

BRITISH AIRWAYS. MADE BY BRITAIN.

BRITISH AIRWAYS

100

HIGH LIFE

June 2019 AMSTERDAM'S ART DETECTIVE, SUMMER'S BEST BEACH READ AND A PHILOSOPHICAL WALK ON THE WILD SIDE



PARTY

ANIMAL

*The world's finest
wildlife experiences**

**Including some very fat bears*

HIGH LIFE



HIGH LIFE



HIGH LIFE



HIGH LIFE



ON THE COVER

Conor McDonnell captured all four of our cover shots. The lion and elephant portraits were taken in the Masai Mara National Reserve, Kenya, while on location for WWF. The owl was found on the west coast of Alaska while shooting a personal project, and the cow in the Scottish Highlands

.air

Want to connect to Wi-Fi?
See the back of the magazine for details. On selected flights (long-haul only).

16-32
CONNECTION

Britain and beyond

- The best gifts for Father's Day
- Be more Bond with Orlebar Brown
- Techno and art converge in Turin
- London: the world's best bar part two and *Queer Eye's* Tan France
- Liberty in Lanzarote
- Will Young on where to celebrate Pride in NYC

35-38
RESERVATION

Hotels around the globe

- Impeccable design and chiveenies in LA
- Why Gstaad Palace in Switzerland is perfect for summertime
- Checking in: astrology readings; checking out: booze bans
- Where to hunker down in Las Vegas, London, Berlin and Crete

41-44
OPINION

First-person travel

- 25-hour party people**
Alim Kheraj experiences a Bajan institution – Crop Over
- John Simpson**
The correspondent encounters Saddam's wrath (and right slipper) in Baghdad
- Novel destinations**
Damian Barr's beastly reading list

46-90
DESTINATION

Know your place

- Animal magic**
From Slovenian dragons to a museum for dogs
- Hot on the trail**
A treasure-hunting art detective in Amsterdam
- Walk the walk**
See the world on foot
- Stay another day**
The summer hotel hotlist
- Vegas: by day and night**
Take a different view

97-114
NAVIGATION

British Airways' latest news and offers; arriving in London; charming Charleston; celebrate 100 years of BA with our pick of HLS products

WATCH
CAPTAIN MARVEL
ON BOARD115-140/156
ENTERTAINMENT

On long-haul flights, enjoy our in-flight guide: Jonathan Ross on film, Ellen E Jones on TV and the Hold Steady's Craig Finn on touring

EDITOR'S LETTER



Walking around San Diego Zoo at midday is absolutely fine. But exploring the site at 5pm is a revelation. As the temperature cools, the animals become more active and start to investigate their surroundings. On the day I visited, it was the extraordinary sight of two colossal adult hippos taking a breath in tandem, before dipping beneath the water, heads tilted towards each other affectionately. I'm fully aware that nothing can compare to seeing these creatures in the wild but frankly if I was this close to a hippo outside of an enclosure, I would be, at best, foolish and, at worst, lunch. What this month's cover story shows is how accessible and exciting the natural world can be, regardless of your destination. Whether it's the Barbary macaque monkeys of Gibraltar, the swimming pigs of the Bahamas or even the olms of Ljubljana, check out page 46 for your one-stop creature feature.

Elsewhere in the issue, explorer Erling Kagge – the archrival to Sir Ranulph Fiennes, who simply refers to him as “The Norwegian” – writes movingly about the merits of discovering your chosen destination on foot (page 62). Chris Stokel-Walker investigates the world's leading art detective in Amsterdam, days after he discovered a stolen Picasso painting worth more than £21m (page 56). Plus there's our summer hotel hotlist (page 68), the plush outfits of 007 (page 20), Will Young on WorldPride in New York (page 32) and Alim Kheraj attempting to follow in the footsteps of Rihanna (page 41) – albeit while wearing significantly more clothing.

Enjoy the issue and your travels this month.

ANDY MORRIS, editor
andy.morris@cedarcom.co.uk
@iamandymorris

Contributors



CONOR McDONNELL, the official photographer of both Calvin Harris and Ellie Goulding (as well as the marriage of Kanye West and Kim Kardashian), took our four animal cover shots. **NEXT TRIP?** “Kenya – I’m a WWF ambassador and I love that place!”



TAFFY BRODESSER-AKNER, author and interviewer par excellence for *The New York Times*, gives advice on travelling for work, pleasure or a misguided sense of family duty (page 28). **NEXT TRIP?** “Florence. My family went to Rome this year, but I’d kill to see other parts of Italy.”



ERLING KAGGE, the best-selling Norwegian philosopher/explorer/publisher behind *Walking: One Step at a Time* (£9.99, Viking) reveals his life-changing travel advice (page 62). **NEXT TRIP?** “The Lycian Way in Turkey. I love to learn – wonder is the engine of life.”



ALIM KHERAJ, who has written for *The Guardian*, *US GQ* and *Time Out*, experienced the exuberance of Crop Over in Barbados for the first time (page 41). **NEXT TRIP?** “New York. Despite growing up in London, it’s where I feel most at home.”

HIGH LIFE

Editor Andy Morris
Deputy editor Helen Whitaker
Production editor Olivia McLearn
Senior sub editor Alex Briand
Editorial assistant Melissa Lawford
Consultant content director Kerry Smith

ART
Group art director Jamie McPherson
Art editor Jon Wiggins
Picture editor Matt Richardson
Junior designer Fionn O'Neill

ENTERTAINMENT
Entertainment editor Kate Chambers

GROUP HEADS
Group copy editor Bryony Coleman
Group picture editor Carl Harrison
Consultant strategy director Kim Willis

Founding editor William Davis
Contributing editors John Simpson, Ruth Metzstein, Mark Jones, Sophy Grimshaw

ADVERTISING
Advertising director Alisa Stamenkovic

ACCOUNT MANAGEMENT / PRODUCTION
Business and strategy director Ann Hartland
Senior account director Katherine Knight
Insight executive David Tourell
Production director Vanessa Salter
Production manager Sarah O'Neill

BRITISH AIRWAYS
Content and editorial Hamish McVey, Nicci Pordage, Arti Kalia, Alex Price
Inflight entertainment manager Richard D'Cruze
Digital services manager Charo Medina

CEDAR COMMUNICATIONS
CEO Clare Broadbent
Global business development director Christina da Silva
Creative director Stuart Purcell
Commercial director Justine Daly
Digital director Robin Barnes
Finance director Jane Moffett

High Life (ISSN: 1350-1631) is published monthly in London for British Airways by Cedar Communications Limited. The magazine is free to passengers on British Airways flights worldwide and is also available on subscription (£37 a year inland; USA \$80 (Airspeed); rest of world £52 or the equivalent in local currency – airmail rates on request). Contact Joanna Goodwin on +44 (0)20 7550 8282 or joanna.goodwin@cedarcom.co.uk



Cedar Communications Limited, 85 Strand, London WC2R 0DW
Tel +44 (0)20 7550 8000 Fax +44 (0)20 7550 8250
Email high.life@cedarcom.co.uk Web cedarcom.co.uk
© 2019 Cedar Communications Limited

PLEASE NOTE THAT UNSOLICITED MANUSCRIPTS ARE NOT ACCEPTED
Material in this publication may not be reproduced in any form without permission.

