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GUIDE

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weekends in
**BERLIN
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INDONESIA'S
NEW WAVE

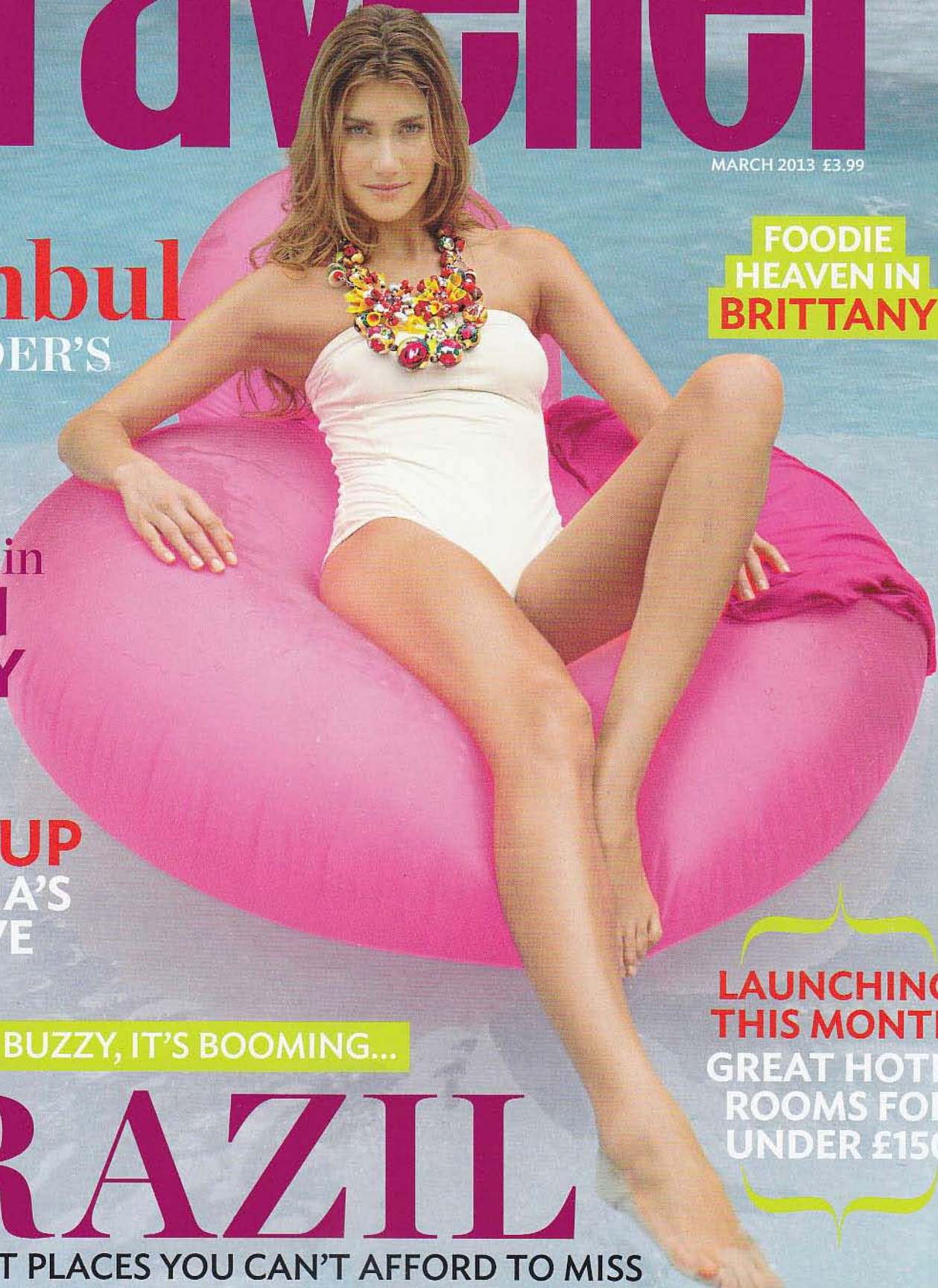
IT'S BIG, IT'S BUZZY, IT'S BOOMING...

