

# OUR PLACE *News*

The monthly magazine dedicated to help everyone over 50 get the best out of life!

NOVEMBER 2025

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Food & Drink • Arts, Crafts & Hobbies • Home & Garden

## Letter from the Editor

Welcome to Our Place - The monthly magazine dedicated to help everyone over 50 get the best out of life!

Every month, we bring you news and features on; Health & Beauty, Money & Work, Leisure & Travel, Food & Drink, Arts, Crafts & Hobbies, Home & Garden, plus... our Charity of the Month!

Our Place was founded with a mission to connect the mature online community to a world of news, features, offers and life changing products they may have missed out on. Bring them all into one place, Our Place.

What makes us special is that we are a vibrant team of all ages, from 21 to 65 who are all passionate about living life to the fullest irrespective of age. We have built strong relationships with some of the best UK age related businesses with the aim of brokering discounted rates for our Over-50s community.

Become a Friend of Our Place and receive our exclusive newsletters. They are a great way of keeping updated with the latest news and promotions. We aim to bring a smile to your face every time you open your inbox by selecting exclusive vouchers and discounts just for you.

We welcome you and hope you enjoy Our Place.

The Editor - Our Place

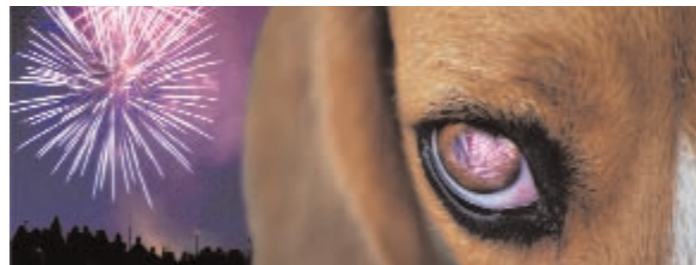
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### Data Privacy

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## FIREWORK FEAR

### How to deal with your dog during Bonfire Night

Once again it is the time of year when many pets suffer from the effects of firework phobias. Phobias can be complex and it is important to tailor behaviour modification to each individual's circumstances, but there are some changes owners can make that will benefit most noise sensitive dogs.

The secret is to look round your home and watch how your dog is affected. See how you can use the principles to maximise the benefit for them. Here is the solution:

#### On the day of the fireworks:

- Take your dog out for a walk to empty before the fireworks start.
- Feed a stodgy meal of high carbohydrate, low protein, an hour before the fireworks (unless they suffer from stress related diarrhoea, when this is NOT a good idea).
- Put on some music with a heavy bass beat - not too loud, but loud enough to mask the more distant bangs.
- Take your dog to their den and provide chews, stuffed Kongs and dog food. Water should always be available. Don't worry if the food goes untouched - some dogs are so stressed they are unable to eat.

#### When the fireworks start:

#### DON'T:

- Pet, praise or cuddle your dog if they are displaying anxiety - they may see this as approval and continue with the anxious behaviour.
- Tell your dog off - this will make them even more worried.

#### DO:

- Take your dog to their den.
- Ignore any anxious behaviour. They have to learn to cope on their own - dependence upon people will not help.
- Ignore the noise - set a good example.
- Reward any relaxed behaviour with stroking, a massage, or food treats.
- Play games if your dog is able - if there is another, more relaxed, dog, play games with them and hope that the stressed one joins in.

## WINTER CAT WARNING

At this time of year please check under your car and wheel arches for cats trying to keep warm, before you set off on your journey!



During the cold winter months cats will often seek out any warm space they can find. One particularly irresistible lure seems to be the cosy confines of a warm car engine. Unfortunately, cats that seek shelter under the bonnets of cars can then be injured or killed when that car is started. Help keep your own and your neighbourhood cats safe this winter by tapping the bonnet of your car before you start the engine.

## HEDGEHOG WARNING

At this time of year please check for these prickly creatures before lighting your bonfire.



Bonfires are perfect sleeping areas for hedgehogs and every year many get burnt alive. If you are having a bonfire, just make sure you check inside before lighting it. If you do find a hedgehog, move it to a safe place. This year second litters have been born later than usual. This means that there may still be young and underweight hedgehogs around. Remember if they are under 600gr they will not survive hibernation and need to be taken to a local animal rescue centre.





# Body reset: How to conduct an autumn health MOT

Being proactive this autumn will help you maintain good health throughout the winter months.

Starting to feel increasingly mentally and physically drained as the days grow shorter? You aren't alone.

The colder weather and looming darkness this time of year can take a big toll on our overall health but instead of succumbing to gloom, have you considered conducting an autumn health MOT on yourself?

"This time of year is a perfect storm for illnesses because we've got reduced sunlight that leads to lower vitamin D levels, which is essential for immune function," explains Dr Elise Dallas, GP at The London General Practice. "Also, the environment gets colder and the air gets drier, so mucous membranes in the nose and the throat, which are the body's first defence system, get less good at fighting the airborne viruses."

Many people also tend to fall ill this time of year due to increased exposure to new people and environments.

"A lot of us are going back to schools and offices, and are getting public transport this time of year so we're a lot closer [in proximity to each other], which enables viral transmission," says Dallas.

If you are keen to evade all the nasty germs and thrive for the rest of the year, here are 8 easy expert-backed ways to conduct an autumn health MOT to reset your body and boost your health for the chillier months ahead...

## Book routine health checks

"Book any overdue reviews for things like blood pressure, cholesterol, diabetes and thyroid," recommends Dr Michael Zemenides, co-founder of the A-Z General Practice at The Wellington Hospital, part of HCA Healthcare UK.

## Find productive ways of managing stress levels

"Autumn routines can raise stress and reduce resilience," recognises Zemenides. "Many people notice that stress and low mood feel more intense during the winter months. Shorter days, colder weather and increased seasonal pressures can all combine to affect both mental and physical wellbeing."

Dallas agrees and adds: "Stress puts our body into fight-or-flight mode, and if that happens all the time it can impact our immune systems.

So, just putting aside 10 minutes a day to calmly connect with yourself can be really beneficial. There are apps like Calm that do free trials that can help."

## Increase your intake of vitamin D

Our levels of vitamin D tend to dip in the colder months, so supplements can help.

"Between October to March, consider 10 micrograms (400 IU) daily of vitamin D and try to also include dietary sources by eating things like oily fish, eggs and fortified foods," recommends Zemenides.

## Be active outdoors

"Exercise is a natural stress-reliever, helping the body to manage cortisol and improve sleep and mood," says Zemenides.

"In winter, colder temperatures and shorter days often reduce outdoor activity, which can contribute to higher stress levels and tension. So, try to stay active - even short daily walks in daylight can lift mood."

"If you have a long-term condition, schedule your annual review and ensure prescriptions are current. The better your health is going into the winter months, the better prepared you are to fend off infection."

## Stay hydrated

"Stay hydrated because our mucous membranes need to stay wet to be able to fight infections," says Dallas. "Most people don't tend to drink enough water but you need all of those fluids to fight off infections and to experience less brain fog.

"Try to prioritise having a couple of pints of water before you leave the house every morning, and if you don't like the taste of water you can add ingredients like ginger or mint to it."



## Keep up to date with vaccinations

"Protect yourself - and those around you - with flu and COVID-19 vaccinations if you're eligible," says Zemenides.

"These reduce the risk of serious illness and hospitalisation during peak season. If you're unsure whether you qualify, speak to your GP or pharmacist.

"Both vaccines can be given safely at the same appointment to save you time and ensure you're fully protected this winter."

## Prioritise sleep

"Longer hours of darkness can confuse the body's natural rhythm, leading to disrupted or excessive sleep," says Zemenides. "Poor sleep quality affects emotional balance, concentration and resilience to stress."

Dallas recommends trying to keep to a regular sleep routine, even on weekends.

"Try to aim for at least seven, eight or nine hours of sleep every night and try to get to sleep before midnight," advises Dallas.



## Eat immune-boosting foods

"Favour immune-supportive, seasonal foods such as leafy greens, root veg, squash, berries, lean protein, whole grains and healthy fats," recommends Zemenides. "Aim for balanced, regular meals to support energy and recovery."

(Article source: Silver Surfers)

## Six ways to lose weight when you're over 50

Losing weight after your 50s often feels harder, but that doesn't mean it's impossible.



**Silver Surfers** reports that with a few smart adjustments, you can shed pounds while preserving strength, energy, and health.

Below are six practical strategies, plus insights from our partner Numan (Unlock the benefits of weight loss with Numan) on how structured support can make a difference.

### Prioritise protein to preserve muscle

As you age, muscle mass tends to decline, which slows metabolism. Including a good source of protein - think lean meats, fish, eggs, beans, or Greek yoghurt - in every meal helps protect muscle tissue and keeps you feeling fuller for longer. Pairing protein with fibre can also stabilise blood sugar.

### Move more - gently and regularly

You don't need intense workouts. Aim for movement you enjoy: walking, gardening, swimming, or light strength training with resistance bands. Even two or three short bursts of activity a day add up. Over time, your metabolism responds more positively to consistency than to intensity.

### Control portions without starvation

Your body no longer burns calories as it did in younger years, so managing portion size becomes key. A helpful visual trick: fill half your plate with non-starchy vegetables, a quarter with protein, and a quarter with wholegrains or starchy foods. This maintains satiety while cutting excess calories.

### Stay hydrated and use it to curb snacking

Thirst is often misinterpreted as hunger, leading to unnecessary snacking. Drinking enough water (ideally six to eight glasses a day) helps control cravings, supports digestion, and keeps your energy levels stable. Try infused water (cucumber, mint, lemon) for variety.

### Prioritise quality sleep

Poor sleep disrupts hormones like ghrelin and leptin, which influence hunger and fullness. Many people over 50 struggle with sleep, and this can derail weight-loss efforts. Create a relaxing bedtime ritual - no screens before bed, cooler room temperature, calming reading or light stretching. Aim for 7-8 hours of restful sleep.

### Seek support when you need it

Sometimes, even with the best efforts, weight seems stubborn. That's where structured programmes or clinical support can help. **Silversurfers'** article "Unlock the benefits of weight loss with Numan" discusses how combining medical guidance, app-based tracking, and coaching can improve outcomes - especially for those with underlying metabolic or hormone issues.

By integrating tailored support (if needed) with sound daily habits, even modest weight loss can bring big health benefits: better blood sugar control, reduced strain on joints, improved cardiovascular markers, and more energy.

If you're over 50 and aiming to lose weight, remember it's not about drastic diets or punishing workouts. It's about consistent, sustainable changes: protein, movement, hydration, sleep, and the right support. Even a 5% reduction in body weight can lead to meaningful health improvements, so start small, stay steady, and let each positive change build on the last.

*(Article source: Silver Surfers)*

## 7 ways to boost your step count as winter approaches - and why it matters

### Increase your step count in the lead up to winter by making movement social and by incorporating steps into your working day.

**Silver Surfers** reports that new research found that older women who walked around 4,000 steps a day just once or twice a week reduced their risk of early death by 26% and their risk of heart disease by 27%, compared to those who were fairly sedentary.

The study, published in the *British Journal of Sports Medicine*, tracked the steps of 13,547 women - who were free from heart disease and cancer and typically aged 72 at the start - for nearly 11 years.

Even more steps (5,000 to 7,000) led to more declines which were more modest, so the researchers concluded that the amount of steps, rather than the number of days participants walk, is important for slashing death rates and the risk of heart disease.

As the weather gets increasingly colder and darker, we spoke to Shropshire-based personal trainer Lauren May who has shared seven simple ways to increase your step count this autumn.



### Why is staying active so important this time of year?

"As the nights and mornings get darker, this can impact people's motivation to stay active and many people are affected by SAD (seasonal affective disorder)," recognises May. "However, when you exercise, you get a massive release of endorphins which makes you feel great."

"Being active can help boost your mental health as it can reduce anxiety and depression in those months where you might feel more prone to feeling that way. Getting that oxygen flow to the brain can also help you feel more alert."

The personal trainer highlights how keeping both the physical and mental benefits of staying active in mind is key to staying motivated in the dreary months ahead.

"Remember to ask yourself, why am I doing this? I want to be healthy and happy," says May. "It's not a punishment and you're privileged to be able to move your body, so it's all about getting that routine in place."

