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METRO



**60**  
seconds  
ALFRED ENOCH  
page 16

This is Julia. Fierce, right? She's seen too many people get duped by those shoddy TikTok life hacks and her new podcast has one thing to say...



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## SURPRISE GREETINGS FROM KATE AND WILLS

# MANY HARRY RETURNS?

by SARA ODEEN-ISBISTER

PRINCE Harry has been sent a public 40th birthday greeting by the Prince and Princess of Wales - offering a sign that their royal rift could be healing.

The couple posted 'Wishing a Happy 40th Birthday to The Duke of Sussex' on their official Instagram account, with a photo of him smiling.

It is the first time since 2021 that they have shared a greeting publicly with William's brother - now living in California after stepping down as a senior royal a year earlier.

The couple did not

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Life begins: Harry celebrated in California with his family GETTY

40TH BIRTHDAY MESSAGE 'AN OLIVE BRANCH TO PRINCE AFTER FEUD'



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# WORLD!

Taking multiple months, around-the-world itineraries are all the rage in cruising, offering adventure and discovery. Here are five of the ultimate cruises to book now – and a cheaper option for each

by **RICHARD MELLOR**

**G**ROWING in popularity, round-the-world itineraries are like a cruising top trump. Most head eastwards, ticking off nearly all of the continents, although routes vary widely and most depart every year in January.

If you don't have deep enough pockets or a sufficiently empty diary, consider joining just one section of the trip.

#### Southampton to Sydney and back

Ready to splash: Setting sail from Liverpool, the



refined Fred Olsen 690-cabin Bolette will deliver a whole host of sights as she circumnavigates the globe. Rio de Janeiro's Christ the Redeemer statue, Sydney Harbour Bridge, the Moai statues on Easter Island and South Africa's Table Mountain all feature. So, too, do far-flung Pacific lands such as Tahiti and Tonga, plus a chance to search for the Big Five on an African safari; to watch tango shows in Buenos Aires and to sail South America's

Global tour: Africa's giraffes, above, Easter Island's figureheads, right, and Rio's Christ the Redeemer, top, are just some of the sights that await on upcoming cruises aboard ships such as Scarlet Lady, inset

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# BE FLEXIBLE AND BOOK AMALFI OUT OF SEASON

You will not regret it, insists a delighted **James Besanville**

THE Amalfi Coast is rich in old Hollywood history, according to my 70-something tour guide, Michelangelo. We were cruising along the Tyrrhenian Sea across some of the 13 main towns that make up the famously luxurious 50km Italian coastline - and each port has a story to tell.

In Ravello, actress Greta Garbo and conductor Leopold Stokowski reportedly had an affair, while the likes of Liza Minnelli and Tennessee Williams stayed in Positano and Elizabeth Taylor and Richard Burton apparently favoured the Hotel Santa Caterina in Amalfi - which has been operating for 120 years.

And that's where I stayed for four days and three nights at the end of October, considered the low season for the Amalfi Coast.

For those looking to book an off-season getaway, now is the time to start planning. Don't be put off by the fact you won't be visiting during a less popular time. Be flexible about your dates because, away from summer, there's so much on offer - and far fewer crowds than the high tourist season between June and August.

After arriving at Naples airport on Sunday morning, a 90-minute transfer had us driving through winding cliffs towards striking sea views.

Enter the small town of Amalfi mainly built into the towering rock face.

Having checked into the hotel, the first thing on the agenda was an Aperol spritz on the gorgeous balcony with panoramic views of the sea.

On top of that, I had a bathroom that was bigger than the entire living room



On a cliff edge: Amalfi town

in my small flat in east London, including a spacious tub and shower. The perfect touch was the small selection of sweet treats welcoming me to the hotel, such as chocolate-coated strawberries, small cakes and macarons. Hotel Santa Caterina boasts two restaurants - the beachfront Al Mare and fine-dining, Michelin-starred Glicine.

And in Amalfi itself, I sampled a cooking class at the Amalfi Lemon Experience (£150). Tucked into the mountains and surrounded by lemon groves, this generations-long, family-run business teaches you how to make simple dishes such as aubergine parmigiana, lemon pasta and lemon cake.

