

Destinations

NIGHT LIFE

Seaside to city, outdoors and ready to rock

JULY 15-17
GOTA, Faroe Islands
G! Festival: These remote islands are not the most summer-like location for a summer music festival; temperatures usually stay in the 50s and rain is more common than sun out in that part of the Kingdom of Denmark, halfway between Iceland and Norway. But G! gives an opportunity to sample local island talent (Brandur, Lyon, Eivor), plus other Northern European acts from Denmark (Nephew, Lucy Love) and Sweden (Arch Enemy, Moto Boy). Passes for the weekend are \$180. Camping on site is available for an additional \$50. Travel packages from Europe start at \$663. [www.gfestival.com](#)

JULY 15-18
BERN, Switzerland
Gurtenfestival: Set on a scenic Swiss hilltop, this year's fest features everyone from 1990s modern rock stalwarts Faith No More to world music darlings Rodrigo and Gabriela. Other acts include the Kooks, Groove Armada, Stereophonics, John Butler Trio, Bad Religion, Editors, Gossip, Jet, and the Cribbs. In the middle of all this rock, Gurtenfestival emphasizes dance music just as strongly with more than



Sample local talent and acts from Denmark and Sweden at the G! Festival in the remote archipelago of the Faroe Islands.

60 DJs spinning over the course of the weekend. The festival traditionally sells out, but tickets are still available. A four-day pass is \$185. [www.gurtenfestival.ch](#)

JULY 23-25
SEATTLE
Capitol Hill Block Party: This

party is a distinct change of pace from the usual summer music festival. There's no nature, no camping, and ticket prices are ridiculously inexpensive (\$23 for single day, advance tickets). Headliners include MGMT, Blonde Redhead, !!!, Atmosphere, The Deadweather, and

Yeastayer. A limited number of three-day festival passes are available for \$60. [www.capi.tolhillblockparty.com](#)

JULY 8-18
QUEBEC CITY
Festival d'été de Québec: The emphasis of this massive cultural

festival may be the province's French roots (this year there are appearances from French television personality Daniela Lumroso, and local crooner Gilles Vigneault), but there are Canadian acts with little French connection also performing, such as the Arcade Fire, Rush, and Iron

Maiden. Then there are acts with limited ties to the city, such as the Black Eyed Peas, German industrial rockers Rammstein, and former Supertramp lead singer Roger Hodgson. Tickets for shows are available individually; a pass for access to all outdoor shows is \$50. Hotel and ticket packages available. [infofestival.com](#)

PLAN AHEAD
SEPT. 23-25
CINCINNATI
MidPoint Music Festival: A paradise for independent music lovers who are looking to enjoy new sounds with little attitude and pretense, MidPoint has yet to announce its full schedule, but is teasing potential ticket buyers with acts such as Tom Tom Club and Ted Leo and the Pharmacists. The festival will offer more than 250 acts on 25 stages around the city. Tickets went on sale this week and are just \$39 for three days. [www.mpmf.com](#)
CHRISTOPHER MUTHER

Events are sometimes sold out, rescheduled, or canceled; check online. Christopher Muther can be reached at [muther@globe.com](#).

Currents

Get on a bike and head for the hills

Explore the Rockies on two wheels when you stay at Colorado's Millennium Harvest House Boulder. The hotel has launched a new Biking Through Boulder Package, which includes a two-hour, customized road or mountain bike tour led by a profes-

sional guide along some of the area's most scenic trails: Ride up Boulder Canyon, head for Bald and Sugarloaf mountains, or pedal along bike-friendly city roads. Afterward, soak in the indoor and outdoor pools, wander 16 acres of hotel gardens, or

walk into town. The package, good until Nov. 20, includes standard accommodations for two, a buffet breakfast to help fuel your adventures, and bike and helmet rentals. Rates start at \$289 per room, based on double occupancy (mention code GBIKET). [303-443-3850, www.millenniumhotels.com/boulder](#)

and etiquette, and how to talk like a golfer. Courses range from \$215 (one day) to \$645 (three days). Rooms start at \$255 per person, per night throughout the summer, and include passes to the Keswick Club and access to the spa, fitness center, and indoor/outdoor pool. [888-778-2561, www.keswick.com](#)

Miami's latest hot spot
The Tempo Miami resort opened this month where Miami Beach meets the city's arts and entertainment district. The 56-room hotel has an art gallery in the lobby featuring photos that reflect the city's vibe, a chic new bar-restaurant, Amuse, which serves fresh fish dishes and organic produce from local farms, and a spa with "music-inspired" treatments. You'll have spectacular views of Biscayne Bay through your guest room's



MILLENNIUM HARVEST HOUSE BOULDER

Let a professional be your guide as you bike in Boulder, Colo., into Boulder Canyon, or up Bald or Sugarloaf mountains.

floor-to-ceiling windows. You can soak in the infinity spa and lagoon-style swimming pool on the rooftop deck. Or get a workout in the fitness center, which includes a strength-training room, a cardio room, and a yoga

and spinning studio. Summer specials, valid through Nov. 16, start at \$134 per night, double occupancy. [866-513-7625, tempomiami.com](#)

KARI BODNARCHUK

CALM WATER CRUISING

on the magnificent and historic **ST. LAWRENCE RIVER**

2 to 6 night cruises on calm inland waters aboard the 32 Stateroom **CANADIAN EMPRESS**. Montreal, Quebec City, Ottawa & Kingston departures.

Experience the 1000 Islands, the remarkable International Seaway locks, museums, mansions, historic villages & world-class capital cities.

1-800-267-7868 [StLawrenceCruiseLines.com](#)

Fair way to start the game
Keswick Hall, a 48-room boutique hotel in the foothills of Virginia's Blue Ridge Mountains, has launched a golf school geared to beginners. At the Keswick Club's Golf School for the Novice, run by pro Eric McGraw, you can take beginner-friendly classes on an 18-hole, Arnold Palmer-designed course. Sign up for one- to three-day sessions on your own or with a group. Along with the basics, you learn rules

Explore the same waters your forefathers fished.

25 million North Americans can trace their family's history back to Nova Scotia, many of whom settled in New England. Are you one of them?

Find out at [novascotiaroots.com](#)

VISIT US ONLINE OR CALL 1 800 565 0000 OP 207 TO ORDER YOUR TRAVEL PLANNING KIT.

[NOVASCOTIA.COM](#)
Shaped by the Sea

Built-in bug-proof protection

Forget about smelly sprays, potential side effects, or carry-on restrictions. The latest in insect-repelling technology is built right into your clothes. Insect Shield's line of clothing is treated with permethrin and protects the wearer against a variety of pesky critters, including flies, chiggers, ants, mosquitoes, ticks, and fleas. You can wash the clothes about 70 times before protection starts to wane — more than long enough to get you through camping season.

Unlike some sprays, Insect Shield's EPA-registered clothing is safe for babies and pregnant and nursing women; a line of children's clothing, called Buggies, is cute enough to wear anywhere. Bandannas cost \$12, adult-size clothing \$36-\$90 at REI stores and online at [www.rei.com](#); find the children's line (\$26-\$34) at [www.buggiesclothing.com](#).

LYLAH M. ALPHONSE



BUGGIES

Insect Shield's clothing comes in children's sizes.