



ATOM

Issue n°4 • MGM Muthu Hotels



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Editor's Letter

Hello



A huge and a warm hello from all of us in England, Scotland, Portugal and Spain! We are buzzing with utter joy, to bring you our newest edition of the ATOM Magazine that has been revamped with a new style! Whether you are reading this on your computer, iPad or as a physical magazine that has landed on your door step (yes this still does happen), we are overjoyed that you have a copy of it! We hope you enjoy this new edition, as the magazine has been packed with care, filled with hope, stories hand picked with love and written with passion so that the images, words and our accomplishments can touch your heart and keep you engaged.

We had a phenomenal year, one that has been filled with happy adventures and new ventures. We have expanded into the Scotland market, buying eight new hotels in the Scottish Highlands, Thurso, Inverness and one in Nottinghamshire, within a span of 6 months. It feels surreal to write this, I almost have to pause and let out a huge sigh of gratitude and disbelief in equal proportions! It has been a memorable journey of hard-work and commitment but importantly, it has taught us the importance of gratitude and patience! A huge thanks to you, our super awesome clients and to our extended family, our lovely staff for giving us these eye-opening opportunities. These acquisitions taught us to unlearn the clichés, to let go of the old, to allow life to unsettle us so we may unravel the impossible and watch it bloom. The experiences of entering a new market and getting to know the local community have humbled us, made us aware of how important culture and heritage is, especially Scotland with its rich cultural heritage has forced us to see life with a global telescope of possibilities! Be it in the sunny Albufeira, the lush Madeira island, the seaside of Tenerife, the buzzing town of Cuba or the scenic Scottish Highlands, our flourishing portfolio has a choice that suits everyone! Change is not always bad; change is good and important. We evolve through change; familiarity can be our worst enemy as we may take everything for granted, whereas change can force us to be cautious, to be more receptive, sensitive, understanding and grateful.

The recent changes that we have implemented, be it renovations in our hotels in the Algarve, building of the new pool by the sea at Monicca Collections, the upcoming waterpark project in Muthu Forte da Oura, opening of our 1000 rooms hotel in Cuba or the renovation of the Scottish Highlands properties - we have embraced change and we wish to be a vehicle for progress, as our idea of a business goes much beyond pounds and pennies. We echo the thought that good service and excellent quality embody our idea of success. We are greatly interested in what makes our work and businesses move forward and are often discovering new ways to diversify our product offerings across the globe and what we have learnt is that, our creative staff who inspire innovation and our customers who are the King are the backbone of our company. So this change of season is a time to shine. We truly hope you will give us the opportunity to host you at one of our new hotels in the United Kingdom. We also hope you will find an opportunity in every situation that life floats your way and that these opportunities will light up your life with miles of smiles and bundles of joy! With open arms, a huge smile and a warm heart, we await to see you. Book your stay at www.muthuhotels.com and let us know how excited you are via our social media pages!

Best Wishes,
Monicca Maran
Corporate Communications Director



Message

from the Chairman

Our people skills, employee focused culture & quality service has helped us evolve & grow in different parts of the world. We have embarked together on what I truly believe will be one of the most exciting phases of our company's history - and I am humbled to announce the expansion of our hotel portfolio in Scotland, UK, France and Portugal. Our dreams of becoming a global leader in the travel and tourism industry are coming true because of our loyal guests and dedicated staff. Muthu Hotels have maintained its pace as one of the fastest growing companies and we can't thank you enough for this incredible opportunity. We strive to create truly memorable moments for everyone involved in sustaining our success. My 5 golden rules for success: **Truth, Hard-work, Integrity, Character and Hope.**

Message

from the

Vice Chairman

Muthu Hotels have demonstrated a remarkable growth, not just in the diverse product offerings but also in bettering our services & customer satisfaction. Buying hotels in Scotland, Cuba, France & Madeira Islands and getting to know the local communities have been an exciting phase for us. We are looking forward to continuing to create significant value through our ongoing operations, excellent service and innovative elements that are our hallmarks.

Thank you for helping us grow and we look forward to seeing you in one of our class coaches in Muthu Highland Heritage tours or in the Madeira Islands, Cuba or France.





***TWO THINGS
DEFINE YOU.
YOUR PATIENCE WHEN
YOU HAVE NOTHING,
AND YOUR ATTITUDE
WHEN YOU HAVE
EVERYTHING.***



Smart VACATIONS

More than a majority of our guests have gained a loyalty membership with MGM, called Infiniti. This enables them to use the MGM portfolio of resorts on a yearly basis, using a very simple points based system. This entitles members to holiday every year, to stay in the best of accommodations within our resorts and hotels whilst receiving the highest of services. However, we felt that the first time a new client commits to becoming an Infiniti member it would make the transition easier for them if they had the opportunity to test drive the membership first.

Introducing the new ground breaking loyalty program called *Smart Vacations*. This membership is designed as a trial package. The membership has a 3 year flexibility that allows members to holiday at any time of the year in our resorts over the 3 year period. These members get to taste the best accommodation within MGM and experience the full services and facilities that are specific to all our members. The objective is simple: clients get to experience the membership during that time before deciding to convert to one of our many loyalty programs. The feedback since launching Smart Vacations has been incredible! To quote one member who said:

“It feels like a baby step into a great company”



a world of possibilities



Everyone wants to holiday, everyone wants excellent standards of accommodation and services for their family, so why not try the *Smart Vacations*? Holiday time is crucial for family bonding and getting away from everyday life! Therefore, why not make

it the best possible time ever! MGM Muthu Hotels offer a flourishing portfolio of hotels, that meets everyone's needs. The *Smart Vacations* is the ideal way to take the first baby step to ensuring many happy holidays, creating a lifetime of amazing memories!

If you want to know more about the Smart Vacation package, simply email: welcome@smartvacations.eu for further details. We hope to welcome you at one of our hotels.



Norway the happiest place on Earth



World Happiness Report 2017 reported that Norway (7.537) jumped from fourth to first place as the world's happiest country. Norway has overtaken Denmark as a leader of the global happiness rankings. Happiness is increasingly considered the proper measure of social progress and the goal of public policy. Countries are scored high on factors that are key to happiness such as: "caring, freedom, generosity, honesty, health, income and good governance".

Why Norway made it to the top?



Children

Kari Smith, a professor of education from Bergen, said making happy citizens starts with kids becoming "complete human beings" through the Norwegian education system that integrates them into the culture.

Parents let their teenage kids travel alone around Oslo on trams, buses and even ferries to visit friends on the other side of town. Norwegian kids have good relations with their parents. Parents are generally laid back, not authoritative and don't give orders. Even during the festivals in Norway, young kids gather with no apparent supervision. Kids are free to roam around without fear of being kidnapped or lost.





Vacation

One important reason why Norwegians are so happy is because they live near nature and take the time to enjoy it. Being with nature has a relaxing effect on human beings.

Time off, presumably to spend in nature, is codified in Norway as well. Leisure time is respected by the government, they have three weeks of continuous vacation. Employers are also required to give employees at least 25 days of paid vacation annually.

Share the wealth

The government is only allowed to use 3% of the oil fund every year to balance the budgets. Most people pay their taxes and fees with pleasure, knowing that they get so much back: free education through college, a generous pension, free hospital treatment, generous parental leave of one year at full pay. Still, there are trillion dollars saved in the government pension fund, this money from the state-owned oil company can't be invested in tobacco, ammunition, but only ethical investments. It is invested heavily in hydro power, high technology, research and development. Norway is the only major country with no foreign debt.



Embrace a communal spirit

Whenever Norwegians are asked why they are so happy, their answers begin with "we" rather than "I." Norwegians believe that "All neighbours chip in and help because you never know when you'll need help". As they feel they have few resources, so everyone may need some in the future. This is why Norwegians

seem eager to pay taxes. The openness to helping others is the essence of Norway's success. They have a willingness to give up a part of themselves for the betterment of the whole community - no wonder they are so happy!



Where to go when?



Best Holiday destination in the world. 12 months

Australia Gold Coast in January:

Sydney throws possibly the best New Year's Day parties in the world. Head on up the Gold Coast to Byron Bay, the Whitsunday, or the Great Barrier Reef, or indeed anywhere else along the east coast - the good times just keep rolling. January is the best month

to visit, after the crowds of December, though the weather is warm and not too hot. Good food, drinks, beaches, private islands, is the best way to start the new year.





Venice in February:

February is Carnival Time in Venice, which makes it either the very best time to come, or the worst. It seems like a Canaletto painting that comes to life every year when party-goers gather for three weeks of mask celebration. Those seeking the quietness of the floating city will be disappointed as it becomes a place where you join the huddled masses and indulge in another worldly experience.



Canary Islands in March:

Spain's Tiny Golden Islands off the coast of North Africa are heavenly in early spring. The days are getting longer and sunnier and there's no sign of the peak-season crowds. Tenerife is captivated by unexpected lunar landscapes and the unsung Canaries: a whistle-stop tour could take you through Santa Cruz de la Palma's whitewashed Renaissance palaces, La Gomera's plunging ravines and Fuencaliente's sleepy volcanic craters bathed in early morning mist.





Algarve, Portugal in May:

A canopy of sunshine and clear skies are your best friends whilst holidaying by the sea! Algarve is renowned for its 365 days of sunshine. It is in the south of Portugal and it provides the best of both worlds as it has a wild party side area as well as a quieter zone by the coast. Worth noting that it has some of the most fantastic beaches in Europe the best water sports, especially surfing. Portuguese food and wine will win your heart, so check out the local restaurants in the Algarve. In May, the weather is heating up but it's not yet too busy or too hot so this is the best time to visit.



Cuba in April: For a long-haul & guaranteed sunshine, Cuba is a perfect option. April and March are the best months to go to Cuba, weather-wise: when it's pretty dry, hot-but-not-too-hot (between 19°C at night and 29°C in the daytime) and days are long and sunny. Prices, meanwhile, aren't bad, the holiday traffic long gone. HAVANA is heaven; it is a lovely place, we can't recommend it enough. Don't forget to go to the beaches too, for unspoilt Caribbean white sands and turquoise seas, with a Latin beat.



St Petersburg in June:

Is there anything more magical than the white nights in St Petersburg? For a few weeks around midsummer the sun never sets, illuminating the whole city in an ethereal glow. Russians take off their fur coats as days and nights blur into one and there's a sense of euphoria in the air. The city puts on a month of festivities, from dancing in the streets to opera and ballet at The Mariinsky, The Conservatoire and The Hermitage Theatre.





7 July

Fiji in July: July is the best time to visit the South Pacific islands of Fiji. It's dry season and the water is at its clearest. The archipelago is one of the best places to dive in the world, surrounded by beautiful reefs which are home to around 1,000 species of fish; but on a clear day, a simple snorkel is just as good.

8 August

Amsterdam in August: August is a month bookmarked for fun, and a long weekend in Amsterdam will provide you with enough merriment and wild stories to carry you through the winter. Everything is hyped up in the Dutch city; museums are wacky, weird and downright fascinating, and cafés go from loud and lovely to totally laid-back. Mosey around the tourist areas like Jordaan and the old town and head to the seriously cool East Amsterdam, which is packed with kitsch shops, art galleries and delightful people enjoying a Grolsch in one of the cafés' gardens.



9 September

Milan in September: It is a surprising fact that it rains more in Milan than in Manchester. Still, never let bad weather stand in the way of a truly splendid city break. Go in September, which has the fewest rainy days of any month in Milan, and an average daytime temperature of 24°C. Go new-season shopping and do spend money on some excellent boots which will keep your feet dry and make you happy in the cold.





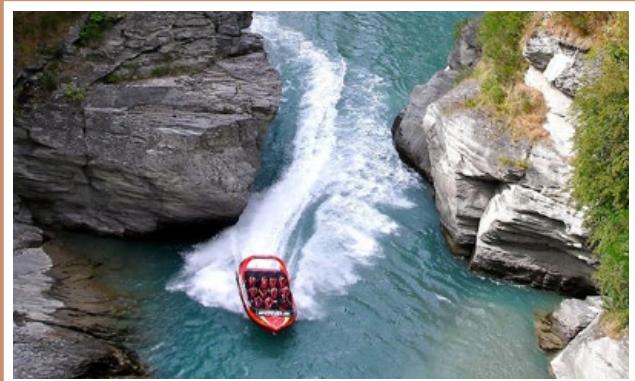
10 October

Rome, Italy in October: Rome by default, becomes our month of choice to visit in October, when it is less busy, still lovely and warm, and you can selfie at the Trevi Fountain in that magic late-summer sunlight without many tourists ruining the view.

11 November

New Zealand in November:

On New Zealand's South Island, you can ski in the morning and sunbathe in the afternoon. It's action-packed, with wild swimming, white-water rafting, glacier hiking, bungee-jumping, sky-diving & horse-riding. On the North Island the hot springs are pure bliss and off the coast of Auckland, some of the most amazing beaches you'll ever heard of.



12 December



Goa, India In December:

Goa is crazy in December. Every palm tree strung with tinsel and fairy lights, every beach bar rocking with the most beautiful happy-go-lucky just-found-themselves travellers dancing night and day. The weather is just perfect, and the parties reach fever pitch. This all rolls into New Year's Eve celebrations, with parties and raves on the beaches and bars (Goa is India's most liberal state!).





You must go
on adventures
to find out where
you truly
belong

Muthu Royal Park Albatros



LATE

ACEDEI

A close-up photograph of a bouquet of pink tulips with some green leaves, set against a solid pink background. The flowers are arranged in a loose, natural style, with some flowers in full bloom and others as tight buds.

SITUATIONS

MUTHU *Clumber Park Hotel*



Located in the heart of the Nottinghamshire countryside, on the outskirts of National Trust's 3,800-acre Clumber Park, it is only minutes from the beautiful Sherwood Forest, yet still within easy reach of the A1 and M1 motorway.

The hotel offers a variety of stylish bedrooms, a relaxing spa and gymnasium, excellent conference facilities and tailor-made weddings, including a licence to host both civil marriages and civil partnerships. The spa of the hotel is within the vicinity of the Sherwood Forest Country Park and Rufford Abbey. It is surrounded by the beautiful countryside and our own natural woodland, which make it the perfect backdrop for your wedding day.

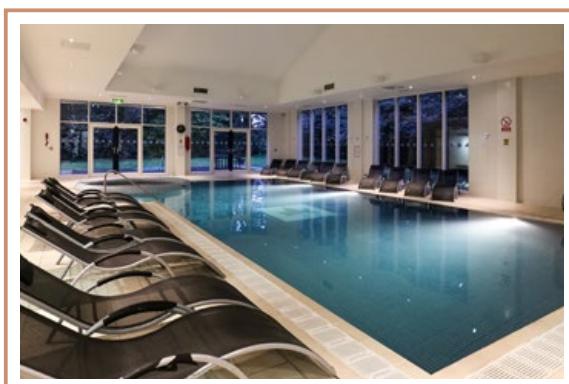
The two restaurants, provide delicious food and the comfortable lounges are perfect for unwinding, free high speed WiFi great for work, get a drink in the bar and relax.

Situated close to Sherwood Forest and local activity centres, the Clumber Park Hotel & Spa is an ideal venue for both business and leisure guests. The hotel also benefits from three acre woodland area, perfect for corporate teambuilding activities, which can

The 73 - bedroom Clumber Park Hotel & Spa in Worksop, Nottinghamshire, is the third acquisition in the United Kingdom for MGM Muthu Hotels.

Business & leisure

include Segway, archery, shooting, team challenges etc. By working closely with local suppliers they will tailor team activities to meet your requirements.



MUTHU *Newton Hotel*



The Muthu Newton Hotel, once regularly frequented by Charlie Chaplin and his family, stands in 21 acres of mature parkland and gardens in the Highland town of Nairn.

Overlooking the Moray Firth and beyond to the Black Isle, the Muthu Newton Hotel is the ideal location for guests in search of peace and tranquility to relax and unwind. The Hotel boasts stylish en suite bedrooms, all elegantly furnished and individually designed.



Originally built as a family home in the 17th century, the Muthu Newton Hotel has seen a number of improvements, including the addition of the Highland Conference Centre, which can host a variety of functions and events, including weddings, with a capacity of up to 240 delegates.

The hospitality of the delightful town of Nairn is matched by the warmest of welcomes that awaits you at the Newton! It is also an extremely popular venue for weddings, so inquire today by emailing nwt.sales@muthuhotels.com



*signature
of excellence*

MIUTHU *Ben Doran Hotel*

The Muthu Ben Doran Hotel is nestled in its own sheltered seven-acre garden, in the mountain village of Tyndrum on the northern edge of the Loch Lomond National Park.

The hotel was designed by Ian Cleaver, who introduced the unique feature of having the dining room and lounges on the top floor to offer guests spectacular views in total comfort. Another masterful touch can be found in the design of the bedrooms which are extremely spacious and boast all the comforts you need to make your stay at The Ben Doran as tranquil and relaxing as possible.



Meeting *the gold star*



The gardens at Ben Doran have several lily ponds and extensive lawns, which are a haven for wildlife and the stage for our Head Gardener's spectacular flower shows from spring till late autumn. With its beautifully kept and sparkling exterior, the Ben Doran is awash with colour all year round, inside and out, but you might also find colour of a distinctly golden hue. Bringing us close to the nature, Tyndrum is sited on the Scottish Goldfield and, in 1997, a team of geologists found a gold seam only two miles from the village.

The hotel staff are passionate and very hospitable. Their smooth-running of the Ben Doran Hotel will make your stay stress-free and memorable.



MUTHU *Royal Hotel*



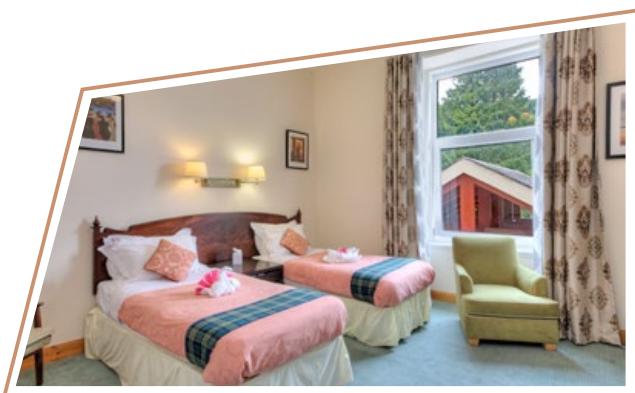
Secluded in the mountain village of Tyndrum with spectacular views and four acres of sheltered gardens, The Royal Hotel is a magnet for wildlife and a delight for flower lovers from spring till autumn.

The views inside are equally appealing. Our gorgeous conservatory style dining room offers guests lush views of our extensive lawns and lily ponds. A beautiful wood-paneled lounge and bar provide plenty of space for relaxing or dancing, all evening long.

All our rooms at The Royal Hotel are spacious, superbly furnished and possess all the amenities and comfort you would expect from a great hotel.

*home
comforts
& natural
wonders*

The location, however, may provide no shortage of distractions. Indeed, in such a stunning setting you spend very little time in your room at all. There are many pleasant walks in and around the village offering leisurely strolls or long walks, which is hardly surprising as Tyndrum is a popular stopping point on the famous "West Highland Way", one of the world's most scenic walking routes.



MUTHU *Alexandra Hotel*



Nestled between the lodgings of the Bishop of Argyll & the Isles and the Old Oban Baptist church, The Muthu Alexandra Hotel enjoys one of the most spectacular locations in Scotland. The views across Oban Bay to the island of Kerrera and beyond are a constant joy. Colourful sunsets, seabirds of all kinds and seals can be spotted most evenings.

Beauty inside and out

The interior of this impressive Victorian building was completely renovated, whilst still retaining many of its magnificent original features. The beautiful glass frontage allows guests to soak up stunning views every minute of the day. Watching the world go by has never looked so good. Should you succeed in dragging yourself away from the views of Oban Bay, you will discover spacious and carefully adorned bedrooms with equally beautiful interiors.

The Alexandra Hotel offers stunning tours at affordable prices. This allows us to make the most of its idyllic location, breath-taking scenery and focal points. Truly an experience you will never forget. A collection of eleven self-contained apartments located behind the Alexandra Hotel on Oban's

glorious seafront is also a stunning option. The apartments offer spacious accommodation, private parking at your doorstep and are only a few minutes walk from Oban, "the Gateway to the Isles".





MUTHU

Dalmally Hotel

Surrounded by spectacular mountain scenery and set in three acres of beautiful landscaped gardens, the Dalmally Hotel is a true haven. Commanding breathtaking views from Dalmally village in the heart of Strathorchy, the hotel is perfectly situated to make the most of the historical, cultural and natural delights of Argyll and Bute.

Step inside and you will discover spacious bedrooms with equally beautiful interiors and all the comforts you need to make your stay with us as relaxing as possible. The conservatory lounge is an impressive focal point and a joy for flower lovers, with foliage and flora sitting and hanging in every corner.

The setting is magical and unrivaled. The famous River Orchy flows down through the Strath. Many a morning walk has followed the river as it winds its way through the village, passing Glenorchy Parish church and arriving at the 300 year old Dalmally Bridge where you can watch for salmon, trout and even glimpse an otter.



*A
Haven
for
wildlife*





Muthu Ben Doran Hotel

MUTHU

Des Ambassadeurs



The Hotel is located on the banks of the Gave River near the entry of the Notre Dame sanctuary in Lourdes. The Hotel provides a shuttle/taxi service to and from Lourdes SNCF train station, Tarbes Lourdes Pyrénées Airport or Pau Airport for an additional fee. This is our guests' favorite part of Lourdes, according to independent reviews.

Location

A town in southwestern France, in the foothills of the Pyrenees mountains. It's known worldwide for the Sanctuaries Notre-Dame de Lourdes, a major Catholic pilgrimage site. The hotel is in front of the most famous healing shrine in the world. This small town receives more than 5 million pilgrims and tourists each year. The hotel has a total of 74 rooms that include Presidential Suites, Junior Suites, Family suites and Superior Suites. It has a library room and a reception with lobby area. The hotel will be fully renovated with new bathrooms and new bedrooms as well full renovation in common areas. There is a lovely bar & restaurant in the hotel that overlooks the *Esplanade des Processions*.

The hotel provides various facilities at the accommodation:

- Flat-screen TV
- Wardrobe
- Ironing facilities
- Hair-dryer
- Electric kettle
- Telephone
- WIFI
- Free toiletries
- Bathroom
- Towels

There are different activities that you can see around the place like Lourdes lake, Golf course, Eagle dungeon, Beaucens, Bétharram Caves, Saint Pé de Bigorre, National Stud Farm and the Wildlife Park Argelès Gazost.



MUTHU

Raga Madeira Hotel



Idyllically situated on the hillside in the heart of Madeira's renowned Lido area and commanding spectacular views of the surroundings from its high vantage point, the 4-star Muthu Raga Madeira Hotel is the perfect destination for a comfortable and relaxing holiday in the magical island of Madeira.

Lying a short distance away from the city centre, the hotel has easy access to the popular Lido swimming pools and sea, and is surrounded by a wide



selection of shops, restaurants, cafés and bars that are present in this lively area.

The nearby coastal Lido promenade, lined with a colourful array of typical Madeira flowers, also provide plenty of opportunity for picturesque strolls along the sea front.

This hillside, contemporary, tower-style hotel is 3 km from both Praia Formosa beach and the art at Museu Quinta das Cruzes, as well as 7 km from the Madeira Botanical Garden.



