Lysefjord, Rogaland, Norway

Waking at dawn, under layers of woolly clothing, a sleeping bag and a light covering of frost, you won't be surprised to learn that just 10,000 years ago Lysefjord was buried under ice. The glaciers gradually receded, carving a long, deep, narrow tongue of sea, walled by precipitous rock faces and set about by chill winds. The inhospitable climate and barren hills have made it difficult to settle here, and those in the fjord's only two villages, Forsand and Lysebotn, are stranded save for their boats. All this has been good news for wildlife - seals, porpoises and eagles all flourish. Pulpit Rock (600m above the black waters) is the highest point, and although it's hours from civilisation and guaranteed to prompt night terrors, it's the best place to catch a spectacular sunrise, and wake up feeling on top of the world.

Specialised Tours (01342712785, www.specialised tours.com) has a full-board nine-night Fjord Adventure Cruise from £1,510, including flights from Heathrow.

PHOTOGRAPHY: BILDAGENTUR HUBER/WORLD PICTURE

Canyonlands National Park, Utah, USA

Whoever named the three districts of Canyonlands National Park didn't need to use their imagination - the Island in the Sky, the Needles and The Maze are exactly as you'd imagine: marooned high in hectares of red dust; spiking out of the desert like sharp pins; and winding madly to and fro in sharp hillocks. The Maze may well be the most deserted spot in the whole of Utah - no mean feat considering the state has one of the lowest person to square kilometre ratios in the USA. Wander the park's caves and coves, and you'll see ancient Pueblo paintings dating from 1100AD and o deserted settlements baking in the heat. Take water. Exodus (0870 240 5550, www.exodus.co.uk) has a 12-day Walking in the Canyonlands trek, from £1,099, including flights from Gatwick and hotel accommodation.

PHOTOGRAPHY: ADAM JONES/GETTY IMAGES

Olympic Stadium, Montreal

In 1976, long before the nightmare of the Millennium Dome, a Canadian construction catastrophe was underway in Montreal. Roger Tallibert's futuristic design for the city's stadium was floundering under strikes that threatened to put an end to the city's starring role in the proceedings. Even when the original plans were scaled down and a new contractor brought in, unstable foundations, increasing steel prices and a plethora of technical difficulties had the

Olympic Committee biting their nails right to the end. Luckily, the building was finished just in time for the opening ceremony. Then, as now, it hovered on the bank of the Saint-Laurent River – ready for take-off. Frontier Travel (020 8776 8709, www.frontier-travel. co.uk) has a week in Montreal, including flights from Heathrow and a three-star hotel room from £615pp; regional add-ons from £90.

PHOTOGRAPHY: TIBOR BOGNAR/CORBIS. ALL WORDS: LISA HOLI

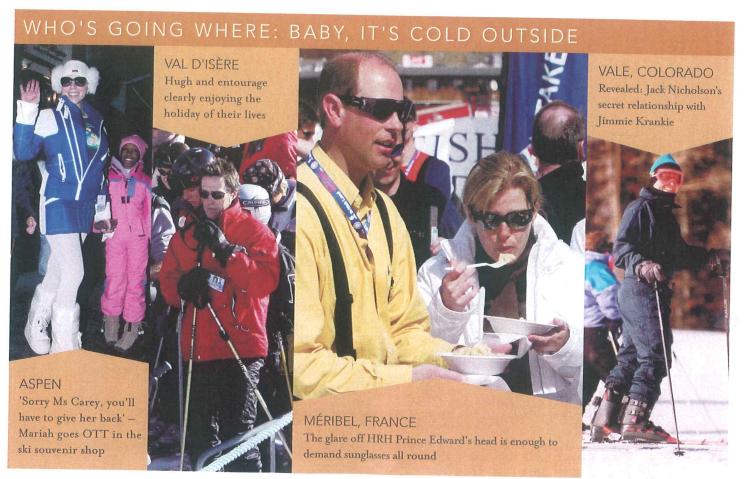


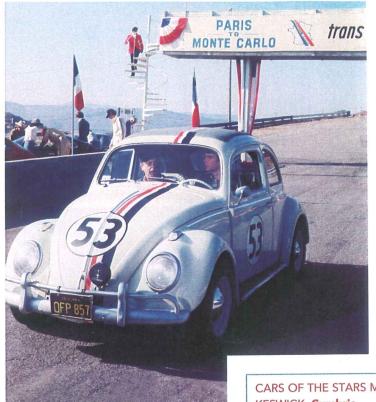
FEBRUARY 6 'Jump and Freeze' Tyrol, Austria Launch yourself down a snowslope into 300,000 litres of icy water with 200 other competitors. Prizes are awarded for the longest ski and snowboard jumps, fancy dress costumes and whackiest vehicles. To take part, contact info@westen dorf.com. A week in Westendorf costs £375pp, including half-board accommodation, flights and transfers (020 8780 4433, www.inghams.co.uk).

