

OUR PLACE *News*

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

FEBRUARY 2026

Inside this issue...

Winter work:

How to avoid plant losses, flowering disappointments and container catastrophes

Micro habits:

8 of the easiest healthy things to start right now

Delicious destinations:

The best places to travel in 2026 for food lovers

Walk on the wild side:

5 fantastic winter walks for wildlife spotting

PLUS...

What's on • Health & Beauty • Money & Work • Leisure & Travel
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

PS. Do you have an interesting story or article? If so send us an email by visiting: www.ourplace.co

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Responsible Pet Owners Month

February 2026

February is Responsible Pet Owners Month and we are sharing 8 tips to help you be a responsible pet owner! Pets are an important part of our lives and even a part of our families, so it is important to make sure they are treated how they should be.

Make your pet part of the family

Pets, especially dogs, need companionship. Nothing beats the love and warmth you can give your pet.

Make sure your house is pet proof

Most people might not know all of the hidden dangers around the house. Make sure you research what household products and foods are harmful for your pet. Put these harmful things in a place your pet cannot reach.

Take care of your pet

This includes regular visits to the vet and groomer, insuring your pet may also be important to your pet's health. Make sure you know where your local vet is in case of an emergency.

Spay and neuter your pet

When your pet is spayed and neutered they can live healthier, longer lives.

Always keep an ID tag on your pet

Keeping a tag on your pets collar will ensure they will always find their way back to you. You may also consider getting your pet microchipped as well to help identify them if they are lost or stolen.

Train your pet to understand

Making sure your dog is trained and well behaved is important. Dogs should at least understand basic direction like "sit" and "stay." In an emergency situation these cues could save your pet's life. Consider taking your pet to an obedience training class.

Give them regular exercise

Pets need exercise just like us! Your pet needs regular exercise to stay fit, healthy and to release their energy. If your pet has a lack of exercise, they will begin to act out. Young pets that do not get enough exercise are more likely to develop negative behavioural issues that lead many to give up their pet.

Love your pet

Your pet is your favourite thing, and you are theirs! They wait for you to come home and desire your attention. Be sure to give them all the love they deserve!

Do you have a Pet Event near you? Let us know by email: articles@mypetmatters.co.uk

National Pet Dental Health Month

February 2026

Don't turn your nose to Fido's or Fluffy's bad breath! That odor might signify a serious health risk, with the potential to damage not only your pet's teeth and gums but its internal organs as well.

Share - Show us your pets' pearly whites! Snap some photos of your pets' beautiful teeth - and we mean any kind of pets: dogs, cats, horses, bunnies, ferrets, goats, cows... fuzzy, furred or finned, you name it. After all, pets need dental care, too. Watch our Facebook page, where we'll be asking you to share those pictures with us and each other. You also can tweet or Instagram your photos with the hashtag #PetDental. **Read** - Learn more about pet dental health, including how to take care of your pet's teeth year-round, and why anesthesia is important. **Remember** - While February is National Pet Dental Health Month, dental health should be a daily ritual for pet owners all year long.

National Love Your Pet Day

Friday 20th February 2026

On February 20th, pet lovers everywhere observe National Love Your Pet Day. This holiday is a day set aside to give extra attention to and pamper your pets. This is a good day to focus on the special relationship that you have with your pets.

How to observe - Bring your pet a special treat, take an extra long walk or give them more attention on National Love Your Pet Day. Whatever you decide to do, spoil and appreciate your pets! Use #NationalLoveYourPetDay to post on social media.

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.



Micro habits: 8 of the easiest healthy things to start right now

These simple habits will help you enter the New Year feeling refreshed.

Many of us set ambitious resolutions to enhance our health and wellbeing this time of year, only to become overwhelmed by the challenge of maintaining them.

But what if, instead of aiming for dramatic changes, we focused on adopting small, manageable micro habits that contribute to steady progress over time?

We've consulted with experts who've shared an array of simple, healthy habits that we can easily weave into our daily routines in 2026...

Get outside for 15 minutes

The cold and gloomy weather makes it extremely tempting to stay indoors, but getting outside every day is beneficial for the body and mind.

"Feel the fresh air, the wind and rain, brave the elements for a short time," encourages Nichola Henderson, holistic life coach and wellness specialist.

"Time in nature reduces feelings of stress and anxiety, and can enhance your cognitive function and creativity.

"It's a stimulating experience for the body and mind and can help to avoid feelings of stagnation and low mood."



Take the stairs

A simple but effective way to boost heart health is by taking the stairs instead of a lift.

"This simple habit gets your heart pumping and boosts cardiovascular fitness," says Dr Farhan Shahid, consultant interventional cardiologist at The Harborne Hospital, part of HCA Healthcare UK. "Aiming for 10,000 steps a day will help improve your blood pressure and resting heart rate, ultimately improving your long-term cardiovascular health."

Avoid your phone for an hour in the morning

"Ignore your phone when you first wake up," says Jess Parkinson, personal trainer and director at The Happy Healthy Body Co. "It's so easy to reach for our phones when we wake up but this can really have an impact on how we feel starting the day.

"Scrolling can trigger a stress response in the body causing cortisol levels to rise and in the morning we ideally want this to happen slowly and naturally."



