



VEGAS IS THRILLER

LAS Vegas always has an unprecedented line-up of entertainment options to entertain and thrill. New right now is singer, dancer, choreographer and pop legend Paula Abdul who began her new residency Paula Abdul: Forever Your Girl at the Donny Marie Showroom at Flamingo Las Vegas last month.

With more than 100 million albums sold worldwide, legendary British rock 'n' roll icons Def Leppard are also starring on the Las Vegas Strip with their new residency show, The Sin City Residency, at Zappos Theatre at Planet Hollywood Resort Casino.

At The Venetian Theatre, Las Vegas, 19-time, Grammy Award-winning crooner Tony Bennett will debut I Left My Heart in Las Vegas, a new show on September 25.

America's all-time top-selling rock 'n' roll band Aerosmith bring their Grammy Award winning hits to the Las Vegas Strip with their "D Are Wild" residency at Park Theatre on September 21, 23, 26 and 28. Fans can enjoy some of the band's most iconic hits including I Don't Want to Miss a Thing, Walk This Way, Sweet Emotion and many more.

Multi-Platinum singer-songwriter Christina Aguilera continues her exclusive headlining residency, Christina Aguilera: The Experience, at Zappos Theatre at Planet Hollywood Resort Casino. She will wow audiences throughout September and October. Beginning on October 24, Cirque du Soleil Entertainment Group will bring its first live action thriller production to the Strip with R.U.N at Luxor Hotel and Casino. See visitasvegas.com.



TRIP'S EVA SO HOT

THIS year marks a century since the birth of one of South America's most famous women — Eva Peron. She was born in 1919 in the rural village of Los Toldos, Argentina, and moved to Buenos Aires in the 1930s to become an actress.

But her most famous role was that of wife of Juan Peron, who became president of Argentina in 1946. Eva, below, fought for women's rights and to improve the lives of the poor.

Buenos Aires will host several events to celebrate her legacy. Travel Buenos Aires has a walking tour which takes in the former Central Buenos Aires Post Office, home of the reconstructed Sala Eva Peron which, in 1946, was the First Lady's office. Then it's the historic city square where Evita famously addressed the crowds from the balcony of the Casa Rosada, above, the Facultad de Ingenieria where her body was kept on display for two years after her death and her final resting place, Recoleta Cemetery, and the Evita museum (Museo Evita) web.museoevita.org.ar

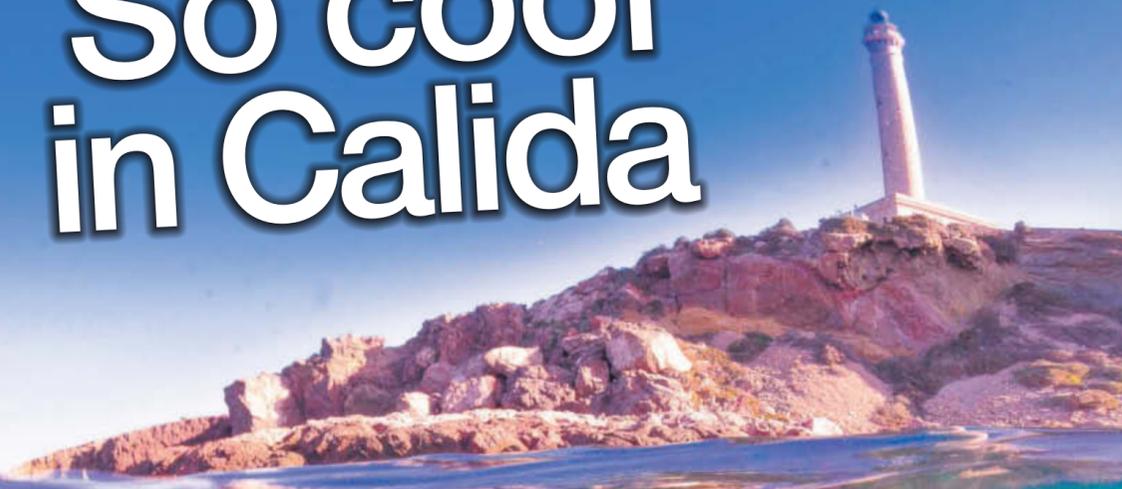


On September 20, Museo Evita launches a temporary exhibition — Retratos de Familia — displaying portraits after La Revolucion Libertadora of Eva alongside the permanent display taking you through her life. The Eva Peron Tour, is a half-day bus and walking tour in Buenos Aires. For more info, visit turismo.buenosaires.gob.ar/en/recorrido/footsteps-eva and for more on Buenos Aires, see turismo.buenosaires.gob.ar/en