Editorial material and opinions expressed in *High Life* do not necessarily reflect the views of British Airways or the publisher. British Airways and the publisher do not accept responsibility for the advertising content. Products and services mentioned are subject to change without prior notice. Cedar believes in the highest standards in journalistic integrity. Please email karen.huxley@cedarcom.co.uk with any comments or complaints. British Airways PLC, Waterside, PO Box 365, Harmondsworth UB7 0GB

Colour origination by Rhapsody. Printed in the UK by YM Chantry. Paper supplied by Antalis Limited, APMS Division. Text printed on StellaPress PEFC HB 1.3 57gsm. Manufactured by Stora Enso, Anjala mill. Cover printed on Royal Roto Silk PEFC 150gsm. Manufactured by Sappi, Lanaken mill.

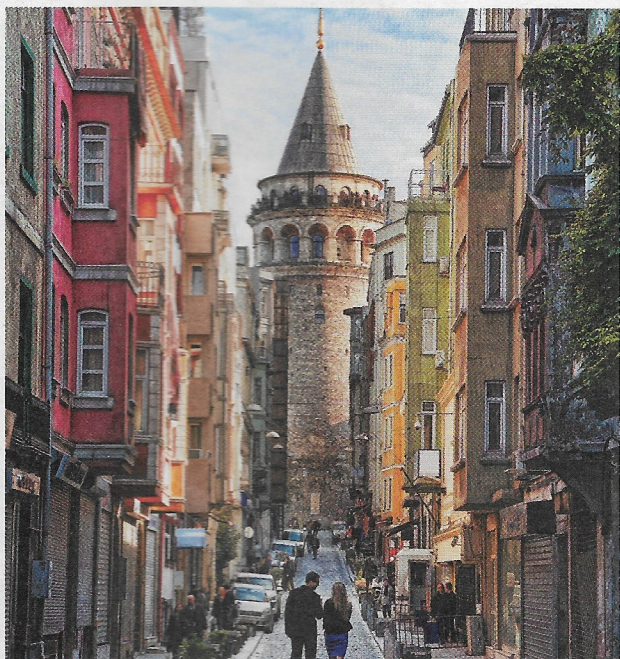


Cappadocia *Love is in the air and you can see it.*

If you were wondering where is that fabulous skyline decorated with vivid colours of hot-air balloons, stop searching.

Cappadocia; a place with an incredibly rich history, offers an amazing selection of unique activities for adventurous souls. Located in Central Anatolia, it is a true wonder of nature with rock formations called "Fairy Chimneys".

Besides its geographical properties, it has been home to many civilizations throughout history. The underground cities with churches and monasteries, will make you travel back in time. With many modern resorts, amazing food and a wide selection of wines, an unforgettable adventure is waiting for you and your loved one. You will be living in a fairy tale during your stay.



Istanbul *Home of three empires and two continents, but mostly the land of romance.*

The city with its amazing scenes and impressive places - Istanbul has so much to offer as a romantic destination. A boat tour on the Bosphorus while surrounded by the blinking lights of the Istanbul nights and panorama of the bridges that connects Europe to Asia, will give you stories that you'll enjoy telling your grandchildren. Have a dinner in a restaurant by the Bosphorus and try delicious examples of the world-famous Turkish cuisine.

In Istanbul, you can go on a journey in time by visiting many historical places and museums that display the rich history of this amazing city. Just take a walk with your loved one in Pera, the old Genoese side of the city and discover the different stories that each street tells you.

And remember, there is so much more in Istanbul. It is not a city that you can discover in just one visit.

Alaçati *Feel the bliss with every breath you take.*

If you and your soul mate are into great food, pristine beaches and surfing, your dream holiday is not a dream any more.

Alaçati, located on the Aegean coast of Turkey, is famous for its stone houses, gourmet restaurants and world-class windsurfing facilities. Carrying the colourful characteristics of Aegean people, Alaçati has many places to discover while relaxing at the same time.

Be ready to see new colours that you haven't seen before.



Bodrum *So many options, so many flavors.*

Bodrum is truly a one-of-a-kind place with its luxurious hotels and breathtaking beaches. Huge selection of famous bays and crystal-clear waters will welcome you and your loved one any time of the day. Also, there are many historical scenes to discover.

You may go out and experience the most popular nightclubs of Turkey with your soulmate and dance until the morning light.



Antalya *Forget about everything and get ready for an unforgettable experience.*

With resorts along the Mediterranean coast, Antalya takes you and your partner to a journey full of nature, history and serenity. It is one of the few places where you can experience luxury and ancient history at the same time. Antalya is ready to turn every holiday into a honeymoon with its world-renowned hotels and turquoise beaches.

The smarter way to travel around the world.



travel **bright**

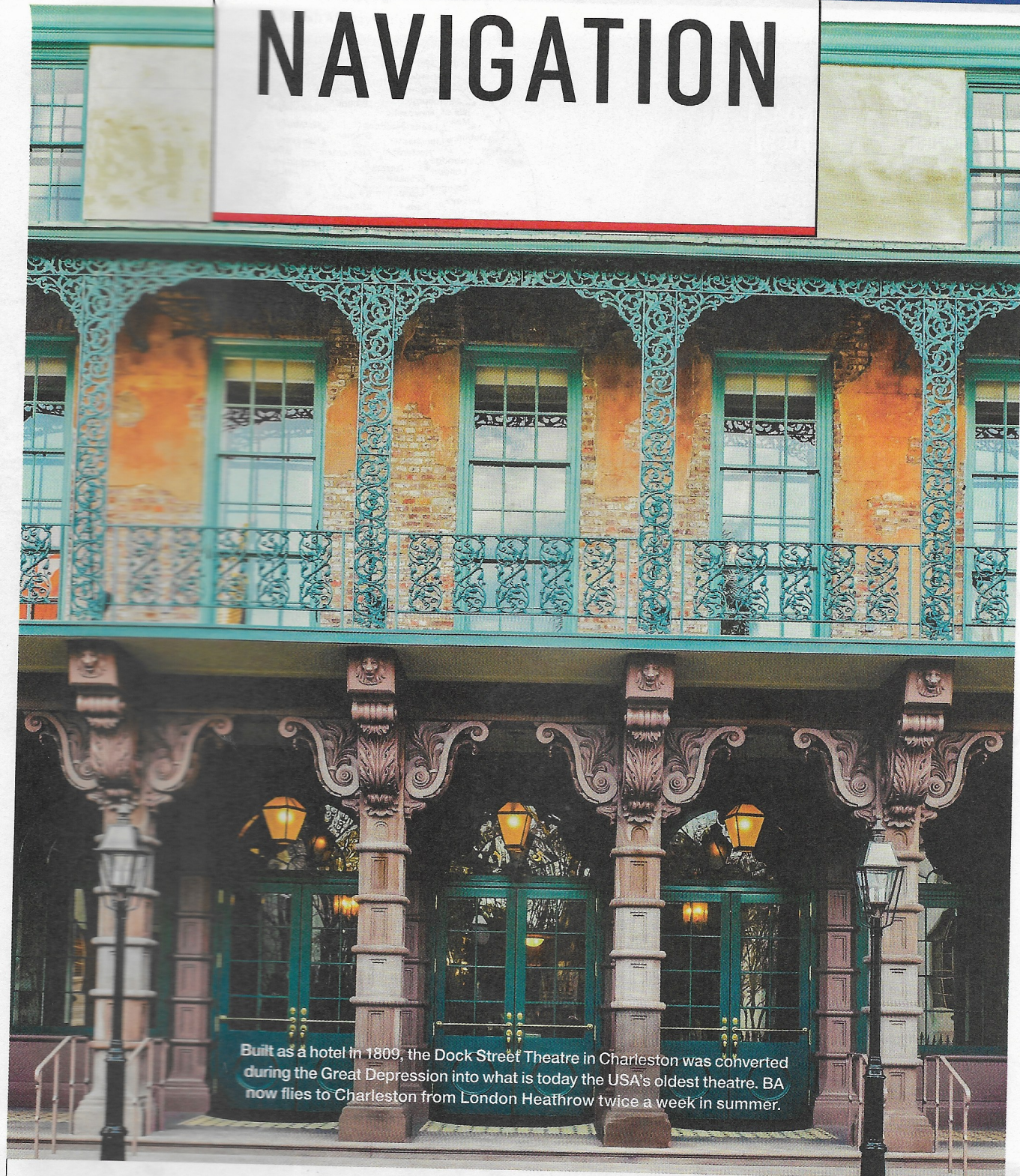
American Airlines, British Airways, Cathay Pacific, Finnair, Iberia, Japan Airlines, LATAM, Malaysia Airlines, Qantas, Qatar Airways, Royal Jordanian, S7 Airlines, SriLankan Airlines

