

SUR·LA·TERRE

ARABIA

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SLT VOYAGER

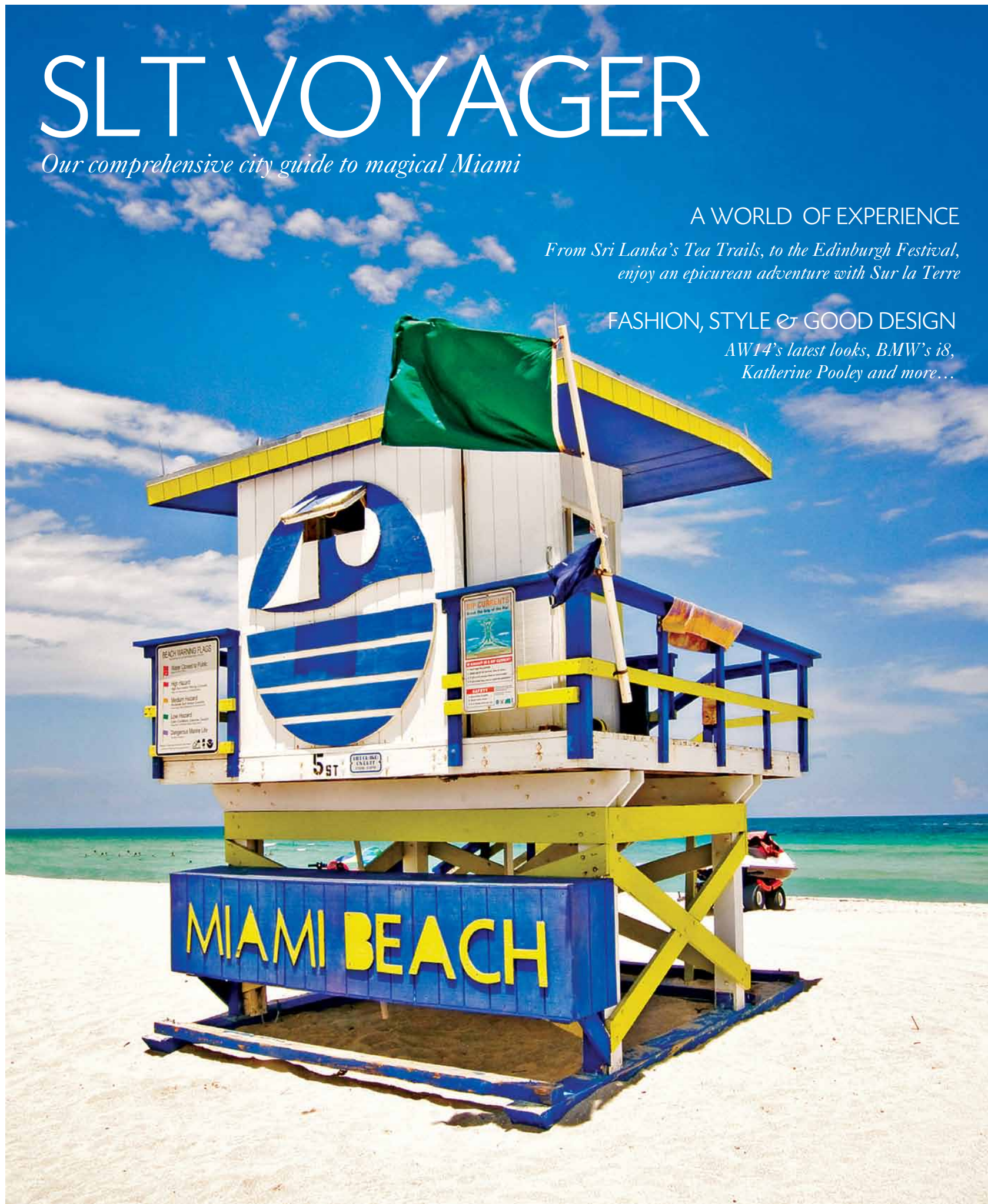
Our comprehensive city guide to magical Miami

A WORLD OF EXPERIENCE

*From Sri Lanka's Tea Trails, to the Edinburgh Festival,
enjoy an epicurean adventure with Sur la Terre*

