

BRITISH AIRWAYS

BAHIGHLIFE.COM  
FEBRUARY 2009

# high life

**INSIDE**  
Your movie, tv  
and audio guide  
Page 103

## *Riding high*

*Saddle up in southern Spain*

### **50 under £50**

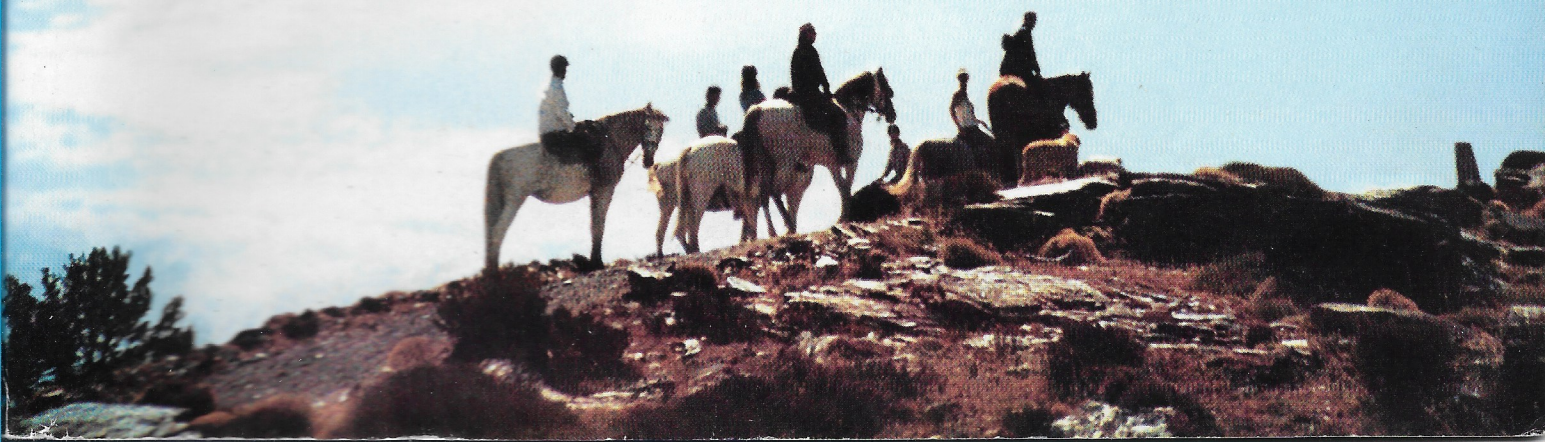
*Our definitive guide to Britain's best bolt holes  
(and they won't break the bank)*

### **South American beauty**

*Off the beaten track in Brazil*

### **Plus**

*A gourmet tour of Canada, the tallest hotels in  
the world and Singapore for less*







# BRAZILIAN BOUNTY

February is carnival time in Rio and São Paulo, but if you've had enough of the crowds, escape to the hinterlands where heritage mingles with nature. Choose from tranquil rainforest trails, palm-fringed beaches and historic sites, where you can be as chilled or as active as you like, says **Sue Chester**



## WINTER SUN

### For nature lovers

Outside of Rio and São Paulo, the natural world offers endless respite from the carnival revellers with waterfall-filled forests and unspoilt landscapes. On Ilhabela, or beautiful island, in São Paulo state, there's hiking opportunities for all comers and much of the island is part of a protected park. From São Paulo, it's a four-hour drive to São Sebastian and then a 15-minute hop across – definitely worth the effort.

For an easy walk with stunning views, follow the trail that links Sepituba point to Bonete beach until you reach the Cachoeira da Lage waterfall – one of the island's best – or trek to the 70m-high Cachoeira do Gato. Keep an eye out for otters, toucans, lizards, wildcats, parakeets and ocelots.

Further east along the coast, a world of Atlantic rainforest treks awaits around Ubatuba – a small coastal town where city slickers' elegant beach homes and stylish boutique guesthouses sit among the mountains of Serra do Mar State Park. Trails crisscross the region to Native American settlements, fishing villages, deserted beaches, waterfalls and river pools.

Ilha Grande, an island south of Rio, is as famous for its eco trails as its beaches and is also a state park (land and marine) with around 200sq km of untouched tropical forest, rivers and waterfalls. Once known as the 'Alcatraz of Brazil' because of the two prisons that existed until 1994, the island is unspoilt and so beautiful many visitors don't want to leave (including several of the ex-cons, who elected to stay put).

Trek across the island, past Cândido Mendes prison (where the notorious Red Command gang formed in 1979) to Dois Rios beach, and you'll feel like you've strayed on to the set of *Jurassic Park*. Or head for the heights and climb the island's iconic symbol, Parrot's Beak, and feast on spectacular views of the bay.

### For the cocktail crew

While you may be escaping the madness of carnival chaos, there's still plenty of nightlife close by if you find yourself hankering for some after-dark fun. Guarujá, on the coast 90km from São Paulo, is a lively resort with bars and clubs that buzz long into the night. Try the Lotus Club (Avenue Miguel Stefano, 1001 Enseada), where up to 3,000 party-goers head to dance the night away to tunes spun by local and international DJs.

On the same street, the Phoenix Club is worth a look for its go-go dancers and electronic beats, while another good club on the circuit is the Lucky Scope (Praça Walter Belian, 86 Jardim Guaiúba), where the repertoire includes samba, pop rock,

disco, techno and MPB (Brazil's popular music). The Marina Santa Aldeia (Avenue Eugênio Fisher, 180 Astúrias) is the latest addition to the pack. It's on the harbour, so the super-stylish can sail right up and dock at one of the club's exclusive moorings.

### For golf addicts

If teeing off is more your bag than carnival partying, try the many excellent golf resorts close to the big cities. Just outside of Angra dos Reis, two hours by road from Rio, Hotel do Frade ([hoteldofrade.com.br](http://hoteldofrade.com.br)) has an 18-hole course, designed by Dave Thomas and Peter Alliss, with nine holes on the flat and the other nine providing 'eco golf', as you snake around rivers and lakes, then onto the rainforest-clad hillsides where orchids bloom. Just take care not to lose your golf balls in the dense jungle or fast-moving streams. All the necessary equipment is for hire and instructors are available to teach the basics.

Búzios, on the coast two hours east of Rio, is not only good for beaches, but golf, too. Its first-rate 18-hole course at Búzios

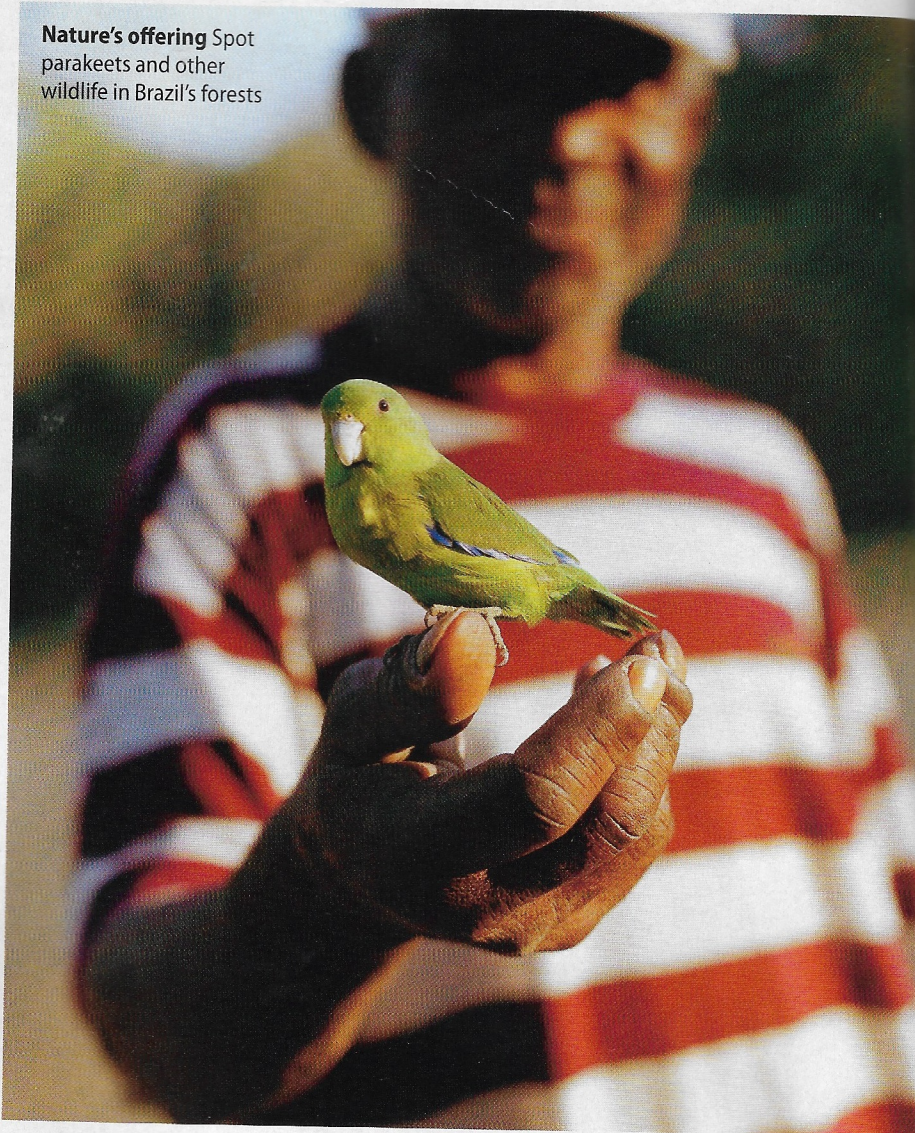
Golf Club ([buziosgolf.com.br](http://buziosgolf.com.br)), designed by Pete and Perry Dye (there are sea views from many points), is considered one of the best in Latin America and attracts players from all over the world. Footballer Ronaldo 'the Phenomenon' has graced the course and Brazilian cabinet ministers fly by helicopter to tee off. The links sport dense undergrowth, salt-marsh and lateral sand hazards to ensure a challenge. There is also a driving range, practice putting green and bunker, and lessons are available for all levels.