BRAZIL

THE COOLEST PLACES YOU CAN'T AFFORD TO MISS

**FOODIE
HEAVEN IN
BRITTANY**

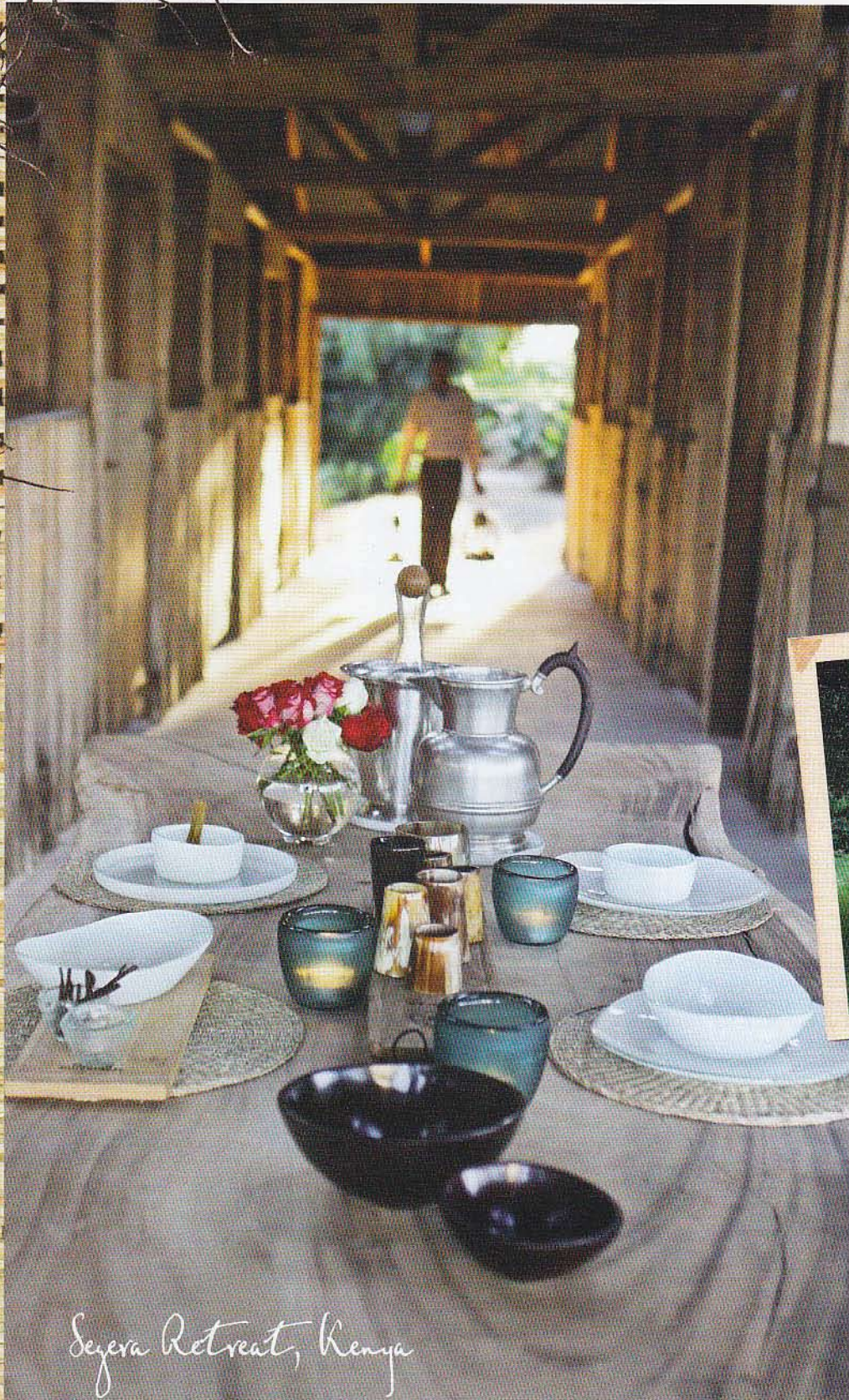
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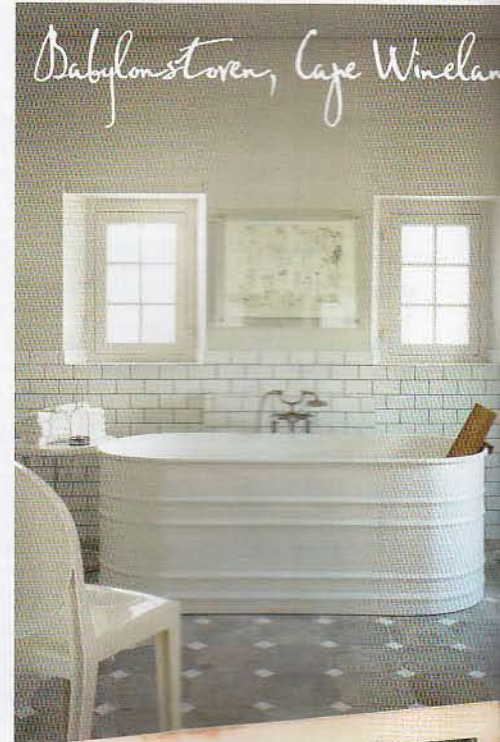
Word of mouth

What's hot in **Africa** **India** **Lima** **Nepal** **London** **Sweden** **Tuscany**

EDITED BY RICK JORDAN



Sejara Retreat, Kenya



Babylonstören, Cape Winelands



Rabondo Island Camp, Tanzania



Sejara Retreat, Kenya

Word of mouth

ARRIBA LIMA!