Daily breathwork

Incorporate daily breathwork into your morning or evening routine.

"A great technique is the '4-7-8' breath: inhale quietly through your nose for four seconds, hold your breath for seven seconds, then exhale slowly through your mouth for eight seconds," explains Helen Wells, psychotherapist at The Dawn Wellness Centre and Rehab Thailand. "This practice calms the mind, reduces anxiety, and resets your nervous system.

"It's a simple habit you can do anywhere - whether in the morning, before bed, or during stressful moments - and it helps promote mental clarity, emotional balance and overall wellbeing."

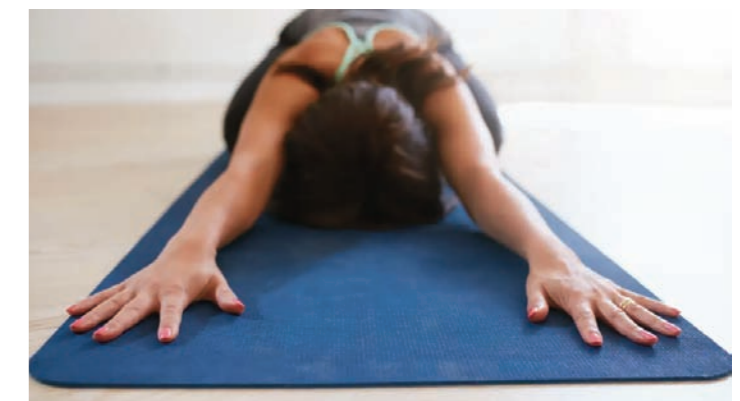
Have a water bottle on you at all times

"Staying hydrated is really important for our bodies to function at their best," says Parkinson. "Have a bottle of water with you throughout the day to remind you to take a sip.

"And if you exercise frequently, find yourself some good quality electrolytes to boost hydration further."

Aim for five minutes of stretching per day

"A simple stretch is the standing forward fold; standing tall with your feet hip width apart and arms relaxed at your side, as you inhale reach your arms up overhead and lengthen the spine," explains Henderson. "Then, as you exhale, hinge at the hips and slowly fold forward letting your arms hang down towards the ground.



"Keep a slight bend in the knee. Relax the head and neck to release any tension.

"Stay here for approx 15-30 seconds, focusing on your breathing and how the body feels. To come back out, slowly roll up, taking your time with your head being last to rise."

Keep a gratitude journal

"Write down things you are thankful for to help shift your focus from what's going wrong to what's going right," advises Matt Gill, regional director of Psychology at Cygnet Health Care.



Limit screen time before bed

"Try to get more consistency with your sleep, limit screen time before bed, and experiment with your nighttime routine," advises Henderson. "Go to bed 15 minutes earlier and do something that activates your parasympathetic nervous system - such as reading, slow conscious breathing or meditation.

"Good quality sleep restores balance in the body and mind, improves mood, cognitive function and overall energy levels."

(Article source: Silver Surfers)

8 new resolutions to make a positive impact

Instead of a New Year's resolution that rights a wrong in your life, why not resolve to make some positive changes? Here are a few suggestions...



Silver Surfers reports that New Year's resolutions are supposed to mark a new start as we say goodbye to the old year. Instead of the standard resolutions that seek to resolve personal issues like being overweight, smoking, drinking too much and exercising too little, why not make a few positive resolutions that are uplifting instead of self-denying? Let's face it, we all need a bit of positivity at the moment.

Here are a few ideas...

Smile more

People haven't been smiling much recently and mask-wearing doesn't really help. Make it your New Year's mission to smile at people you pass (at a safe distance) in the street or on a walk, and say hello. It's such a small gesture but can really brighten people's day.

Think positive

Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health.

That doesn't mean you ignore reality or make light of problems. It simply means you approach the good and the bad in life with the expectation that things will go well.

Actually speak to friends

It's easy to forget you can actually speak to people on phones as well as texting, e-mailing or WhatsApping. Instead of typing something to your mates in the New Year, resolve to actually pick up the phone and speak to them sometimes.

You may be surprised how nice it is to hear their voice and just have a good ol' chinwag. It'll lift your spirits way more than a WhatsApp message could.

Find a home hobby

We're not talking stamp collecting (unless, of course, that appeals), but you could try something creative, like making your own cards or gifts, or even learning a language online. There really are loads of new things you can try at home.

Stop putting things off

Many people have tasks they'd been putting off for years, like cleaning out cupboards and drawers, or reading that book that'd been gathering dust on the bedside table. If you haven't finished any tasks or have been putting off starting them, resolve to finally do them in the New Year.

Support local businesses

It may not even have crossed your mind when you're ordering a takeaway, for instance, but have you been buying from national chains or local businesses? Small local businesses have really been struggling because of pandemic restrictions, so resolve to be mindful about who you give your trade to in the New Year, and buy local if you can - it'll help local tradespeople, and might make you feel good too.

Get outside more

Set yourself a goal to explore different areas near you on a walk every day/week depending on how much time you've got. And if you already go outside with your dog every day, don't just go on the same walks each time - resolve to find out what your area has to offer, you might be surprised.

Be grateful

As we shift into 2026, remember what matters to you most.