FASHION, STYLE & GOOD DESIGN

*AW14's latest looks, BMW's i8,
Katherine Pooley and more...*

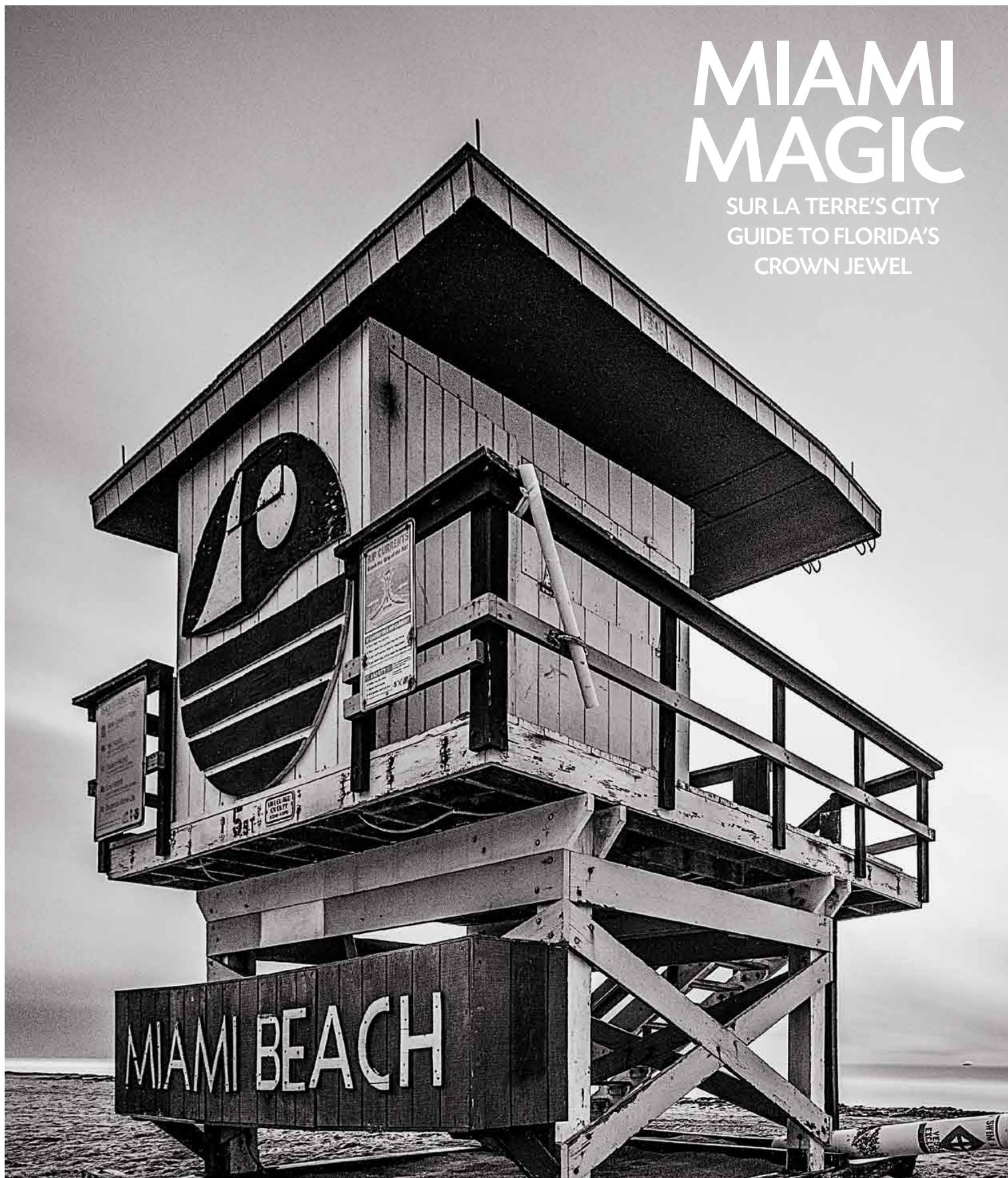


SUR·LA·TERRE

V O Y A G E R

MIAMI MAGIC

SUR LA TERRE'S CITY
GUIDE TO FLORIDA'S
CROWN JEWEL



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VOYAGER



A CITY WITH A SOUL

A RAILWAY TYCOON, A WIDOWER AND A REAL ESTATE PROSPECTOR BUY A MANGROVE SWAMP...

While that may sound like the start of some bawdy nineteenth century bar room joke, it is actually the first chapter, albeit quite a simplified version, in the tale of how a few very singular-minded people with a vision laid the foundations upon which the glamorous sun-drenched city of Miami is built.

It's a city whose name evokes images of wealth and excess. Anyone of a certain age will remember the NBC TV series, *Miami Vice*. From the art deco title graphic materialising over azure blue water, to bikini-clad beauties strutting along miles of unspoiled beach; cut to a white Ferrari Testarossa cruising down Collins Avenue and you have no greater advert for the glitz of the show's eponymous locale.

Even at its grittiest, the semi-serious buddy-cop drama never failed to frame the city as anything other than a millionaire's playground, where being beautiful was as potent a currency as the fat stacks of greenbacks you needed to live there.

For a more contemporary televisual reference, because *Dexter* doesn't quite deliver the same aspirational qualities as *Miami Vice*, for those too young to remember Crockett & Tubbs, the best I can come up with is *Kourtney & Kim Take Miami*. Sorry.

These shows portrayed the city, and rightly so, as a glittering paradise where, if you have the wherewithal (and some serious cash), your dreams can come true. Given the city's origins, an urban endeavour built on the dreams of a handful of visionaries, this all-pervading air of positivity is completely understandable.

"A CITY BEAUTIFUL"

Dragonfly Expeditions' Jim Martin explains that it was Julia Tuttle, a widow with large tracts of land, who first saw the potential of a city near the Miami River. In 1894, she convinced Henry Flagler (with a bag of oranges, as legend would have it) to extend his Florida East Coast Railway from Palm Beach to Biscayne Bay in exchange for a portion of land on which to build the Royal Palm hotel. It earned her the moniker "The Mother of Miami," as new residents and holiday makers came in their droves to enjoy the clement year-round weather, growing the small town into a metropolis.

One of those vacationers, a realtor and automotive entrepreneur named Carl Fisher, saw the potential for development and high-end resort hotels. ►





A DESIGNER DESTINATION

OVER THE LAST DECADE, MIAMI HAS ESTABLISHED ITSELF AS A CREATIVE CAPITAL. IN DECEMBER, THE CITY PLAYS HOST TO, ARGUABLY, AMERICA'S BIGGEST ART & DESIGN FESTIVAL

He funded the completion of a bridge that joined Biscayne Bay to a mangrove covered barrier island just off the coast and, with his real estate prowess, turned it into the exclusive sandy escape we now know as Miami Beach - single-handedly creating one of the city, and the world's, most vibrant, and luxurious lifestyle destinations.

Luxury was also the watchword when, in 1926, George Merrick's \$10m Biltmore Hotel opened its doors to the monied classes, quickly establishing itself as a social epicentre for the burgeoning town's high society. Visitors came to enjoy the hotel's vast pool and the famous Bathing Beauty contests. Today, little remains of those well-attended, salubrious aquatic pastimes of the social elite, but the hotel still remains a staple weekend haunt for the city's well-to-do, boasting fine food on a stunning Mediterranean-style terrace and beautiful, well preserved, period decor.

It wasn't Merrick's only triumph, either. The suburb in which the Biltmore holds court is one of the most desirable and expensive neighbourhoods in the whole of the US. As a strong proponent of the "City Beautiful Movement," a reform philosophy of North American architecture and urban planning that flourished during the turn of the 20th century with the intent of beautifying and adding grandeur to American cities, Merrick created a community centred around large, wide avenues of picturesque, low-rise houses, punctuated only by sculptures and fountains designed to blend in with the uninterrupted, scar-less landscape.

Unfortunately, like many visionaries, he wasn't appreciated during his lifetime. He lost a great deal of power and influence, as did many, during the Great Depression of the 1930s, and his contemporaries turned against him. His Coral Gables experiment, however, has stood the test of time and, as their property values continue to rise, the current residents appreciate his endeavour more than ever.

CREATIVE CONURBATION

While Martin has no doubt that the city he calls home owes a huge debt of gratitude to this handful of prescient pioneers, in the 110 years since Ms. Tuttle's basket of oranges convinced Flagler to provide the artery that enabled life to flow into Miami, the city has consistently evolved and shifted with the times and continues to spread its urban tendrils into the surrounding everglades.