oneworld Priority	Executive Club Bronze oneworld Ruby	Executive Club Silver oneworld Sapphire	Executive Club Gold oneworld Emerald
Earn and redeem Avios on all oneworld member airlines	●	●	●
Earn Tier points on all eligible oneworld flights	●	●	●
Access to Business Class priority check-in	●	●	●
Access to preferred or pre-reserved seating	●	●	●
Priority on waitlists and when on standby	●	●	●
Access to Business Class lounges		●	●
Priority boarding		●	●
Extra baggage allowance		●	●
Priority baggage handling		●	●
Access to First Class priority check-in			●
Access to First Class lounges			●
Fast track at security lanes			●

Access to preferred or pre-reserved seating is in accordance with the individual policy of the oneworld member airline operating the flight. First and business class check-in desks and lounges are not available at all airports. Fast track is not available at all airports. Priority baggage handling is not available on flights operated by British Airways. Customers are not entitled to extra baggage if booked on a British Airways Hand Baggage only (Basic) fare. Extra baggage allowance benefits differ for Sapphire and Emerald level members. oneworld benefits are available only to passengers on scheduled flights that are both marketed and operated by a oneworld member airline (marketed means that there must be a oneworld member airline's flight number on your ticket). American Airlines, British Airways, Cathay Pacific, Finnair, Iberia, Japan Airlines, LATAM Airlines, Malaysia Airlines, Qantas, Qatar Airways, Royal Jordanian, S7 Airlines, SriLankan Airlines and oneworld are trademarks of their respective companies. LATAM Airlines (Paraguay) is currently not a part of oneworld. Fiji Airways is a oneworld connect partner which provides select alliance benefits to oneworld members. For more information, visit www.oneworld.com/oneworld-connect. Further restrictions and limitations may apply when flying with certain oneworld members, please visit individual airline websites for more information. General Conditions of Carriage of each member airline apply which can be found on the relevant websites. For oneworld's full Terms and Conditions, visit www.oneworld.com/general/terms-and-conditions.

BRITISH AIRWAYS

NAVIGATION



WHERE BA FLIES

Ten pages of BA route maps – plus the latest information on new destinations and the best holiday and flight deals

Page 98

SALE OF THE CENTURY

A round-up of some of the exclusive products created to celebrate British Airways' centenary this year

Page 110

THE BEST OF THE REST

How to get to your next destination, landing and customs information, and what to expect on your flight

Page 112

NAVIGATION

KEY

• BRITISH AIRWAYS / SUBSIDIARIES / FRANCHISES

BA CityFlyer, SUN-AIR, Comair

• CODESHARE PARTNERS

Alaska Airlines, Aer Lingus, Air Baltic, American Airlines, Bangkok Airways, Cathay Pacific, China Eastern, China Southern, Fiji Airways, Finnair, Iberia, Japan Airlines, LATAM Airlines, Loganair, Air Italy (formerly Meridiana Fly), Qantas, Qatar Airways, Royal Jordanian, S7 Airlines, Vistara, Vueling Airlines

What is a codeshare?

A codeshare is a shared flight: one airline operates the flight, while another sells seats on the same flight under its own airline codes. The result? Customers have a wider choice of routes.

• COMBINED BA / CODESHARE

Both British Airways and its codeshare partners fly to these destinations.

• NEW BA DESTINATIONS

New BA destinations that are available to book on ba.com

* Seasonal destination



AVAST!

The rum-swilling, seafaring buccaneers of Grand Cayman's past - the real pirates of the Caribbean - are celebrated every year at Pirates Week. Running from 7-17 November this year, it takes in parades, games, fireworks and music for the whole family, from cabin boy to captain.

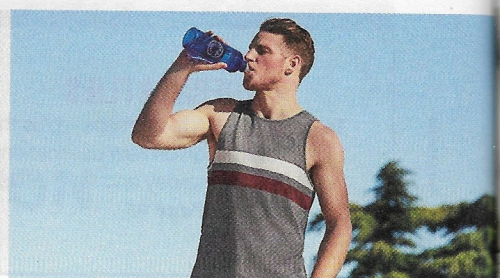
ba.com/cayman

AN ALLIANCE OF AWARDS

oneworld has been named the best alliance for on-time flights by industry data cruncher FlightStats. This means that oneworld now holds six 'best airline alliance' awards internationally, consolidating its lead as the world's most highly prized airline alliance.



MEN'S BRITISH SPORTSWEAR



WHERE BA FLIES TO

KEEP IT SUITE

British Airways' highly anticipated new business-class seat, Club Suite, will arrive on the first of its A350 aircraft in July, with direct-aisle access, a suite door for greater privacy and luxurious flat-bed seats in a 1-2-1 configuration. Wi-Fi, a 17-inch screen and PC/USB power are among further upgrades.

ba.com

READ ALL ABOUT IT

British Airways customers can now choose from up to 7,000 digital newspapers and magazines by downloading the Pressreader App pre-flight, and downloading issues up to 24 hours before take-off at no extra charge. A range of titles are available, from more than 120 countries and in more than 60 languages.

ba.com

PITCH UP

Celebrating the future of flying in its centenary year, British Airways will employ its on-board Wi-Fi in giving five startups the chance to pitch their ideas on the future of air travel. A panel of leading investors and CEOs will live-stream the pitches at 30,000 feet, on board a BA flight on 11 June. Three businesses will be selected to pitch in person at the Founders Forum event the following day.

