

18TH LONDON

You can vote, get hitched and officially order a mojito, so you really should hit the capital for the weekend and party *Made In Chelsea* stylee.

PARTY GAMES Birthday girls and their BFFs should head to the Strand Palace Hotel (Strandpalacehotel.co.uk) in the heart of the city for the Girls' Night Out package. As well as bed and breakfast, you'll get guaranteed entry to one of the capital's top super-clubs, late checkout so you can recover, plus 25 per cent off a facial or massage at Virgin Active Heaven V Spa opposite the hotel, all from just £117 per room per night, plus club entry from just £10.

JELLY & ICE CREAM Treat yourself to a dinner of sweet potato falafel, waffle fries and brownies at Leon on the Strand (Leonrestaurants.com). Wash it all down with bubbly (you can bring your own without paying any corkage), before hopping on the Tube to *MIC* hangout Pacha, in Victoria (Pachalondon.com). Beats the birthday bumps any day.



London's calling you to party



PIMP IT UP

Wherever you visit, it's always worth mentioning to airlines, hotels and restaurants it's your special day. Free treats can include champers and upgrades.

Celebrate, BIRTHDAY ST

21ST NEW YORK

This concrete jungle where dreams are made is the ultimate destination once you're practised at partying. Plus, you can make the most of Manhattan on a post-student/first-proper-job budget.

PARTY GAMES Check in to the New York Manhattan Hotel, then go window shopping on Fifth Avenue, cycle around Central Park or embrace your inner Gleek with a lesson from an off-Broadway star (from £20

with Sidetour.com). Flights with Air Canada cost from £409 return (Aircanada.com). The New York Manhattan Hotel (Thenewyorkmanhattanhotel.com) costs from £39 per person per night, including breakfast.

JELLY & ICE CREAM Even though you'll be stuffed from the hotel brekkie, queue up at Shake Shack in Madison Square Park for a burger or Flat-Top Dog (that's a hot dog split and grilled on both sides, FYI). Visit Shakeshack.com to see how big the queue is before heading down, but it's worth waiting for. Later, grab a slice of pizza – Joe's on Blecker Street is the best (Joespizzanyc.com). Then spend cocktail hour at The Rum House (Edisonrumhouse.com) on West 47th Street. Their original concoctions are amazing – try The Murray, made from Godiva chocolate liqueur cream. Delish!

30TH EGYPT

Turning 30 calls for something special, like seven nights in a five-star resort with your special mates. Oh, and did we mention the year-round sunshine, unspoilt lagoons and sandy beaches at the country's glitziest resort, El Gouna?

PARTY GAMES Slap bang next to the beautiful Red Sea you'll find the Mövenpick Resort & Spa, which comes recommended by Kate Winslet, who



Swim like, um, an Egyptian

There's no way your birthday candles can compete





style

Say HELLO to the HOTTEST spots to mark your AGE milestones

BY HELEN RUSSELL

recently stayed here. For active types, there's kitesurfing, wakeboarding and waterskiing available at the resort. And for everyone else, there's the stunning sea-view pool or the Angsana Spa, which offers treatments such as The Royal Rainmist, which is 150 minutes of massage and facial loveliness (£93). A seven-night stay, including return flights from the UK, costs from £565 per person. Book at Holiday-designers.com. **JELLY & ICE CREAM** With world-class restaurants a 10-minute stroll from the hotel, you'll never go hungry in El Gouna. Sample classic Egyptian cuisine like baba ghanoush, a dip made from aubergine and tahini, at El Tableya. After dinner, enjoy drinks and dancing at Moods (Moods-elgouna.com), a beach club perched on the marina. You'll get to sample an eclectic mix of music, from chill-out to traditional Egyptian tunes.

50TH PORTUGAL

Whether you're organising a trip for someone else or yourself, the key is to keep things hassle-free. A five-star package to Alentejo in central Portugal combines sun, sightseeing and wine.

PARTY GAMES Stay at the Convento do Espinheiro (Starwoodhotels.com). Guests have full use of the on-site spa, and also get a free "wine-therapy" session, which involves a tour of the former convent and wine tasting in the cellar. Amen! Then walk to the walled city of Évora, or nearby villages to buy pottery, rugs and more wine. Bed and breakfast, including use of the hotel facilities, plus flights, costs from £570 per person for four nights, based on two sharing (Sunvil.co.uk/alentejo).

40TH SPAIN

You may have a family to think about now, but even grown-up birthday girls need escapes. Tarifa on the Costa de la Luz, which is perched on Spain's southernmost coast, is ideal for more sedate fun times. Plus it's just three hours from London, so it's the perfect kid-friendly getaway just in case you can't leave them behind with Dad. **PARTY GAMES** Sandy beaches? Check. Gentle waves and surfing lessons for beginners? Check. Seafront apartments with a private terrace and pool access? Triple check. Flats in Playa de los Lances cost from £60 a night (Spain-holiday.com), and flights from the UK to nearby Gibraltar, cost from £136 return with Monarch (Monarch.co.uk). **JELLY & ICE CREAM** Gorge yourself silly in Tarifa's plethora of tapas and seafood restaurants. Oh, and don't forget to make like the locals by drinking the traditional tippale, tinto de verano, which is chilled Rioja with lemonade. In summer, check out the pop-up bars and restaurants down on the beach. The only activity you need to do is watch the sun set and sup birthday bubbles as the kids play on the sand. Bliss.



Tarifa: the best place to drink in Spain bar none

Trot off to Alentejo



JELLY & ICE CREAM Tuck into a complimentary three-course dinner at the hotel with the wine you've sampled. The sea broth served over lobster is particularly yummy. Alternatively, try the delicious regional cuisine on offer in Évora. But make sure you have room come the morning: breakfast served at the Convento is a feast in itself, and you'll eat it in the beautiful surroundings of the wine cellar. **f**