(Article source: Silver Surfers)

All the benefits of lifting weights beyond bigger muscles

Consistent weight training can enhance your strength and flexibility while reducing the risk of injuries and falls.

Silver Surfers reports that when someone mentions weight training, pictures of bulging muscles and chiseled physiques, akin to the ripped lifeguards on Baywatch, may spring to mind.

However, the advantages of lifting weights extends far beyond aesthetic improvements - they can greatly enhance both our physical health and mental wellbeing.

Here are some compelling benefits that go beyond the surface, which might inspire you to start lifting weights – whether at the gym or from the comfort of your own home - in 2026...

Strengthens your bones

Embarking on a weight-training journey could help your bones become denser and stronger.

“Muscle-strengthening exercises help to strengthen bones by stressing them and causing them to renew themselves,” explains Helen Alexander, physiotherapy manager and rehabilitation lead at Nuffield Health.

“The mechanical loading of lifting weights as well as the muscles pulling on bones provides mechanical stimuli that helps to maintain and improve bone health. The result is stronger, denser bones.”

Helps improve your balance and reduces the risk of falls

Strong muscles are key to maintaining balance and preventing falls later in life.

“Ageing leads to a natural loss of muscle strength and flexibility, making it more challenging to maintain balance and stability,” says Alexander. “Loss of strength and balance are two of the most common causes of falls, so building strong muscles is the foundation for preventing falls.

“Exercises that focus on strength in the legs, hips and core can improve our balance and reduce our risk of falls.”

Reduces risk of major health conditions

“Muscle-strengthening activities are known to improve overall health and reduce the risk of many major health conditions,” says Alexander.

“One recent study found that muscle-strengthening activities were associated with a 10-17% lower risk of all-cause mortality, cardiovascular disease, cancer and diabetes.”

Helps boost mood

Lifting dumbbells is not only beneficial for the body, but it also has a positive impact on our mental health.

“Mentally, weightlifting can improve focus and reduce stress,” says Daniel Herman, SAQ coach and founder of Bio-Synergy.

“Exercise triggers the release of feelgood hormones, endorphins, that reduce stress and enhance mood.”

Weightlifting can also play a significant role in building confidence.

“Progress in lifting also helps promotes self-efficacy and a positive self-image,” adds Herman.



Promotes greater mobility and flexibility

“Combining strength and mobility training can help ensure balanced muscle development and joint health,” says Alexander.

“Strength training builds muscle to support joints, while mobility training keeps joints flexible and less likely to be injured.

“When performed correctly, muscle-strengthening exercises can increase the range of motion in your joints, which can lead to greater flexibility and mobility.”

Here are some tips on how to start...

“Start with body weight exercises or light weights to master technique,” recommends Herman.

Seek help from an expert

“Consult a trainer or use credible resources to ensure proper programming and technique,” advises Herman.

Increase resistance gradually

“To begin with, choose a weight that tires your muscles after 12–15 repetitions,” recommends Alexander.

“Once you get more confident, for muscle growth choose heavier weights which tire your muscles after six-12 repetitions. Aim for two-three sets of each exercise.”

Incorporate some recovery time

“It is important to have adequate recovery between muscle-strength sessions, so aim to do muscle-strengthening exercises two-three days a week, spreading the sessions across the week,” suggests Alexander.

(Article source: Silver Surfers)

Do you have an interesting story or article?

*If so, send us an email by visiting:
www.ourplace.co*



Walk on the wild side: 5 fantastic winter walks for wildlife spotting

Whether you're looking to witness birds of prey gliding over snow-covered hills or deer wandering through misty woodlands, we've got it all covered

Winter in the UK may be crisp and cold, but it also brings some great opportunities to catch a glimpse of wildlife in its stunning natural habitat.

As the season transforms the landscape with frosty mornings and quiet, misty evenings, animals adapt to the colder temperatures, offering a unique window into their behaviour.

Here are five of the best places around the UK and Ireland to experience the wonders of winter wildlife and immerse yourself in nature's beauty during the colder season...

Loch Garten Nature Reserve, Scotland

Loch Garten Nature Reserve, renowned as the ancestral home of the UK's ospreys, transforms into a magnificent winter wonderland teeming with wildlife in the colder months.



The freshwater loch, situated near Boat of Garten in the northern part of Scotland's expansive Cairngorms National Park, is surrounded by the towering pine trees of Abernethy Forest, much of which is designated as a Royal Society for the Protection of Birds (RSPB) nature reserve.

Two marked trails can be found here: the Big Pine and the Two Lochs trails. The Big Pine is a half-mile route, taking about 15 minutes, which leads from the Nature Centre car park to the Loch Mallachie car park. This trail takes you through the woodland's highlights, including the impressive 'Granny' Scots pines.

The Two Lochs is a circular 1.7-mile trail that takes around an hour to walk. It leads through the forest, where visitors are encouraged to look out for red squirrels climbing trees, and continues to the picturesque shores of Loch Garten and Loch Mallachie, where goldeneye ducks nest.

Non-RSPB members have to pay an entrance fee to visit the reserve's informative nature centre, which is open between March 1 to October 31. However, the car park and trails are free and accessible throughout the year.