Unwind
in style

GRAND MUTHU

Monicca Collection



The hotel is located on the Oura beach. It amalgamates the spirit of Portugal with its rich history and the sunny weather beautifully. The town of Albufeira is a short walk away. The hotel has a café that serves breakfast, lunch and dinner to all guests in a beautiful setting overlooking the Atlantic Ocean. It is perfect for families wanting to enjoy the sunny Algarve, or couples wanting to take back memories of the gorgeous Atlantic sunset. Enjoy a drink in the Goa Bar with your loved ones. The setting will be etched in your memory forever. The guests can enjoy the surrounding outdoor activities like Aqualand, Aquashow, Albufeira Marina, Slide and Splash and Zoomarine.

Grand Muthu Monicca Collection offers a luxurious accommodation of 195 air-conditioned apartments that are spaciously laid out and provide furnished balconies, which are ideal for relaxing and soaking up the sunshine. The kitchenette is fitted with a microwave and refrigerator and the living room has a seating area with a plush sofa bed and satellite TV. There are also several choices of stylish bedrooms such as Studios, 1 Bedroom or 2 Bedrooms. The apartments also have a living and dining area with Wifi, fully equipped kitchens, hairdryers and a safety deposit box. There is a 24 hour reception for your assistance.

Grand Muthu Monicca Collection is at an unbeatable location in the Algarve with uninterrupted views of the Atlantic Ocean. Just wake up to the sounds of the waves and experience warm hospitality in your home away from home.

Portugal is blessed with hot weather most of the year so enjoy in the outdoor pool and grab a drink as you read a book. There is also a kids club (in our sister resort), children & adult animation, the Bowling Green, launderette, sauna, fitness centre and a free bus shuttle service making it a perfect family holiday.





WATER Park

COMING SOON

Get ready to discover the Best summer in the Algarve. Feel the rush at the Water Park in MGM Muthu Forte Da Oura with water slides and splash pool for children along with a play area in the best location in Albufeira. It will be a perfect destination for vacationers whether young or old. The water

park offers an extreme level of excitement along with the sun; the place will offer a thrilling experience like no other for our guests. It will surely be a summertime favorite with many families in the coming season and will certainly live up to the expectations of our guests. The water park will be located within the vicinity

of the hotel and will feature all the necessary security features. The water park will feature two slides and some fountains in the kids play area.

The overall experience will create more laughs, screams and smiles.



*Frolic
& smiles*

MUTHU *Royal Thurso Hotel*



With the sixth Hotel in Scotland, MGM Muthu hotels is the proud owner of the Royal Thurso hotel in Caithness, Scotland.

It is centrally located in the North Coastal Scottish town of Thurso, the hotel is an excellent base for exploring, leisure, business or simply to relax and enjoy its good food and friendly atmosphere. The North coast of Scotland is

an almost untouched wildlife natural paradise, with miles of white sandy beaches, contrasting along the coast with the craggy headlands and its dramatic cliffs. Muthu Royal Hotel puts you in the centre of Thurso, 11.2 km (6.9 mi) from Dunnet Bay Beach and 20.9 km (13 mi) from Dunnet Head Lighthouse.

Room amenities

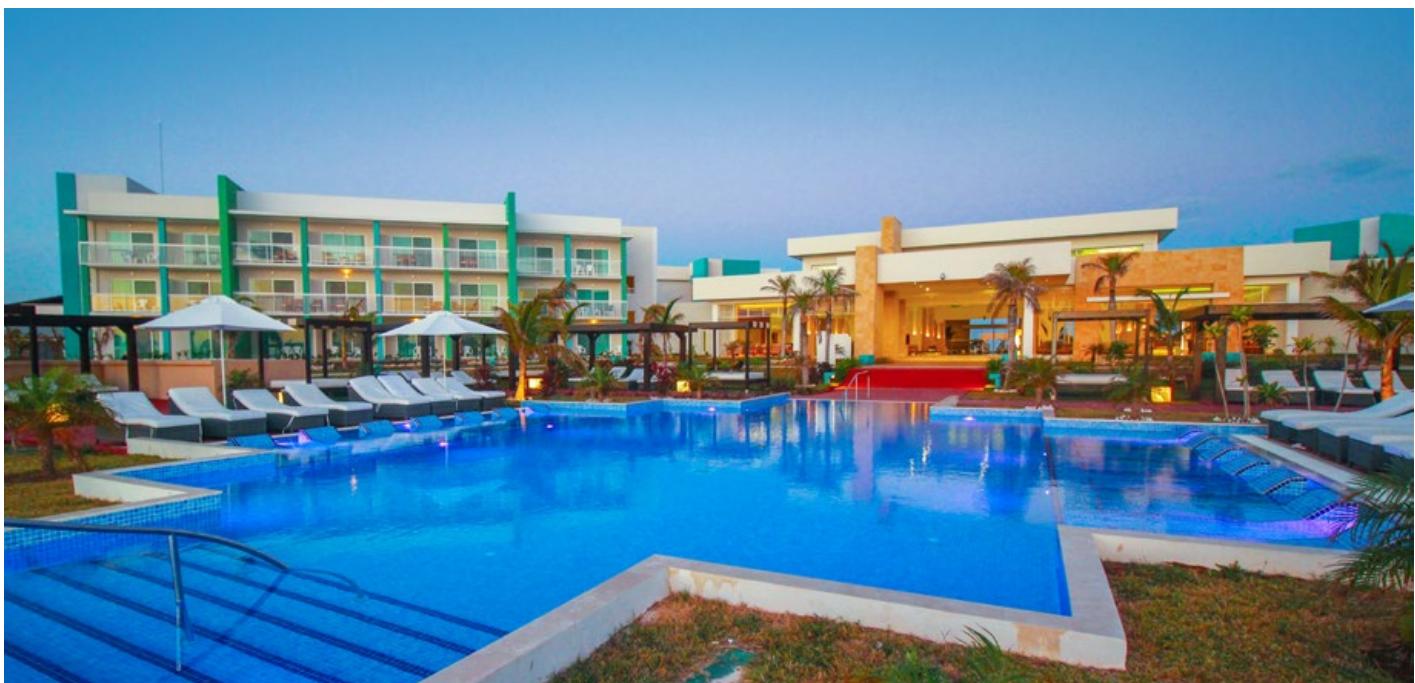
The hotel has 103 en suite bedrooms featuring TVs, coffee/tea makers, and hair dryers, room service, desks, and free toiletries are also available. The hotel has two food offerings, the Hyde Restaurant and the Invictus Bar. Both provide a relaxed atmosphere, hearty food and an extensive wine list. The business-friendly Muthu Royal Hotel also features a fireplace in the lobby, laundry facilities, and room service. Free self parking is available. There are many other services on the site like WiFi, self-service laundry, 24 hours front desk, storage area for luggage and elevator. Centralized for both leisure and business, close to the bus and train stations, the friendly atmosphere of Muthu Royal Hotel is unmatched with the distance for the Airport: 35 kms to the airport (wick airport), 198 kms to the airport (inverness airport), 10 minute

walk to the nearest metro station, 5 km to the nearest station (thurso), 5 minute walk to the nearest bus stop. The hotel makes an excellent base for trips to the Orkney Islands and the ferry from John O'Groats takes only 45 minutes. Braal Castle is just a short drive from the hotel too.



GRAND MUTHU *Cayo Guillermo*

GAVIOTA 
GRUPO DE TURISMO • CUBA



Grupo de Turismo Gaviota S.A is one of the largest group of companies based in Cuba with Transportation Services, Marinas, Travel Agency and Hotels Supplies. The MGM Muthu Hotels has now collaborated with Grupo de Turismo Gaviota to set up the MGM Grand Muthu Cayo Guillermo Cuba.

Cayo Guillermo is located off the northern coast of the main island of Cuba. The sun destination is mostly known for the white sand beaches spread for miles, calm shallow crystal-clear water and quiet serene natural surroundings.

MGM Grand Muthu Cayo Guillermo Cuba has gorgeous varieties of rooms for our guests, with a total of 500 elegant rooms.

The room are furnished with plasma TV, telephone, piped music, air conditioning, evening turndown, service, balcony/terrace, desk, sitting room area, sofa bed, bathrobe, slippers, reception 24 Hours, private check in, Wi-Fi, bars & restaurants, children's area & kids club, children & adult animation, swimming pool, children's pool, sunbeds & umbrellas, spa & beauty treatments, health & fitness centre and pool bar.

To give the guest a real feel of Cuba, there are activities around the hotel for all age groups, including a Dolphin centre, Kite Park and Dive centre.

MGM Grand Muthu Cayo Guillermo Cuba also offers a range of 13 restaurants and bars that cater for weddings, birthdays, anniversaries or private cocktails.

MUTHU

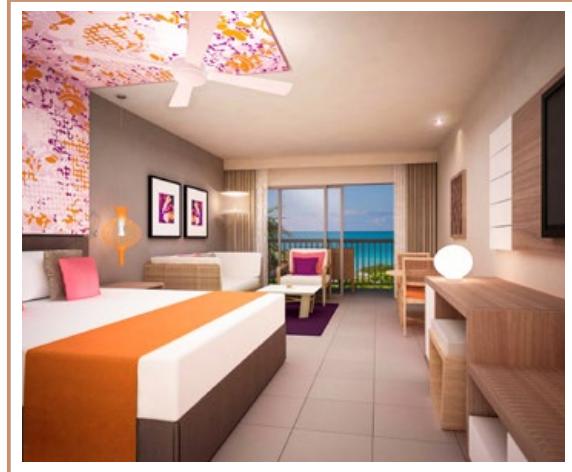
Imperial Cayo Guillermo

Cayo Guillermo, Cuba

GAVIOTA
GRUPO DE TURISMO • CUBA

The five star Muthu Imperial Hotel is situated on a serene location in the Caribbean coast of southern central Cuba.

Proudly boasting off its individuality as an Adults Only Hotel makes it a compelling and relaxing place to visit with your loved one. We also cater to your special occasions and events, as our entertainment and events team offer the best experience possible.



Vitamin Sea



The colourful facades and charming colonial architecture rightfully extends for a tranquil holiday laying on pristine sandy beaches and sipping endless mojitos. A stunning array of cuisines are available, restaurants, bars, entertainment and spa offers ultimate luxury for an endearing stay. All the rooms are designed tastefully with upscale modern interiors promising comfort and luxury.



MUTHU

Rainbow Cayo Guillermo

Cayo Guillermo, Cuba

GAVIOTA 
GRUPO DE TURISMO • CUBA



In a destination like Playa Playuelas, one can expect to have a great holiday spending the day beside the popular beaches or indulge in the water sports activities. The five star Muthu Rainbow Hotel is in close proximity to the Playuelas beach. The restaurants are catered to serve fresh products, choose from one of our bars to enjoy the night!



We can make your dreams a reality, by hosting your special occasions at the hotel. Take home an unforgettable memory. Enjoy exciting LGBT events at our 5 star Muthu Rainbow Hotel in the most prime location. Get away from the ordinary to relax and recharge.

Love Beyond

MUTHU Playa Varadero

Varadero, Cuba



Varadero, in the western Cuban province of Matanzas, is the beach par excellence in the archipelago, despite strong competition from islets in the Jardines del Rey tourist region.

Over 24 kilometers of excellent beaches, closely linked to other natural attractions such as caves, virgin keys and transparent waters, are complemented by a strong infrastructure that can satisfy the needs of the most demanding vacationers.

Adjacent to the Varadero Golf Club, the Muthu Playa Varadero is a paradise of beautiful gardens with direct access to the beach. Enjoy a mesmerizing experience with sea views and all the privacy. A masterpiece of nature, Varadero seduces visitors with the transparency and tranquillity of its warm waters, and wide stretch of clean white sugary sand.

Offering exotic style and convenience in equal measure, Muthu Playa Varadero provides 285 well-maintained rooms with colorful décor over two buildings. All rooms furnished with amenities to provide you with a memorable and comfortable stay.

Immerse yourself in nature and marvel at this magnificent resort that provides you an unforgettable holiday with exclusive facilities and personalized services in a perfect blend.

The Muthu Playa Varadero resort offers guests deliciously refined dining options to tickle your tastebuds. A universe of sensations and flavours await.

*Awaken
Your senses*





MUTHU

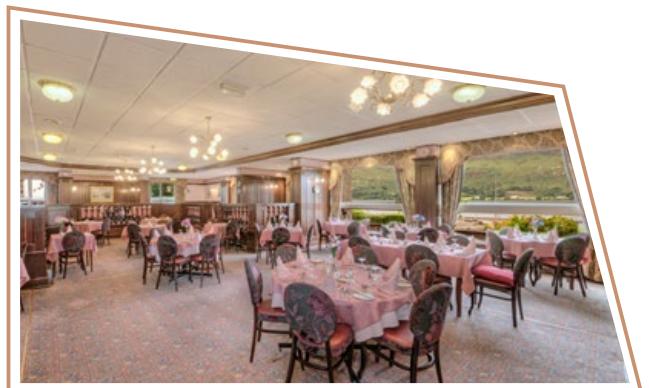
Fort William, Fort William, Scotland

Enjoying stunning loch and mountain views, Muthu Fort William lies around 48,3 km west of the Cairngorms National Park. This historic town has a wide choice of pubs and restaurants to enjoy.

Thanks to its spectacular location, Muthu Fort Williams conveniently offers a fantastic and avid selection of activities for everyone to indulge in within a walking distance of the hotel. Additionally, the hotel's traditional onsite Restaurant & Bar offer a tantalizing selection of culinary experiences to please and gratify any soul.

The hotel incorporates 51 guestrooms that combine comfort with an aesthetically appealing look.

*Experience
an impeccable
holiday at
Muthu Fort William*



Best Western Muthu Queens Oban Hotel



Best Western Muthu Queens Oban Hotel is the latest jewel in the MGM Muthu Hotels group. Best Western Muthu Queens Oban Hotel sits in a wonderful location commanding breathtaking views over the stunning Oban Bay and beyond to the inner Hebrides Isles. It was originally built for the Bishop of Argyll and the Islands in the late 19th Century.

The hotel has been extended over the last few years and now offers a variety of accommodation types from standard rooms in the modern Iona Building, some of which have beautiful bay views to the large and comfortable suites in the original old Bishop's House, which have simply breathtaking views of the islands. The fantastic chefs will tantalise and excite your taste buds with dishes crafted from the best of the local produce, delightfully cooked and beautifully presented.

All standard single rooms are fully ensuite and benefit with telephones, flat screen televisions and tea and coffee making facilities. Some benefit from the chromotherapy spa baths with overhead showers whilst others feature walk-in double shower cubicles.

The Cuanra Restaurant has a reputation for the finest cuisine. Our highly talented team of chefs take great pride in the sourcing of the very best of local produce. The ethos is to take the finest ingredients and cook them simply thereby accentuating the natural flavours. The dishes are crafted on the plates forming a feast for all senses to savour! The intimate atmosphere is accentuated by the twinkling crystal chandeliers and the breathtaking views

over the Oban Bay to the Isles of Kerrera and Mull beyond. A full Scottish buffet style breakfast is served in The Cuanra Restaurant.

The Lounge Bar and Grill provide an elegant yet cosy retreat in which you can enjoy a wide selection of bar meals along with your favourite drinks for the evenings.





Oban, Scotland





When it Rains,
look for RAINBOWS.
When it's dark,
look for STARS.

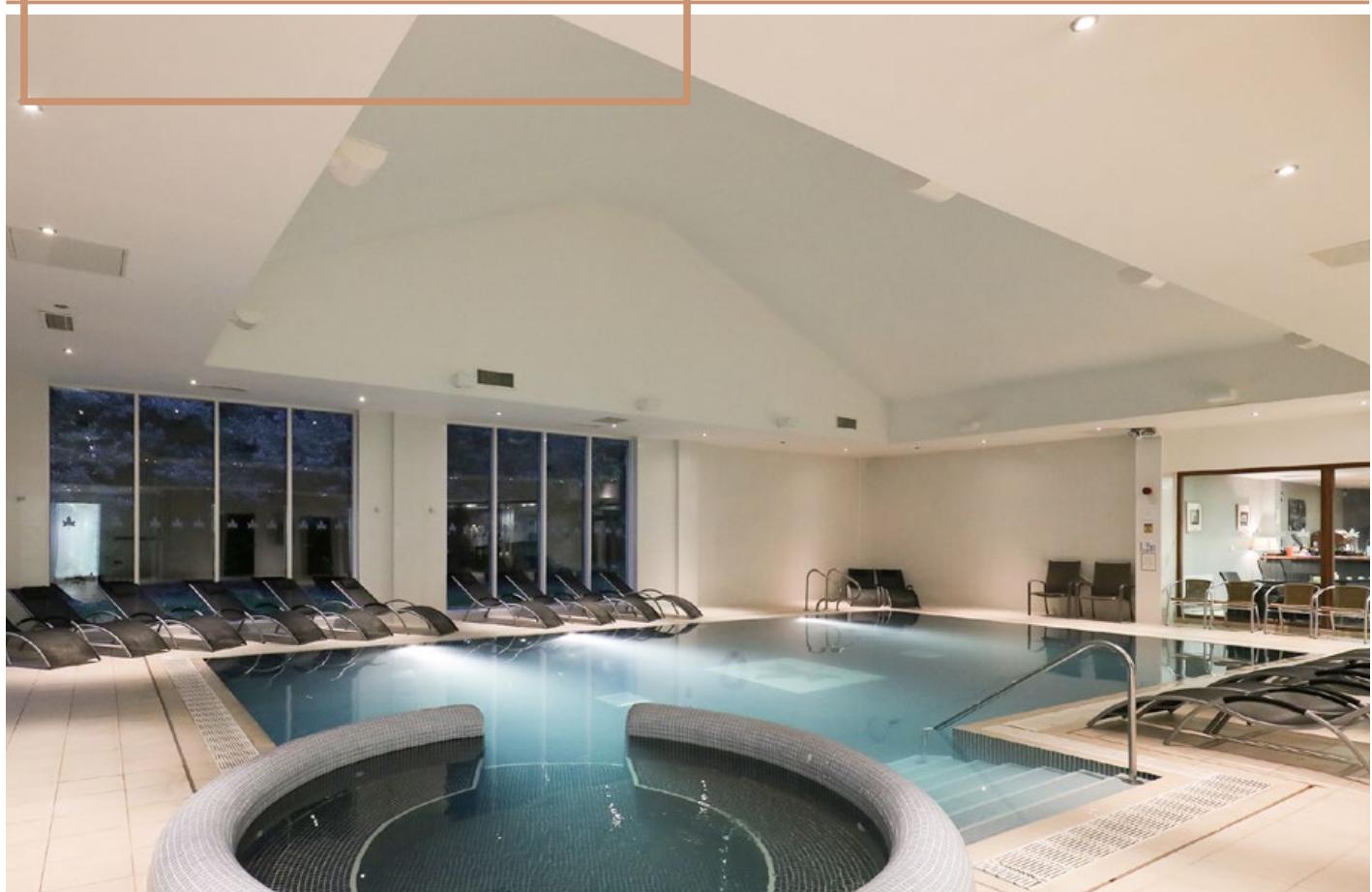


Forget all your stress... Destress at our Spa & Healthclub

*Indulge yourself in the
relaxing surrounding
of our Poetry spa.*

It is right in the heart of the Dukeries, on the edge of Clumber Park and set in its own woods, yet only minutes away from the Sherwood Forest.

The Poetry spa provides you with a tranquil and enjoyable experience. Harness the renewing power of calm turquoise waters and escape to one of the city's world-class waterfront spas. Whether you're in the mood for a couple's retreat, girl's getaway or simply some "me time" - indulge in luxurious pampering and take advantage of the natural healing elements of stones. It's a perfect place to recharge yourself after a busy day of sightseeing. Soothe away your stresses and strains at the spa.





Muthu *Clumber Park Hotel & Spa*

The spa provides Massages & Body Treatments like -Full body, face & scalp, Back, neck & shoulder, Tranquil scalp massage and many

more. Full body exfoliation, Hot stone supplement on any massage and the holistic therapies like Indian head massage, Reflexology

foot treatment, Hopi ear candles and day spa packages.