He describes Miami as "a city in a constant state of flux." It has been built, demolished and rebuilt again, leaving a wonderful melting pot of cultures living amongst a myriad architectural styles. Striking art deco edifices seamlessly merge with the post-war musings of the Miami Modernist architectural movement (MiMo), while 1980s designs by Philippe Starke share the skyline with 21st century sentinels of glass and steel, moulded by the likes of Zaha Hadid.

Against this backdrop, a languid, artistic temperament engulfs the city, which acts as a crossroads between North and South America as well as a gateway to the lackadaisical pace of the Caribbean. From the Cuban jazz music that dances in Little Havana, to the colourful street art of Wynwood, the city sways to its own unique tempo and, as such, has established itself as a global cultural hub. From Design Miami to Art Basel, the city, built on the inventiveness of a quixotic few, has become a Mecca for global creativity.

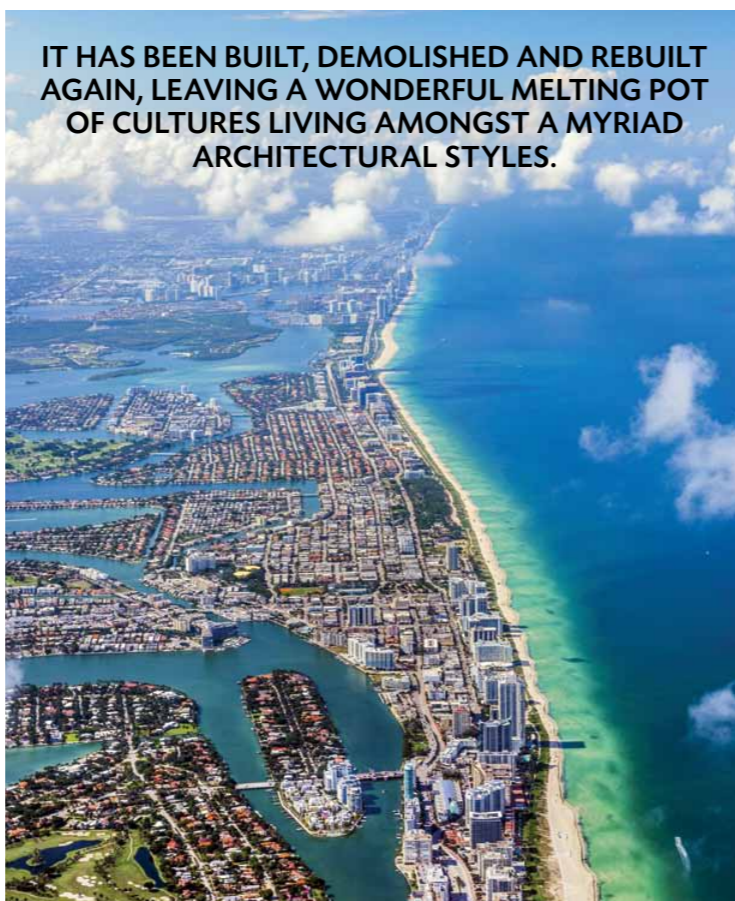
It's not clear whether the latest bout of urban regeneration is fuelling this influx of artistry, or if it is the other way around, but there is certainly a sense

of symbiosis in the way that once-neglected neighbourhoods are being transformed into modern lifestyle hubs, built upon the principles to which the city as a whole aspires: art, design and luxury consumerism.

Miami Design District is one such project and the vision of a Carl Fisher-esque entrepreneur who saw opportunity where only ramshackle red brick buildings once stood. Craig Robins started scooping up property in a run-down midtown Miami neighbourhood in the late 1990s. Currently, Robins' company, Darca, owns most of the buildings in the area and, in partnership with a subsidiary of the behemoth LVMH group, L Real Estate, he plans to develop a game-changing, artistic, luxury retail experience that will become a beacon for fashionistas and aesthetes alike.

Public art will adorn the über high-end boutique-lined streets, while tall trees will grow from the building-top roof gardens. Cars will be valet parked, fine food will be prepared in the plethora of cafes and restaurants, while a boutique hotel will share residential space with chic, multi-million dollar condos. When the project is completed in 2016, the Design District will be a status-affirming epicurean utopia.

It is undertakings such as these that ensure Miami's continuing appeal and cements its place as one of the world's true destination cities. From its monolithic skyscrapers, art deco palaces and wide boulevards, to its pastel-coloured, single-storey suburbs, if nothing else, it is a wonderfully aesthetic conurbation. But there is so much more to it than the veneer of an attractive sun-soaked idyll; the city has a vibe that grips you from the moment you arrive and it hurts when you have to leave. In little over a century, it has achieved something that it has taken the likes of Rome and London three millennia to develop, and it has as much to do with the principles of its founders as it does with the diversity of its population and its ever-changing modern facade; it's a city with a soul. ☺



IT HAS BEEN BUILT, DEMOLISHED AND REBUILT AGAIN, LEAVING A WONDERFUL MELTING POT OF CULTURES LIVING AMONGST A MYRIAD ARCHITECTURAL STYLES.



Art Basel



Art Basel

For design professionals, culture vultures and aesthetes, there really is only one time of year to visit Miami. The first week of December is host to, arguably, one of the USA's largest creative festivals, as two highly acclaimed events run side-by-side at venues up and down Miami Beach.

Together, Art Basel in Miami, now in its 12th year, and Design Miami, celebrating its tenth anniversary this December, draw around 100,000 visitors to the city.

Over 250 of the world's leading art galleries participate in Art Basel alone, showing work from masters of modern and contemporary art, as well as pieces by newly emerging stars. Paintings, sculptures, drawings, installations, photographs, films and works of the highest quality are displayed in the main exhibition hall, while ambitious artworks and performances become part of the landscape at nearby beaches, Collins Park and SoundScape Park.

Meanwhile, Design Miami brings together influential collectors, designers, curators and critics from around the world in celebration of design culture and commerce. As well as a creative platform, the event acts as a marketplace for the three-dozen galleries from around the world that exhibit everything from furniture, jewellery, architecture and lighting to collectible *objets d'art*.

The event is not just about the exhibits, either. Each year the organisers continue to grow the event's progressive cultural programming, with leading designers and design institutions chairing

panels and lectures with luminaries from the worlds of design, architecture, art and fashion. The show also encourages exciting collaborations and unique commissions between show sponsors and unique commissions between show sponsors like Fendi or Swarovski, and some of the world's top emerging and established designers and architects, many of which take place during the event's week-long run.