Forty minutes outside São Paulo, the São Fernando Golf Club ([saofernandogolf.com.br](http://saofernandogolf.com.br)) offers a challenging, picturesque course and plush club for relaxing after a round or two, while Guarujá has one of the oldest golf courses in Brazil, inaugurated in 1960 ([guarujagolfclub.com.br](http://guarujagolfclub.com.br)).

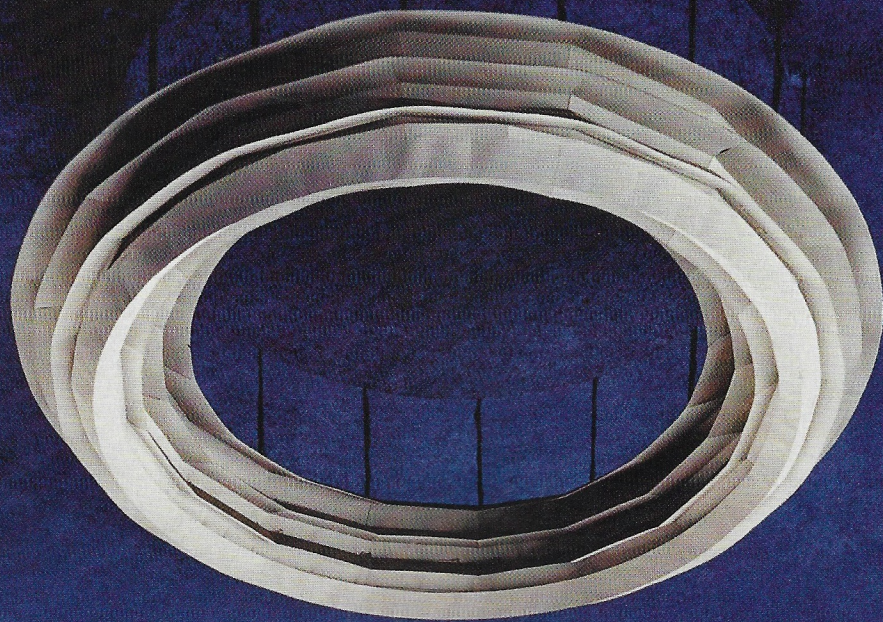
### For culture vultures

Step back in time with a visit to historic Petrópolis. A charming city just over an hour's drive north from Rio, it's a world

**Nature's offering** Spot parakeets and other wildlife in Brazil's forests







### **Domed splendour**

The Quitandinha Palace was once a magnet for film stars

away from the mayhem of carnival. Emperor Pedro II built a summer palace here in 1843, in order to escape Rio's searing heat, and a wide-avenued town soon sprang up, full of fabulous Brazilian high-society homes (mostly belonging to coffee barons). Today, the palace is the Imperial Museum, with Pedro II's diamond- and pearl-encrusted crown and toucan-feathered coronation outfit among the exhibit highlights.

Another must-see is the Gothic St Peter of Alcântara Cathedral, dating from 1876, with its cavernous interior bathed in kaleidoscope colours from the stained glass. The adjacent imperial chapel houses the remains of Brazil's

last generation of royals, Dom Pedro II and Empress Teresa Cristina, alongside their eldest daughter Princess Isabel and husband Count d'Eu. It was the Count d'Eu who ordered the construction of the impressive Crystal Palace in 1879, another site not to be missed. Opened in 1884, it was designed to show plants from the region, although Princess Isabel held many glittering parties and exhibitions here.

Across town, check out Quitandinha Palace, a casino-hotel that was built in 1944 to house the Hollywood jet set who flew down to Brazil for a wager or two. Majestic and opulent, it was South America's largest casino-hotel, with >





## WINTER SUN

interior décor by Hollywood film-set designer Dorothy Draper. Now a convention centre, you can visit the building in all its 1940s splendour – it's easy to imagine Errol Flynn, Ava Gardner and Carmen Miranda wafting across the black and white marble floors into the main gambling room that has a dome bigger than that of St Peter's Basilica in Rome.

Head east out of Rio along the Green Coast, where tropical rainforest plunges into the sea, and you'll come to the colonial town of Paraty, a four-hour drive away. Developed in the 17th century as a port at the end of the gold trail from the mines in central Brazil, it's now a heritage site, crammed with Baroque churches and 18th- and 19th-century mansions. One of these, the Culture House, is the fascinating city museum. Soak up the historic ambience in the pedestrianised old centre, which still has the original flagstones (although they haven't fitted too snugly since a telephone company dug them up in the 1970s to lay cables).

## For beach bunnies

Brigitte Bardot hot-footed it to Búzios in 1964 hoping to escape the paparazzi. For a while she enjoyed anonymity, until *Paris-Match* got wind of her hideaway and photos were snapped of her frolicking in the surf on João Fernandes beach. Búzios quickly became the destination for glamour-loving Cariocas and the international glitterati. With its calm waters, João Fernandes beach is still considered to be one of Búzios' best, and the legacy of Bardot chic lives on, with Brazilians showing off their latest swimwear.

With 23 beaches in total tucked away in the sheltered coves between the peninsula's rocky outcrops, there's a beach for everyone: Brava's waves are perfect for surfers, while Azeda is sheltered and calm, and Geribá has become the party beach. A far cry from when Bardot took St Tropez etiquette to Geribá; daring to bare all she stirred up a scandal among what was then a small, religious fishing community – locals scrawled 'more modesty Brigitte' on walls. Now, the only place you'll find

topless sunbathing in Búzios is on nudist Bullseye Beach, where the 'offensive' act is safely isolated in the wilds to the east of the peninsula.

For island life, head to Ilha Grande Bay on the Green Coast, famous for its 365 isles, of which the largest is sensibly called Big Island (Ilha Grande). The 90-minute ferry trip from Angra dos Reis delivers you to Abraão, the island's unspoilt, traffic-free main village.

The most famous of the many stunning beaches on the island is Lopez Mendes, perhaps one of Brazil's most beautiful. Dois Rios beach, framed left and right by mountains and two rivers, is another gem. But why not take a schooner trip around the island, stopping off at the Blue Lagoon and Green Lagoon, plunging into the unreal turquoise and emerald waters to cool off?

## For sports fiends

With unspoilt coasts and rugged interiors, there's no end of outdoor adventure for the active. One of the best places for water-sport lovers is Ilhabela island.

The narrow São Sebastião Channel, bordered by mountains that soar 1,200m high, provides perfect sailing and windsurfing conditions, with calm water but plenty of wind year-round. Visit in July for the International Sailing Week, the largest sailing event in South America, when 400 boats with 1,500 crew descend for ten days of racing, with lots of shows and exhibitions for land lubbers.

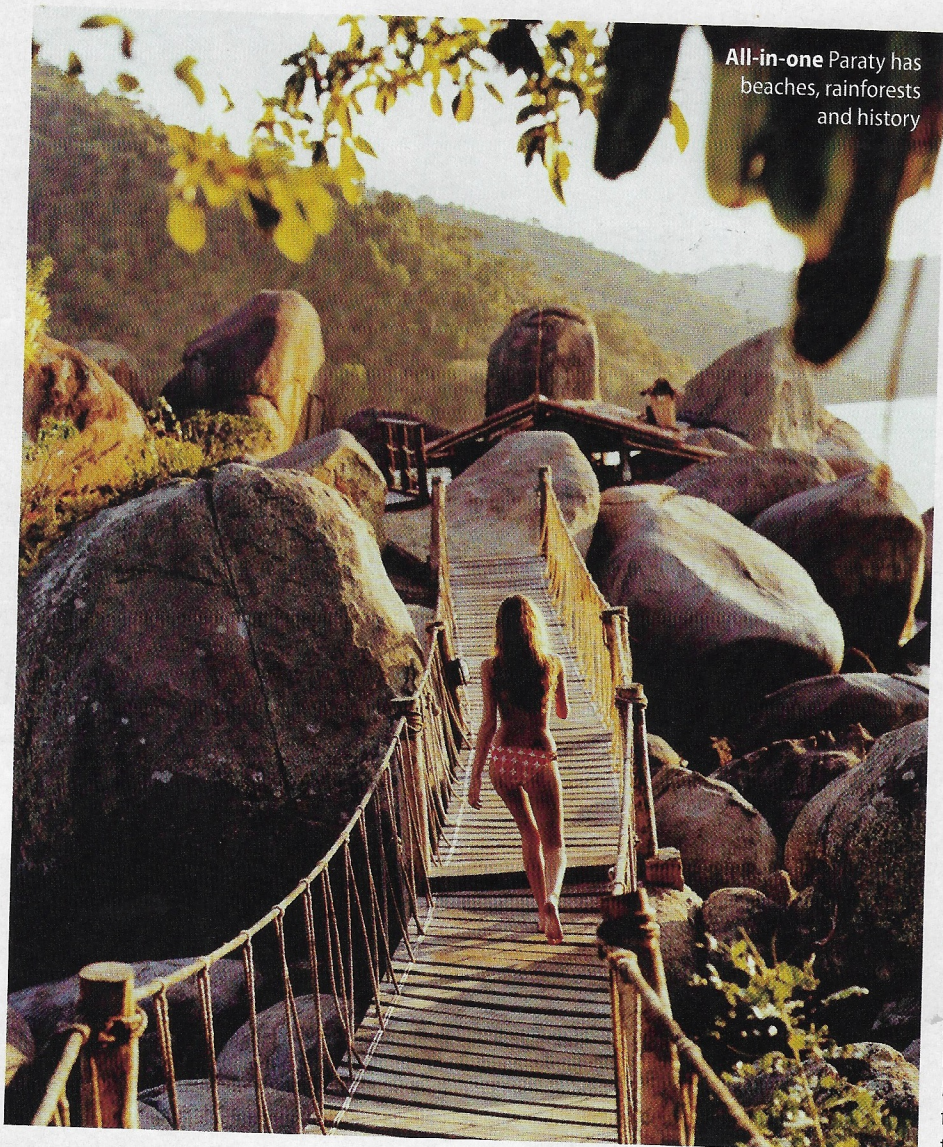
Just around the corner, 16km west up the coast, Maresias is one of Brazil's coolest surfing spots, where the daredevil action pulls the local beach babes and where 'surfistas' can exchange wave-tales and party into the night.