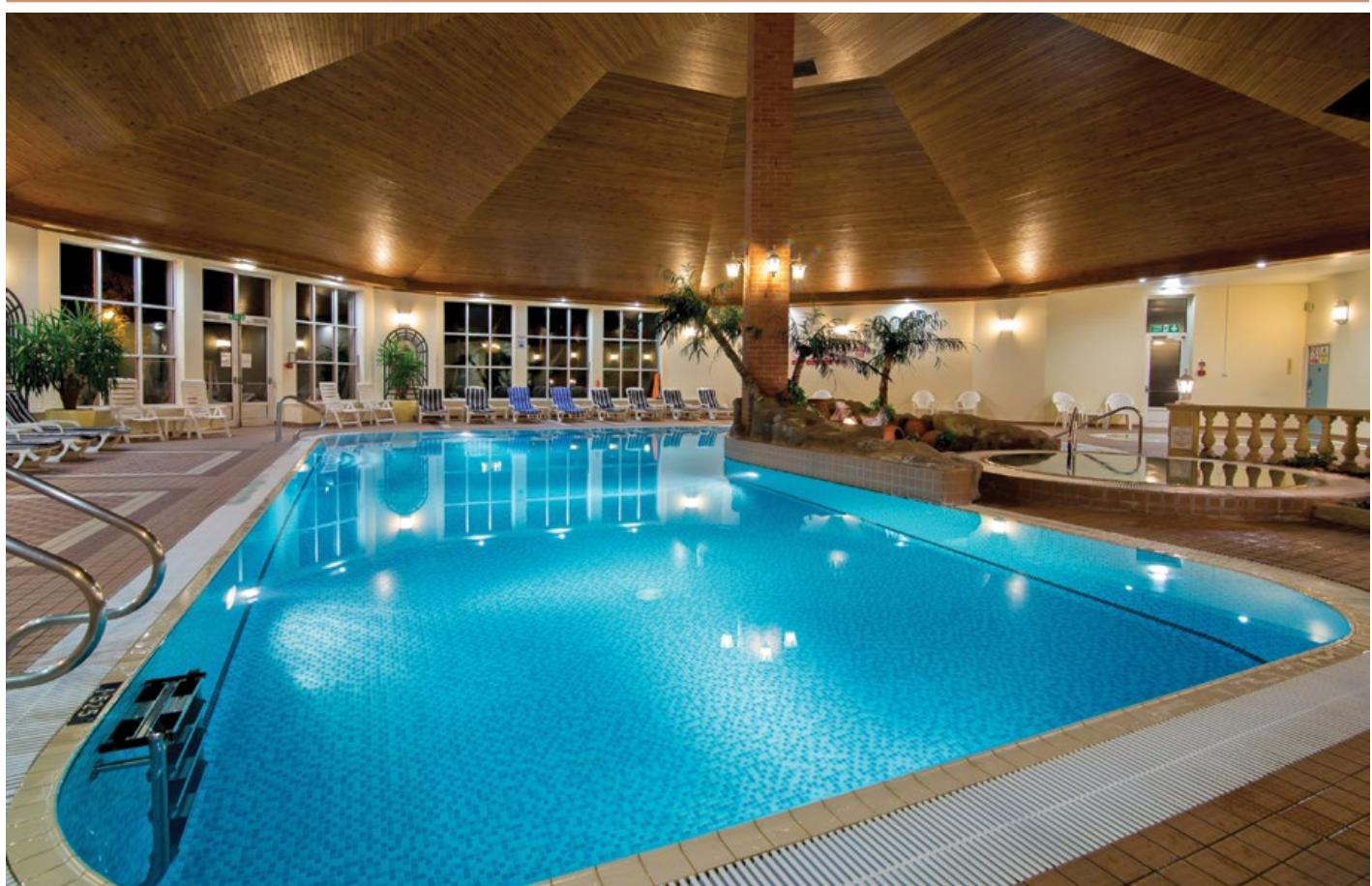


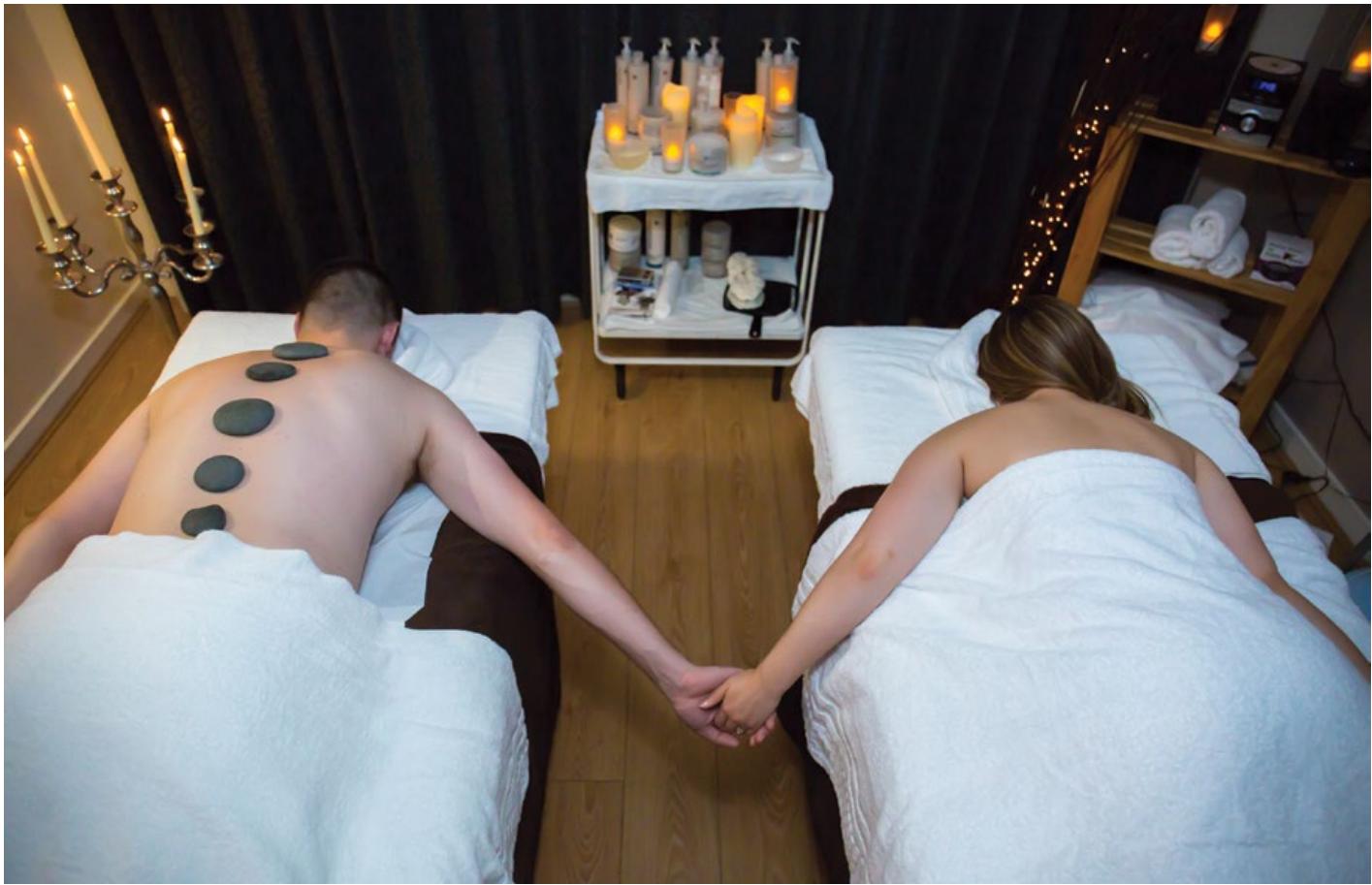
Blissful Spa echoes the key elements of Muthu Hotels

Focuses on enjoyment and relaxation, taking pride and pleasure in the diversity and richness of its surroundings.

It's a welcoming and friendly place to enjoy exercise and unwind in luxurious surroundings with a professional team

dedicated to pampering you with the best quality of service you deserve.





Muthu Belstead Brook Hotel

Inspired by its natural environment, it features signature treatments and a team of experienced professional therapists who are happy to tailor a program that is perfectly suited to your needs. In

this atmosphere of peace and tranquility, indulge in therapies from head to toe, renewing your mind and body. The Spa & Health Club is a haven providing different massages and

body treatments such as facials, massages, hand & feet treatments, manicure, pedicure and pamper accommodation packages.

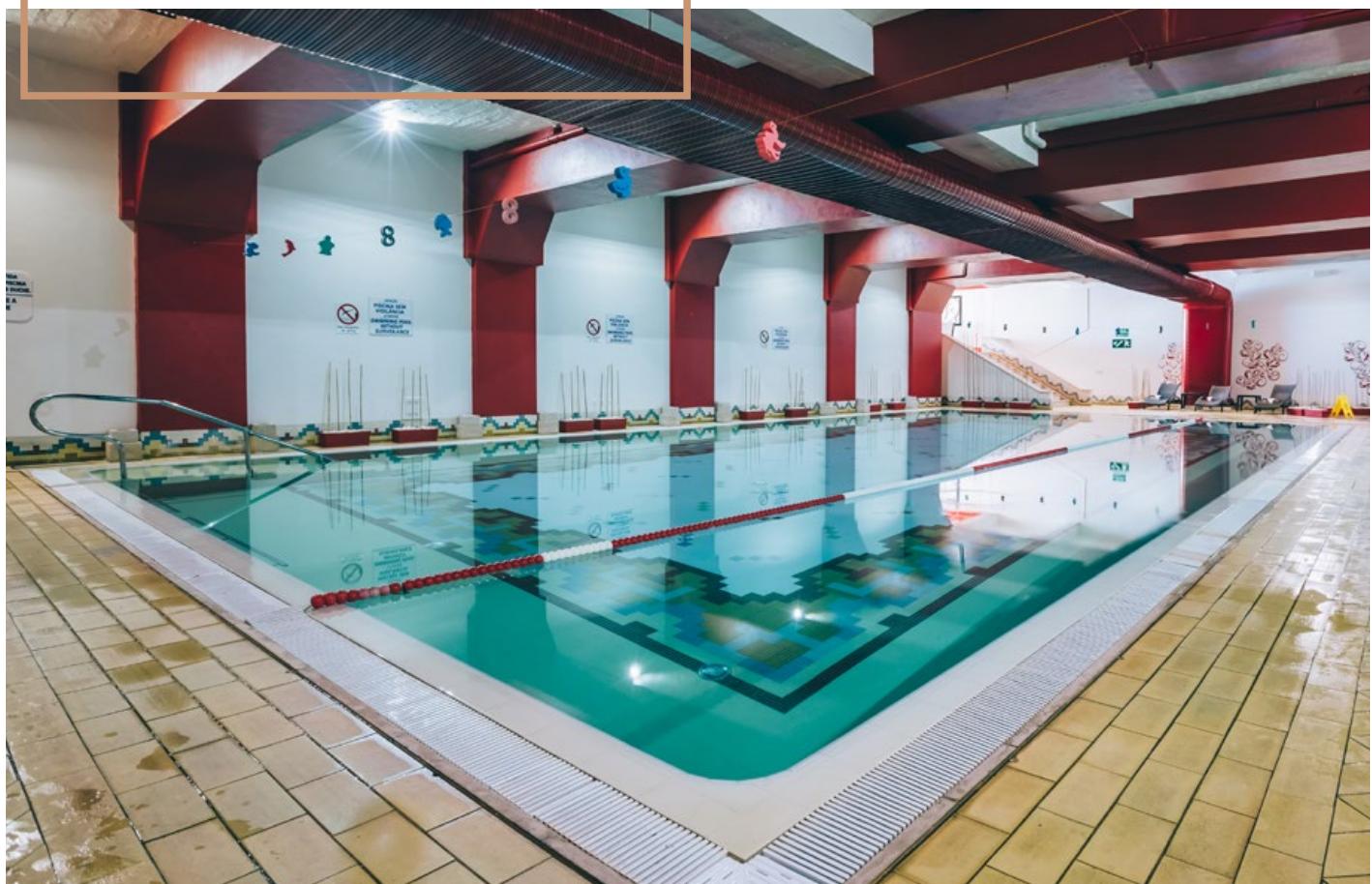


The Poetry Spa
*at Muthu Oura View
Beach Club - The
Poetry Spa offers
excellent treatments
and the largest
heated indoor pool in
Albufeira, it is a true
oasis of calmness..*

There is a lovely Jacuzzi, sauna, Turkish baths and a well equipped gym with various spa treatments for some quiet, relaxing moments.

The facilities help you to get in shape for that perfect holiday body. If you feel like a beach day is not enough in our legendary Oval outdoor pool overlooking the beach, then book for a spa break before you head to the lovely dinner at our Aqua restaurant with stunning views.

The outdoor pools with slides will keep you fully occupied. Discover a fresh approach with services designed to return you to your optimum state of wellbeing.





Grand Muthu Oura View Beach Club

The Spa provides, a lovely jacuzzi, sauna room, massages & body treatments like-full body, face & scalp, back,

neck & shoulder & scalp massages. Body wraps, stone massages & holistic therapies are perfect to relax.

Visit the reception & book your Spa appointment today.



The Poetry Spa

Unlimited Luxury for the Mind, Body & Soul begins here. The Poetry Spa being the largest Health club in Albufeira is a perfect spa mid-week break or weekend getaway.

Discover a world away from the lush countryside havens and refreshing coastal resorts or smart city hotels to this spa hotel near the beach.

The offers on Spa Packages not only make you feel super relaxed, they also help to loosen up joints, release muscle

tension and increase blood circulation which can help your body to recover & relax. Go on... Pamper yourself. Feel stress and tension escape in the heated indoor pool. Choose from all the facilities we have: our Jacuzzi, sauna, massages, treatments, fitness classes in our spacious studio and many more.





Grand Muthu Forte do Vale

The poetry spa at the hotel has uniquely combined express treatments with programs like anti-stress,

stoneshine or sunshine. The hotel also has a Health Club that has several services including gym,

sauna, Turkish bath, heated pool & panoramic Jacuzzi.



MGM Muthu Hotels, PT & ES ENTERTAINMENT

We have a full program of entertainment for all our guests.

Be sure to pick up your entertainment program from the respective hotel receptions to see what's happening and enjoy the variety of activities planned for all ages.

Portuguese music and folk dances, the Latin Caribbean night with the professional band "Cuba Libre" and in August, some of the nights are dedicated to the ones who love Kizomba with a Kizomba show and dance party.

The Kids party is held several times during the summer and is a must for all the families that are staying with us. A full night dedicated to all the children with face painting, balloon modeling, games, mascots, music, dances, and a great Disney Show.

Night-time entertainment:

At night-time our bars offer the best performances with tribute shows and live music, with the best singers and entertainers in the Algarve.

Our in-house entertainment team

invites you to a large variety of floor shows and theme parties with special guests, such as the Portuguese Evening with popular

Day-time activities:
Our day time activities cover all ages. Part of the morning is dedicated to the ones that want to keep fit, with water aerobics by the pool or a fitness walk or a zumba class. For the children we have the Barney Bee Club, where there are many fun activities taking place.





**Our
in-house
entertainment
team invites
you for a fun
time.**

For the teenagers and adults we have sports activities which include the classic darts, pool or table tennis competitions, and the so famous archery and

pistol shooting.
Also at day time, we offer walking tours, dance classes and in the summer, the water sports in our pools are a must!

Not to forget our pool parties with happy hours, dances, games and entertainment for the whole family.

Kid's Club

Guests staying in any of our resorts, are invited to use the Barney Bee Kid's Club at our Muthu Clube Praia da Oura Hotel and Muthu Forte do Vale hotel.
The Mini Club offers great facilities for your children's entertainment.







Grand Muthu Golf Plaza Hotel & Spa



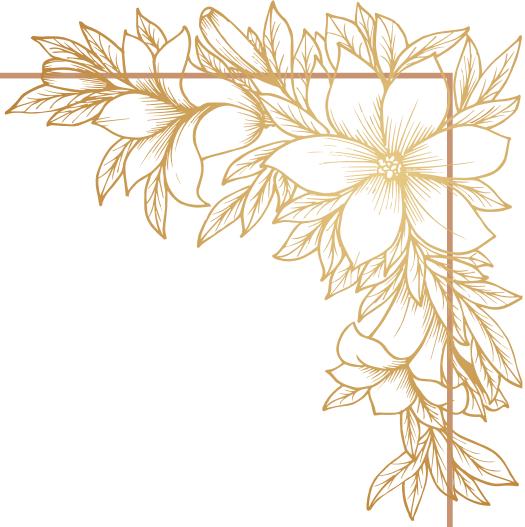
WEDDINGS
HONEYMOONS
and Special Occasions

Believe in

***Love
Kiss
Allure
Romance
Bliss***



Winter Wedding tips



If you think there's no setting more romantic than a blanket of snow, then consider planning a winter wedding! When the temperatures are dropping, snow is falling and wedding bells are ringing! Here are our tips to make your winter wedding fabulous.

Save the date

1.

Light

November and December bring with it a beautiful scent of love and freshness. Winter days are just shorter and darker and there's no way around it. When you're planning a winter wedding, you need to make sure you consider the light for photographs during your wedding day.

Firstly, begin by considering holding your ceremony earlier in the day, so you can ensure you have enough time after the ceremony for outdoor group shots. Secondly, if you are looking for more bright and glowy wedding shots, talk to your photographer ahead of time to make sure he or she thinks this is possible based on your venue for the time of the year.



2.

Warmth and Weather

If you are the kind of person who loves cozy woolen sweaters and fur stoles, a winter wedding might be right up your alley! For a winter wedding, you'll need to keep the weather in mind. Check with your venue or church ahead of time to make sure the building will have had time to warm up before your ceremony or reception. There's nothing worse than your guests not being able to enjoy your special day because of an uncomfortably cold weather. If there are no heaters, set out a few blankets for your guests to cozy up in.

Likewise, if you have a long list of relatives and friends you want in your photographs – and you want those photographs taken outside – keep in mind that not everyone can look cheerful while their teeth are chattering, so keep the blankets handy. Depending on your location, you'll have to make it quick if you want your bridal party to stand out in the cold and not start to turn blue!

Even if your wedding is taking place in a warmer place, you should also keep in mind that guests from snowy states might have trouble traveling depending on the weather, so do take a look at the weather forecasts before you choose the special day.





3.

Colour Scheme

Winter colour schemes can be beautiful, but the season does lend itself to different pairings than summer weddings. If you're opting for a pre-Christmas wedding, reds and greens can be charming, or muted tones or mix in metallics or bits of nature like pinecones or boughs. Into the New Year, keep those muted tones going, with peachy pinks or dusty greens, and you'll avoid the "Frozen" look.



Flowers

Certain flowers will, of course, be more expensive or downright impossible to get during the wintertime, but that doesn't mean you're completely limited. Talk to your florist about what's in season in the winter, and work from there. Greenery like eucalyptus lends itself well to a winter wedding, and branches can be downright elegant (and inexpensive!) as centrepieces.

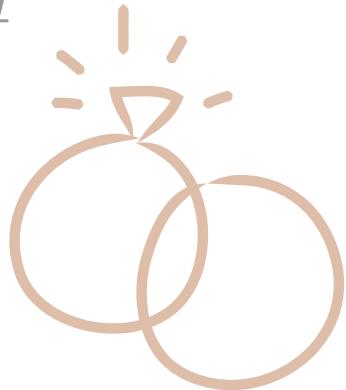
Also where you can't go overboard with flowers, you certainly can go wild with candles. The days being darker and shorter, candles will make a bigger impact than a summer wedding starting much earlier! So load up with candles of varying heights and light them up!

4.



Summer Wedding tips

There's something so refreshing and bright about summer! Here are some tips for a gorgeous beach wedding that will make it a fairytale to remember with vibrant locations to choose from, along with fun decorations and stunning flower options.



1.

Opting for a Daytime Ceremony

The ocean presents one of the most beautiful settings so having your wedding during daylight hours is an ideal backdrop to enjoy the weather, atmosphere and also to get the best photos. Once the sun drops below the horizon, the water goes black — and unless you have a full moon, the sea is lost. However, having a daytime wedding means you need to consider a few elements.

You don't want to get crazy sunburn on your wedding day, so load up on the SPF 50. Flowers also don't like the hot sun and can be tricky to work with. Choose a ceremony design and flowers that can hold up in the heat. A few options that work well are freesias, calla lilies, orchids, and succulents. Steer away from hydrangeas and roses, which have a tendency to wilt quickly.





2.

Sound System

Choose a good sound system, as between the wind and the waves, there's a lot of background noise at a beach wedding so using a microphone for the ceremony will help. Also, make sure you use a windscreen cover for the microphone so that your guests are not frustrated by the fact that all they hear is the wind and not your vows!

3.

Public vs. Private

Many seaside resorts are anchored by beautiful beaches, but unless you "bought-out" the property, you might have to share your wedding venue with hotel guests. If the possibility of having little Sally splashing around and yelling during the ceremony concerns you, make sure you ask the resort if privatizing the beach for your wedding is possible before you book. Look at this beach wedding on the right, thaken by the see side of Muthu Clube Praia da Oura.





4.

Dress Appropriately

Not all dresses, fabrics, and veil styles work for a beach wedding. An airy sheath is most sand-friendly, but if you want to wear a gown with a fuller skirt, make sure you choose a dress constructed of a lighter fabric that allows for more movement. Also, don't be afraid of trying a coloured option, such as pale pinks and pale blue dresses for the beach. Lastly, keep in mind a veil is a bit like a sail in the wind. The less fussy your veil, the prettier your photos will look.

5.

Footwear

A barefoot beach wedding is gorgeous, but it's not realistic to expect every bride to ditch her shoes. One solution to get you down the aisle in heels is to bury a wooden walkway that leads to the ceremony under the sand. It still looks like a sandy beach, but makes it possible to walk in heels.

6.

Prepare a Wind Plan

More than the rain being your enemy at a beach wedding, it's the wind you need to worry about. Windy afternoons and evenings can be chilly, sandy, or it can even completely drown out the sound of the ceremony. Take time to learn about the typical weather for your particular destination and always have a backup plan. Choose a resort that has multiple areas that work for the ceremony so you have a built-in Plan B. If you choose to marry on a beach that's not associated with a hotel, you'll need to reserve an alternate backup location, whether or not you end up using it.



HAPPILY EVER AFTER
Starts With Us!



Tie the knot in the magical forest ambience at Muthu Newton Hotel



Congratulations, you've decided on a date for your wedding. Now it's time to give some thought as to where the celebrations will take place. Perhaps you're planning a sophisticated reception in a hotel.

A marquee can set a spectacular scene and has several advantages over other venues. It can cater for weddings of larger sizes and can be flexible if numbers increase or drop at the last minute.



With its own picturesque private grounds, landscaped gardens and stunning views overlooking the Moray Firth, Muthu Newton Hotel provides the perfect setting for a dream wedding.

We can cater for up to 200 guests in the marquee! Our grounds are set in 21 acres, leaving no chance of worrying about space on your special day! Housed within the gardens the Marquee, is a wonderful, magical space set in the lush gardens of Muthu Newton Hotel.

With exceptional attention to detail our experienced Events Team will ensure your celebration runs smoothly, whilst you relax and enjoy the occasion.

Our acclaimed chefs have devised a series of delicious menus to choose from, or let us create a bespoke menu, tailored to your tastes. If you want to save a bundle on food and drinks at the wedding, there is an option of buffet too.

We also have a stunning traditional chapel that our couples can get married in.

After the ceremony and wedding breakfast, newlyweds can retire to the luxurious bridal suite with stunning views. The following morning, the couple can start their new life with a champagne breakfast served in their room – or join their guests in the main restaurant for a hearty Scottish breakfast and a chance to reminisce over the big day.

The north coast of Scotland is an almost untouched paradise with miles of



white sandy beaches and magnificent scenery, which makes for an ideal location to begin your honeymoon.

From engagement parties and anniversary dinners, to baby showers and special birthday celebrations—we can design and deliver your dream day.



Weddings Cuba



Cuba has an array of breath-taking beaches and jaw-dropping scenery everywhere you turn, offering a picture-perfect backdrop for your Caribbean destination wedding. If you're looking to simply soak up the sun from one of the island's pristine beaches you and your guests are sure to enjoy the big day here.

Don't miss the occasion to celebrate this beautiful moment in the company of family and friends at Grand Muthu Cayo Guillermo, that offers the most stunning setting for your wedding. Our on-site wedding team will make sure everything is taken care of, so that you only need to focus on enjoying the most precious moment.





Hotel wedding packages offer a dream destination wedding with top class venue, exquisite food and stylish decorations! Clients can choose either a special symbolic or a legal wedding starting from just 1100 USD. We are also the first and only hotel that cater to Indian Weddings, so book your special day with us by contacting:
Tel: +1 (647) 393 9589, sales.cuba@
muthuhotels.com, or email sales.
canada@muthuhotels.com.





LET'S

TALK

About



East of England *Suffolk*

Welcome to Suffolk: situated on the east coast of England, Suffolk is a county filled with natural beauty, bordered by 50 miles of glorious coastline and topped with breathtaking skies. Its charming villages and medieval towns draw in artists and writers, while its bounty of great produce and restaurants make it a special spot for foodies. Here in Suffolk, you can visit the Home of Horse-racing, explore Constable Country, experience maritime life in Ipswich, immerse yourself in history in Bury St Edmunds, or simply spend long, lazy days by the sea. The fabulous attractions and great days out in Suffolk mean you can do as much as you want, or as little. Sometimes, in a place this rich and beautiful, just being is pleasure enough.



Suffolk's Scenic Villages

Suffolk is blessed with a great countryside, a wonderful coast, and beautiful towns. However, just as important to Suffolk's identity are the villages scattered throughout the county. Famous for being

quintessentially English, we've picked seven of the most picturesque villages, but such is Suffolk's richness it would have been just as easy to choose twenty or thirty.

Long Melford

Another of Suffolk's famous Wool Towns (though now classed as a village), Long Melford bears the classic hallmarks of medieval wealth: large, timber-framed houses, a grandiose church, and a Tudor mansion with a notably noble history. It's also full of stories to discover when you visit, involving such diverse characters as Beatrix Potter and Lovejoy!



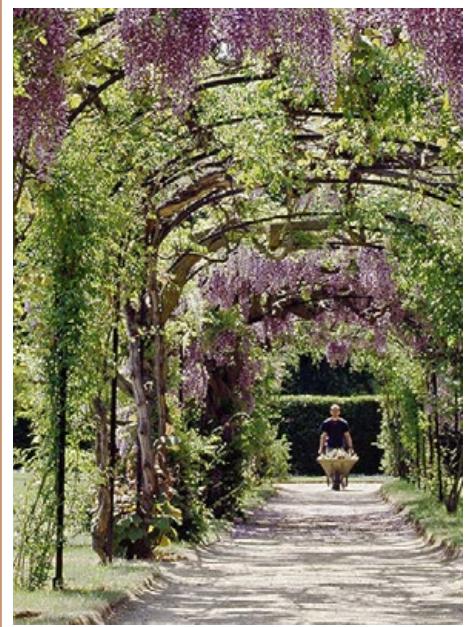


Lavenham

This mid-Suffolk village has a wonderful cluster of fine Tudor houses, and its church of St Peter and Saint Paul is often said to be the finest of the East Anglian 'wool churches'. One of the most popular destinations when people holiday in Suffolk, this prosperous Wool Town has preserved much of its heritage, and is so conscious of its image that telegraph poles were taken down in 1967 and the wires were instead fed underground to preserve the historic look of the village.

