



THE STRUTS

Great balls of fire! Are these retro rebels the future of rock?

NO HOLDS BARRED
The female wrestlers giving sexism a smackdown

QUEEN OF THE STONE AGE
Grand Canyon National Park turns 100

WINGING IT
Learning to fly like Captain Marvel



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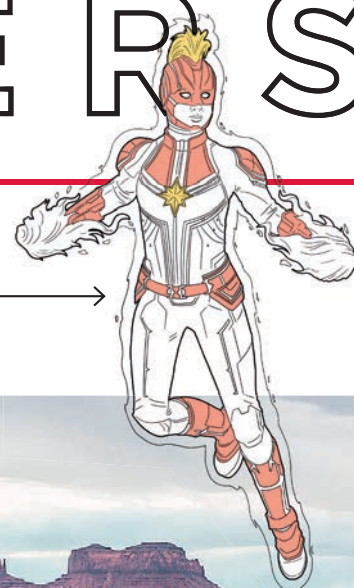
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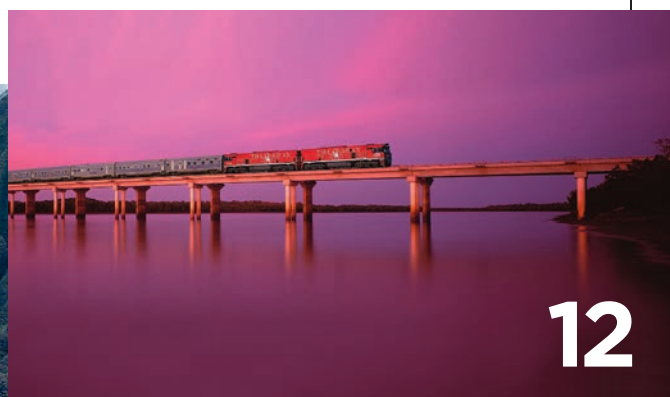


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- Art Editor**
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- Associate Editor**
Matt Glasby
- Photo Director**
Tracey Griffin
- Deputy Picture Editor**
Katie Byrne
- Assistant Picture Editor**
Gemma Roberts
- Publisher**
Alice Temple-Latter
+44 (0)20 7625 0822
- Brand Partnerships**
Louise Tilley
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SHOTS

RUNNING TIME APPROX 15 MINS

STARRING PIXAR, PRISONS
AND PUNK ROCK

↓ Small mercies

Could there be a happy
ending in store for Dumbo
and his friends?

Watch **Dumbo**
onboard now

Remaking *Dumbo* was never going to be easy. And when Tim Burton announced his live-action version, Peta wrote an open letter asking for Dumbo and his mother to have a “truly happy ending by living out their lives at a sanctuary”. But Burton didn’t need prompting. You’ll have to watch to see what happens, but Peta was impressed.

The life of a circus elephant can be cruel, but living in the wild is dangerous too. “When I was born there were a million elephants roaming Africa,” wrote Prince William in the foreword to new book *The Last Elephants*. “By the time my daughter Charlotte was born in 2015, the numbers had crashed to 350,000. At the current pace of illegal poaching, by the time she turns 25 the African elephant could be gone from the wild.”

With contributions from acclaimed conservationists and wildlife photographers, *The Last Elephants* hopes to stem the tide of poaching and hunting. “Is the title prophetic?” ask authors Don Pinnock and Colin Bell? “We hope not.” **CB** *The Last Elephants* by Colin Bell and Don Pinnock (£25, *Smithsonian Books*) is out now

Scoring points

As a new TV show celebrates the rivalry between tennis stars Rafael Nadal and Roger Federer, we tot up their career totals

RAFAEL NADAL		VS	ROGER FEDERER	
WINNER	2	WORLD RANKING	3	
	18	GRAND SLAM TITLES	20	WINNER
WINNER	23	WINS VS EACH OTHER	15	
	217	FASTEST SERVE (kmph)	230	WINNER
	196	WEEKS AS WORLD NO.1	237	WINNER
WINNER	3	LAST VS MATCH	0	

Watch **Sporting Rivalries** onboard now



↓ Lava actually

The romantic life of a volcano is the subject of a stunning Pixar short

Can you still call *Lava* a short even though it's set over 100,000 years? Pixar has never clung to convention in its animated films, and this six-minute epic is no different. Set in Hawaii, *Lava* is a heartfelt mini-musical about a lonely volcano who wants to find someone to love (or "lava" as the song goes).





Writer/director James Ford Murphy, a huge fan of the Aloha State, found himself compelled to tell a story that touched on his love of Hawaiian music and culture. But he also wanted to delve into the islands' extraordinary geology.

"I took my family on vacation to the Big Island," Murphy told Gizmodo. "On the last day we were walking through this shopping mall that had this diorama of the Big Island, and the five volcanoes that formed it had all merged together over time. But then there was this little sign on the bottom that said 'Lo'ihī.' And I was like, 'What's Lo'ihī?' I found out that it's an underwater volcano that is slowly going to connect [to the Big Island]. And that blew my mind, because I thought, 'Does Lo'ihī know that the Big Island is up there? And does the Big Island know that Lo'ihī is down there?'"

In the film, the Big Island volcano is called Uku, and Lele is meant to represent Lo'ihī. The story charts the 100,000 years that they spend finding their way to one another. Unsurprisingly, the ukulele (Uku and Lele – get it?), Hawaii's signature instrument, dominates *Lava's* catchy soundtrack. The song was written by Kuana Torres Kahele and Napua Greig, and is a homage to Israel Kamakawiwo'ole's powerful rendition of *Over the Rainbow*.

Their beautiful voices bring life to the volcanoes, but the animation is just as vibrant. Pixar ensured that the physical features of Hawaii's dramatic coastline were faithfully recreated, from the lava fields of Kilauea to the magnificent Papalaua Falls. The results are so gorgeous, we doubt there's a more enchanting film about Hawaii out there, big or small. **CB**

Kauai's Na Pali coast (top) was the inspiration for Uku the volcano (above)

 Watch *Lava* onboard now

Ashley Jensen

The *Catastrophe* star on solving crime in stilettos as Agatha Raisin

What was it like playing Fran in *Catastrophe*?

"It was brilliant fun. It's a character that's a little bit vile. They're all kind of awful in the show and they have unappealing traits. That's what makes it so interesting. Saying controversial stuff on camera is liberating – that's why a lot of actors like playing the bad guy."

How was sharing the screen with Sharon Horgan?

"She was such a generous actor to work with. Sometimes you'd do something and she'd just laugh in your face, which is a bit like working with Ricky Gervais. The thing with Sharon and Ricky is that they don't compromise and are really brave. They say, 'I'm doing this!' and get away with it and people want more."

Now you're the lead in detective show *Agatha Raisin*. Is that much more pressure?

"The main pressure I felt was: oh good god, don't get ill. You should see the vitamins I take. I literally have no life. I do my work and then I go – I have to get sleep, I've got to drink water and I've got to try and eat well."

Agatha's known for her stilettos. Is it tough negotiating the countryside in high heels?

"Yeah, I like a challenge. I tried the shoes and said, 'These look great,' then on set I go, 'What was I thinking?' They look great, but I have to scale a wall!"

You've been outspoken about equal pay. Have you seen change in the industry?

"We're just scratching the surface. I think it's perverse that we're still having a conversation about equal pay for women. There is the beginning of change occurring. Things have been acknowledged and only by voicing things can change happen. But it will take a long time because it takes more women to be in positions of power." PDV

Watch
Catastrophe
onboard now

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Climb aboard The Ghan – as seen on Slow TV – for a thrilling ride through the outback

When it comes to the world's greatest rail trips, all true train buffs know that the journey matters just as much as the destination. And although The Ghan might not have the prominence of the Trans-Siberian Railway, or the glamour of the Orient Express, this 2,979km parabolic track, which cuts through Australia's red centre from the heat of Darwin to the coastal cool of Adelaide, is one of the best.

The Ghan is short for the Afghan Express, a name that relates to the Afghan camel drivers who arrived in

Australia in the late 19th century and opened up the centre of the country. The first steam-powered train ran from Adelaide to Alice Springs in 1929, and the track was extended to Darwin in 2004.

Thankfully, today's excursions are a little different to 90 years ago. Passengers have their own luxurious cabins, can sip robust Aussie wines in the bar carriage and dine on gourmet three-course meals. The three-day and four-night itinerary stops off at Katherine (home to the picturesque Nitmiluk National

Park), historic Alice Springs and Coober Pedy, where *Mad Max Beyond the Thunderdome* was shot.

But the real draw is the trip itself. Travelling on The Ghan is all about the rhythm of the train, the endlessness of the pantone-coloured sky and the sparseness of the ochre landscape. With galloping horses, grazing cattle, soaring eagles and termite cathedrals to see you've got a private *Planet Earth* show taking place on the other side of the window. So what you waiting for? All aboard! **CB**

PHOTO GETTY IMAGES

Family ties

The Aftermath's Alexander Skarsgård comes from a famous acting clan. Here are the biggest names

Watch **The Aftermath** onboard now



The patriarch: Stellan (68)
From *Good Will Hunting, Thor, Mamma Mia!*
Say what? "I've tried to teach my children to question everything... It makes for extremely loud gatherings."



The eldest: Alexander (42)
From *True Blood, The Little Drummer Girl, Big Little Lies*
Say what? "Dad was always walking around naked with a glass of wine. He didn't care if there were people he didn't know there."



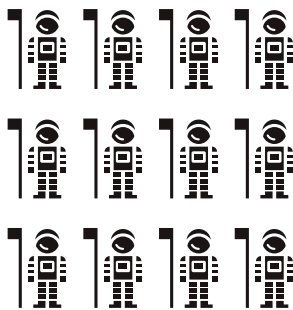
The younger brother: Gustaf (38)
From *Westworld, Vikings, The Way Back*
Say what? "It was very easy to dismiss Alex as a superficial bimbo whore. And I did for many years."



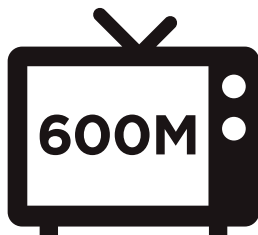
The black sheep: Bill (27)
From *Atomic Blonde, Castle Rock, It*
Say what? "I've never been worried that I will be compared to my brothers, or not be as good." **MG**

Cold hard facts

For the 50th anniversary of the moon landing, we crunch the numbers



Number of people who have walked on the moon



Number of people who watched the landing on TV



Pairs of moon boots left on the surface over the years



240,000

Miles travelled from Earth to the moon. It took 76 hours. **MG**



Hours Neil Armstrong and Buzz Aldrin spent on the moon



Seconds of fuel remaining when Apollo 11 landed

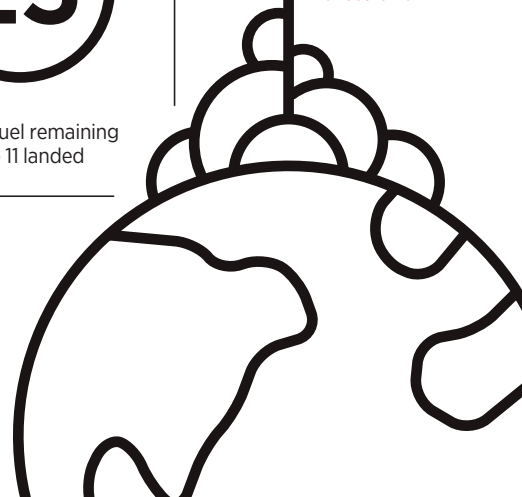


Days Neil Armstrong and co spent in quarantine back on Earth

\$33.31

Total travel expenses claimed by Aldrin

Watch **First Man** onboard now





Inside story

Hooked on *Escape at Dannemora*? Former Alcatraz guard Jim Albright opens up about real-life prison breaks



When Jim Albright went to work at San Francisco's Alcatraz island prison in 1959, he was 24 years old with no experience, but he soon got into the swing of things. "The day-to-day work would almost become boring until a fight, stabbing, assault, attempted murder, or even attempted escape happened," he says now. "That's when things got very busy and exciting!"

Besides guarding the likes of Bumpy Johnson, "the Al Capone of Harlem", and Boston gangster James "Whitey" Bulger (subject of the 2015 film *Black Mass*), Albright was at Alcatraz at the time of the famous 1962 escape (see below). "John Anglin, the older brother, worked for me in the clothing room," he recalls.

"When he and two fellow prisoners escaped, most guards thought they had drowned, while the inmates, of course, insisted that they made it."

Albright stayed at Alcatraz until its closure in 1963, when he was last guard on the island. If – god forbid – he was jailed could he escape? "I think with my experience I'd have a head start," he says. "However I would not attempt it. For the few 'successful' attempts you've heard about at Alcatraz there were countless escapes that never even got close."

A good example is John Paul Scott, the last prisoner to try his luck, who washed up half-drowned on a rock just 75 metres away. Says Albright, "The current nearly killed him, even with the makeshift water wings he'd crafted from blown-up surgical gloves. And that was the *only* thing the current hadn't torn off his body!" MG

Watch *Escape at Dannemora* onboard now

Freedom fighters

How the 1962 Alcatraz escape went down



Assigned adjacent cells, prisoners Frank Morris and John and Clarence Anglin plot to escape on 11 June, 1962.



Using tools fashioned from spoons and discarded saw blades, they dig out the vents at the back of their cells.



To cover their tracks, they leave dummy heads made of soap, concrete powder and hair from the barber's.



They hit the water on an inflatable raft made of stolen raincoats. None of the three are ever heard of again.



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Name game

What makes up *Alias Grace*, a historical mystery by Margaret Atwood?

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The Handmaid's Tale

×



Agatha Christie

+



Canada

=



Alias Grace

Watch *Punk* onboard now



All the rage

In honour of Punk, a new TV series, Legs McNeil looks back in anger at the genre he helped forge

The great thing about punk rock is that there aren't any rules," says Legs McNeil. "You can invent yourself to be whatever you want. And that makes punk intoxicating."

McNeil is uniquely qualified to talk about the fast and furious music genre that emerged as a counter to the excesses of 1970s rock. In 1976, alongside cartoonist John Holmstrom and publisher Ged Dunn, he launched *Punk* magazine. While he admits it was created to score free booze and pick up women, it gained iconic status and helped give the punk movement its moniker. "I came up with the name *Punk* after hearing cops on TV call bad guys 'punks'," says the writer.

McNeil appears alongside Sex Pistol John Lydon (*above right*), Blondie's Debbie Harry and The Ramones' Mark Ramone on Iggy Pop's

documentary series *Punk*, which looks at the birth of the scene. McNeil spent a lot of time interviewing rock legends like Lou Reed. "He was an asshole," McNeil recalls. "When we met him at New York's CBGB he was eating this giant cheeseburger and even though we didn't have any money, he wouldn't give us a bite. I wanted to hang out with the Ramones instead."

While 45 years have passed since punk's golden age, "There's this enduring fascination because punk was authentic and there is not much authenticity left," says McNeil, whose 1996 book *Please Kill Me: the Uncensored Oral History of Punk*, co-written with Gillian McCain, is the definitive account. "The singers and bands were more real and stayed true to themselves." pdkvpleasekillme.com

PHOTOS BETTY IMAGES, ALAMY



Drogon (Game of Thrones)

"In normal gravity, Drogon would be too heavy to fly, let alone walk. The fact he goes north of the wall into the colder regions means he's either warm-blooded or has an antifreeze-like substance in his blood like the Siberian salamander."

Scales pitch

Could dragons exist in real life? Herpetologist Rachel Keeffe of the Florida Museum of Natural History fact-checks these film fire-breathers

Elliot (Pete's Dragon)

"No animal can turn invisible like Elliot. Some octopuses and squid can change colour, texture and pattern to blend in. And some lizards and frogs can change colour to help camouflage themselves or adjust their temperature."



Smaug (The Hobbit)

"Reptiles only hibernate for a few months, so it's unlikely Smaug would have lived on his gold for over 100 years without eating. They do like warm places to rest, though, like hiding underneath a sheet of aluminium."



Toothless (How to Train Your Dragon)

"His behaviour is more like a cat or dog than a reptile. Lizards and snakes make good pets, but aren't very energetic. Unlike Toothless, real animals can't shoot fiery plasma from their mouths, but spitting cobras can shoot venom from their fangs up to 6.5ft away."