### Starting small and slotting extra movement into your daily routine will help.

"A massive part of it is actually just scheduling movement into your day, so even when you're not feeling motivated you think, 'I'm gonna do this because it's Wednesday, and that's when I do it'," says the personal trainer. "Then the more you do it, the easier it will become. So, it's just about setting that routine for yourself and then eventually it will become second nature, like getting up and brushing your teeth in the morning."

### Make it social

"Getting out into nature and doing more steps in a social setting with friends can be really great as I think there is so much power in being with someone and having that face-to-face contact," says May. "If you know that there's someone else waiting for you to go, that helps with keeping you accountable."

"Things like local walking groups can also be really great as you can meet other like-minded people in your area and might end up expanding your friendship groups. These groups can help you feel part of a community which can help you feel more motivated."

### Incorporate extra movement into your working day

"If you have a really sedentary job and are sat at a desk all day, you could set a timer to go off every 30 or 45 minutes to remind you to get up and walk around for a little bit," suggests May.

"This can help boost productivity, because you get more oxygen flow to the brain when your heart rate's slightly elevated. So, try a quick pace around the office or if you're working from home maybe consider walking up and down your stairs a couple of times in your breaks."

### Make the most of the hours of sunlight

"If you can, get outside for a walk in your lunch break or after work and get a bit of sunlight onto your skin," advises May. "Getting that extra vitamin D into your system by being outside, especially in the winter months, can be really beneficial."

### Park further away from the shops

"Park your car a little bit further away when you're going food shopping rather than parking as close as you can to the door, so you have to walk further to get into the shop," recommends May.

### Take the stairs instead of the lift

"If you're in a shopping centre, instead of getting a lift or an escalator, opt for the stairs instead," suggests May.

### Make chores count

"There's so many things that you can do around the house, like cleaning and gardening, which can get your body moving and increase your step count," says May. "Hoovering the whole house, for example, requires quite a lot of effort."

### Put on a YouTube video

Increase your step count by trying out a new workout video on YouTube.

"There's so many different free workouts that you can do online, especially on YouTube," says May. "For example, my mum loves a step class. She will just get a step out at home and do a step class online."

"However, anyone can put anything online, so try to find someone who's fairly reputable. Make sure that you Google the instructor first and figure out what their credentials are."

*(Article source: Silver Surfers)*

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[www.ourplace.co](http://www.ourplace.co)*



# Cool in the hood: The 37 coolest neighbourhoods in the world in 2025

We quizzed our global network of local experts to rank the coolest pockets of the world's best cities. Did your neighbourhood make the cut?

For the past eight years, we've made it our mission to scope out the coolest pockets of the world's greatest cities in order to create our definitive annual ranking. The places where stuff like nightlife, art, culture, and affordable food and drink can be found on every corner and down every backstreet.

Where diversity is championed and independent businesses thrive, from old-school boltholes to the newest avant-garde art space. Put simply, the world's coolest neighbourhoods are places that represent the soul of our cities, while maintaining their own unique local character that draws people in to live, work and play.

So, what are the neighbourhoods that fit the bill this year? To find out, we asked our network of writers and editors across a breadth of cities to nominate the vibiest district in their hometown right now.

We then ranked every neighbourhood against criteria including culture, community, liveability, nightlife, food and drink, street life and that hard-to-define sense of 'nowness'.

On our list this year, you'll find everything from homely, village-like enclaves with tight-knit communities to revitalised city-centre hubs and formerly dormant, industrial areas transformed into creative districts.

Many are underrated spots that sit in the shadow of their commercialised counterparts; others have become unexpected culinary hotspots or magnets for the city's artists, writers and activists. What they all have in common is a DIY spirit - and an unshakeable proclivity for ingenuity and fun.

## 1. Jimbocho, Tokyo (pictured left)

The hangout of choice for generations of Tokyo intellectuals, Jimbocho is a historic university enclave and a bibliophile nirvana that enjoys a charmed existence just a quick stroll away from the city's high-powered business districts. It's home to some 130 second-hand bookstores, most of them housed in low, slightly antiquated mixed-use buildings they share with old-school coffeeshops and curry houses. While this is a neighbourhood where the past vividly informs the present, the steady influx of new student cohorts lends Jimbocho an energetic undercurrent - one that's now surging. In the backstreets, a new breed of intimate music clubs, authentic Indian curry spots, cool cafés and indie booksellers are adding fresh layers to a place that feels like the ideal remedy to the anxieties and relentless pace of digital life.

**The perfect day:** Start your day by perusing some rare vintage volumes at Isseido Booksellers or Kitazawa Bookstore, or dive into the extensive collection of art books and indie zines at Stacks Bookstore. Then do as the locals and get your coffee fix at Sabor, a 70-year-old café famed for its pizza toast and retro charm. For something more contemporary, pop into nearby Walkabout Coffee for a cup of Magic, a Melbourne-born concoction made with a double-shot ristretto and silky steamed milk. Come nighttime, dig into the spice- and fruit-rich curry at Curry Bondy or Sangatsu no Mizu, winner of the local curry contest in 2024, then wrap up the day with a craft gin cocktail at Cocktail Works Jinbocho or a cultured nightcap at Yon, a multi-tasking art gallery, bar and listening room.

**Plan your trip:** Most shops in Jinbocho close early (and stay shut on Sundays), so it's best to visit in the mornings. For a literary treat, come in late October for the annual used book festival; autumn in Japan is, after all, the season for picking up a good read.

## 2. Borgerhout, Antwerp

While most visitors stay wrapped up in Antwerp's historic centre, the locals know the city's creative heart beats just northeast. Divided by a roaring ring road but knitted together by bike lanes, this compact, multicultural district is where Turkish and Moroccan grocers rub shoulders with vegan coffee bars, artist-run galleries, and leafy terraces. Locals call it BoHo, and the vibe is unpretentious and collaborative. The neighbourhood's DIY spirit comes through in everything from 'parklets' born of a community lab that turn parking spots into hangouts, to the record-breaking two-kilometre table along the Turnhoutsebaan that brought thousands together to share Easter and Ramadan. It's Borgerhout's residents that make it one of Antwerp's most vibrant and welcoming corners.

**The perfect day:** Start with breakfast at Café Josee, overlooking Te Boelaerpark, before hopping on your rental bike to explore Borgerhout's creative spine. Pop into Noma for sustainable fashion and browse independent makers at BorgerHub, then spend the afternoon hopping between galleries: Base-Alpha, Violet, DMW, Lichtekooi and finally Pizza Gallery, which sits right next to Borgo Gelato for a well-earned treat.

Refuel midday at Clo with savoury potato waffles, enjoy your apéro at Café Mombasa, and dinner is across the street at Glou Glou, a trendy wine bar. Cap the evening with a gig at Trix or De Roma (a lovingly restored former cinema), and late-night Belgian beers with locals at Bar Leon, a beloved neighbourhood institution, or vintage music café Bakeliet.

**Plan your visit:** Time your visit for Borger Nocturne, held four times a year, when the district's galleries keep their doors open late and BoHo shows off its creative pulse. In summer, Borgerhout comes alive with open-air cinema, yoga in the park, and Bar Oost on a former container terminal.

## 3. Barra Funda, São Paulo

Barra Funda is the alternative soul of São Paulo, where industrial history meets an undeniably cool and creative vibe. On the same block, you'll find concrete, train tracks and a cult nightclub. Old warehouses have turned into studios, trendy cafés now occupy former auto shops, and parties happen behind iron gates. It's a must-visit for art lovers (the respected Mendes Wood gallery is here), unique shopping (don't miss the charming Amarello store), lively nightlife and contemporary cuisine - I recommend Sururu, Caracol and Komah, all with great menus. During the day, cool cafés like Ronin mix with locals chatting by their doorsteps. At night, DJs, exhibitions and parties take over.

**The perfect day:** The day kicks off early with a stroll along the Elevado Costa e Silva, better known as Minhocão. First stop: breakfast at A Baianeira. From there, check out what's on at the Mendes Wood gallery, followed by a visit to Verniz, a gem of a store filled with modern Brazilian furniture pieces. For lunch, grab a table at Mescla; our pick is the irresistible shrimp rice, and don't skip the house-famous pudim for dessert. Come evening, go for a drink at Mamãe Bar, a must-stop that fills up with a lively, young crowd, or try the cocktails at swish new hotspot Água e Biscoito.

**Plan your trip:** Mendes Wood Barra Funda has reopened for the season with an exhibition from contemporary Brazilian artist Paulo Nazareth, exploring themes of motherhood and memory.

## 4. Camberwell, London

Camberwell is brilliant because it's loads of things at once. It captures all the stuff that makes southeast London the most fun corner of London - the young-at-heart vibe, the independent spirit, the multiculturalism - and crams it all into a green, community-oriented little patch. One of the big draws of the place, of course, is the food. Over the years, Camberwell Church Street has become the stuff of legend, and now, it's easily one of the heaviest-hitting roads in the capital for hungry Londoners. This one stretch boasts the new iteration of the iconic Xinjiang restaurant Silk Road, the best Lebanese falafel wraps in the area at Falafel and Shawarma, a fine gastropub in the form of The Camberwell Arms, plus unbeatable Kurdish cuisine at Nandine. That's before you even get up the road to the geniuses at Toad Bakery, whose city-best bread and viennoiserie bring out the Hinge-n-Guinness crowd in their swathes on Fridays and Saturday.

*Continued on pages 10-11...*



**The perfect day:** We'd always recommend a stop at Toad to start off a day in Camberwell (for bonus sarnies and coffee, stick your head into Café Mondo next door too), before pootling across to South London Gallery (next door to Camberwell College of Art, which nurtures the next generation of design talent), to chin stroke around the latest exhibition. Then, head up towards Dash the Henge for top-tier record shopping (plus a toastie if you're still hungry), before heading to The Clarendon for a well-deserved pint. Dinner options are, obviously, many, but we like FM Mangal for Turkish food that absolutely always hits the spot. Finish up with a dance at The Bear. A dream day if you ask us.

**Plan your visit:** From September this year, the South London Gallery is celebrating its relationship with the Museo Jumex, which will see the SLG hosting the best of the Mexico City museum's collection.

### 5. Avondale, Chicago

Since Logan Square has become a mere fever dream for affordable living, artsy locals and bungalow-loving families have migrated a few miles northwest to Avondale, known for its historic Polish and Latino populations. With new wine bars, wellness studios and music venues opening alongside longtime neighbourhood fixtures, there's never been a better time to explore the neighbourhood. Nicknamed 'Bricktown' for its historic brickyards, Avondale still shows its industrial bones in red-brick warehouses and the occasional smokestack or steeple slicing through the sky. Its multicultural heritage and working-class character fuel a vibrant small business scene, from retro bowling alleys and antique mall-themed bars to classic Polish sausage slingers.

While Milwaukee Avenue boasts many neighbourhood favorites, adventurous wanderers find rewards in tucked-away bars, specialty markets and eccentric boutiques that embody the neighbourhood's singular - and unmistakably Chicago - spirit.

**The perfect day:** Start your morning with rich Colombian coffee from family-owned Magnifico Coffee Roasters, then cross the street for a pastry at Loaf Lounge - owner Sarah Mispagel lent her skills as pastry consultant for The Bear. Stroll Milwaukee Avenue to flip through records at Bric-a-Brac, connected to the horror-themed coffee shop The Brewed, complete with a Beetlejuice sandworm overhead. Snack on \$5 steam buns from Joong Boo Market's mandu stand before capping the night with drinks at Central Park Bar and dancing in the haze at Podlasie Club.

**Plan your trip:** Chicagoans legendarily tout summer as the very reason they endure frigid winters and other calamities. Come enjoy the season's bounty, when the al fresco dining is plentiful and you can bike, drink or walk along the North Branch Riverwalk.

### 6. Mullae-dong, Seoul

The former epicentre of Seoul's steel and metalworking industry, Mullae-dong today is the city's most atmospheric arts enclave. By day, you'll hear the clang of hammers from workshops still in business, and by night, flickering neon and mural-streaked alleyways give way to design studios, cafes, dining, and bar concepts. The neighbourhood's gritty, industrial bones remain visible - red-brick factories and corrugated sheds reimagined as cafés, jazz bars, and creative spaces - but this contrast only adds to its charm.