Glenveagh National Park, Ireland

Untouched habitats, safeguarded wildlife and trails that pass by the breathtaking Victorian castle and gardens makes Glenveagh National Park in Ireland the ideal day out for nature enthusiasts.

Located in the heart of County Donegal, nestled within the wild and rugged terrain of the Derryveagh Mountains, the park is home to an array of fascinating animals - including red deer, badgers and the elusive Irish hare.

At the heart of the park lies Lough Veagh, a sparkling lake that is the crown jewel of this natural paradise. Spanning two-and-a-half miles and encircled by towering mountains, its calm waters mirror the magnificence of the landscape. The Lough Veagh Trail, a moderate four-mile loop, provides fantastic views of both the lake and surrounding peaks.

Visitors are encouraged to bring binoculars to get a closer view of the park's diverse birdlife, including the majestic white-tailed eagles and golden eagles, to allow them to fully appreciate their beauty.

Glenveagh National Park is open throughout the year, and entry is free of charge.

Kielder Water and Forest Park, England

Wrap up warm and head to Kielder Water and Forest Park in Northumberland to enjoy some crisp air, wildlife and stunning scenery this winter.

A haven for wildlife, Kielder is home to the largest red squirrel population in England and the biggest man-made lake in Northern Europe.

As you stroll through the large forest, keep your eyes peeled for badgers, roe deer, otters, shrews, bats and a variety of woodland birds.

Kielder offers a plethora of different walking routes for visitors, but there are five short trails suitable for young families which are all accessible via the ViewRanger app.

Richmond Park, England

Richmond Park is not only London's largest Site of Special Scientific Interest but it is also a National Nature Reserve, and it's easy to understand why.

This popular 2,500-acre park is buzzing with a variety of creatures, from historic deer herds to birds and rare beetles.

The gorgeous does and bucks are often sighted in the meadow next to the Isabella Plantation car park during the winter months.

Encircling the park is the Tamsin Trail, a scenic route of just over seven miles, which is a firm favourite among local runners and walkers.

There are seven free car parks around the park - including Pembroke Lodge, Kingston Gate and Broomfield Hill - and there is no charge to enter the park on foot.



Eryri National Park (Snowdonia), Wales

With a light dusting of snow and peaceful trails, Eryri National Park (formerly known as Snowdonia) becomes a wintry paradise in the colder months, offering an excellent opportunity to embrace solitude and the beauty of nature.

It is home to a unique population of wildlife, including the Welsh mountain goat, Carneddau ponies and the rare Rainbow leaf beetle.

Many birds of prey are found high up on the mountains, including buzzards, peregrines, and merlins.

It is free for all hikers, so what are you waiting for? Adventure is calling...

(Article source: The Sun)



Delicious destinations! The best places to travel in 2026 for food lovers

In 2026, the world's most exciting trips begin at the table. From MICHELIN-selected restaurants and hotels to emerging culinary scenes, these 16 destinations, many well-loved and others more off-the-beaten path, are shaping how - and why - we travel now.

Food has become one of the clearest indicators of where the world is going next. In 2026, that pull is felt everywhere, from obvious Italian heavyweights like Venice and the Amalfi Coast - where a smattering of luxury hotels are due to launch and an upscale new train from Paris will serve to sharpen already-famous tables - to places that are only just stepping into the light.

In some destinations, landmark events like the World Cup and big anniversaries serve as catalysts to put these destinations on travellers' maps - as have the recent launches of brand-new MICHELIN Guides.

For instance, in Cebu, Philippines; Wrocław, Poland; and Jiangsu, China, formal recognition doesn't create ambition so much as reveal it, bringing cuisines that have long been cooking with confidence, depth and a strong sense of place to the global stage.

These are the places to go now, according to our MICHELIN Guide Inspectors and our experts on the ground - before the reservations get harder to come by, the prices rise and the rest of the world catches on.

Europe

Venice, Italy (pictured left)

Why go now: A hotel renaissance is about to reset the city's dining scene.

Total MICHELIN Guide restaurants: 62, including two Two-Star restaurants, eight One-Star restaurants and three Bib Gourmands.

Venice enters 2026 with a surge of high-profile openings by hospitality heavyweights on the cards - Orient Express, Cheval Blanc, Rosewood and Airelles are all vying for a piece of the floating city - reshaping how travelers experience and eat. Currently, a handful of local chefs are reworking lagoon cuisine with restraint and confidence, like at the discreet, family-owned and run Vini da Gigio, but spots like these are few and far between, hiding among an inevitable slew of tourist traps. And with the arrival of more high-end hotels by internationally renowned groups also comes the promise of big-name chefs heading up these hotels' swanky restaurants, possibly driving up the dining standards across the city (as well as prices).

The neighbourhoods about to see a shift include the northern indie area of Cannaregio, close to where the Orient Express will open inside Palazzo Donà Giovannelli. The laid-back island of Giudecca, south of the main island, is also set for change as Airelles Venezia prepares to open its doors on April 1, steps from the soon-to-reopen Three-MICHELIN-Key Hotel Cipriani, A Belmond Hotel, Venice.