PRETTY GREEN

Within a 60-minute drive (or a 15-minute helicopter ride) from the airport, Constance Belle Mare Plage, Mauritius is a serene joy from the moment guests arrive. Its 15 hectares of tropical gardens give way to two 18-hole golf courses. Book with BA to receive 40 per cent off your hotel for stays from June to December when booking 45 days in advance.

ba.com/mauritius



15% OFF FIRST ORDER
ENTER CODE: BA15

iffleyroad.com

NAVIGATION



ROYAL WHARF
LONDON

**1-4 Bedroom Apartments
and Townhouses**
PRICES FROM £388,500

NAVIGATION



Kids 15 years or under
travel free*



*When accompanied by a full fare paying adult. For terms and conditions visit heathrowexpress.com

NAVIGATION

A QUIET PLACE

Ras Al Khaimah is a small Emirate situated in the North of the UAE, and is more traditional and less developed than its cosmopolitan neighbour Dubai. The Cove Rotana Resort exemplifies its rich heritage with exotic charm and first-class facilities. Book with BA to save 20 per cent on stays between 1 June and 31 October if booking 60 days in advance.
ba.com/abudhabi

FREE SPIRIT

In the picturesque northern part of KwaZulu-Natal national park sits the enchanting Ghost Mountain Inn. From here, guests can explore the wealth of game and coastal reserves in Maputland and the Elephant Coast, self-drive to discover the area for themselves, or join the Inn's Safari Company, which offers game drives, boat cruises and cultural excursions.
ba.com/south-africa



KEY

- British Airways / Subsidiaries / Franchises
 - Codeshare partners
 - Combined British Airways / Codeshare
 - New BA destinations
 - * Seasonal destination
- See page 98 for full details

© Oxford Cartographers, E & OE 98500
+44 (0)1993 705 394, info@oxfordcartographers.com
Made with Natural Earth

CONTAINS CODE



Discount code valid in 2018: **BAH2**



STAR POWER

As if the Emerald Coast wasn't tempting enough, the Grand Hotel Poltu Quatu in Olbia, Sardinia, also boasts a three-Michelin-starred restaurant. BA offers seven nights from £1,199pp travelling on selected departures throughout September, including return flights from Heathrow and accommodation with breakfast. Receive one free night for every four stayed.

Book by 30 June.
ba.com/sardinia

ROUTE NEWS

- A new British Airways route from London City to Split, Croatia, begins this month, in addition to the existing London Heathrow route.
- From 12 July to 2 September, BA will begin seasonal routes to Ljubljana, Slovenia, and Montpellier, France, from London Heathrow Terminal 5.

FOR THE GODS

With a name that means 'everlasting' in Greek, the Amara resort on the southern coast of Cyprus is indeed the kind of place one could never tire of – serene sea views, a sumptuous spa and fascinating archaeological sites nearby. BA offers seven nights from £1,399pp travelling between 29 August and 30 September, including return flights from Gatwick and accommodation with breakfast. Book by 30 June.
ba.com/paphos

KEY

- British Airways / Subsidiaries / Franchises
- Codeshare partners
- Combined British Airways / Codeshare
- New BA destinations
- * Seasonal destination

See page 98 for full details

DESTINATION	TIME*	MILES*
Alicante	2:35	920
Almeria	2:25	1,110
Amsterdam	1:10	220
Athens	3:45	1,500
Barcelona	2:10	710
Bari	2:50	1,080
Basel	1:35	445
Bastia	2:20	765
Bergerac	1:45	467
Berlin	1:55	590
Bilbao	2:00	575
Billund	1:50	475
Bologna	2:10	715
Bordeaux	1:35	435
Brindisi	3:00	930
Brussels	1:15	215
Bucharest	3:25	1,305
Budapest	2:35	925
Cagliari	2:35	960
Catania	3:05	1,225
Chambéry	1:35	435
Chania	3:50	1,620
Cologne	1:15	362
Copenhagen	2:00	810
Corfu	3:15	1,275
Dalaman	4:00	1,640
Dubrovnik	2:45	1,065
Düsseldorf	1:20	305
Faro	2:50	1,050
Figari	2:25	823
Florence	2:10	745
Frankfurt	1:40	435
Friedrichshafen	1:40	510
Geneva	1:40	460
Genoa	1:55	625
Gibraltar	2:50	1,100
Göteborg	2:00	685
Granada	2:40	1,015
Grenoble	1:35	470
Hamburg	1:40	460
Hanover	1:35	435
Helsinki	3:05	1,150
Heraklion	3:55	1,680
Ibiza	2:25	875
Innsbruck	2:00	585
Istanbul	4:00	1,560
Kalamata	3:40	1,470
Kefalonia	3:25	1,360
Kiev	3:25	1,360
Kos	3:50	1,667
Krakow	2:30	890
Larnaca	4:50	2,025
Limoges	1:45	490
Lisbon	2:40	970
Ljubljana	2:15	770
Luxembourg	1:20	320
Lyon	1:40	470
Madrid	2:20	785
Mahón	2:15	835
Malaga	2:50	1,030
Malta	3:15	1,280
Marseille	1:55	615
Milan	1:55	680
Montpellier	2:00	585
Moscow	3:55	1,690
Munich	2:00	685
Mykonos	3:45	1,570
Naples	2:40	990
Nantes	1:20	300
Nice	2:00	645
Nuremberg	2:05	615
Olbia	2:30	865
Oslo	2:15	735
Palermo	3:05	1,130
Palma	2:25	835
Paphos	4:45	1,990
Paris	1:20	285
Pisa	2:15	730
Porto	2:20	805
Prague	2:00	635
Preveza/Lefkada	3:20	1,325
Pula	2:20	800
Quimper	1:10	305
Reykjavik	3:15	1,175
Rhodes	4:05	1,725
Rome	2:35	885
Rotterdam	0:50	195
Salzburg	2:00	775
Santorini	3:55	1,630
Seville	2:45	1,015
Skiathos	3:30	1,415
Sofia	3:15	1,265
Split	2:40	955
St Petersburg	3:15	1,315
Stockholm	2:35	910
Stuttgart	1:40	470
Thessaloniki	3:15	1,335
Tirana	3:00	1,160
Toulouse	1:50	530
Turin	1:50	545
Valencia	2:30	895
Venice	2:05	885
Verona	2:00	615
Vienna	2:20	790
Warsaw	2:30	910
Zagreb	2:25	840
Zakynthos	3:30	1,405
Zurich	1:40	485

*Direct BA routes only from LHR, LGW and LCY shown. Distances and timings are approximate, from London, correct as provided by BA revenue management at time of going to press. All are subject to change. Prices correct at time of going to press.