Hotel Santa Caterina can help organise a private boat with a guide to tell you about the Amalfi Coast (starting

at about £1,180) - but split this between your friends. With a glass of fizz in hand, this is where I saw sites such as Fiordo di Furore (a breathtaking bridge over a beach) and the gorgeous former home of Sophia Loren in the distance. Locals told me the best thing to do in this small Italian town is to slow down and relax. And at these off-season prices, there's nothing to get stressed about at all.

James stayed in an executive partial sea view double room at Hotel Santa Caterina ([hotelsantacaterina.it/en](http://hotelsantacaterina.it/en)) where rooms start at £404 a night. Flights from London Gatwick to Naples start at about £47 round trip with [easynet.com](http://easynet.com). Most cruises access the Amalfi from Naples, but the closest cruise port is actually Salerno, just to the east. Fred Olsen's Balmoral will call at Salerno next autumn during a sailing from Valencia, in Spain, to Civitavecchia, near Rome, via Menorca and Corsica. Ten nights from £1,799pp, full board, including flights and transfers, departs September 27, 2025. [fredolscruises.com](http://fredolscruises.com)



## AMALFI ON A SHOESTRING

This glamorous town on the Italian coast is beloved by the A-list - but you can experience it without breaking the bank

### Budget beaches

Fiordo di Furore beach is free to visit, but this isn't just any old stretch of sand. Water carves its way through two sheer rock faces, creating a valley that opens out into the sea. You can get there via bus and there's a set of stairs that go down to a small beach.

Spaggia Libera beach is also free, but reviewers note that it's pretty busy, so you might want to get there early.

### Food, glorious food

Luisa Gastronomia Artigianale is a speciality sandwich shop owned by a husband and wife who run it with the help of their daughter. Made using fresh ingredients, the hearty gourmet paninis are filled with such delights as

mortadella, provolone and tomatoes.

The sandwiches cost about £8. If you've got a sweet tooth, head to Cioccolato e Gelato Andrea Pansa. With a focus on top-quality ingredients, it has ice cream made using the original recipe of the owner's grandmother.

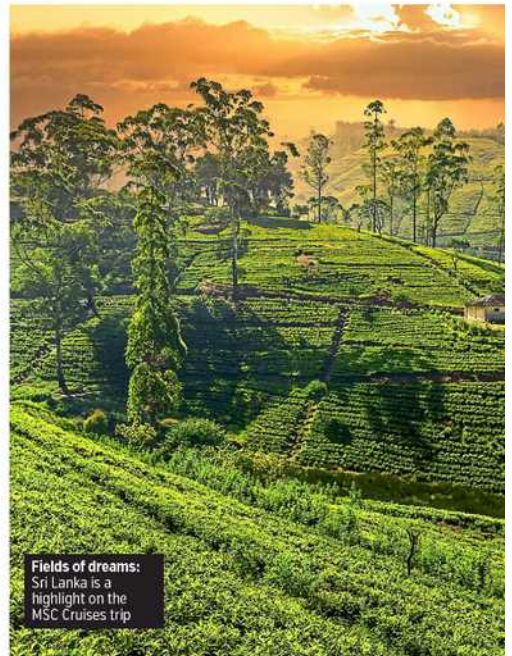
### A spot of culture

The Duomo di Amalfi is a stunning Roman Catholic cathedral and costs (£2.50) to enter. It dominates Amalfi's main square, with a staircase that sets the cathedral 20m above street level. Inside, there's the Cloister of Paradise and the Basilica of the Crucifix - the original church on which the Duomo was built - which dates back to the sixth century.



Stunning: Duomo di Amalfi cathedral

For something more unusual, head to the Museum of Paper. Enter the 14th-century paper mill and learn about how the production of paper began here. Finally, for shopping, there's the Ruga Nova Mercatorum, a busy area with boutiques and street vendors.



Fields of dreams: Sri Lanka is a highlight on the MSC Cruises trip



Never forget: Take in an African safari during a cruise on the Bolette

## GOING ON A JOURNEY THAT'S OCEANS APART

continued from page 21

penguin-happy Strait of Magellan, like explorers of old. En route, guest speakers will include wildlife presenter Michaela Strachan.

110 nights from £13,699pp, full board, departing Jan 6, 2025, [fredolscruises.com](http://fredolscruises.com)

Got less cash? You can do half of the trip, sailing down South America's east coast, crossing the Pacific and finishing in Sydney.