Somerleyton

Tucked away in the north-east corner of Suffolk, Somerleyton is most famous for the grand Victorian Hall that stands to the east of the village. Sheep graze the gentle green slopes of the fields around Somerleyton, and thatched cottages cluster around the village green and duck pond. In the summer, the village is abloom with well kept flowerbeds and hanging baskets.



Earl Soham

Just to the west of Framlingham is a beautiful little village full of period cottages as well as wide expanses of fields and greenery. A 12th century church is at the heart of the community and there are many ivy clad timber

framed buildings to be found. Such is Earl Soham's historic importance as much of it has been designated as a Conservation Area.



Polstead

This gorgeous village is set in an Area of Outstanding Natural Beauty to the south of Suffolk. Part of Constable

Country, it's been the subject of many a picture postcard and it's easy to see why master painter John Constable was so inspired. The village pond, village church, and village green combine to give Polstead a timeless feel.



Clare

The smallest town in Suffolk is another one of the famous Wool Towns. Full of pastel coloured thatched cottages and timbered Tudor houses, it's also home to one of the most significant medieval buildings in East Anglia, the appropriately named Ancient House. The magnificent St Peter and St Paul's church in the centre of Clare lends an air of splendor to the town.



Cavendish

Cavendish is to Suffolk's Best Kept Village as Roger Federer is to Wimbledon. The reason for Cavendish's success is obvious to anyone who visits; pink, thatched cottages surround a large village green, while tended flowerbeds and ancient trees add to the ambience of a chocolate box village.





Travel...
it leaves you
speechless, then
turns you into a
storyteller.

Muthu Belstead Brook Hotel

Investissement Français au Portugal

Une Place au soleil comme disent les français, une raison pour laquelle ils achètent des propriétés au Portugal.

L'investissement français dans l'immobilier portugais représentait 16% des 23 000 propriétés vendues aux étrangers en 2014.

Les résidents français ont achetés plus de biens portugais au premier trimestre 2016 que tout autre groupe étrangers.

Les français ont dépassés les Britanniques et chinois, ils sont les premiers acheteurs étrangers, il existe une forte demande au soleil afin d' être loin du système fiscal français, loin des plaintes et misère servie par les restaurateurs parisiens.



L'année dernière une agence immobilière de l'Algarve a informé dans "The Portugal News", qu'un nombre de 15 millions de retraités français découvrent le nouveau "paradis fiscal", ces citoyens français ont commencés à tester les eaux pour investir, afin d'éviter à une grande instabilité vécue actuellement dans leurs pays concernant les retraités.



Une Place au soleil





Lisbonne, Porto et l'Algarve

Un porte-parole de "Quinta da Palmeira" a déclaré: Le Portugal est vue comme un paradis fiscal pour les Français. La France en ce moment traverse une grande instabilité concernant les retraités, auquel 15 millions désiraient investir dans notre pays. L'un des principaux avantages à été expliqué, réduction de l'impôt non résidentiel introduite le 1er Janvier 2013, pour les particuliers, dont les retraités pourraient en bénéficier au Portugal, pour rappeler que la pension moyenne en France est de 1500€. Ce qui signifie que les français pourraient mieux vivre au Portugal, une étude à montré que le Portugal serait le top des souhaits des citoyens français qui chercheraient vieillir à l'étranger.

Sans surprise, Lisbonne, Porto et l'Algarve sont les régions les plus recherchées par les investisseurs immobiliers.

L'investissement français a une distribution plus uniforme, se concentrant principalement à Lisbonne, Porto et Algarve, informe le spécialiste.

Pour le 1er trimestre, les français sont à 27%, les Anglais à 18%, les Chinois à 13%, les Brésiliens à 8% et les Belges à 5%.

Pour l'encadrement des non-résidents au Portugal, les retraités étrangers qui vivent dans le pays peuvent avoir leurs pensions de retraite privées de taxes, si ils décident de payer une source étrangère. D'autre part, le pays offre aussi des permis de séjour à des non-européens qui investissent plus de 500 000 euros dans l'immobilier. Ces deux programmes sont un atout pour les

acheteurs étrangers, y compris pour les Français qui cherchent des taxes beaucoup plus faible, et pour les chinois qui sont à la recherche d'une maison en Europe.

Amália Rodrigues, la dernière diva de la musique Portugaise, le fado, à interprété un grand succès : "Lisbonne ne soyez pas Français" comme il semble ..que la capitale portugaise à ouvert les bras à une invasion française amicale.



Lourdes

France

Lourdes est une petite ville du département des Hautes-Pyrénées dans le sud-ouest de la France. Les Sanctuaires Notre-Dame de Lourdes constituent le plus grand centre de pèlerinage catholique français, les plus populaires au monde.

Lourdes se trouve à 497 km du sud de Paris, dans les Pyrénées, cette petite ville de seulement 17 000 habitants accueille chaque année plus de 5 millions de pèlerins et de touristes, juste pour cette magnifique vue de Vierge Marie rapporté par une jeune fille nommée Bernadette en 1858.

Le Sanctuaire de Notre-Dame de Lourdes comprend 52 hectares de propriété et 22 lieux de culte, dont une grotte sacrée, une prairie, un accueil pour les malades. En dehors du sanctuaire, les pèlerins visitent la maison du jeune visionnaire, Sainte Bernadette. Avec ses 189 hôtels, Lourdes est la deuxième plus grande ville hôtelière de



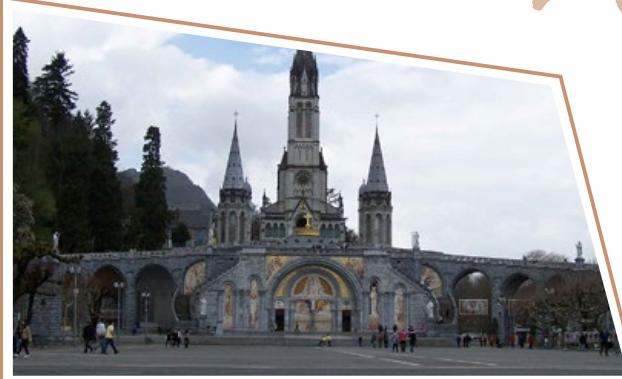
France. Lourdes est aussi une petite ville pyrénéenne culturel, naturel et très riche, qui offre aussi plusieurs activités pour les amateurs de sports, et loisirs en plein air (sports nautiques, promenades à cheval, golf, ski et spa).

A Voir:

Les Sanctuaires de Notre-Dame de Lourdes

Basilique Notre Dame du Rosaire

Le bas des basiliques principales à Lourdes, la basilique du chapelet a été achevé en 1901. A l'intérieur, des panneaux de mosaïque illustrent chacun des 15 mystères.





Le fort du château et le musée des Pyrénées, cette forteresse millénaire, qui n'a jamais été conquise, est un monument historique et un musée de France. Depuis 1921 il a abrité le musée des Pyrénées, ce musée représente des collections importantes sur l'histoire des Pyrénées françaises et espagnoles. Le funiculaire conduit les visiteurs à la montagne. Il offre les plus belles vues panoramiques sur les Pyrénées depuis Lourdes.

Maison de St Bernadette

La maison de Bernadette Soubirous et de ses parents est maintenant un musée, qui comprend un moulin, une cuisine, une chambre de Bernadette et des photographies familiales.



Basilique de l' immaculée-Conception

Située au sommet de la Roche au-dessus de la Grotte et derrière la Basilique du Rosaire, première basilique construite à Lourdes, entre 1866 et 1872.



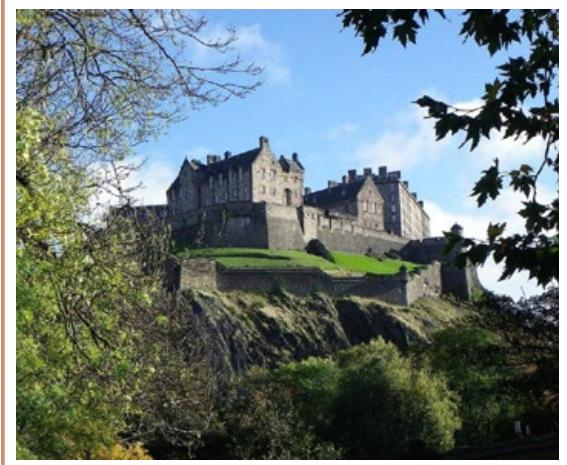
Grotte de Masabielle

L'endroit le plus sacré de Lourdes, c'est la grotte où que Marie apparaît à Bernadette en 1858 et c'est la source des eaux curatives du sanctuaire.



Facts About Scotland

From the gorgeous scenery, to the rich history, to the personalities of the people who live in Scotland, the unique aspect of the nation is appealing to so many around the world. Did you know that Scotland is the second largest country in the UK, after England? The capital of Scotland, Edinburgh, is only its second largest city, after Glasgow. Scotland has approximately 790 islands out of which only 130 of them are inhabited.



Edinburgh was built on seven hills



Like Rome, Edinburgh was built on seven hills and the capital has more listed buildings than anywhere in the world. The country for its beauty, is a favourite with the Royal family, who holiday at Balmoral castle in Royal Deeside.

The highest point in Scotland is Ben Nevis

Scotland is rich in flora and fauna. The highest point in Scotland is Ben Nevis, at 4,406ft (1343m). It is home to the oldest tree in Europe, a twisted yew which has stood in Fortingall for 3,000 years.





Scotland is religiously and economically a stable country. Religion being part of every country, the official religion of Scotland is Christianity, with churches traditionally being called "kirks". Economically, the Bank of Scotland, founded in 1695, is the oldest surviving bank in the UK. It is also the first bank in Europe to print its own bank notes till date. Scotland's linguistic heritage is complex but Scotland has three officially recognized languages: English, Scots and Scottish Gaelic, with just one per cent of the population using the latter.

Talking about the education and culture in Scotland,

it is home to 19 universities and institutes of higher education, including St Andrews, where the Duke and Duchess of Cambridge met.

Narrowing it down to three things that Scotland is most famous for, and we'll see if you agree...

- Many of Scotland's most famous inventions - kilts, tartans and bagpipes - were actually developed elsewhere. Kilts originated in Ireland, tartans have been found in Bronze Age central Europe and bagpipes are thought to have come from ancient central Asia. Famous names from Scottish literature include: Sir Walter Scott, Lord Byron and Sir Arthur Conan Doyle.
- One of Scotland's most famous products is whisky.
- The famous deep fried chocolate bar is said to be originated from Scotland.



Interesting facts:

- The flag of Scotland is known as the saltire or St. Andrews Cross.
- The flower of Scotland is the thistle.
- The official animal of Scotland is the Unicorn
- Scotland has the highest proportion of redheads in the world.



Porto Portugal



O Porto é a cidade que deu o nome a Portugal.

O **Porto** é a cidade que deu o nome a Portugal – desde muito cedo (c. 200 a.C.), quando se designava de Portus Cale. É uma cidade conhecida mundialmente pelo vinho, pelas suas pontes e arquitetura contemporânea e antiga, o seu centro histórico, classificado como Património Mundial pela UNESCO, pela qualidade dos seus restaurantes e pela sua gastronomia, pela sua principal equipa de futebol, o Futebol Clube do Porto... É uma cidade com carácter e personalidade, de sotaque vincado e inconfundível; é sinónimo de boa comida, de gente simpática e solidária e de uma beleza

e genuinidade que não se encontra amiúde. Aqui fica o convite a um passeio pelas ruas estreitas do Porto.





Comece pela zona da **Ribeira** que é de origem medieval e é considerada uma das mais antigas praças. É um local de visita indispensável, dispondo de muitos espaços de animação noturna. Ponto integrante da Rota Urbana do Vinho.

Va de **électrico desde o Infante**, no centro da cidade, **até ao Passeio Alegre, na Foz do Douro** (linha 1).

Aproveite um passeio a pé por esta zona, onde o Rio Douro se encontra com o Oceano Atlântico.

Faça um cruzeiro pelas **pontes do rio Douro** num dos típicos “**barcos rabelo**” e desfrute das vistas espetaculares.

No passado estes barcos transportavam as pipas de **Vinho do Porto do Alto Douro**, onde as vinhas se localizam, até Vila Nova de Gaia - Porto, onde o vinho era armazenado e, posteriormente, comercializado e enviado para outros países.

Programe uma visita às **caves do vinho do Porto** e aproveite para provar estes deliciosos vinhos.

E já agora, porque não uma visita ao **Mercado do Bolhão** para conhecer a gente mais genuína da cidade? Desfrute das cores, cheiros e sons únicos deste lugar com mais de 150 anos.





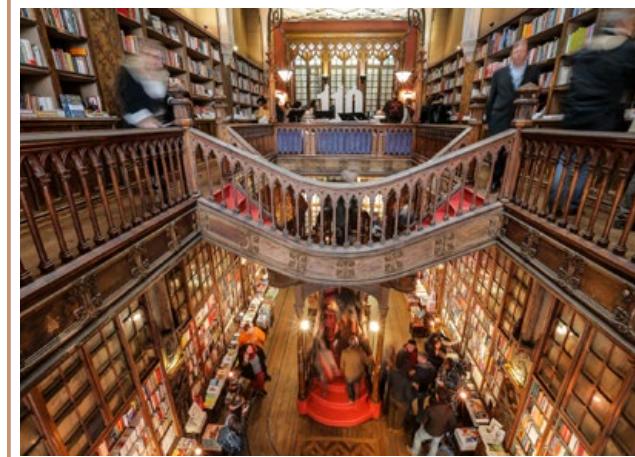
Visite o **Museu de Arte Contemporânea da Fundação de Serralves** e os seus jardins inspiradores.

Aproveite, também, para visitar as **galerias de arte da Rua Miguel Bombarda**.

A **Livraria Lello** é um espaço centenário de cultura que ostenta um estilo arquitetónico único, combinando neogótico com “art nouveau” e “art déco”. Para além de ser um espaço mágico e um ponto de visita incontornável da cidade é, também, considerada uma das mais belas do mundo.

O Palácio da Bolsa do Porto apresenta, em todo o seu esplendor, traços do neoclássico oitocentista, arquitectura toscana, assim como o neopaladiano inglês.

O Salão Árabe detém o maior destaque de todas as salas do palácio devido, como o nome indica, a estuques do século XIX legendados a ouro com caracteres árabes que compõem as paredes e tecto da sala. É neste salão que tem lugar as homenagens a chefes-de-estado que visitam a cidade.



Cruze a **Ponte D. Luís I** em direcção à **marginal de Vila Nova de Gaia**.

Aqui encontrará todo o tipo de bares e restaurantes, com vistas panorâmicas sobre o Porto. Perfeito para uma refeição romântica...





Assista a um concerto na **Casa da Música**. É uma obra arquitectónica fantástica desenhada pelo holandês Rem Koolhaas.

O **Teatro Nacional de São João** foi inaugurado pela segunda vez em 1920 depois de ser totalmente destruído por um incêndio. Hoje, o edifício totalmente reconstruído é um dos principais edifícios da cidade e local de realização dos principais espectáculos culturais.

Aproveite para assistir a uma peça de teatro!

Viaje à Belle Époque portuense tomando um chá no **Café Majestic**.

Mais do que um mero café, o Majestic conta a história do Porto. O Porto dos anos vinte, das tertúlias políticas e do debate de ideias. O Porto da "Belle Époque", dos escritores e dos artistas. O Porto da intensa polarização social da cultura ao sabor do café ou do absinto escondido...

Aproveite para fazer compras nas lojas mais tradicionais da **Rua de Santa Catarina** onde encontrará todo o tipo de stands de artesanato e espectáculos de rua montados por artistas locais.

Relaxe com um passeio pelos **jardins do Palácio de Cristal** onde poderá desfrutar de uma vista incrível sobre o rio Douro.

Respire a tranquilidade da cidade enquanto passeia a pé pela **Avenida dos Aliados** e admira a bela arquitectura dos edifícios que a rodeiam.

Suba os 240 degraus da **Torre dos Clérigos**. Aqui poderá observar praticamente todos os pontos da cidade.

Para conhecer o lado mais cosmopolita da vida nocturna da cidade tem que passar pela zona da "**Galeria de Paris**" e pelas ruas paralelas. Aí encontrará bares, restaurantes e muita gente simpática!



España *Secretos Mejor Guardados*

Ubicada al pie de las montañas de Sierra Nevada, Granada es la capital provincial de Granada en la región de Andalucía. La ciudad, que alberga la legendaria ciudadela y el palacio de la Alhambra, ofrece a los visitantes un intrigante vislumbre de la historia morisca de España, que terminó cuando Fernando e Isabel marcharon por la puerta de la ciudad de Puerta de Elvira en 1492. Con su exquisita arquitectura ornamental, Exuberantes jardines, la Alhambra del siglo XIII es una atracción obligada. También vale la pena pasar una tarde paseando entre los edificios blancos del antiguo barrio musulmán de la ciudad. El Atardecer atrae a los visitantes al mirador de San Nicolás, un mirador pavimentado donde las multitudes se reúnen cada noche para ver la Alhambra resplandecer de rojo bajo la luz reflejada del sol poniente.



Granada

Discover real Spain

Valencia

Frente al golfo de Valencia en el Mediterráneo, Valencia siempre ha sido una de las ciudades más importantes de España, y el empuje para llevar la ciudad al siglo XXI ha recibido críticas mixtas: algunos



visitantes están encantados con la arquitectura futurista del nuevo complejo de la Ciudad de las Artes y las Ciencias, mientras que otros todavía encuentran el Barrio del Carmen lo más bonita de la ciudad.

El Museo de Bellas Artes de Valencia alberga una extraordinaria colección de pinturas españolas, entre las que se encuentran obras de Goya, Velázquez y El Greco. Fundada en 1567, los hermosos jardines botánicos de la Universidad de Valencia son igualmente impresionantes.

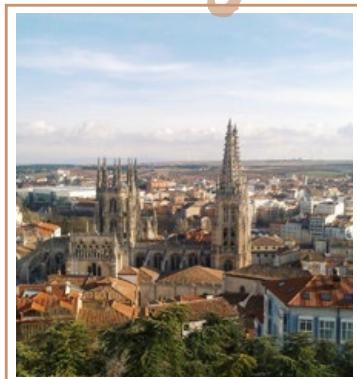




Ourense

Situada a orillas del río Miño. La ciudad es mejor conocida por sus muchos puentes escénicos, algunos de los cuales datan de la época romana. Aunque rodeado por la expansión urbana, el corazón de Orense ha sido cuidadosamente restaurado y preservado, y vagando por el casco antiguo puede hacer que los visitantes se sientan como si hubieran viajado en el tiempo. La Plaza Mayor de la ciudad, extrañamente inclinada, cuenta con estructuras construidas durante la Expansión del siglo XVIII. Orense es también notable por sus "pozas", aguas termales que burbujean hasta la superficie por toda la ciudad, incluyendo a lo largo de las orillas del Miño.

Burgos



La capital de la región castellana de España durante casi 500 años, Burgos ha desempeñado un papel importante en la historia del país. Como hogar y lugar de enterramiento del héroe español medieval El Cid, la ciudad ha atraído a visitantes interesados en el rico pasado de España. Burgos ha recibido un fuerte empuje para ser reconocida como una ciudad Europea de la cultura. Desde sus torres altísimas hasta la losa de mármol que marca la tumba del Cid, la notable Catedral de Burgos ha sido restaurada a su gloria gótica. El barrio antiguo está rodeado de espacios verdes, incluyendo los hermosos parques a orillas del río Arlanzón conocido como el Paseo de la Isla.

Girona

Situado en la región noreste de Cataluña, Girona es una pequeña ciudad medieval con un pasado largo y variado. Por su capacidad para soportar las invasiones de las fuerzas poderosas durante siglos, Girona se conoce como "La ciudad de mil sitios". Una exploración del casco antiguo de la ciudad lleva a los visitantes más allá de las murallas romanas, los baños moriscos y las iglesias góticas y es fácil perderse en el tiempo navegando por el

laberinto de estrechas callejuelas y calles de piedra. Ninguna visita a Girona está completa sin escalar los 89 escalones de la Catedral de Girona para ver su famoso "Tapiz de la Creación", un panel bordado que data del siglo XI. La ribera escénica "Rambla de la Llibertat", el principal paseo marítimo de Girona, está llena de cafés, tiendas y restaurantes.



España *Festivales de Verano*

La Tomatina

¿Alguna vez has sentido la necesidad de lanzar un tomate a alguien? En la Tomatina en Buñol se puede! Esta loca tradición comenzó hace 70 años, y ahora en cada último miércoles de agosto, miles de personas se tiran tomates entre sí durante el evento más divertido del año.

La Tomatina es en realidad parte de una celebración más grande; Marca el final de toda una semana de desfiles, fiestas, ferias y mercados callejeros. Es tan original y tan divertido que la gente visita España sólo para participar en ella. El número de participantes está limitado a 20.000, lo que parece mucho, pero las entradas se agotan en un instante. Así que si quieras divertirte en Buñol, asegúrate de conseguir tus entradas con mucha antelación!

Otra de las tradiciones locas de Buñol, es que durante las fiestas, se coloca en la plaza principal una barra resbaladiza con un jamón serrano en la parte superior. Quien llegue primero gana el jamón. ¿Estás preparado para ese desafío?



Málaga *La Feria de Agosto*

La Feria de Agosto de Málaga es toda una semana llena de actividades y eventos divertidos en el corazón de la Costa del Sol. Es el mejor lugar y época del año para relajarse y disfrutar de unas excelentes vacaciones. La feria de Málaga es uno de los mejores eventos del verano. A mediados de agosto, el centro de la ciudad será sede de la feria de día (feria de día), la parte más tradicional con mercados callejeros, música y danzas tradicionales. La feria de noche tiene lugar justo a las afueras de la ciudad, con atracciones, puestos de comida y tiendas de baile.





Víspera de San Juan

Hay una noche en España que es muy especial para todos: la noche del 23 de junio, la Víspera de San Juan. Marca el comienzo del verano, y se celebra en la playa con hogueras y fuegos artificiales.

Es una noche mágica llena de viejas costumbres y supersticiones. Mucha gente saltará sobre los fuegos y las olas a medianoche, creyendo que les traerá buena suerte. En algunas partes de España, como Galicia, la comida también es un elemento importante, especialmente las sardinas cocidas en las cenizas de las hogueras. En otros lugares como Barcelona y Valencia, todo el mundo buscará el mejor sitio para disfrutar con los fuegos artificiales a medianoche. Es la noche más corta del año.



Imagínese correr tan rápido como puedas mientras tratas de escapar de una bola gigante de 3 metros de diámetro con un peso de más de 150 kg ... Eso es lo que sucede cada mes de agosto en Mataelpino, un pueblo de la Sierra de Guadarrama. El pueblo decidió reemplazar el tradicional encierro con este

Barcelona La Fiesta Mayor de Gracia



Durante el verano, cada barrio de Barcelona celebra sus propias fiestas populares, pero ninguna es tan especial, divertida y creativa como las Fiestas de Gracia en agosto. El emblemático barrio de Gracia se transforma en un lugar espectacular, lleno de arte y color. Sus calles compiten entre sí para ganar el primer premio por la mejor decoración y la más extravagante, mientras que ofrece a visitantes y transeúntes un paisaje verdaderamente magnífico. Con cada rincón usted será transportado a un mundo diferente. Y si la decoración por sí sola no es suficiente, en las Fiestas de Gracia también se puede disfrutar de acróbatas de calle, espectáculos, castellers, desfiles, mercados callejeros... Y por la noche la diversión continúa con los numerosos conciertos que se celebran en las plazas de Gracia.

Madrid Boloencierro de Mataelpino

boloencierro, donde el protagonista es una gran pelota de plástico. Incluso los niños pueden disfrutar de su propio mini boloencierro, con bolas más pequeñas y más ligeras que están pintados en colores brillantes para hacerlos más visibles. ¿Estás listo para obtener la adrenalina?