However, despite the changes in the pipeline, travellers willing to swap sweltering summers and the Biennale period (May 9 to Nov. 22) for quieter, crisp winters will still be able to revel in a calmer Venice, when the city ticks to a slower, more local pace. And of course, when reservations at some of the city's top (old and new) dining spots are easier to come by.

Where to Stay: Venice hotels are spectacular and distinct in their own way, from the Aman Venice inside a palazzo on the Grand Canal, to smaller tucked-away abodes like Madama Venice.

Czechia (Beyond Prague)



Why go now: A nation-wide MICHELIN Guide redraws the map.

Total MICHELIN Guide restaurants: 79, including one Two-Star restaurant, eight One-Star restaurants and 18 Bib Gourmands.

The Czechia's first countrywide MICHELIN Guide pushes attention beyond the capital of Prague, toward spa towns, rural inns and forest-framed kitchens. Potatoes, freshwater fish and foraged mushrooms anchor menus rooted in place and seasonality. And late spring to early autumn reveals markets, cycling routes and river towns at their best.

For our MICHELIN Guide Inspectors, places to bookmark this year for their exceptional food scene are the South Moravian region, known for its mountains, caves, rivers and local produce, as well as the extremely pretty UNESCO spa town of Karlovy Vary, home to the Grandhotel Pupp, which was reportedly Wes Anderson's inspiration for the Grand Budapest Hotel in his 2014 feature film of the same name. For more riverside towns and crystal-clear lakes, South and Central Bohemia should also be on travel lists. Right now, the country feels quietly open and newly confident; a perfect balance for exploring.

Where to Stay: Czechia is scattered with dreamy stays, from One-Key castle hotel Villa Julius a Emma - Luxury Boutique Retreat in Carlsbad to the hip W Hotel in Prague.

The Dolomites, Italy

Why go now: The Winter Games bring global attention - and lasting change.

Total MICHELIN Guide restaurants: 149, including one Three-Star restaurant, two Two-Star restaurants, 34 One-Star restaurants and 18 Bib Gourmands.

Cortina is hosting the Winter Olympic Games Feb. 6-22, making 2026 a turning point for the Dolomites in North Italy, with new infrastructure, refined mountain hotels and increasingly ambitious alpine cooking. Buckwheat, speck and mountain cheeses root menus in the terroir, making them feel local but modern, thanks to chefs looking to techniques outside of the Italian Alps. February offers spectacle, when the setting sun throws electric-pink light on the mountains, while summer rewards hikers with later days and more moderate temperatures, and diners with more varied produce. Visit before post-Games tourism reshapes prices and pace, if you can.

Where to Stay: Bookmark the rave-worthy Two-MICHELIN-Key Forestis, known for its wellness offering, or the chalet-style De Len in Cortina.

Wrocław, Poland

Why go now: A Central European food city steps out of the shadows.

Total MICHELIN Guide restaurants: 22, including three Bib Gourmands.

Wrocław's MICHELIN Guide recognition signals its arrival as a food destination for the high caliber of its local Polish cuisine. Chefs are young and ambitious, reinterpreting Silesian traditions - pierogi, game, fermentation - with modern precision.

Continued on pages 12-13...



A vibrant city, Wrocław has a large young population, thanks to its university, meaning ambition is always bubbling in its restaurants. It's also a gem of a town that's truly off the beaten path. Cafés and wine bars line the Oder River, giving the city a relaxed atmosphere, and in terms of what to see, the old market square area should be bookmarked for its character, as well as the original old town of Ostrów Tumski. Visit in the warmer months, around May or June, and September, during university term time, to really see the city come alive.

Where to Stay: Book to stay at One-Key Hotel Altus Palace for its stately style or the more urban PURO Wrocław Stare Miasto.

Amalfi Coast, Italy

Why go now: A legendary coastline gets a new way in.

Total MICHELIN Guide restaurants: 71, including one Three-Star restaurant, three Two-Star restaurants, 25 One-Star restaurants and six Bib Gourmands.

The launch of Belmond's new train service starting in May will redefine travellers' arrival on the Amalfi Coast. Once there, the food remains elemental - anchovies, lemons, hand-rolled pasta - served with renewed confidence. May and late September are ideal, when kitchens cook for seasonality rather than survival and the coast regains its luminosity.

Where to Stay: There are so many sumptuous hotels on the Amalfi Coast, like the Three-Key Il San Pietro di Positano, as well as more boutique stays like Casa Buonocore.

Middle East

Saudi Arabia

Why go now: A newly launched MICHELIN Guide signals a culinary coming-of-age.

Total MICHELIN Guide restaurants: 51, including 11 Bib Gourmands.

Saudi Arabia's new MICHELIN Guide reframes the kingdom as a dining destination to watch. In major cities Riyadh and Jeddah, chefs reinterpret rice dishes, grilled meats and Red Sea seafood within ambitious new cultural districts.

The scene is mostly local but has an international side picking up pace, with Japanese, Chinese, Lebanese and French cuisines taking off. Also worth noting is that alcohol is not available in Saudi Arabia, though as drinking rates fall globally, this may be an incentive rather than a deterrent for a growing demographic of travelers who drink less if at all.

In terms of when to go, cooler months - November through February - bring terrace dining and festival energy, especially after Ramadan, which takes place from mid-February to mid-March in 2026. For travellers seeking what's next, this is a moment of rare access and momentum in a destination that's bulking up its infrastructure, hotels and cultural offerings as part of its ambition to feature on travellers' must-visit lists before the decade is out.