Young artists and entrepreneurs flock here for affordable rents and raw character, while visitors come to explore its cultural mash-up: from underground exhibitions to natural wine bars and live music joints.

**The perfect day:** Wander to PONT Mullae for some morning brew in a converted factory, before browsing the trinkets at Gifthouse Mullae. Lunch is at JUJUM JUNMU, a specialty restaurant serving raw fish and Korean-style beef tartare. Spend the afternoon cafe-hopping or making your own perfume at Memoire. Take some vintage photos at Photomarket with your friends before heading to Hwain for wine and pasta. End your evening in Mullae with a nightcap at Seonggwangdaedo.

**Plan your trip:** Art fairs, cultural festivals, and open studio days are regular affairs in Mullae-dong, but I recommend visiting for Mullae Metal City (MMC), an annual summer festival sporting local heavy metal bands.

### 7. Ménilmontant, Paris

Once a village of vineyards and guinguettes, later a bustling working-class suburb, Ménilmontant in 2025 has pulled off the small miracle of keeping its eclectic nightlife, diversity and bucolic charm alive. Strolling between Boulevard de Ménilmontant and Rue des Pyrénées, through its little cobblestone streets and former workers' housing estates, you won't find museums or grand monuments - here you get a big dose of everyday Paris, with cheap beers, activist bookshops, and omnipresent street art. Push on to the Saint-Maur station, and the vibe changes: this is where Paris's new gastronomic scene bubbles, with spots like Oobatz, Lissit, and La Joie.

**The perfect day:** Start your day with a coffee at La Pétanque, across from the highly photogenic steps of Notre-Dame-de-la-Croix de Ménilmontant. Next, a cultural stop at Le Monte-en-l'Air, an independent, socially engaged bookstore. Head to Numidia for a Paris-to-Algiers experience via skewers. Aperitif time calls for a draft negroni at Ave Pizza Bar, followed by a championship-worthy pizza at Oobatz (winner of Best Pizza at the Time Out Paris Food & Drink Awards 2025). For cutting-edge music, wrap up the night at La Bellevilloise.

**Plan your trip:** Late September is not only the perfect time to enjoy the area's outdoor terraces, but also coincides with the Ménilmontant Open Studios, when local artists throw open their doors, showcasing the neighborhood's creative richness.

### 8. Nakatsu, Osaka

A mere 10-minute walk from the glistening glass-and-steel towers and luxury hotels of Umeda - Osaka's business and shopping hub (and the home of Time Out Market) - Nakatsu looks like a remnant of a different era. A retro shopping street winds its way through a compact district made up of an incongruous variety of small wooden houses, mom-and-pop shops and ancient shrines set along narrow, cluttered alleys enlivened by often chaotic clusters of potted plants. That frozen-in-time look, however, belies a beehive of creative activity.

One of the city's most ethnically diverse communities, Nakatsu boasts a fast-growing crop of quirky boutiques, tiny upstart eateries, stand bars and cafés, plus Osaka Food Lab, a makeshift space underneath the railway tracks where up-and-coming local chefs come to try out their most experimental concepts.

**The perfect day:** Kick off with a kissaten breakfast at 42195 Coffee before admiring the old-school signage and fascinating architectural mishmash of Nakatsu Shotengai. After basking in the midday calm at Tomishima Shrine, grab some Sri Lankan curry for lunch at long-running favourite Cante Grande. Power up with coffee and a dainty bean paste-filled treat at Anconohi before browsing fire fits at Ima:Zine and seeing what's on at creative hub Kita no Kitanagaya. When hunger strikes, choose your own ingredients and have them turned into a delicious dinner on the spot at Goody, a local supermarket with an in-house cooking service. Follow up by downing a few drinks on your feet at Japoni before settling in for a long night at Ikoi, a quintessential Osaka izakaya.

**Plan your trip:** Most big community events take place in spring, usually around the Golden Week of national holidays.

### 9. Vallila, Helsinki

At one time, Vallila was the home of tram drivers and factory workers; today it's quietly become one of Helsinki's most intriguing neighbourhoods. Its old industrial halls and repair shops now buzz with restaurants, bars, and clubs with gritty charm. Nearby Kallio may grab the headlines, but Vallila is cooler, quieter - and in its own way, more romantic. Tucked between the busy streets of Mäkelänkatu and Teollisuuskatu is Puu-Vallila, a cluster of early twentieth-century wooden houses where wandering the lanes feels like stepping into another reality. Nestled among the pastel colored houses is Pikku-Vallila, quite possibly the cutest bar in Helsinki.

**The perfect day:** Wake up at The Folks Hotel and stroll through charming Puu-Vallila to Helsingin Kahvipaahimo for your morning coffee. Have lunch at Portuguese eatery Wave of Flavors, then sip a drink and play video games at Super Barrio in Konepaja's redbrick halls. Enjoy dinner at Bib Gourmand - awarded Plein and natural wines next door at Bar Petiit. Finish the night at Ääniwalli, Helsinki's go-to venue for underground beats.

**Plan your trip:** Visit during the free Konepaja Festival (late summer) when Vallila's old train factory becomes a wild mix of music, street food and community-led events.

### 10. Labone, Accra (pictured top left)

In 2008, Labone was a sleepy residential neighbourhood with not much more to offer than bungalows and mango trees. Today the plethora of happy-hour pubs, galleries, wine bars and high-end shops are a magnet for arty professionals and expats who now call the area home. This influx of hipsters has spurred the opening of several new eateries, from the Bosphorous Restaurant to Taco Tuesdays at Mexican cantina La Borracha - not to mention local food spots like Vine and Brasa.

*Continued on pages 12-13...*



Newly opened design and architecture museum Limbo, in a once-abandoned brutalist estate, is a sign of bigger things to come. Then there's its ever-buzzing nightlife, with dance clubs and lounges attracting throngs of in-the-know locals.

**The perfect day:** Leave the Pelican Hotel and start the day with an energetic game of padel at the Mamba Club, followed by breakfast at D Café (I recommend the custard croissant). Check out the work of Ghanaian artists at Berj Gallery before refuelling on Ghana's famed waakye at Aunty Muni. Spend the afternoon browsing the shelves at Vidya bookstore or make your own scented candles at the Labone Social Club. Top it off with a fufu with fish dinner at Brown Sugar, then spend the night dancing to live music under the utterly atmospheric tree canopy at Zen Garden.

**Plan your trip:** Base yourself in Labone for Ghana's many annual festivals, from harvest (Homowo) festivals in late summer to celebrations of literature (Pa-Gya) and the visual arts in autumn.

### 11. Nguyen Thai Binh, Ho Chi Minh

Nguyễn Thái Bình looks like any urban tangle of Vietnamese streets: lots of workshops, motorbikes, and steaming vats of soup. But the neighbourhood rewards those who scratch the surface. Underground, after dark, behind clandestine rolling shutters and French colonial facades, you'll find globally acclaimed restaurants and secret speakeasies - while the most persistent might unearth genuine American War memorabilia in cluttered vintage markets. The neighbourhood's shift is most evident in the calibre of new arrivals:

Leonardo is already considered one of the city's best pizzerias despite being less than a year old, and on the neighbourhood's peripheries, ÔMM Mixology is heralded as the city's top new bar opening. Perhaps most interestingly, the celebrated Noriboi Omakase relocated here at the start of the year from more expensive, established Thảo Điền (last year's coolest neighbourhood in Ho Chi Minh). Confirmation of Nguyễn Thái Bình's growing gravitational pull.

**The perfect day:** Start early to beat the queue at Bún Riêu cua Ốc Phan Rang, where locals fuel up for the day on steaming bowls of crab and snail noodle soup. Next, a pitstop at pretty retro cafe Hoàng Thị Cafe before exploring Lê Công Kiều Street's antique dealers and the disorganised chaos of Yersin Market (Dân Sinh). For lunch, head to Bếp Mẹ Ấn for simple, delicious Vietnamese family-style dishes, then spend the afternoon at the Ho Chi Minh City Museum of Fine Arts. Start your evening proper at Madam Kew's opium-den-turned-cocktail-bar with a Pink Riot - a deceptively delicate drink combining lychee sweetness with rhubarb and ginger spice. For dinner, book ahead at woodfire cooking specialists Quince Eatery (downstairs from Madam Kew). Then it's bar-hopping, starting at 419. Bar (if you can find its hidden entrance through a vintage camera cabinet). End the night at The Arth, unwinding to live saxophone beneath their railway station clock.

**Plan your visit:** Visit on a Saturday to catch Maison Marou's free chocolate tastings at 3pm, then stay for the evening when the neighbourhood's cutting-edge bars are at their most electric.

### 12. Anjos, Lisbon (pictured left)

This patch of the city, home to born-and-bred Lisboetas alongside newly arrived neighbours, is livelier than ever. And while Rua do Forno do Tijolo remains the epicentre of this mostly residential enclave, other spots have found new energy - such as Largo de Santa Bárbara, where trends like smash burgers and natural wines have taken hold (hello, Stack and Nata). There's no doubt that setting the table is the local pastime, from boards of petiscos to fusion cuisine, not forgetting pizzas, speciality coffee and the sandwiches of the moment. And save some space for shopping - Anjos is home to some of the coolest concept stores and indie boutiques in the city.

**The perfect day:** Fuel up for a morning of browsing the shops with a bagel or a homemade cake at Malabarista Café. First stop: feminist bookshop Greta, where you'll find shelves and shelves of books dedicated to women writers. Venture into the world of knitting at Retrosaria Rosa Pomar, or for a much more permanent souvenir, make a pit stop at tattoo parlour Casa Tigre. Then, take a bite of some of the city's most coveted sandwiches at Tosta, before settling in for an afternoon of natural wines at Nata or Rude. Finish off with a pizza from Jezzus and a nightcap or three at A Mata.

**Plan your visit:** Visit Lisbon in June to find the city in full celebration. The Festas dos Santos Populares - especially Santo António - take over, and it will be hard not to stumble upon an open-air street party in the Anjos area: the perfect chance to enjoy freshly grilled sardines and dancing into the night.

### 13. Digbeth, Birmingham

Long established as Birmingham's creative quarter, Digbeth's ascension into artistic nucleus continues apace - not for nothing are the BBC moving their headquarters here in 2026, taking up residence in the old Typhoo Tea factory. What was once a thoroughfare for both the railway and the canal, Digbeth has since become home turf for the city's community of writers, artists and filmmakers. All abandoned shunt lines and arches slick with wet brick, Digbeth's aesthetic is haunted by the ghosts of industry but lit up by its iconic, iridescent street art, which colours large swathes of the neighbourhood. Its rough-edged beauty consistently draws major new attractions, such as Digbeth Loc. Studios, a multimedia warehouse project for film and TV production.

**The perfect day:** Start off with breakfast at Kanteen, housed on the site of the old Bird's Custard Factory, now a lively workspace complex. Browse the shelves at Voce Books, an award-winning indie bookshop which stocks titles from Digbeth-based publisher Floodgate Press. From there, over to Kilder Bar, where you can grab unique beers (Hooch on tap, anyone?) under soft white light. More into wine? Midland Press are now open for winery tours, the cool, cave-like nature of Digbeth's railway architecture perfect for production of their very own Birmingham wine, the city's first. For dinner, Original Patty Men's burgers have been a mainstay in Brum for the best part of a decade. To finish, catch a film at the charming Mockingbird Cinema, or hit up the Night Owl, open until late with its mix of Northern Soul, Retro, and alternative music. Extreme night owls could carry the night on at a warehouse or car park rave.

**Plan Your Visit:** Digbeth doubles as Birmingham's Irish quarter, so head there in March for St. Patrick's Day and let venues like Nortons and Hennessey's keep you in Guinness and good times. If you can plan your trip for a night at STORIE, dedicated to readings of experimental writing, even better.

### 14. Red Hook, New York

Getting to Red Hook isn't necessarily easy - in lieu of a subway station, you've got bus stops and the free IKEA ferry - but the journey is worth it to explore this formerly industrial neighbourhood situated along the waterfront on the southwestern edge of Brooklyn. Inside massive, pier-sized old warehouses, you'll now find art galleries and distilleries (sadly, a recent fire swept through one of these warehouses, devastating local artists - but the community banded together to build back). Along its cobblestone streets, look for a variety of cuisines (GOOG Thai Cookshop, homestyle spot Pitt's and old-school sandwich shop Defonte's, to name a few), plus some unique bars like Sunny's that have stayed true to their roots even as the neighbourhood has evolved from its seafaring past. Serving as an anchor for what's new and cool in Red Hook is Pioneer Works, a nonprofit cultural arts center that recently reopened after a renovation. The artist- and scientist-led organisation hosts a suite of visual and performing arts experiences, including a beloved free Second Sundays event every month.

