Celebrity hotspot — Saint-Tropez

WHO Kate Moss and Jamie Hince enjoy an afternoon shopping.

WHY GO To see and be seen.

THE VIBE Champagne, partying and luxury at your fingertips.

BEST FOR Relaxing on the beach all day and spending all night in hot nightspot Les Caves du Roy.

WHERE TO STAY **La Ponche (00 33 4 94 97 02 53)** is a seafront idyll which draws the likes of Kylie. Rooms start at £187 a night.

WHERE TO EAT Escape the paparazzi at **La Ferme Ladouceur (00 33 4 94 79 24 95)** in nearby Ramatuelle. The menu is nicely priced at £36 per person for three courses, plus cheese and wine.

WHAT TO DO Party like crazy at **Le Papagayo (00 33 4 94 97 07 56)**. Illicit behaviour is encouraged. Entrance is £26.

SOMETHING DIFFERENT
Forgot the yacht? Float along the French coastline in a rented vessel from **Suncap (00 33 4 94 97 11 23)**. Prices from £1,020 for the day.

TOP TIP Try the town's namesake pastry, the tarte tropézienne, a tasty brioche filled with cream.

HOW TO GET THERE
British Airways **(ba.com)** flies from Heathrow to Nice for £164.70. Saint-Tropez is a short bus ride away.

FOR MORE DETAILS
Saint-tropez.world-guides.com

JENNIFER BARTON

Chic shoppers: Kate and Jamie

First Choice

Government backed holiday protection

catch the sun Caribbean-style

All Inclusive holidays to the Dominican Republic 14 nights from £715* pp

Make like Christopher Columbus and discover the Dominican Republic. He called it 'the fairest land under heaven' – and we couldn't agree more. Packed with tropical beaches and exotic forests, it's the real Caribbean deal. Culture is offered up by crumbling haciendas, while fast and furious watersports provide you with an adrenalin fix. Plus, all our holidays here are All Inclusive which makes budgeting for a family break a piece of cake.

Visit: your local travel shop Call: 0871 231 5983†
Click: firstchoice.co.uk/dominicanrepublic

Dominican Republic Has it all

*Price shown is per person based on 2 sharing, 14nts All Inclusive at the Holiday Village Golden Beach, departing Gatwick Airport 21/09/09. Taxes, transfers, fuel supplement & 20kgs baggage allowance included. Charges may apply to additional supplements. Subject to availability & applies to new bookings only, made by 10/08/09. Prices correct at time of going to press 31/07/09 and are subject to change. Standard booking terms apply, visit www.firstchoice.co.uk for details. †Calls cost 10p/min plus set up fee of up to 6p from a BT landline. Charges from mobiles and other providers may vary. First Choice is a trading name of TUI UK Ltd, part of the TUI Travel PLC group.

CHECK OUT THE TALENT – AND THE WAVES – ON A GROUP SURFING WEEKEND IN COOL NEWQUAY

Dip your toe into a singles holiday

Babewatch: Zoe becomes one of the lads on Lusty Glaze beach; and below with the stag boys later in the evening

BY ZOE GRIFFIN

THE man of my dreams has the ripped torso of Keanu Reeves in Point Break, the biceps of Olympic rower James Cracknell and the thighs of swimmer Michael Phelps — but I have yet to find him in London. So, when I heard that singles tour operator Adventura **(adventura.com)** offers an action-packed holiday to surf capital Newquay, I signed up faster than it takes to say "Cowabunga".

SURFING FOR DATES

I HAVE tried speed-dating, blind dates and flirting with men rich enough to buy magnums of champagne in nightclubs, but I have never been on a singles holiday. I'd never been to Cornwall and had never stood up on a surfboard despite many lessons in Australia five years ago. So it was with trepidation that I boarded the train **(firstgreatwestern.co.uk)** for the five-hour trip to Newquay.

What if nobody liked me? What if they laughed at my surfing?

However, my nerves lasted about 30 minutes as a group of four better-than-average-looking men got on the train at Reading. "We're on a stag do," one explained. "Fancy a drink?" I accepted and we swapped details when they got off in Totnes. Result!

Up for action: Zoe on the beach

WELCOME DRINKS

AN HOUR after I arrived at the Hillcrest Hotel **(hillcresthotelnewquay.co.uk)**, I joined a long table in the bar and introduced myself to my 15 holiday-mates. I half-expected to get a name badge or play a cheesy name game but we were served drinks and tapas so interaction was quite natural. I chatted to Giuseppe, a 30-year-old chef from Hackney. I didn't fancy him, nor the others, but everyone in the diverse group of men and women, aged from 26 (me) to 50 seemed friendly.

EARLY START

OUR schedule was tight. By 9am on Saturday, we were standing shivering in wet suits on the Lusty Glaze beach outside the surf school **(adventure-centre.org)**. I was grumpy until I saw surf instructor Craig — a delicious 6ft 3in of pure, bronzed muscle. As we walked to the sea, I flirted a little but I don't think Craig was impressed by my board skills.

However, I wasn't as bad as the 20 lads in the water next to us. One of them crashed into me and helped me to shore for a breather. I met the rest of his gang, who were on a stag do from Cambridge, and they gave me a couple of phone numbers. Something about being on a singles weekend made me more direct than in London. Well, I'd come all the way to Newquay to pull, so I was damned if I was going to miss a chance.