Listen up: the way-out sounds of Peru

There's more to Peruvian music than pan-pipes. Lima has been a hotbed of talent since the 1960s, centred on the bohemian *barrio* of Barranco. **Martin Morales** provides an insider's guide...

If you like the Stones

Listen to **Los Mads**, a Latin psyche-rock band that Mick Jagger and Keith Richards fell in love with during the late 1960s.

If you like Nina Simone

The heartfelt *criollo* songs of **Lucha Reyes**, such as 'Regresa', are anthems in her homeland.

If you like Massive Attack

Novalima from Barranco make electronic sounds that kick but have a laid-back reggae style.

If you like James Brown

Juaneco y su Combo from the Amazon were electric-guitar-toting stars of *chicha*, mixing *cumbia* with funky rock 'n' roll.

If you like Ed Sheeran
Kanaku y El Tigre make socially conscious folk-pop with beautiful harmonies.

If you like Basement Jaxx
Dengue Dengue Dengue are leaders of the new sub-bass *cumbia* sound based in Barranco.

Martin Morales is co-founder of London's Ceviche restaurant and the new Tiger's Milk Records (www.tigersmilkrecords.bandcamp.com), dedicated to Peruvian music

Musical glossary

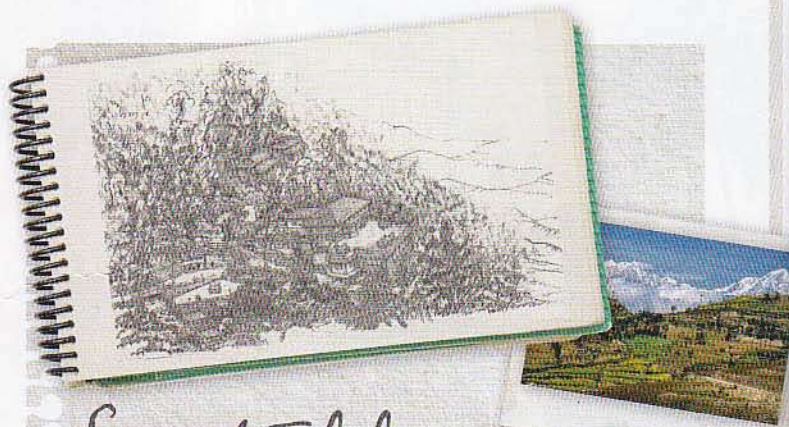
- Cumbia** Hip-shaking party music – the tropical heartbeat
- Chicha** Like *cumbia* but grittier, more low-fi and psychedelic
- Criollo** Slower, almost waltzy – the Peruvian blues
- Festejo** More tap-dancey, like a proper, deep rumba



BANDITA COUNTRY

Val d'Orcia retreat La Bandita has been a huge hit since it opened in 2007. When owner John Voigtman came across a former convent for sale in nearby Pienza, he saw an opportunity to create a Tuscan *centro storico* match for La Bandita's laid-back country vibe. Guests at **La Bandita Townhouse** will check in under a restored 15th-century vaulted ceiling, before ascending to one of 12 rooms

kitted out with Busatti linen sheets, Ortigia bath products and worn-leather club chairs courtesy of Florence's architectural-salvage king, Riccardo Barthel; the Townhouse Caffè will spoon up La Bandita classics such as ricotta-stuffed courgette flowers in garlic-tomato salsa, and pea-and-burrata bruschetta. 'Pienza is one of Tuscany's prettiest places, where little has changed for centuries,' Voigtman says. 'To fully appreciate it, take an *aperitivo* at Bar Castello, on the town's medieval walls.' 00 39 333 404 6704; www.labanditatownhouse.com. Doubles from about £80 LEE MARSHALL



Spa trekkin'

It's 60 years since Everest was conquered, but for those who prefer a more horizontal approach to the Himalayas, a rural spa retreat is opening with jaw-dropping mountain views. Set 1,550 metres above fields of cardamom and bamboo, less than an hour from Kathmandu, the village-like **Dwarika's Resort Dhulikhel** is owned by the family behind the remarkable Dwarika's in the city. That hotel is known for preserving Newari craft traditions; here, the focus is on Newari well-being, using homegrown ingredients such as neem, *left*, and aloe vera, as well as chakra sound therapy and Himalayan salt rubs. www.dwarikas-dhulikhel.com CAROLINE EDEN



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