FEBRUARY 10 AI Grand Prix of Nations, Autodromo Internacional de Curitiba, Brazil The A1 Grand Prix of Nations has quickly become a formidable competitor to Formula 1. Twenty-five nations compete in identical cars, putting the emphasis where it should be: on the driver's talent. Audley Travel has 14-day itineraries from £2,100pp (01869 276222, www.audleytravel.com).

FEBRUARY 18 Good Vibrations Festival, Centennial Park, Sydney Like Glastonbury but with considerably less chance of rain (or mud!). At this year's music fest the line-up includes Norman Jay and Estelle. Feast on international cuisine and dance the afternoon away in one of Sydney's most beautiful parks. Emirates Tours has a Good Vibrations package from £825pp (0870 128 6000, www.emiratestours.co.uk).

FEBRUARY 17 TO MARCH 28 Carnevale, Venice The Venetian carnival offers Kodak moments galore. Book private photography courses with an Englishspeaking professional to learn how to capture this beautiful chaos on film (£130 for three hours, from Avventure Bellissime Tours: 00 39 041 520 8616, www. tours-italy.com). Kirker Travel (0870 112 3333, www.kirkerholidays.com) has three nights including flights from £661pp.





Tack attack!

Some UK attractions are so corny they're unmissable

Getting your fix of national heritage on holiday doesn't have to mean eye strain at the Sistine Chapel or neck ache beneath Notre Dame. Some of the most eye-opening tourist attractions are infinitely less lofty – in both senses. What's more, you don't even have to book a plane ticket for the privilege. From walks to wax houses – via car showrooms and cruises – when it comes to hammy attractions, nowhere does it better than Britain. Chav a wonderful trip now...

CARS OF THE STARS MOTOR MUSEUM KESWICK, **Cumbria**

If an Italian invited you to view a starry classic car collection, you'd eagerly anticipate the Ferrari Factory. In England, prepare for Chitty Chitty Bang Bang: Keswick's dusty exhibition of 'celebrity' cars includes the Flintstones' 4WD, the A-

Team van, three Batmobiles, a smattering of Bond cars and Herbie the Love Bug. Each is tastefully displayed in a mocked-up film set: against a painted backdrop of clouds and skies, or battlefields and mood lighting. Fasten your safety belts... (017687 73757, www.carsofthestars.com; entry £4).



LOUIS TUSSAUD'S HOUSE OF WAX

Great Yarmouth Madame Tussaud would turn in her grave. Her grandson Louis' House of Wax in Great Yarmouth showcases waxworks chick-flick Mannequin - only less life-like. The exhibits including a portly Princess Di, elderly and sinister Jason Donovan, and heavily rouged and very camp-looking lan Botham - draw an eyebrowraising throng of visitors. They even ended up circulated last year in a viral e-mail. Cruel. 18 Regent Road, Great Yarmouth (01493 844851), £3, open seasonally.



QUALITY HOTEL WEST HAM Boleyn Ground, London E13

It's the stuff of Cockney football fans' dreams: sleeping beside the hallowed turf where legends Bobby Moore, Geoff Hurst and Martin Peters made their names. At West Ham United, where guests enter through a reproduction castle turret entrance, hotel rooms have been built into the stands overlooking the pitch. Naturally, they are decked out in the team colours of claret and blue. If you can't get a restaurant, visit Duncan's Pie Doubles from £85 (0870 460 8200, www.choicehotels.com).



THE BIG KNICKERS WALK Various locations, London

Why bother with London's mildewed literary haunts when you could be following in the kitten-heeled footsteps of Miss Bridget Jones? This tour takes you to six locations from the film (the book is far too highbrow, naturally), including the site of the first snog, Bridget's flat in Southwark, and Borough Market – where the showdown between Colin Firth and Hugh Grant was filmed. Expect herds of 30-something ladies swooning at the thought of dear Mr Darcy – guide Simon Rodway must be a brave man. (07720 715295, www.silver

canetours.com).



THE ARCHERS CRUISE From Southampton

Devotees of The Archers – Radio Four's long-running soap about life in a Midlands village – can now spend 11 whole days with their favourite characters on a Canary Islands cruise. Simply board the Boudicca or Black Watch liners at Southampton, and set sail in the company of members of the cast. There's a meet-the-village party, a chance to test out your radio voice, even the opportunity to write the ending to an episode. Just don't expect it to be aired. Eleven-day cruises from £940pp (01473 746 175, www.fredolsencruises.com)