But if you seek your thrills on dry land, Ilhabela has lots to offer. More than 85 per cent of the island falls within Ilhabela State Park with volcanic peaks, dense tropical jungle and more than 300 waterfalls – a landscape that begs to be climbed. There are routes to suit all levels – from small, rocky falls for beginners to Baepi Peak for the more advanced. Brazilians are keen on abseiling, too, and plenty of local operators offer the opportunity to join in – do your best James Bond impression down the 80m Gato waterfall if you've got the guts. ■

### WAY TO GO

British Airways flies to Rio de Janeiro and São Paulo from London Heathrow. As a member of the Executive Club, earn up to 14,418 BA Miles when you fly First to Rio and 14,740 BA Miles when you fly First to São Paulo. Visit [ba.com](http://ba.com) for details. For more exotic destinations around the globe, log on to [bahighlife.com](http://bahighlife.com).

All-in-one Paraty has beaches, rainforests and history





# THE ESSENTIALS

The definitive guide for British Airways travellers  
Edited by Kate Chambers

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## IN THE AIR

### CABIN AIR QUALITY

It has been proven that there is no increased risk of disease transmission among airline customers in-flight. Independent research shows that the concentration of biological micro-organisms in an aircraft cabin is much lower than in most cities or other modes of public transport.

### ELECTRONIC DEVICES

Mobiles and other electronic equipment, including laptops, must be switched off when the aircraft's engines are running, on the ground, and during take-off, approach and landing. Mobile telephones or any other device that transmits or receives calls or texts, must remain switched off during the flight. There are some exceptions, which are:

- Devices adhering to the Bluetooth standard (for example, wireless headsets that use a Bluetooth connection to a PC), except phones, may be

used during flights, but must be switched off during take-off, approach and landing.

- Devices that have a flight-mode or flight-safe setting (eg, some Smartphones and the BlackBerry handheld) may be used inflight, provided the flight-safe mode is enabled before the engines start running. These devices must still be switched off during take-off, approach and landing.

- The use of Wireless LAN (WLAN) is not permitted on BA aircraft. Laptops with built-in WLAN may be used during flights, provided the WLAN is turned off. All laptops must be switched off during take-off, approach and landing.

- Miniature TV receivers, electronic games, radios and disc players must be switched off during take-off, approach and landing.

### LIFE JACKETS

British Airways provides life jackets as part of the aircraft safety equipment for passengers to wear in the extremely unlikely event of an emergency

ditching. Please be advised that the unauthorised removal of the life jackets may jeopardise the safety of others and could lead to your prosecution.

### ZERO TOLERANCE

British Airways' primary concern is for the safety of its customers and staff. Our policy towards violent and disruptive customers is one of zero tolerance and our crews have been trained to deal with incidents of this nature. Anyone who disobeys the lawful command of a crew member is committing an offence under the UK Air Navigation Order.



## AFTER YOU LAND

### TOUCHDOWN IN LONDON

#### BORDER CONTROL

**Landing card** Non-EU passport holders must ensure all sections of the white landing card are completed (available from your Cabin Crew).

**Arrivals** Fast-track immigration channel available for First, Club World and Club Europe customers who are not EU nationals.

**Group immigration channel** If travelling in a large group, the leader can make themselves known to an immigration officer for access to a designated immigration channel.

#### CLEARING CUSTOMS

**Red exit** for passengers with goods to declare. **Green exit** for passengers with nothing to declare. **Blue exit** for passengers who started their journey in an EU country.

Restrictions apply to bringing meat, food and plants into the UK from outside the EU. Posters in the reclaim halls explain your allowances. Go to the Customs Red Point if you have unlisted items or exceeded allowances.

#### ARRIVALS LOUNGE

Available for all customers flying First, Club World or who are Gold Executive Club members travelling long haul. Passengers can use one of the shower rooms, have their suit pressed and enjoy breakfast.



## How to get into central London

#### FROM LONDON HEATHROW

After clearing customs, please follow the signs for:

**TAXI** Journey time is approximately one hour and costs about £50.

**UNDERGROUND** Running from Terminals 1, 2, 3, 4 and 5, journey time is approximately one hour and costs from £4.

**TRAINS** Two direct train services run to London Paddington Station.

**Heathrow Express** Journey time takes 15-30 minutes and costs from £14.50.

**Heathrow Connect** Journey time is 25 minutes and costs from £6.90.

**BUS** Bus and coach services are available to various locations across London, as well as to destinations across Britain. A National Express coach service, from £4, runs to London Victoria. Journey time is about one hour.

#### FROM LONDON GATWICK

After clearing customs, please follow signs for:

**TAXI** Journey time is approximately one hour and costs about £80.

**TRAINS** Two train services run to London Victoria Station.

**Gatwick Express** is a direct service. The journey time is approximately 30 minutes, and it costs from £16.90.

**Southern Trains** run regularly. The journey time is approximately 40 minutes, and it costs from £10.90.

**BUS** A National Express coach service runs to London Victoria. The journey time is around 80 minutes with fares from £6.60.

#### FROM LONDON CITY

After clearing customs, follow signs for:

**TAXI** Journey time is approximately 30 minutes and costs about £20.

**DLR** Journey time is 22 minutes and costs from £2.50.

**BUS** A choice of buses is available to various locations across London. The trip costs about £2.

UK dome  
(except Ba)

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British Airways

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## Heathrow terminal information

**TERMINAL 5****UK domestic and European flights**

(except Barcelona, Helsinki, Lisbon, Madrid and Nice)

**Long-haul intercontinental flights**

(except Bangkok, Singapore and Sydney)

**TERMINAL 4****Long-haul intercontinental flights:**

Bangkok, Singapore and Sydney

**TERMINAL 1****UK domestic and European flights:**

Barcelona, Helsinki, Lisbon, Madrid and Nice

British Airways has moved its remaining short-haul service from Heathrow Terminal 1 to Terminal 3 on 25 February 2009. The five short-haul routes affected are Barcelona, Helsinki, Lisbon, Madrid and Nice.

## Connecting through London

If you are connecting to another flight departing from the same airport, please follow signs to Flight Connections. Allow two hours if transferring between Terminal 5 and another Heathrow terminal, and one hour if arriving into and departing from Terminal 5. Passengers arriving at Terminal 5, B Gates, whose onward flight connection is scheduled to depart within 90 minutes, should check the Time Critical Flight Connections screens for further information. If you are transferring between Heathrow and Gatwick, the minimum connection time is three hours, including a coach journey that can take up to 90 minutes. Bags must be collected before connecting to the next airport. Please follow signs to coaches for a National Express service to Heathrow/Gatwick.

## SPENDING TIME AT HEATHROW

If you find yourself with time to spare between connecting flights, why not make the most of the airport's diverse facilities? Pick up luxury goods from Harrods, designer garb at Prada and Paul Smith, timeless accessories from Smythson and jewellery from Tiffany & Co. Enjoy first-class cuisine at Gordon Ramsay's Plane Food or a light bite at Amato.

If you are travelling in First, Club World or Club Europe or you are a Gold or Silver card member of the Executive Club, you can relax in style in the Galleries Lounges. Enjoy fine food freshly prepared for pre-flight dining or take advantage of a range of treatments in the Elemis spa with its tempting range of relaxing massages and facials. You can watch movies in the cinema or make use of the dedicated Work and Entertainment Zone installed with a

full Microsoft Office software package and free WiFi throughout. If travelling with children, keep them entertained in the Kids Zone.

**FURTHER AFIELD FROM HEATHROW**

If you have more than four hours between connecting flights, you may want to venture out of the airport. As the centre of London is only 20 minutes away on the Heathrow Express why not visit one of the city's famous museums or iconic landmarks, such as Buckingham Palace or the Southbank Centre. Or just soak up the capital's unique atmosphere. Heathrow also makes an excellent base for visiting Windsor Castle and Legoland. The bus and coach station is outside Arrivals. The route 77 First bus runs every 30 minutes to Windsor Castle (about 35 minutes). Legoland is a 12-mile taxi journey.

