Souk. Shopaholics can browse Abu Dhabi's main roads for international designer outlets and Al Nasr Street's souvenir shops for traditional coffee pots and chunky Bedouin jewellery.

Live the experience

Glimpse the old cities hidden among stylish modern architecture, exploring traditional souks or taking a city tour. Jumeirah Beach is the perfect vantage point for absorbing Dubai's mirrored landscape, dotted with dramatic skyscrapers like Burj Al Arab's sailboat and Jumeirah Beach Hotel's wave. Take leisurely desert safaris at sunset or stroll Abu Dhabi's beautiful parks and Corniche. For complete contrast, try extreme sandboarding or brave freefall speed waterslides in Dubai's state-of-the-art Wild Wadi Waterpark.

U.A.E. (Dubai and Abu Dhabi) Flight Information

| Airline | UK Departure | Day of Operation | Journey Time | Outbound & Inbound Stops | Economy Class | Premium Economy Class | Business Class | First Class |
|-----------------|---|---------------------------|--------------|--------------------------|---------------|-----------------------|----------------|-------------|
| Emirates | Heathrow/ Gatwick/ Manchester/ Birmingham/ Glasgow | Daily - Dubai | 7hrs | - | 34" | - | 55" | 71" |
| | Why not upgrade to Business class with 55" of leg room with Emirates? Only £746 One way | | | | | | | |
| Etihad | Heathrow/ Gatwick/ Manchester | Daily - Abu Dhabi | 7hrs | - | 32" | - | flat bed | flat bed |
| British Airways | Heathrow | Daily - Dubai & Abu Dhabi | 7hrs | - | 31" | 38" | flat bed | flat bed |
| Virgin Atlantic | Heathrow | Daily - Dubai | 7hrs | - | 34" | 38" | flat bed | - |
| Qatar Airways | Heathrow/ Gatwick/ Manchester | Daily - Dubai & Abu Dhabi | 9hrs | Doha | 33" | - | 52" | flat bed |

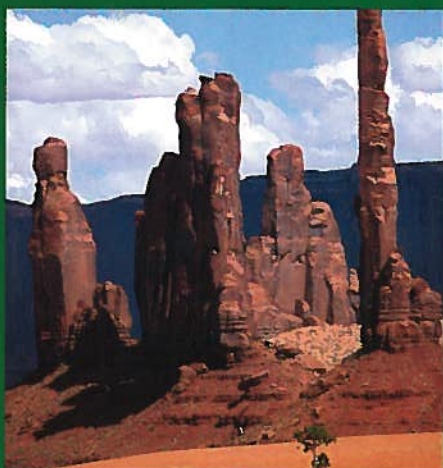


UK regional connections are available in conjunction with scheduled Carriers - see pages 6-7 for details.
N.B. The Upgrade supplement shown above is the lowest available and will vary according to the time of year of travel. Seat pitches are based upon flights to and from the UK, and are correct at the time of going to press. However, they may vary due to equipment changes by the operating carrier.

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National Parks

This is America's backyard, a unique and beautiful canvas of petrified forests, dew-covered meadows, thundering rivers and explosive volcanoes, with canyons and craters rolling in like a set from a Western movie. A remote wilderness formed by ice age glaciers and centuries of weather, these national parks bring nature and wildlife to your doorstep, while battlefields, landmarks and the Mount Rushmore memorial bring American history to life.



Sports

For the ultimate workout, America's national parks are a playing field for outdoor activities, from watersports on Lake Powell and Lake Tahoe to river rafting in Yosemite and wild winter sports in Mesa Verde. Always popular, you can mountain bike, horse ride and hike in forests, meadows and canyons, including Bryce Canyon.

Local tastes

Chew all-American beef jerky, a traditional snack in the great wilderness. To fuel yourself for days of activities and exploring, fill up on hearty breakfasts of pancakes drenched in maple syrup.

Evening flavour

In America's great outdoors, the crisp night skies and unbroken views were made for stargazing, before re-energising after active days with plenty of shut-eye.

Best buys

All the usual souvenirs are on offer, from T-shirts to mugs, but the best thing to take home are memories, so experience everything on offer and snap plenty of photos.

Live the experience

America's national parks are a passport to some of Mother Nature's best work, from the Grand Canyon's massive chasm, said to stretch the same distance as London to Manchester, to the soaring sequoia forests and plummeting waterfalls of Yosemite. With film set scenery and unforgettable views, check out Utah's red sandstone arches, Zion's sculptured canyons, Mesa Verde's cliff-side homes, Mount Rainier's frosted volcano, Death Valley's sun-scorched terrain and Yellowstone's Old Faithful, keeping one eye open for grizzly bears at all times.

Please note: if accommodation in the national park you wish to visit isn't featured in this brochure, please check our website.



Travel notes

When to go: From sun to snow, the national parks have dramatic climate changes, so check weather guides for each park.

Standard GMT: Varies from approx. -6 to -7 hrs.

Language: English.

Currency: US Dollar.

Dates for the diary: Concerts, plays and Native American fairs are held at many sites, including Mount Rushmore and the Grand Canyon: check www.nps.gov for details.

Tourist/Visa/Health