Art Basel



Art Basel



Design Miami

ART BASEL / DESIGN MIAMI 2014

Art Basel 2014 is open to the public between the 4th and the 7th of December. As a visitor, you do not need to register beforehand and tickets can be purchased at the show venues or in advance through the event's website: www.artbasel.com/en/Miami-Beach

Design Miami's public days run between the 3rd and 7th of December 2014. Tickets cost \$25 and can be bought at the entrance to the venue each day. Tickets are valid for one day only. Venue and exhibition information can be found at: www.designmiami.com ☺



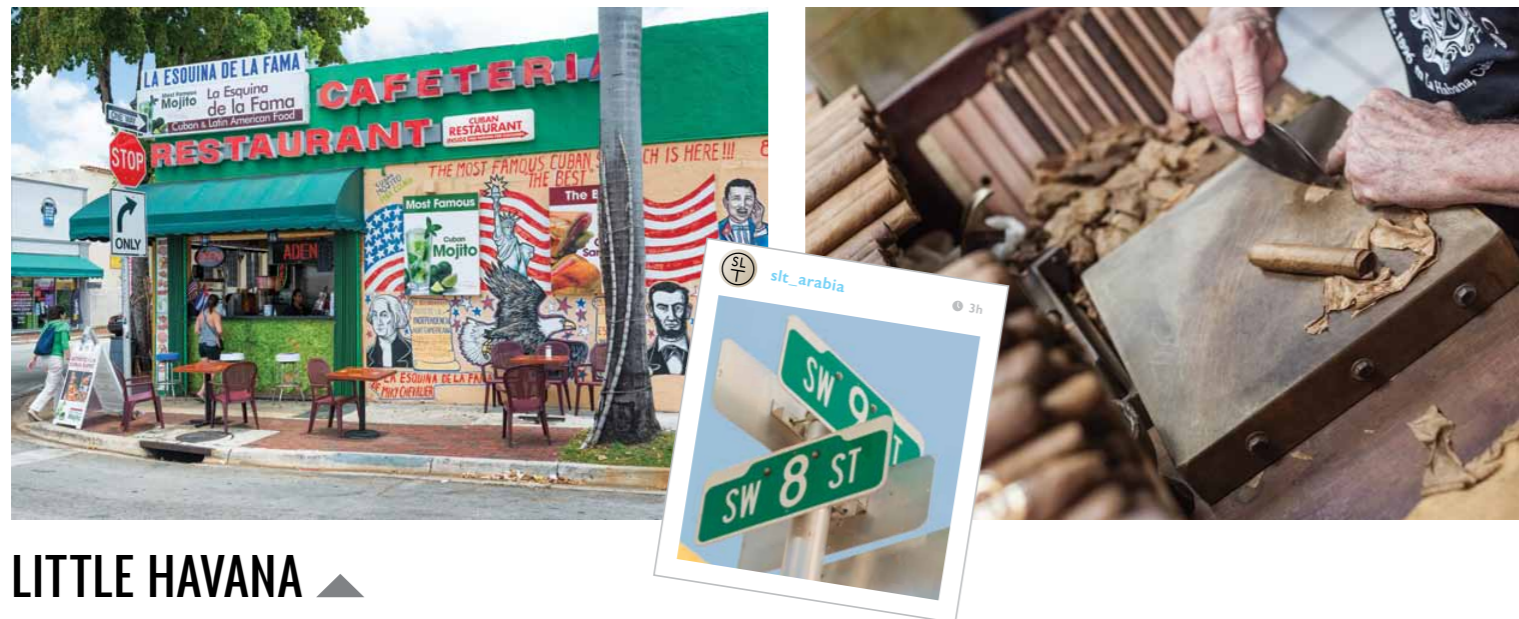
Design Miami



Design Miami

24 HOURS IN MIAMI

ASIDE FROM LOUNGING ON THE GOLDEN SANDS OF SOUTH BEACH, THERE IS LOTS TO SEE IN AND AROUND THE CITY. HERE ARE SOME OF THE EXPERIENCES WE THINK YOU SHOULDN'T MISS.



LITTLE HAVANA

Since the 1960s, following Fidel Castro's revolution, there has been a steady flow of Cuban immigrants to the US, most of whom have made Miami their home. Little Havana is the heart of the Cuban community and is centred around the colourful "Calle Ocho," or Eighth Street. Domino park is the place where the old boys go to while away their day playing chess, dominos and cards. Don't be fooled, these games are not a languid pastime, they are taken very seriously, and it's not unusual to

see heated discussions and a little sporting banter taking place (all in Spanish, of course). We highly recommend a stroll down the Latin American Walk of Fame to one of the many cafés and food outlets. Be sure to try a traditional Cuban sandwich and shot of the local coffee, before stopping into the Cuba Tobacco Co. to watch your premium cigars being hand-rolled by legendary tobacconist Pedro Bello Sr., holder of the prestigious Crystal Leaf Award.

LUNCH AT THE BILTMORE

Where better to enjoy your hand-rolled cigar than in the surrounds of the Biltmore Hotel's courtyard? Take the trip through Coral Gables to this grand old dame of the Miami social scene and embark on an Italian culinary journey at The Fontana restaurant, with its centre fountain and views of the Biltmore's Mediterranean architecture. The Fontana's Chef Beppe Galazzi uses only local and farm fresh organic ingredients throughout the menu, which also offers a pretty comprehensive beverage list. When you're done with lunch, take a coffee by the expansive pool or maybe even sneak in a quick round of golf on the hotel's private course.
www.biltmorehotel.com