Draco (Dragonheart)

"Like Draco, reptiles can swim great distances. Mosasaurs (an extinct group of marine reptiles) lived in water; saltwater crocs can swim miles; and sea turtles can hold their breath for hours." PDV



Watch **How to Train Your Dragon: The Hidden World** onboard now



FOR GOOD:
UP TO THE
CANYON

37

HOW TO TRAIN
LIKE CAPTAIN
MARVEL



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FEATURES

RUNNING TIME APPROX 25 MINUTES



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Warrior princesses

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HOW TO TRAIN
LIKE CAPTAIN
MARVEL

Having



a

Born in the UK, made in the USA,
glam rockers The Struts are
on a mission to rule the globe


ANDREW
DICKENS


DAVID
TITLOW



ball

T

The Struts are up to their necks in balls. Plastic balls, for anyone sniggering. Plastic balls, in a ball pit, in a ball pit-themed bar called Ballie Ballerson in east London. These balls will be the setting for this afternoon's photo shoot, so nobody needs to be in there just yet. Plus the four heads bobbing above the balls all have hangovers. Neither of these things has stopped the band from taking an early dip.

The same can't be said of their stage manager, Tom Gent, also hungover, who has just retrieved the band's elaborate stage outfits in readiness for when the serious ball play begins. It turns out they don't smell as good as they look. "I nearly puked," says Gent. "They were only hosed down after the last show. The places we play don't tend to have washing machines."

If you're thinking, "Who are The Struts?" then literally they are: Gethin Davies on drums; on guitar, Adam Slack; Jed Elliott on bass; and on vocals, Luke Spiller. But if you're asking, "Who are The Struts?", an altogether deeper question, then this scenario gives us some clues: these glam rockers like to dress up, they work up a sweat onstage, they're fun enough to writhe around in a ball pit hungover, and they're not *quite* big enough to demand a post-gig laundry service. Not yet, anyway.

But then their career has been always somewhat unorthodox. Formed by Slack and Spiller in Slack's hometown of Derby in 2012 (Davies and Elliott later replaced the original rhythm section), the band's early years brought mixed results. The success of their first album, *Everybody Wants* in 2014, was balanced by gigs where they practically outnumbered the audience.

It could, they admit, have broken them, but after signing for American label





Interscope Records in 2015, they relocated to LA, from where they kicked off four years of back-breaking, head-aching, costume-drenching touring, mostly across America. As a result, they're much bigger Stateside than they are at home.

"I think everything happens for a reason," says Spiller, the frontman in interviews as well as onstage. "It does frustrate you, but I think that's good. If everything had come to us really quickly, we wouldn't appreciate the taste of it when it does. A lot of British bands would give their right arms to be in the position that we're in."

"One of the things I hate," says Davies, "is going home and family members are like, 'When are you going to get a real job?' I'm >

"We're the hardest-working band in the industry, no doubt. We're on the road 260 days of the fking year"**

Previous, from left Adam Slack; Luke Spiller; Jed Elliott; Gethin Davies

like, 'No, I'm doing really well in America. It's a career!' They just don't see it."

"It's also made us a much better band," continues Spiller. "We're the hardest working band in the industry, no f**king doubt. Nine out of 10 bands I see on social media are on tour three months of the f**king year and then they're writing in a cottage somewhere in Kent. The Struts are on the road 260 days of the f**king year and always doing something."

One look at their diaries confirms this. The hangovers are courtesy of a very brief hiatus from a punishing tour schedule (Spiller is teetotal on the road). They're making the most of the free time: Davies is tiling his bathroom, Elliott is spending some time with his girlfriend (Little Mix's Jade Thirlwall), while Slack and Spiller will be working on writing songs, before Spiller spends the rest of it "in the pub".

If you're wary of new music, then The Struts are the band for you – young, fresh, but freighted with rock history. If you hear them and don't think of Queen/the Rolling Stones/AC/DC/Slade, then you're either too young to know those bands or you've spent the last 50 years in a monastery. Their look, too, is classic: long-haired, tight-jeaned and sexy with notes of vintage 1970s leather.

"There's a cheesy lyric in one of our songs that says, 'We're the future with the flavour of the past,' explains Slack. "I think that's pretty accurate."

"It is cheesy when you say it like that, isn't it?" says Davies, smiling.

"Our music crosses a lot of generations," continues Spiller. "The shows that have no age restrictions are the best ones, because you'll have the entire family come along – which is quite ironic because it's not really a family show. It's quite dirty. It sounds



familiar enough to people in their forties and fifties, but for younger kids it sounds super-fresh. It's like nothing else that is happening at the moment."

"It's quite amazing," says Elliott. "You'll have the girls at the front and it will go back in age order. As Luke said, we've met kids that are just learning guitar who'll say, 'You've made me want to play music.'"

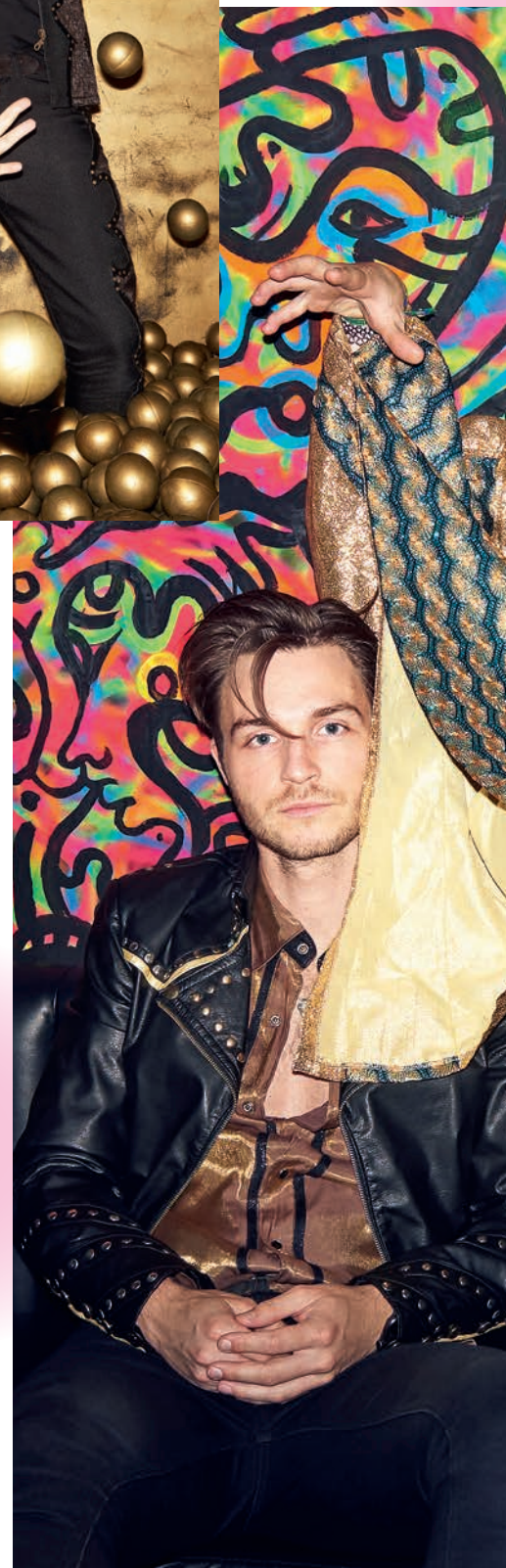
The music is, in the British sense, superbly glam. It's raucous and uplifting and anthemic and floor-filling. It's music that has you pointing rhythmically towards the rock gods with both index fingers, as if repeatedly poking a very tall person in the nipples. Crucially – because goodness knows it's needed right now – it's also music with a sense of humour.

"Let's be candid," says Spiller. "Our music definitely has elements where we're borrowing things, if not outright stealing at certain points. What makes The Struts unique is taking those things, working them in a different way and being experimental."

"When you're The Struts in 2019, and your music couldn't be further away from what the majority of people are doing, you have to approach it with humour, because you can't sit there and pretend that what you're doing is totally original. There are bands who will emulate things from head to toe and present themselves like they f**king came up with it to begin with."

"But we're not a joke," adds Slack.

Indeed not, but they are fun, especially when they're performing live. Don't forget those sweaty costumes – do you think dull musicians dress like *that*? >



“There’s a cheesy lyric in one of our songs that says, ‘We’re the future with the flavour of the past.’ That’s pretty accurate”







While just about every magazine article refers to Spiller's physical and sartorial similarities to mid-1970s Freddie Mercury, it's the stadium-filling vocals and hypnotic stagecraft that are his most Queenly attributes. And it's not just him: they're all electric eels on stage, writhing and sparking and emitting an energy felt by even the least demonstrative of gig-goers.

"Regardless of whether there's anyone there or they're not into you, f**king enjoy it," says Slack. "Pretend that it's Wembley Stadium. I like the challenge – we all do – of winning people over. There's a half-empty amphitheatre with dudes staring at you like, 'I'm not going to stand up.' Then you get them up at the end and you're like, 'F**k yes, I've done it!'"

Like anything that looks effortless, it takes a *lot* of effort. Gent (who's also Slack's cousin) is one part of a well-oiled Struts machine that leaves nothing to chance.

"The building up of the show is serious," says Spiller. "There's a lot of thought that gets put into everything. Nothing that you see or hear is done on a whim. But the message of the show is that we encourage people to let themselves go, so you have to add in an element of humour. I can't think of a worse way of encouraging people to have fun than being super-serious."

"I think we take the creativity seriously," adds Elliott. "The music's taken seriously, but I think we don't necessarily take ourselves seriously."

Some very influential people do, though. Alice Cooper appears in the video to *Primadonna Like Me*, which Robbie Williams declared his "new favourite song". Elton John played them on his Beats 1 radio show. They've also supported rock legends such as Mötley Crüe, The Who and the Rolling Stones, and last year they toured with Foo Fighters, leading Dave Grohl – the presiding Godfather of Rock – to declare them "the best opening band we've ever had". (Spiller

"Regardless of whether there's anyone there or they're not into you, fking enjoy it. Pretend that it's Wembley Stadium"**

joining the Foos for *Under Pressure* is well worth a trip to YouTube.)

But The Struts want to be more than the World's Best Support Act, they want to be the World's Biggest Band. And if – sorry, when – that day finally comes, they're ready.

"When the time is right it's going to be great, because we've already got a f**king headstart on all our contemporaries," says Spiller. "It'd be fantastic if we get an opportunity to do Glastonbury, or the main stage of Reading or Leeds when it's televised. We've had so much big stage experience that we would absolutely f**king blow everyone out the water and everyone would be like, 'Who is this band?'"

You know the answer by now. ■

 **Listen to The Struts**
onboard now

Make-up Alexis
Day at Premier &
Lindsay Bown
Location Ballie
Ballerson





JAMIE
LAFFERTY

ROCK OF





As the Grand Canyon celebrates its 100th anniversary
as a national park, the rangers explain its enduring appeal

AGES



Above
The mighty
Colorado River at
Horseshoe Bend

The fourth season of the brilliant US sitcom *Parks and Recreation* sees Chris Pratt and Aubrey Plaza standing, marvelling, on the precipice of the Grand Canyon. It's a rare moment of sincerity in a show almost permanently focused on laughs. "It's so much more beautiful than I could even have ever imagined," says Pratt as Andy. "Yeah, I'm trying to find a way to be annoyed by it," says Plaza's famously cynical April, "but I'm coming up empty."

These characters may have come for the view, but the Spanish conquistadors – the first Europeans to lay eyes on the Grand Canyon some 500 years ago – came looking for a city of gold. They didn't find it, of course, but it's hard to imagine that they were disappointed with what they discovered instead. Surely they felt the same leap of excitement, the same disbelief as visitors today? Either way, it's essentially the same view: a vast chasm stretching further than the eye can see, something like a jelly mould for an entire mountain range.

"That's one of the jokes that we have around here," says James Surveyor, a representative of the Hopi community in Moenkopi, Arizona, an hour east from

the canyon. "We say that 1540 was the first guided tour of the Grand Canyon. Language would definitely have been a barrier, but the Hopi understood that the Spanish were looking for something amazing, so they probably assumed it must be [the Grand Canyon.] It's always been amazing to us."

This year the Grand Canyon celebrates 100 years as a national park, making it one of the oldest in modern America. But for the Hopi and the other ten tribes of the Colorado river, it has a much, much deeper history.

"It's the place of our emergence," explains Surveyor. "It's our belief that our people came from there, at the confluence, to this fourth world. It definitely holds a lot of sacred value for us."

Today, the Grand Canyon is the second-most popular national park in America by numbers, thanks largely to its ease of access on the South Rim, which is open

It's a vast chasm stretching further than the eye can see, something like a jelly mould for an entire mountain range



year-round. The Great Smoky Mountains in Tennessee and North Carolina is the most heavily visited, but then it does have a highway running through the middle of it.

Over the last few years, there has been a surge in visitors to the Grand Canyon, rising from 4.3 million in 2011 to 6.4 million last year. But how does Surveyor feel about so many people tramping on so much sacred ground?

"The park itself does a fairly good job of sharing Native American connections to the Grand Canyon, especially when you take one of their bus tours," he says. "I was surprised that they share a good deal of information, but of course if you want to learn that bit more about it all, we'd encourage you to visit with a Hopi guide, much like the Spanish did."

Offering a free hop-on-hop-off service for as many perspectives as possible, these bus tours are an essential way of navigating the South Rim. The North Rim is comparatively wild – higher in elevation, colder, and open only in the summer. A significant number of its visitors are the brave, masochistic souls who opt to hike from one rim to another over three or more gruelling days.

The knock-on effect of the National Park Service's own centennial in 2016 is thought to be one of the reasons so many more people are coming to the Grand Canyon (and national parks generally) today, but perhaps mercifully for the park rangers onsite, the majority do not hang around.

"Most people are just here for the day, normally as side trips from Vegas or Phoenix, or they're doing big road trips and visiting other national parks," says ranger Ty Karlovetz, who has been here for eight years. "You might not think that the canyon changes very much, but every year there are rockfalls and landslides. Over time, you see a lot of that – the average day visitor might not notice, but it does change."

Like many of his colleagues, Karlovetz advises visiting in spring or autumn, when the weather is cooler and the crowds smaller. Summer is still the most popular time, though, particularly around 4 July, when it can feel like all 50 states are pouring into the canyon. For park staff this is undoubtedly the most challenging time of the year – as well as the extra numbers and stretching of resources, it's the period when visitors are most likely to run into difficulties with Arizona's notoriously fiery climate. Weather isn't the only concern, however.





"The main thing is that when you come to the Grand Canyon, you need to remember that it is still a national park," says Karlovetz, a Texan. "The animals are wild, not domesticated. They can bite and carry fleas or ticks. Sometimes they behave unpredictably, especially if they've just given birth or entered the breeding season."

You could be forgiven for expecting the main threat to come from snakes or even a rare mountain lion, but it actually comes from the vegetarians. "The ones who tend to injure the most visitors are actually the squirrels," says the ranger, in what could be a line from *Parks and Recreation*. "Right behind them are the elk, which we find near the hotels, along the canyon, in the car parks. They can be super-protective of their babies."

So far as something can be regarded as genuinely dangerous, however, then dehydration is the main concern. "A lack of preparedness can cause problems," says ranger Kristen Luetkemeier. "You can't ever take too much food or water with you because you don't know who else you might meet along the way – you might need to share."

"One of the things that we've done here that's been a big success is the preventative search-and-rescue programme. It's been a big contribution from here to the whole National Park Service system."

Top ranger Ty Karlovetz.
Left Havasu Falls at the bottom of the Grand Canyon



As with many of America's national parks, it doesn't take much wandering from the well-established routes to escape the traffic. The overwhelming majority of visitors are not motivated to climb down into the Grand Canyon, for example, mostly because they know they'll have to climb back up again.

The distance from the rim to the canyon floor is around 1,800 metres, which is more than a mile. It's as rewarding as it is challenging, but for the park rangers this, too, can be an area of worry. The preventative search and rescue sees rangers stationed at different points along the more challenging trails – especially South Kaibab and Bright Angel – where they size hikers up, offer advice and make sure that people are always aware that every step down has to be reversed. "Our number of search-and-rescue efforts has remained largely static thanks to this, despite our increase in visitation," says Luetkemeier. "A lot of other parks have adopted the same model."

It's hard to believe, but in geological terms, the canyon is just a big baby, estimated to be only five or six million years old. To put that into some kind of context, the highlights of the Petrified Forest National Park, just three hours' drive away in eastern Arizona, are more than 220 million years old. In other words, the Colorado River has created the Grand Canyon in a remarkably short amount of time.

While undoubtedly significant, the Grand Canyon's national park designation feels pretty modern, even if it has been used for the past century. Tourists had been coming to see this seemingly impossible landscape for at least 30 years prior to the NPS getting involved – the first hotels were built nearby in the Wild West days of the 1880s – but the canyon's ability to strike awe remains undulled, even for the rangers.