Book your Appointment
+44 (0)20 3918 4368
www.royalwharf.com

ballymore. *Oxley*



NORTH AMERICA

YOUNG AT HEART

The colonial-era building that houses Zero George Street in Charleston may be antiquated, but the fixings are anything but – admire the sophisticated new interior design on the way to the in-house Zero Restaurant and Bar. Book with BA to receive a ten per cent discount on stays between Sunday and Thursday on selected dates. Book by 30 June.
ba.com/charleston

DESTINATION	JOURNEY TIME*	MILES*
Atlanta	9:00	4,200
Austin	9:40	4,910
Baltimore	7:55	3,625
Boston	6:50	3,260
Calgary	9:05	4,355
Charleston	8:00	4,075
Chicago	8:05	3,955
Dallas	9:30	4,745
Fort Lauderdale	9:20	4,392
Denver	9:15	4,665
Houston	9:35	4,820
Las Vegas	10:40	5,230
Los Angeles	11:15	5,455
Miami	9:00	4,435
Montreal	6:55	3,240
Nashville	9:00	4,176
New Orleans	9:20	4,617
New York	7:25	3,450
Newark	7:20	3,455
Orlando	8:50	4,355
Philadelphia	7:30	3,545
Phoenix	10:10	5,255
Pittsburgh	8:15	3,715
San Diego	10:50	5,470
San Francisco	10:40	5,360
San Jose, USA	10:00	5,360
Seattle	9:55	4,785
Tampa	9:25	4,425
Toronto	7:20	3,545
Vancouver	9:20	4,705
Washington	7:35	3,675

BIGGER IS BETTER

A frankly enormous 356 acres of tropical gardens make up the grounds of Boca Raton, a sprawling, indulgent Waldorf Astoria property in Palm Beach, Florida. Book with BA by 19 December and enjoy five nights for the price of four, for stays until 31 December 2019.
ba.com/florida

KEY

- British Airways / Subsidiaries / Franchises
 - Codeshare partners
 - Combined British Airways / Codeshare
 - New BA destinations
 - * Seasonal destination
- See page 98 for full details

*Direct BA routes only from LHR, LOW and LCY shown. Distances and timings are approximate, from London, correct as provided by BA revenue management at time of going to press. Prices correct at time of going to press.

The fastest way
from Heathrow Central*
to London Paddington

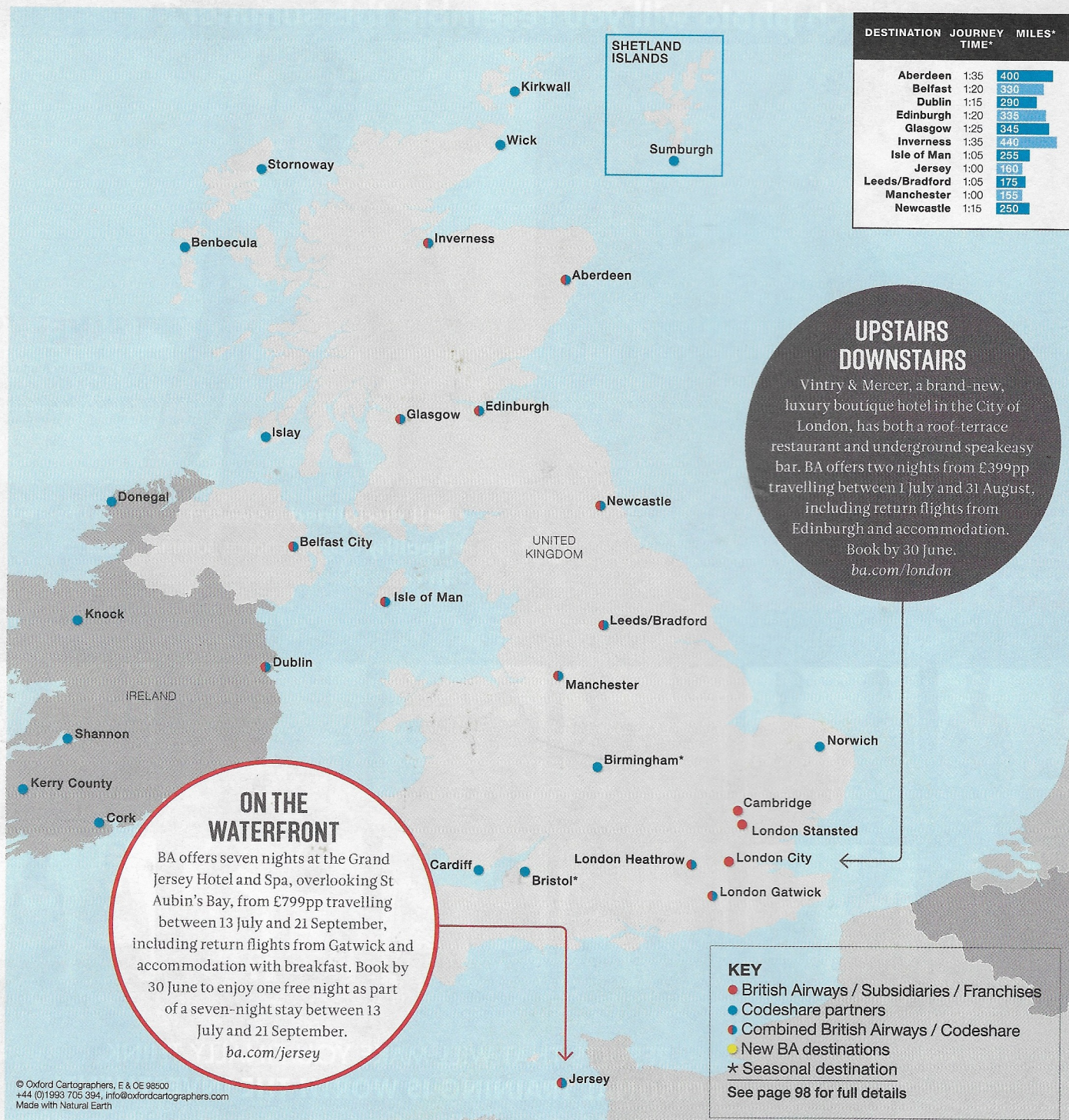
*Heathrow Central for Terminals 2 & 3. For terms and conditions visit heathrowexpress.com



Buy your tickets in arrivals

NAVIGATION

UK AND IRELAND



*Direct BA routes only from LHR, LGW and LCY shown. Distances and timings are approximate, from London, correct as provided by BA revenue management at time of going to press. All are subject to change. Prices correct at time of going to press.



Every month our Executive Club Members indulge themselves with over 67,000 flights paid for with Avios. Join now at ba.com/highlife

Photo by Joe Ratheram Club Member since 2013.

Terms & Conditions apply.

BRITISH AIRWAYS
Executive Club



AFRICA, THE MIDDLE EAST, ASIA & AUSTRALIA

ROUTE NEWS

- From 2 June 2019, BA will fly three times a week to Islamabad, Pakistan, from Heathrow.
- From 1 December 2019, BA will fly year-round from Heathrow to Dammam, Saudi Arabia.