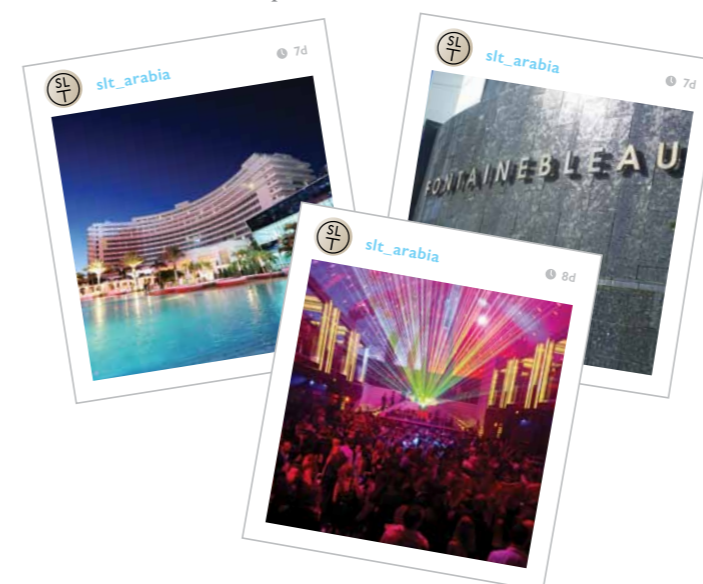
THE WYNWOOD WALLS

After lunch, take a stroll around the colourful and artistic Wynwood neighbourhood, especially The Wynwood Walls art centre. It was conceived by the late Tony Goldman in 2009. He was looking to transform the warehouse district of Wynwood, and he arrived at a simple idea: "Wynwood's large stock of warehouse buildings, all with no windows, would be my giant canvases to bring to them the greatest collection of street art ever seen in one place." Now home to edgy fashion boutiques, independent galleries and cool hangouts, the district has become a must-visit destination in the city. The Wynwood Walls has grown into a major art statement, with a commitment to graffiti and street art, a genre that the late Mr Goldman believed is underappreciated and not respected historically. Among the artists on show there are Jeff Soto, Kenny Scharf and Shepard Fairey.
www.thewynwoodwalls.com



CHEER WITH DOLPHINS

With the NFL season currently in full swing, we recommend that you try to take in a Miami Dolphins game at the Sun Life Stadium. Founded in 1966, the Miami Dolphins pre-date the modern iteration of the NFL by four years. In 1972, they became the only team in the league's history to complete a "perfect season," winning all 14 of its regular-season games, its playoff games, all culminating in a victory at Superbowl VII. The regular season is short, starting in September and ending on December 28th, but there are still five home fixtures left, against the San Diego Chargers on November 2nd; the Buffalo Bills on November 13th; the Baltimore Ravens on December 7th; the Minnesota Vikings on December 21st and the New York Jets on the last day of the regular season.
www.miamidolphins.com



LIV THROUGH THE NIGHT

Finish your day by soaking up some of Miami's epic party atmosphere. There is a glut of great lounges, bars and clubs to choose from, either in downtown Miami or the bustling South Beach. While there are always new venues popping up along Collins Avenue, we recommend LIV at the iconic Fontainebleau hotel. Of course, fans of James Bond will recognise the name of the hotel, it being the first place 007 gets one over on Auric Goldfinger, but it was also a regular haunt of Elvis, Frank Sinatra and the Rat Pack, who were all spotted at the Fontainebleau in their hedonistic party days. These days, however, Britain's Prince Harry is a fan, being spotted partying in the club when he visited Miami for his pal's wedding in May. In the last couple of years, LIV has established itself as the quintessential South Beach nightspot, fusing the appeal of an ultra-exclusive lounge with the vibe of a high-energy party venue. With over 18,000 square feet of lavish decor and some of the world's top DJs - stellar disc spinners who have taken to the decks in the last month include Calvin Harris and Sander Van Doorn - play everything from hip-hop to house music late into the night. ®
www.livnightclub.com

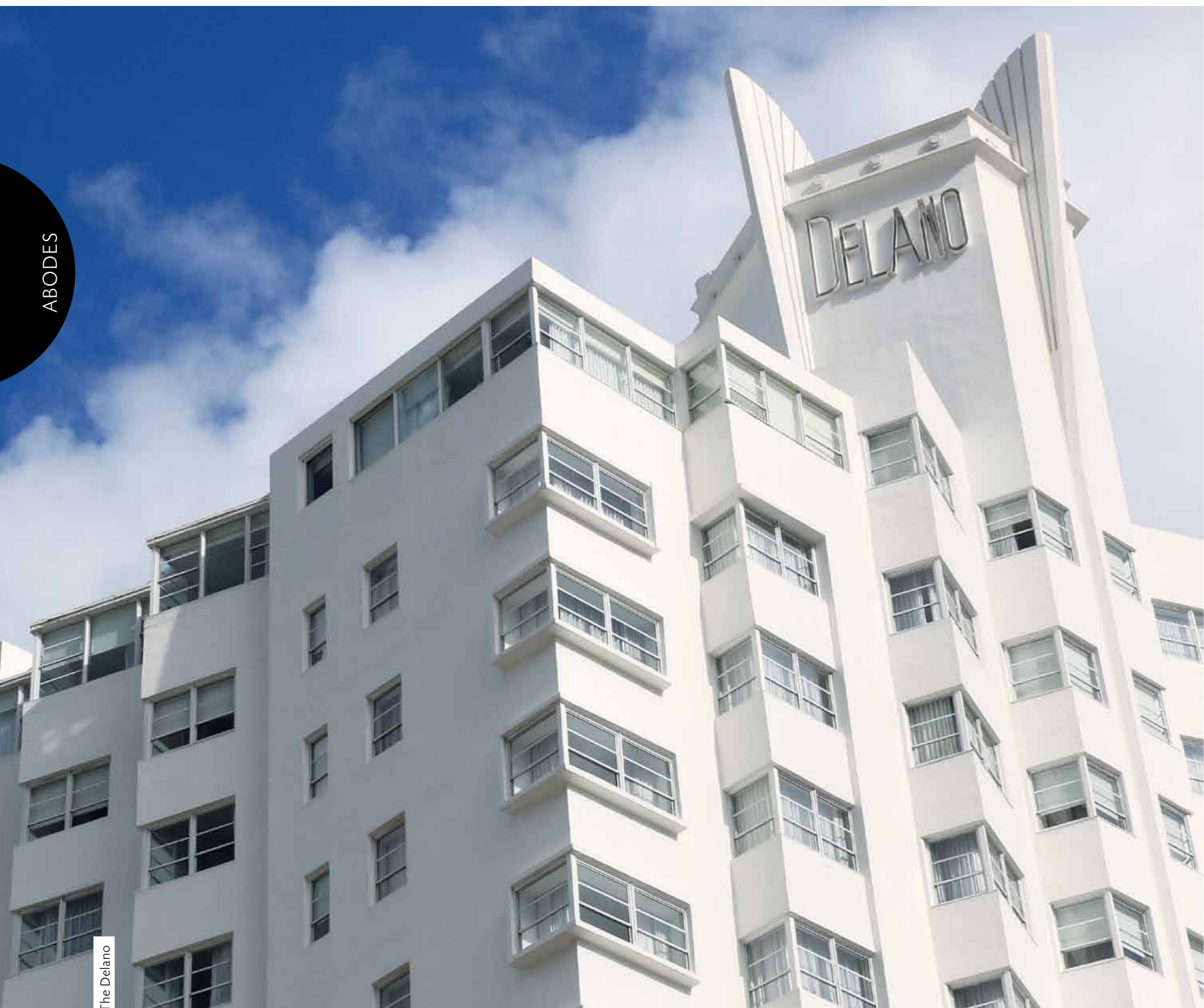
Dragonfly Expeditions can arrange walking and bus tours of Little Havana, Coral Gables and Wynwood. www.dragonflyexpeditions.com

24 HOURS IN MIAMI

24 HOURS IN MIAMI

SoBe, OR NOT SoBe? THAT IS THE QUESTION...