"I only saw it for the first time when I joined, but I know lots of colleagues keep coming back here," >

"Lots of rangers saw the Grand Canyon first as a kid, then came back here to work. You just get so enamoured with the landscape that you keep returning"



Parks and [REC]

Four movies set or shot in US national parks



Thelma & Louise

Cornered by the cops, BFFs on the run Thelma and Louise decide to drive their car into the Grand Canyon – actually Dead Horse Point State Park in Utah.



Star Wars

Although most of the desert footage was shot in Tunisia, Death Valley played Tatooine in various early scenes, including R2D2 getting nabbed by the Jawas.



ET

California's Redwood National Park provided the towering forests for Steven Spielberg's intimate boy-befriends-alien flick. See also *Jurassic Park*.



Planet of the Apes

Arizona's Glen Canyon National Recreation Area offered some suitably otherworldly environs for Charlton Heston to explore in this classic 1968 sci-fi.

says Vanessa Ceja-Cervantes, who has been at the Grand Canyon for four years. "Lots of them saw it first as a kid, then came back here to work. You just get so enamoured with the landscape that you keep returning."

Most visitors don't have that luxury, but the park service knows very well that, for many tourists, the Grand Canyon is a vital component on any great American road trip. "We have folks who just come up on the weekends to hike a part they've never seen before, but others fly internationally, specifically to come to us," says Ceja-Cervantes. "We advise people to try to avoid the holidays if possible, but one of the really neat things here is that our developed area is actually such a tiny part of the whole thing that you really don't need to go too far off the beaten track to feel like you're alone."

The timing of your visit can be a gamble, but get it right and the show can be spectacular. The enormity of the Grand Canyon means that it has its own weather systems, quite separate from ordinary forecasting models. Autumn can bring isolated thunderstorms that can be watched from afar; while spring can see late snowfall dust the red rocks below.

All of which makes for great Instagram posts, but if you spend long enough, there's no escaping the profundity of the Grand Canyon. For ranger Luetkemeier, this is the key to the place's continuing appeal: "I grew up in an Air Force family and we moved every three years when I was a kid," says. "To hear archaeologists talk about 12,000 years of history here, or Native Americans talk about 'time immemorial' – that kind of presence and depth is something I find really extraordinary, and really compelling." ■

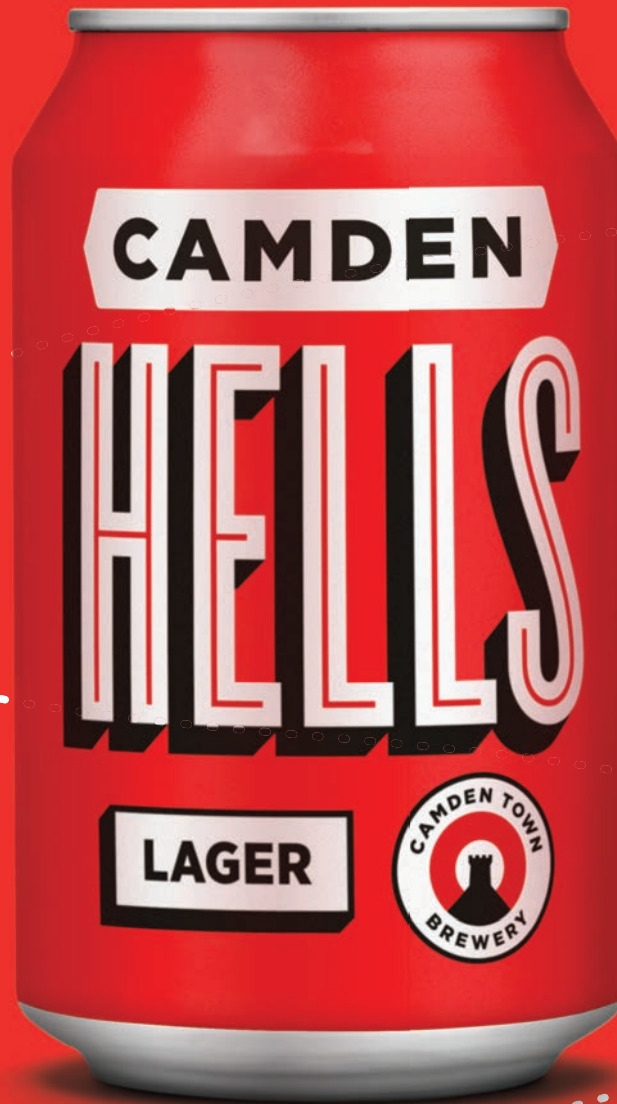
Right ranger
Vanessa
Ceja-Cervantes

Watch
**Parks and
Recreation**
onboard now



PHOTOS: JAMIE LAFERTY, RUTH BLACK/STOCKSY, EVAN DALEN/STOCKSY, ADDICTIVE CREATIVES/STOCKSY, ANDRE ABRE/UNSPASH, JAKOB OWENS/UNSPASH, ELISEO MICU/GALLERYSTOCK, TINKER STREET/BRENTON LITTLE/GALLERYSTOCK, GETTY IMAGES. THE GRAND CANYON AND ALL OF AMERICA'S NATIONAL PARKS ARE BEST ACCESSED BY CAR. RENTALCARS.COM

IT ALL STARTED WITH A MISSED FLIGHT...



FROM HERE



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TO FRESH BEER

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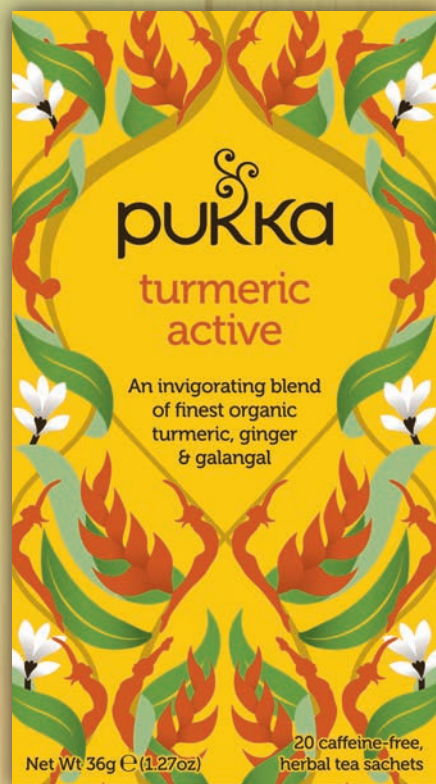
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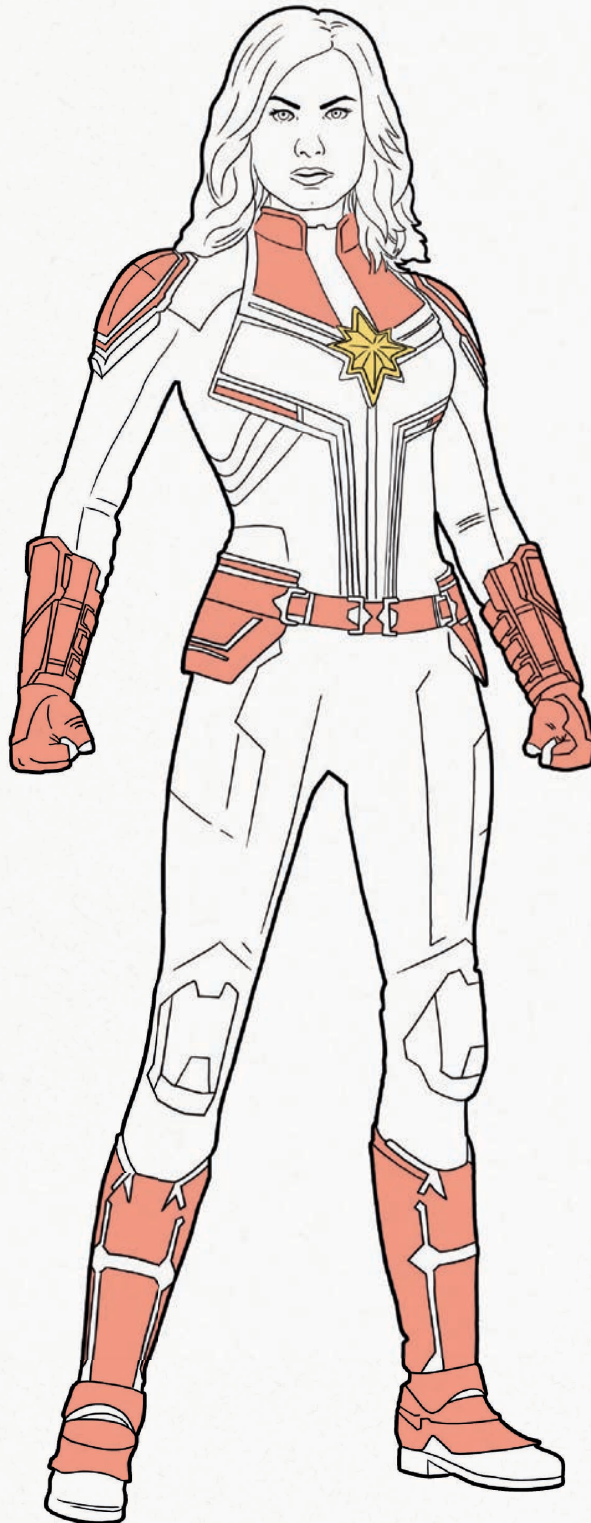
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★ HOW TO BE ★ CAPTAIN MARVEL

* Follow these
simple instructions
to turn yourself
into a superhero

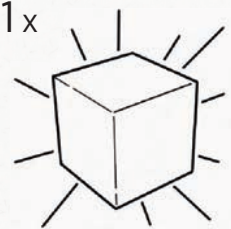


You will need:

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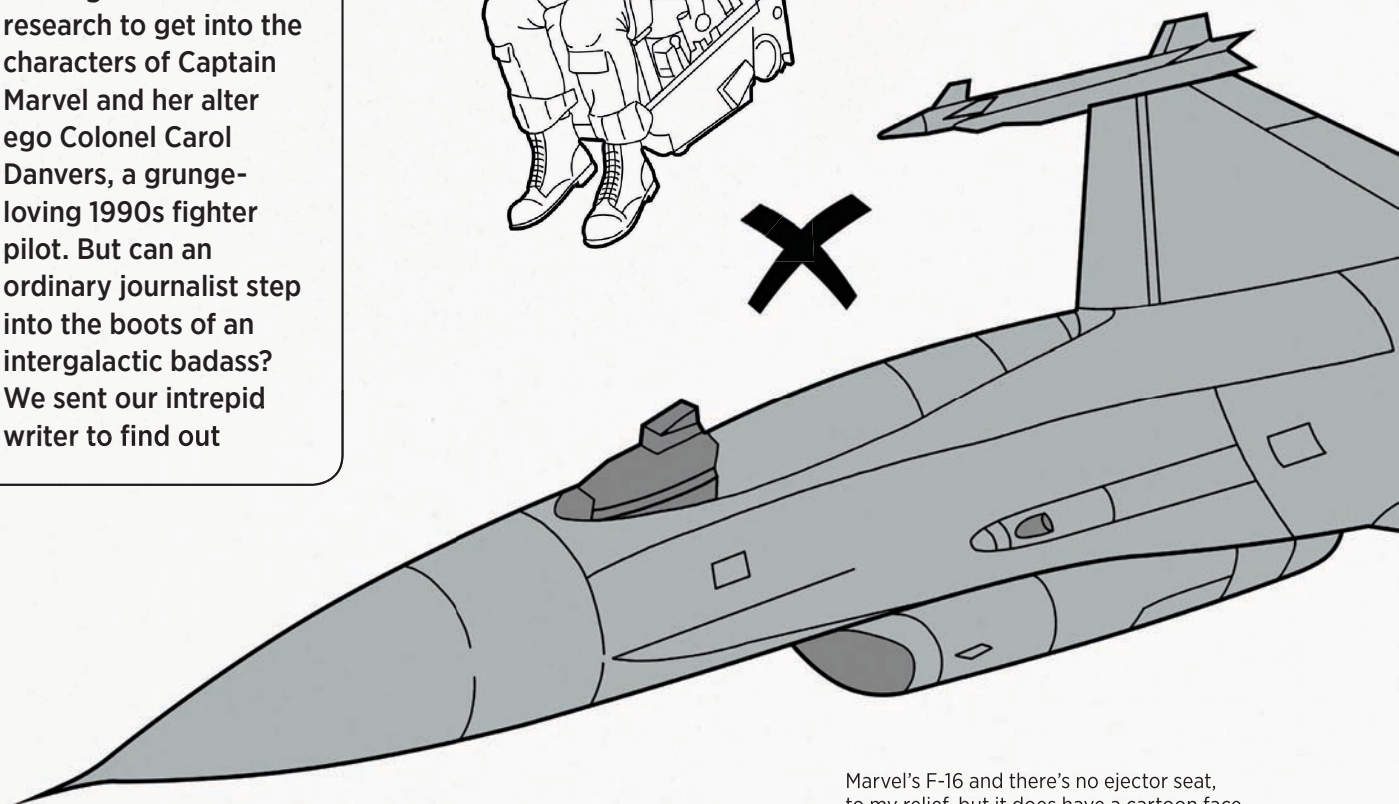
WORDS NIONE MEAKIN

ILLUSTRATIONS DOALY

What does it take to become Air Force-pilot-turned-Avenger Captain Marvel? The short answer is quite a lot. Actor Brie Larson embarked on a tough programme of physical training and extensive research to get into the characters of Captain Marvel and her alter ego Colonel Carol Danvers, a grunge-loving 1990s fighter pilot. But can an ordinary journalist step into the boots of an intergalactic badass? We sent our intrepid writer to find out



Escape plan
The first thing pilots need to know? How to make a safe but stylish exit



Step one: learn to fly a fighter plane

Hollywood: Larson took her role as a fighter pilot seriously. Behind-the-scenes footage shows her at the Nellis Air Force Base in Nevada, where she simulated a dogfight (close-range air combat) in an F-16 jet and learned how to perform manoeuvres including barrel rolls and stall turns.

Real life: I'm feeling quite blasé about the prospect of flying a plane – then I do the research I should have done before I agreed to the idea. I watch videos of would-be fighter pilots training to withstand extreme G (gravity) force – most of them go very white and pass out. I read an interview with Larson, where she talks about pulling 6.5Gs

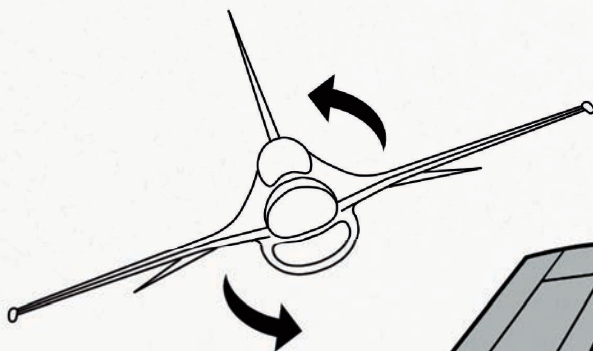
in the F-16. "I puked the whole time," she says breezily, "Literally the whole time." I am no longer blasé about flying a plane.

When the day rolls around I eat a very light breakfast before heading to Goodwood Aerodrome in the bucolic West Sussex countryside, which is home to the Ultimate High flight academy. It's owned by Mark "Greeners" Greenfield, a rugged, ex-RAF jet fighter pilot who has kindly offered to accompany me to my untimely demise – I mean, teach me the basic principles of flying. We're going up in a T67 Firefly, a bright yellow, two-seat aerobatic training aircraft with a top speed of 280kmph. It's not as sleek and powerful as Captain

Marvel's F-16 and there's no ejector seat, to my relief, but it does have a cartoon face painted on the front, which gets a thumbs-up from me.

Greeners runs through the experience of positive G-force, in which upwards acceleration pushes you down into your seat at double, triple or, in Larson's case, six times your normal weight. Fighter pilots must be able to handle upwards of 8Gs without blacking out when the blood rushes from their heads to their feet. We then talk about dogfighting. Greeners emphasises the importance of eyeballing your enemy – "You've got to see the bad guy to shoot him down..." – and flying "smoothly but aggressively". Do I have any questions? It doesn't seem like the right time to enquire about the onboard drinks menu, so I shake my head and he hands me my flight suit.

