

➤ The world this week



JERSEY

Sweeping sandy beaches, warm weather, charming tearooms and a feel of rural France, Jersey in summer is seaside heaven. Aer Lingus Regional (aerlingus.com) has relaunched its seasonal service from Cork to the largest Channel Island. Operated by Aer Arann, it will run twice-weekly on Wednesdays and Saturdays until September 10 with return fares from €80.

Away from the bustle of the capital St Helier, there are endless leafy laneways, mysterious caves and secret underground tunnels to explore.

Spend a morning at the fascinating Durrell Wildlife Conservation Trust, discover the hidden secrets of Mont Orgueil Castle, and watch the sun set over Plemont Bay, the island's finest beach.

IRELAND

A simple tick bite can change your life forever. That's the warning the HSE wants travellers to bear in mind this summer, especially those heading for the great outdoors, where one suck of a bug could result in Lyme disease — one of the most debilitating and mysterious diseases in the world.

Campers, ramblers and mountain bikers should be extra-vigilant against tick bites during the summer months, and wear long trousers, long-sleeved shirts and a good spray of insect repellent.

After a day in the warm weather, check skin and hair for ticks. If a rash or other symptoms develop, contact your GP. For more information, visit the Health Protection Surveillance Centre at hpsc.ie.

THE SKIES



The scrum at the Ryanair boarding gate to get a decent seat on the plane — don't you just hate it?

The good news is that a hint of civilisation is coming to no-frills flying. The airline is backing down on one of its key planks of budget air travel by allowing passengers to reserve seats on some routes.

From next month, customers will be able to choose where they sit on planes flying Dublin to London Gatwick and Malaga. Passengers will have to pay €10 each way for the privilege of selecting their seats under the policy, which comes into effect from May 16. In all, 24 seats will be available for pre-booking — in the front two rows, and the rows with extra leg room over the wings — on each 189-seat 737 aircraft.

PISA

Italy's famed monument, the

Leaning Tower of Pisa, extends its opening hours this week, but prospective visitors should note the barrage of official warnings.

"Visiting the tower requires a considerable amount of physical effort," and anyone with a heart condition is warned against tackling a spiral staircase that has 300 "slippery" steps.

"Access to the tower summit is not easy, as it includes narrow or exposed passageways. Individuals who easily feel dizzy are advised not to reach this floor."

Under-eights are never allowed; under-13s must be "held by hand all the time", and under-19s are permitted "only if accompanied by responsible adults". You cannot carry "any bags and/or containers of any kind and shape", though cameras are allowed.



➤ Don't forget to pack...

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TomTom High-Speed Multi-Charger €24.94

So many chargers, so little space. So pack this multi-charger, which can work its magic on up to three devices at the same time. It's sleek, small and super-speedy, working four times faster than normal. You can use it on iPads, iPhones and in-car DVD systems.

Available nationwide from TomTom retailers



Kozi Kids all-weather gear: jacket €75, pants €40

Oh, the joy of being a child, splashing in puddles without a care in the world.

Funnily enough, mum and dad don't tend to feel quite so carefree, but spending time outdoors will be a walk in the park if you dress your little darling in these lightweight, all-weather jacket and pants.

The reflective three-in-one jacket has a removable inner fleece, while the trousers have extra layers around the foot and ankle to keep out dirt and water. The hood is also removable.

The whole ensemble is so cute that you'll wish it came in adult sizes.

Available from Magee of Donegal, mageeireland.com; Rainbusters, rainbusters.ie; Puddleducks puddleducks.ie; and Pearl pearl.ie

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