Where to Stay: From desert stays such as Caravan by Habitas AIUla, to island hotels like Two-Key Nujuma, a Ritz-Carlton Reserve, there's something for every type of traveller.

Asia

Cappadocia, Türkiye (pictured left)

Why go now: Witness a landscape destination's culinary awakening.

Total MICHELIN Guide restaurants: 18, including one One-Star restaurant and five Bib Gourmands.

You'll no doubt have seen images of dozens of hot air balloons floating in orange-tinted skies above this magnificent land of towering rock formations shaped by centuries of natural erosion. However, Cappadocia's MICHELIN Guide debut elevates the UNESCO-listed region beyond its natural wonders.

Cappadocia is the place to taste true local fare: 70% of the cuisine is local, with a growing farm-to-table philosophy. Think clay-pot stews, soups, grilled meats, ancient grains and Anatolian wines, which are now popping up as part of thoughtful tasting menus, often inside cave hotels that double as dining locales.

In general, chefs tend to work with local produce and traditional techniques, including fermentation. Go in April to May and October, which offer balance between dramatic skies, cooler temperatures and tables that match the view.

Where to Stay: There are some wonderful hotels to bookmark in the region, like Two-Key Argos in Cappadocia or a cave hotel like Signature Cave Cappadocia, Trademark Collection by Wyndham.

Jiangsu Province, China

Why go now: One of China's most refined dining destinations steps into focus - and it's still very affordable.

Total MICHELIN Guide restaurants: 73, including five One-Star restaurants and 36 Bib Gourmands.

Jiangsu's MICHELIN Guide spotlights one of China's most elegant regional food traditions - freshwater fish, subtle seasoning and classical technique. In the cities of Suzhou and Nanjing, garden culture is paired with deeply serious kitchens.

Spring and autumn are ideal times to visit as it's not too hot - Nanjing is also known as one of China's Three Furnaces, with temperatures peaking in August - and when seasonal produce defines menus. For travellers seeking depth beyond megacities, Jiangsu knows how to please demanding palates.

Where to Stay: There are a handful of hotels in Jiangsu Province, like the futuristic looking Hualuxe Nanjing Yangtze River or urban Andaz Nanjing Hexi.

The Philippines

Why go now: Filipino food claims its global moment in Manila and Cebu.

Total MICHELIN Guide restaurants: In Cebu, our Inspectors have added 18 restaurants, including six Bib Gourmands, and in Manila, there are 88 restaurants, including one Two-Star restaurant, seven One-Star places and 19 Bib Gourmands.

With MICHELIN Guides in Manila and Cebu, Filipino cuisine gains overdue international framing. While the hotel and dining scenes here are already buzzing, a host of local young chefs with independent styles are now leading an emerging wave of food culture steeped in balancing traditional and international techniques.

Still at the heart of Manila's local cuisine are savoury staples such as sisig, sinigang, inasal and adobo. These dishes showcase a balance of sweet, salty and acidic flavours through the skilled use of regional fruits, spices and cooking techniques like marinating and grilling. Our Inspectors also noted that there's an abundance of fresh produce year-round, thanks to the great weather, which is the real cornerstone of Filipino cuisine.



In terms of vibe, Manila is a sprawling metropolis with a mix of traditional neighbourhoods and skyscrapers, and this contrasting setting mirrors the various influences in its food scene. The city buzzes with modern dining rooms that mix American, Chinese, and Spanish influences, while Filipino food is a blend of the country's diverse traditions.

In the south of the country, the coastal city of Cebu - the second-largest metropolitan area in the Philippines - is a well-developed, iconic destination known for its beaches and swanky resorts. Here, the developing food scene is very much focused on seafood. January to March offers the best weather, best produce and best atmosphere.

Where to Stay: Manila has a handful of good-quality hotels, like the Grand Hyatt Manila for a rooftop pool or Shangri-La the Fort for top service. In Cebu, the One-Key Dusit Thani Mactan Cebu Resort or Crimson Resort & Spa Mactan are great beachside options.

Continued on pages 14-15...



North America

Route 66, USA

Why go now: A century-old road and its restaurants find new relevance.

Total MICHELIN Guide restaurants: Start in Chicago (105 restaurants, including one Three-Star, four Two Stars, 15 One Stars and 33 Bib Gourmands) and finish in Los Angeles (165 restaurants, including two Three-Stars, three Two-Stars, 20 One-Stars and 42 Bib Gourmands).

The 100th anniversary of Route 66 makes 2026 the definitive year to drive it. Across eight states, diners, barbecue joints and motels are being revived with care, ready for a fresh wave of visitors. Events will span the route's 2,448 miles, from Springfield, Missouri's centennial kick-off in April to Tulsa's Capital Cruise in May - a bid for the world's largest classic-car parade - and Amarillo's 10-day Texas Route 66 Festival in June. The anniversary also spotlights Indigenous histories, with programs at Albuquerque's Indian Pueblo Cultural Centre and Oklahoma City's First Americans Museum.