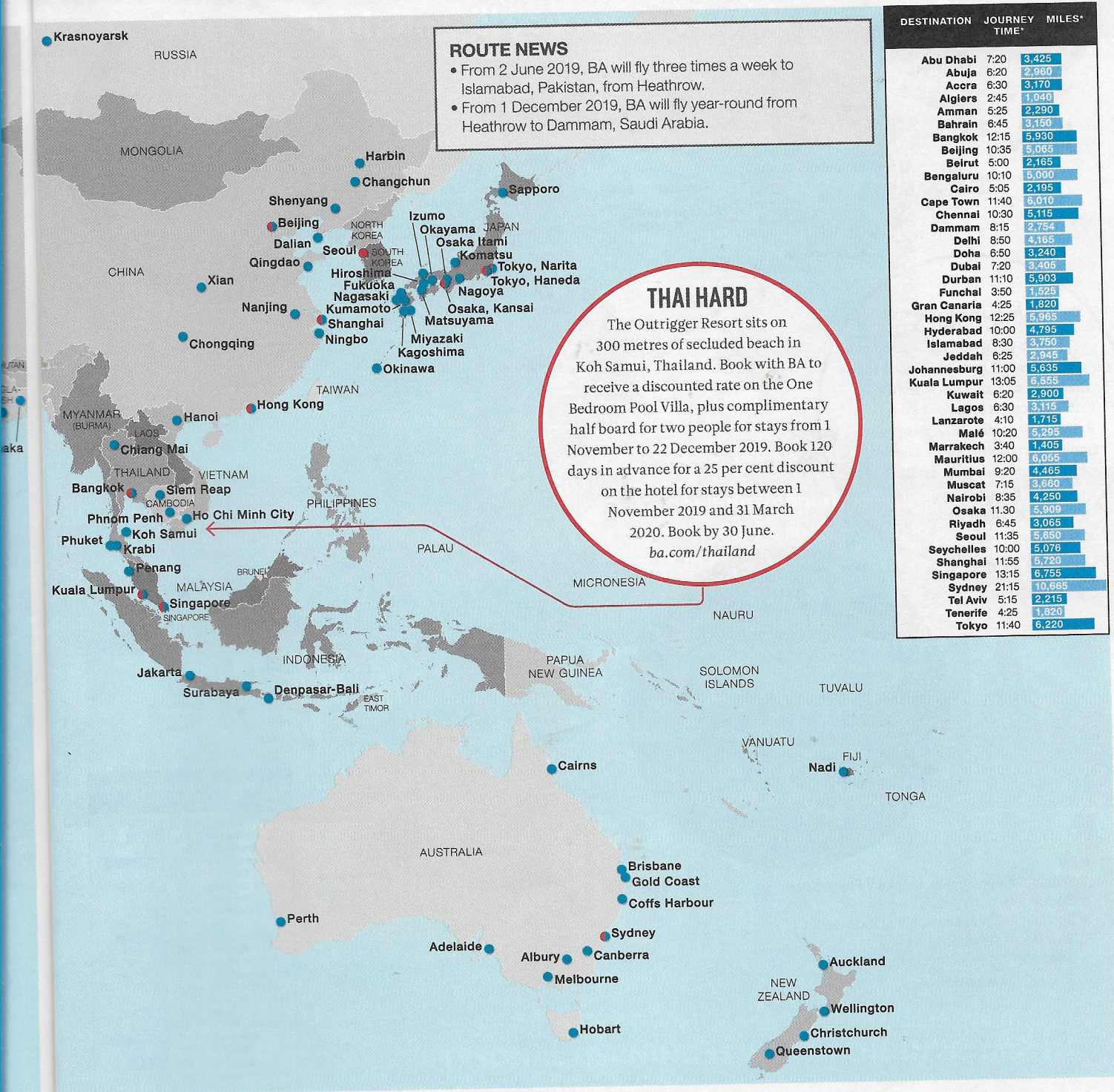
THAI HARD

The Outrigger Resort sits on 300 metres of secluded beach in Koh Samui, Thailand. Book with BA to receive a discounted rate on the One Bedroom Pool Villa, plus complimentary half board for two people for stays from 1 November to 22 December 2019. Book 120 days in advance for a 25 per cent discount on the hotel for stays between 1 November 2019 and 31 March 2020. Book by 30 June.
ba.com/thailand

DESTINATION JOURNEY TIME* MILES*

Abu Dhabi	7:20	3,425
Abuja	6:20	2,960
Accra	6:30	3,170
Algiers	2:45	1,040
Amman	5:25	2,290
Bahrain	6:45	3,150
Bangkok	12:15	5,930
Beijing	10:35	5,055
Belrut	5:00	2,165
Bengaluru	10:10	5,000
Cairo	5:05	2,195
Cape Town	11:40	6,010
Chennai	10:30	5,115
Dammam	8:15	2,754
Delhi	8:50	4,165
Doha	6:50	3,240
Dubai	7:20	3,405
Durban	11:10	5,903
Funchal	3:50	1,525
Gran Canaria	4:25	1,820
Hong Kong	12:25	5,965
Hyderabad	10:00	4,795
Islamabad	8:30	3,750
Jeddah	6:25	2,945
Johannesburg	11:00	5,635
Kuala Lumpur	13:05	6,555
Kuwait	6:20	2,900
Lagos	6:30	3,115
Lanzarote	4:10	1,715
Malé	10:20	5,295
Marrakech	3:40	1,405
Mauritius	12:00	6,055
Mumbai	9:20	4,465
Muscat	7:15	3,860
Nairobi	8:35	4,250
Osaka	11:30	5,909
Riyadh	6:45	3,065
Seoul	11:35	5,650
Seychelles	10:00	5,076
Shanghai	11:55	5,720
Singapore	13:15	6,755
Sydney	21:15	10,665
Tel Aviv	5:15	2,215
Tenerife	4:25	1,820
Tokyo	11:40	6,220

*Direct BA routes only from LHR, LGW and LCY shown. Distances and timings are approximate, from London, correct as provided by BA revenue management at time of going to press. All are subject to change. Prices correct at time of going to press.



