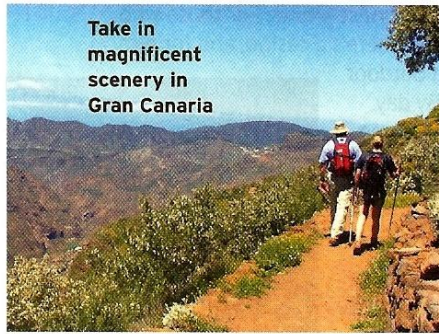


YOUR 12 TRAVEL RESOLUTIONS FOR 2009

Plan your holiday calendar with our bright ideas for every month of the year

IN OCTOBER

TAKE A WALKING HOLIDAY



Take in magnificent scenery in Gran Canaria

For an enticing programme of walking holidays, try Upland Escapes. From October to April you can walk along the dramatic volcanic landscapes of Gran Canaria's

mountainous interior, while enjoying spring-like temperatures. Stay in your own two-bedroom cave house with barbecue area and a Jacuzzi-bath. Explore tiny cave-villages, vast ravines and ancient pilgrim pathways.

Prices are from £360 per person for three nights, or £655 per person for seven nights. This includes accommodation, car hire, packed lunches, self-guided and organised walks, and the services of a local manager. Visit www.uplandescapes.com or call 01367 851111.