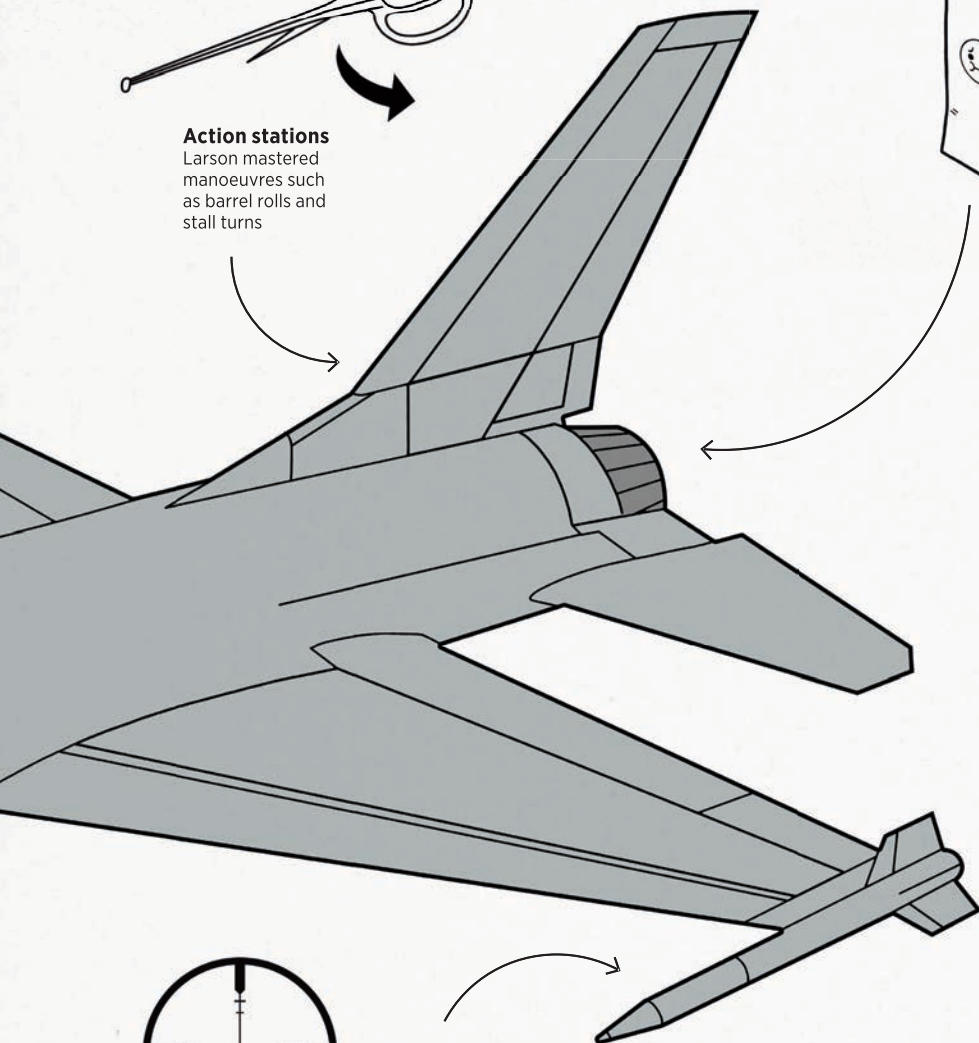
I climb into the cockpit via the wing, wobbling from the weight of the parachute attached to my back. I'm then strapped into



Action stations
Larson mastered manoeuvres such as barrel rolls and stall turns



Gut feeling
Pulling 6.5Gs made the actor "puke the whole time. Literally the whole time"



Target practice
A (simulated) F-16 dogfight took Larson as close to real conflict as possible

the seat and kitted out with a headset. "Welcome to my office," Greeners grins, flicking various switches as the bubble canopy comes down over our heads. I put my sweaty hands on my thighs and try to channel my inner superhero as the engine starts to roar. As we take off and make our way through the clouds, I decide this isn't too bad. The views are incredible and, after all, I'm in safe hands. I'm ready to face some G-force. Except, as it turns out, I'm not. As Greeners pulls hard on the throttle, my stomach turns into a plummeting cannonball and my head lurches like the morning after a heavy night out. "That was 2.5Gs," he says, gallantly holding back laughter.

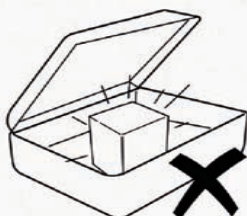
We decide to focus on other manoeuvres. He hands over the control for me to perform a barrel roll, in which blue sky becomes cloud then sea and then cloud again. I'm surprisingly happy flying upside down, so Greeners decides I'm ready to experience a stall turn, an aerobatics stunt that involves letting the engine stutter out then spiralling downwards with the nose pointed towards land. Everything becomes eerily quiet and the Sussex landscape rears up in the windscreen. But panic is replaced by exhilaration - I'm hanging from my straps and it feels great. Maybe I do have what it takes to be a fighter pilot?

Back at base, Greeners lets me down gently. If I can't handle more than 2.5Gs, I probably shouldn't give up the day job. Only the best of the best have what it takes to become fighter pilots - or, indeed, ET-wrestling superheroes. Alien invasion? I'll be hiding in the bunker. >

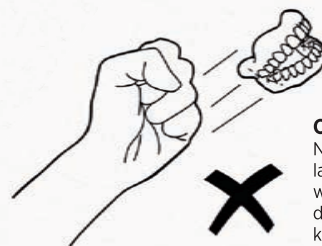
WARNING! Three hazards to watch out for during training



Stray cats
Yes, we know they're cute, but they'll have your eyes out if you're not careful.



Lunchbox
What harm can a lunchbox do? Don't wait till breaktime to find out.



OAPs
Not all old ladies are Skrull warriors in disguise, so keep your cool.

Step two: train like a superhero

Hollywood: Captain Marvel is the most powerful character in the Marvel Cinematic Universe so Larson embarked on an intense, nine-month training regime to get herself ready. "Using my body as a tool that can do incredible things was the beginning of unlocking myself and who Captain Marvel is," the actor told the *LA Times*.

After daily 90-minute workouts for the first six months, the schedule ramped up to twice-daily two-hour workouts for the final three. By the time the shoot started, Larson could deadlift 225 pounds, do box jumps

above her waist height, even push a Jeep – really.

Real life: Want to push a vehicle uphill with your bare hands? Dream on, says personal trainer Joe Bedford, co-founder of Revolution Holborn. "Pushing the Jeep was used as a novelty training 'reward' to showcase Brie's newfound strength. It was a one-time effort and would have been executed with great care to avoid injury."

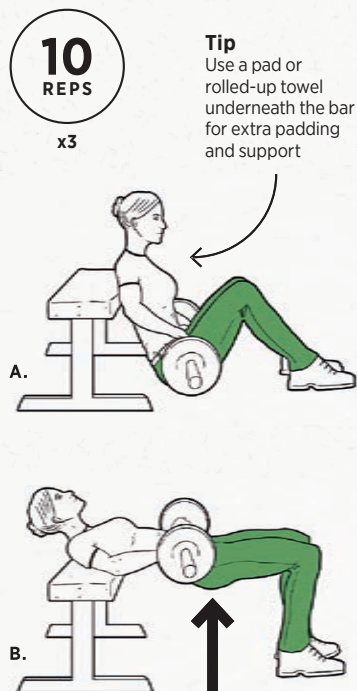
He's a fan of the "well thought out and progressive" regime developed by Larson's trainer Jason Walsh, however, which used the principles of

"progressive overload" to build muscle. Progressive overload is a clever training technique in which the demands placed on the body are continually increased to improve muscle size, strength and endurance. It's not for the faint-hearted and Larson herself has said there were points when she wanted to give up. Says Walsh: "Most of the regime is suitable for an average person of any fitness background, but where it might become unrealistic is the final three months, which required 12 hours of training a day. This would be hard for most of us to maintain."

Luckily, Walsh has released a two-week version that's suitable for lesser mortals. Although I'm excited at the prospect of gaining a superhero physique in a fortnight, once again Bedford brings me back down to earth. "Unfortunately there wouldn't be much in the way of tangible physical results after only two weeks," he says. "Rome wasn't built in a day and it would take at least a month to notice a big increase in muscle mass. Commit to the programme for a longer duration and reap the rewards." Verdict? Think I'll stick to pushing a bike.

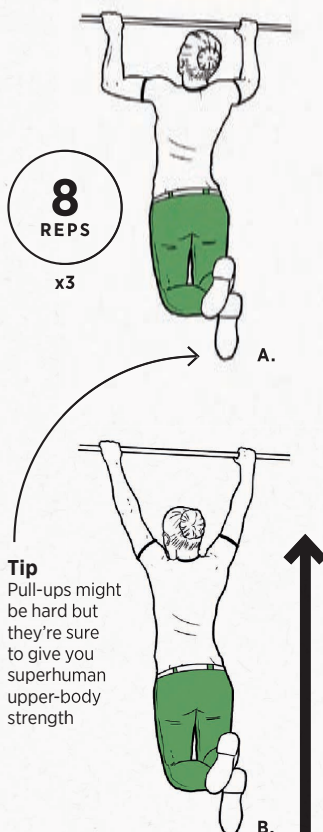
Workout programme

Want to buff up like Brie or kick ass like the Kree? Follow Jason Walsh's training guide



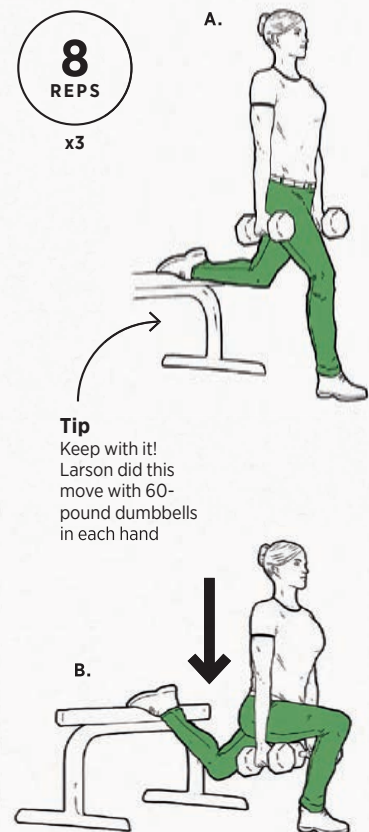
Weighted hip thrust

Pull your heels back in, tuck your chin in and push your weight against the bench (A). Push your legs up and squeeze your bum cheeks together (B). Count to three on the way up. Do 8-10 reps and repeat three times. Larson managed 400-pound hip thrusts!



Pull-up drills

With the help of a partner (or you can stand on a soft box), grab hold of the top of the bar (A). Slowly lower yourself with control (B). Repeat 8-10 times. Larson couldn't do a single pull-up when she starting training, but by the end of it she was a pro.



Bulgarian split squat

Put your left foot on the bench and your right leg in a lunge position (A). Lunge forward (B). Raise yourself back up and lunge again. Do 8 reps on each leg, and repeat 3 times. Download Jason Walsh's Captain Marvel workout on the Playbook app

Civilian outfit

1x



1x



1x



1x



Team band T-shirts with a battered leather jacket for maximum 1990s cachet



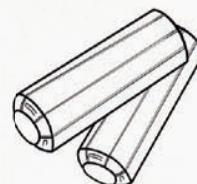
Before

Danvers' flowing locks become a mighty Mohawk when suited up



After

Next, she caused an internet meltdown with this no-nonsense 'do in *Avengers: Endgame*



Dressing down

Pair with these power-dampening Skrull cuffs when you want to pass for a civilian

Step three: dress the part

Hollywood: Gone is the cringey leather swimsuit Captain Marvel wears in the original comics and in its place a wardrobe fit for a modern superhero. Costume designer Sanja Hays wanted Larson to look feminine and strong. Working with Marvel's director of visual development Andy Park, they came up with a tough, practical suit: chunky biker boots and a punk-ish helmet. The skintight superhero suit is a bit of a giveaway, so Hays also gave Carol Danvers an on-trend collection of 1990s plaid shirts, band T-shirts and battered leather.

Real life: The making of a superhero suit is complicated stuff – not only did Larson's shape keep changing due to her training, but her wardrobe also had to keep pace with the action. "Brie had to be able to do all the action scenes, running and jumping and spinning and fighting – all the crazy stuff you see onscreen," Hays told *Vogue*. "The costumes had to be comfortable enough to move in, but look perfect when standing still." She used "liquid leather" for Larson's green-and-black suit, and leather backed with stretch panels for her iconic red-and-gold Captain Marvel suit, which allowed her to fight off her enemies.

But the biggest struggle was getting undressed. Apparently it took six people to get Larson out of her suit at the end of the day. "That's the life of a superhero!" says Hays. With a few reservations, count us in. ■



Stronger suit

Switch up your Kree military outfit (left) for this iconic red-and-gold costume

Fly girls

Three more marvellous movie pilots



Denise Richards in *Starship Troopers*

Putting duty before booty, Carmen became one of the Federation's finest pilots.



Hilary Swank in *Amelia*

Amelia Earhart was the first woman to fly solo nonstop across the Atlantic. Respect.



Meg Ryan in *Courage Under Fire*

Nominated for a posthumous Medal of Honor, which may be a small consolation.

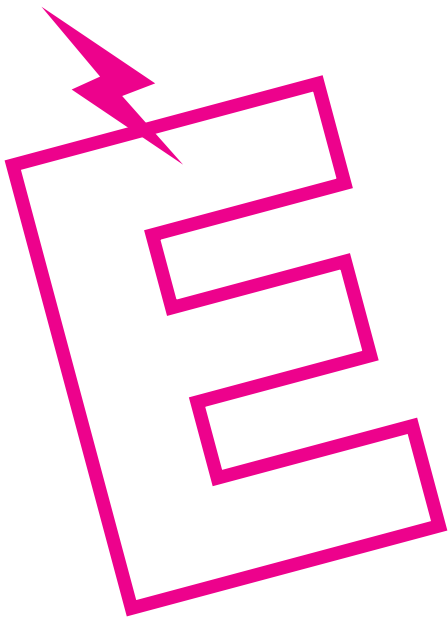
A full-page photograph of three female wrestlers in a ring. One wrestler with a pink mohawk is climbing the ropes in the background. Two other wrestlers are in the foreground, one in a blue plaid outfit and another in a red and black outfit, both wearing high boots and wrestling gear. The ring floor has a geometric pattern. The background is dark with some structural elements visible.

Ring leaders

Meet the fearless female wrestlers smashing
stereotypes – and more besides –
at the capital's most kickass night out

WORDS FLORENCE DERRICK
PHOTOGRAPHY DAVID VENNI





Eighteen minutes into a 20-minute match, and Nightshade is seething. Eyes blazing and teeth bared, she turns from her hobbling opponent and starts to growl at the crowd, who are crammed shoulder-to-shoulder in this dark, sweaty room. Each clutching cans of lager, they begin a taunting chant – “Lampshade, lampshade!” – stamping their feet at an increasingly frenzied pace. Nightshade’s growl crescendos into a roar and then a bone-chilling scream as she jumps on to the ropes and catapults herself at her opponent. She grabs them and flings them over her head, pinning them to the floor as the referee slams his hand down three times.





We're at Eve, a punk-feminist wrestling event in east London, and guest wrestler Nightshade's stage presence is on par with any act you'd see at Glastonbury. But just two hours previously, we'd met her as 22-year-old Lucy Gibbs – all sweet smiles and soft, curly hair. Her transformation into supervillain has been dramatic to say the least. "It's so liberating," she beams. "You don't have to be yourself in the ring, and it's just so much fun."

Eve is a female wrestling promoter at the forefront of an unprecedented global interest in women's wrestling, which has recently powerslammed into popular consciousness. The Netflix series *Glow* painted a fluorescent, Lycra-clad picture of mid-1980s wrestling, highlighting the era's sexism and sisterhood via a diverse cast. Next came the hit film *Fighting with My Family*. A comedy based on the life of ex-World Wrestling Entertainment (WWE) fighter Paige, it charts her rise through the ranks of professional wrestling to become the first NXT Women's Champion in 2013.

While ladies have featured in wrestling since the early days, women wrestlers have only worked the main events since 2005, when an all-female group called Shimmer made its debut (it's still going strong). Since then, the WWE launched a new Women's Championship in 2016 and staged its first all-female main event at WrestleMania 35 this year. Smash Wrestling will host an international women's wrestling event in Toronto this August, while Eve, which launched in 2010, held the biggest women's wrestling show in European history in June. And it's not just female wrestlers that are getting a look in. Wrestling is becoming more popular among female spectators, too, thanks to its emergence into the mainstream media.