SOUTH BEACH BOASTS THE LARGEST COLLECTION OF ART DECO ARCHITECTURE IN THE WORLD – MUCH OF IT LOVINGLY RESTORED INTO BOUTIQUE AND LIFESTYLE HOTELS - MEANING THERE IS ONLY ONE PLACE TO STAY IN MIAMI: THE PLACE LOCALS CALL "SoBe."



ABODES

The Delano

Miami offers amazing beach and golf resorts, as well as sophisticated, ultra-high-end luxury hotels, but if you're looking for intimate, fashion-forward and in the thick of things, then South Beach is the place. The Art Deco District, which fills Ocean Drive, James Avenue, Collins Avenue, Washington Avenue and beyond, is littered with trendy boutique and lifestyle hotels. Built in the 1930s and 1940s to be a whimsical escape from the Depression. These lovingly-restored domiciles now court the jet-setting clientele that demand a unique and luxurious experience.

While you can opt for familiarity of the big chain hotels like the St. Regis Bal Harbour or the W South Beach, both of which are excellent, before you pull the trigger on that WOW suite, we encourage you to check out these super luxurious and ultra-chic boutique hotels.

THE DELANO

1685 COLLINS AVENUE

Often credited with South Beach's rebirth as a place for the "in-crowd," the Delano, originally built in 1947, was cleverly restored by hotel guru Ian Schrager and designed with rare imagination by Philippe Starck, re-opening its doors in 1995. It quickly established itself as the epicentre of cool and became internationally renowned for its "white on white" design, its critically-acclaimed Blue Door restaurant, rooftop spa and celebrity scene. The lobby attracts an eclectic crowd of late-night minglers, as does the communal sushi bar, along with the back lawn and pool area, which pipes in underwater classical music. The hotel features a stunning international collection of furniture and objects, including works from such renowned artists as Antonio Gaudi, Man Ray, Charles & Ray Eames, Salvador Dali and Mark Newson. www.delano-hotel.com

VILLA BY BARTON G

1116 OCEAN DRIVE

The former home of Gianni Versace, who bought the property in 1992 and lived there until his death in 1997, has been divided into ten luxuriously-appointed suites, all designed by Versace himself. This elite lodging has become one of the city's go-to hotels for A-list celebrities and the world's foremost fashionistas, some of whom just come to pay



Villa By Barton G



Villa By Barton G

tribute to the expired doyen of design. Those who stay can experience his opulent lifestyle, with the attentions of a personal butler at their disposal and the latest in cutting-edge technology mingling with luxuriant soft furnishing and custom-designed Frette linens. The property's Il Sole restaurant serves fine continental cuisine inside the pebble-mosaic dining room and offers al fresco dining beside the renowned Thousand Mosaic Pool, which is literally dripping in 24-carat gold. www.thevillabybartong.com

SLS HOTEL SOUTH BEACH

1701 COLLINS AVENUE

This is one of SoBe's latest additions to the haute hotel scene. Listed by the New Yorker as one of the top ten party hotels in the US, SLS is a creative cocktail of sophistication and playfulness. The hotel is the result of a

collaborative effort between Sam Nazarian, Philippe Starck, Chef José Andrés and rocker, Lenny Kravitz. The building which the SLS now occupies was originally built in 1939 by renowned Miami architect L. Murray Dixon and is one of SoBe's tallest art deco buildings. This resuscitated iteration comprises 132 original rooms and 10 new luxury bungalow suites, each featuring the whimsical interior designs of Starck. The pick of the SLS, though, is the Penthouse Villa or Tower Penthouse Suite; fit for royalty, these elegant quarters are nothing short of spectacular. It's a social place, and the gourmet restaurant by Chef Andrés and the Katsuya sushi restaurant are each considered to be among the top eateries in South Beach, while the Hyde nightclub is definitely *the* place to be seen partying. www.slssouthbeach.com



SLS Hotel South Beach



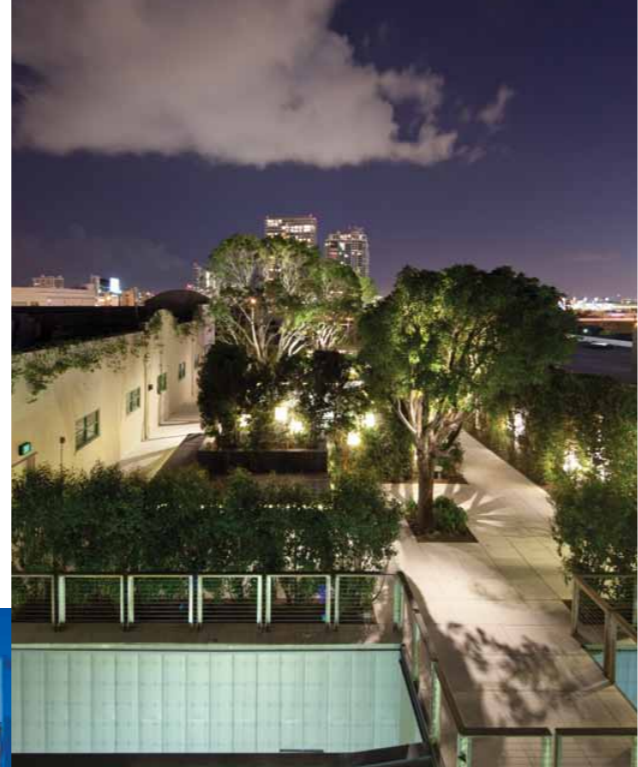
SLS Hotel South Beach

THE ART DECO DISTRICT IS LITTERED WITH TRENDY BOUTIQUE AND LIFESTYLE HOTELS... BUILT IN THE 1930S AND 1940S TO BE A WHIMSICAL ESCAPE.

