

FREE

METRO

MONDAY, JULY 5, 2021

THE WORLD'S MOST POPULAR FREE NEWSPAPER



Pages 6-7

COME ON! WE CAN DO IT!

A SEMI-FINAL TO LOOK FORWARD TO AND A NEW STAR STILL IN WIMBLEDON



Page 3

WIN A FREE LUXURY HOLIDAY TO MALAYSIA



GEORGE CROSS FOR NHS



CORONAVIRUS CRISIS

'COURAGE AND DEDICATION' RECOGNISED BY THE QUEEN

by AIDAN RADNEDGE

THE National Health Service is to be awarded the George Cross by the Queen for heroism during the pandemic - only the third time a group has been granted the nation's highest honour for gallantry.

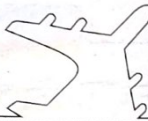
In a handwritten message delivered on its 73rd birthday today, she praised its workers on behalf of 'a grateful nation' saying: 'This award recognises all NHS staff, past and present, across all disciplines and all four nations.'

'Collectively, over more than seven decades, you have supported the people of our country with courage, compassion and dedication, demonstrating the highest standards of public service. You have our enduring thanks and heartfelt appreciation.'

The George Cross - equal in stature to the Victoria Cross

Continued on Page 5

ESCAPE



TRAVEL // CULTURE // ADVENTURE

TRAVEL SECTION OF THE YEAR



WIN! WIN! WIN!

Six nights of luxury in Malaysia

Page 19 »



Formentera

Speedy ferries serve Ibiza's smaller sister isle but a wonderfully languid pace dominates after that. Visit for the white beaches and the hippie-shack Visit for the lighthouses and whitewashed village. Or visit to enjoy such authentic Balearic flavours as minty cheesecake *fiaó*. The central restaurant Can Form serves that, while

a new slow-food map recommends stores for authentic fare (formentera.es). Hanging pod chairs and swim-up bars epitomise cool Hotel Tahiti by the sand in Es Pujols.

GO: From £910pp for seven nights' B&B, including flights and transfers, tui.co.uk
DOOR POLICY: The same as Ibiza [see overleaf], to which you fly.

ISLANDS IN THE GREEN

BRITAIN'S 'NEW GREEN' AND 'GREEN WATCH-LIST' MEMBERS INCLUDE BEACH-TASTIC, CULTURE-CRAMMED SPECKS IN THE MEDITERRANEAN AND CARIBBEAN, SAYS **RICHARD MELLOR**



Malta

For a small archipelago, Malta has heaps for you to do. It particularly excels at scuba diving and prehistoric sites but also scores well for art galleries, sandy beaches and food fusing Sicilian with Middle Eastern. Though only a century old, the republic's wine scene is growing too. A freshly launched Winery Trail collates emerging vineyards (maltauk.com).

GO: From £1,299pp for seven nights' B&B at Valletta's five-star Phoenicia Malta, including flights and transfers, tropicalsky.co.uk
DOOR POLICY: Fully vaccinated adults (only those who have had their second jab at least 14 days before arrival) are welcome with the production of an NHS certificate (not the app). Children aged five to 12 need to provide a negative Covid test result.



Menorca

In pretty Mahon, Menorca's capital – and the birthplace of mayonnaise – markets hawk seafood, gin and Maó cheese. Water taxis serve Isla del Rey, in whose old naval hospital Hauser & Wirth opens a modern-art gallery on July 19. Shops sell the island's famous *avarca* sandals. Blissful beaches await up the coast and restaurants line a huge natural harbour, five minutes' walk from the ketchup-red Port Mahon Hotel's gardens and large pool.

GO: From £878pp for seven nights' B&B, including flights, private transfers and lounge access, book by July 11, sovereign.com
DOOR POLICY: Just like Ibiza.

Continued on Page 16 »

Dominica

Dominica offers much more than stunning shores. You'll also find jungle, lakes, a scuba scene and a hiking trail. Fort Young Hotel throws in a seafront swimming pool and spa.

GO: From £1,795pp for seven nights' B&B, including flights via Barbados and transfers, steppestravel.com.

DOOR POLICY: Submit a negative PCR test. Upon arrival, you'll need to pass RDI [rapid diagnostic test] and PCR tests, quarantining for up to 48 hours [discoverdominica.com].



ESCAPE TRAVEL // CULTURE // ADVENTURE

Vaccination vacations

Continued from Page 15



Dominica

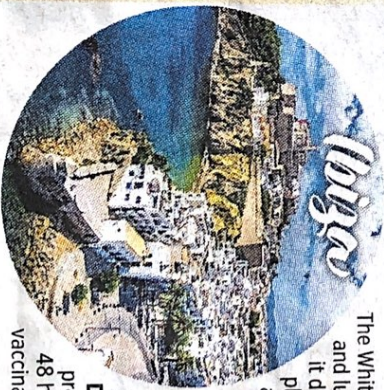
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Grenada

Nutmeg scents the Spice Island, whose waterfall-lined green hills and cocoa plantations give way to dive sites par excellence. Earth's first underwater sculpture park and 30 glorious beaches headlined by the jaw-dropping Grand Anse. Five minutes' drive away is the funky, four-pool True Blue boutique resort, which holds theme nights.

GO: From £911pp for seven nights' B&B, including flights and transfers; britishairways.com. **DOOR POLICY:** Fully vaccinated? You'll have to quarantine for up to 48 hours, pending a negative result from an on-arrival, pre-paid PCR test, and provide a negative result from the UK, plus an authorisation certificate (covid19.gov.gd).



Wigo

The White Isle is now known for wellness, food and luxury. Take its just launched Oku Hotel - it delivers boozy Sunday brunches and DJs play the poolside bar with rooftop yoga and food by chef Mark Vaessen. And while the big clubs may have missed their opening season, some are planning their closing nights, such as Amnesia, which will be raving on October 23. **GO:** From £1,823pp for seven nights' B&B, including flights; destinology.co.uk. **DOOR POLICY:** UK travellers must provide a negative PCR test taken within 48 hours of arrival or proof of a completed vaccination course.