hot spot BARRHEAD Travel has some excellent deals on offer including a week self-catering at the 4★ Sunwing Kalithea Beach in Kalithea, Rhodes, from £349pp, leaving Glasgow on October 2. Seven nights' self-catering at the 4★ Club Excelsior in Marmaris, Turkey, is from £290pp, leaving Glasgow on October 21. They also have a week full-board at the 3★ Ambassador Playa II in Benidorm from £389pp, leaving Glasgow on November 2 or two weeks' all-inclusive at the 4★ Grand Bahia Principe Tulum in Mexico's Riviera Maya from £1,097pp, flying from Glasgow on October 8. See barrheadtravel.co.uk or call 0141 222 2223.

ENJOY SPANISH SIZZLER ON

So cool in Calida



A CULTURE COSTA TRIP

WITH more than 300 days of sunshine on the Costa Calida, you won't need to worry about anything other than a warm welcome in this beautiful region of Spain.

It's packed with stunning beaches, beautiful cities and just about every outdoor activity you could imagine. And the Costa Calida, which means warm coast, has as much culture and beauty as it has sun. I headed there late June wanting to top up the tan, but also to drink in some rich experiences.

The holiday mood began as soon as I enjoyed my first beer at the airport, ready for my Ryanair flight to Alicante, which is around an hour's drive from the main city Murcia where the architecture is stunning, with the 600-year-old cathedral the pick of the bunch. I didn't have to far to stray for my first digs. The Hotel Tryp Rincón de Pepe is a street away. It's amazing steak restaurant is said to be one of the most popular in the region and the packed dining room at 11pm was testament to that.

Boasts a number of shipwrecks

And if you don't want to retire to your bed just yet, there's even a casino. I wanted to be fresh for an early start and a trip to nearby Cabo de Palos. It has a picturesque harbour and a giant glorious beach — perfect for strolling around and soaking up the sunshine.

My first meal set the tone for how well I'd eat over the next few days. The Miramar has a perfect setting on the harbour. The free-flowing white wine was the perfect way to cool down in blistering heat and the locally produced seafood and rice dishes were outstanding.

We were then treated to a fascinating lesson about the area's marine history at the Planet Azul visitor centre.

But if you fancy something a bit more active, the rocky coastline is excellent. It's a mecca for divers and also boasts a number of historic ship wrecks. I'm no water baby but even I managed a spot of snorkelling for the first time.

One of the best ways to see more of the peninsula is to take a stroll up the lighthouse stairs. The views are simply breathtaking.

And after an action-packed day we enjoyed a fantastic late-night feast at the El Balneario de la Encarnacion hotel in nearby Los Alcazares.

The quirky hotel looks onto the sea and also has a beautiful courtyard.

Next on our journey was Puerto de Mazarron. The resort is a mecca for waters sports and other outdoor

GO: MURCIA

GETTING THERE: Ryanair fly to Alicante from Prestwick Airport. See ryanair.com
STAYING THERE: For rates at the Tryp Murcia Rincón De Pepe see melia.com See balnearioaencarnacion.es for Hotel Encarnacion and for Hotel Playa Grande see hotel-playagrande.com
MORE INFO: See murciaturistica.es/en or look for #VisitMurcia on social media.



enthusiasts most of the year, because of its perfect climate.

If you are a bit of a thrill-seeker you can try a jet-ski from local agents Noranautic to get the adrenaline pumping.

Or if that is just too much like hard work and you're a beach bum like me, then there's also a cracking Chiringuito bar on the shore to chill with a beer or sangria.

The area is also extremely popular with hikers.