**The perfect day:** Start the day by treating yourself to brunch at Cafe Kestrel before heading over to Pioneer Works to check out the latest art installation. After that, do a little shopping at home goods store Open Invite and the vibey Record Shop. When you're feeling hungry, head to Hometown Bar-B-Que or Brooklyn Crab, but be prepared to wait. After dinner, it's time for a drink - take your pick from Red Hook Winery or Strong Rope Brewery. Finally, if you've saved room for dessert, drop by Steve's Authentic Key Lime Pie for a sweet treat (try the Swingle) to enjoy while admiring the skyline from Louis Valentino Pier.

**Plan your trip:** Visit on the second Sunday of each month to get into Pioneer Works for free. At this open house, explore exhibits, meet artists-in-residence, check out open studios, listen to live music and enjoy some food in the garden.

### 15. Perpetuo Socorro, Medellín

There was a time when you maybe came to this downtown neighbourhood for auto repairs, the hospital, the neo-Gothic church that the area is named after and, well, that's it. But over the past few years, the grey industrial area has slowly rebranded as Medellín's creative district and added several colourful murals in the process. Now you'll find the environmentally friendly Mattelsa building - part clothing store, plant-based café, book store and art gallery - and the inclusive La Casa de Carlota design studio that incorporates artists with intellectual disabilities. And while few people currently live in Perpetuo Socorro, the mixed-use Bodega Hábitat building in the works should change that.

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**The perfect day:** Your morning begins with coffee at Distrito Cafetero - which features a speakeasy-style entrance - and then a posta Cartagenera sandwich at All Day Café. You get your afternoon coffee fix at La Fábrica's informative coffee and fruit pairing experience and then dine at the new-ish Plácido Cocina Italiana located in a stone gallery. Your night ends at La Planta brewery where you'll drink IPAs made in-house and enjoy live rock en Español.

**Plan your trip:** Kick off the holiday season at the pet-friendly Alborada Perpetua festival and take the unique MATT Tour to experience Christmas lights from the perspective of someone in an electric wheelchair.

## 16. Burwood, Sydney

One of the best things about Sydney is its diversity - and Burwood is the fifth-most diverse community in the entirety of Australia. With that comes some of Sydney's best food: Chinese cuisines dominate (the neighbourhood is home to the colourful Burwood Chinatown, after all), but you'll also find some of the city's best Japanese and south-east Asian food, alongside Uyghur, Greek and Italian. Burwood is pumping at night - all neon lit and filled with people - which is why it was named one of Sydney's 'Special Entertainment Precincts' this year (where late-night-trading and noise regulations are relaxed). That said, it's also a beautiful place during the day - especially in leafy Burwood Park, where you'll find kids playing cricket, the elderly doing tai chi and groups practicing cultural dances.

**The perfect day:** Start by getting a coffee at the very trendy Pillar, a wabi-sabi café serving specialty coffee from local micro-roasters. Drink it while people-watching in the peaceful Burwood Park, before lunching in the sun at The Picnic Burwood (bye, boring cafe food - they've got dishes like a katsu beef sando, kimchi carbonara udon and seafood conchiglie pasta). Hawker-style haven Burwood Chinatown is the place to go for dinner and a wander around the buzzing Night Markets (Thurs-Sun).

**Plan your trip:** If you want to see Burwood Chinatown at its exuberant best, come for the Lunar New Year celebrations in February.

## 17. Linden, Johannesburg

Leafy, laidback and quietly cool, Linden is one of Joburg's most charming neighbourhoods. It was once a sleepy, mostly Afrikaans suburb and has since blossomed into a hub where old-school authenticity meets fresh creative energy. Its tree-lined streets are dotted with mid-century homes, now housing artisan bakeries, quirky boutiques, and some of the city's best coffee spots like The Whippet. Locals gather at Brian Lara Rum Eatery for island-inspired plates, sip flat whites at Yield Coffee Bar, or browse treasures at co-op gift shop Three on Third. With its strong local-first ethos and eco-conscious community spirit, Linden is a foodie and lifestyle destination that feels both charmingly traditional and ultra-cool.

**The perfect day:** Start with legendary coffee and eggs benedict at Njam Eatery or grab a pastéis de nata at BemBom.

Wander Linden's streets for local boutiques and vintage gems, including Garden on 4th, or browse Linden Lanes for a more curated shopping experience. Grab a laidback lunch at The Fat Zebra, celebrated for its pizzas. In the afternoon, tap into your creative side at The Creatory or join a sip-and-paint session at Joons Art Bar, then cool off with gelato from Fab Café & Gelato. End with a Latin American-inspired dinner at Gaucho, cocktails and live music at Waiting for George, and a night's stay at 5th Avenue Gooseberry Guest House.

**Plan your trip:** Time your visit for the Linden Market, a seasonal (quarterly) two-day fair at the Botanical Gardens, where local makers, food stalls, and live music bring the neighbourhood to life.

## 18. Former French Concession, Shanghai

First-timers to Shanghai often make a beeline for the Bund, but the city's best neighbourhood is the sprawling former French Concession. Populated by century-old lane houses (your humble correspondent herself lives in one), walkable streets, and ample cafés and cute cocktail bars, this historical, residential part of town is packed with fun things to do and great places to eat and drink. Plan ahead and sign up for a tour with the pros if you're an architecture and history buff - power couple Patrick and Tina of Historic Shanghai have been showcasing the best of the neighbourhood for almost three decades now.

**The perfect day:** Start your day with a run (or people-watching) at Xiangyang Park or Fuxing Park, then grab an espresso at Voyage Coffee (we're suckers for a skyroof) or some bakes at Shanghailander (feel free to play the public piano). Check out what's currently on view at Chinese ceramics gallery Keraforma before scarfing down cheap and cheerful sesame sauce noodles at Zhi Fu Li (知福里) or slices of artisanal tavern-style pizza at Zu. Come evening, it's time for craft cocktails at Pony Up (concept: horse-racing) and/or Sympathy Angel (photo op: taxidermied animals). Chow down on some streetside shaokao (barbecue) for a quick dinner before schooling yourself on Shanghai subcultures at achingly cool Gen Z nightlife magnet Cedar Kitchen. Rinse, repeat.

**Plan your trip:** Aim for Mid-Autumn Festival in September or October (but try to avoid the crush of tourists come Golden Week). Autumn is generally a perfect time to be in the neighbourhood for appreciating the swaying shadows of the pretty plane trees on the pavements, and many a Chinese bakery will be hawking a beloved local delicacy: xian rou yue bing (鲜肉月饼) or 'meatball mooncakes'.

## 19. Quartieri Spagnoli, Naples (pictured left)

Dating back to the sixteenth century, the Spanish Quarter was built during Spanish rule and soon became a refuge for working-class Neapolitans. A grid of narrow streets, towering buildings and freshly spun laundry dangling in the sun, this animated neighbourhood is bursting with life - and is, at its heart, quintessentially Neapolitan.

It's one of the city's most exciting cultural hotspots, where family-run trattorias sit side-by-side with new art spaces and quaint wine bars. Don't miss the scenic route along Pedamentina di San Martino, which overlooks the quarter, before you kickstart your Neapolitan adventure.

**The perfect day:** Start the morning as most Neapolitans do with an espresso and sfogliatella from Bar Mastracchio. After your caffeine fix, wander the quarter's cramped corners for a taste of everyday life. Visit the Maradona Murales and Casa Cometa, Terry Di Renzo's creative studio for a hand-made souvenir. For lunch, head to Santa Maradona for pizza, or for Neapolitan classics with a bistrot twist, try CU.QU./cucinadiquartiere. Spend the afternoon strolling the seafront of Santa Lucia before an open-air aperitivo at Puteca Wine Bar. Dine at Osteria della Mattonella before calling it a night at Hotel San Francesco al Monte.

**Plan your trip:** This October, don't miss EDIT Napoli, the city's very own international design fair. This edition offers the chance to visit La Santissima, a former military hospital recently reopened as an urban community hub after thirty years.

## 20. Bencoolen, Singapore

Bencoolen has always been a little bit of everything: part heritage haunt, part arts quarter, part student stomping ground. Once known for its backpacker hostels and budget eats, the neighbourhood has quietly levelled up without losing its scrappy charm. Today, Bencoolen buzzes with youthful energy, thanks to nearby arts schools like NAFA and LASALLE, indie theatres and galleries like Stamford Arts Centre and Objectifs, and a charming mix of board game cafés, massage parlours, and karaoke studios (a national pastime for many locals). This neighbourhood rewards the curious - many of its gems are hidden behind the unassuming facades of old 'nostalgia malls'. Case in point: the treasure trove that is Fortune Centre, a hotspot for traditional vegan and vegetarian eats, but also fresh dining spots that mix old-school flavours with new-gen flair. Over at Waterloo Centre, risograph printing studio Knuckles & Notch sits atop Kyoto specialty coffee spot Kurasu.

**The perfect day:** Starting from Bencoolen MRT, take a stroll along Bencoolen Street's shaded promenade, dotted with quirky benches and public art. Pop into NAFA, where you can join art classes like acrylic pour experiences, air plant workshops, and cyanotype printing (make sure to book ahead). Fuel up with a fragrant, nutritious bowl of Hakka thunder tea rice from Living Wholesome, then visit photography museum Objectifs, or unwind at mega board game café The Mind Café. If that doesn't take up the rest of your day, you could head to Fortune Centre to poke around old-school shops, before heading to cosy Paraphrase for grilled eats. Laut has some of the best cocktails showcasing vibrant Southeast Asian flavours - end the night here or do as the Singaporeans do and sing the night away at Cash Studio.

**Plan your trip:** In August and September, the Singapore Night Festival illuminates the streets of Bencoolen and the wider Bras Basah. Bugis arts and culture precinct with vibrant installations, dazzling projection mapping artworks, immersive experiences and food festivals.

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## 21. Endoume, Marseille

Historically known as a fishing spot, Endoume today attracts all of Marseille - plus an influx of Parisians during the summer - keen to hang out and explore the area's steep little streets, trendy shops and Provençal manor houses. The neighbourhood's little harbours, including Malmousque (said to have been born of Zeus's anger at Hercules, who smashed the rocks with stones to drive the Ionians away from the Marseille coast), are now protected sites. Between staircases, the view opens up to breathtaking panoramas, stretching all the way to the Vallon des Auffes, a colourful port nestled beneath a striking three-arch bridge, built in 1863. From the Malmousque inlet to the Fausse-Monnaie cove, a dozen little creeks and swimming spots shape this stretch of coastline in the heart of the city, where flip-flops and restaurants coexist, and where you can grab a bite between dips in the sea.

**The perfect day:** Start on Rue d'Endoume with a pastry by Sophie Lovergne at Encore un morceau, then fill your basket at Moutchou to prepare a picnic by the water. Once you've reached the Corniche Kennedy, pick up a few saline whites at the natural wine shop Mademoiselle Wine, which pair perfectly with cheeses from La Meulerie, recognisable by its bright yellow façade. Enjoy it all on the rocks of the Fausse-Monnaie cove, just below Le Petit Nice, the 3-star hotel and restaurant run by chef Gérald Passadat. After a sun-soaked nap, wrap up the day at the Vallon des Auffes, making sure to grab the legendary 'moit-moit' pizza from L'Eau à la bouche, topped half with anchovies and half with cheese. Or opt instead for fresh seafood from Poissonnerie Kennedy.

**Plan your visit:** It's best to avoid the peak summer season: Endoume is best discovered in June or September, when the crowds subside.