SIZE MATTERS, GET 7CM / 2,75" TALLER TODAY
Height increasing shoes for men



+7cm

masaltos.com

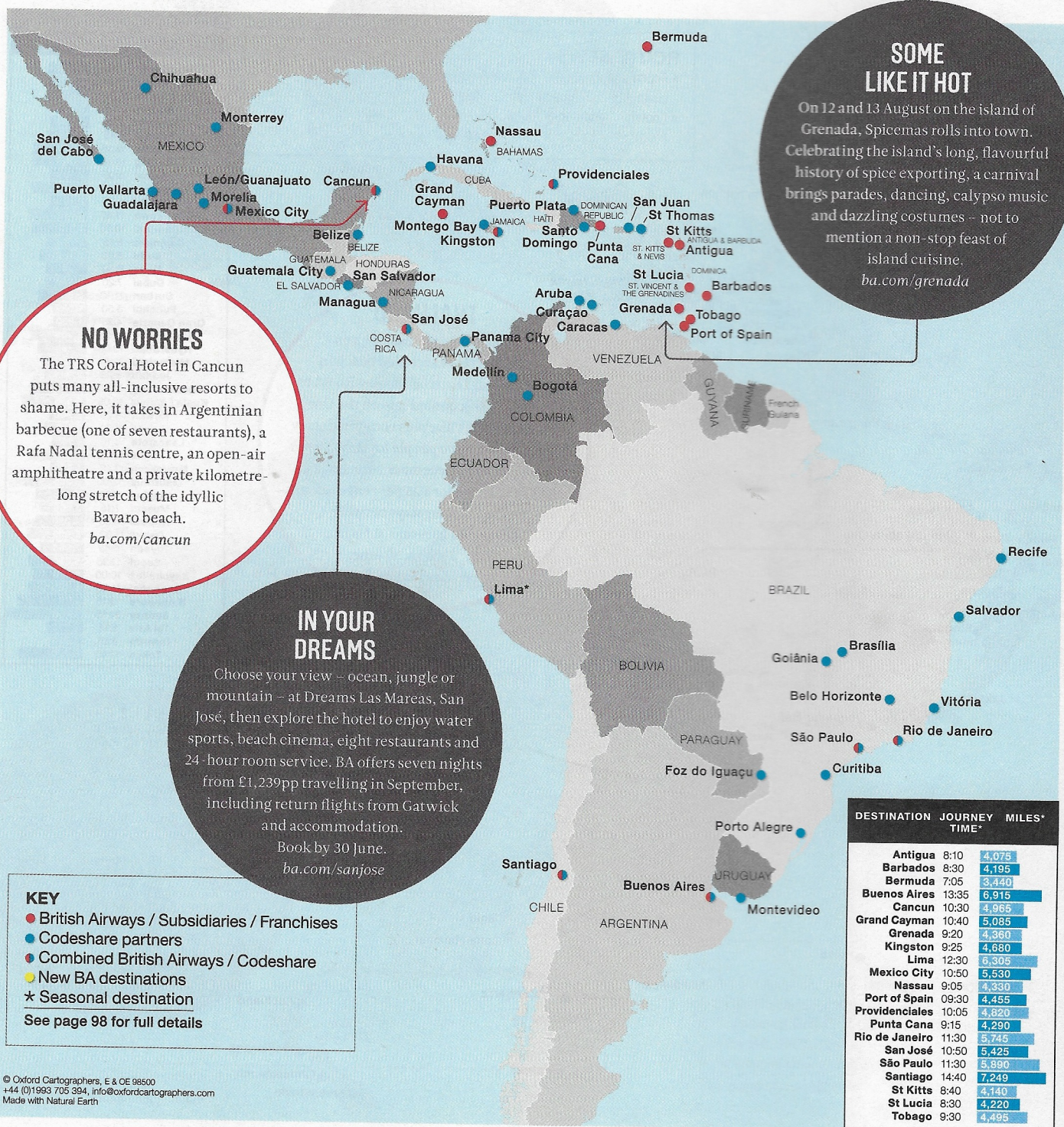
C/Feria 4 y 6. C.P. 41003, Seville, Spain

0034 95456 42 92

www.masaltos.com

NAVIGATION

MEXICO, CENTRAL AND SOUTH AMERICA



Smile all the stay.

All our hotels are in dreamlike settings, but if we can go the extra step, rest assured that we have what it takes to surprise you, over and over again, so you'll keep wondering what's next?

MAURITIUS • RÉUNION • MALDIVES • CHINA • TURKEY • VIETNAM • U.A.E • ITALY | LUXRESORTS.COM

LUX*
RESORTS & HOTELS

NAVIGATION



CELEBRATING A CENTURY

To mark British Airways' 100th anniversary this August, BA has collaborated with several brilliant British partners on a series of special edition products. So wherever you're travelling this summer, take a piece of British ingenuity in your carry-on



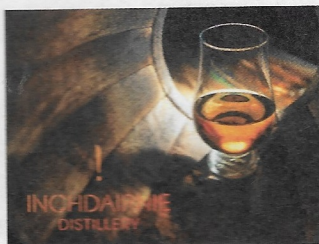
My 1st Years

Younger British Airways passengers receive a complimentary My 1st Years Mini Adventurer backpack when travelling in July and August.* £25. my1styears.com



InchDairnie Scotch

InchDairnie is a boutique operation that aims to release its first single malt Scotch around 2029, which will include a special BA edition. Orders taken now, £10,000 for a cask. inchdairniedistillery.com



BrewDog

BrewDog has produced a unique IPA 'Speedbird 100' – the world's first beer brewed at 40,000 feet – which started life on a Boeing 787 Dreamliner cruising over Scotland. £4.45. brewdog.com



Union Coffee

Enjoy Union Coffee in BA lounges across the UK and on board in First, Club World and Club Europe. To celebrate BA's 100th anniversary customers have the chance to win return flights to Brazil** £5-5.50. unioncoffee.com/winflights



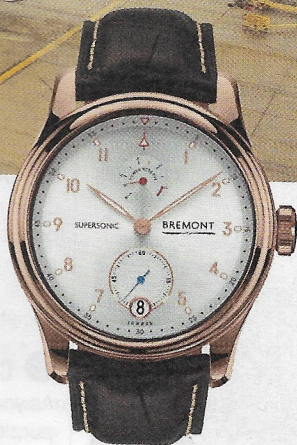
Hattingley Valley

The Hampshire-based family firm has created a centenary edition sparkling wine to sample in First cabins and the Concorde room at T5.



hattingleyvalley.com

FLYING BA



Bremont watches

Bremont scored a huge success with its Supersonic watches, which contained original metal from the era-defining Concorde. Happily this timepiece is still available in rose gold.

£16,995. bremont.com



Marmite

Love it or hate it, the tangy savoury spread is the most confiscated item at airport security. Now, this edition comes in a handy 70ml pot.



Plus, look inside your copy of *High Life Shop* for a brand-new hotlist of limited-edition lines, tailor-made to celebrate 100 years of British Airways

masaltos.com

Be up to 7 cm taller



VISIT www.masaltos.com

It is finally possible to increase your height without anyone knowing your secret. Thanks to these Italian shoes, men can discreetly add up to 7cms, or 2.7 inches to their height. Masaltos.com shoes contain an anatomically formed interior wedge that will make you look taller!

Decades of experience and research allow us to say with certainty that the design of our shoes will fit your feet comfortably. We are constantly developing new, elegant and in-style boots, dress shoes, casual shoes and sneakers. Visit our online store and make your top quality purchase today.

Discount, valid in 2019: BAHL



(+34) 954 564 292
Feria 4 y 6 41003.
Seville, Spain.
info@masaltos.com

Size matters, get 7 cm. / 2.75" Taller today

eAwards



Best Ecommerce Brand 2019

t bears

NAVIGATION



A VERY BRITISH WELCOME

→ **Enjoy your time on board**

SAFETY

Our main concern is for your safety and that of the crew. Staff are there for your protection, so please pay attention to their instructions, which are binding by law (UK Air Navigation Order).