No promoter believes in this more than Eve, whose outspoken feminist approach seeks to change the sexualised way women wrestlers have previously been portrayed.

"I remember being told you don't have enough skin on show. No one would dream of saying that now"

"Women were decoration," says Eve co-founder Emily Read, who now MCs the shows. "I trained in Portsmouth and the levels of sexism I found were horrendous. It was crushing. When I met [co-founder and husband] Dann he was already running women's wrestling events and I saw that if I got involved in that side we could make big changes."

"Wrestling used to be a big boys' club," agrees Dann. "Women weren't being held to the same standards, and the majority would leave really quickly because they'd get bullied out. We wanted to create an even platform and open it up to everyone. For me, women's wrestling is just wrestling that happens to be by women. Everyone deserves a space to do their art form." >



Main Nightshade subdues Darcy Stone. **Left** Erin Angel pins Eve co-founder Emily Read

One of the first wrestlers to fight for Eve was Erin Angel, who met Dann 10 years ago when he booked her for a show. Eve's equal-opportunities attitude was radically different to anything she'd experienced in wrestling before.

"When I started it was the Diva era, when the women were dressed in skimpy outfits and their matches weren't very serious," she says. "They'd do pillow fights and things. And I remember being told by promoters, you're not wearing enough make-up, you don't look pretty enough, you don't have enough skin on show. No one would dream of saying that now." According to the wrestler – who takes joy in combining ultra-feminine sparkly outfits with jaw-dropping dropkicks – that culture change owes a lot to Eve. "Eve made everyone else step up," she claims. "Other promoters are now taking their female wrestlers more seriously."

It's something that each wrestler competing there agrees with. "Expectations for women wrestlers were so low when I started wrestling in 2006, that I did a leapfrog and they were like, 'Wow, that's the first time a girl's ever done that around here!'" laughs Nicole Matthews, who hails from Vancouver and is now a head trainer at a wrestling school there. "Because of that, they rushed me through training. I started at 18 and did my first professional match at 19." That match was against Becky Lynch – who won the headline fight at WWE's first-ever all-female main event at WrestleMania 35.

Matthews' fast-track to fame had everything to do with talent – she competed in the WWE's prestigious 2018 Mae Young Classic women's tournament – but the Eve trainers agree that, for female wrestlers, being held to lower standards has made it harder for them to advance. "We want to get female wrestlers to the standard of the main event," says Emily, noting that women wrestlers were traditionally allocated the "toilet break" slot before the higher-stakes men's matches. "They'd never been given



the chance before, and it wasn't because of a lack of talent – it's just that if you haven't got any work experience you're not going to be ready for the top job."

But thanks to Eve, some of its alumni are starting to nab those top spots. The show we attend includes a farewell match between Scottish duo Kay Lee Ray and Viper, who signed with WWE to train at their new UK centre (the first outside of the USA). And their commitment is plain to see: nights here are not for the faint-hearted. The fighters slam each other's backs into



Left Nightshade takes a punch from Darcy Stone.
Above Erin Angel

concrete floors dotted with drawing pins, and drag each other by the hair out of the ring to trade punches by the bar, cheered on by the sort of language that would make Tony Soprano blush. And despite the fact that each match has a pre-determined outcome, the risks involved are very real.

"You're putting your body in someone else's hands," says Rhia O'Reilly, who debuted as a professional wrestler at Eve's first ever show and once performed a whole match on a broken ankle. "Yes, it's entertainment – it's a live stunt show with

"We see these little girls there, and their faces are just lit up. It's like seeing real-life superheroes"

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a storyline – but a bad fall can paralyse you.”

It's all the more remarkable when you understand how much further women have had to climb to get into this position. “Women aren't encouraged to rough-house or be loud,” says Emily. “A lot of male trainers are not aware that they have to help women to literally find a voice. But being loud and bold, and taking up space? Those things trickle into the rest of your life. Go get that promotion, speak up in a meeting. Some of our wrestlers start off shy, but after a year you see them walk in and they're standing differently, with their heads up.”

For now, women's wrestling remains a niche interest. There's only one other all-female promoter in the UK – Fierce Females in Glasgow – and aside from Shimmer and some gender-segregated schools in Japan, wrestling promoters only host women's training alongside the men's. But Eve isn't about converting everybody into diehard fans.

“Eve takes the stereotype of being a woman and beats it up,” smiles Darcy Stone, a former dancer who incorporates ballet steps into her entrance routine, dressed in a kimono and tutu. “It's not about wrestling anymore – it's a movement. You can be a girly girl, and still hit hard.”

This is echoed by Emily, who celebrates Eve's wide appeal. “The majority of people at our shows just want a good night out,” she says. “They don't go to other wrestling shows but they like ours. We do family shows and we see these little girls there, and their faces are just lit up. It's like seeing real-life superheroes.”

This clearly resonates with Rhia, who, post-match, changes from her gold Lycra costume into Batman leggings. “All we want is to make wrestling more accessible to everybody,” she says. “I want Eve to make people think that they can do anything and be whoever they want to be.” ■
evewrestling.com



Watch **Fighting with My Family** onboard now



Paige's progress

A quick rundown of the wrestling wonder woman who inspired *Fighting with My Family*

2005

Makes her wrestling debut aged 13. A TV doc follows

2009

Beats her mother to become WAWW British champion

2013

Becomes the first NXT Women's Champion

2017

Launches clothing line Saraya and retires from the ring

2019

Played by Florence Pugh in *Fighting with My Family*

Above Rhia O'Reilly bests Nicole Matthews. **Top left** Florence Pugh in *Fighting with My Family* **Make-up** Tara Hickman and Lindsay Bown



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"My heart belongs to elephants," says Sylvie Chantecaille, who launched her beauty and skincare line back in 1998

palm oil, GMOs – that snake their way into the average makeup bag.

The family's commitment to nature goes far deeper than the conscientious composition of their moisturisers. "I have always been motivated to use this company as a platform for change," says Sylvie. "We love nature and want to bring awareness to the dire situation within our oceans and forests, and now also to the great animals of Africa."

A portion of Chantecaille's profits go towards supporting the work of wildlife organisations around the globe. For Sylvie, one animal in particular animates her concern. "My heart belongs to elephants," she says. "Once you are close to them in the wild, you can never forget the way they make you feel."

Chantecaille's customers may never have had such an experience themselves, but by purchasing one of the brand's Lip Veils, for example, it's a chance to support the conservation efforts of charities like Space for Giants. "It helps them to not feel powerless about situations that sound discouraging and far away," Sylvie explains. "When you're contributing towards fighting poachers and supporting keepers, you cannot help but feel happy."

That healthy glow you get from using Chantecaille's range? It's not just from the ingredients, you know.

chantecaille.com

NATURAL BEAUTY

Inspired by the great outdoors, family-run cosmetics brand Chantecaille is constantly giving back in order to preserve its wild majesty

You're not going to meet many families as impeccably turned out as the Chantecailles. French-born mum Sylvie and dad Olivier, along with their three children, Olivia, Alex, and Phillipe, all hold different roles within Chantecaille, the beauty and skincare brand Sylvie started back in 1998. The ethos from the outset was clear: to harness the healing powers of botanical ingredients while avoiding harmful substances – phthalates,

THE CHANTECAILLE COLLECTIONS SUPPORTING THE WORLD'S ENDANGERED ANIMALS



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PHILANTHROPY CHEEK SHADES

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LIP VEIL

"Last year, we launched a lipstick collection to benefit Space for Giants' efforts to protect the ancient migratory routes of African elephants."



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ON SCREEN

A WORLD OF ENTERTAINMENT AT YOUR FINGERTIPS

Due to different entertainment systems on our aircraft, the programming line-up may vary



THE AFTERMATH

DRAGGED ACROSS
CONCRETE

WONDER PARK
and so much more

See page 55 for
our handset guide

Don't miss our TV show,
What's on Vera, for the top
entertainment picks this month

Wing commander

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Using your own headphones?

We provide headphones, but if you want to use your own, please note that the audio output on the inflight entertainment is designed to work with the headphones provided. That means it might be louder than expected if you're using your own headset.

Loose change?

Don't forget to put your unused foreign currency in our Change for Children envelope, which can be found with your headset.

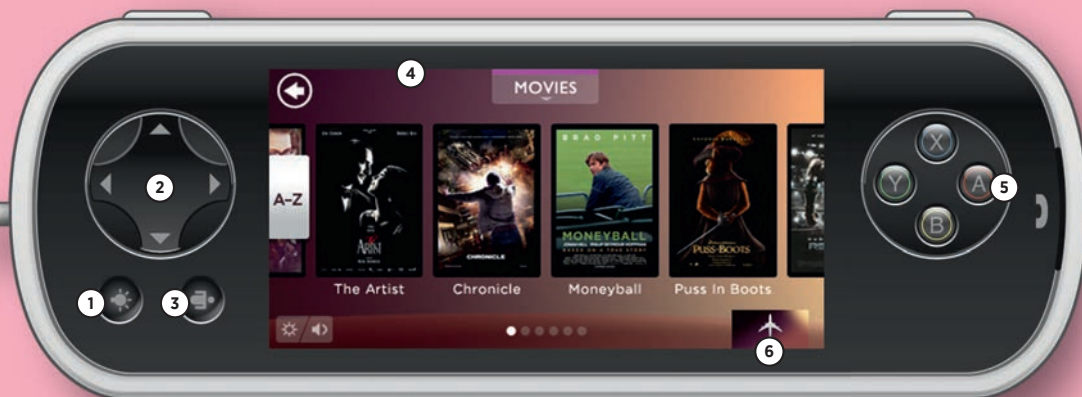


Parental blocking

If you want to block by rating or specific content, please talk to a member of the cabin crew.

Languages

Most movies have a wide selection of different languages available. To find them, select your chosen movie. Once playing, select the dropdown language box. Choose your language and enjoy the film!



Premium and Upper Class handset

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2. Up/Down Left/Right
3. Cabin crew
4. Touchscreen
5. Select
6. Press this at any time to view Skymap on your handset

- Use our simple touchscreen technology on selected aircraft. Just touch any of the tabs at the top of the screen and your choices will appear. Then scroll through the selections by pressing the arrows or swiping backwards or forwards.

- On some aircraft you will need to use a handset to navigate Vera. Instructions for use are shown here. You can return to the main menu from any section of our entertainment selection by using the handset to move the cursor.

Economy handset

(On selected aircraft)

1. Screen off
2. Volume
3. Home
4. Select
5. Up/Down Left/Right
6. Cabin crew
7. Phone
8. Light
9. Rewind/Play Pause/Forward
10. Stop



Upper Class handset

(On selected aircraft)

1. Info
2. Control screen cursor
3. Volume up
4. Volume down
5. Reading light
6. Cancel cabin crew call
7. Cabin crew call

Available in all cabins

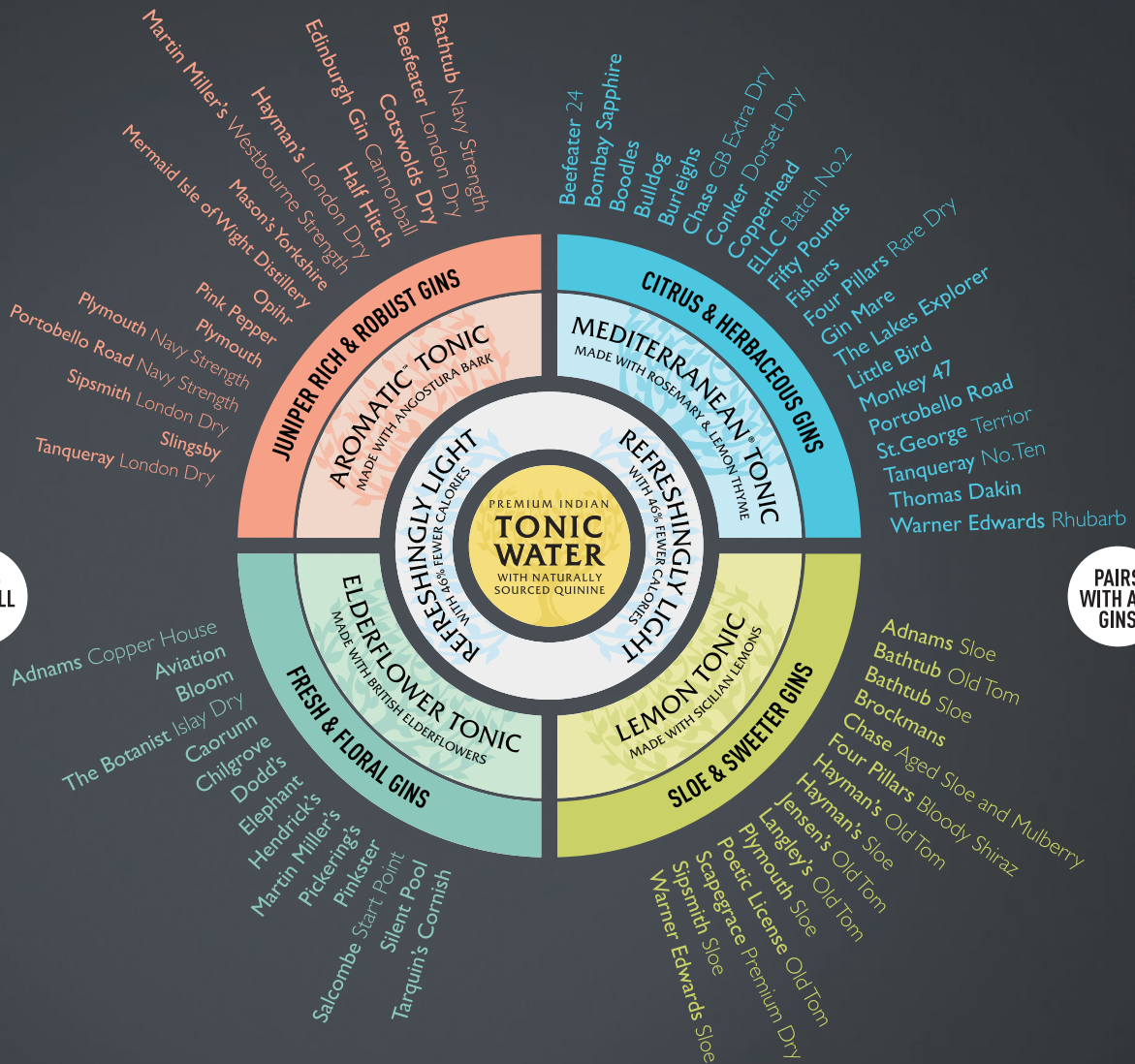
(On selected aircraft)

1. Navigation
2. Select
3. Volume
4. Light
5. Cabin crew
6. Rewind
7. Stop
8. Forward
9. Play/pause



*Please note: due to the different entertainment systems, the line-up may vary

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MOVIES



The best film, TV and music. Yours for the taking



Vera Loves

To find the best movies onboard this month, look out for our heart symbol

At Virgin Atlantic we're proud to be one of the few airlines that selects their own movie and TV content: it's all chosen by us, just for you. Look out for anything labelled Vera Loves – that means we think it's the best of the best. This month we've got cop drama *Dragged Across Concrete* and Britcom *Benjamin* (left). Read on for our top picks.

THIS MONTH'S FULL MOVIE LISTINGS

The Aftermath	15	Fantastic Beasts:		Johnny English Strikes Again	PG	Second Act	12
Alita: Battle Angel	12	The Crimes of Grindelwald	12	Kadvi Hawa	!	A Simple Favour	15
Aquaman	12	The Favourite	15	The Kid Who Would Be King	PG	Sonu Ke Titu Ki Sweeti	12
Ash is Purest White	!	Fighting with My Family	12	Lava		Soorma	12
Badhaai Ho	!	First Man	12	The Lego Movie 2:		Spider-Man: Into	
Benjamin	15	Five Feet Apart	12	The Second Part	U	the Spider-Verse	PG
Bohemian Rhapsody	12	Forever Young	!	Manmarziyaan	12	Stan & Ollie	PG
Bonobo		Freaky Friday		Mary Poppins Returns	U	A Star Is Born	15
Boy Erased	15	The Front Runner	15	Miss Bala	15	Stree	15
Bumblebee	PG	The Girl in the Spider's Web	15	The Mule	15	Tell It to the Bees	!
Can You Ever Forgive Me?	15	Glass	15	Nancy Drew and		The Upside	12
Captain Marvel	12	Green Book	12	the Hidden Staircase		Us	15
Colette	15	The Hate U Give	12	The Nutcracker and		Vice	15
Creed II	12	Head Full of Honey	12	the Four Realms	PG	Wale	!
Destroyer	15	Helicopter Eela	PG	The Old Man & the Gun	12	What Men Want	15
Devdas	PG	Hichki	PG	Pad Man	12	When Sun Meets Moon	!
A Dog's Way Home	PG	A Home with a View	!	Patriot	!	Widows	15
Dragged Across Concrete	18	How to Train Your Dragon:		The Professor and the Madman	!	Wonder Park	PG
Dumbo	PG	The Hidden World	PG	Project Gutenberg	!		
Escape Room	15	If Beale Street Could Talk	15	Raazi	12		
Extremely Wicked,		Instant Family	12	Ralph Breaks the Internet	PG		
Shockingly Evil and Vile	15	Isn't It Romantic	12	The Scoundrels	!		