That night, back with my original group, we giggled about our surfing efforts at Chy Kitchen, above the trendy Koola club **(thekoola.com)**. It felt like we had known each other for years so I was blunt with the girls, asking if they fancied anyone. The consensus was no, so I rang the stags and a few hours later saw one of my girls cop off. I didn't pull myself, but I did give my number to a golf instructor called James. So far, so good.

COASTEERING

ON SUNDAY, I was mildly hungover until I went coasteering. I expected it to be like orienteering but it's far scarier as you navigate the coast by jumping off cliffs, swimming into tiny caves and crossing white water currents. It would have been the perfect chance for the guys to show their manliness and help the girls but I think we proved the bravest.

BEACH BARBECUE

THE weekend ended with a beach barbecue. By this stage, it was clear no romances were brewing, but we had bonded as mates. We swapped email addresses and all agreed it had been a top weekend. With so many of my friends paired off it can be hard to find people to go away with, so it was a great way to hang out with like-minded people. And there was no shortage of single wing-women for stag-luring escapades...

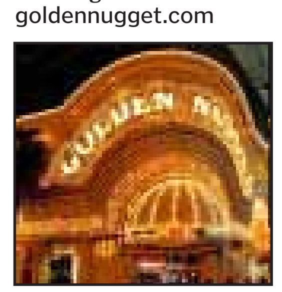
● *The next Adventura trip is on 28 August, prices from £359 for a twin share, including equipment, tuition, breakfast, BBQ and lunches. Trains to Newquay start at £81 return.*

The 5 best... casinos

CITY OF DREAMS, MACAU
THIS casino and entertainment project opened in June, ushering in a new era for Asia's gambling capital. Stay in the Hard Rock Hotel for £129 a night and try fan-tan or blackjack on the huge gaming floor.
cityofdreams.com.mo

SUN CITY, SOUTH AFRICA
HAVING thrown off the shackles of its apartheid past, Sun City is now a place worth visiting. Luxury rooms at Sun City Hotel are £213 a night.
suncity.co.za

GOLDEN NUGGET, LAS VEGAS
ESCHEW the glitz of The Strip and venture into old Vegas. You can stay from only £35 a night and buy into poker and blackjack games more cheaply than at the megacasinos.
goldennugget.com



Glowing: the Golden Nugget

CASINO ROYALE, MONTE CARLO
THE legendary casino of Bond film fame is part of the Monte Carlo Resort. Stay in the new Monte Carlo Beach Hotel for £335 a night.
montecarloresort.com

CAESAR'S, ATLANTIC CITY
ATLANTIC CITY casinos are reeling from the credit crunch, so you can stay at resorts such as Caesar's for only £98 a night and get straight to the tables to play blackjack to your heart's content.
caesarsatlanticcity.com

CHRIS BEANLAND

Taking off...

Musical Malawi

● SICK of soggy festivals? Then head for Africa, where the Vinspired Lake Of Stars festival is being held in October on the palm-fringed shores of Lake Malawi. The festival will be hosting acts including The Maccabees and Joe Goddard this year, along with many African artists. To celebrate vLoS, Kenya Airways is offering bargain flights, from £416 until 31 August, from Heathrow to Lilongwe.
Kenya Airways, 020 8283 1818

Miami whammy

● ESCAPE rainy London with a trip to Miami this month — and take advantage of a double whammy of promotions into the bargain. Miami Spice gives you the chance to snap up a gourmet three-course lunch for £13 at one of the city's top restaurants, and Miami Spa Month is offering treatments for less than £60 at the city's premier spas. Fly from Heathrow with American Airlines **(aa.com)** from £356.
ilovemiamispice.com; miamispamonth.com

Maldives bargain

● IF A "no news no shoes" holiday philosophy appeals to you, then head to **dealchecker.co.uk**, where you can book seven nights in the balmy Maldives from as little as £799pp, staying at the Summer Island Village, where you can enjoy daily snorkelling trips in the crystal-clear Indian Ocean. Rooms are a stone's throw from the water. Includes return flights from Gatwick, transfers and board.
dealchecker.co.uk, 0845 050 8173

Nordic time travel

● PREHISTORY buffs can step back in time at the Dragonfly Festival, held in the recreation prehistoric village of Elkehagens Forntidsby in west Sweden from 21 to 23 August (£45, **dragonflyfestival.org**). Visitors can experience art, music, cinema and fine food and the fun continues into the night at the Bronze Bar and around campfires. Stay in the free onsite camping area or book accommodation at the nearby city of Falköping.
westsweden.com

EDITED BY OLIVIA WALMSLEY

U2 TOUR 360° TOUR

presented by BlackBerry

FINAL LONDON SHOW!
WEMBLEY STADIUM
SAT 15 AUG
WITH SPECIAL GUESTS GLASVEGAS + THE HOURS

FRI 14 AUG SOLD OUT WITH SPECIAL GUESTS ELBOW + THE HOURS

BUY ONLINE AT LIVENATION.CO.UK / TICKETMASTER.CO.UK
CREDIT CARDS TEL: 0844 277 3000 (24HRS)
FOR OFFICIAL U2 360° TOUR VIP PACKAGES AND HOSPITALITY
PLEASE VISIT WWW.LIVENATIONEXPERIENCE.CO.UK OR PHONE 0207 009 3484
VISIT U2.COM FOR THE VIRTUAL CONCERT EXPERIENCE

PRODUCED BY LIVE NATION GLOBAL TOURING

NO LINE ON THE HORIZON
AVAILABLE ON UNIVERSAL MUSIC

U2.COM

Presented by: Live Nation