ABODES

BUENA VISTA SPENDING CLUB

THE DESIGN DISTRICT IS SET TO BECOME *THE* PLACE FOR LUXURY SHOPPING



Christian Louboutin has opened its first men's store outside Paris in the neighbourhood, and Hermès and Louis Vuitton have based themselves in temporary outlets while they wait for the completion of their multi-storey flagship stores, which are set to open next year. Yohji Yamamoto and Fendi also have taken up residence.

The list of other current tenants reads like a Paris Fashion Week programme: Cartier, Celine, Dior Homme, Berluti and Prada. They will all be joined by even more haute brands in 2015, not least of which include Tom Ford, Marc Jacobs, Valentino, Fendi and Dolce & Gabbana.

Maria Ruiz, director of community relations at Dacra, the company behind this ambitious project, is keen, however, to play down the importance of the retail aspect. "This is a neighbourhood, it is not a mall," she notes during a presentation given to the press. "Everything, first and foremost is design-focused.

"There will be public art spaces and areas of natural beauty. We're going to plant 40-foot trees on some of the rooftops," she adds.

The brainchild of Craig Robins and his company, Dacra, the District will be fully LEED-certified and will feature public artworks from the likes of Zaha Hadid and Buckminster Fuller, while Robins has also employed the talents of architects like Alison Spear and Sou Fujimoto to help create a stylish nirvana.

As well as the high-price-tag retail experience, the neighbourhood will also offer 130 art galleries, creative services, architectural firms, antiques dealers, restaurants and bars. On the second Saturday of each month, the community comes together for Art & Design Night, where Art Galleries and Design Showrooms open their doors to the public for music and refreshments, adding a real sense of community to an area which was once an eyesore of urban decay.



Heavily supported by the LVMH conglomerate, as well as a number of other luxury groups, the district is becoming stiff competition to the more established Bal Harbour shops or Lincoln Road for the A-list's disposable dollars.

Pictures: Dacra



BAL HARBOUR'S HAUTE PROPERTY

FOR NEARLY HALF A CENTURY, BAL HARBOUR SHOPS HAS BEEN AMERICA'S MOST FASHION-FORWARD MALL.

At the northern end of Miami Beach is the well-to-do district of Bal Harbour, home to some of the city's top hotels, such as The St Regis and The ONE Bal Harbour, as well as America's first all-high-fashion mall, the Bal Harbour Shops.

Built and owned by the influential Whitman family, the mall opened in 1965 and remains to this day, one of Miami's most upscale shopping destinations. An intimate, open air mall, top-name boutiques, over three floors, surround a central courtyard with koi ponds and palm trees. It was the location for a number of high-end fashion houses to not only open their first mall-based stores, but in some cases, their first stores in the US.

Today, brands such as Chanel, Gucci, Prada, Ralph Lauren and Oscar de la Renta call Bal Harbour their home, as well as some sexy, up-and-coming brands like John Varvatos and Tory Burch.

Approaching its 50th anniversary, Bal Harbour remains one of the few family-owned malls in the US, and still has a waiting list for retail space, necessitating an expansion to the third storey, previously reserved for offices. The mall boasts an enviable record in terms of productivity based on sales per square foot and has run at 100 percent occupancy for the last few decades.

The expansion will enable it to defend that record against projects like the Design District, allowing for the addition of around 20 new stores. Already those include the mall's first two-storey boutique, as Salvatore Ferragamo

Pictures: Bal Harbour Shops



BRANDS SUCH AS CHANEL, GUCCI AND PRADA CALL BAL HARBOUR THEIR HOME, AS WELL AS SEXY, UP-AND-COMING BRANDS, LIKE JOHN VARVATOS AND TORY BURCH.



recently undertook a redesign, while in the next month or so, Bal Harbour will welcome The Webster, Italian jewellery brand, Buccellati, Vince and Dsquared2 to its family.

The mall also boasts world-class dining, with the likes of popular modern Japanese concept restaurant, Makoto, the brainchild of Chef Makoto Okuwa. Serving up contemporary and inventive cuisine based on traditional Japanese food, the restaurant is the culinary star of the area and enjoys a full house almost every night. The Texas-based upscale casual dining restaurant, Hillstone, will be joining it in the next couple of months.

As well as fashion, jewellery and fine dining, like much of the city, you will also find something for the artistically-minded. Bal Harbour Shops is home to the Miami branch of the Opera Gallery, which GCC-based readers will know from its DIFC address in Dubai.

The gallery houses the usual eclectic mix of paintings and sculptures, and mixtures of both, that you will find in other Opera galleries, but with the obvious nod to local tastes and artists, just like in Dubai, London, New York or Hong Kong. The manager, Victor Uphaus, is happy to let you come and get your shot of culture and browse at your leisure, while also being happy to assist with shipping of any items that may catch your eye back home to the GCC. ©

MILE HIGH HEALTH CLUB

QATAR AIRWAYS NOW FLIES DIRECTLY TO MIAMI FOUR TIMES A WEEK AND SUR LA TERRE WAS LUCKY ENOUGH TO BE INVITED BY THE AIRLINE TO VISIT THE CITY ON ITS INAUGURAL FLIGHT FROM DOHA'S NEW HAMAD INTERNATIONAL AIRPORT.

However, despite lounging in five-star luxury at the front of a Boeing 777, the journey was still a gruelling 15 and a half hours. Then, once we arrived, the first few days of the trip were spent battling with crippling jetlag.

To give you the best possible start to your Miami adventure, SLT sought the advice of BE.FIT Qatar's Mark Paterson, a personal trainer and nutritionist, about the best preventative methods you can employ to hit the ground running:

STRAIGHTEN UP & FLY RIGHT

While flying can be a very frequent part of life and business for a lot of residents in the Middle East, especially long haul flights to other continents, it can potentially be bad for your health. Concerns about Deep Vein Thrombosis (DVT), a potentially life threatening disorder in which blood clots form in the deep veins of the body, particularly the legs, are usually attributed to long haul flights. Other health concerns to be aware of whilst flying long haul are irritability and anxiousness; feeling faint; bloating and swelling around lower limbs, ankles and hands; dehydration; headaches and indigestion.

Fortunately, you can help yourself in avoiding, or minimising, some of the body trauma associated with flying for long periods, through proper nutrition and simple exercises, including how you feel afterwards, alleviating the effects of Jet lag.

Alcohol and caffeine are major factors to consider when flying. Consumed at altitude, both alcohol and caffeine dehydrates you quicker than normal, causing headaches and nausea and a lack of energy. Alcohol will also give you a more potent hangover after being consumed on-board. Avoid this by keeping yourself properly hydrated whilst flying. I would recommend drinking at least two cups of water per hour of your flight and limiting consumption of tea, coffee and alcohol.