*See the onscreen listings for our selection of classic movies

Viewing guide



Not suitable for nervous flyers



Unsuitable for children



Audio descriptive title



English subtitles



Vera Loves

MOVIE HIGHLIGHTS



The Aftermath

15

Drama, 108 mins

Keira Knightley, Alexander Skarsgård, Jason Clarke

Français, Deutsch, Español, עברית

Tons of films have been made about World War II, but there are very few about what happened next. Step forward *The Aftermath*, which is based on the 2013 novel by Rhidian Brook and set in Hamburg in 1946. Here,

a British colonel (Clarke) and his wife (Knightley) must share a house with a German widower (Skarsgård) and his daughter (Flora Thiemann). As you might imagine, the bitter conflict of the recent past soon bubbles to the surface.



Benjamin

15

Indie, 85 mins

Colin Morgan, Anna Chancellor

Comedian Simon Amstell's successful move into filmmaking continues with this bittersweet comedy. It's about a rising filmmaker (Morgan) who's thrown into turmoil by a burgeoning romance and the upcoming premiere of his second feature.



Bonobo

Short, 19 mins

Benjamin Sanou, Paul Minthe

Français

This French short concerns an apartment block where a broken lift causes the residents' lives to intertwine in ways that will test their limits. A proper little gem, it's no wonder that *Bonobo* has snaffled every award going.



Alita: Battle Angel

12

Sci Fi, 121 mins

Rosa Salazar, Christoph Waltz

Français, Deutsch, Español, עברית

Robert Rodriguez's dazzling sci-fi adventure follows reactivated cyborg Alita (Salazar), who has no memories of her past life. What now? Well, it's a quest to find her destiny, and the answer will be devastating.



Aquaman

12

Action, 139 mins

Jason Momoa, Amber Heard

Italiano, Español, 中文字幕, עברית

DC's latest stars Momoa as Aquaman, the human-born heir to the underwater kingdom of Atlantis. With help from Mera (Heard), he goes on a quest to prevent a war between the ocean- and land-dwellers.



Captain Marvel

12

Action, 128 mins

Brie Larson, Samuel L. Jackson

Français, Deutsch, Italiano, Español, 中文字幕

The 21st film in the MCU is a cracker, with Larson playing the superhero whose search to learn her true identity involves different planets, warring alien races and, of course, Nick Fury (Jackson) of Shield.



Creed II

12

Drama, 130 mins



Michael B Jordan, Sylvester Stallone

Français, Deutsch, Español, 中文字幕

The second *Creed* film finds Rocky (Stallone) training heavyweight contender Adonis Creed (Jordan) to fight the son of Ivan Drago (Dolph Lundgren from *Rocky IV*). The result is yet another boxing classic from Stallone and co.



Glass

15

Thriller, 129 mins



James McAvoy, Bruce Willis, Samuel L Jackson

Français, Deutsch, Italiano, Español, 中文字幕, עברית

The final part in M Night Shyamalan's grown-up superhero series finds *Unbreakable*'s David Dunn (Willis) locked in a mental hospital with Mr Glass (Jackson) and creepy Kevin Crumb (McAvoy), last seen in 2016's *Split*.



The Hate U Give

12

Drama, 133 mins



Amandla Stenberg, Regina Hall

Français, Deutsch, Español, Italiano

A superb adaptation of a brilliant novel, this powerful drama boasts a star-making performance from Stenberg as a teenager who witnesses a policeman shooting her friend. But can she, ahem, do the right thing?



Dragged Across Concrete



18

Crime, 159 mins



Mel Gibson, Vince Vaughn

Français, Español, 中文字幕

Gibson and Vaughn star as two cops who descend into the underworld to make some quick cash. Against the odds, Craig S Zahler's latest is a slow-burning, character-based drama and all the better for it.



Five Feet Apart

12

Romance, 116 mins



Haley Lu Richardson, Cole Sprouse

Français, Deutsch, Italiano, Español, 中文字幕

This teen romance tugs at the heartstrings, as a pair of teenagers with cystic fibrosis meet in hospital and fall in love. The big snag, however, is that their disease means they must avoid close physical contact.



Extremely Wicked, Shockingly Evil and Vile



15

Crime, 110 mins



Lily Collins, Zac Efron, Angela Sarafyan

Español, 中文字幕

Controversial and unflinching, this biopic tells the story of one of America's most notorious serial killers, Ted Bundy (Efron), from the perspective of his

girlfriend (Collins). For a long time – and despite mounting evidence – she refuses to believe the truth about him. It's not easy viewing, but never less than compelling.

MOVIE HIGHLIGHTS



Fighting with My Family ♥

12

Comedy, 108 mins

Florence Pugh, Jack Lowden, Lena Headey

Français, Deutsch, Español, 中文字幕

The directorial debut of long-time Ricky Gervais collaborator Stephen Merchant (*The Office*, *Extras*, *Cemetery Junction*), this is the witty, warm-hearted, true-life story of professional wrestler Paige (Pugh). Though born in less-than-glamorous Norwich,

Paige went from wrestling her big brother Zak (Lowden) to unlikely WWE stardom. Headey and Nick Frost provide laugh-out-loud support as her parents, also wrestlers, while Vince Vaughn pretty much reprises his *Dodgeball* act.



Isn't It Romantic

12

Comedy, 88 mins

Rebel Wilson, Liam Hemsworth

Deutsch, Español, Italiano, 中文字幕

A rom-com that spoofs the genre, with Wilson playing an architect who, after getting hit on the head, wakes up in a world where everything plays out like a romantic comedy. Very funny and very satirical.



Johnny English Strikes Again

PG

Comedy, 89 mins

Rowan Atkinson, Ben Miller

Français, Italiano, Español, 中文字幕

Hapless spy Johnny English (Atkinson) is back in the third installment of this Bond-spoofing comedy franchise. This time, everyone's favourite M17 agent is called out of retirement to save the world. Easier said than done.



Head Full of Honey

12

Drama, 128 mins

Nick Nolte, Emily Mortimer

Deutsch, Italiano, 中文字幕

This remake of a German hit is the tale of a dementia sufferer (Nolte) who takes a trip to Venice accompanied by his family. The result is a heartfelt, well-meaning attempt to bring the issue to a wider audience.



If Beale Street Could Talk

15

Drama, 119 mins

KiKi Layne, Stephan James

Français, Deutsch, Español, 中文字幕

The new film from Barry Jenkins, the director of the Oscar-winning *Moonlight*, is, like its predecessor, a story of romantic awakenings in the African-American community. It's powerful, bittersweet stuff.



Miss Bala

15

Crime, 104 mins

Gina Rodriguez, Anthony Mackie

Français, Deutsch, Italiano, Español

This remake of a 2011 Mexican thriller follows Gloria (Rodriguez), a make-up artist who heads to Tijuana for a beauty contest. When her friend is kidnapped, Gloria gets caught between the DEA and the drug cartels.



The Mule

15

Crime, 120 mins



Clint Eastwood, Bradley Cooper

Italiano, Español, 中文字幕, עברית

Directed by and starring the one and only Clint Eastwood, *The Mule* is based on an incredible true story. Clint plays Leo Sharp, a Korean War veteran who became a drug courier for the Sinaloa Cartel in his eighties.



Us

15

Horror, 100 mins



Lupita Nyong'o, Winston Duke

Français, Deutsch, Italiano, Español, 中文字幕

Director Jordan Peele's last film was the awesome *Get Out*, and with *Us* he's back in the horror zone. It's the chilling tale of a family whose vacation peace is shattered when four strangers break into their home.



Wale

!

Short, 20 mins

Raphael Famotibe, Jamie Sieves

This Bafta-nominated short is a devastating treatise on the barriers facing young, black men in London today. Determined to start over and go straight after a spell in prison, Wale (Famotibe) finds himself framed for a crime by a white man.



Patriot

!

Short, 15 mins

Raphael Constantin, Michael Elkin

Written and directed by Eva Riley, this award-winning short is set against a backdrop of racial tension in an English town. When 11-year-old Hannah (Halle Kidd) and a mysterious boy (Rafael Constantin) meet it proves to be a life-changing event for them both.



Stan & Ollie

PG

Drama, 98 mins

Steve Coogan, John C Reilly

Français, Español, 中文字幕

This true story about Laurel & Hardy, Hollywood's greatest-ever comedy duo, is set during the pair's declining years as they embark on a farewell tour of Britain and Ireland. It's a lovely evocation of a bygone era.



Tell it to the Bees

!

Drama, 106 mins

Anna Paquin, Holliday Grainger, Gregor Selkirk

Set in the strait-laced 1950s, Annabel Jankel's gripping romantic drama *Tell it to the Bees* stars Grainger as Lydia, a single mum who goes to live with local doctor Jean (Paquin)

when her marriage fails. While Jean and Lydia's son (Selkirk) bond over her bee colonies, the two women begin an illicit love affair they must keep secret at all costs.

FAMILY MOVIE HIGHLIGHTS



Check out our full list of kids' and family films onscreen now!



Dumbo

PG

Family, 112 mins



Colin Farrell, Michael Keaton, Danny DeVito

Français, Deutsch, Español, 中文字幕

A rather mixed critical response greeted the release of this live-action remake of Disney's 1941 animated classic. The fact that it's directed by Tim Burton means that it looks absolutely luscious, of course, but the men

with pens say it just can't match the original. In fairness, it was never going to do that, and if you adjust your expectations you're sure to have a great time. In fact, you'll believe an elephant can fly.



How to Train Your Dragon: The Hidden World

PG

Family, 105 mins



Jay Baruchel, America Ferrara

Français, Deutsch, Italiano, Español, 中文字幕

The latest installment of the beloved franchise finds Hiccup (Baruchel) and his dragon, Toothless, on the hunt for The Hidden World where dragons will be safe from humans.



The Kid Who Would Be King

PG

Action, 120 mins



Louis Ashbourne Serkis, Denise Gough

Français, Deutsch, Italiano, Español, עברית

Fantastical family comedy as young Alex (Serkis) stumbles upon the mythical sword in the stone: Excalibur. Now he must assemble a band of knights to take on the wicked enchantress Morgana (Rebecca Ferguson).



Bumblebee

PG

Action, 114 mins



Haillee Steinfeld, Justin Theroux

Français, Deutsch, Español, 中文字幕

This fun *Transformers* spin-off – a prequel set in 1987 – is the best in the franchise. It finds everybody's favourite yellow VW hooking up with troubled teen Charlie (Steinfeld) to evade capture by the government.



A Dog's Way Home

PG

Family, 96 mins



Ashley Judd, Bryce Dallas-Howard

Français, Deutsch, Italiano, Español, 中文字幕

Get ready to fall in love with Bella, the canine hero of this heart-melting movie. When she's placed with a new family she misses her original owners so much that she begins a 400-mile, two-year trek home.



Lava

Short, 7 mins

Kuana Torres Kahele, Napua Greig

Inspired by the isolated beauty of Hawaii's tropical islands and the explosive allure its ocean volcanoes, *Lava* is a musical love story that takes place over millions of years. This bewitching Pixar short played before *Inside Out* in cinemas.



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FAMILY MOVIE HIGHLIGHTS



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Mary Poppins Returns

U

Family, 130 mins

AD

Emily Blunt, Lin-Manuel Miranda

Français, Deutsch, Español, 中文字幕

She's back! Only this time she's looking after the children of the kids she looked after in the original film. Oh, and she's played by Emily Blunt. Otherwise, this has all the fun, magic and great songs you'd expect.



Spider-Man: Into the Spider-Verse

PG

Family, 117 mins

AD

Shameik Moore, Jake Johnson

Français, Deutsch, Español, 中文字幕

Teenager Miles Morales becomes Spider-Man and joins forces with five counterparts from other realities... Oh, never mind the plot, this superhero animation is mind-blowingly good.



Wonder Park

PG

Family, 93 mins

AD

Brianna Denski, Ken Hudson Campbell

Français, Deutsch, Italiano, 中文字幕, עברית

Animated adventure-comedy about June (Denski), whose fertile imagination conjures an amusement park full of fantastical rides and funny talking animals. However, the park is in disarray – and only she can save it.



Nancy Drew and the Hidden Staircase

Family, 89 mins

AD

Sophia Lillis, Zoë Renee

Français, Español, 中文字幕

Teen mystery with Nancy Drew (Lillis) moving to River Heights and struggling to fit in. She meets an elderly woman needing help and, when she investigates, strange things happen.



Ralph Breaks the Internet

PG

Family, 98 mins

AD

John C Reilly, Sarah Silverman

Français, Deutsch, Español, 中文字幕

The last person said to have “broken” the internet was Kim Kardashian. Now it's the turn of the marginally less cartoonish Wreck-It Ralph (Reilly), who must leave the safety of the arcade for adventures in the online world.



The Lego Movie 2: The Second Part

U

Family, 106 mins

AD

Chris Pratt, Elizabeth Banks, Will Arnett

Italiano, Español, 中文字幕, עברית

Could *The Lego Movie 2: The Second Part* possibly be as much fun as the 2014 original? Well, as we rejoin our favourites from the first film, including Emmet Brickowski (Pratt),

Wyldstyle (Banks) and Bruce Wayne/Batman (Arnett), who are facing down the threat of the Duplo invaders from outer space, the answer is a resounding yes.

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The best film, TV and music. Yours for the taking



What's on Vera

Want to know what's best onboard this month? Check out What's on Vera

Overwhelmed by the amount of movies and TV shows onboard this flight? Don't worry, we've got you covered with our highlights show *What's on Vera*. Hosted by resident film buff Jason Solomons, it profiles the top 10 entertainment picks alongside in-depth features on films, TV, documentaries and music. Some of this month's best include *Fleabag*, *Halston* and *Escape at Dannemora*, plus a feature on *Pure* and an exclusive interview with *Stan & Ollie* director Jon S Baird. Tune in now!

THIS MONTH'S FULL TV LISTINGS

ARTS

The Pirates of Penzance
Tate Britain's Great Art Walks

BOXSETS

The '80s Greatest
Alias Grace
American Woman
Castle Rock
Cheat
Dynasties
El Chapo
Escape at Dannemora
Flack
Fortitude
Hostile Planet
Hypothetical
I Am the Night
Les Misérables
The Little Drummer Girl
Love Is
Luther
Mega Factories
Mrs Wilson
Pure
Sons of Anarchy
Succession
Taboo
This Time with Alan Partridge
Tin Star
True Detective
The West Wing

COMEDY

American Dad!
Better Things

Brooklyn Nine-Nine

Catastrophe
Derry Girls
Family Guy
Fleabag
Kidding
Michael McIntyre's Big Show
My Dad Wrote a Porno
Not Going Out
The Orville
Parks and Recreation
Russell Howard's
Stand Up Central
Shameless US
Speechless
Task Master
Upstart Crow
Veep
Young Sheldon

DOCUMENTARIES

Biggie & Tupac
Bros: After the Screaming Stops
Citizenfour
Free Solo
Halston
Last Breath
Make Us Dream
Senna
Sharkwater Extinction
They Shall Not Grow Old

DRAMA

Grey's Anatomy
The Resident
Scandal

Snowfall

Star Trek: Discovery

ENTERTAINMENT

First Dates
Flirty Dancing
Gordon, Gino & Fred's Road Trip
Joanna Lumley's Silk
Road Adventure

FACTUAL

Billy Connolly: Made in Scotland
David Bowie: Sound and Vision
Donal's Meals in Minutes
Ice Road Rescue
Inside Mandarin Oriental
Inside the Internet:
50 Life-Changing Years
Into the Okavango
London: 2000 Years of History
Mars: Inside SpaceX
Mortimer and Whitehouse:
Gone Fishing
One Strange Rock
Pandas
The Secret Life of 4 Year Olds
Secrets of the Space Station
Stacey Dooley Investigates
The Suprvet
Wicked Tuna

MUSIC

Gregory Porter: One Night Only
Jack Savoretti Plays
Baloise Session
Kurt & Courtney

Punk

Queen: Live at Wembley
Video Killed the Radio Star

SPORT

5&6 Nations Moments,
Legends and Tries
Being Kevin Pietersen
Goodwood Festival of Speed 2018
Middle Aged Men in Lycra
Sporting Rivalries

TEEN

The Big Bang Theory
Black Lightning
The Flash
Friends
Legacies
Modern Family
New Girl
Pretty Little Liars
Riverdale
Supergirl

WELLNESS

Ambient
Andrea Bocelli: Cinema
Headspace
Slow TV: The Ghan
Slow TV: The Kimberley Cruise
Slow TV: A Norwegian Passage
Team Body Project

Viewing guide




Not suitable for nervous flyers



Unsuitable for children



Vera Loves



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TV SPOTLIGHT

Don't miss these terrific TV travel shows for tiny passengers

Check out our full list of kids' and family shows onscreen now!