## SPENDING TIME AT GATWICK

Time to spare between connecting flights at Gatwick? Take advantage of discount prices at a range of luxury outlets including Kurt Geiger and Hugo Boss. Or treat your tastebuds at the Caviar House and Prunier and enjoy fine Champagnes at the chic Aqua bar. First, Club World, Club Europe and Gold and Silver Executive Club members can enjoy the hospitality of the Terrace lounges, which includes complimentary fine wines, coffee and snacks, refreshing power showers as well as Combiz, a dedicated work area for all your business needs.

**FURTHER AFIELD FROM GATWICK**

If you have four or more hours, you may wish to visit the vibrant city of Brighton and Hove, which is just 30 minutes from the airport. Shop in the Lanes for a dazzling array of the exotic, the familiar or the weird and wonderful. Alongside your favourite brand and designer names, you'll unearth antique jewellery, kites, tribal textiles and hand-made crafts. Or stroll down to the artists' quarter on the beachfront for more shops and studios. Alternatively, head to central London on the Gatwick Express, which runs into Victoria every 15 minutes from 4.35am to 1.35am and takes 30 minutes. ■

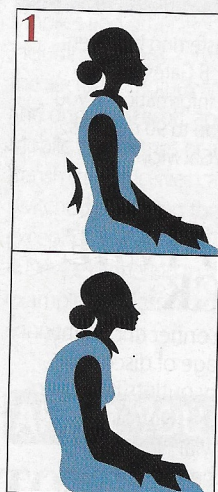
**As good as it gets**  
Relax and rejuvenate  
at the Terminal 5  
Galleries lounges





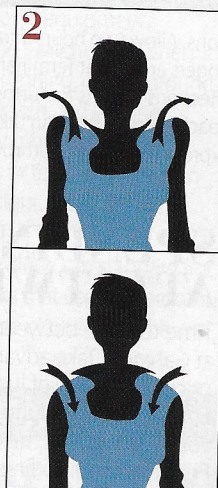
# WELLBEING

Follow these easy in-flight exercises, developed exclusively for British Airways by the Body Control Pilates group, to help you reach your destination feeling healthy and refreshed. A few simple exercises can help reduce the stiffness and sluggish circulation that may result from sitting in one place for a long time. The possibility of circulatory problems, particularly traveller's thrombosis, can be reduced by limiting the length of time you sit still. You are advised to carry out these exercises every few hours and take a walk around the cabin at regular intervals. For further information, visit [ba.com/travel/health](http://ba.com/travel/health).



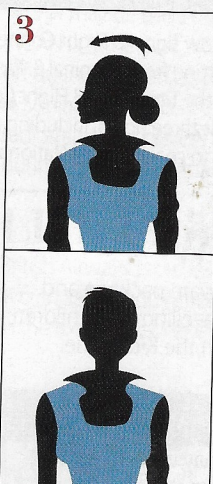
## SITTING CORRECTLY

Place your pillow in the hollow of your lower back to keep the natural curves of your spine. Try not to cross your legs – this will help your back and circulation. Sit upright. Avoid compressing your spine by sitting with your weight evenly balanced on each buttock. Try to lengthen your body right through to the top of your head. Keep your shoulders relaxed and try to locate the deep abdominal muscles that support your spine. Breathe in deeply, into your sides and, as you breathe out, pull your lower abdominals back towards your spine. Breathe normally now, keeping the abdominal muscles scooped.



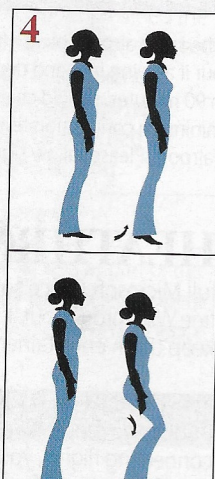
## SHOULDER CIRCLES

Sit tall, but move forward a little in your seat. Bring your shoulders up towards your ears, then circle them back downwards. Imagine you have pencils on the tips of your shoulders and you have to draw big circles with them. Repeat this six times, then lift your shoulders towards your ears, and drop them back down six times.



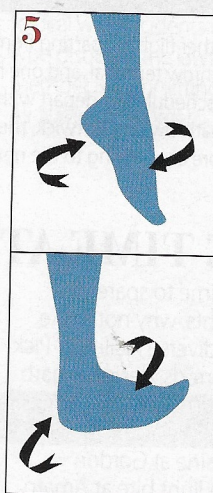
## NECK ROLLS

Sit back in your seat and flatten the headrest. Gently and slowly allow your head to roll to one side, without forcing it, then back through the centre and slowly towards the other side. Try to keep the back of your neck long, and your shoulders as relaxed as possible. Repeat the exercise several times.



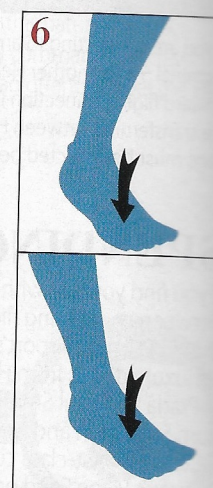
## STANDING

Stand tall, feet parallel and hip-width apart. Come up on to your toes. Think 'tall' as you lower your heels back down. Bend your knees so that they are directly over the centre of each foot. Your heels should stay down, and your feet should not roll in or out. Try not to stick your bottom out or tuck it under. Slowly straighten your legs to return to the start position. Repeat the exercise ten times.



## ANKLE CIRCLES

Sit tall in your seat. Place the pillow under your right thigh, just above the knee. Keep your weight even. Now rotate your right foot around, keeping the whole leg as still as possible. Make ten circles in both directions with each foot.



## CALF EXERCISE

Still sitting tall, take your foot back underneath the seat a little, keeping your foot in line with the knee. Keeping your foot flat, push the toes and ball of your foot into the floor, hold for a count of five, then release. Now push your heel into the floor for a count of five, then release. Repeat these two actions with the knee at a right angle and with the leg stretched out a little. You should feel the work deep in your calf.

## TIPS FOR TRAVELLERS

### BEFORE THE FLIGHT

- After checking in, take a stroll around the terminal.
- Avoid heavy meals.
- Apply a good moisturiser to keep skin feeling fresh.
- Moderate your intake of alcohol, tea and coffee the day before you are due to travel.
- Wear loose, comfortable clothing.

### DURING THE FLIGHT

- Eat a light meal and drink plenty of water.
- Moderate your intake of alcohol, tea and coffee.
- Watch the Wellbeing video shown after take-off and tune into the Wellbeing audio channel for a soothing soundtrack on your journey.
- Remove contact lenses before sleeping.
- Every few hours, stretch your arms and legs and carry out the exercises above.

### AFTER LANDING

- Take a gentle stroll, then put your feet up and relax.
- First and Club World passengers, as well as Gold Executive Club members travelling long haul, can revitalise at the Elemis Spa in Arrivals at London Heathrow.

**EXERCISE CAUTION** The exercises outlined above are appropriate for most passengers. However, do not attempt to undertake any activities that are contrary to your doctor's advice. Should you feel unwell during the exercises, stop immediately and contact a member of the cabin crew. These exercises were developed exclusively for British Airways by the Body Control Pilates group in London. For information on Body Control Pilates books (including *The Pocket Traveller*), videos and teachers, please visit [bodycontrolpilates.com](http://bodycontrolpilates.com) or write to: Body Control Pilates, PO Box 29061, London WC2H 9TB, United Kingdom.



BRITISH AIRWAYS ROUTES

# UK AND IRELAND



Whatever you want to say, say it today using  
your inflight phone

Please refer to the entertainment section in High Life for details on  
how to use your inflight phone.

**SITA**

**BRITISH AIRWAYS**



"Figures are great!"



"Well done!"



"I miss you"



"Congratulations!"



"Goodnight"



This map illustrates the extensive flight network originating from London, UK, connecting to major cities across the Atlantic and beyond. The routes are represented by red lines on a world map background.

**Continents and Oceans:**

- NORTH AMERICA:** Includes cities like Vancouver, Seattle, Calgary, San Francisco, Los Angeles, Denver, Chicago, Toronto, Montreal, Boston, Philadelphia, Washington, Baltimore, Phoenix, Dallas/Fort Worth, Houston, Tampa, Orlando, Miami, Nassau, Bermuda, Mexico City, Grand Cayman, Providenciales, Kingston, St. Kitts, Antigua, St. Lucia, Barbados, Tobago, and Trinidad.
- SOUTH AMERICA:** Includes Sao Paulo, Rio de Janeiro, and Buenos Aires.
- EUROPE:** Includes Manchester, Billund, Copenhagen, Frankfurt, Amsterdam, Brussels, Paris, Rome, Geneva, Zurich, Bern, Milan, Prague, Vienna, Bratislava, Sofia, Athens, Thessaloniki, Bucharest, Belgrade, Zagreb, Ljubljana, and London.
- AFRICA:** Includes Accra, Lagos, Abuja, Luanda, Windhoek, Johannesburg, and Cape Town.