In terms of the food - pie, smoked meat, chilli - it grounds the journey in local staples. And big news for the region this year: We're launching a MICHELIN Guide for the Southwest, covering Arizona, Nevada, New Mexico and Utah. It highlights the region's top dining destinations, including along Route 66, so watch this space if you're planning to visit.

For now, MICHELIN Guide adepts can follow our Inspector recommendations for where to get their fill of quality plates at the start and end of the route in Chicago and Los Angeles, where we already have Guides. In terms of when to visit, while many travellers opt for summer, it does get hot; so plan for late spring and early fall for milder temperatures and less traffic on open roads that drive you right to the heart of storybook Americana.

Where to Stay: Route 66 has several stays worth making note of, like ARRIVE Albuquerque, a great option housed in the former '60s Downtowner Motor Inn. In Chicago, hotel options are plentiful: Go for the Two-Key Pendry. In Los Angeles, the Three-Key Hotel Bel-Air Dorchester Collection is one of our top picks.

The American South

Why go now: MICHELIN Guide recognition reshapes the southern side of the country's culinary narrative.

Total MICHELIN Guide restaurants: The MICHELIN Guide American South 2025 includes one Two-Star, 18 One-Stars, 50 Bib Gourmands and 159 selected restaurants across Alabama, Atlanta, Louisiana, Mississippi, North Carolina, South Carolina and Tennessee.

Across the American South, a new culinary clarity is taking hold. In Alabama and Mississippi, chefs elevate regional staples with restraint; Atlanta anchors innovation; Louisiana deepens its Creole and Cajun authority; the Carolinas refine seafood and whole-hog traditions; and Tennessee sharpens its smoke-driven identity.

Philadelphia, USA

Why go now: The city's food scene steps out of the shadows.

Total MICHELIN Guide restaurants: 33, including three One-Stars and 10 Bib Gourmands.

Philadelphia's MICHELIN Guide recognition crystallises what locals have long known: This is one of the country's most dynamic dining scenes. Chefs here cook with confidence rather than spectacle, blending immigrant traditions with seasonal mid-Atlantic sourcing. Here, expect neighbourhood restaurants, not white-tablecloth locales. Go in May to June or September, when markets peak and the city's walkable neighbourhoods reward lingering from table to table. Adding to the city's allure in 2026, is the World Cup, which Philadelphia will be co-hosting, as well as yearlong celebrations marking America's 250th anniversary as an independent country from the United Kingdom.

Where to Stay: Among hotels to stay at in Philadelphia, ROOST Midtown is a super stylish option, as is Anna and Bel, which has a MICHELIN Key.

Québec, Canada (pictured left)

Why go now: Terroir-driven cooking with a French focus earns global clarity.

Total MICHELIN Guide restaurants: 102, including one Two-Star, eight One-Stars and 17 Bib Gourmands.

Québec's MICHELIN Guide elevates a food culture built on seasonality, restraint and French influences. Montréal's inventive bistros coexist with rural tables celebrating maple, game and cold-water seafood. September is ideal, when harvest flavours peak and landscapes glow. In 2026, Québec feels fully international - distinct, grounded and quietly expressive.

Where to Stay: High-end Hôtel Place d'Armes (One MICHELIN Key) is a favorite place to stay in Québec, as is the laid-back Petit Hotel, also with One Key.

Vancouver, Canada

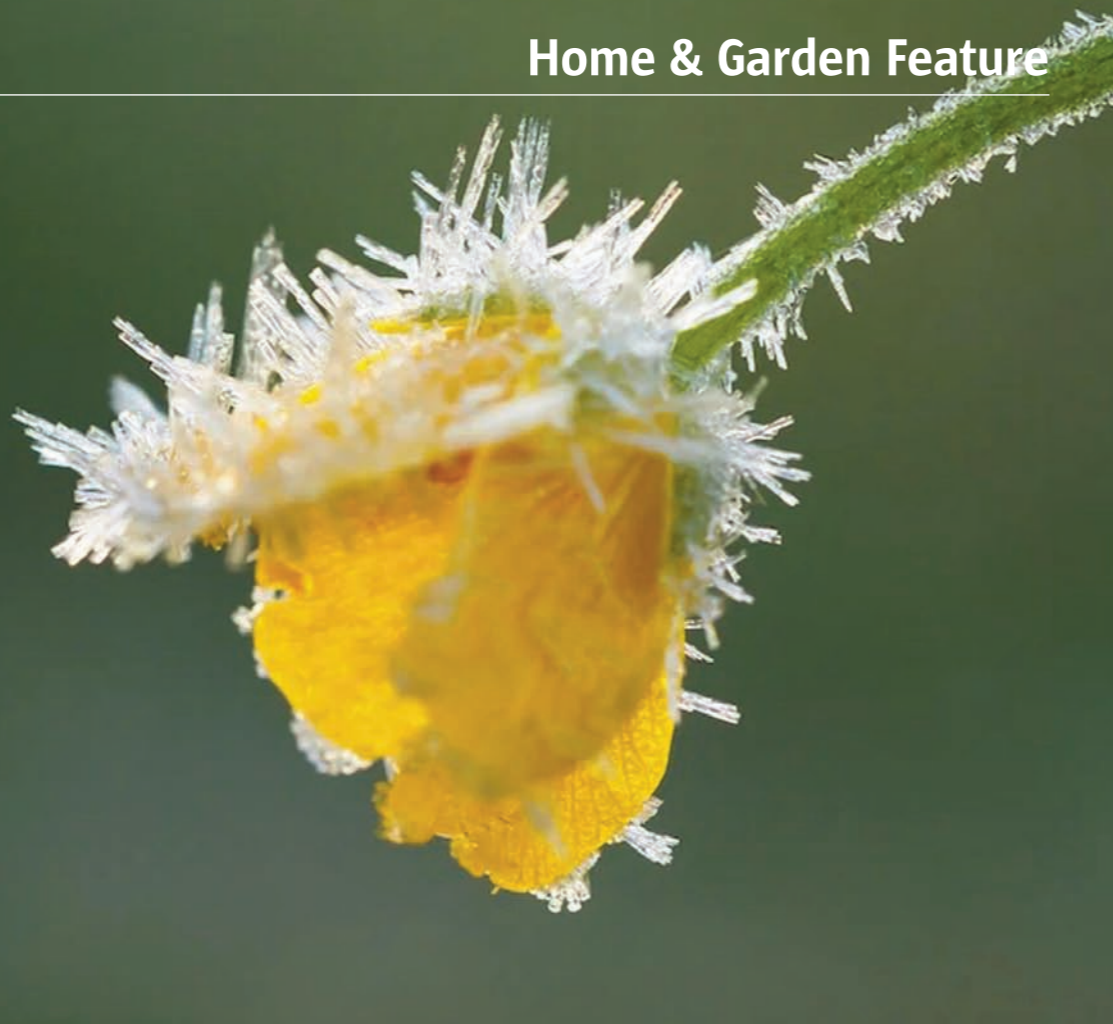
Why go now: The World Cup football tournament sharpens an already great food city.