Clockwise from left
Suzie Goes on an Aeroplane; *Let's Go Luna!*; *Earth to Luna!*; Andy the frog



The kids are alright

We've got a super line-up of travel-inspired children's TV onboard

Of all the passengers we aim to entertain, the smallest ones are the most important. Flying is exciting for children, but it can also be disruptive, so what better way to keep them happy than with a selection of TV shows that are informative and fun?

Travel is all about broadening your horizons, which is why we've got shows that will inspire your little ones about the world around

them. Like *Let's Go Luna!*, an animated show following three friends – Leo, an Australian wombat, Andy, an American frog, and Carmen, a Mexican butterfly – who travel the world with their parents' circus troupe. Our onboard episodes are set in London, Delhi and Beijing. *Suzie Goes on an Aeroplane*, meanwhile, is an adaptation of the popular Charlotte Olson book

telling kids what they can expect during a flight. And in *Earth to Luna!*, we've got stories about the Caribbean, the USA and Israel.

This is just a small taster of the kids' content we have onboard. No matter what your little ones are into, we have just the show for them.



Watch **Let's Go Luna!** and more onboard now



TV HIGHLIGHTS



Alias Grace ♥

15

Boxset: 6 episodes / 55 mins each

Drama

Absorbing adaptation of Margaret Atwood's novel about real-life 19th-century murderer Grace Marks (Sarah Gadon). Marks claims to have no memory of the murders for which she's been convicted, and so it's up to Dr Simon Jordan (Edward Holcroft) to carry out a psychiatric evaluation and root out the truth.



Citizenfour !

113 mins

Documentary

When Laura Poitras went to meet the mysterious "Citizenfour", who emailed her with evidence of illegal covert surveillance programme run by the NSA, she took her camera. That correspondent was Edward Snowden, and the film Poitras made is history unfolding before our eyes.



Escape at Dannemora !

Boxset: 8 episodes / 50-64 mins each

Drama

"Everyone is looking for a way out." So runs the tagline for Ben Stiller's acclaimed miniseries starring Patricia Arquette, Benicio del Toro and Paul Dano. Arquette plays a prison employee, while Del Toro and Dano are the inmates who become entangled with her, seeing her as a means of escape.



Hypothetical ♥

!

Boxset: 8 episodes / 47 mins each

Entertainment

A big favourite on the freewheeling TV channel Dave, this comedy panel show finds familiar faces Josh Widdicombe and James Acaster posing a series of absurd theoretical situations to two teams of special guests and then awarding points for the

best answers. Guests include Romesh Ranganathan, Rachel Parris, Jon Richardson and Rose Matafeo (left to right, above). Whatever you make of the show, it's come a long way since Edinburgh 2009, where it debuted with a one-star review. Who's laughing now?



Flack !

Boxset: 6 episodes / 44 mins each

Drama

The always-brilliant Anna Paquin stars in this new series about the dark art of public relations. She plays Robyn, an American publicist – or "flack" – working in London. Although she's great at her job, she's a self-saboteur when it comes to her personal life, resulting in tasty drama for the rest of us.



Flirty Dancing !

1 episode / 44 mins

Entertainment

Old-school romance reigns supreme as couples discover if they're compatible on the dancefloor. Choreographer and self-confessed romantic Ashley Banjo (of Diversity fame) teaches would-be lovers a dance routine which they must then perform with a total stranger, and see if sparks fly.



Gordon, Gino and Fred: Road Trip

1 episode / 44 mins

Entertainment

TV foodies Gordon Ramsay, Gino D'Acampo and Fred Sirieix jump in a campervan to cook up a storm for locals around Europe. As you can imagine with this bunch, much mayhem ensues, and never more so than in *The Italian Job* episode we have onboard.



Mortimer & Whitehouse: Gone Fishing

2 episodes / 30 mins each

Factual

What could be better than hanging out with comedy legends Bob Mortimer and Paul Whitehouse as they shoot the breeze and do a bit of angling at the same time? Nothing, as it turns out, because this show – which offers exactly that – is genial TV gold.



My Dad Wrote a Porno

60 mins

Comedy

The hit British podcast *My Dad Wrote a Porno* comes to HBO in this outrageous comedy special, with friends Jamie Morton, James Cooper and Alice Levine reading a chapter in Jamie's father's "erotic" book series.



Halston

105 mins

Documentary

Revered fashion designer Roy Halston Frowick (known as "Halston") created many signature looks of the 1970s, befriending Andy Warhol and Liza Minnelli in the process. This documentary tells of his rise and fall, and is not only a fascinating look at the era, but also a cautionary tale for entrepreneurs.



I Am the Night

Boxset: 6 episodes / 49-54 mins each

Drama

This miniseries takes a famously unsolved 1940s murder for its true-life basis, as a young girl (India Eisley) teams up with a disgraced journalist (Chris Pine) to uncover the secrets of her past. Sure enough, they follow a trail that leads to a gynaecologist involved in the legendary Black Dahlia slaying.



Make Us Dream

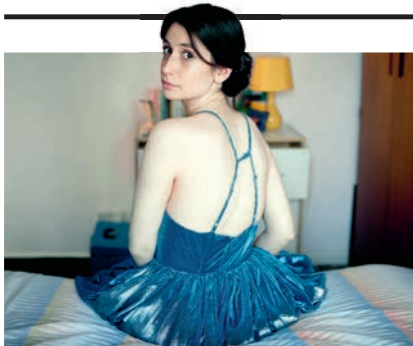
104 mins

Documentary

Steven Gerrard's stellar soccer career began when he joined Liverpool FC aged just eight years old. Twenty-six years later he left having won tons of silverware (he's the only player to have scored in the finals of the FA Cup, League Cup, Uefa

Cup and Champions League), and become a Merseyside legend to rank alongside the likes of Kenny Dalglish and John Barnes. This superb, feature-length documentary – a treat for football fans of all persuasions – tells his amazing story.

TV HIGHLIGHTS



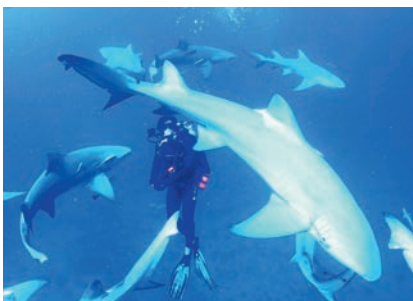
Pure ♥



Boxset: 6 episodes / 45 mins each

Drama

Looking for the next *Fleabag*? This might be the one. It introduces Marnie (Charly Clive), a young woman who has always been plagued by unwelcome sexual thoughts, but with no idea why. That is, until she jumps on a coach to London, where not only does she find some answers, but her life changes radically.



Sharkwater Extinction ♥

12

85 mins

Documentary

This documentary truly deserves the tag "essential". It's the work of activist/filmmaker Rob Stewart who, when he discovered that sharks are being hunted to extinction, embarked on a dangerous investigation, uncovering one of the most scandalous wildlife massacres ever known.



Slow TV

3 episodes / 60-180 mins each

Wellness

Slow TV takes the viewer on real-time journeys. Onboard episodes include *Norwegian Passage*, a journey by ship around the Norwegian coast, *The Kimberley Cruise*, a boat trip from Broome to Darwin, and *The Ghan*, Australia's most iconic passenger train, which travels from Adelaide to Darwin.



Punk ♥



Boxset: 4 episodes / 50 mins each

Music

This brilliant documentary series traces the history of punk from its origins in the US garage rock of the late 1960s to its explosion in the UK in the mid-1970s and beyond. Told by the participants themselves, including Iggy Pop (who co-produced), Debbie Harry of Blondie and John Lydon

of the Sex Pistols, it features interviews with America's punk pioneers as well as members of the UK's most notorious bands. The results are so hard-hitting a fight broke out between the famously tetchy Lydon and Marky Ramone at the launch. How's that for authentic?



Sporting Rivalries

1 episode / 30mins

Sports

The rivalry between Roger Federer and Rafael Nadal is one of the most famous in tennis history and has spanned 38 incredible matches, with Nadal leading the head-to-head scores 23-15. Relive the whole spine-tinglingly epic story with this excellent documentary.



The Supervet



Season 5 / 1 episode / 50 mins

Factual

Prepare to have your cold heart melted and your hard centres turned gooey as we join the nation's favourite vet, Noel Fitzpatrick, and his team at Fitzpatrick Referrals in Easing, Surrey. This is the place where life-changing surgeries give animals both big and small a second chance at life.



Tin Star



Boxset: Season 2 / 10 episodes / 50 mins each **Drama**

This violent thriller series stars Tim Roth as Jim Worth, the police chief of a remote Canadian town. In season one, the arrival of an oil refinery was the catalyst for Worth's darkest secrets to be revealed. In this second season, Worth and his family are trying their damndest to deal with the fallout.



Video Killed the Radio Star

15

3 episodes / 22 mins each

Music

Brought to you by the Grammy-winning team of producer Scott Millaney and director Brian Grant, this enlightening series highlights the visual style and musical impact of artists who made their names in the 1980s, from their pioneering video work to their iconic visuals and, of course, their era-defining songs.



What's My Name: Muhammad Ali



Boxset: 2 episodes / 83 mins each

Factual

Two-part HBO Sports documentary chronicling the extraordinary life of one of the 20th century's most iconic figures.



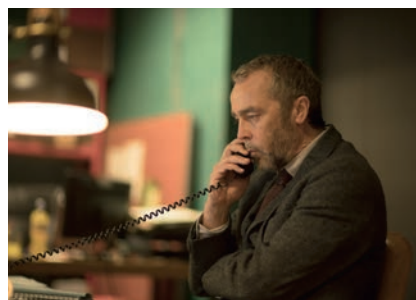
Veep



Season 7 / 3 episodes / 31 mins each

Comedy

Final season of the award-winning comedy series starring Emmy winner Julia Louis-Dreyfus as Selina Meyer, the former Veep and onetime President who's looking to get back to the Oval Office as she runs for President, again.



The Victim



Boxset: 4 episodes / 50 mins

Drama

This harrowing but utterly absorbing drama stars Kelly Macdonald as a grieving mother accused of identifying online the man she believes killed her son. But is he really a notorious child murderer or a tragic victim of mistaken identity? John Hannah co-stars as the detective who's investigating.



Queen: Live at Wembley

60 mins

Music

In 1985 the British rock band Queen played an extraordinary, history-making set at Live Aid – a gig that many fans believe was their best ever. A year later they returned to Wembley Stadium for this almost-as-epochal show, which is captured in all its glory in this incredible

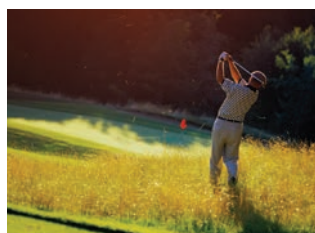
documentary. From *Under Pressure* and *Another One Bites the Dust* to *Crazy Little Thing Called Love* and, of course, *Bohemian Rhapsody*, all the hits are represented here. If the latter doesn't have you doing *Wayne's World* moves in your seat, you're truly not worthy.



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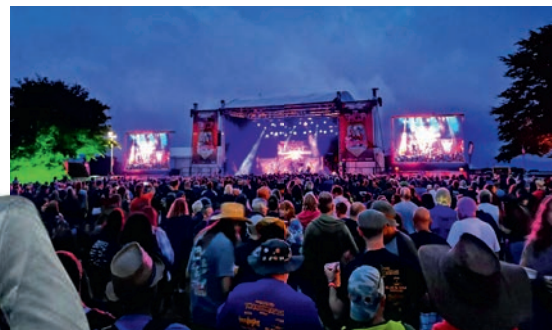


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MUSIC SPOTLIGHT



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School of rock

How an independent festival in the South Wales Valleys showed the big boys how it's done

Former steel town Ebbw Vale might not seem a likely spot for one of the UK's fastest-growing festivals. But perched on a hilltop farm on the edge of the Brecon Beacons, Steelhouse Festival has earned a reputation as one of the most atmospheric and authentic rock shindigs in the UK.

Founded by local mates and rock enthusiasts Mikey Evans and Max Rhead in 2011, Steelhouse has grown from

a monthly club night at Ebbw Vale Rugby Club to an annual event that attracts around 7,500 music fans from across the world.

"With the invaluable support of an army of passionate people who provide their time for free and give the festival its grassroots feel, we've been able to create something quite special in the classic rock arena," says Rhead. "Both myself and Mike had been to festivals all round

Europe and we wondered why there shouldn't be something like it in our own backyard. As well as a festival, we've built a community who come together for a common purpose. Seeing what we've achieved makes it all worthwhile. It's a great story."

"Rock fans from far and wide love the fact we're on a mountain on the edge of the Brecon Beacons," says Evans. "Although we're almost a best-kept secret to locals, we get thousands visiting from all around the UK as well as festival-goers from mainland Europe, Israel, USA, Japan – and even Australia!"

This year's event runs from 26-28 July and features an exclusive UK festival appearance from Thunder, rock legends Thin Lizzy, who'll be playing their 1979 album *Black Rose* in its entirety, hits from funk-rock foursome Living Colour (*left*), and plenty more.

The opening evening is free to all weekend, Saturday and Sunday ticket holders and cements Steelhouse as the UK's best-value rock festival. "Value for money is a real driver for us," says Evans. "We're intent on providing a proper, full-scale rock experience that's affordable for all the family to attend. Concerts are expensive, that's why we let all children accompanied by a ticket-buying adult into the arena for free." steelhousefestival.com

MUSIC HIGHLIGHTS

Vera is on Spotify!
Follow our playlists at Virgin Atlantic Vera

A tiny taster of our awesome audio



Beyoncé

Homecoming: The Live Album

Pop

Beyoncé stopped the world and practically destroyed the internet with her career-spanning Coachella headline show back in 2018. Since then the Netflix film of the gig has gone on to do the same, while this soundtrack album looks set to follow suit. Simply put, it's a stunning piece of work.



Catfish & The Bottlemen

The Balance

Alternative

Veteran producer Jacknife Lee gives the indie-rockers a shot in the arm. "He took our brains for a walk," says frontman Van McCann – a good thing by the way.



Joep Beving

Henosis

Chill

The end of an ambitious trilogy for the Dutch pianist. His beloved keys combine with electronics and strings to create a haunting, beautiful soundworld.



The Cure

Disintegration

All Time Greats

With peerless tunes like *Lullaby* and *Lovesong* (covered by Adele), Cure albums don't come much finer than 1989's *Disintegration*, their best-selling long-player.

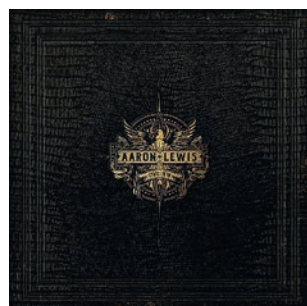


Khalid

Free Spirit

Urban & R&B

R&B singer Khalid was only 17 when he wrote his 2017 debut. This older, wiser follow-up shows how he's grown over the past two remarkable years.



Aaron Lewis

State I'm In

Country

The Stained singer moonlights as a country singer. His third album has Willie Nelson/Waylon Jennings influences and sounds all the better for it.



BTS

Map of the Soul: Persona

Pop

BTS are the K-pop megastars taking the music world by storm, and this album is a perfect introduction to their rowdy, party-loving, rap-rock style.



Hozier

Wasteland, Baby!

Alternative

The follow-up to Hozier's smash-hit debut skips "difficult second album syndrome". In fact, it's a cracker sure to take up residence at a radio station near you.