Semana Grande Bilbao



La batalla del Vino de Haro

Cada año el 29 de junio, temprano en la mañana, más de 10.000 personas se reúnen en la plaza principal de Haro (La Rioja) para el evento más divertido de la ciudad: la batalla del vino! El uniforme para la batalla es la ropa típica de La Rioja, camisa blanca y pantalones con un pañuelo rojo atado alrededor del cuello. Pero cuando el cohete que marca el inicio de la batalla es lanzado, no habrá nadie que pueda mantener su ropa limpia! El vino es arrojado por todas partes y la ciudad entera es pone de color rojo. Hay 40.000 litros de vino reservados para el festival, y hasta que cada gota haya sido lanzada la banda no deja de jugar. ¡La diversión está garantizada en este acontecimiento desordenado!

A mediados de agosto, Bilbao se prepara para su evento más importante del año, el Aste Nagusia o Semana Grande. Este festival dura 9 días, con conciertos, ferias, actuaciones teatrales y un montón de otros entretenimientos que tienen lugar en toda la ciudad. Uno de los puntos culminantes son las competiciones de los fuegos artificiales que iluminan el cielo cada noche.

El último día del festival, no habrá fuegos artificiales. En cambio, la ceremonia de clausura ocupa el lugar central cuando la Marijaia (la mascota de la Semana Grande) flota río abajo en un barco y se pone en llamas, sólo para regresar cuando tenga lugar la próxima edición.

¡España tiene festivales para todas las preferencias, desde rituales solemnes hasta celebraciones locas! Hemos incluido sólo 13 de los mejores eventos, pero hay muchos más que descubrir.





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thing you buy,
that makes you
richer.**

Muthu Grangefield Oasis Club

España

Increíbles estaciones de esquí

España es un país generalmente montañoso con estaciones de esquí que son conocidas... desde los Pirineos hasta Sierra Nevada. Si su opción es el esquí y el ambiente invernal, te invitamos a disfrutar de las mejores estaciones de Esquí de España.



Benasque

Ubicado en la reserva natural de Posets-Maladetas en los Pirineos españoles, Benasque es perfecto para aquellos que prefieren el esquí de la variedad de cross country. Hay rutas para todos los gustos

desde los más experimentados a los principiantes que con viento atraviesan robles, abedul y hayas. A diferencia de las estaciones de esquí de descenso, no tienes que pagar nada para esquiar a fondo.

La Molina

A menos de dos horas en coche de las playas de Barcelona, en la Provincia de Girona, este es un complejo ocupado y bullicioso con mucha historia. El hogar de primer telesquí y escuela



de esquí de España, ahora ofrece las mejores instalaciones para albergar el Campeonato Mundial de Snowboard 2011: 61 km de pistas divididas en 54 carreras, un parque para principiantes y el mayor half-pipe de los Pirineos.

Cerca de las fronteras francesas y andorranas en la ladera norte de Tosa d'Alp con vistas al valle de la Cerdanya, Masella se encuentra a sólo 90 minutos de Barcelona. El complejo cuenta con 65 pistas de todos los niveles, repartidas en 75 k. Cuenta con instalaciones especialmente adaptadas para la práctica del esquí alpino adaptado.





Baqueira-Beret

La estación de esquí más grande y visitada de España, con 153 km de pistas, se encuentra a menos de cuatro horas de Barcelona y Zaragoza, en los valles Aran y Àneu de los Pirineos. Los esquiadores acuden aquí por el buen récord de nieve de la estación y disfrutan de más de 50 aldeas rurales y locales de casas de piedra y madera, muchas de las cuales cuentan con hermosas iglesias románicas.

Navacerrada

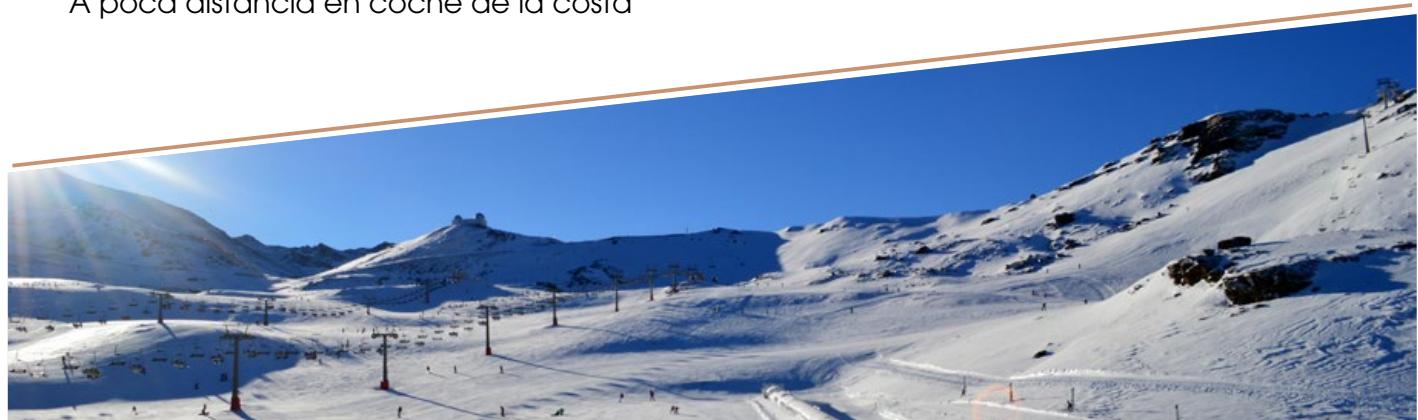
Ubicado a 52 km (32 millas) de Madrid, Navacerrada es la estación de esquí más cercana a la capital, por lo que es perfecto para una excursión de un día. Se divide en dos zonas, la zona superior con pistas intermedias y difíciles y la zona inferior con pistas intermedias. El complejo también cuenta con un estadio de eslalon y salto de esquí.



Sierra Nevada

La estación de esquí más al sur de Europa, la estación de esquí de Sierra Nevada se encuentra solo a 27 km de Granada, en la vertiente norte de Veleta, el tercer pico más alto de la península española. Es la estación de esquí más alta de España; La temporada puede durar desde finales de noviembre hasta principios de mayo. A poca distancia en coche de la costa

mediterránea, hace que sea uno de los pocos lugares en el mundo donde se puede esquiar por la mañana y nadar en la tarde. Es reserva de la Biosfera.



THERE'S
NO TIME
TO BE BORED IN
A WORLD AS
BEAUTIFUL
AS THIS.



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escape





Grand Muthu Monicca Collection

Beauty of Spain

Many of the visitors to Spain head for the beaches during summer. The beaches of Spain are well known and are some of the best in Europe. There are beaches in each of the Canary Islands, as well as beaches in each of the Balearic Islands. The northern Atlantic coasts have the beaches of El Sardinero in Santander and La Concha in San Sebastian, as well as the rocky coves of Galicia. Each one has its own particular type of enchantment. One can soak the sun, eat at the Chiringuitos, and enjoy the summer nightlife.



Beautiful Beaches Palaces



The Royal palaces of Spain are some of the most beautiful in Europe. They are the Palacio del Oriente in Madrid, the palace in Aranjuez, the palace in La Granja (Segovia), and the palace and monastery at El Escorial. They are all very different from each other. There are private palaces like the Palacio de Liria in Madrid and the Casa de Pilatos in Seville, all filled with beautiful art and history. Their architecture is magnificent and many of these palaces could not be reproduced today, even with modern technology. They are to be savored and appreciated.



Canary Islands

The differences between the Canary Islands



The Canary Islands are one of the most popular sun, sand and sea holiday destinations. Many people know them as the place to go for year-round sunshine. Not so many are aware that each island is quite different, with its own sparkling personality.

Sun, Sand & Sea



Tenerife

The largest of the Islas Canarias, Tenerife has it all; beaches, mountains, cities, villages and many a hidden gems waiting to be discovered. You can hide away in a luxury holiday villa close to the foot of Mount Teide, Spain's highest mountain, or base yourself in the midst of it all in an amazing apartment with sea views in the cosmopolitan Santa Cruz. Thanks to Atlantic breeze, Tenerife also has some of the best kite surfing and windsurfing opportunities. For those who prefer activities of slightly lower impact, you can take your pick from waterparks, theme parks, historic sights like the excavations of the Pyramids of Güímar and of course, miles of sunny beaches. No matter your age or extreme activity, Tenerife provides everything.



Gran Canaria

Gran Canaria has the same image as Tenerife but with better beaches; Las Palmas shades Santa Cruz when it comes to attractive historical quarters, a fantastic city beach in Las Canteras and a thriving live music scene. Inland villages on Gran Canaria are easier on the eye than those on Tenerife and the scenery is more epic, almost Arizona-like in parts.

Lanzarote

One of the oldest of the islands, the terrain is pockmarked by volcanic cones, giving it a different worldly appearance. In recent years, the island has increasingly attracted sports-oriented market, with runners and cyclists bolstering the already healthy board sport scene. Like other eastern islands, Lanzarote has a choice of golden beaches, which the western islands can only look upon with envy.



Fuerteventura

Fuerteventura is the oldest Canary Island and the windiest. A near constant breeze is a welcome fuel for the windsurfers and kiteboarders. Fuerteventura is the beach paradise of the islands, with the Corralejo dunes more like a mini Sahara than a beach. Fuerteventura's resorts can be

complimented by the beauty provided by golden sands and turquoise seas. Away from them, the island holds a few pleasant surprises and quite an interesting variety of birdlife. There are a few pretty historic villages too.



La Palma



Known as La Isla Bonita, La Palma is, as the name says possibly, the prettiest of the Canary Islands. Santa Cruz de la Palma was a shipbuilding port in the days and pirates roamed these parts. It has beautiful scenery you won't find on other Canary Islands – like the Caldera de Taburiente and the water tunnels at Marcos y Cordero. It also has land less than 50 years, thanks to the eruption of the Teneguía Volcano in 1971. La Palma's bigger towns bustle with life and are quite sophisticated, plus there's a strong South American feel to the place (they even hand roll cigars on the island). It has the personality of one of the smaller Canary Islands yet with many of the qualities of the more populated ones.

The most striking of the Canary Islands without a doubt, La Gomera's wild scenery can include in one vista, a mix of tiny terraces and palm groves, lush rainforest, and hills that look as though they belong in the Atlas Mountains. Sometimes it's just as easy to walk as there are less roads and more walking trails everywhere, which is why it's a magnet for hikers from across Europe. There are resort areas on La Gomera, Playa Santiago and Valle Gran Rey. Even the capital, San Sebastian, is little more than a quiet town with nearly all its historical stories in this place – Columbus stopped there on his way to discover the Americas. La Gomera does have beaches, but make no mistake about it, this is an island to escape the crowds and embrace nature.

La Gomera



El Hierro



The most magical and mysterious island of them all, El Hierro was once the island at the edge of the world. There is still a certain enigma in the air; it's just not quite like the other islands. There is a fantastical sabine forest, a strange little ancient settlement unlike any elsewhere on the Canaries, giant lizards and a hotel that was once the smallest on Earth. The diving is supposed to be the best of all the islands whereas the hills, with their flocks of woolly sheep and dry stone walls, can sometimes feel more Yorkshire than an island close to Africa. A lack of air traffic and a three hour ferry ride keeps visitor numbers low, making El Hierro at the edge of the Canary Islands, truly deserving of the term 'unspoilt'.

Romantic Destinations in Europe



Venice, Italy

Venice is a city unlike any other. You can fall in love with Venice just by having a gondola ride trip! No matter how often you've seen it in photos and films, the real thing is more dreamlike than you could imagine, with canals where streets should be & water shimmers everywhere.

The fabulous palaces and churches reflect centuries of history in what was a wealthy trading centre between Europe and the Orient. Getting lost in the narrow lanes is a classic part of exploring Venice, but at some point you'll almost surely end up in Piazza San Marco, where tourists and locals meet for a coffee. Good time to visit Venice is late April through early June.

Paris, France

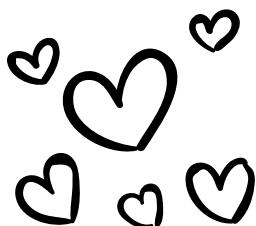
Paris is one of the most beautiful cities on earth. It can be truly appreciated when you go on a stroll that has one stunning view after another, from the epic Eiffel Tower to the regal Jardin des Tuileries to the petite cafés bursting onto the sidewalks. Beyond the city's visual appeal, the cultural riches of the French capital are unparalleled. Whether you choose to explore the historic, fashion-conscious, traditional, or unconventional and arty sides of Paris, one thing is certain: the City of Light will always captivate the love you are looking for.





Sintra, Portugal

Sintra was once the summer residence of kings and aristocrats, and its late-medieval palace illustrates the royal wealth and power of its time. Sintra's history is so important that the entire area is a designated UNESCO World Heritage Site. The region, along with Queluz, is flooded with palaces and monasteries, but do take time to enjoy the view as well. You can hike up to Pena Palace, just 2½ miles south of Sintra, but it's more fun to take a horse-drawn carriage. The palace is almost like a Disney fantasy work that completes with a beautiful end. It is a great way to celebrate your love in royalty.



Florence, Italy:

Florence is loved for its architecture, food and art. As someone once said, "Tuscany is the garden of Europe and Florence is the flower in the garden." Florence's is a delicate beauty—its calm, plain palaces built in local stone are very large. Buildings take on a certain elegance when day breaks and when the sun sets. A walk along the Arno offers views that haven't much changed in the last 700 years. While navigating Piazza della Signoria, it is always packed with tourists and it requires patience. There's a reason why everyone seems to be here, however. It's the heart of the city, and home to the Uffizi—the world's finest storehouse of Italian Renaissance art.



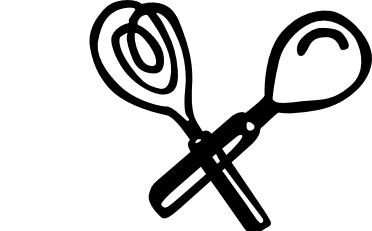


Spanish Food

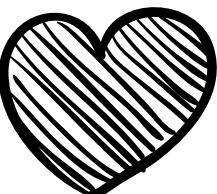
On a scale of 1 to 10, Spain's cuisine rates a 10. There seems to be an infinite variety of food, with variations in every region. You can eat at very inexpensive places and still have a great meal. The "menu of the day" option is fantastic because it offers a complete meal for a bargain. There are really few places in the world

that can compare with Spain on food. Spanish food is characterized by its freshness and healthfulness. The homemade food found in many humble restaurants, beats the most expensive food served in the most expensive restaurants of the world, it's for taste and originality. A common labourer in Spain can eat like a king!

Worth mentioning is the sweets that can be bought in monasteries and cloistered convents. They have preserved food recipes that date from the times of the Romans and the Moors. The charm of ordering the sweets from the cloistered convents, where you ring a bell at the door and a turntable, is interesting.



*Fresh
and
Delicious*



“Every time you are tempted to REACT in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.”

-Deepak Chopra-

The Netherlands Prison

The Netherlands have been seeing lots of spare property popping up thanks to the huge crime drop off rate in the past few years. Due to different reforms, crime rates are falling around 0.9% per year, which means 3000 prison cells & 300 youth detention places will no longer be needed by 2020.

"In the Dutch service we look at the individual," says Jan Roelof van der Spoel, deputy governor of Norgerhaven.

"If somebody has a drug problem we treat their addiction, if they are aggressive we provide anger management, if they have got money problems we give them debt counseling. So we try to remove whatever it was that caused the crime. The inmate himself or herself must be willing to change but our method has been very effective. Over the last 10 years, our work has improved more and more."

8 prisons were closed in Netherlands in 2009, followed by 19 in 2014 and 5 in 2016. This is great news as it means crime rate is low, less money is spent on prisons & the empty facilities are being converted to housing or hotels.



So what have they decided to do with the prisons? They've started to turn their unused prisons into luxury hotels.

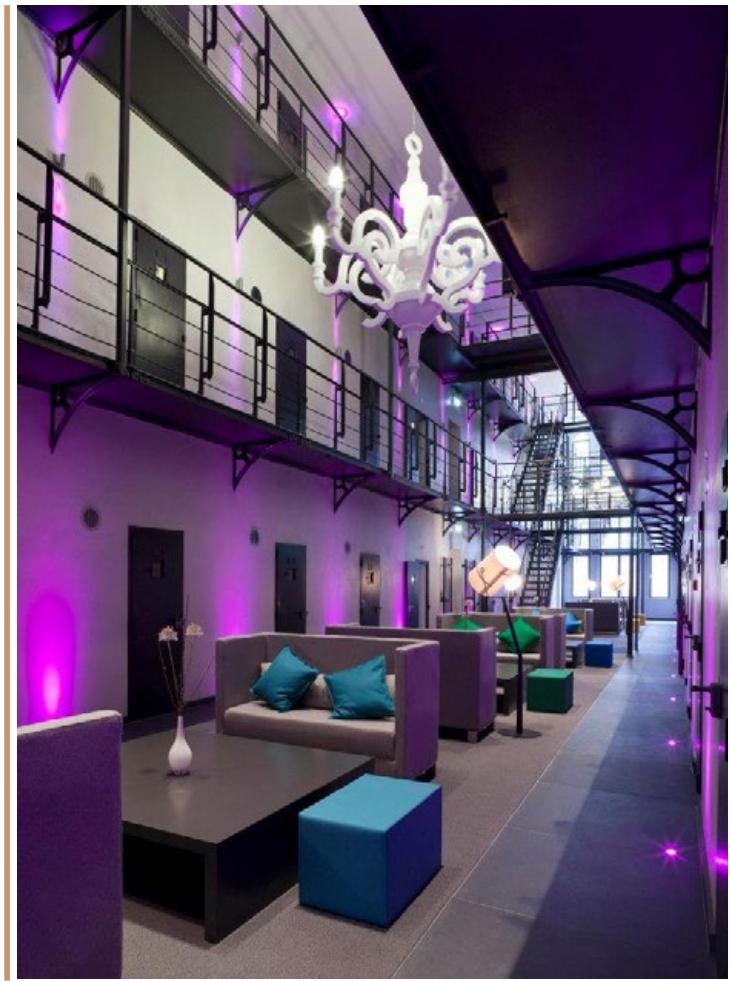
The idea first started with the Het Arresthuis, a new luxury hotel located just outside Amsterdam. Over the past 8 years, the crime rate in the Netherlands has dropped a whopping 25%. The Het Arresthuis hotel, which is Dutch for 'House Arrest,' is located in Roermond and is as glam as it could be.



Although the cells still have their original doors, each room is completely unrecognisable. Gourmet food is available to order, flat screen TV's are in every room, as well as Wi-Fi.

If you're feeling fancy, you can even upgrade to one of the hotel's four suites called; The Lawyer, The Director, The Judge and The Jailer. Sure, the place even has a full spa and workout room. This could be a jail we could get used to!

Netherlands is not unique in this innovation as other prisons in Helsinki, Stockholm & Oxford, England, have also been redone as luxury hotels.



Nottingham *Things to do*

Nottingham Beer Festival

It is called Nottingham Robin Hood Beer and Cider festival. This festival happens in the month of October. It happens in Nottingham Castle, actually located close to the railway station and bus station. Nearly 1,000 different real ales and well over 200 real ciders are served and entertainment is provided. Visitors have to pay for the entry but the entertainment is free. They also have the widest possible choice of gluten free real ales. They have all sorts of catering stalls that provide cuisines from different parts of the world. You can take your own food, soft drinks and water if you want. Families can bring children to the festival till 5pm.



Extreme sports at National Watersports Centre



If you want to conquer the fear and push yourself to the edge, this is the place to be! National watersports centre offers lot of adventurous activities that are for all age groups. Some of them are Sky Trail, White Water Rafting, White Water Tubing, Segways, ECombat Laser Tag, Wakeboarding & XRunner Assault Course. The place will make you feel more alive. For short breaks they also provide various camping options like pitches, cottages, camping arches and camping activities packages.





Wollaton Park

Love nature and Animals? Visit Wollaton Park!! Built in 1500s, Elizabethan country house, an ancient building of Wollaton Hall is on a hill away from the busy city. It is home to different kinds of deers and other wild life that migrate here. It has a beautiful park, walking trails, a lovely botanical garden and a huge variety of flowers. The scenic Park provides spectacular views of Nottingham. Throughout the year it offers different events that attract lots of tourists and locals here.

Nottingham's Caves

Caves, Caves and more Caves!

Nottingham has more underground caves than anywhere else in Britain. They are sandstone caves dug with simple hand tools, which takes the visitors into the rich history of Nottingham. It's an opportunity to dwell in to a world completely opposite to the bustling

streets of the city above.

Tours have actors walking the tours or with audio guides on the site. These caves have old tannery, worst slums from 19th century and shelters from bombing in WWII. To learn more about the ancient place, indulge into an archaeological journey.



Madeira *Festivals*

Carnival

Participants parade with all different themes each year to music and rhythm that is contagious. They are dressed representing all different walks of life. It can be national, international, political, social, traditional or any simple attire. The festival is celebrated in school as well. Parents and children dress with masks and attires of different characters that are made by themselves to their interest. The atmosphere is made alive with themed parties at night and street entertainment during the day.



Flower Festival

Madeira has a unique way to welcome the spring season. The climate allows both cold and tropical flowers to bloom. There are flower sculptures, decorations and flower carpets. To enhance the beauty and colour to the festival there are music bands and the participants are dressed in costumes inspired by the flowers of Madeira.



Wine Festival

Who doesn't love wines! This festival is celebrated during the harvest of the grapes in August and September. The atmosphere is festive with lots of music entertainment and regional cuisine. There is also Street Entertainment that enact the wine making process in Madeira.





Christmas and End of the Year Festival

Madeira has a very popular firework show that was widely recognized in 2006. Just before Christmas Eve they had farmers market to do last minute shopping. The traffic was closed and there were carol shows with music bands and music groups. Twelfth Night songs "Missas do Parto" are sung in the Madeira houses throughout the region that symbolizes the popular tradition. Christmas Eve is ended with various midnight masses celebrated till the early mornings, followed by snacks with spirits, liqueurs and cakes.

Atlantic Festival



Summer season starts in Madeira with fireworks and music. They have shows and performances that last 20 minutes for tourist and residents. They also have different initiatives like Regional Bread Fair through folk groups that raises funds for charity, Atlantic Roots Festival that promotes national and local trends in music, Regional Arts Week that have different performances through dance, drama, theatres and traditional Madeira dance, Popular Saints Festivities celebrates the three Popular Saints: Saint Anthony, Saint John and Saint Peter like many other countries.

Nature Festival

This festival is to promote the rich national heritage and to bring them closer in many prospects. There are different types of activities on land, air or the sea for different age group to participate. To complete this festival there is a display of local food, culture and performances by folk dance groups.



Budget your Travel

If you want to travel cheaper, longer, and better, you need to make your money last on the road. Every penny adds up and even if you are only traveling for two weeks, it's better to spend money on the activities and meals you want instead of wasting it on unnecessary expenses. Here are some tips on how to make the most of your money and avoid costly mistakes!

Text and make calls via WIFI

Texting and calling abroad can easily add up, so turn off cellular data whenever possible. Some carriers charge 50 cents for each text sent when overseas and 20 cents per text received. (Take a look at your most recent group text message and you'll see why avoiding these charges is important.)

Check in with your cell phone carrier about international text and calling charges before you leave so you know what additional costs might apply.

FaceTime audio, Skype calling, WhatsApp and Facebook or Messenger are a few great ways to avoid costly additional charges. Always explore ways to protect your data as using public WiFi comes with risks too.