## 22. Plateau-Mont-Royal, Montréal

The ever-evolving Plateau-Mont-Royal is Montréal's epicentre for block parties, cosy cafés, intimate izakayas and an unbeatable late-night buzz. It's a magnet for artists, musicians and even former prime ministers - Justin Trudeau and Katy Perry were recently spotted hopping from bar (Taverne Atlantique) to table (Le Violon) here. From May to September, the Plateau's car-free streets turn into a runway for the cool crowd. Year-round, wander past centuries-old churches reimagined as start-ups, catch free theatre-in-the-park, pop into vintage boutiques and snack your way through a mix of beloved Montréal food institutions and buzzy new hotspots spilling onto the sidewalks - including one of Canada's hottest new sushi joints.

**The perfect day:** Kick off with a Freddo matcha from Café Alphabet and a glazed donut from Bernie Beigne, before browsing the shelves at Librairie Drawn & Quarterly and checking out the beautiful washi paper and stationery at Au Papier Japonais. Lunch is a picnic of Montreal bagels and smoked meat in Parc La Fontaine. Come evening, sip on a pornstar martini with a side of ceviche at Rouge Gorge (or order champagne and caviar at Molenne) before watching something fabulous at Théâtre Rialto, the Beaux-Arts-style architectural gem, or Mtelus. And end the night at retro-diner Chez Ma Tante for a taste of Quebec's iconic poutine.

**Plan your trip:** The international 10-day street art festival MURAL (held every June) turns the whole borough into an open-air art gallery, complete with street parties and DJ sets. If you can't make the main event, the art stays up year-round, so anytime is a good time to go mural hunting in Montreal.

## 23. The Liberties, Dublin

It may be one of Dublin's oldest neighbourhoods, but alongside medieval remnants and terraced houses, the Liberties is home to some of the hottest spots in town - from Argentinian bakeries (hello, Bakeology) to classic pubs. This past year, the Liberties Festival went from strength to strength, holding events like sunrise yoga in the panoramic Gravity Bar of the Guinness Storehouse. The neighbourhood has also seen some cool new additions pop up, like Change Clothes, the fashion swap and upcycling store, plus Bold Boy bakery and Cleo Prickett Studio for slick contemporary tailoring. Plus, CitizenM chose the Liberties as the location for its first Irish hotel, and the punkiest Michelin-star spot in Ireland, Variety Jones, has just reopened in a brand-new space. What more could you want?

**The perfect day:** Wake up in the new Citizen M, then stroll through the gardens at St Patrick's Cathedral and pop into Marsh's Library to say hello to its resident ghost. Head to Two Pups for a coffee and a za'atar, feta and hot honey pastry, then wander up Francis Street to check out the antique shops, the guitars in Some Neck and vintage lingerie in Space Out Sister. If you've nabbed a reservation, grab dinner in Variety Jones, or get a killer pizza in Coke Lane at Lucky's.

**Plan your trip:** For the Liberties Festival in July. If you can't make that, aim to be in the neighbourhood for the Dublin Flea Market, usually held on the last weekend of the month.

## 24. North Melbourne, Melbourne

It may be located right on the fringe of the CBD, but the charming, village-style vibe of North Melbourne makes it feel a world away. The area was originally named Hotham, and was actually one of the first towns in the state to be granted municipal status. The beating heart of this buzzy 'burb is Errol Street - a wide café and bar-lined strip boasting historic Victorian-era shopfronts. There's a strong sense of community here, and half of North Melbourne's residents were born overseas. This is reflected in the diverse spread of cuisines on offer: Manzé is Melbourne's very first Mauritian wine bar; you can get North African vegetarian fare at Moroccan Soup Bar; and Le Bajo Milkbar does fluffy 'gram-worthy Japanese baked goods. It's also home to a thriving cultural scene - check out Gallerysmith, Arts House or the Meat Market to get your fix.

**The perfect day:** If the sun is shining, grab a coffee and sweet treat from Bread Club or Auction Rooms and settle in for a spot of people-watching on the nature strip running through the middle of Errol Street. Go crate digging at Heartland Records, before wandering through the stalls at the Queen Victoria Market. For dinner, head to the Courthouse Hotel for British-inspired pub fare, then finish with a nightcap at Bear's Wine Bar or Prudence.

**Plan your trip:** The Queen Victoria Summer Night Market is a must-do - it takes place every Wednesday night from November to March, and features street food, live music and plenty of shopping.

## 25. Portales, Mexico City

A neighbourhood with a viceregal history and a favourite of writers like Carlos Monsiváis, Portales is now a hotspot for young people, couples and anyone looking to escape sky-high rents and Mexico City's hustle. The neighbourhood was once home to the first cinemas in the city, and still keeps its bohemian vibe alive through furniture bazaars, antique flea markets, picturesque parks and organic food stands. It's a family-oriented area, located in one of the safest boroughs in the city. You'll find classic family-run diners and coffee shops here as well as several parks, the most famous of which is Parque de los Venados. It even has a planetarium open on weekends and an outdoor theatre.

**The perfect day:** Start your day with a pour-over coffee at Room Café Especial. Next, check out the electric trains at the Museo del Transporte and then head to Tierra Adentro, a restaurant with a social mission and delicious food - be sure to order the meatballs. Afterwards, visit one of the oldest pulquerías, La Paloma Azul, and try an oat-flavored curado. Later, catch an afternoon of dancing at the California Dancing Club and don't forget to hunt for a vintage treasure at the flea market.

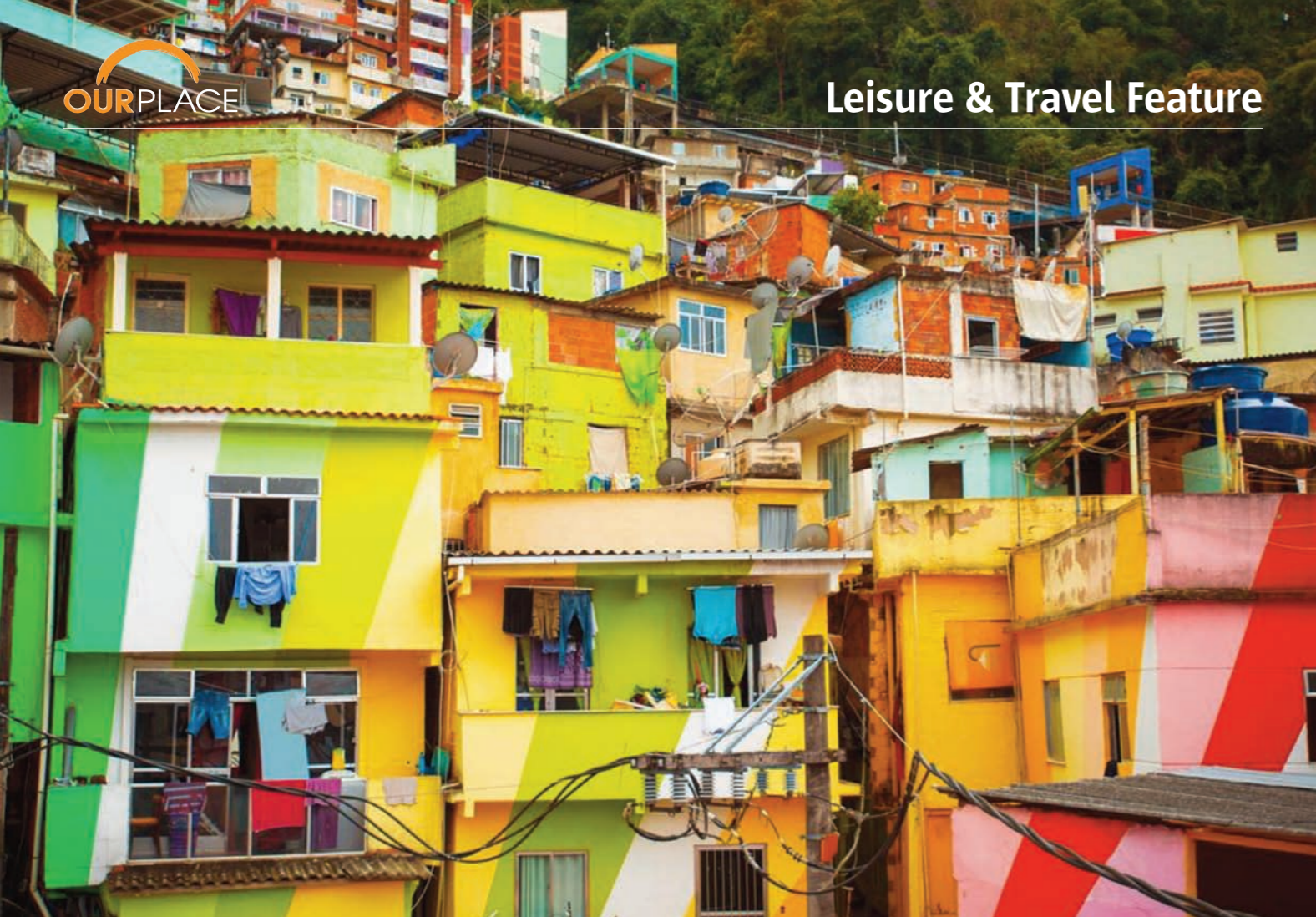
**Plan your trip:** On August 20, the Battle of Churubusco is commemorated. Historical horseback rides, civic ceremonies, and cultural activities are held at the Museo de las Intervenciones.

## 26. Davenport, Toronto

Set against suburban streets and buzzy Geary Avenue (long home to industrial factories and autobody shops), Davenport is a hip area peppered with lively patios, bakery-cafés and cultural warehouse spaces. It's a magnet for creative types and anchored by one of Toronto's best new restaurants, General Public (we challenge you to have just one malt powder-dusted french fry served with beef fat mayo). The cool crowd flocks to the area for craft breweries, underground nightlife, sustainable butchers and Famiglia Baldassarre's next-level noodles. The neighbourhood is also fast becoming a hub for art and design, home to spots like Casson Hardware - known for spotlighting female makers - alongside the Black-owned creative space All Ours Studios and Uma Nota Culture's Geary Art Crawl.

**The perfect day:** Fuel up with a creamy matcha latte and savoury cheddar-chive scone at Balzac's Powerhouse, set inside the historic Canada Foundry Company Powerhouse, before popping into the Cardinal Gallery, dedicated to fine art photography. Dig into a spicy eggplant sandwich at Amelia's Market for lunch, or a mind-blowing falafel at Parallel Brothers, before hitting Paradise Grapevine's Space Cowboy 'darty' (a frose slushie machine and mechanical bull daytime party). End the night with a slice from North of Brooklyn Pizza before (or after) hitting Standard Time for epic music into the wee hours.

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**Plan your trip:** Tap into Davenport's brewery scene and hit up Blood Brothers Brewery for an ice-cold brew in the summer, located inside a renovated hundred-year-old horse stable. (Bonus stop: The Greater Good, for pinball machines and a mini-arcade).

### 27. Little River, Miami

Like much of Miami, Little River is in the middle of a boom - so much so that we've crowned it Miami's coolest neighborhood for the second year in a row. Just north of Wynwood's street art sprawl and the Design District's lavish scene, Little River is gritty, utilitarian and full of raw character (and lower rents) that creative types and locals can't resist. Old mechanic shops now share walls with Michelin-starred restaurants and tricked-out gyms, while blank facades conceal the next hot opening. Catch your new favorite band at ZeyZey, snag Miami's best breakfast burrito at Adrian's West Coast Burritos' Saturday pop-up outside Imperial Moto coffee, and surround yourself with vintage at Artpie - the unassuming French café whose *je ne sais quoi* perfectly captures Little River's IYKYK cool.

**The perfect day:** Get a good sweat in at Legacy, one of Miami's most state-of-the-art gyms, packed with perks from a post-interval cold plunge to on-site physical therapy and even a quiet co-working nook. Then treat yourself to a fresh arrangement from Rose Coloured, the buzzed-about floral studio known for its wildly unique blooms. For lunch, grab a slice at Bar Bucco, the Macchialina crew's adorable pizza shop and market serving inventive pies (shrimp pizza, anyone?) and high-quality Italian wines.

Speaking of, Little River is home to Sunny's - Miami's best restaurant and exactly where you'll want to be when the clock strikes 5. The martinis? Excellent. The pasta? Perfect. The tropi-glam aesthetic? Downright seductive. Cap it off by sauntering to a cosy nearby Airbnb and sleeping off the carbs.