**Oceans:** Atlantic Ocean, Pacific Ocean.

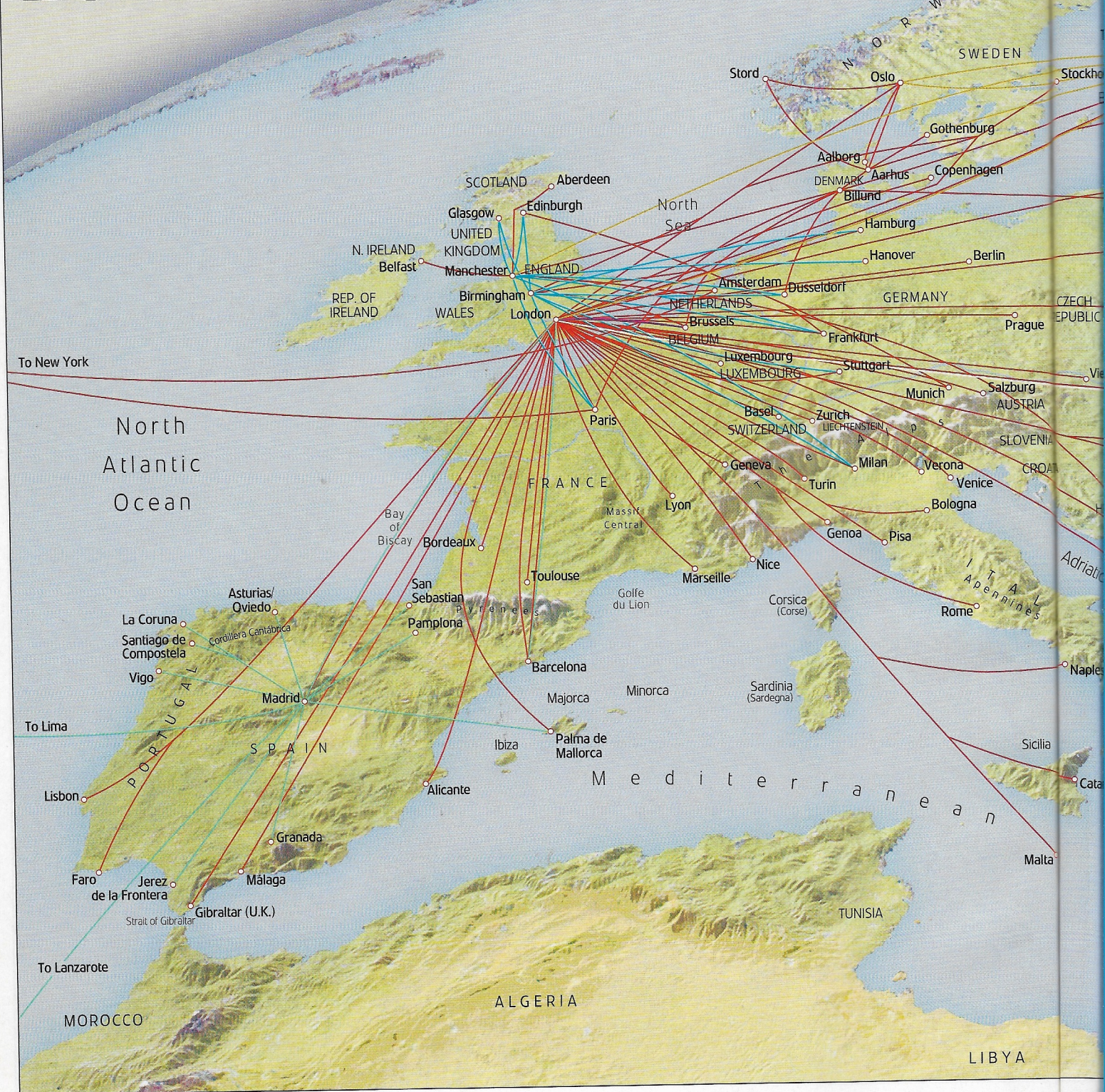








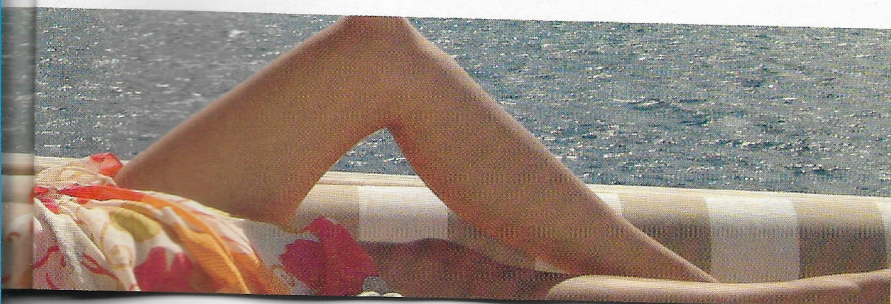
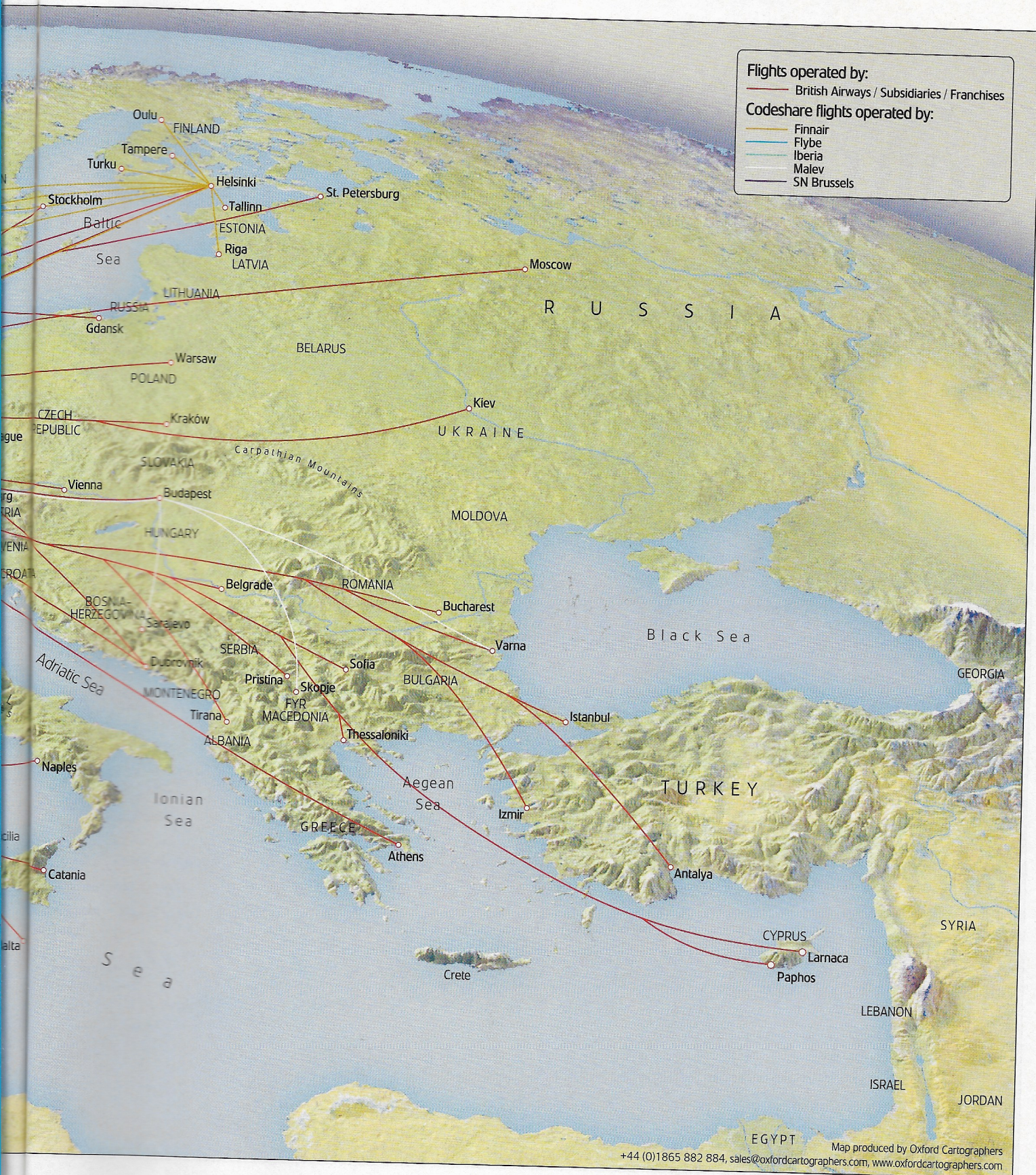
# EUROPE



WE DO THE WORK  
YOU DO THE REST  
[www.ypi.co.uk](http://www.ypi.co.uk)







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**NORTH AMERICA**

Aleutian Islands  
Gulf of Alaska

North Pacific Ocean

Vancouver  
Seattle  
San Francisco  
Los Angeles  
Phoenix  
Tucson  
Las Vegas  
Palm Springs  
San Diego  
Albuquerque  
Denver  
Colorado Springs  
Amarillo  
Wichita  
Oklahoma City  
Lawton  
Lubbock  
Wichita Falls  
Midland/Odessa  
Abilene  
San Angelo  
San Antonio  
Laredo  
McAllen  
Corpus Christi  
Houston  
College Station  
Austin  
Tyler  
Shreveport  
Jackson  
Baton Rouge  
New Orleans  
Dallas/Fort Worth  
Memphis  
Little Rock  
Fayetteville  
Tulsa  
Wichita  
Kansas City  
Des Moines  
Cedar Rapids  
Omaha  
Rochester  
Minneapolis  
Green Bay  
Madison  
Peoria  
St. Louis  
Evansville  
Birmingham