Travel in the Off-Season

While January is generally one of the cheapest months to travel, also consider the low season for your particular destination. That doesn't mean just going to Costa Rica during the rainy months or Algarve when everything is shut down in winters. But if you're considering a ski trip to Vermont, try for mud season that is just after the peak season, but before the lush summer hiking weather begins. Or try for destinations south of the equator during their winter, when the climate might be cooler and damper—and thus, tickets will be cheaper.





Know how you'll pay for things before you get there

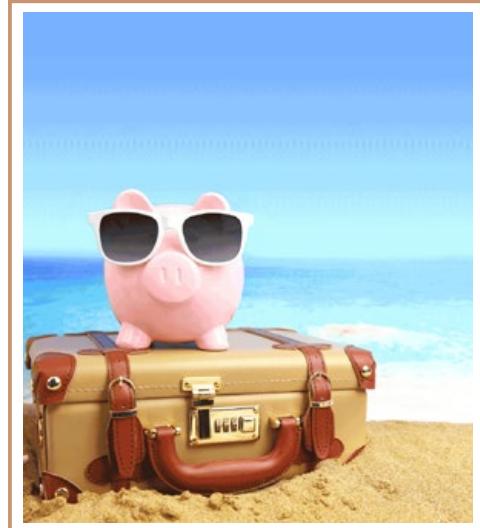
If you're traveling outside the country, call your bank and credit card company before you leave. Not only will that prevent fraud alerts and freezes to your accounts, but you'll learn about any potential fees you might incur and can plan ahead.

Consider applying for a credit card that does not charge foreign transaction fees. Avoid cash advances, for which you'll be hit with high transaction and interest fees.

You can avoid exchange fees altogether by using your debit card and withdrawing cash from an ATM. Try to use the local currency as much as possible.

Take Advantage of Cities with Free Museums

For museum goers, the price of entry to institutions like Paris' Louvre (15 Euros) and Chicago's Field Museum (topping out at \$36 for an all-access pass) can add up. Opt for cities where you can breeze in and out of museums without admission fees. Many museums like Berardo Collection Museum - Lisbon, National Museum-Copenhagen, Berlin Wall Memorial and the National Zoo are all free, as well many of the key museums in London, including the British Museum, National Gallery, and Tate Modern.



Look for Free Walking Tours

The Free Walking Tours model that started in Europe, where the guides operate on a pay-what-you-can basis, has gone global. They are very good in Stockholm, Lisbon, Reykjavik, Quito, Rio, Austin and Savannah. The tours are always genuine and in-depth, but the biggest benefit is the recommendations from the local guide, who understands the budget of a traveler seeking out a "free" tour.

For instance, in pricey Sweden, where a simple restaurant meal could easily surpass \$30, you can eat at places like Kajsa's Fisk, in a food hall basement, for top-notch quality fish soup for about \$12—with free refills and all-you-can-eat bread and salad.

Happy travelling!!!



Visiting Cuba

Tips on Visiting Cuba



Travelling in Cuba is a unique experience, it is a beautiful place and you will soon see why it is unique, as you continue to read...

When we think of Cuba, the first element that comes to our mind is the weather! Cuba is very hot and humid, particularly during the summer months, when children are enjoying their school holidays. It also tends to be a more active destination than many other Caribbean islands, with sunbathing replaced with city tours and a lot of trekking. So be sure you drink plenty of water, apply lots of sunscreen and rather than enjoying lying under the sun, you can take part in adventurous activities. Cuba has a famously fabulous, state-run health service, with more doctors per head than almost anywhere else in the world! However, medical supplies are limited - so

although the quality of care is very high, you may not be able to get even basic medicines. So it is wise, to carry a basic medical kit, with any prescribed medication you may need (along with your prescription). If you are travelling with children, you can be assured that crime rate is low in Cuba, especially in the provinces. Opportunistic theft is more likely to occur in Havana - especially around the Old Town in Havana - so keep valuables hidden, use a money belt and carry copies of your passport. Your phone probably won't work here anyway so leave it somewhere safe - electronic items are scarce in Cuba so they are particularly attractive, so we highly recommend not to flaunt any of your expensive gadgets here! So what is the best time to visit Cuba? June to November is the hurricane season in Cuba. Although hurricanes are not guaranteed, if they do occur they can be extremely disruptive, with power cuts, flash floods and interrupted water supplies. Local





and international flights may be delayed or cancelled too. If travelling during this period, check weather updates regularly and avoid being out and about on days when there are hurricane warnings. The eastern side of the island, around Santiago, is more heavily affected so plan your visit accordingly!

Do take your camera, as



you will surely fall in love with the island of Cuba, it has the most scenic and charming regions, you can walk, drive, cycle or ride a horse through the hills and farmland, stopping off for an organic juice, and learning how to roll your own cigar! The sunsets over the sugar-loaf mounds, with banana leaves peeking out beneath, are just gorgeous and picture perfect. Explore Old Havana as this is a remarkable experience, it's the music, the dance and the warm breeze that are a perfect combination! The old cars shuddering along the Malecón as the waves crash along the shore whilst you can sip on daiquiris, mojitos in Hemingway's old haunts are a lovely experience. The cigars and colourful dresses and crumbling architecture and constant sunshine add true richness to its culture. So enjoy the old Havana, "Habana Vieja" which is a film set, a step into the past, a sensory overload of colour and rhythm and taste, and however long you spend here, it will never quite be enough!



‘Be *fearless*,
be brave,
be bold,
love yourself’



LA
SH
ON

Satfine

LIKE THE WHOLE
UNIVERSE IS YOURS.

SMILES ARE
ALWAYS IN
FASHION!

Forget
the rules
If you like it
WEAR IT

France PARISIAN FASHION

Great style is not just about a great pair of Christian Louboutin, or an expensive Louis Vuitton bag, but it is about how one puts them all together. Paris remains till today as an official fashion capital, alongside Milan, New York and London as well with other increasing number of cities seeking to make their presence in the industry. Let's explore some of the significant impacts of Paris upon many places like Barcelona, Berlin, and Singapore especially in the fashion industry in this article.



Always wear sunglasses

A Parisian (Parisienne) without her big, chunky sunglasses would be a sad and lost person. Sunglasses make everyone look cool and cover up puffy eyes caused by too many late nights.

Parisians usually like carrying small hand bags. Their bag size is just perfect for sitting on the lap while they are tastefully sitting in a cafe, sipping the cappuccino. Bags should be hand-held, quilted if you are over 50 such as Chanel or plain for the younger ones. Parisians are not into rucksacks and is considered slobby in French fashion.

Coordination is a beautiful thing

French women unlike English women coordinate their entire outfit days in advance, ensuring her socks match her hairclip, which matches her top, which matches her coat. They won't buy something because the individual piece is



great. The first thing on their mind is how to fit that individual piece into their already existing wardrobe, and if that goes with their overall look. It is essential that each element of an outfit works to create a complete outfit.

Men wear scarves

Most men like wearing scarves and polo necks. Maybe that is so *Frrrrrench* and it gives them a dashing look. Scarfs also signify confidence and that they care about their look. There are different types of dress scarves: made of silk, cotton, wool or preferably patterned. They're easy to wear and don't involve any tailoring. They're also easy to coordinate with the outfit.



Live in a wear-with-anything trench coat

Parisian women have made the trench coat as their BFF. Wear it on the weekends with jeans, over gowns to formal events, layered with a fur stole when the weather gets colder, over your shoulders during the spring—the possibilities are endless. It's no wonder that French style icons like Brigitte Bardot and Françoise Hardy are rarely photographed out of a trench.

Think in a neutral palette

For the most part, French women dress in a grown-up neutral palette of black, white, beige, and brown, and add pops of colour to their look with accessories—say a red handbag or a brightly patterned scarf. It makes mixing and matching from within your closet pretty effortless, not to mention sticking within this palette makes it hard to make a fashion mistake.



**Bon chic, *bon genre*
that means Good style, good attitude.**

Thus, the French idea is that fashion is an art and, like most art forms, the purpose of classic fashion is self-expression.

THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY

HEALTH



**EAT RIGHT
BE BRIGHT**

Superfoods



Superfoods are nutrient powerhouses that pack large doses of antioxidants, polyphenols, vitamins, and minerals. Eating them may reduce the risk of chronic disease, prolong life, and people who eat more of them are healthier and slimmer than those who don't.



Tomatoes

Why they're super: They contain lycopene, an antioxidant rarely found in other foods. Studies suggest that it could protect the skin against harmful UV rays, prevent certain cancers, and lower cholesterol. Plus, tomatoes contain high amounts of potassium, fiber, and vitamin C. Get your tomatoes with tasty ALT Sandwiches (Avocado, Lettuce and Tomato).

Blueberries

Why they're super: These berries are full of phytonutrients that neutralize free radicals (agents that cause aging and cell damage). The antioxidants in these berries may also protect against cancer and reduce the effects of age-related conditions such as Alzheimer's disease or dementia.





Kale

Why it's super: Move over spinach, you've got some fierce competition! Kale contains a type of phytonutrient that appears to lessen the occurrence of a wide variety of cancers, including breast and ovarian. Though scientists are still studying why this happens, they believe the phytonutrients in kale trigger the liver to produce enzymes that neutralize potentially cancer-causing substances.



Black beans

Why they're super: A cup of black beans contains 15 grams of protein, with none of the artery-clogging saturated fat found in meat. Plus, they're full of heart-healthy fiber, antioxidants, and energy-boosting iron.



Broccoli

Why it's super: Cruciferous vegetables like broccoli contain phytonutrients that may suppress the growth of tumors and reduce cancer risk. One cup of this veggie powerhouse will supply you with your daily dose of immunity-boosting vitamin C and a large percentage of folic acid.



Salmon

Why they're super: Salmon contains omega-3 fatty acids, which the body cannot produce by itself. These fatty acids reduce inflammation, improve circulation, increase the ratio of good to bad cholesterol, and may slash cancer risk. Salmon is a rich source of selenium, which helps prevent cell damage, and several B vitamins.



Oats

Why it's super: Why they're super: Full of fiber, oats are a rich source of magnesium, potassium, and phytonutrients. They contain a special type of fiber that helps to lower cholesterol and prevent heart disease. Magnesium works to regulate blood-sugar levels, and research suggests that eating whole-grain oats may reduce the risk of type 2 diabetes.

Spices of India



11 Essential Spices for Indian Cooking

One of the things that people find intimidating about cooking Indian food is the vast array of spices used - both whole and ground, which are often combined into complex spice mixes. As soon as people are able to identify and understand the spices Indians use, then suddenly they find this cuisine is not as hard to make, after all!

Here are the 11 spices to reach for most often when cooking Indian food.

Using Indian Spices

Most spices, with some exceptions - notably, nutmeg - are dry-roasted to release their essential oils before being ground into spice mixes. While some spices can be blended using a mortar and pestle, it is recommended to use a spice grinder or a powerful blender to make sure your mixes are finely ground, especially because some spices, like cassia bark, are very hard and tough to blend down to a fine powder.

Cardamom

There are two kinds of cardamom used in Indian cooking: green and black. Green is the more common variety, used for everything from spice mixes to yogurt drinks to Indian desserts. The flavor is light and sweet, with a mild eucalyptus note. However when using them in sweets or desserts, you would pop the pod open and lightly crush the fragrant black seeds before using.





Clove

Clove is a common spice in Indian cooking and its anise notes are easily recognizable in many Indian preparations. The strong, almost medicinal flavor of clove comes from the concentration of essential oils. Cloves are technically flowers, and a lot of their oils are pressed out before they are dried and used in cooking. Cloves can be used whole or blended into spice mixes.



Cassia bark

Cassia bark is an interesting spice. Also known as Chinese cinnamon, it is a genus of the cinnamon tree. Cinnamon is a little bit different from cassia, and usually differentiated by being called "true cinnamon." Cassia is cheaper to produce, and the majority of ground cinnamon is actually made from cassia bark. Indians use cassia instead of true cinnamon in their cooking, as it has a milder flavor and can be used in larger quantities. Cassia can also be used whole or ground in spice mixes. It is easily distinguishable by its rough, tree bark-like texture, and the best way to check for freshness is to rub a little on your fingers. If you can smell a cinnamon fragrance, then the bark is fresh.



Black pepper

Black pepper is actually native to India, primarily from the Western Ghats and Malabar region. It is a surprisingly hard spice to grow, as it depends on many natural cycles, like a set amount of rainfall, which is why prices for fresh pepper vary a lot. Like most spices, black pepper needs to be toasted before blending. For the best flavor, however, fresh black pepper can also be ground directly into dishes.



Cumin

Cumin is used frequently whole and in spice mixes to add a characteristic smoky note to Indian dishes. It can be identified by its distinct ridged brown seeds and intense fragrance. It is sometimes confused with fennel, caraway, and anise seeds, but you can tell the difference by looking at its colour (brown, as opposed to green fennel) and taste (smoky, as opposed to a stronger licorice taste). Cumin is best used freshly ground for the most intense flavor.

Coriander

Coriander is probably the most ubiquitous of spices in the Indian spice rack. It is one of the oldest-known spices in the world, and it's characterized by its golden-yellow colour and gently ridged texture. The seeds are very aromatic with citrus notes. Whole coriander is used as a base for many spice mixes, and ground coriander is one of the most commonly used ground spices in Indian cuisine. Like cumin, it needs to be dry-roasted until you can start seeing a light golden-brown tinge to the seeds and they start "dancing" and popping in the pan.



Nutmeg and mace

Nutmeg and mace are used a lot in International cooking. Mace is the dark-red outer covering of the nutmeg. Fresh nutmeg is processed by removing the pulpy outside and sliding off the mace. It has a tough outer covering that needs to be cracked off before grating. When dried, mace turns golden-orange and adds hints of warm flavor. Once nutmeg is dried, it lasts pretty much forever, so it is best to buy it whole and grate as required into your dishes. People rarely ever use ground nutmeg, as it is one of those spices whose flavor degrades very fast once it is ground. Nutmeg does not need to be toasted before blending into spices, as toasting wrecks its delicate flavor.



Mustard seeds

Mustard seeds can be yellow, black, or brown and are used interchangeably in Indian cooking. The flavor of mustard seeds is released when they are crushed or cooked in oil. Their smoky, nutty flavor is a staple in curries and curry powders, and mustard oil is commonly used in the North of India.





Fenugreek

Fenugreek is the spice which gives Madras curry powder its very characteristic, earthy, musky "curry" flavour and fragrance. The seeds are yellowish and look like tiny wheat kernels. Fenugreek leaves are also dried and used as a spice (they are commonly called kasturi methi) and it is what makes butter chicken unique. Fenugreek seeds are strongly fragranced and should be used with caution, just like cloves. They are also used in traditional medicine, and strangely enough, to make fake maple syrup.



Turmeric

Turmeric is another common Indian spice. Grown as a rhizome, it can be used fresh (like ginger) or dried. It has been known to have a host of health benefits and it is used in a lot of spice mixes and curries. The flavor of fresh turmeric is slightly stronger than dried, and it stains very easily, so make sure you are careful with your clothes and utensils while using it. It has a pungent, earthy fragrance so it should be used in small quantities to give food a beautiful golden colour.



Saffron

The most expensive spice in the world, saffron is actually more valuable by weight than gold, due to the fact that it is one of the most labor-intensive spices to produce. Saffron is the stigma of crocus flowers and needs to be picked by hand. The best saffron is dark-red in colour and comes from Kashmir, Iran, or Spain. The fresher the saffron, the deeper the colour. The flavour of saffron is very unique, with everybody experiencing a different aspect of its fragrance. Saffron is an intense spice, and is used in small quantities, usually dissolved in warm water or milk before being added to dishes.



ALL MY LIFE
I THOUGHT
AIR WAS FREE...
UNTIL I BOUGHT A
BAG OF CHIPS.

food



Create food ☺



Cook
Eat
Love



live, love, dream, thrive



What actually is a **SAMOSA?**



Samosa or samoosa

A samosa or samoosa is a fried or baked pastry with savoury filling, such as spiced potatoes, onions, peas, lentils and also with minced meat (lamb, beef or chicken), and sometimes pine nuts. The samosa originated in the Central Asia. Its size and consistency may vary, but typically it is triangular or tetrahedral in shape. Indian samosas are usually vegetarian, and often accompanied by a mint sauce or chutney. Vegetarian samosas originated in Uttar Pradesh, India. Samosas are a popular entree appetizer or snack in the local cuisines of Indian subcontinent, Southeast Asia, Central

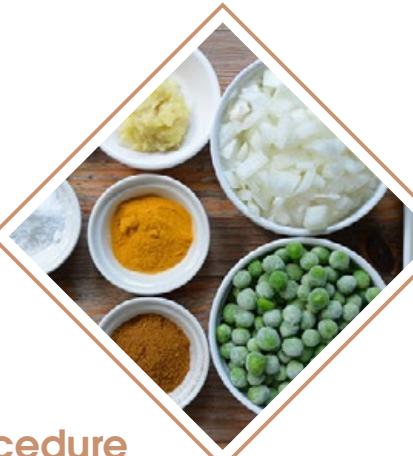
Asia and Southwest Asia, the Arabian Peninsula, Persia, the Mediterranean, the Horn of Africa and North Africa. Due to cultural diffusion and emigration from these areas, samosas are also prepared in other regions.

The samosa is claimed to have originated in the Middle East (where it is known as sambosa) prior to the 10th century.



Dough Ingredients

2 cup all-purpose flour
½ tsp salt
2 Tbsp vegetable oil
¾ cup warm water



Filling Ingredients

2 ½ cup peeled and diced Yukon Gold potatoes, cut into ½-inch pieces
1 Tbsp fennel seed
1 Tbsp cumin seed
2 tsp coriander seed
3 Tbsp vegetable oil
½ cup finely diced onion
2 clove garlic, minced
1 inch fresh ginger, peeled and grated
1 pkg (1 lb), frozen chopped spinach, thawed and excess juices squeezed out
½ cup frozen peas, thawed
Salt and pepper
Vegetable oil for frying

Procedure

1. For dough, combine flour and salt. Stir in oil, then stir in warm water. Turn dough out onto a lightly floured work surface and knead until dough is elastic, about 5 minutes.
2. Cover and set aside while preparing filling.

Filling

1. Boil potatoes in salted water until tender, then drain well and set aside.
2. In a large sauté pan, toast fennel, cumin and coriander seeds for 2 minutes (until a fragrance is noticeable). Add oil, then onion and sauté for 4 minutes, until onion is translucent. Add garlic, ginger and sauté one more minute. Stir in spinach, peas and cooked potatoes, mashing lightly to combine and warm, then season to taste. Let filling cool.
3. To assemble samosas, divide dough into 12 equal portions and shape each portion into a ball. Roll out 1 ball into a 6-inch circle on a lightly floured surface. Cut circle in half. Fold 1 corner of semicircle up and over middle. Fold

second corner over to make triangle, and pinch corners of triangle to seal (leave rounded side open). Hold triangle in your hand with open rounded side facing up and let dough fall open to make cone. Fill cone with approximately 2 tablespoons potato mixture, then pinch along the rounded side to seal.

4. Repeat with remaining dough and filling. Cover and chill samosas until ready to cook.
5. Fill a pot with 2-inches of oil (make sure oil fills pot not more than halfway) and heat to 350 F. With tongs, place samosas in oil, leaving an inch between them, and cook until golden brown, about 4 minutes. Turnover and cook other side until brown, then put in a paper-towel lined plate to drain.
6. Samosas can be served warm or at room temperature with mango chutney.
7. TIP: Alternately, samosas can be brushed with an egg wash and baked at 375 °F on a parchment-lined baking tray for 30 minutes. Enjoy!

Wine & Cheese



Pairing wine with cheese is a traditional practice. While the prospects are endless, it is important to take a few things into consideration so you can get the right combination. Many factors like tannins, fat, acidity and texture do play a role in how well cheese goes with your wine. Whether you are throwing a party or simply a get together in the great outdoors, a great way to celebrate is with your favorite wine and local cheese.

Because everyone has different preferences, you may find that you prefer certain pairings over others. To find the right combination you can follow 3 steps:

- Take a bite of the cheese by itself to assess its taste.
- Take another bite and hold it in your mouth with the wine.
- Consider how the two mingle together to determine if it's a match.

If you know your wine well and simply want a good match, below are some suggestions:

Cabernet Sauvignon: Pair it with Cheddar, Colby, gouda or Roquefort.

Merlot: Goes well with gouda, gorgonzola, brie, Jarlsberg or parmesan.

Cabernet Franc: Bloomy cheeses like brie, camembert or blue as well as goat and gorgonzola.

Syrah: Consider cheddar, edam, parmesan and gouda.

Pinot Noir: Try it with feta, Monterey jack, muenster, Swiss or brie.



UK Best restaurants to visit in the UK



Alain Ducasse at The Dorchester

It is a French restaurant. This restaurant is located in The Dorchester, a hotel in Park Lane, London. It is one of the 27 restaurants operated by French chef Alain Ducasse. Since 2010, it has been one of the four UK-sited restaurants to hold three Michelin stars. A perfect place for a savvy lunch, the restaurant offers a three-course set menu including wine, water and coffee. Private dining is also available for special occasions.



Gordon Ramsay

Holding three Michelin-stars, Gordon Ramsay's flagship restaurant provides elegant modern French cuisine using the finest seasonal ingredients and employing both classic and modern techniques. This intimate restaurant seats 45 guests. Surrounded by the stylish interiors designed by Fabled Studio, combining contemporary elegance and unparalleled service, Restaurant Gordon Ramsay has the hallmark of true excellence.



The Fat Duck

Heston Blumenthal's renowned restaurant has innovative Modern British cuisine, with a fixed-price menu. At The Fat Duck, Heston and his team have advanced the craft of cooking at all levels, from basic technique to the most elaborate dishes. The experience at The Fat Duck sparks playful memories, filled with curiosity, discovery and adventure. Today, The Fat Duck (as it was renamed) is not just the most famous restaurant in Britain, but the most expensive too. The food is based on Molecular Gastronomy.



Waterside Inn

Are you passionate about food? So are they – priding themselves on the quality of our food, they offer a great range of seasonal dishes, as well as several classic pub favorites, with a modern twist. Their range of dishes, fresh ingredients, a passionate kitchen team and personal attentive service, all work towards creating that more relaxed pub dining experience.

Spanish Food Habits



Spanish meals are spread throughout the day. One of the meals is Tapas. It is part of their social culture in Southern Spain. Tapas are treated as snacks before big meals in the afternoon and at night. It is an informal food often eaten at bars with drinks. When you order tapas try to order in small portions first and take it from there. The price starts from 2-3€ to 5-6€.

Tapas are made from

Few typical tapas are:

Gambas al Ajillo: fresh prawns in sizzling olive oil with garlic and chili peppers

Cazón en Adobo: fried marinated dogfish

Bacalao: salt cod, breaded and fried or stewed in tomato sauce

Calamares: fried squid rings

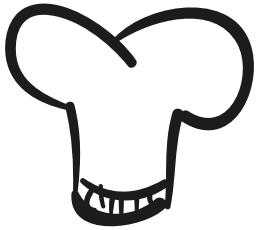
Chipirones: small squid, usually cooked "a la plancha" (on the griddle)

Chocos: cuttlefish, usually breaded and deep fried

Mediterranean ingredients like olive oil, garlic, fish and seafood, and free range pork. Though beef and lamb are liked a lot, the most common meat is pork, much of which comes from free range "pata negra" pigs. All the parts of the animal are used not to miss the cheeks, trotters, tripe and blood. Different varieties of cheese is also used the most common one is Manchego that comes from goat milk, sheep milk or both.