**Plan your trip:** Two words: Art Basel. The South Beach mega-fair kicks off Miami Art Week in December with a crush of parties, gallery openings and can't-miss exhibitions. We're especially excited to see what Little River's rising gallery scene - Primary, Nina Johnson, homework and more - has up its sleeve this year.

### 28. Kemang, Jakarta

It might be just south of the shiny skyscrapers and designer malls of Jakarta's CBD (SCBD), but Kemang is refreshingly chilled-out. There's a creative, bohemian feel here, with an impressive collection of art galleries, design stores and indie boutiques. Foodies flock to Jalan Kemang Raya and Jalan Bangka where numerous street food stalls line the pavements come sundown. Neighbouring SCBD may be the city's party hub, but Kemang's speakeasies and casual bars offer a decidedly more down-to-earth vibe - perfect for whiling the night away.

**The perfect day:** Start the day with a coffee at Toko Kopi Tuku before heading on an art gallery crawl along Jalan Kemang Raya. Swing by Dia.lo.gue, a contemporary art centre with exhibits, classes and a cosy cafe, before escaping the heat in the air-conditioned Lippo Mall. For more retail therapy, check out design-led stores like Cayenne Home, The Papilion and Elements Concept.

Hop between the neighbourhood's street food stalls for local dishes and wash it down with Indonesian-inspired cocktails at Barchi, before ending the night with live music at 1920 Lounge & Bar.

**Plan your trip:** Visit in June for the Palang Pintu Festival, an open-air celebration of Betawi (Jakarta) and Indonesian dance, song and food.

### 29. Botafogo, Rio de Janeiro (pictured left)

Botafogo never stops. Just when you think this buzzing Rio neighbourhood has peaked, fresh bars, restaurants, galleries and cafés pop up in revamped townhouses and old garages. By night, the sidewalks overflow with people and spots like Fala, Macuna, Tão Longe Tão Perto, Polvo and Quartinho are always packed - some even morph into dance floors. By day, it's all about cool cafés like Dainer and Cirandaia, and laidback brunches. The food scene is top-tier, mixing effortless charm with culinary clout: think casual gems like Miam Miam, Ferro e Farinha, Marchezinho and Lazy, alongside Michelin-starred heavyweights like Lasai and Oteque.

**The perfect day:** Start your day with fresh sourdough at The Slow Bakery, then catch contemporary art shows at Athena and Cavalo galleries. For lunch, head to Sult for Brazilian-Italian comfort food, then post up at Chora for a mid-afternoon espresso. Come nightfall, grab a table (or the sidewalk) at Botica, Tero or Chanchada, three bars that keep the music, drinks and good vibes flowing late.

**Plan your trip:** Carnival might officially be in February, but the pre-Carnival season kicks off as early as January in Rio, and Botafogo will be in the party mood.

### 30. Sheung Wan, Hong Kong

Out of all the Hong Kong neighbourhoods tucked in between our looming skyscrapers, Sheung Wan is a firm favourite - and not just because the Time Out Hong Kong office is located here. Sheung Wan provides a condensed taste of Hong Kong's history and culture just within easy walking distance from Central. A charming garden marks the spot where the British first set foot in the territories and planted down the Union Jack, while tenement houses, traditional homeware shops, and old-school businesses like shoe repairs, metalworking, key cutting, and florists that line these hilly streets showcase the area's decidedly Chinese heart. From one of the city's oldest and most famous temples to artsy street murals, Sheung Wan features all the Hong Kong essentials grouped together in an infinitely charming district.

**The perfect day:** From the stylish capsule hotel Sleep, head west along Hollywood Road (admiring street art along the way) until you reach Man Mo Temple, one of Hong Kong's most important temples. A couple of minutes' walk away lies the hip Tai Ping Shan precinct, filled with cafes, indie shops, galleries, and restaurants.

Head downhill for antiquing on Cat Street while grabbing a midday caffeine jolt at the retro Halfway Coffee. Admire a pre-war historic building on the corner of Queen's Road Central and Bonham Strand, then head up Possession Street for dinner at the two-Michelin-starred Tate Dining Room (make sure to book ahead). End with a nightcap at Montana, the sister bar of the Best Bar in Asia, Bar Leone.

**Plan your trip:** See traditional performances on temporary bamboo stages as part of the Hungry Ghost Festival, which usually occurs around August or September each year.

### 31. Barranco, Lima

Barranco, Lima's most walkable neighbourhood, is just south along the coast from the Peruvian capital's touristy Miraflores. It's long had a bohemian vibe, famously fantastical murals, world-class art galleries, boutique hotels and hopping bars. And while it's lost none of its wild roots, the area is now incubating some of the best restaurants in the world. In 2025, Kjolle, just south of the heart of Barranco, came in at #9 in the 50 Best Restaurants in the World for chef Pía León's revolutionary use of Andean ingredients in dishes that are almost too beautiful to eat. Try one of her recipes that showcases the Andes' colourful potatoes and flavourful tubers like occa.

**The perfect day:** Wake up at art-filled Hotel B and then walk 15 minutes north to Lima's Museum of Contemporary Art. After that, head south for lunch at Mérito for chef Juan Luís Martínez's creative Peruvian-Venezuelan fusion. Stroll a block to the leafy Municipal Park, then down Calle la Ermita for Barranco's famous murals. Enjoy sunset at Mirador Catalina Recavarren, then walk south for dinner at Kjolle (make sure to book ahead). Finish the night with alfresco drinks under the string lights at Ayahuasca.

**Plan your trip:** Walking around Barranco, located on Peru's desert coast, is always pleasant, but getting reservations at top restaurants is easier in the less touristy months of November and March.

### 32. Mont Kiara, Kuala Lumpur

Free from the city centre's gridlock and tourist traps, Mont Kiara is one of Kuala Lumpur's most desirable postcodes. Here, artisanal bakeries and Pilates studios sit comfortably next to international schools, farmers' markets and third-wave cafés. Much of the buzz comes from the Jalan Kiara strip: a sleek sprawl of high-rises, home to boutique gyms, bars, restaurants, and the city's trendiest grocer, QRA. But don't sleep on neighbouring Hartamas, where you'll find Ramly burger stalls set up roadside; authentic Kelantanese dishes rarely found in the city at Kantan; and even Backyard, the neighbourhood pub that hasn't changed in decades.

**The perfect day:** Start with breakfast boards and specialty coffee at Copenhagen Coffee or pastrami melts and pastries at VCR Stacks. Walk it off with a morning hike at Bukit Kiara or a shopping spree at Publika, home to artisanal markets and boutiques.

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For lunch, fuel up with pad thai at Laai Thai, a low-key neighbourhood favourite. Save stomach space for matcha at Niko Neko, best paired with a flaky pastry from Lachér Patisserie. See what's on at the Art Gallery and head to Bistro Léa for dinner, a return to form for chef-owner Lau Ka Hong of Atelier Binchotan. Afterwards, sample craft beers and small plates at new-kid-on-the-block Sits. If the night's not quite over yet, hit up the dancefloor at Kokomo.

**Plan your trip:** Art fairs MATRADE and MITEC take place in September and October, while December through February sees Christmas lights, New Year celebrations and the colourful festivities of Chinese New Year.

### 33. Clarksville, Austin

Clarksville is shaking off its sleepy image. While live-oak-lined streets and multi-million-dollar cottages, along with the culinary institution Jeffrey's, have been here for decades, local brands and new bars like Howard's have been inviting more to cross North Lamar. The neighbourhood's transformative history is on display at the Hezekiah-Haskell House, part of its founding as a freed slave community, and the narrative continues to evolve as architects Herzog and de Meuron redefine the area's urbanism with a mixed-use 'High Street.' Blending historic facades with modern architecture, it'll be a balancing act of preservation and progress.

**The perfect day:** Brunch on Josphine House's lawn before shopping along West Lynn Street. Stop at local custom surfboard maker Mañana Co, Hawaiian print makers Aloha Marina and beloved outdoorsy Howler Bros Hacienda.

Admire the beautiful bungalows on your way to grab a table and a cocktail at Clark's Oyster Bar. Afterwards, you're ready for dinner across the way at Asian-fusion Bar Peached, hopefully saving room for its can't-miss Korean shaved ice. At the end of the day, give your feet a break and recoup poolside at this Oaxacan-inspired Airbnb.

**Plan your trip:** For March: outside SXSW's two-week excitement, Clarksville serves as a strategic home base for venturing downtown. Plus, local lawns come alive with wildflower blooms.

### 34. Margit-nyegyed, Budapest

When star chef Ádám Garai sought a location for his 2025 gastro venture Monokini Kantin - already a pop-up hit - it had to be Margit-nyegyed. The transformation of this estuary of the kőrút, Budapest's city-wide artery, has been taken up several notches in recent years. Seeing the success of Bartók Béla út on this side of the Danube in Újbuda, the local council are encouraging entrepreneurs to open trendy cafés and cool boutiques to create this gleaming new quarter near Margaret Bridge. Relics of its pre-gentrified past remain: the shoe repair opposite Garai's Spanish/Japanese fusion kitchen; or the nearby Communist-era Lottery House. This is Budapest as it once was, shoulder-to-shoulder with its future.

**The perfect day:** Waking up aboard the Grand Jules boat hotel, stroll to Montage for coffee and pastries.

After a morning's niche shopping - secondhand clothes at Maggie's London, imaginative accessories at Rongybaba, limited-edition prints of American Pop Art at Kolibri Art Studio - have lunch at literary hangout Bookta. Take in an English-friendly film at the age-old Bem Cinema, its bar a timeworn gem, and a preface to underground sounds at ruin bar Manyi.

**Plan your trip:** From September to July 2026, cultural events organised around Margit-nyegyed are detailed on its Facebook page. Or you could base yourself here before visiting the brand-new Time Out Market Budapest.

### 35. Glen Park, San Francisco (pictured left)

First thing's first: Glen Park is a good-looking place. Hastily built after the 1906 earthquake, you'll find turn-of-the-century architecture and Misson-style homes, not to mention lofty views with fog seasonally crawling up the street thick as a blanket. Its highlight is Glen Canyon Park, a rambling, wild green space of 66 acres, with a deep canyon, spring wildflowers, one of the city's last free-flowing creeks and wildlife including coyotes and deer. Close to areas with more name recognition like Noe Valley and Bernal Heights, Glen Park has its own village-like identity; it's largely residential, with a tight-knit community and some great shopping and dining. Quietly cool, Glen Park might not be as in-your-face as other San Francisco neighbourhoods, but that's what gives the place its charm.

**The perfect day:** After coffee on the deck overlooking the bay at this Airbnb, grab breakfast at the adorable Glen Park Cafe, then jump on the Greenway - a riparian greenbelt that leads from the retail village to Glen Canyon Park. The 'Creek to Peaks' trail takes you to Twin Peaks and back on a moderate 3.7-mile trek. Walk along Chenery Street where you'll find Bird & Beckett Books and Records, the Cheese Boutique (exactly what it sounds like), the cute gift shop Perch and a handful of restaurants to refuel after your hike - like Manzoni, an Italian spot with a great wine list. Stop for Instagram's sake at the Burnside Mural, then imbibe at solid dive bar Glen Park Station.

**Plan your trip:** Try for a third Saturday during the summer months to catch the Glen Park Night Market series with live music & DJs, an artisan market and art-making.

### 36. MiZa, Abu Dhabi

Once a gritty industrial hub, Mina Zayed has now shaken off the dust and reinvented itself as MiZa - the city's buzziest new neighbourhood. The warehouses that once held cargo are now home to art exhibits, foodie pop-ups and some seriously good coffee. There's still a bit of grit around the edges, but that's all part of the charm. Anchored by 421 Arts Campus and The Alley, MiZa has become a magnet for artists, entrepreneurs and anyone chasing a dose of culture after work. And the last few months has seen Barbassi, the sandwich shop from the team behind Marmellata and Mina Creamery (a beloved homegrown ice cream spot), join the neighbourhood's culinary line-up. New apartments will soon bring even more life to the grid-like streets. It's an up-and-coming neighbourhood that's cool, creative and exactly where you want to be right now.

**The perfect day:** Start with a flat white at AURO Café, best enjoyed people-watching from the terrace as the district wakes up. Wander into 421 to catch the latest exhibition or workshop, then fuel back up with Barbassi's stuffed focaccia that's practically a meal and a half. Browse quirky homegrown finds at Dukkan421 before cooling off with a scoop at Ripple or Mina Creamery. Come sundown, grab smoky brisket at Smokin' Barrel, then wander through The Alley where you'll stumble on live music, indie markets and pop-up art.