Rocky Mountains

UNITED STATES OF AMERICA

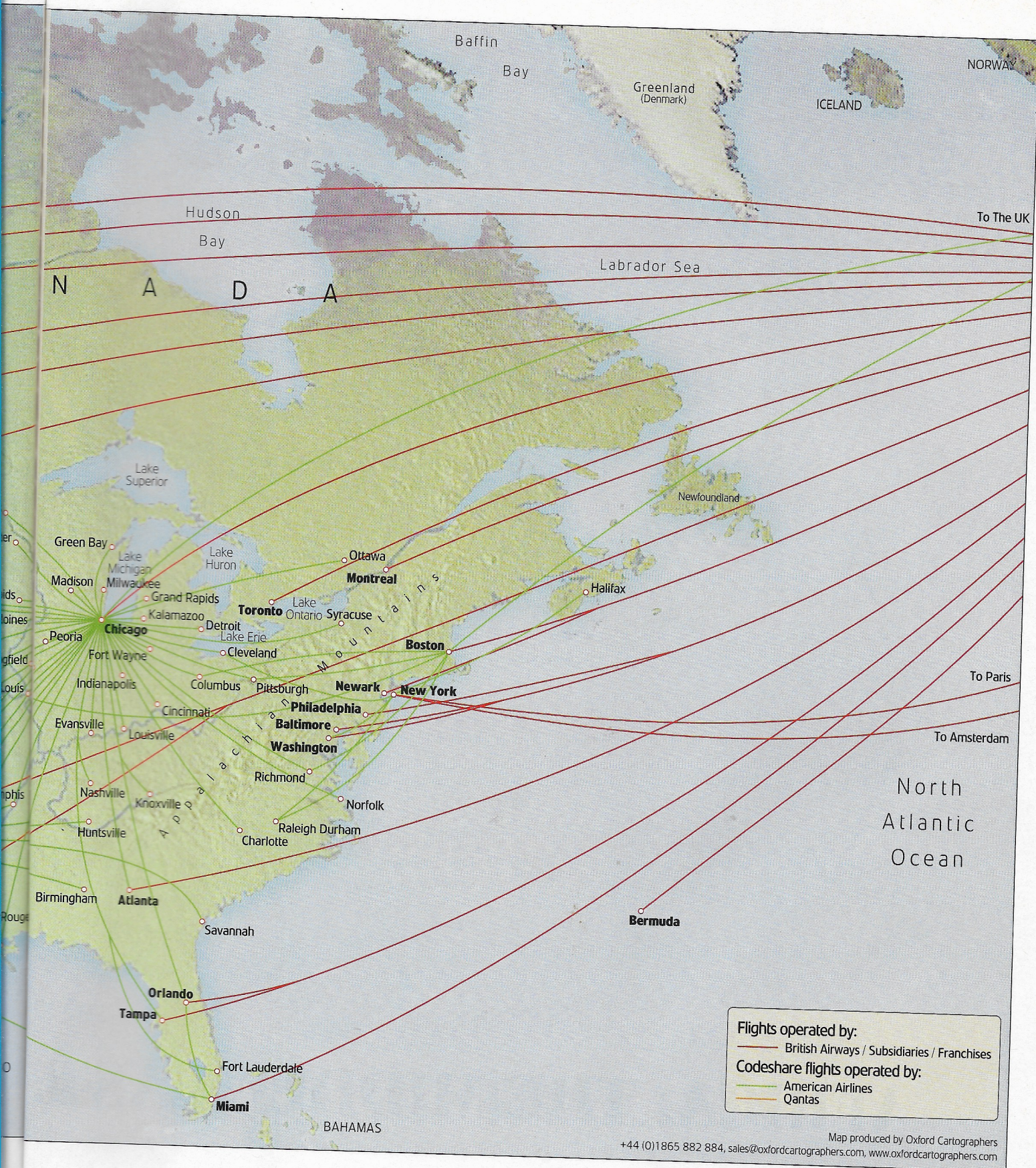
MEXICO

Gulf of California  
Gulf of Mexico

To Honolulu, Kaula, Kahului  
To Auckland

\*Coca-Cola, Coke, diet Coca-Cola, diet Coke, Minute Maid and Powerade are registered trade marks of The Coca-Cola Company. Schweppes and Malvern are registered trade marks of Atlantic Industries.