The Killers

Hot Fuss

All Time Greats

The Killers have never matched this 2004 masterpiece, including singalong stadium classics like *Mr Brightside*, *Somebody Told Me* and *Smile Like You Mean It*.



The Rolling Stones ♥

Honk (Deluxe) All Time Greats

This 2019 compilation includes the likes of *Start Me Up*, *Angie* and *Undercover of the Night*. Expect stomping rock and bar-room blues aplenty.

Rock of ages

Four satisfying Stones facts

Mick (75) and Keith (75) have known each other since they were five years old.

Keith and co gatecrashed the party for the release of The Beatles' *A Hard Day's Night*.

The band's Copacabana Beach gig in 2006 was the largest ever, with 1.5 million spectators.

The Stones have had half as many No.1 singles (eight), as Westlife (16). No, really.



Kylie

Fever All Time Greats

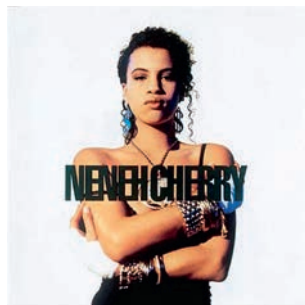
Kylie's 2001 album features her global smash *Can't Get You Out of My Head*, while the likes of *Come Into My World* complete a career high point.



Lizzo ♥

Cuz I Love You Urban & R&B

Why is Lizzo so hot right now? This superb third album, which matches sassy songwriting with a timely aesthetic and wonderful vocals to stunning effect.



Neneh Cherry ♥

Raw Like Sushi All Time Greats

Neneh Cherry's 1988 debut mixes hip-hop, funk and pop, defying easy categorisation. Which is no doubt why it remains such a toe-tappingly potent listen.



Norah Jones

Begin Again Jazz

It's new directions ahoj on this latest album: a collection of seven eclectic songs recorded with collaborators including Jeff Tweedy and Thomas Bartlett.



Vampire Weekend ♥

Father of the Bride Alternative

The NYC act's fourth outing has been compared to *The White Album*. Why? Partly because of its size and ambition, and partly because it's so damn good.



Virgin People Playlist ♥ !

"As an ex-goth I adore new-wave music," says TV and Production Manager Gemma Snazle-Gurry. "This playlist brings back happy memories of my misspent youth and still sounds fresh today."



The Chemical Brothers

No Geography Dance & Electronic

This stonking newbie is a return to form for the Chemical Brothers, although the truth is they never really lost it in the first place. Put it this way, if you've ever tapped a toe to them in the past (and let's face it, who hasn't?), then you're going to love it.



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*mileage varies depending on season and route. Taxes, fees and carrier-imposed surcharges apply.

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CARIBBEAN DREAMING

Look no further than idyllic East Winds in St Lucia for a holiday to truly remember



Ticking all the boxes of your dream holiday checklist, St Lucia's luxurious East Winds all-inclusive resort nestles amid lush tropical gardens overlooking sugar-soft sands. This picture-perfect hideaway has all you need for a truly rejuvenating stay, from fabulous food and attentive service to a sumptuous spa and thrilling water sports.

Choose from 30 luxuriously stylish rooms – chic cottage-style suites are set among the stunning gardens, or try the ocean-front rooms for those breathtaking sea views. And when it comes to cuisine, East Winds uses fresh local produce and home-grown goods direct

Tropical hideaway

With Ocean view rooms set in a beach house and cottage-style suites, East Winds offers Caribbean luxury at its finest

from its garden to create fabulous dishes that blend international and Caribbean flavours, all served at the ocean-front restaurant.

Sun-seekers will love the secluded beach, with comfortable beds and loungers, and a drinks service that means you won't have to break a sweat all day. As those azure waters beckon, thrill-seekers will be tempted by the range of water sports on offer, ranging from paddle-boarding to snorkelling on your own private reef. Gentler activities, meanwhile, include yoga and pilates in the pavilion. And after all that activity, the Garden Spa promises to rejuvenate with treatments using a range of natural organic ingredients.

But it's not all sun, sea and sand. Throughout the year, East Winds offers a selection of special interest weeks for those seeking even more from their holiday. Those yearning to take to the seas can learn to sail this August in an all-inclusive seven-night stay. Whether you are a beginner or are looking to hone your skills, enjoy expert tuition on board the traditional yacht Good Expectation – where better to learn than in the calm waters of the Caribbean?

And for those searching for inspiration, East Winds offers a serene setting for aspiring authors, who can enjoy a seven-night creative writing retreat this November. Under the guidance of editor and author Victoria Pepe, learn how to find ideas and structure stories, while local authors discuss their work.

Relaxation, adventure or inspiration – there's something for every guest staying at East Winds.

Virgin Holidays offers a 30% discount on hotel stays booked at East Winds until 31 Dec 2019. eastwinds.com

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 DELTA

CREDITS

BEHIND THE SCENES WITH THE VIRGIN ATLANTIC TEAM



Return to Mumbai

Virgin Atlantic will resume daily flights to India's vibrant city from October

PHOTO: GETTY IMAGES

We're relaunching flights between London and Mumbai, complementing our established route between London and Delhi. Flights are on sale now with the first service set to commence on 27 October.

The daily service will enhance the links between India's commercial centre and the UK's capital, and also provide connections via Heathrow between India and the USA.

The Mumbai flights will be operated on our Boeing 787-9 aircraft, offering our award-winning Upper Class, Premium and Economy Light, Classic and Delight cabins. We offer a full onboard service in each of

our cabins, providing complimentary food, drink and over 300 hours of entertainment across film, TV and music channels. All of our 787-9 aircraft are fully WiFi-enabled.

"This year marks a period of growth for Virgin Atlantic and I'm delighted that we're continuing to expand our route network by returning to Mumbai," says Vice President, Commercial, Juha Jarvinen. "Combined with our long-standing route to Delhi, we're able to give travellers even more opportunity to experience our award-winning service between the UK and India." ***Follow Ruby, the Virgin Atlantic Blog, for news, behind-the-scenes views and travel***



movements. "Movement is such an important factor in staying healthy when travelling," says co-founder Daniel Bartlett (*left*).

"Doing our workout once during the flight is great, but doing it frequently would be marvellous. Developing this workout has broadened my own approach to staying flexible and mobile during a flight."

What other tips do Team Body Project have for staying healthy while flying? "Hydration is the most important," says Daniel. "As for food and drink, don't be too tough on yourself – especially if you're having a relaxing break away. Just remember that eating small amounts frequently is better for digestion. And flying offers a rare chance to switch off – read a book, watch a movie and simply unwind."

wellness

All the right moves

Stay fit and limber with our new Team Body Project workout

Your wellbeing is paramount, which is why we've created little wellness touchpoints throughout your journey today. Looking to unwind? Listen to our wellness music. How about finding inner peace? Check out Headspace, with its soothing selection of mindfulness exercises.

This month we've turned our attention to your physical wellbeing. Long-haul flights can be tough, and hours of not moving can lead to poor blood circulation. That's why we asked the experts at Team Body Project to help us create an inflight video with exercises you can do without leaving your seat.

"The first thing was to ensure all movements were achievable for the majority of people," says co-founder Alexandra Bartlett (*above right*). "Then we considered the space available, the muscles that needed activating, and how to encourage circulation."

The eight-minute video features 11 simple

Use the eGates for faster and secure entry to the UK

Millions more travellers can now use the eGates on arrival into the UK – can you?

The UK government has expanded the use of eGates at airports to nationals of Australia, Canada, Japan, New Zealand, Singapore, South Korea and the United States of America.

The majority of nationals from these seven countries will be eligible to use the eGates and won't need to complete a landing card.

But there are exceptions including:

- Those travellers with children under 12 or
- Those travelling with a National Identity card or
- Those coming to the UK for short-term study or certain types of work

You can use the eGates if you are:

A citizen of:



or

+

Your passport has this symbol

+

12+ You are 12+ (those aged 12-17 must be accompanied by an adult)

+

You don't need a stamp in your passport

Why I love my job

Apprenticeship Programme Development Consultant
Albie Liddiard on working for Virgin Atlantic

I joined the People Team at Virgin Atlantic in 2018. My role is all about shaping our apprenticeship programmes across the business. Apprenticeships are evolving here at Virgin. They are a career-development opportunity, and anyone at any stage in their career



can be an apprentice. From Cabin Crew to Customer Service, Finance, HR, Leadership and Engineering, there is an apprenticeship for you.

One of the great things about my job is that it touches every area of the business. One day I can be in meetings with suppliers, the next I'm working with line managers on how best to develop our people, or maybe I'm speaking at apprenticeship events. But my favourite part? I love seeing the journeys that our apprentices go through.

So far this year a highlight has been welcoming our first group of Cabin Crew apprentices – it's been an honour to be so actively involved with the design and recruitment of this fresh, new programme. Our first Customer Service apprentices have all completed the programme and all attained distinctions – an incredible achievement.

Why join Virgin Atlantic? Because we're the cool kids of the aviation industry! I find the business really forward-thinking, and there's a real sense of pride and a love for the brand from the people who work here. People go out of their way to help each other, all in the name of delivering an exceptional experience to our customers.

For me, I've formed some great working relationships in a short space of time and there is a genuine sense of support. Don't hesitate to apply! Be yourself because we care about who you are as an individual as much as about what you can do and what you can bring to the business.

To learn more about our apprenticeships, visit careersuk.virgin-atlantic.com/apprenticeships



For more information please watch the eGates eligibility video onboard now

eGate exceptions

Some travellers shouldn't use the eGates due to the nature of their visit as they require a specific grant of leave to enter the UK which is given as a passport stamp by a Border Force officer on arrival.

Are you coming to the UK for short-term study or certain types of work?

Please see an officer to get your passport stamped if you:

- Are a citizen of Australia, Canada, Japan, New Zealand, Singapore, South Korea or the USA **and are...**

- Coming for short-term study (for up to six months)

or

- Have a Tier 5 Sporting and Arts Certificate of Sponsorship

or

- Are due to carry out Permitted Paid Engagements

or

- Are a family member of an EEA national seeking to join them permanently in the UK.

Travellers with young children or National Identity cards

If you are travelling with children aged under 12 years or with your National Identity card please see an officer on your arrival.

What you should do on arrival

Please don't use the eGates and follow signs for "See an officer" when you arrive at the airport. You must see a Border Force officer to get your passport stamped so that you can carry out the activities you are coming to the UK to do. Please don't leave the airport without your passport stamp.

Visiting the UK as a visitor or with a visa?

If you are coming to the UK as a visitor or with a visa as a citizen of Australia, Canada, Japan, New Zealand, Singapore, South Korea or the USA – you won't need a stamp and can use the eGates.

Visit gov.uk/border-force/fastertravel for more details. #knowbeforeyougo

Pretty fly for a WiFi

Now you can post selfies, binge-read your favourite e-book, brag about your hols to your mates or even catch up on some work while flying above 10,000ft with Virgin Atlantic

How to connect

1 Turn on your WiFi-enabled device and connect to the "Virgin-Atlantic" WiFi network on a B787-9 or A330-200 and to "gogoinflight" on all other aircraft.

2 If you don't automatically connect to the WiFi portal, don't worry. Just take a look at the safety card in your seat pocket to see what aircraft you're on. If you're onboard...

- A B787-9* or A330-200*, open your browser and navigate to virgin-atlantic-wifi.com
- All other aircraft**, open your browser and navigate to airborne.gogoinflight.com

3 Just follow the onscreen instructions to buy† a session, and then get browsing!

Shout about it

Tweet or take a pic with #LiveFromVirgin and let the world know that you're connected from above the clouds.

Making the most of your data

Remember to switch off your device's automatic app updates and synchronisations. That way you can avoid using up your data on the boring background stuff while you're busy browsing, tweeting and sharing.

Who supplies my WiFi?

The Internet Service Provider (ISP) on the B787-9 and A330-200 is T-Mobile and the ISP on all other aircraft is Gogo. The ISP is responsible for the WiFi service, customer care and billing.

*WiFi is provided by Panasonic

**WiFi is provided by Gogo

†You can pay using all major credit cards





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*From £4.99.



Since 2010 we've worked with WE to change lives across the globe

Change
is in the air
!

Change is in the Air is the name we give to our sustainability programme, because we believe that sustainability means changing things for the better, and working to improve the lives of people around the world.

Carbon-offset
your journey
and support
communities
around
the world

Our scheme, in partnership with offsetting expert ClimateCare, finances renewable energy and natural resource conservation projects around the world, helping people from poorer communities access cleaner, safer, affordable energy and reduce carbon emissions. Visit virginatlantic.com/changeisintheair to offset your flight.



Small changes, big differences

How your spare pennies are helping children in need

Since 2003, we've raised over £8.5m for charities which support children and communities around the world. And it's all thanks to your generous donations. We want to thank you for your continued support to our Change for Children collection, which allows the Virgin Atlantic Foundation to support some amazing projects.

Since 2010, we've mostly supported WE, through both their international work and domestic programmes. WE Villages, WE's international development model, addresses the primary causes of poverty with long-term solutions, so WE communities can become self-sustaining.

WE's Be the Change schools programme inspires thousands of young people in the UK and US, and provides them with the tools to empower themselves to get involved in a wide range of issues - from addressing bullying, to poverty and climate change. Some of these students have participated in a life-changing experience in India through the annual Virgin Atlantic Scholarship Trip, and many have earned a ticket to WE Day - a huge, once-a-year celebration and inspirational event in London. To find out more about WE, visit we.org.

In times of humanitarian crisis, we will divert

our fund to Save the Children's Emergency Fund. This allows teams around the world to take action immediately without having to wait for funds to be raised, ensuring those who need them most receive aid and supplies quickly.

The spare currency donated to our Change for Children appeal last year was an average £57,000 per month - that's 12 pence per passenger - so every penny really counts.

If you've got change to spare, please hand it to our cabin crew as you exit. You'll find a donation envelope with your headset. Please don't leave donations in your seat. Thank you.

change
for children

building a brighter future for
children around the world



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FIGHT THE FREEZE

Wherever you're flying to, Sensodyne is here to help you enjoy your favourite holiday indulgences this summer

An ice cream by the beach, an espresso on a shaded piazza, a cold beer on a rooftop bar – what is it about these simple pleasures that make holidays so fabulous? As well as being delicious, nothing encapsulates that carefree feeling you get when you're exploring a new destination like enjoying your favourite indulgences.

In fact, we enjoy treating ourselves on holiday so much we purchase gym memberships to make room for the devilishly carb-heavy diets, or squeeze a pair of trainers into our luggage to force us into running off the calories the following morning.

Enjoying the food and drink we love in sun-kissed settings is what holidays are all about, but for those of us who suffer from sensitive teeth, this isn't always easy. Anyone who has ever

winned after an unwelcome twinge of sharp pain will know what we're talking about. From hot coffee, to ice cream, ice lollies and cold beer – just a slurp or a bite is enough to trigger its painful symptoms.

The fact remains that many people who suffer from sensitive teeth do not use a toothpaste that's designed to target it. With Sensodyne, however, there's no reason to let it dampen your holiday mood. Clinically-proven to relieve sensitivity*, Sensodyne Repair & Protect lets you indulge your foodie fantasies, so you can say yes to that extra scoop of ice cream.

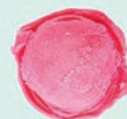
Sensodyne is dedicated to creating a future that's free from sensitivity for everyone. Wherever you're flying to this summer, it's a worthy travel companion for your toothbrush.

sensodyne.co.uk



Treat yourself

Where to find true temptation on your travels



Santa Monica

From sundaes to shakes, LA's hip beach district is heaven for ice-cream lovers.



Tel Aviv

A fresh cup of exquisitely brewed coffee is never too far away in the Israeli city.



Boston

The city is home to some of the best craft breweries along the east coast.



Flight or fight?

Inspired by Nancy Drew and the Hidden Staircase, we chart the hardest-to-mount movie steps

Home Alone
Thanks to Kevin (Macaulay Culkin) the top floor is practically burglar-proof.

Rocky
Our pugilist hero (Sylvester Stallone) pounds up the Philly Museum of Art steps with ease.

Mary Poppins
Everyone's favourite nanny (Julie Andrews) glides up the banister without breaking a sweat.

Labyrinth
The Escher-inspired architecture means poor Sarah (Jennifer Connelly) is neither up nor down.

Vertigo
Acrophobic copper Scottie (James Stewart) can't climb the mission steps without getting dizzy.

Nancy Drew and the Hidden Staircase
Nancy (Sophia Lillis) soon sleuths out these mysterious stairs, but where do they lead?

Watch **Nancy Drew and the Hidden Staircase** onboard now



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