

When David Cameron flew to Washington this week, the British Prime Minister's very pregnant wife, Samantha, stayed home. This was revealed in oddly controversial tones by London's *Daily Mail*: "Most airlines allow pregnant women to fly up to and including the 36th week, provided the pregnancy has been straightforward," the paper reported. "Mrs. Cameron's baby is understood to be due in early September, meaning she could still travel if she wished." Of course, there are plenty of reasons to avoid it, among



Pregnant lady flying guidelines

OF THE WEEK

them the fact that flying increases a pregnant woman's already elevated risk for deep vein thrombosis, or blood clots. And then there's the fact that Cameron made the journey on a commercial airline to demonstrate his commitment to austerity — a gesture that must have played a part in his wife's decision. But as *The Atlantic's* Andrew Sullivan joked, "If she were a real American, she'd not only be flying in a month's time, but experiencing labor on two transcontinental flights!" *Weekend Post*



REBECCA FIELD JAGER

Poolside is the only out-of-doors place to be in the afternoon.

Dry heat, my tush. When temperatures soar past 40C, it's bloody hot, whether you're in Canada or a town rising out of the desert. So, if you're going to Las Vegas this summer, don't expect to beat the heat. Instead, plan around it.

Say you're there this month — July is generally the hottest month, with a daily high of around 41C. According to Dana Wagner, a meteorologist at KVBC Television, the temperature usually increases a little more than 1 degree per hour from 5 a.m. to 5 p.m., then decreases over the next 12 hours at the same pace. If we do the math, a day that reaches the normal high of 41C in the late afternoon would be from 12 to 15 degrees less at sunrise, which is why those who call Sin City home plan their activities accordingly.

"We're used to the heat but even then there's only two places you'll find us in the afternoon — indoors or around a pool," Wagner says.

Tourists would be wise to suit. If you're gung-ho to walk the Strip, do it as early as possible. The crack of dawn, by the way, is an ideal time for people-watching — those beginning their day cross paths with those ending their night. Walking the Strip after the sun goes down is also comfortable. It's still hot, but it helps not having all those rays beating down on your head. The point is, don't suddenly decide to go for a long stroll along Las Vegas Boulevard in the middle of the afternoon. You'll be sorry.

Other tips: Drink lots of water. If you feel thirsty, you've waited too long. Also, counsels Wagner, "Get an SPF of 50 and slather it on. If not, some of you Canadians will catch on fire down here."

If the weather presents the biggest challenge, the second biggest is fitting all the things there are to do in Vegas into your limited time. Unless you're there specifically to gamble, don't fall into the trap of losing track of time in the casino, which thanks to dim lighting, no windows and an endless stream of drinks, is exactly what The House wants you to do.

Additionally, approach the varieties of activities offered in much the way you would a buffet. You wouldn't fill your plate with one thing when you can go for a little bit of this, a little bit of that and a taste of many.

Buy tickets in advance and always reserve a table in restaurants. There's no sense trekking from one end of the Strip

FORTY DEGREES OF SIN

Las Vegas in July is a sweltering bet, unless you play your cards right

By Rebecca Field Jager

to the other only to have to stand in line or be turned away.

And try to refrain from excessive partying until the last night. Rather than killing half a day in bed, 'tis better to recuperate on the plane.

A final thought: If you're up for the ultimate extravaganza, nothing will zip you around Vegas faster or in higher style than a Ferrari, rentable at places such as Las Vegas Exotic Car Rentals (866-871-1893). Sure it's almost \$1,000 per day but, baby, cruising the Strip top-down on a hot summer night, ooh, now that's Vegas.

Herewith, then, a 48-hour game plan that includes some of what's new this summer as well as tried-and-true Vegas favourites.

FRIDAY

Hotel suggestion Aria at CityCentre. This newish hotel is conveniently lo-

cated mid-Strip. Spacious, well-appointed rooms with a high-tech remote control system that allows you to do everything from close the blinds to switch on the lights from your flat-screen TV. Arialsvegas.com

7 a.m. (28C) Wake up and lace up. It's time to walk the Strip.