Taste, Refreshment, Pleasure





**Flights operated by:**

— British Airways / Subsidiaries / Franchises

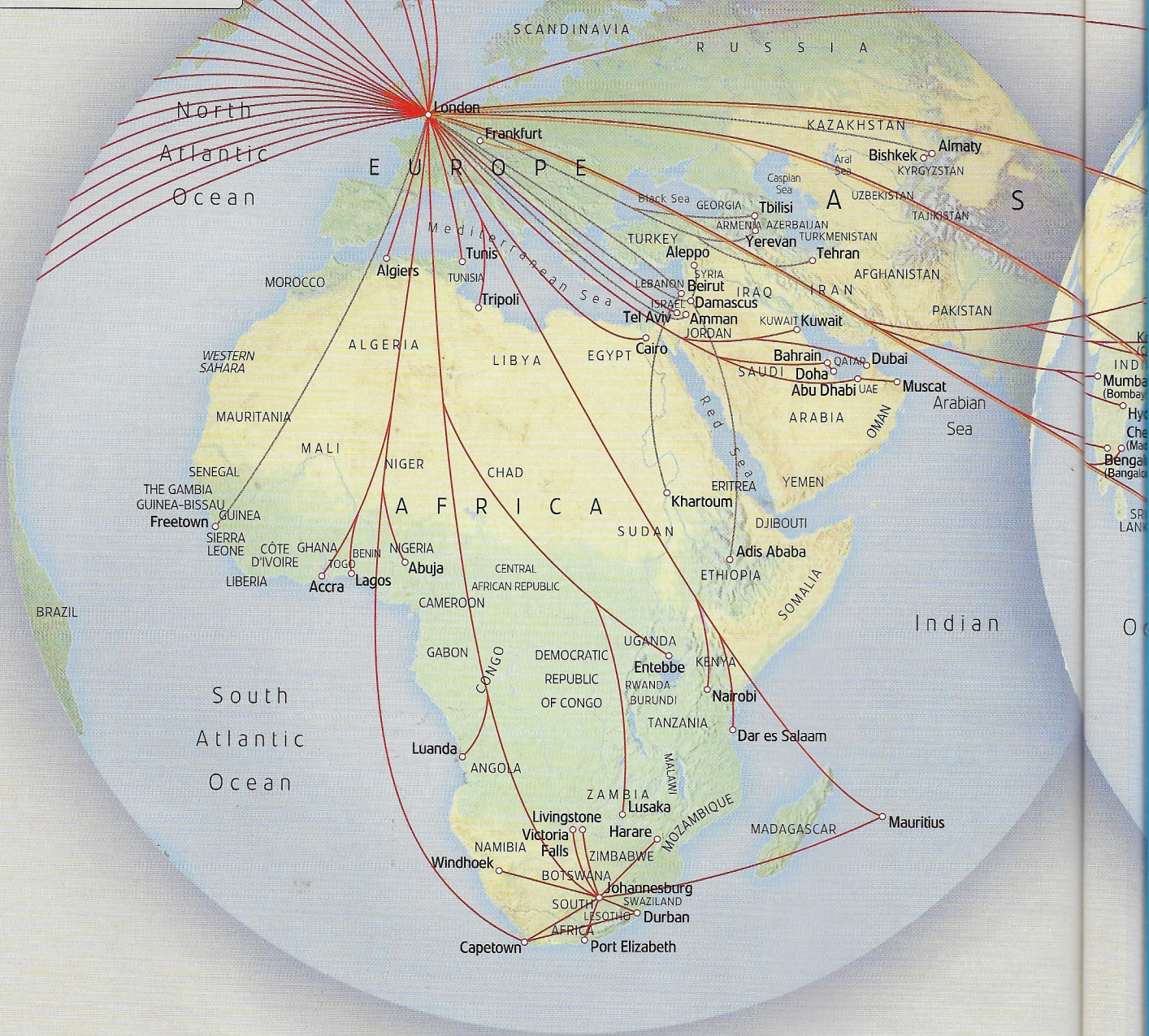
**Codeshare flights operated by:**

— BMI

— Cathay Pacific

— Japan Airlines

— Qantas



# AFRICA, THE MIDDLE EAST, AS

## HEADING FOR NEW HORIZONS?

ISLE OF MAN

LONDON

BULGARIA

CYPRUS

FINLAND

LUXEMBOURG

MADEIRA

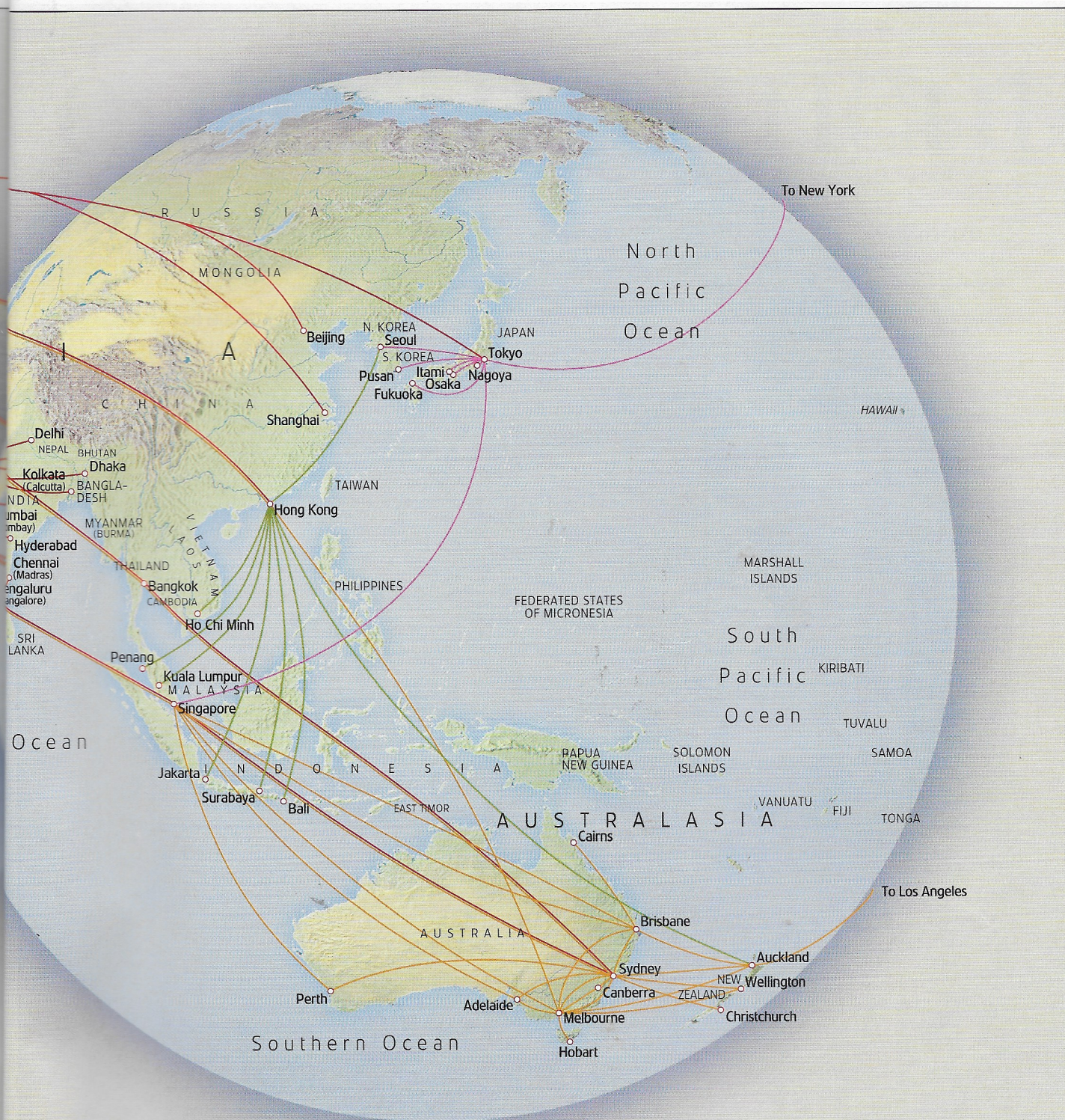
MALTA

ROMANIA

SWITZERLAND

MAURIT





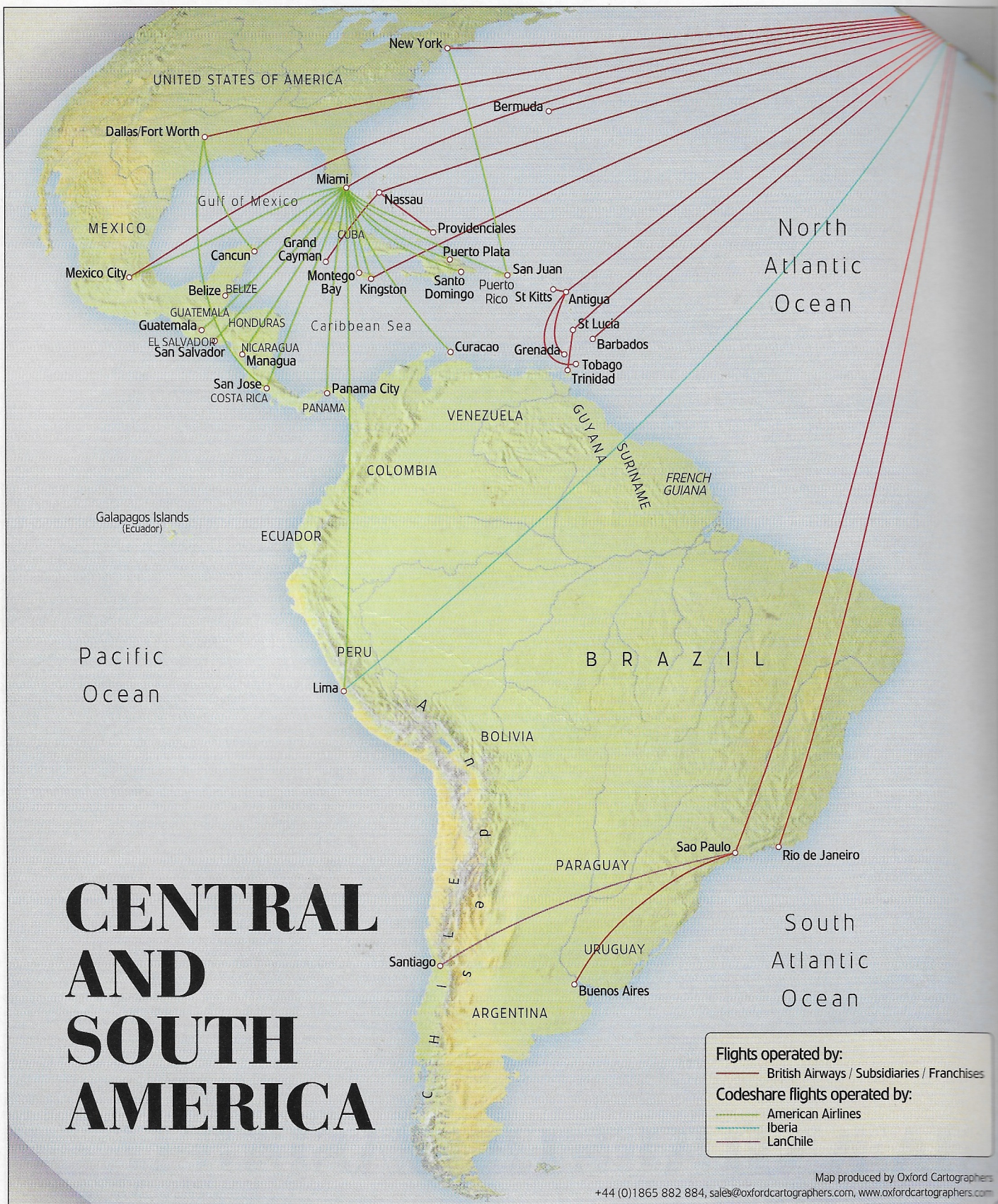
# ASIA AND AUSTRALASIA

Map produced by Oxford Cartographers  
+44 (0)1865 882 884, sales@oxfordcartographers.com, www.oxfordcartographers.com

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Taste, Refreshment, Pleasure



# HOW TO USE YOUR HANDSET ON THE 18 CHANNEL SYSTEM

Your personal handset is in the arm of your seat. To release, pull it forward. When returning it to the seat arm, allow cable to feed back into stowage.

## First

Press the silver button to release your video screen.

## Club World

Selected flights. Lift the silver latch and pull round your screen.

## World Traveller Plus

Touchscreens are in seatbacks in front of you. For front row seats, press the button in the side of the seat arm and lift your monitor towards you. When TV is off, radio is automatically selected.

### 1. ON/OFF BUTTON

### 2. CHANNEL INDICATOR

**3. CHANNEL BUTTON**  
Use to change TV or Radio channel

### 4. MAIN VOLUME CONTROL

**5. LEFT & RIGHT ARROWS**  
Press right or left arrows to change volume, brightness or language on screen

### 6. MENU BUTTON

Press Menu to browse through volume, brightness, dual language (and video player controls for FIRST passengers)

### 7. SELECT BUTTON

Use to select your video player function

### 8. READING LIGHT ON/OFF

### 9. CABIN CREW CALL

• Right button to call  
• Left button to cancel



## Club World

Press the button in the side of the seat arm and the screen slides forward. Lift the monitor upwards from the underside and twist up to face you. To stow away, twist back down and push in until it clicks.

## World Traveller

Screens are in seatbacks in front. For front row seats press the button in the side of the seat arm and lift your monitor towards you. When the TV system is off, radio is automatically selected.