58 nights from £8,699pp, full board, including a flight home, [fredolscruises.com](http://fredolscruises.com)

### A strong Mediterranean focus

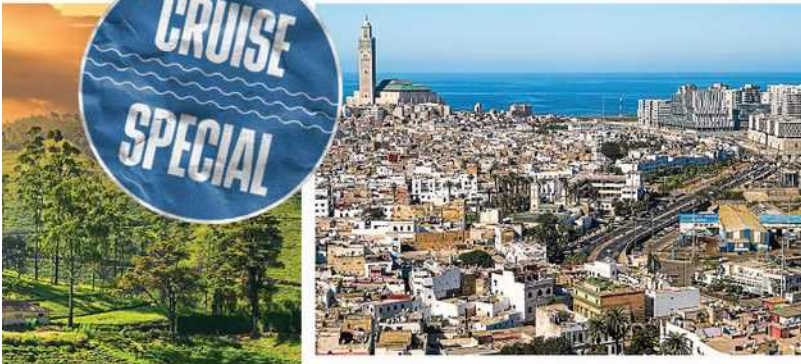
Ready to splash: Having set off from Los Angeles, the Island Princess will start by crossing the Pacific, bound

for stops in New Zealand and Australia. She'll next follow Africa's west coast to Europe, spending almost a month in the Mediterranean with numerous port calls. The return trip across the Pond is preceded by a visit to Spain's Canary Islands. With nearly 60 days at sea, you'll have plenty of time to enjoy Princess Cruises' food, spa and casino.

100 nights (finishing in Fort Lauderdale) from £16,122pp, full board, departing Jan 20, 2025, [princess.com](http://princess.com)

Got less cash? It's possible to do just the extensive Mediterranean section, although you'll start in Cape Town and pause in Namibia while heading north.

32 nights from £2,775pp, full board, departing Mar 9, [princess.com](http://princess.com)



**All around the world:** Explore Casablanca, above, with Virgin Voyages, or Buenos Aires, below, with MSC Cruises



**The 2026 option**

**Ready to splash:** Starting from Southampton, P&O's world crossing is sold out next year, but a 2026 alternative is available. Having journeyed south to Cape Town, the adults-only Arcadia will cross the Indian Ocean via beach-lined Mauritius before nine combined stops in Australia and New Zealand. Fiji and Hawaii follow in an eight-day Pacific stint; a stay in San Francisco leads to the Panama Canal and Caribbean. Then it's time to return to Blighty. Intended very much for Britons, on-board distractions range from two pools to 14 restaurants and bars.

**99 nights from £9,599pp, full board, departing Jan 6, 2026, [pocruses.com](http://pocruses.com)**

**Got less cash?** How about disembarking in Melbourne and flying home? You'll still have seen half the world, and crossed the hemispheres.

**45 nights from £5,389pp, full board, including a flight home, [pocruses.com](http://pocruses.com)**

**Due south**

**Ready to splash:** Attracting a youthful audience, MSC Cruises has a globe-trotting round-trip sailed by the 3,223-person Magnifica, with its open-air pool complex. The focus on the southern hemisphere is rare among such itineraries. Seven overnight stops, including Rio de

Janeiro and Buenos Aires, allow for more time to explore engrossing destinations. Other standout stops are Sri Lanka, Ushuaia - the jumping-off point for most Antarctica sailings - and Easter Island. Unlike MSC's usual standard board, a dine and drink package for all passengers throws in alcohol served with meals and 15 excursions.

**116 nights from £17,659pp, full board, departing Marseille on Jan 6, 2026, [msccruises.co.uk](http://msccruises.co.uk)**

**Got less cash?** No sections of the itinerary are sold separately: it's all or nothing with MSC.



**Stand-out stops:** The Magnifica

**Try a transatlantic cruise**

If multiple months at sea sounds too much but you still want to do something lengthy, try a transatlantic trip. Occurring when ships 'reposition' between Europe and North America or the Caribbean, these involve fewer stops than normal voyages. One option in 2025 is Virgin Voyages' sailing from Miami to Casablanca (in Morocco) and Barcelona. Before two Canary Island calls, you'll have eight uninterrupted days at sea - a chance to enjoy Scarlet Lady's gratis dining, burlesque entertainment or tattoo parlour alongside an adults-only crowd.

**15 nights from £3,089.82pp, full board, including tips and wifi, departing May 3, [virginvoyages.com](http://virginvoyages.com)**

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