Total MICHELIN Guide restaurants: 76, including 12 One-Star restaurants and 15 Bib Gourmands.

As a 2026 World Cup host city, Vancouver steps onto a global stage it's long deserved. The city's culinary strength lies in its Pacific geography and cultural mix: pristine seafood, Asian influences and a growing spotlight on Indigenous cooking. New waterfront developments and hotel openings add momentum.

Where to Stay: We have a handful of top hotels on our books, including the Rosewood Hotel Georgia, which has Two Keys, and the more intimate Wedgewood (One Key).

(Article source: Time Out)



Winter work: How to avoid plant losses, flowering disappointments and container catastrophes

While it's still cold and the wintry conditions continue, here's a simple 10-point checklist to help your garden get through the winter.

As winter begins to make itself known, you may want to hibernate in front of a roaring fire - but there are some jobs that just won't wait unless you're prepared to have to do more work, and spend more money, next year.

So, put on your woollies and your wellies and brave the elements before it's too late, with these jobs that won't wait...

Protect vulnerable plants

Any plants that aren't totally hardy will need some protection outdoors. Cover vulnerable plants with cloches or horticultural fleece if harsh frost is forecast and protect newly-planted trees and shrubs over the winter with windbreaks, or wrap a cosy blanket of hessian or horticultural fleece around them.



Plant bulbs sooner rather than later

Tulips are best planted at the beginning of November, but try to get all your bulb planting done by then or you may have problems digging planting holes in your borders as the ground hardens up during winter.

Watch out for windy weather

Prepare for winter winds by removing dead or decaying branches on established trees. Check the stakes of newly-planted trees are secure and make sure that fences, trellises and other structures which prop up climbing plants are all secure enough to withstand high winds.

Get pruning

Once the leaves have fallen from ornamental trees such as acers and sorbus, you can prune them lightly while dormant, to keep their framework neat.

Do the same with young trees and shrubs to give them a good framework from the get-go. Many shrubs, however, can be left for pruning in late winter and early spring.

Avoid cracked pots



If you have terracotta pots that aren't frost-hardy, clear them out of any plants and compost, wash them and store them under cover in a frost-free place such as a shed.

Protect pots containing permanent plants of borderline hardiness by grouping them together in a sheltered spot and wrapping them with hessian or horticultural fleece.

Keep weeding

Although the growth of weeds will slow down as the weather gets cooler, they will spring up again next year unless you catch them now, so dig up as many as you can before the ground becomes too hard to work.

Look after fish

If you have fish in your pond, stop the water from freezing by floating a ball on the surface, or consider installing a pond heater.



Move plants

If you want to switch plants around, or just need to lift and divide overgrown clumps, do it now while the ground is still soft enough to work. You'll be able to fill any gaps leftover from summer, while dividing plants will also give you a chance to do some repeat-planting in your borders, which will create a rhythm in your garden next year.

Plant and harvest

There's still time to plant winter salads such as pak choi in the garden, but make sure you cover crops with fleece to protect them from winter weather.

Harvest vegetables including kale, spinach, turnips, parsnips, winter cabbage and the first Brussels sprouts, but make sure you stake your plants with canes now as they can become quite large and you don't want the sprouts to touch the ground.



Order seeds and plants

When you do come into the warm, flick through the latest seed catalogues and don't delay ordering to guarantee you get the varieties you want before they run out of stock.

(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