### 1. ON/OFF BUTTON

### 2. CHANNEL INDICATOR

**3. CHANNEL BUTTON**  
Use to change TV or Radio channel

### 4. MAIN VOLUME CONTROL

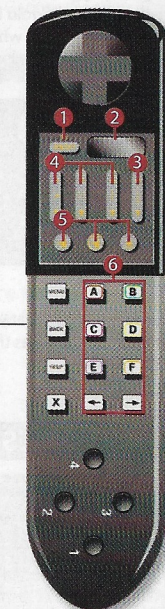
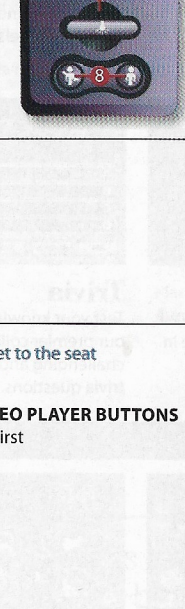
**5. LEFT & RIGHT ARROWS**  
Press right or left arrows to change volume, brightness or language on screen

### 6. MENU BUTTON

Press Menu to browse through volume, brightness, dual language controls on screen

### 7. READING LIGHT ON/OFF

**8. CABIN CREW CALL**  
• Right button to call  
• Left button to cancel



# HOW TO USE YOUR HANDSET ON THE 12 CHANNEL SYSTEM

Your personal handset is in the arm of your seat. Pull your handset forward to release and upon returning the handset to the seat arm allow the cable to feed back into the stowage.

### 1. ON/OFF BUTTON

### 2. CHANNEL INDICATOR

**3. CHANNEL BUTTON**  
Press to select your 12 channel selection of Movie, TV & Radio channels. Channels 21-32 for dual-language soundtrack

### 4. VOLUME, BRIGHTNESS & COLOUR

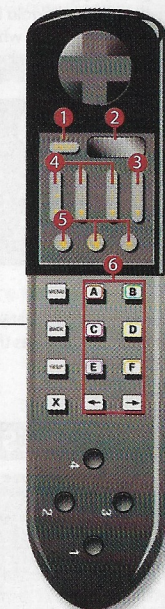
### 5. CABIN CREW CALL

• Call  
• Cancel  
• Reading Light ON/OFF  
These buttons do not interrupt any entertainment channels. They are available at all times

### 6. PERSONAL VIDEO PLAYER BUTTONS

For passengers in First Channel 13.

**A** Play  
**B** Stop  
**C** Rewind  
**D** Fast Forward  
**E** Pause/Stop  
**F** Eject



## Touchscreen control

- You can operate the touch screen control system with your touchscreen or handset control in FIRST, selected Club World flights and World Traveller Plus
- There are two extra buttons on your TV screen
- Touch the TV ON/Off button to turn your screen on and off
- Touch the Menu button for your Personal Video, volume, brightness and language controls on screen

## FIRST Personal Video Player

- Once you have inserted the tape it will start automatically
- Select the video channel PP, located before the moving map 'MM' or channel
- Your Personal Video tape should be inserted with its red arrows pointing into the player and title label facing you

You can operate the system with either your touchscreen or handset control. For the Personal Video Player, volume, brightness and language controls, press the Menu button (see above) and then arrow buttons or touchscreen controls



## HOW TO USE YOUR SATELLITE PHONE ON THE 18 CHANNEL SYSTEM

The satellite phone is only available on 747 and 777 aircrafts

### STEP 1

Press on/off button to make call

### STEP 2

#### Dial the number:

dial 00 followed by the country code, area code and the telephone number you are calling, then press the + key (send)

EXAMPLE: for the London number 020 8123 4567

- international access code 00
- country code 44
- area code (omit first 0) 20
- local number 8123 4567
- to send a call press + (send)

### STEP 3

Swipe an accepted payment card. Swipe card from the top of the phone to the base,

ensuring the magnetic strip is facing away from the telephone face

### STEP 4

To end call, press the on/off button. Promotional tariff 14 cents per second (plus a \$3.95 call set-up fee)

### TO REPLACE THE HANDSET

For safety reasons you must ensure that the handset is stowed correctly. If you have any difficulties, wind the cord around the handset and put it at the side of your seat, under the arm. Please inform a member of cabin crew

**Do not put the handset in the seatback pocket in front of you.**



If you encounter any problems while trying to make a call, please try the service again later. The liability of British Airways and the service provider is limited to the cost of the call only. Satellite Phone is subject to the terms and conditions set out in Skyphone Terms and Conditions available upon request from the Skyphone Customer Service Centre (see below for Guidance and Support).

## Country Codes

If a country code is not listed here, please contact the Customer Service Centre for support

Country	Code	Local Time/GMT*
Argentina	54	-3
Australia	61	+8 to +11
Brazil	55	-3 to -5
Canada	1	-3 to -9
China	86	+8
Egypt	20	+2
France	33	+1
Germany	49	+1
India	91	+5
Iran	98	+3
Iraq	964	+3
Irish Republic	353	GMT
Israel	972	+2
Italy	39	+1
Japan	81	+9
Malaysia	60	+8
Morocco	212	GMT
Netherlands	31	+1
Philippines	63	+8
Russia	7	+2 to +12
Saudi Arabia	966	+3
South Africa	27	+2
Spain	34	+1
United Arab Emirates	97	+4
United Kingdom	44	GMT
United States of America	1	-5 to -11

\*The local times do not take into account Daylight Saving Time

## HOW TO USE YOUR SATELLITE PHONE ON THE 12 CHANNEL SYSTEM

The satellite phone is only available on 747 and 777 aircrafts

### TELEPHONE CONTROL

**STEP 1** Press NEW CALL – for dialling tone

**STEP 2** Swipe an accepted payment card. Swipe card from the top of the telephone to the base, ensuring the magnetic strip is facing away from the telephone face

**STEP 3** Green light – card verified Red light – unsuccessful, please swipe again

#### TO DIAL THE NUMBER

After swiping your payment card, dial 00 followed by the country code, area code, and the telephone number you are calling. Then press the '+' key

EXAMPLE: for the London number 020 8123 4567

- international access code 00
- country code 44
- area code (omit first 0) 20
- local number 8123 4567
- to send call press +

There may be a slight delay (10 to 20 seconds) before your call is connected. Charging only begins when your call

is answered and only ends when you terminate the call.

Follow the instructions you will hear in your telephone earpiece. Use the volume control high for satisfactory audibility

### TO END A CALL

- 1 Press ON/OFF button
- 2 To make another call, press the NEW CALL button

### TO REPLACE THE HANDSET

For safety reasons please ensure the handset is stowed correctly. To replace the handset, pull the cord & allow it recoil into the armrest. If you have any difficulties, wind the cord around the handset and put it at the side of your seat, under the arm. Please inform a member of the cabin crew.

**Do not put the handset in the seatback pocket in front of you**



The satellite phone system is currently being installed on our longhaul fleet of aircraft. Not all aircraft will have the fully functional system until installation is complete. In the event of any problems making a call, please try the service again later. The liability of British Airways and the service provider is limited to the cost of the call only. Satellite Phone is subject to the terms and conditions set out in Skyphone Terms and Conditions available upon request from the Skyphone Customer Service Centre (see below for Guidance and Support).

### Guidance and support

For SITA multilingual customer service access. Calls to the Customer Service Centre during flight time are free, even though you must swipe your payment card. Dial '0' from your handset.

(Dialling from within UK)

Fax: +44 (0) 208 321 7194

Toll Free: 0800 026 0076

PSTN: +44 (0) 207 660 0343

email: aircom@sita.aero

### Running your laptop

You can power your laptop onboard in First, Club World and World Traveller Plus across our 747, 777 and 767 on longhaul fleet. But you cannot recharge the battery. Only laptop computers or airline-supplied equipment can be connected to the power outlets.

For safety and damage protection, disconnect your laptop when not in use. British Airways is not liable for any liability, damage or loss as a consequence of the charging or using laptops on flights

### Tariff

The tariff features per-second billing. A \$3.95 call set-up fee then 14 cents per second thereafter.

### Accepted payment cards:



The system is unable to accept debit cards



**End of the line**  
A true classic, the DC-3 Dakota was a fine aircraft



## DEMISE OF THE DAKOTA

The introduction of recent EU rules heralds the end of European passenger flights for one of the most important aircraft in history

Originally constructed by the Douglas Aircraft Corporation in Santa Monica, California, the DC-3 Dakota was one of a fleet of 38, modified to the 32-seat Pionair class specification of British European Airways (BEA) – a predecessor airline of today's British Airways. The DC-3, which BEA flew from its formation in August 1946 until May 1962, was designed to provide 'comfortable and economic air transport over medium distances'.

The prototype DC-3 first took off on 17 December 1935 and the design was soon being produced in two versions for American Airlines – the 14-passenger sleeper and a 21-seat 'daytime' airliner. Services with BEA's DC-3s started in June of the following year. What was to become perhaps the most important airliner in history quickly established its reputation with American Airlines and other operators, including the military. After the Second World War, DC-3s were the mainstay of worldwide passenger and freight services for many years.

As larger-capacity piston-engined airliners, followed by jet airliners, became available, DC-3s were gradually turned over to smaller operators around the world. Sadly, European Union rules that took effect from July last year required modifications that would have been impossible to implement on the DC-3 and spelt the end of passenger Dakota operations in Europe.

The aircraft made history on 30 October 1954 when it operated a service from Northolt airport to Jersey. This was BEA's last commercial service from Northolt; the next day, Heathrow became the airline's new principal base.

Today, BA's Boeing 737s and Airbus A319s from London Gatwick to Jersey have a scheduled flying time of just 60 minutes. The 1954 BEA timetable for London to Jersey was recorded as 93 minutes with a fare of £6, 8 shillings. *To find out more about the history of British Airways, visit [bamuseum.com](http://bamuseum.com). To order copies of this or other heritage picture or posters, contact [ba.1.museum@ba.com](mailto:ba.1.museum@ba.com).*