Chef's Snack Recipes



Ingredients

24 Chicken wings
40 g Ketchup 5L (to taste)
40 g HP Sauce (to taste)
50 g Honey
¾ teaspoon Salt fine
¼ teaspoon Pepper
20 g Paprika
1 Lemon



Procedure

- 1-Marinate the chicken wings for 30m and season it with salt, pepper, sweet pepper and honey and let it stay.
- 2-To make the sauce, mix ketchup with the HP sauce and a little sugar and honey.
- 3-Then fry the finely chopped oil until golden brown and drain on kitchen paper to remove excess fat.
- 4-Serve with lemon wedges.

Chicken Wings

Ingredients

60 g Lettuce
60 g Purple lettuce
20g Cheese
20g Caesar sauce
130g Crumbed chicken
1 Egg
60g Potato
80g Cherry tomato
30g Bacon
1 Sliced bread



Procedure

1. Start by grilling the chicken breast, then cut the chicken in julienne and reserve it.
2. To make the croutons of bread, cut the slice of bread in small cubes with seasoning and bake in the oven until golden.
3. Grill the bacon, boil the egg and the potatoes and reserve it all.
4. In a dish put the lettuces cut into julienne and then arrange the potatoes, the egg, orange wedges, the chicken breast and the chopped bacon. Then sprinkle with caesar salad sauce on top of the salad and the croutons and it is ready to be served.

Chicken Caesar Salad

Ingredients

200g Shelled Prawns
50g Grated Coconut
2 Eggs
200g Wheat Flour
50g Beer
1 Lemon
10g Curry Seasoning
10g Pepper
20g Fine Salt
10g Chutney Sauce



Procedure

1. Begin by peeling the prawns leaving only the tip of the tail, season with salt and pepper and reserve it.
2. To make the batter, mix the flour with 2 eggs, a little curry seasoning and beer, stir well until it forms a thick mass.
3. Then heat oil in the pan and dip the shrimp one by one in the dough and then pass it through the shredded coconut and fry it in the oil until it is a golden brown colour. Then remove it and place it to drain on kitchen paper to remove excess fat.
4. Serve with mango chutney and lemon wedges.

Breaded Prawns

Ingredients

120g Loaf of Bread
1 Egg
60g Bacon
40g Tomatoes
40g English Ham
40g Sliced Adam Cheese
15g Mayonnaise
100g Pre Fried Potato
100g Chicken Breast
20g Lettuce



Procedure

1. Bake the chicken breast and boil the egg and let it cool, then mix the mayonnaise with the chicken, making a creamy paste.
2. Place 3 slices of toast in the toaster
3. Then fry the bacon in a sauté pan.
4. After the bread is toasted, prepare the sandwich, first place the chicken slice on top of the first slice followed by lettuce and tomato slices, then place the second slice of bread on top and add the cheese, ham, fried bacon and boiled egg cut into slices, finish with the last slice of bread and cut into quarters or in the middle.
5. Sandwiches do not disintegrate if you put sticks with an olive on top. Serve it accompanied with French fries.

Sandes Club

Sandes Club served with French fries



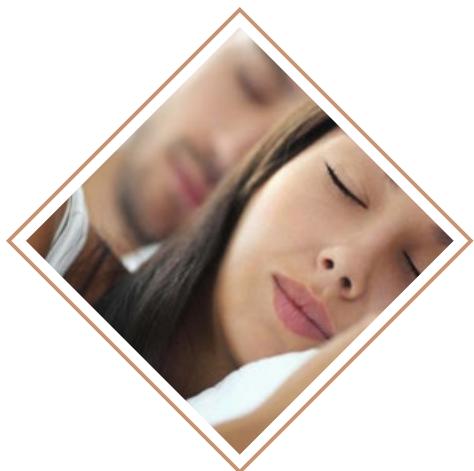
Healthy habits for a long life



The increasing levels of pollution, consequences of global warming and dramatic lifestyle changes, have made the idea of living a long life seem far-fetched in today's day and age. However, fear not! Here are some healthy habits that can help us live a healthy and longer life. Connecting the mind and body with the right combination of food and exercise will greatly help to live a stress free life.

Sleep:

When it comes to sleep, remember this- sleeping too less or too much, both of them have massive consequences on the health, especially on the overall mental health. Make sure you don't sleep more than 8-9 hours and any less than 6 hours a day. An important point to remember is to make sure your bedroom is clutter free, draw the curtains and keep the surroundings dark as only then the body can produce sleep hormones which are essential for a good night's rest. Try to stop watching television or browsing the internet two hours before going to bed, allowing time for your eyes to naturally wind down, away from the bright light that gadgets produce.





A Healthy Breakfast:

A powerful habit to acquire is the art of eating a healthy breakfast. Eating a healthy breakfast gives your immunity as well as your metabolism a significant boost to start the day. Make sure you have a healthy breakfast every morning that includes a serving of fresh fruits, fruit juice, nuts and eggs for protein.

15 Minutes Of Exercise:

You cannot begin to imagine that, just about 15 minutes of daily exercise has the potential to expand your life span by 4-5 years, as many studies suggest. Try getting 15 minutes of exercise daily. It will serve to benefit your health in the long run! There are several exercises to choose from yoga, pilates, jogging, running, walking, cycling, zumba, boxing etc so there really is no excuse!



Eating Nuts:

Nuts are incredibly rich in antioxidants. They flush out free radicals from the body and help in cleaning up the vital organs of the digestive system. They are also rich in omega-3 fatty acids which promote good mental health. Instead of munching on junk food or soda, carry a little zip lock bag full of nuts, so you can pop them into the mouth as a snack during the day. Consume a selection of nuts such as almonds, walnuts, pine nuts, macadamia nuts and seeds are also very healthy, pumpkin seeds, flax seeds and sunflower seeds. They can be stirred into a fresh smoothie for breakfast or as an evening snack too!





Avoid Overeating:

Overeating is a major cause of worry, especially if you are looking at prolonging your life span. Obesity is perhaps the main cause for over 70% of common health complications. Try to eat small meals at regular intervals, this will boost your metabolism and it is also a great tip for weight loss!



Meditation:

Meditation has the power to alter the brain structure and promote the overall body health besides ensuring supreme mental health. Meditating daily is sure to increase your life span substantially. Start practicing mediation by joining your nearest yoga centre or if you don't have one, YouTube has several videos for beginners which you may try. Meditation provides maximum benefits when practiced in the morning, after waking up.



An Active Social Life:

Another powerful way to prolong your life is to have an active social life. Having an active social life gives you constant spells of happiness, something that has the potential to increase your life span. Going out with friends and being with the people you love not only makes one happy but also relieves tension, stress and helps one overcome loneliness.

Eat Vegetables And Fish:

Vegetables are dense in vitamins and nutrients, but low in carbohydrates. Eating a variety of vegetables will provide you with most of the nutrition your body needs, but without an excess of carbohydrates that may cause you to put on extra weight.

Vegetables are high in fibre and this can help prevent constipation and haemorrhoids, while also decreasing your chance of developing bowel cancer.

Fish and seafood contain plenty of protein to help build up your muscles, and healthy fats that decrease your risk of heart disease and stroke. So make vegetables and fish as part of your daily diet!





Manor Restaurant

Muthu Belstead Brook Hotel
UK





Muthu Belstead Brook Hotel

Manor Restaurant

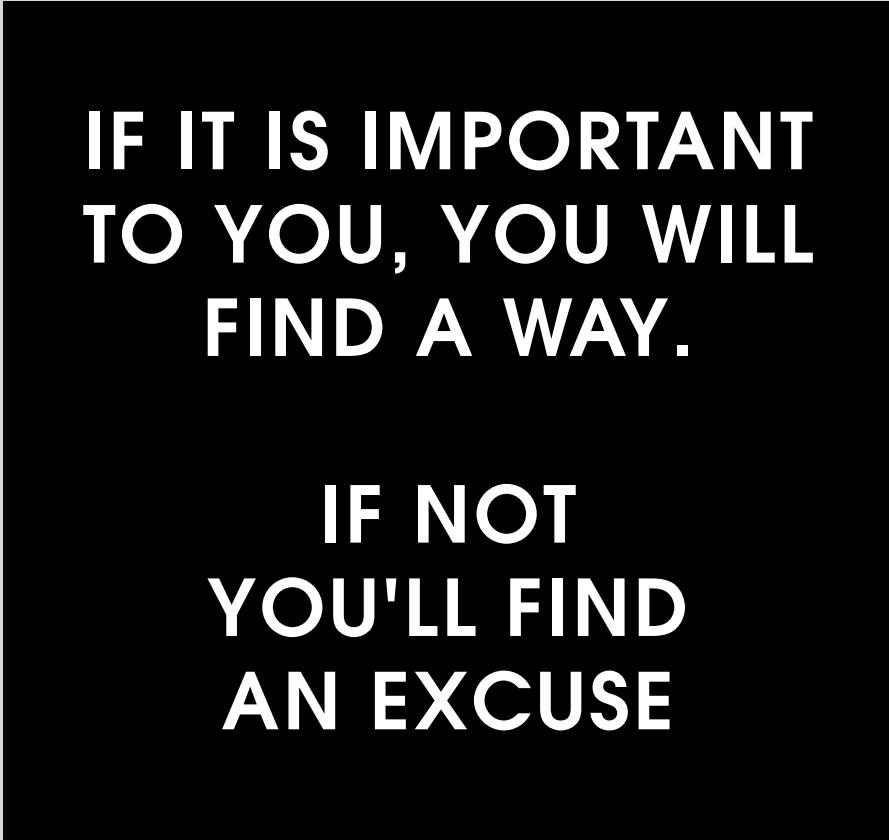
Muthu Belstead Brooks oak panelled Manor restaurant originates from the 16th century creating a warm and intimate setting to enhance your dining experience. The restaurant offers an al la carte menu in the evening for residents and non residents, whilst the library to the rear of the restaurant gives a much lighter feel it still boasts its original features including beautiful stained english glass windows. A full English breakfast is available each morning. Manor Restaurant serves a 2 or 3 course menu influenced by British and Continental cuisine.

The Restaurant also serves afternoon teas in the Manor restaurant which are always in demand.

The 16th century manor house has three rooms ranging from 25 to 35 square meters that are full of period features and character. These rooms make delightful private dining rooms and serve well for smaller meetings.

Guests can celebrate a birthday, anniversary, retirement or wedding in the events room - an ideal place for any occasion. The events team can assist and help with making your special occasion a success. Private parties from 10 to 140 can be held in any of our event rooms including the Library, Brook suite, Rotunda suite, Cornhill suite, Orwell and Willow suite.





**IF IT IS IMPORTANT
TO YOU, YOU WILL
FIND A WAY.**

**IF NOT
YOU'LL FIND
AN EXCUSE**



SPORTS & FITNESS



You can do it.

TIME TO GET FIT

Walking your way to Fitness



Get Ready

A walking program is simple to start. All you need are comfortable clothes and shoes. Wear loose clothing, keeping in mind that exercise elevates the body's temperature. Shoes specifically designed for walking are best. Look for these eight features when purchasing walking shoes:

1. Uppers of a high quality, breathable material, such as leather.
2. Comfortable padded heel collar.
3. Firm heel counter (that cups the heel) to provide stability for the entire foot and leg.
4. Heel should be held in shoe, well cushioned and supported, somewhat higher than rest of the foot.
5. Entire sole should be designed to absorb shock.
6. Substantial arch supports.
7. A rocker profile sole enhances a smooth heel-to-toe motion.
8. The toe box should allow ample room and toes should not be tight against any part of the shoe.

Every workout should begin with a gently active warm-up and a few simple stretches. Although walking primarily works the major muscles of the legs, don't forget to stretch your back, shoulders, and arms. This will help loosen up any tension you may have and make your walk more enjoyable as well as more effective.

Walking is one fitness activity that offers you numerous options. Once you have reached a point at which you can walk a few miles with relative ease, you can start to vary the intensity. At this stage, you might want to evaluate your aerobic or cardio respiratory fitness level by walking one mile as fast as you can.



Design a Personal Walking Program

Consult with your physician before beginning any exercise program. Set a time schedule that you can keep. Design your walking program according to your fitness level:



Beginner

Walk short distances. Begin by trying a mile stroll and increase the duration each time by 2 to 5 minutes. Forget about speed. Focus on good posture, keeping your head lifted and shoulders relaxed. Swing your arms naturally and breathe deeply. If you can't catch your breath, slow down or avoid inclines and hills.



Intermediate

If you are in this category you can walk your way to fitness by exercising continuously for 30 minutes. Be sure you can talk while walking. If you can't converse, you are walking too fast. Walk briskly, but don't overdo it. Speed is not your focus.



Advanced

If you reach this category, you should be able to walk 30 to 60 minutes comfortably. You can concentrate on lengthening your stride or increasing your speed. Consider adding hills or inclines.



Stay Motivated

Keep in mind that there are many good reasons to walk:

- It will make you feel great and give you power and strength!
- It lowers blood pressure and medical bills.
- Walking may be even better than fibre for your digestive system.
- It will help you let go of tension and stress.
- You don't have to pay a membership fee to walk.
- You don't have to read instructions or assemble equipment.
- You don't have to keep score.
- You can check out your neighbours' yards and houses without their being suspicious.
- When you walk you can watch the sunrise or set.
- You can walk away from past mistakes and walk toward new goals!

Quick Fitness sessions on holidays



It's easy to let travel derail your workout routine. You don't have your go-to gear, and hey, you're on vacation—you'll get back on track when it's over, right? Exercise can be part of your vacation too. And it won't ruin the fun. In fact, it might make your trip even more enjoyable. Feeling guilty, regretful, or low energy are what really can put a damper on fun!

"Perform 1 set of the prescribed number of reps for each exercise without resting in between moves. Once you've completed the last exercise, rest 1-2 minutes and repeat the entire circuit 1 or 2 more times.

"Goodbye, excuses!"

Narrow Squat and Scaption Raise

Stand tall with your feet together, arms extended in front of your chest, palms pressed together. Push your hips back and lower into a squat, squeezing your knees together, and hold. Open your arms into a 'V,' pulling your shoulder blades down and back as your arms open. Return your arms to starting position, that's one rep. Repeat 15 times, staying in your squat the entire time.





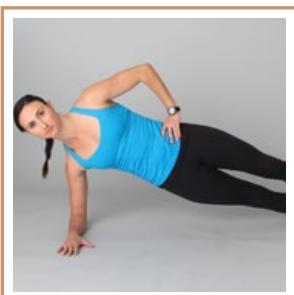
Dolphin Plank

Begin in a modified plank position on your forearms, hands clasped together. Brace your abs in tight and press down through your shoulders and arms as you lift your hips up to the ceiling and your chest back towards your feet. Keep your abs tight as you lower back into your plank position. Repeat 15 times.

Split Squat to Cross Crunch

"Begin in a split stance with your right foot forward, hands clasped behind your head. Keep most of your weight on your right leg as you lower into a squat, letting your left knee drop down to almost (or lightly) touch the floor.

Press up out of your squat and draw your left knee in front of your body and across to your right shoulder, turning your right elbow into your knee. Return to your starting position. That's one rep. Do 15 consecutive reps on one leg and then repeat on the other side."



Side plank

"Lie on your left side with your knees straight. Prop your body up on your left elbow and forearm. Raise your right hand until it's perpendicular with your torso. Your body should be in a T.

Brace your core by contracting your abs forcefully as if you were about to be punched in the gut. Raise your hips until your body forms a straight line from your ankles to your shoulders. Breathe deeply. Do 15 consecutive reps"

Spot jog

Begin standing with your feet shoulder-width apart. Your arms should be bent and at your sides.

Lift your right knee up until it reaches your waist. Your left arm should swing forward while your right arm swings back. Keep your left knee slightly bent and allow it to spring.

Return your right foot to the ground as you lift your left knee. Swing your right arm forward and your left arm back. Keep your right knee slightly bent and allow it to spring. Try to keep your weight on your toes as you alternate through the movement.



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Thank you
for your
patience
during our
renovations.



MUTHU

Forte da Oura

The gorgeous Forte Da Oura has recently undergone a beautiful makeover.

The lobby of the hotel has had a gorgeous face-lift with chic furniture and beautiful marble flooring that adds a lovely touch to the in-house fountain and fauna.

The restaurant has been revamped with stunning furniture and stylish designs for your comfort.

This change gives a completely new and refreshed look, ensuring a warm welcome experience for our guests.

The one bedroom apartments have also been refurbished with new furniture and lovely decorations with an addition of new 43" LED televisions for all the one bedroom apartments.



GRAND MUTHU

Forte do Vale



The top floor with 32 apartments is fully renovated to provide an elegant touch with fabric panels, exquisite furniture and modern designs.

Chilling by the pool, getting a massage or reading a book during your holiday?

We have more for you! The games room has been upgraded with new games for all ages, so check it out and have fun.

There is a gorgeous new chandelier in the lobby which has been an eye-catcher for all our guests!

The Piccadilly bar and the Flavors restaurant have also undergone a stunning makeover, enjoy the various culinary delicacies prepared by our chefs and grab a drink in the bar to relax and unwind.



MUTHU *Newton Hotel*

The hotel has had a fresh make over with a redesigned lounge & cocktail bar area with new flooring, exquisite decorations, furniture and stunning lighting.

The Conservatory also has had new flooring & has been opened out to allow more tables to be accommodated in this area so that the guests can enjoy the gorgeous lush scenery.



Meeting *the gold star*



The corridors and public areas have also been tastefully adorned with stylish decorations, along with a new Starlit Dance floor for weddings.

We are also in the process of finalizing our renovations for the bedrooms shortly and we are thrilled to start this project soon. We have also purchased 3 new Highland cows who are settling well in their new surroundings. Highland cows have been associated with the Newton for many years and it is good to see the new additions enjoying the long grass in front of the hotel. They are well loved by many visitors to the Newton.

MUTHU *Westcliff Hotel*



The Muthu Westcliff hotel is surrounded by beautiful Cliff gardens and sea views in the heart of Southend.

This magnificent Victorian Hotel was built in 1891 combining the romance of the nineteenth century with all the benefits of modern living and enjoying panoramic views of the Thames Estuary. We have recently redecorated our Tuxedo Bar area, which has become very popular with our neighbors and guests alike for somewhere to wind down at the end of a busy day or just socially with friends and family. The Great Tides Restaurant and Bar are equally popular, especially as we have recently employed a New Chef who is creating magic in the kitchen.

Our elegantly styled function suites are ideal for any occasion accommodating

from 30 to 225 guests and are extremely popular for weddings. Let us make your special day a memorable one.

This iconic building has 55 well-appointed bedrooms which include a choice of beautiful seven individual boutique bridal suites each with sea views!

*love
laughter
& happily
ever after*





MUTHU

Belstead Brook Hotel

The stunning makeover has made a real difference to welcome our guests to the hotel.

The feedback from our regular and new guests has been very positive and has been reflected in our reviews. The new tiled walls and floors give the whole reception area a very bright, fresh and welcoming

feel. The new furniture is always getting raving comments as are the new fixture and fittings, and we now have a lot of informal meetings taking place. It would be fair to say that the Reception area has found a new lease of life and is proving to be very popular.

Having completed the Reception area we are now carrying on the refurbishments into the Bedrooms with many rooms nearing completion and many more to follow.





Explore the Scottish Highlands





Muthu Highland Heritage Coach Tours

We offer a stunning 5, 6 and 8 day tours. All tours include dinner, bed and breakfast. An excursion each day to explore the beautiful highlands! The hotels provide entertainment each evening too, to keep you entertained.

New for 2018: we have a new tour 'Spectacular Highlights of Scotland' which is a 10 day touring holiday of Scotland fully escorted with a Scottish Blue Badge Guide.

This tour has been designed to explore the highlights of Scotland, including West Coast, Inverness and the Shetland Islands. If you only have 10 days, then this is the perfect tour to explore the highlands!



All you have to do is sit back and enjoy the ride, we'll take care of everything for you! Highland Heritage Limited provides coach tour services in Scotland. The company was founded in 1994 and is based in Argyll, United Kingdom. As of May 4, 2017, Muthu Highland Heritage Limited operates as a subsidiary of MGM Muthu Hotels. The Muthu group operates four hotels - Muthu Alexandra Hotel & Apartments in Oban, Muthu Ben Doran Hotel, Muthu Royal Hotel in Tyndrum and the Muthu Dalmally Hotel in Dalmally.

The company offers a portfolio of tours, coaches, pick-ups, and day trips. The hotels offer stunning suites and rooms, lounge facilities, dance floors and entertainment every night, with scrumptious food in the scenic dining rooms and bars. Each year at Muthu Highland Heritage we try to refine and improve all our operations, be it coaches, pick-ups, tours, day trips, entertainment, hotel operations or the different cuisines.

Nothing escapes our attention. It's that meticulous focus on every single aspect of your holiday that makes it better year after year.

BOOK YOUR NEXT TOUR:
visit www.highlandheritage.co.uk or
call our reservation team on
(+44) 01838 200 444

MAKE OVER *Shuttle Bus*



Jump on board on the MGM Muthu Hotels open top bus and take a tour of Albufeira that runs via Old Town. Our hop on and hop off bus service is completely free of charge for all our guests and runs every 30 minutes, 7 days a week, stopping at every hotel on its way.

One and only one of its kind in the Algarve region, the open top bus during summer is the most easy way of transportation to different areas in the picturesque city of Albufeira. It is a great way to take pictures of the scenic views around the place.

It has a new look for this summer with a bright and attractive design. With the new design, it also promotes great offers that various hotels hold. The bus has two sets of doors, and passengers board the bus using the front door and alight using the rear door. For the guest's convenience, it is disable friendly too.





*“The best advertising
is done by satisfied
customers*

-Philip Kotler-

”



Beach ESSENTIAL FOR SUMMERS



Whether you're headed out on a day trip to the beach this summer or living the dream spending your summer working ocean side, a properly stocked beach bag is key to maximizing your time in the sun and sand.



1 The Bag

Every beach trip needs a generously sized carry-all, which is why finding an extra cute one is essential. Good beach bag are one made of sailcloth, plus it's lightweight and water resistant, making it the perfect beach companion.

2 Beach hat

Keeping a hat in your bag is a cardinal rule when it comes to the subject of sun protection. It can protect your scalp and cut down on the rays that are hitting on your face and neck.



3 Sunglasses

When it comes to pretty much any outdoor trip, sunglasses are an obvious requirement. Pack an inexpensive pair (something under \$20) so that your more expensive everyday sunnies don't get scratched or lost in the ocean.

4 Water resistant phone pouch

Between the water, sand and sun, the beach is filled with things that can damage your phone. Water resistant pouch is a lifesaver. It will keep your phone crazy protected with the headphone or speaker connectors.

5 Phone battery extender

The beach is not nearly as fun if you can't blast your tunes from your phone or let's be honest-post fun summer photos to Instagram. An inexpensive battery extender acts as an outlet and will provide some boost to your phone's battery life when you find yourself far from your charger.

6 Reading material

Improve your tan and your mind... With so many distractions, short articles are much easier to conquer at the beach, which is why magazines are a beach favourite. This summer, try picking up something a little more inspirational like Atom. It's filled with little tips and short advice articles that will leave you excited on the inside and out.

7 Beach spiker

A favourite beach this season is this wildly adorable (monogrammed) beach spiker. This simple yet totally brilliant invention will keep your beach beverages sand-free.

8 Sunscreen

We've all been taught the importance of sunscreen from a young age, which is why protection from harsh rays is a must. According to health.com, 80% of skin cancer is found on the nose, so don't forget to apply to this sensitive sunburn spot when lathering up. Use a sunscreen stick to spot-apply.

9 Leave-in-conditioner

Apply some leave-in-conditioner before leaving the beach to rehydrate the hair. This simple beauty addition will keep your hair moist and soft rather than dry and sun-damaged.