**Plan your trip:** Time your visit with The Alley's monthly pop-ups and you'll enjoy proper block party vibes with street food and art shows.

### 37. Villa Devoto, Buenos Aires

Villa Devoto is known as the Garden of Buenos Aires - no wonder, with its tranquil, tree-lined streets, elegant houses, and an all-in-all ridiculously charming atmosphere. At its heart is the leafy Plaza Arenales, a square surrounded by local restaurants that hosts markets and community gatherings. Paseo de las Artes Latinoamericanas (which literally translates to Latin American Arts Walk) displays 17 flowerbeds paying tribute to notable Latin American artists and writers, including Diego Rivera and Pablo Neruda. The area is also rich in football lore, as it was home to Argentine soccer legend Diego Maradona for many years (be sure to visit the intersection of Segurolo and Habana, where he lived). New avant-garde restaurants like 4TA PARED have recently joined the neighbourhood's historic bars and restaurants, making this traditional neighbourhood the culinary hotspot du jour.

**The perfect day:** Start your day like an authentic porteño in Café de García, a historic 'bar notable' that has been preserving local traditions since 1927. Stroll Plaza Arenales before brunch at ÁVITO, housed in a former nunnery that has been part of Devoto for 120 years. Grab a sweet treat (we recommend the macarons) at the hyped Betular Patisserie before admiring the magnificently ornate Basílica San Antonio de Padua. Stop by Paseo de las Artes Latinoamericanas, or if you're feeling active, check out Fantasy Skate, the largest indoor ice rink in South America. If you're able to snag a table, 4TA PARED serves up a seasonal tasting menu and was recommended by the Michelin Guide in 2024 and 2025. For something more casual, grab a picada with the finest charcuterie in town along with a glass of Malbec at Buche. Finish off with a play at Devoto Theatre.

**Plan your trip:** The best time to visit is October and November (spring), when mild temperatures, longer days and blooming trees turn the area into the city's greenest escape.

*Article source: Time Out*

*Have you been to any of these cool neighbourhoods?*

*If so, let us know and send us an email by visiting: [www.ourplace.co](http://www.ourplace.co)*



# Thirsty? The one bar to visit in the world's best cities

Time Out has scoured the planet and mixed you this brilliant menu of the finest, funkier and most fantastic places for a drink.

Thirsty? Of course you are, but thankfully we've got just the tonic. Our cities are packed with brilliant, innovative and downright wacky bars, where crafty mixologists are shaking, mixing and stirring cocktails and bartenders are carefully pouring moreish wines.

But the best ones? Only locals can tell us that, so that's why we've called on Time Out's international network of writers and editors to tell us all about their favourite spot for a drink in their city.

Below is a varied menu of vibes and flavours, from a classy little wine place in Madrid to a speakeasy in Manila, a sultry cocktail joint in Edinburgh to a no-fuss institution in London.

Read on for Time Out's fresh roundup of the best bars in the world's best cities.

## Trisha's, London

**What's the vibe?** Trisha's has long been the coolest spot in London.

Everyone from Anthony Bourdain to Amy Winehouse has visited this late-night sort-of members bar, which is a little bit Goodfellas and a whole lotta Soho. The vibe is 'Italian-ish', and this buzzy basement bar is where you'll find the last legends of Soho - including iconic landlady Trisha Bergonzi. It's also home to one of the city's great smoking areas.

**When to visit:** Tuesday nights are reserved for chaotic karaoke while packed-out Saturdays are reserved for live jazz.

**What to drink:** Other Soho bars will offer fancy cocktails and master mixologists but at Trisha's it's more about who you're drinking with than what you're drinking. A bottle of beer will more than do the job.

## Fréquence, Paris (pictured left)

**What's the vibe?** Why choose between quality cocktails and good music? That's exactly what Matthieu Biron and Guillaume Quenza thought when they created this gem of a spot, where the mixologist becomes the DJ, and vice versa. At Fréquence there's a groovy vinyl collection, and a lip-smacking menu of drinks creations all inspired by Japanese flavours. What more do you really need?

**When to visit:** On a Friday night after 2am, when the vibe seriously heats up around the turntables!

**What to drink:** The menu changes regularly, but here they work with shochu like no one else! Make sure to give one of those cocktails a try.

## The House of Machines, Cape Town

**What's the vibe?** Is it an homage to the motorbike? A stage for live music? A hangout for a beer-friendly bite to eat? The House of the Machines is all of the above, and it's got a dedicated following of fiercely loyal locals. In the evening, this place is perfect for pre-dinner cocktails. On weekends you'll find leather-clad bikers meeting for an out-ride, and revellers getting down to the DJ in the wee hours. But the heart of the space dreamed up by co-founder Paul van der Spuy is just a great bar with character and soul; pouring craft beers, barrel-aged spirits and a collection of damn good cocktails.

**When to visit:** Honestly, there's never a bad time to swing by. Daytime sees digital nomads pull in for a coffee or a cold brew. Tuesdays is Songwriters' Showcase, with an open-mic session. 'First Thursdays' (the first Thursday of the month, when local galleries stay open late) is always a vibe, and there's live music from local musos on weekend nights.

**What to drink:** The signature Old Fashioned. Negroni is a close second. You won't regret either.

## Superbueno, New York City

**What's the vibe?** A red-lit Mexican-American cocktail bar on the Lower East Side from hospitality veteran Ignacio Nacho Jimenez. It's perpetually packed with happy New Yorkers, with bachata and Latin tunes and conga lines extending well into the evening.

**When to visit:** Superbueno is swinging every day of the week, but the party's at its peak on Fridays and Saturdays - particularly during a balmy summer evening. Just make sure to book ahead.

**What to drink:** The Green Mango Martini or the Roasted Corn Sour, with charred corn powder over the top.

## Bar Leone, Hong Kong

**What's the vibe?** Inspired by traditional Roman streetside bars, Bar Leone welcomes you into a proper, authentic Italian experience, right in the middle of Hong Kong's SoHo district.

With its cosy ambience, rustic decor, and lively atmosphere, this spot in Central is the perfect location to unwind with friends on a casual, easy-going night out.

**When to visit:** Arrive before their doors open at 5pm. Due to its popularity (among locals, and also thanks to accolades like the Best Bar in Asia and number 2 on the World's 50 Best Bars 2025 list) you will probably have to queue, but we promise it'll be worth it. Once inside, you'll be greeted by co-founder Lorenzo Antinori and the bar's friendly staff who'll ensure you have a great time while enjoying their exceptional drinks. Hungry? Order their signature mortadella sandwich and smoked olives, which pair wonderfully with their lineup of Italian-inspired cocktails.

**What to drink:** Don't miss the Olive Oil Sour. This drink features a splash of Italian extra virgin olive oil, giving it a unique silky mouthfeel and a savoury touch that sets it apart from your classic sweet and sour flavours.

## Tokyo Confidential, Tokyo

**What's the vibe?** This ultra-hip but casual bar doesn't feel very Tokyo - until, that is, you take in the unobstructed view of Tokyo Tower from the open-air terrace. With its cosy living-room vibe, it's easy to lose track of time here, but it's worth taking a moment to admire the gorgeous bar counter, made from a 300-year-old piece of reclaimed wood from a Shinto shrine.

**When to visit:** Tokyo Confidential's slogan, 'pull up, 'fess up', is about confessing to whatever's weighing you down, so when you need to escape life's pressures, this spot is ideal.

**What to drink:** Highlights on the 2025 Neko no Densetsu ('Legend of the Cat') menu include the Arigato El Gatto, a refreshing mix of mezcal, soju, watermelon and chilli, and the Sore Wa Subarashi, a nostalgic concoction made with Frosties cognac, cacao nibs and coconut and served in a cereal bowl.

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## Cruda, Madrid

**What's the vibe?** At this standout natural wine bar, there are 140 bottles of low-intervention wine on the menu and an energy healer is the sommelier. What more do you need to know? José, one of Madrid's early champions of natural wine (he kicked things off at Bendito in Mercado de San Fernando), has a knack for making you feel better walking out than you did walking into Cruda. He calls it 'energetic sommellerie' - and it shows. From the lighting and the space's sleek, steel-and-zen aesthetic to the tight, flavour-packed food menu, everything here hums at a higher frequency.

*Continued on pages 24 -25...*



**When to visit:** Want a seat at the showstopping metal communal table on a weekend? Book ahead. But if you're after the magic without the hassle, snag a spot on the terrace on a spring or summer weeknight, crack open a bottle with a friend, and let the evening unfold.

**What to drink:** Over 140 bottles line the walls, plus 30 by-the-glass options if you're up for a guided tour through the world of natural wine. Expect a one-of-a-kind tasting trip across Europe - from pét-nats to juicy reds to skin-contact stunners.

### Uptown, Buenos Aires

**What's the vibe?** Inspired by the NYC Subway, Uptown will feel just like the whacky urban vibe of the Big Apple, but without leaving Palermo's porteño neighborhood. To enter this subterranean bar, you'll walk through a train station corridor adorned with metro tiles, graffiti, and advertisements and even pass through a subway turnstile and a train carriage before arriving at your final destination. It's hands-down one of the most Instagrammable spots in the city.

**When to visit:** Around 10pm for cocktails and dancing.

**What to drink:** 'The Juicy' cocktail with Cognac Hennessy, sparkling rosé wine, clarified green apple, and Angostura bitters, inspired by The Notorious B.I.G.

### Reka:Bar, Kuala Lumpur

**What's the vibe?** Reka:Bar in Bukit Damansara is a post-modern cocktail bar serving up fun, inventive flavours. The nods to futurist architecture are clear: a gleaming, copper-clad pathway opens up to a stone bar lit by the glow of blue, with a 'chemistry lab' at its heart. It's unexpected, almost akin to a spaceship cantina, but also intimate and inviting. Grab a stool by the bar or get cosy on the banquettes.

**When to visit?** It's the first stop on your best-of-Bukit Damansara bar tour, which includes JungleBird, Rakh, and Here & Now.

**What to drink?** Dusun 2.0 is a blend of tuak (traditional rice wine from Sarawak), tempoyak (fermented durian), and jackfruit soy milk. Expect a kick from bird's eye chilli distillate and tequila - it's Malaysia in a cocktail.

### Skua, Edinburgh

**What's the vibe?** Sultry and sophisticated. An intimate basement bar in the ever-trendy Stockbridge, you could quite easily walk past Skua - though once you're in, you'll want to stay until close. The staff are real pros and the impeccable cocktail menu makes use of homemade liquors, syrups and fermentations with a 'no to low waste' philosophy, packed with surprising pairings which work very, very well.

**When to visit:** On a Friday, after work. It helps that it is open late (for Edinburgh, that is), and with its neon signage and painted black walls where they write the (fantastic) daily food menu up in chalk, it has a proper late-night feel.

**What to drink:** A Kim's Chi for a tastebud-tickling savoury tippie, with hints of mescal and Ancho Reyes chile liquor.

### Apollo Inn, Melbourne

**What's the vibe?** A cosy, dimly-lit cocoon nestled in a 1920s Neo-Renaissance building that's perfect for old-world cocktail classics and sophisticated snacks.

**When to visit:** Your best bet for getting a table at this perennially popular 30-seater is to clock off early from work and pop in at around 4pm. Stay as long as you like; any night of the week, you'll be made very welcome.

**What to drink:** Apollo Inn's refreshing Picon Bierre is a one-way ticket to summer in France, but you can also never go wrong with the Gibson Martini.

### Hannekes Boom, Amsterdam

**What's the vibe?** There are plenty of up-market cocktail bars in Amsterdam, but mark my words: come summer, it doesn't get better than Hannekes Boom, a buzzing outdoor pub-vibe bar right on the river. Like, so on the river that you can rent a boat right there and then - and you'll likely see one or two float up next to you, order in a round of beers from the bar and drink them from their boat. It's a fun, lively spot that's perfect for starting off your night with a big group.