9 a.m. (31C) Breakfast at Verandah at the Four Seasons. If you can't afford to stay at this five-star hotel you should at least check out the weekend poolside buffet. Health and hearty dishes, exotic fruit juice and a doughnut station featuring delights made before your eyes. US\$35. Reservation recommended: 702-632-5121

10:30 a.m. (33C) Sightseeing/ shopping. While it's still cool enough, check out outdoor attractions such as the thrill rides at Stratosphere, where you can sky jump from 800 feet or board a giant teetertotter almost 900 feet up. Stratospherehotel.com/thrills

The earthbound can shop along the Strip or in the Grande Canal Shoppes at Venetian. With its sky-like ceilings, street-like walkways and canal that weaves through shops and restaurants it feels like you're outdoors. Thegrandcanalshoppes.com

1 p.m. (36C) Lunch at Mon Ami Gabi at Paris, a classic bistro on the Strip. Monamigabi.com/vegas

2:30 (38C) Hit the pool. Vegas resorts deliver a fab poolside experience with chilled towels, open bar areas, chaise lounges in the water, plush daybeds and cabanas equipped with everything from fridges to flat-screen TVs. Lush landscaping, misting systems and fountains help to keep you cool.

4 p.m. (40C) Gamble. It's air-conditioned and at this time of day there's little wait-time for a table. Casinos are connected, so you can roam from one to the next without stepping outside.

6 p.m. (40C) In your room, unwind and dress for dinner.

7:30 (38C) Have tapas at Julian Serrano at Aira. The fun is in sharing, so if you're having dinner for two, choose three tapas each with plenty of sangria. Reservation recommended. Arialsvegas.com/dining

Another suggestion: Switch restaurant at Wynn Encore Resort, for those who like drama even before the show starts. Spoiler alert: Just as you're digging into your baby octopus, the music rises, ceilings open up, walls move and/or disappear. New York chef René Lenger gets a standing ovation for

stunning cuisine. Reservations: 702-248-3463

10 p.m. (35C) Showtime! Just a suggestion, but you can't go far wrong with *Zumanity*, the Cirque du Soleil show at New York, New York hotel and casino. Erotic acrobatic numbers such as two barely clad women in a water-filled fish bowl performing all sorts of unfathomable moves and twists coupled with a hilarious cast of characters who interact with audience. Warning: If you're shy, don't sit in the front rows.

Other sure-bet suggestions (check individual show times): *Le Reve* at Wynn; *Phantom of the Opera* at The Venetian; *Jersey Boys* at The Palazzo.

Midnight (33C) Dancing at B.B. King's Blues Club at The Mirage. Let your hair down at this famed venue featuring sultry southern ambience, live bands, good nibbles (try the excellent fried green pickles) and knockout bevies like Boll Weevil, which involves vodka, rum, tequila and more. 702-242-5464

SATURDAY

9 a.m. (30C) Breakfast at Silk Road at Vdara, CityCenter. Faves include egg concoctions and decadent French toast to free-range turkey hash and organic Greek yogurt parfait. Yummy French press coffee. Vdara.com

10 a.m. (32C) Lots of adventures to choose from: a helicopter ride over the Grand Canyon; a dune-buggy tour across the dunes or a Post Card Tour with Black Canyon River Adventures (a raft, a tour guide and the Colorado River, at the base of the Hoover Dam). Don't forget your camera. US\$33. 800-455-3490

1 p.m. (36C) Regroup in your hotel room.

2 p.m. (37C) Lunch at Serendipity 3 at Caesar's Palace. Serves colossal burgers and dogs, super-stuffed sandwiches and ginormous desserts. Bevies include Frrozen Hot Chocolate, a blend of 20 different kinds of chocolate, and the prettiest cocktail in town, the Candy Cotton Martini. 877-346-4642

3 p.m. (39C) Pool party! Guests and non-guests are welcome at Garden of the Gods, a new collection of eight pools at Caesar's Palace. For a swim on the wild side, visit Venus Pool Club, and party under the sun to DJ or live bands and A-list artists. Venuspoolclub.com

5 p.m. (41C) Spa treatment at Aria Spa's 25-minute Vichy Body Experience, a neck-to-toe exfoliation that sees you lying on a bed beneath a warm-water shower bar. US\$90. Arialsvegas.com/spa

6 p.m. (40C) Relax in hotel room. Dress for dinner.