BEHAVIOUR

Staff have the right to work in a safe environment and be treated in a fair and respectful way. We do not tolerate violent or disruptive behaviour or language, and the crew has been trained to deal with such incidents.

ALCOHOL

British Airways may refuse to allow a customer on

board if they appear to have consumed too much alcohol. Once in flight, excessive drinking will not be tolerated on board. Customers should not consume alcohol brought on to the aircraft by themselves or another customer.

WELLBEING

Eat light meals and drink plenty of water. Avoid products with lots of sugar, caffeine or alcohol, and regularly apply moisturiser and lip balm in order to stay hydrated.

Deep vein thrombosis is rare, but we encourage you to move around periodically to decrease the risk. Stretch your arms and legs regularly and follow the exercises on the right.

MOVEMENT

To help you maintain good circulation while you fly, we suggest these exercises. You can do them while seated, or walk around the cabin at regular intervals.



Raise your shoulders and rotate



Roll your neck back and forth



Slowly tilt your head to one side. Repeat



Sit up straight when your seat is upright

FOOD ALLERGIES

If you have a severe food allergy, please talk to a member of crew about your allergy and ask for information about your meal.

ASSISTANCE

Please ask a crew member if you need help, for example, with stowing your hand baggage, moving between your seat and the toilet, or opening your meal.

We offer wheelchairs on each aircraft to help you move on board more easily.

Headphones are compatible with hearing aids switched to the 'T' position to amplify the sound.

MEDICAL

Please ask a crew member if you require a sharps box for the safe disposal of empty insulin cartridges, used needles, lancets or syringes. Please do not leave items in the toilets or seat pockets.

TEAMWORK

If a member of the BA team has impressed by going the extra mile please get in touch at [ba.com/thankyou](https://www.britishairways.com/thankyou)
























Watch Headspace's new guides to meditation, sleep, jetlag and conquering anxiety on board (selected flights)



Internal Arrivals

HOW TO GET TO CENTRAL LONDON

Fares provided are one-way per person. Details are subject to change, please check before you travel

↓ FROM HEATHROW	↓ FROM GATWICK	↓ FROM STANSTED	↓ FROM LONDON CITY
 Journey time is about 30-60 minutes in a taxi and costs approximately £55-£70.	 Journey time is about an hour in a taxi and costs around £100.	 Journey time is about an hour in a taxi and costs around £120.	 Journey time is about 30 minutes and costs around £30.
 London Underground trains run from all terminals and take about 60 minutes. Tickets cost around £6; or use a contactless card or an Oyster card. See tfl.gov.uk	 Underground train not available.	 Underground train not available.	 Docklands Light Railway takes about 20 mins to Bank station. Cost: around £5. At Bank, use the Underground to continue.
 Heathrow Express to London Paddington Takes about 15 minutes and costs from £25. Trains run every 15 minutes between 0507-2348. Collect ten Avios for every £1 spent on tickets and 200 Avios for first class when you book online.	 Gatwick Express Direct trains to London Victoria (around 30 mins). Costs from £19.90. Trains run every 15 mins between 0006-1145. Thameslink Services to London Bridge (48 mins, 0015-2310)* and St Pancras (around 60 mins, 24/7 at varying times).† From £10.70. Southern Services to London Victoria via Clapham Junction and East Croydon. From £14; takes around 30 mins. Trains run 24/7 at varying times.†	 Stansted Express Direct trains to London Liverpool Street (47 minutes). Costs from £7 when booked in advance. Trains run around every 15 minutes from 0530-0030. Greater Anglia Services to London Liverpool Street (47 minutes, 0530-0030, seven days a week). Costs from £7 when booked in advance.	 
 Various coach services. National Express is the biggest: nationalexpress.com	 Various coach services. National Express is the biggest: nationalexpress.com	 Various coach services. National Express is the biggest: nationalexpress.com	 Bus services to central London are not available.
Executive Club Members collect Avios on every Avis and Budget car rental, and get a second named driver listed for free on Avis rentals			
 Our exclusive car rental partners Avis and Budget are located in Terminals 3 and 5 in the Arrivals Hall.*	 Our exclusive car rental partners Avis and Budget are located in the Arrivals Hall.	 Our exclusive car rental partners Avis and Budget are located a short shuttle bus ride from the bus and coach station.	 Our exclusive car rental partners Avis and Budget are located in the Car Rental building outside the Terminal – leave through the main entrance and turn left.

NAVIGATION



WELCOME TO THE HOME OF BRITISH AIRWAYS

British Airways operates flights from Heathrow Terminals 3 and 5, Gatwick South Terminal and London City.

LANDING CARDS

If you have a non-EU passport and are not connecting to another international flight today, you must complete all sections of the Landing Card and have it ready for passport control. Crew will provide forms just before landing.

DISABILITY ASSISTANCE

We'll try to let you disembark as soon as possible but, in order to respect your privacy and for safety reasons, this could take up to 20 minutes. If you'd like to use your wheelchair at the airport, we can arrange to have it delivered from the

hold to the aircraft door. If that's not possible, we will make sure there is a wheelchair available to assist you in travelling to the baggage reclaim area.

PASSPORT CONTROL

If you have an EU passport with a chip in it, you can use the automatic ePassport gates. You can use Fast Track if you have a non-EU passport and are travelling in First, Club World or Club Europe, are

an Executive Club Member (Gold/Silver, plus one guest), or **oneworld**® member (Emerald/Sapphire, plus one guest).

BAGGAGE RECLAIM

After passport control, follow signs for Arrivals/Baggage reclaim. Find your flight on the information screens to check the carousel your bags will arrive on.

CUSTOMS

Restrictions apply to bringing meat, food and plants into the UK from outside the EU – look for the posters in the baggage reclaim for details of your allowances. If you have exceeded the allowance or have unlisted items, go to the airport's Customs point. If you're carrying €10,000 or more, or the equivalent in another currency, and travelling directly to or from a non-EU country, complete a cash declaration form at Customs.

CURRENCY

Cash machines (ATMs) are available before and after Security in all London airports. Most ATMs accept major credit cards and UK bank and building society cards without surcharge.

CONNECTING FLIGHTS

As you exit the aircraft, look out for the purple Flight Connections signs at the airport to reach your connecting flight.

If your baggage tag shows your final destination your bags will be forwarded automatically to your connecting flight. If it shows LHR, LGW or LCY, you must collect your baggage.

Check your boarding pass to see which terminal your next flight departs from. You can also check the 'Which Terminal?' information boards or visit ba.com/travel/routedest

If you have a boarding card, travel through connections to security. If you need to collect a boarding pass, please use the touchpoints located in the connections area.

The minimum connection time is 60-70 minutes if the connection is within the same terminal and 75-90 minutes for a different Heathrow terminal. You must be at the gate of your connecting flight no later than 20 minutes before scheduled departure time. Free Flight Connections buses provide travel between terminals.