Where food is concerned, I recommend steering clear of salty crisps and nuts, as these can affect the salt balance within your blood and increases the chances of bloating around the lower limbs and hands. Look to consume protein-rich foods and limit carbohydrate consumption, as these tend to make you feel sleepy and somewhat drowsy. Ideally, a meal on-board should consist of protein-rich meats, wholegrains for fibre, fruits



- including dried fruits - and vegetables, all of which provide sustained energy and keep the digestive system in order.

To combat bloating, swelling and pressure in your lower limbs, remove tight footwear for the duration of the flight. It will help to make you feel more comfortable.

Exercising on-board can be a very simple and effective way to limit the effects of flying, both physically and mentally. Here are some easy tips for travellers of all ages on all flights, not only long haul journeys, to follow that will ensure a perfect landing every time:

• **Walk** around the cabin every 15-30 minutes if possible, moving your legs and upper body as much as you can.

• **Ankle Turns:** Lift your feet off the floor, moving your toes and foot in a clockwise/anti-clockwise direction. Repeat and change direction several times.

• **Foot Lifts:** Place your heels on the floor, bringing your toes up as high as you can. Then put both feet back flat on the floor, pulling your heels up whilst keeping the balls of your feet on the floor. Repeat several times.

• **Knee Lifts:** Whilst keeping the knee bent, raise your leg while tensing the thigh muscle. Repeat the movement 10-20 times, alternating legs.

• **Shoulder Rolls:** Raise your shoulders, moving them forward, downwards and backwards

in a smooth circular motion, this can also be done in reverse. Repeat the motion 10-20 times.

• **Knee To Chest:** Bend forward slightly, fold your hands together around your right knee and pull it towards your chest. Hold this position for approximately 15-20 seconds. Repeat on the left knee.

• **Arm Circles:** Start with your elbows on the armrests and hands pointing upwards, then take in turn to rotate your arms inwards and outwards in a circular motion. Repeat on each arm 10-15 times.

• **Upper Body Stretch:** Stretch both hands overhead. Using your right hand, grab your left wrist and stretch it slowly to the right. Hold for 15-20 seconds and repeat several times each side.

• **Neck Roll:** Relax your shoulders and let your head drop to your right shoulder, then allow your head to slowly roll to the front, then to your left shoulder. From there, lean the head back and roll back towards the right shoulder. Repeat this both ways 5-8 times per side. ©



Mark Paterson is a personal trainer and sports nutritionist at BE.FIT Qatar. For personal appointments or more information, contact him at befitqatar@gmail.com



beetroot juice. Everything is drizzled with a touch of slightly spicy *huancaína* sauce and there are dainty segments of quail's egg on the side, all presented on a platter that resembles a Spanish galleon. It's a joy to behold, although the sum of so many soft ingredients gives it a rather mushy, indistinct texture. Nevertheless, the flavour is profoundly good, and I'm told by other more experienced *causa* connoisseurs on the table that this is as good as it gets.

But the best of the appetiser trio is yet to come.

Ceviche is the cornerstone of Peruvian cuisine, and good ceviche is worth travelling a long way for. The silky smooth Cebiche Nikei served at La Mar bursts with flavours at once sweet, fresh and brilliantly tart thanks to the excellent *leche de tigre* - fresh lime juice and *aji limo* (another of Peru's most prolific chillies) - spiked with tamarind. Slices of red onion add a crunchy texture to the soft, plump morsel of fresh tuna. The "Nikei" element of this otherwise typically Peruvian dish comes from *daikon* (Japanese radish) and small strips of *nori* (seaweed), which are sufficient to add the dish to the Pantheon of new Asian-Peruvian fare without affecting the essence of the ceviche. I would return to Miami in a heartbeat for another helping of this indulgent incarnation of a dish that is arguably the greatest of Peru's culinary heritage.

During a pause between courses, there's time for a look around. The informal design and layout of La Mar reflects the casual dining menu. The large indoor space has separate ceviche and anticucho bars, both of which open up onto the restaurant, making the chefs part of the dining experience. Even at 3pm on a Thursday afternoon, when the lunchtime rush (a mix of hotel guests and businessmen from the neighbouring Brickell business district) has died down, there is a pleasant buzz in the airy restaurant. Inside, La Mar is decorated in dark woods and aquamarine tiles reminiscent of fish scales, along with other artistic touches like a plant wall, and light fixtures that look like fishing nets. The broad outside terrace overlooking the CBD and Biscayne Bay must be atmospheric at night, but during the day it boasts one of the best views in Miami.

This informal design and the "casual fine dining" menu is perhaps not what you'd expect from a Mandarin Oriental - a brand with a reputation for high-end, Michelin-starred restaurants - but this is Miami, and

everything's a little bit different here; a little bit cooler. By the time main courses arrive, I'm already won over; intoxicated by the bright and brilliant menu. The *Arroz con Mariscos* comprises *aji panca* fried rice with shrimp, mussels, octopus, calamari and criolla sauce. It's traditional Peruvian food done exceptionally well; the kind of thing you might be served in any number of restaurants around Latin America, albeit with slightly more expensive ingredients.

But the essence of New Andean cuisine comes together in the final dish. The eponymous *Paiche chorillana* is a large, meaty freshwater fish found in the Amazon basin that can grow to more than two metres long. It's fleshy meat separates easily when you take the fork to it, allowing the delighted diner to enjoy huge chunks of surprisingly light meat, flavoured wonderfully with tamarind "*chorillana*" sauce and piled on a hearty serving of mashed yucca with delicate flakes of smoked bacon. If this is what the Amazon tastes like, sign me up for the next departure.

Desserts, though superfluous by now, are Key Lime Pie - a classic Miami dish enlivened with delicious *chichi morada* (a zingy corn and spice-based purple sauce) - and a Peruvian chocolate-covered popsicle made from *lucuma* (a mango-like fruit from the Andes) sprinkled with cocoa nibs. It is whimsical and wonderful; a final hurrah to Andean ingredients and creative culinary design.

And that is the takeaway message from La Mar: from traditional dishes to Nuevo Andean cuisine, Peru is a garden state with such variety in its fertile lands that there is no excuse for any shortage of flavour. Living proof that casual dining does not mean a casual approach to cooking or ingredients, La Mar delivers a flavoursome flash of Peruvian cuisine to this, the most Latin of US cities. ©

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