



PLAN THE ULTIMATE VALENTINE'S DAY ADVENTURE

So it's Valentine's Day, again. Just when you've recovered from the double whammy of Christmas and New Year's, here it comes, slinking into town, all red and ready. Of course you could reach for something in your usual arsenal of candlelight dinners, long-stemmed roses and frilly knickers. Or you could meet the holiday head-on and let British Airways take you and your beloved to one of its 550 worldwide destinations for the ultimate Valentine's Day getaway.

Any travel on British Airways from Heathrow starts in the airline's exclusive new home, Terminal 5. Spoil your Valentine with some pre-flight shopping at Christian Dior, Harrods, Kurt Geiger or Prada, then pamper yourself and your date with a visit to the Elemis Travel Spa. Toast the beginning of your adventure with complimentary champagne and wine at Silver Bar in the Gallery lounges. How about breakfast at Gordon Ramsay's Plane Food; the menu, based on Ramsay's famous Boxwood café, includes such delights as brioche French toast, treacle cured bacon and maple syrup and rare roast beef, foie gras, truffle mayonnaise, toasted poilane and plum tomato sandwiches.

So what'll it be this year? Are you going to dust off all that Sinatra vinyl and hope you don't overcook the pasta, again? Or are you going to try something truly different? As Frankie put it so emphatically, "Let's fly away!" British Airways has some ideas for you.

Love, Rainforest O'er Me – Mountain Biking in Mauritius

Love, as we know, can be quite a challenge. Why not grab it by the handlebars for the most challenging Valentine's Day you've ever had? A mountain bike excursion through Le Nicolière, in northern Mauritius, may bring you face to face with deer and monkeys, and even bats, should you choose to ride in the afternoon. Or start from a village in Savanne, the island's southernmost district, and try climbing Piton de la Petite Rivière Noire: at 828 meters it's the highest point on Mauritius and may very well be the most exhilarating romantic outing you've ever had.

While the island's volcanic hills offer challenging climbs to experienced cyclists, those looking for more relaxing rides will find gentler grades throughout the island's coastal plain and near its sugar-sand beaches.

Want to take a break from the saddle? Try a few hikes in Black River Gorges, a national park covering more than 6,500 hectares. Bookmauritius and Mauritius-Rodrigues can get you rolling even before you arrive.



Surfin' Safari – Cape Town!

Valentine's Day is a summer holiday in Cape Town, so leave the gloves and scarves at home – average temperatures fluctuate between 15° and 27°, and February in Cape Town offers visitors about 14 hours of sunlight per day, most of which you should spend on the beach.

Why not learn how to surf this Valentine's? South Africa is one of the world's premier surfing destinations. There are innumerable beaches in the vicinity of Cape Town, along the Atlantic Coast and on the Indian Ocean, which are suitable for surfers of all levels, including Blouberg, where you can surf with a view of Table Mountain. There are a number of surf schools in Cape Town, including Downhill Adventures and Gary's Surf School, in Muizenberg.

Should the surf go flat, spend the day hiking in Table Mountain National Park. Absence may make the heart grow fonder, but hiking at altitude will certainly make it pound. Once you've hiked up an appetite, try Africa Café, a Cape Town restaurant with dishes inspired by South Africa's three major indigenous cultures, Ndebele, Xhosa and Zulu.

Baby, it's Cold Outside...Especially in Oslo

Why not spend this Valentine's Day walking in a Nordic winter wonderland? For those inspired and intrepid travellers who find hotter climes anathema to adventures amorous and otherwise, we give you...Oslo! British Airways flies direct to Oslo from Heathrow once daily, but for this Valentine's Day excursion you'll need your parka and your thermal underwear – average February temperatures in Oslo rarely crack 0°, so make sure you and your date bundle up – *really* bundle up.

Okay, ready to wander? Don't miss the new opera house and Vigeland Sculpture Park. If you're uncertain about navigating on your own, the Oslo Guidebureau hosts daily walks throughout the city all winter long. If you want to take a break from all that walking – and do a little gliding – try Narvisen Skating Rink in Oslo city centre. You could also hire a romantic horse-drawn carriage, or pick up an Oslo Pass, which gives you free travel on all public transport and free entry to 33 museums. And if you can't imagine spending time in Scandinavia without putting on a pair of skis or stepping onto a snowboard, Tryvann Vinterpark, Oslo's main ski resort, is only 30 minutes from downtown. Finally, after all this frosty activity, treat yourself and your Valentine to an afternoon at Artesia Spa or a massage at Dragonfly Therapeutic Retreat.

Get on the Good Foot – Tango 'til Dawn in Buenos Aires



It's Valentine's Day, and what else is dancing, but making love set to music? Buenos Aires is one of the world's most elegant and romantic capitals, a 21st century bohemia bristling with cafes, galleries, nightclubs, restaurants and swank hotels – there's a direct British Airways flight from Heathrow every day.

Born in the brothels of Buenos Aires, the Tango must be performed by a couple; it requires a dancer to move his or her foot with every musical note. Why not learn this torrid art form with the one you love? The Centro Cultural Torcuato Tasso offers inexpensive tango lessons every day, as does Club Gricel, while El Arranque offers lessons on Tuesdays, Thursdays and Saturdays.

Such passionate dancing will require sufficient fortification. Why not treat your Valentine to grass-fed beef straight from the Pampas at Cabaña las Lilas, perhaps one of the best *parrillas* (grills) in Buenos Aires.

Come Fly with Me – Trust Your Valentine's Getaway to British Airways

British Airways flies direct from London to Buenos Aires, Cape Town, Mauritius and Oslo. As one of the world's longest-established airlines, with nine decades in the air, you can trust British Airways to fly you in style and comfort, to serve you and your Valentine stellar meals, to help you arrange first class hotels and car rentals...everything you need for the perfect, most memorable Valentine's you've ever had. If you're looking to further dazzle your date, British Airways' "Upgrade Before You Fly" option is available at ba.com during online check-in on certain routes – bump up from Euro Traveller to Club Europe or from World Traveller to World Traveller Plus or Club World.

Wherever in the world you choose to roam this year, your holidays are precious. Life is short, which means you should travel often. But you should also travel well. Visit ba.com.