It was great to sample my first trek in Spain in the early morning through the woodlands and hills while enjoying the lovely temperatures and the perfect scenery around the Protected Area of Sierra de Las Morenas with local firm City Hall.

A slap-up lunch at the La Meseguera restaurant at the Hotel Playa Grande was just the pick-me-up after our epic stroll.

The hotel is perfectly located on the main road into the town and also has a stunning back entrance which overlooks the promenade and beautiful sun-kissed beach.

I don't think I've ever gorged on as much ham, cheese and bread in my life. It was simply outstanding — then they served the main course of meat and fish which, honestly, nearly pushed me over the edge.

And after our over-indulgence it was time to hit the road again. But thankfully I had two wheels to help me this time.

We picked up our bikes from Ecoadventure then whisked along the main road in the blazing heat.

Lucky for us there was a fabulous sea breeze to keep us cool as we made our way through the hills and rocky roads. It was a tough ask during the sweltering heat, but the sense of achievement when we completed our trek was amazing.

Me and my cycling buddies were all delighted to see the finishing line at a nudist beach — but thankfully everyone kept most of their clobber on as we cooled off in the water. I even

cheated slightly on the return leg by trying a super electric bike for the first time.

After a busy day we enjoyed some amazing food, using the finest local produce, at the Hotel Playasol Mazarron.

Whether you are a history buff or want to relax, the city of Lorca is a must.

It was given the status of a Town of Historical and Artistic Interest in the 1960s. There's plenty of local culture and customs to admire at the host of museums in the city. The White Museum and the Jewish Synagogue were a treat.

Lorca Castle — the fortress of the sun — towers over the third largest city in the area, but you have to visit it to truly appreciate its beauty.

As amazing as cities are, it's always good to get a bit of sea air and Aguilas is just perfect for that. It's got a lovely promenade, surrounded by palm trees and overlooks a harbour.

Backdrop of the beaches and coves

The Hotel Puerto Juan Montiel is rightly deemed one of the best places in the town and where better to re-fuel than in its stunning restaurant.

It was definitely one of the best buffets I've experienced. There was a great atmosphere as well with chefs show cooking their massive cuts of meat which weren't long in being snapped up.

The hotel also has a smashing sister hostel next door — which looked fantastic for those wanting to save a few quid but not settle for any less luxury.

It was back on the ocean waves for me next when we enjoyed a boat tour with Don Pancho, cruising around the sea with the backdrop of the beaches and coves before we had a guided walking tour around the town.

We finished off what can only be described as the perfect day with an phenomenal evening meal at the Zoco del Mar restaurant. It's setting, high up in the hills overlooking the entire area, is second to none.

And the dishes of meat and fresh fish, caught from the nearby harbour went down a treat with me and my travel buddies. It was the perfect end to a brilliant trip.

It doesn't matter whether you like a laidback holiday or an adventure, you're guaranteed to have the coolest times ever in the Murcia region — all year round.

GERRY DUFFY



YOUR HOLS FOR UNDER...

£100 Have your tart and eat it with a night at the Cavendish Hotel in the town of Bakewell in the Peak District is from £80pp. See hotels.com

£750 A week all-inclusive at the Hotel in Ayia Napa, Cyprus, is from £726pp, leaving Glasgow on September 15. Get all the info you'll need at firstchoice.co.uk or visit your local TUI store.

£250 A night B&B at the 4★ The Samling hotel overlooking Lake Windermere in the Lake District is from £230. See thesamlinghotel.co.uk

£1000 Get in early for £200 off a week at the 5★ Domaine Des Ormes parc in Brittany, France.

Edinburgh on October 19. See easyjet.com/holidays or call 020 3499 5232.

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one of the flagship sites for Canvas Holidays. A week for a family of up to six is now from £799, arriving July 25. Travel not included. See canvasholidays.co.uk or call 0345 268 0827.

£500 A week self-catering at the 3★ Hsla Del Aire Apartments in Punta Prima, Menorca, is from £369pp, leaving Glasgow on October 1. Get all the information at jet2holidays.com or call 0800 408 5594.

£500 A week self-catering at the 3★ Merton Hotel in St Saviour, Jersey, is from £370pp including flights from

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