**When to visit:** If it wasn't clear already, this is a summer spot. Rows of multicoloured tables, dogs, cold pints, surrounded by low-hanging trees, bunting and fairy lights. It opens at 11am, and stays open till 1am on weeknights and 3am on weekends, so your night can start or end here - or simply pitch up in the day and never go anywhere else. You can order by QR code when things get messy.

**What to drink:** Dutch craft beer is a-plenty here: sours, stouts, pilsners and all the rest of it. Jupiler is the local drink of choice - it's cheap, and comes in XL pitcher size for sharing - and it goes down rather well with a ridiculously huge portion of Hannekes Boom's nachos. Not a beer person? The Hannekes Spritz is worth a go too.

### The Haflington, Hanoi (pictured left)

**What's the vibe?** Down an alleyway off Hanoi's frenetic Hang Ma street, you'll criss-cross through a neighbour's drying laundry, ascend a creaking staircase and reach what feels like a lock-in at the Natural History Museum. The Haflington opened back in 2021 and has a timeless charm thanks to the dark brown leather, burnished mahogany, random taxidermy and huge dinosaur skeleton hanging above the bar.

**When to visit:** During Hanoi's golden hour, at around 5pm. Sit under the dinosaur as sunlight filters through the glass-panelled ceiling and throws a dusty spotlight onto the quirky, museum-inspired curiosities.

**What to drink:** The 'Death' feels fitting, sipped in the shadow of a skeleton. Featuring mango leaf-infused sherry, mezcal and a subtle thrum of cardamom, it's short, smoky, and assertive, with a pleasing bitterness that lingers.

### Bar Mauro, Mexico City

**What's the vibe?** Bar Mauro is defined best by the elegant and relaxed sense of nostalgia it exudes, and it's inspired by the Italian aperitivo tradition. The bar is intimate and nods to the Milan bars frequented by the owner's grandfather, ideal for those who appreciate well-crafted cocktails and a sophisticated but unpretentious atmosphere.

**When to visit:** It's ideal for summer afternoons before 2pm - no one is ever denied a vermouth.

**What to drink:** The Maurito with guava and vermouth, obviously.

### The Cocktail Club, Jakarta

**What's the vibe?** Perched above a French bistro in Jakarta's Senopati district, The Cocktail Club is a mixture of mood lighting, art deco flair and plush leather chairs that'll encourage you to get comfy and linger. Vintage jazz and blues hum in the background as bartenders mix lip-smacking drinks and address you by name by round two. No wonder it was named one of Asia's 50 Best Bars of 2024.

**When to visit?** Hit it up during happy hour, from 5pm to 8pm, when the drinks are a little kinder to your wallet and the crowd's still mellow. It's spot on for post-work tipples, and if you time it right, you can ride the wave from laid-back lounging to full-on Friday night vibes.

**What to drink?** Sopi Susu - a clever blend of palm wine, marshmallow, gin, cempedak and cacao.

### Pleasure Club, Sydney

**What's the vibe?** A purple-hued, disco ball-lit basement bar where hedonism is not only welcome, but encouraged. Plus, there's live music every night - great news for everyone who likes to boogie. We've got a Big Fat Crush on Pleasure Club - so much so, they won Time Out Sydney's Bar of the Year 2025.

**When to visit:** Pleasure Club is open until 4am, Wednesday through Sunday. So if you feel like a late-night tippie and a dance, this is the place. But Pleasure Club isn't just for night owls - they've also got a rocking happy hour to get the night started. Say hello, \$2 oysters and \$12 bone-cold Martinis.

**What to drink:** Drinks at Pleasure Club are weird, wacky and tinged with nostalgia. I've had everything from a Cherry Ripe-inspired cocktail, to one that tasted like a Frosty Fruit, and even a Vegemite Martini. Wanna get out of your usual 'one Negroni, please' box? You can do that here.

(Article source: Time Out)



## Wildlife watch: How to help garden visitors hunker down for winter

**Gardeners can help birds, insects and frogs survive the cooler months with some simple steps, say experts.**

It may have been a mild autumn, but as soon as temperatures drop, wildlife garden visitors will be looking for places to hunker down for hibernation.

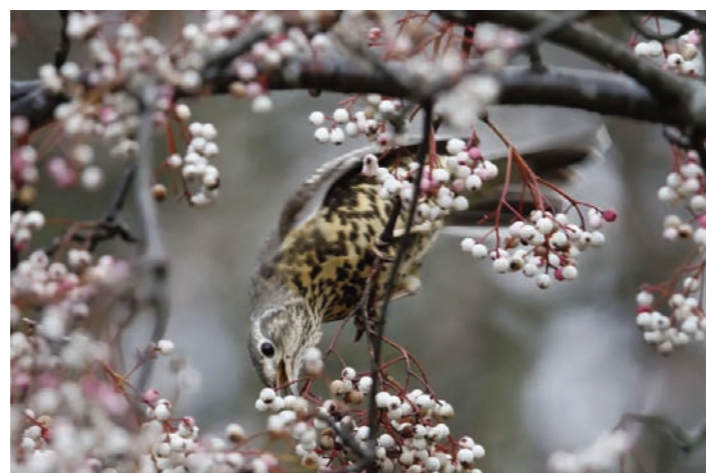
Hedgehogs, birds, amphibians and insects all need a helping hand, and here are a few of the things you could be doing to give them the best chance of survival during the cooler months.

### Give a boost to birds

“Whether you have a garden, balcony, or doorstep, the simplest way to help birds is to put out supplementary food.

Sunflower hearts, peanuts, nyjer seed and fatty nibbles will all go down a treat with a range of birds, but do make sure you keep feeding areas clean and hygienic,” says Adrian Thomas, RSPB wildlife gardening expert.

“Try putting out some of your leftovers - mild grated cheese, dried fruit, and pastry with real fats will give them an extra energy boost.”



Plant shrubs, trees, and climbing plants to boost their natural food sources, he adds. If you choose your plants well, in time they will provide berries, nuts and seeds through many of the coldest months of the year, and vital protein such as insects and their eggs.

Keep birds hydrated by incorporating a birdbath into your open space, which will also keep their feathers in good condition.

Finally, there’s shelter. If you’ve planted shrubs or trees, they will be an invaluable roosting space for many birds, while nest boxes can also help.

“You might even see multiple birds bunking up - wrens, for example, are normally pretty solitary, but in the winter they’ll happily huddle together to stay warm,” he says.

### Create a hedgehog hideaway

Like birds, hedgehogs will be now foraging as much food as they can to see them through the cooler months, and are particularly partial to meaty cat or dog food and kitten biscuits, says Grace Johnson, hedgehog officer for campaigning group Hedgehog Street.

“As they enter the hibernation season they need to put on a lot of body fat to be able to last through winter,” she says. “Put the food away from the house as they may be nervous about coming too close to lights or noise.



It’s a good idea to put the food into a feeding station such as an upturned storage box, cutting a small entrance for the hedgehog but keeping cats and foxes out.

“Hedgehogs are faring better in urban and suburban areas because our gardens can create a variety of habitats for them. If you make a little gap in your fence to give them access you may well see them,” she adds.

Compost heaps and log piles provide good hibernation retreats, but hedgehogs will also be building hibernation nests, known as hibernacula, she points out, so leave a wild patch in your garden where they will make use of leaves and twigs.

You may even leave out some straw for them to use, or place a hedgehog house (which you can buy) in an undisturbed patch.

Planting low-growing dense shrubs also creates shelter for hedgehogs, as well as native plants such as bird’s foot trefoil, vetches, hawthorn and hazel, she adds.

### Don’t forget frogs

“Being cold-blooded, [frogs] basically park up and close shop for the winter months,” explains Sean McMenemy, founder and managing director of wildlife products specialist Ark Wildlife.

“Their metabolism slows down to a point where they won’t be digesting. They just stop feeding. The male frogs will go to the bottom of a pond in winter, so even if you don’t have fish it’s a good idea to put a ball on the surface of a pond to stop it freezing over.”

Amphibians will also shelter in log piles, but you need to protect them from frost.

“I dig a small pit filled with stones with plenty of spaces,” he says. “Either bricks which are offset or bricks with holes in, or rough edged stones give you lots of air gaps. Dig the hole about 8in and backfill it with rocks and cover it loosely with soil - it just gets them out of the frost zone.”

### Make a shelter for insects

“One of the most common things you find in gardens now are solitary bee (nesting) tubes with holes drilled into them,” McMenemy explains.

These are often hung on trees or mounted on south-facing walls or fences and hold the larvae, which will hatch out the following spring.

“If you have them and the bees have nested - you can tell if they’ve used them because they will either have a leafy cap on the top if they are leaf cutters or bits of soil stuck to the top - take them in and put them in a garage or shed over winter, to protect them from the worst of the cold and from predatory birds. Take them outside again in March.”

The last of the queen bumblebees will now be evident in gardens, looking for hibernation quarters, he says. Hollows in tree trunks or holes in the ground provide ideal conditions. Leave late-flowering plants to do the last of their blooming, which will give bees the additional energy they need before winter.

Beetles need multiple habitats in one - a wet pile and a dry pile - he suggests. Again, digging a hole with stones and offset bricks will protect many insects over the winter. Dig it in a south-facing spot, where the grubs will look for the morning sun come spring, he says.

If you want to go DIY, fill an empty cereal box with newspaper and hang it upside down or line an unused nest box with torn-up newspaper to make an overwintering site for insects. Or fill a clean jar with old newspaper and hang it upside down on a bamboo cane to give overwintering butterflies and moths shelter, he suggests.

*(Article source: Silver Surfers)*

# Please help us rescue and care for vulnerable hedgehogs - **Britain's favourite mammal**

A shocking study has revealed that hedgehogs are rapidly vanishing from our countryside, with numbers **HALVED** in the last 20 years.

I am delighted to tell you that Britain's hedgehog has won favourite mammal in a UK poll.

The UK's only spiny mammal won with 35.9% of the 5,000 votes, more than double that of the Red Fox, who came in second place with 15.4%. The Red Squirrel came third with 11.4%, out of a shortlist of 10 charismatic UK mammals.

Unfortunately, hedgehogs are rapidly vanishing from our countryside as numbers have **HALVED** in the last 20 years, a shocking study has revealed.

Henry Johnson, hedgehog officer, People's Trust for Endangered Species (PTES) said:

"We Brits seem to love hedgehogs for a whole range of reasons, including their cute appearance, their role as slug controllers and the way they have colonised our gardens with such aplomb. This is why it is so sad to see them decline, with one in three lost since the millennium."

Threats to hedgehogs come mostly from us. In rural areas, our farmland increasingly lacks the diversity of habitats hedgehogs need and the invertebrates they feed on. In towns and cities green spaces are lost to development, paved over or increasingly fragmented. Hedgehogs are also very prone to road traffic accidents.

This is why we have launched this special Annual Appeal to protect Britain's favourite mammal.

At Hedgehog Rescue Rehabilitation and Care Centre we respond immediately to rescue injured hedgehogs. A vet is called in straight away and the hedgehogs are monitored and cared for. Once fit and well they are released back into the wild.

Hedgehog Rescue is now conducting its Annual Appeal. Only by continuing our huge effort and long-life commitment can we give these wonderful animals a safe, happy and contented life.



We care for many hedgehogs here at our rehabilitation centre. Hedgehogs just like these:

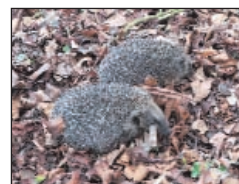
## 'Julie'



'Julie' (pictured left) came in last Autumn, quite small, out in daylight and had ticks. She stayed a few weeks, put on enough weight, and made a full recovery. She was released back to her own territory by the finder.

## Baby Hedgehogs

These 2 hedgehogs came in as very small babies and had stayed with us a few weeks, gaining weight and giving us a chance to sort out their health issues. They had several ticks and needed worming. When they were 100% ready, we released them close to where they were found.



These hedgehogs are some of the lucky ones. Others are less fortunate.

As a friend who knows what a wonder animals can be, I hope you will support our Annual Appeal. Your kind gift will help us rescue and care for many more vulnerable hedgehogs - Britain's favourite mammal.

**To donate to Hedgehog Rescue, go to:**  
<https://www.justgiving.com/fundraising/hedgehogrescue>  
**or write to: Raisemore, Unit 2, Home Farm, Bishopswood, Ross-on-Wye, Herefordshire HR9 5QZ**