8 p.m. (38C) Dinner at Yellowtail Japanese Restaurant & Lounge at Bellagio. Vibrant eatery overlooks the hotel's famed fountain show. It has shared plates such as big-eye tuna pizza, lobster carpaccio and kobe beef tatak. Or warm shared plates such as Hudson Valley foie gras torchon and grilled walu. Rolls, sushi and handful of entrees. Extensive sake list. Reservations: 702-693-7223

9:30 (36C) Bellagio Fountain Show, entertainment on the Strip. A water, music and light show that is romantic and spectacular, performed every 15 minutes until midnight. Other free outdoor entertainment includes a volcano eruption at Mirage and pirates' sea battle at Treasure Island.

10:30 (35C) For a nightclub, consider Haze at Aria. Haze is a 25,000-square-foot space where you can dance the night away. Great lighting and sound system, plus big-name DJs. Like most clubs on the Strip, best to arrive by 10:30 p.m. to avoid enormous lineup. Until 4:30 a.m. Or, simpler, head to the club located in your hotel.

5 a.m. (26C) Bedtime.

Weekend Post

U.K. NOT SOOK

Lonely Planet's new travel guide to Great Britain offers a number of unflattering observations about what visitors will encounter, among them:

On race "Bigotry can still lurk close to the surface ... it's not unusual to hear people openly discuss other races in quite unpleasant terms — in smart country pubs as much as a rough city bar."

On socializing "Time to celebrate? Oh yes, with a big drink. Binge drinking among young people [is] a major concern ... 70% of women are drinking more than the recommended amount ... cocaine use has doubled in the last decade."

On food "The [British] recipe for dinner is more likely to be something like this: open freezer, take out package, bung in microwave, ping, eat."

This prompted a riposte from Charles Starmer-Smith on his *Daily Telegraph* travel blog: "Binge-drinking, ready-meal gorging, obese, cocaine-snorting, self-deluded bigots that play sport very badly, love to moan, are addicted to television and only seem to talk about the weather (which is terrible by the way). Welcome to Britain. Have a nice day. This is the verdict of our lifestyle in *Lonely Planet's* new guide to Great Britain," he writes, observing that British tour operators and tourist board officials won't be pleased, given that visitors from the States are already down a staggering 21% this year.

Weekend Post

WELCOME REMARKS
SUNDAY JULY 25TH 11:45 AM
DAVID MIRVISH

11AM TO 2PM FREE ENTERTAINMENT

HOT! HOT! HOT!

ENJOY THE SOUNDS AND BE ENTERTAINED WITH A TASTE OF **CARIBANA & HULA DANCERS**

FREE LUNCH IS ON US!!!
BRING YOUR FRIENDS & FAMILY
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A CELEBRATION OF SIXTY TWO YEARS

SUNDAY, JULY 25TH 10 AM TO 7:30 PM
➤ BLOOR & BATHURST ◀

TAKE A TRIP DOWN MEMORY LANE



DAYS AGENDA

- 10^{AM} DOOR OPENER
- 11⁴⁵ WELCOME REMARKS MR. DAVID MIRVISH
- 12^{NOON} TO 6³⁰ PM FREE! HOT DOGS, DRINKS AND TREATS
- 12^{NOON} TO 6^{PM} FREE! KIDS PILLOW JUMP AND GAMES

10^{AM} TO 7:30^{PM} 62ND ANNIVERSARY BARGAINS THROUGHOUT THE STORE

SURPRISE!

If you are on a special lucky spot at different times of the day you may win a free luxury item!

All subject to change for reasons beyond our control