10 Sunscreen lip balm

Your lips need sunscreen too! An all-in-one lip balm will keep your lips hydrated and protected.

Beautiful Castles in Scotland



Scotland, and the highlands in particular, is famous for its numerous castles. Many of them were home to the clans that ruled Scotland getting in numerous, battles several hundred years ago. Nowadays visitors to Scotland, whether history lovers or not, love exploring these beautiful castles, even if some of them are just ruins or have been meticulously restored. Let us discover some of the castles with histories that can't be forgotten!

Inveraray Castle:

On the shore of Loch Fyne in western Scotland is Inveraray Castle which dates back to the 18th Century. It's considered a must see, especially if you're on Scotland's west coast. The castle took 43 years to be constructed and then fell victim to a fire in 1877. Thankfully the fire did not destroy the entire building and Inveraray Castle still retains its magnificence.

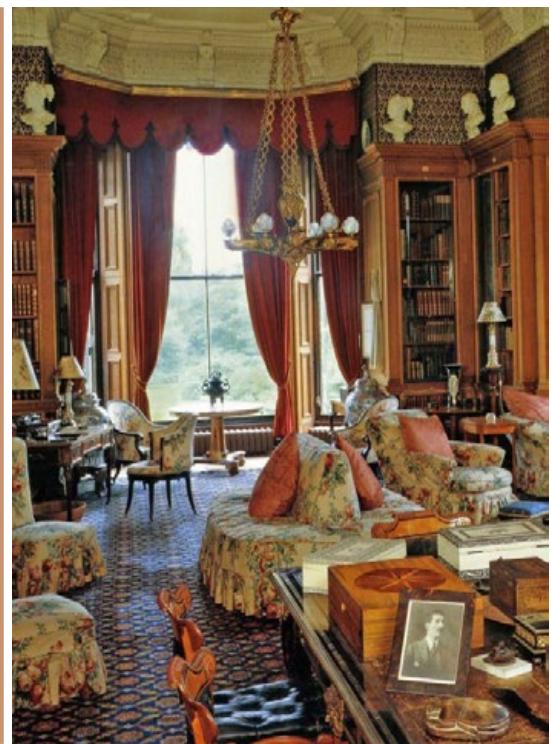
One of the most stunning rooms is the Armoury Hall, with a ceiling rising 21 metres; making it the tallest chamber in Scotland. Every surface of this chamber seems to be decorated with displays of weapons, dating from the 16th century to the Victoria period. One of the most famous items is a dagger and sporran that belonged to Rob Roy MacGregor.



Balmoral Castle

What started out as a hunting lodge for King Robert II in the 14th Century became the infamous Balmoral Castle. The Estate extends to just over 50,000 acres of heather clad hills, ancient Caledonian woodland and of course the River Dee is nearby. Balmoral Castle is possibly the most famous castle, Scotland has to offer (more so than Edinburgh Castle!) given that it's the preferred holiday residence of Queen Elizabeth II.

Located in Aberdeenshire, nowadays Balmoral Castle is home to a variety of landscapes and some rooms have been opened to the public when the Queen isn't in residence. A visit includes a tour of the largest room in the Castle, the Ballroom, and access to the gardens and exhibitions. There is no access to Balmoral during the months of August, September and October as the Royal Family are in residence.





Cawdor Castle:

Cawdor Castle is located 12 miles east of Inverness in the eastern heart of the Scottish Highlands.

Cawdor Castle dates from 1370 and was built as a private fortress by the Thanes of Cawdor, a family made famous by Shakespeare's play "MacBeth".

The current home of the Dowager Duchess of Cawdor, the castle is now open to the public for several months of the year. Upon visiting you can see impressive, lived-in interiors and have access to historical rooms such as the old kitchen, a bedroom, dining and drawing room.

Cawdor Castle is an extremely well presented castle, and offers 11 rooms to visit. The first room is the Drawing Room, which has some interesting features, such as an old leather wheelchair and a minstrel gallery at

the back. Other unusual features can be seen in the "uneven" Yellow Sitting Room, which isn't quite in the shape of a square, it has irregular windows and an off-centre fireplace.

The gardens at Cawdor Castle are well worth a stroll too. The walled garden provides some good fun with its maze. The flower garden is absolutely gorgeous, especially in the spring when all the buds have blossomed.





Drum Castle:

Drum Castle near Drumoak in Aberdeenshire was home to the chief of the Clan Irvine for centuries. The original 13th century tower of Drum Castle is believed to be one of the three oldest tower houses in Scotland (and notably unaltered).

Today, the castle is owned by the National Trust and is open during the summer months. Many visitors enjoy strolling in Drum Castle's gardens, which include a rose garden and arboretum containing trees from all regions of the 18th century British Empire.

Located 8 miles west of Aberdeen, it is a pleasant place to visit with extensive grounds, woodland walks and historic rose garden. Inside there is lots to see too - portraits, furniture, vaulted ceilings decorated with shields, great hall, 16th century chapel, and much more.

Urquhart Castle:

Built in the 1230s, the best preserved part of the castle is the tower that was built by the Grant family and despite its ruinous states it remains an impressive stronghold.

Urquhart, which was once one of Scotland's largest castle has a most fascinating and bloody history. Wild natural beauty and 1,000 years of history combine at Urquhart Castle, perched on the banks of Loch Ness. Here you can experience a glimpse of medieval life while keeping an eye out for Nessie from atop its towers. Fans of Outlander will spot scenes that were filmed at the castle.

It's also where you can see deeply how it is connected to the Wars of Scottish Independence.

Conveniently located, just one hour's drive from Inverness Airport, Urquhart Castle has now become one of our most popular tourist attractions, along with Loch Ness, and tales of the Loch Ness monster. There is free parking at Urquhart with disabled access around the grounds, and with Inverness and Fort William nearby, you have a good base to explore the Scottish Highlands with a host of attractions and outdoor activities.



Experience The Royal Life *in the Scottish Highlands*

Decisions! Decisions! Is it a cabin, converted churches or distant lighthouses? Choosing your accommodation can be the trickiest part of planning a holiday, especially if you're looking for somewhere to stay that's a little bit out of the ordinary.

Who wouldn't want to stay in a castle and feel like royalty if they could? Not only can you visit amazing castles here - you can take your pick of castle accommodation in Scotland, stay overnight, and really bring your royalty dreams to life!

Let's explore some castles in the Scottish Highlands that are sparingly populated.

Stay in a castle and feel like a prince/ princess!

Tulloch Castle:

Tulloch Castle is just outside the centre of Dingwall, 15 miles north of Inverness. The castle dates back to the 12th century and has a lively history for visitors to explore. Guests can choose from 19 bedrooms, each uniquely designed, many with four poster beds.



Aldourie Castle:

Aldourie Castle is a luxury 5 star exclusive hire venue, the only place of its kind on the banks of Loch Ness. Its location just 30 minutes from Inverness Airport makes Aldourie easily accessible from anywhere in the UK. The castle itself sleeps up to 30 people; staff are always on hand to fulfil guests' every need.

If you're looking for a short break with friends or family, you can stay in one of the four individual self catered cottages that are located on the beautiful lush estate.





Inverlochy Castle:

Inverlochy Castle comprises a roughly square castle of enclosure, built in about 1280 as one of Scotland's first stone castles and remarkably unaltered since then. Inverlochy Castle sits at the foothills of Ben Nevis. The castle sits in beautiful landscaped gardens with the Glencoe Mountains on one side and a sparkling loch on the other.

Inverlochy has a reputation as one of the world's finest hotels. The 5 star accommodation consists of 17 individually designed luxury bedrooms.

Dinner is enjoyed in one of the three period dining rooms; the cuisine has been recognised internationally, with the restaurant awarded AA 3 Red Rosettes and 1 Michelin Star.

Mansfield Castle:

Built in the late 1870s, this imposing Victorian building is set in 3 acres of picturesque countryside only 5 minutes from the town centre of historic Tain. Mansfield Castle is located one hour north of Inverness. The castle offers accommodation in 19 bedrooms, the most popular of which is the Tower Suite, which comes complete with 2 bedrooms (great for families!), a lounge area and superb views in every direction. Mansfield Castle is the perfect venue for an event, a short break or a complete get-away to indulge in a few rounds of golf, sea and loch fishing, walking, stalking, dolphin and seal watching, whisky tasting and clan associations.



Dalhousie Castle:

Dalhousie Castle Hotel and Aqueous Spa, is a fine hotel set in a magnificent Scottish castle standing on the west side of the valley of the River South Esk. The castle stands in 11 acres of grounds in rural Midlothian, which to the south climbs gently towards the Moorfoot Hills. Dalhousie is only eight miles from Edinburgh. The 13th-century fortress is like into a romantic hideaway with cosy bedrooms and lashings of periodic charm. Wander the historic corridors and discover secret passageways and antique treasures or visit the state-of-the-art Hydrotherapy spa to be pampered.

Outside, the hotel's award-winning falconry is home to a whole host of majestic birds. The real highlight is dining in the dramatic barrel-vaulted Dungeon restaurant surrounded by suits of armour.

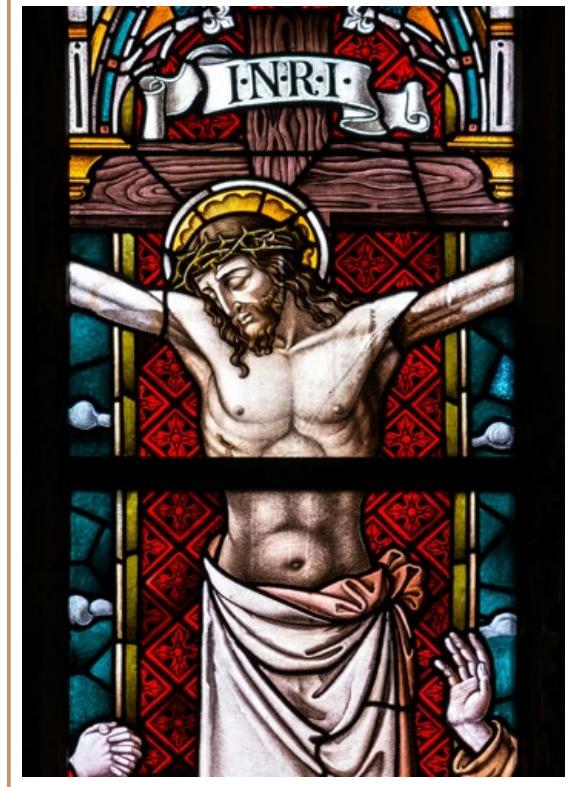


Origin of Christmas

& New Year Celebrations Around The World

Origin of Christmas

According to Christian theology, Christmas holiday manifests the birth of Jesus Christ of Nazareth, whose teachings form the basis of the Christian faith. Christians didn't begin celebrating Christ's birth until the third century A.D., when Roman church officials settled on December 25th. Today, Christmas is the most important Christian holiday. Yet since the 19th century, when people began to celebrate Christmas in the way we think of today—including traditions such as decorating trees, sending holiday cards and giving gifts—it has grown into the biggest commercial holiday of the year and is now celebrated by the vast majority of countries whether Christian or not. Both religious and non-religious people around the world are seen to embrace this special day, to be with their family and take part in the spirit of giving. A popular aspect of the Christmas tradition is the Santa Claus and the gifts he carries. Almost everyone enjoys the appearance of the Santa Claus, especially the children.



An American newspaper points out the early reference to Christmas (The Buffalo News, Nov. 22, 1984): "The earliest reference to Christmas being marked on Dec. 25 comes from the second century after Jesus' birth. It is considered likely the first Christmas celebrations were in reaction to the Roman Saturnalia, a harvest festival that marked the winter solstice—the return of the sun—and honored Saturn, the god of sowing. Saturnalia was a rowdy time, much opposed by the more austere leaders among the still-minority Christian sect. Christmas developed, one scholar says, as a means of replacing worship of the sun with worship of the Son. By 529 A.D., after Christianity had become the official state religion of the Roman Empire, Emperor Justinian made Christmas a civic holiday. The celebration of Christmas reached its peak and some would say its worst moments, in the medieval period when it became a time for conspicuous consumption and unequaled revelry."



*the spirit
of giving*





...a relaxing and festive break to celebrate

Catholic Encyclopedia, 1911 edition, under "Christmas" remarks: "Christmas was not among the earliest festivals of the Church...the first evidence of the feast is from Egypt." Further, "Pagan customs centering around the January calendar gravitated to Christmas." Under "Natal Day," Origen, an early Catholic writer, notes, "...In the Scriptures, no one is recorded to have kept a feast or held a great banquet on his birthday. It is only sinners (like Pharaoh and Herod) who make great rejoicings over the day in which they were born into this world."¹

What better place to be than here in Muthu Hotels for a relaxing and festive break to celebrate Christmas in the Algarve or Spain? Arrive to a warm welcome and enjoy a pot of tea or coffee served with warm mince pies at Muthu Raga Madeira, Funchal. All starts with a champagne reception on Christmas Eve followed by a three-course gourmet dinner, with coffee and mints, served in the Courtyard Restaurants in the UK and Scotland.

Christmas Day can be enjoyed with a hearty breakfast, complimentary use of the spa, chocolates and classical treats throughout your stay. Enjoy a traditional four-course lunch with local Nottinghamshire turkey at Muthu Clumber Park Hotel. Additionally homemade biscuits, mince pies, satsumas, dates and chocolates will be on offer during your stay at Muthu Newton Hotel, Nairn.



A beautiful and serene evening by the beach is the perfect way to celebrate Christmas in style at Muthu Westcliff Hotel. Jingles and Christmas carols under the big pine tree at Muthu Clube Praia da Oura, Algarve are sure to keep you entertained for the evening with free "hot punch". The scrumptious Christmas dinner with a traditional Portuguese wine with your family is a lovely finishing touch to a grand Christmas evening in Muthu Oura View Beach Club, Algarve Portugal. So visit us at any of our hotels during Christmas and New Year and enjoy a lovely relaxing stay, book today at www.muthuhotels.com.

Muthu hotels also hosts a Christmas party for staff with their families which includes dinner, drinks and loads of entertainments and gifts. It helps everyone get into the spirit with different themed costumes and decorations every year. The staff are always excited and looking forward to this. We also organise a charity lunch for Santa Casa Misericordia at Muthu Hotels in Portugal every year.



New Year

Around the world, people consume certain foods on New Year's Eve thought to symbolize good fortune for the coming year ahead. Here is a collection of different cultural traditions and recipes to try so you can have the best year ever!

Noodles:

In many Asian countries, long noodles are eaten on New Year's Day in order to bring a long life. One catch: You can't break the noodle before it is all in your mouth.



Black-Eyed Peas:

A common good-luck food in the southern United States, black-eyed peas are thought to bring prosperity, especially when served with collard greens.



Cabbage:

In Germany, Ireland and parts of the U.S., cabbage is associated with luck and fortune since it is green and resembles money.





Funchal, Madeira - Portugal

Lentils:

Thought to resemble coins, lentils are eaten throughout Italy for good fortune in the New Year.



Pomegranate:

Long associated with abundance and fertility, pomegranates are eaten in Turkey and other Mediterranean countries for luck in the New Year.



Fish:

In North America, Asia and Europe, people eat fish to celebrate the New Year. In some countries, people associate fish with moving forward into the New Year since fish swim forward. Fish also symbolize abundance since they swim together in large numbers.



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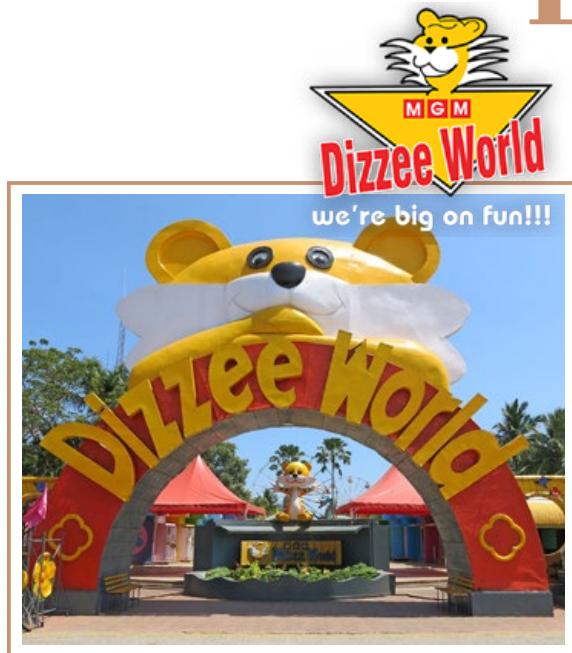




M.G. Muthu Group

India

Enjoy the first and biggest entertainment park in the south of country. We believe in quality entertainment, adhering to international safety standards and our guarantee of fun with a commitment to give you the best in services and experience, wins our suitability for all ages. These values and this commitment have undoubtedly boosted the ratings of our park - MGM Dizzee World, Chennai - as the No.1 Amusement Park and we are proud to say it out loud "No one knows family entertainment like we do."



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Something
different



Marry Brown, the restaurant chain that's referred to as one stop for lip smacking food and all round family entertainment, is an integral part of MGM Muthu group. With one of our core values to constantly innovate, our enthusiastic staff are always up with new and exciting offerings to keep you riveted through the years. Adding to the joy for kids, Marry Brown, proudly presents its Chipmunk club, one in the name of its brand mascot to offer a happy ambience to families.



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taste!*

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MGM Beach Resort

Cheenai, India



Beach Resorts, sits across 30 acres of lush, sprawling lawns, dotted with over 88 charming cottages, rooms and suites in front of the beautiful Bay of Bengal. The traditional architecture boasts of majestic Mangalore-tiled sloping roofs, gently dissolving into the horizon.

Sun, Sand & Sea



Tenerife

The largest of the Islas Canarias, Tenerife has it all; beaches, mountains, cities, villages and many a hidden gems waiting to be discovered. You can hide away in a luxury holiday villa close to the foot of Mount Teide, Spain's highest mountain, or base yourself in the midst of it all in an amazing apartment with sea views in the cosmopolitan Santa Cruz. Thanks to Atlantic breeze, Tenerife also has some of the best kite surfing and windsurfing opportunities. For those who prefer activities of slightly lower impact, you can take your pick from waterparks, theme parks, historic sights like the excavations of the Pyramids of Güímar and of course, miles of sunny beaches. No matter your age or extreme activity, Tenerife provides everything.

Day Light Saving



Just as sunflowers turn their heads to catch every sunbeam, so too have we discovered a simple way to get more from our sun.

Daylight Saving Time gives us the opportunity to enjoy sunny summer evenings by moving our clocks an hour forward in the spring.

The main purpose of Daylight Saving Time (called "Summer Time" in many places in the world) is to make better use of daylight. We change our clocks during the summer months to move an hour of daylight from the morning to the evening.

Countries have different change dates. If you live near the equator, day and night is nearly the same length (12 hours). Elsewhere on Earth, there is much more daylight in the summer than in the winter. The closer you live to the North or South Pole, the longer the period of daylight in the summer. Thus, Daylight Saving Time (Summer Time) is usually not helpful in the tropics, and countries near the equator generally do not change their clocks. In locations closer to the equator, daylight hours and night time hours are nearly the same in length throughout the year.

The idea was first suggested in an essay by Benjamin Franklin in 1784, and later proposed to British Parliament by Englishman William Willett 1907. However,

it did not become a standard practice in the United States until 1966.

There are currently about 70 countries that participate in Daylight Saving Time. In Europe, Daylight Saving Time runs from the last Sunday in March through the first Sunday in October. In the southern hemisphere, where the Summer season begins in December, Daylight Saving Time is recognized from December through March.

Kyrgyzstan and Iceland observe Daylight Saving Time year-round; equatorial countries do not observe Daylight Saving Time at all.

A 1976 survey of 2.7 million citizens in New South Wales, Australia, found 68% liked daylight saving. Most people who love sunshine complain that the days are shorter as autumn approaches; and they miss the clear, bright light of an early morning during Spring and Summer months. Indeed, some say that the primary reason that Daylight Saving Time is a part of many societies is simply because people like to enjoy long summer evenings. Energy conservation could also be one of the reasons.



Jokes



Surgeon Talk

Five surgeons were talking about the best patients...

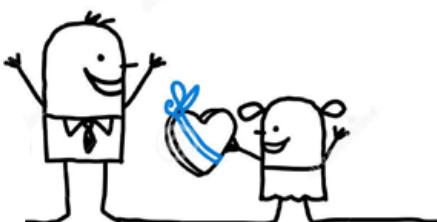
First surgeon says, "Accountants are the best to operate on because when you open them up, everything on the inside is numbered."

Second surgeon says, "Nah - librarians are the best. Everything inside them is in alphabetical order."

Third surgeon responds, "Try electricians, man! Everything inside them is colour coded!"

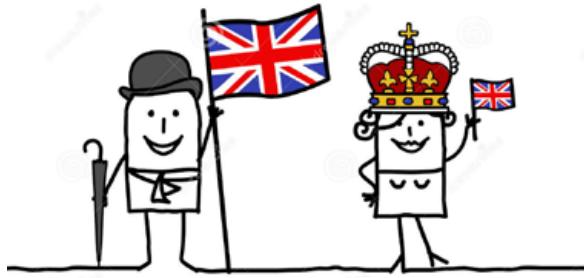
Fourth surgeon intercedes, "I prefer lawyers. They're heartless, spineless, gutless, and their heads and butts are interchangeable."

To which the fifth surgeon, who has been quietly listening to the conversation, says, "I like engineers. They always understand when you have a few parts left over at the end."



A toddler was giving her daddy a tea party. She brought him a little cup of "tea" which was just water, of course. After several cups of tea, her Mom came home. Dad, made her wait in the living room to watch his little Princess bring him a cup of tea, because it was, "Just the cutest thing!"

Mom waiting, and sure enough, she came down the hall with a cup of tea for Daddy. She watched him drink it up and then says..... You know the only place she can reach water, is the toilet!"



Why English is Hard to Learn

We'll begin with box; the plural is boxes,
But the plural of ox is oxen, not oxes.

One fowl is a goose, and two are called geese,
Yet the plural of moose is never called meese.
You may find a lone mouse or a house full of
mice;

But the plural of house is houses, not hice.

The plural of man is always men,
But the plural of pan is never pen.

If I speak of a foot, and you show me two feet,
And I give you a book, would a pair be a beek?

If one is a tooth and a whole set are teeth,
Why shouldn't two booths be called beeth?
If the singular's this and the plural is these,
Should the plural of kiss be called keese?
We speak of a brother and also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him;
But imagine the feminine.... she, shis and shlm!



Timmy: I'm Hungry

Mum: Why don't you Czech the fridge

Timmy: OK I'M Russian to the Kitchen

Mum: Hmm.... may be you'll find some Turkey.

Timmy: Yeah but it's all covered in Greece yuck!

Mum: There is Norway you can eat that.

Timmy: I know, I Guess I'll just have a can of Chile.

Mum: Denmark your name on the can.

Timmy: Kenya do it for me?

Mum: ok, I'm Ghana do it.

Timmy: Thanks, I'm so tired Iran for an hour today.

Mum: It Tokyo long enough.

Timmy: yeah Israelly hard sometimes.....

Believe it or not facts?



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ALBUFEIRA
MADEIRA

CUBA, CAYO GUILLERMO - VARADERO
SPAIN, MALAGA-ALMERIA-TENERIFE

GRATEFUL



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A large hotel building with colorful exterior lighting at night, reflected in a pond. The building has multiple stories, a prominent tower, and a red brick facade. The lights are投射到建筑的外墙上，呈现出彩虹般的色彩。The reflection of the building is clearly visible in the water. The text "ATOM" is displayed in large, bold, orange letters at the bottom left of the image. Below it, the text "Issue n°4 • MGM Muthu Hotels" is displayed in smaller, red letters.



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