

**FREE**

Summer 2006

# Here & Now

Your guide to shopping & leisure in CHELTENHAM

## A perfect Splash

FABULOUS NEW  
SWIMSUITS FOR EVERYONE

**DOWNSIZE!**

PACK IT ALL IN TO A  
MINI TRAVELLING KIT

**SCHOOLS OUT**

HOW TO AVOID HOLIDAY  
HELL THIS SUMMER

**BEACH  
★ BODY ★  
SPECIAL**  
GET YOURS FIT AND  
TANNED BEFORE  
YOU GO!



WHAT'S ON

GALLERY ROUND UP

BEACH HAIR CARE

TRAVEL BOOKS

## Fine Food

A glut of exciting new food venues have just sprung up in Montpellier, promising to cater for the real Jamie Oliver in all of us.

**Strada** is a new type of Italian restaurant which promises the customer the best in rustic cuisine; expect to find dishes similar to those found in any family run restaurant in Italy, hand made pastas with fresh sauces, risottos, pizzas, char grilled meat, seafood and classic deserts. The two men behind Strada, Chris Benians and Marcus Cload have both had established careers as chefs, and are now passionate about bringing an authentic taste of Italy to Cheltenham.

*Strada 6-7 Montpellier Street 01242 253 410*

A brand new Deli that appears equally committed to bringing "a taste of Italy' to Cheltenham" is the impressive looking **Gusto**. Stocked with the very best of Italian produce, Rachel Cappuccini and Gavin Thomson the team behind Gusto have spent months sourcing the finest selection of delicious food and wines for their customers. With a daily menu of

fresh dishes like spinach and ricotta cannelloni and avocado and pomegranate salad on offer, as well as cafe tables on the pavement for a cappuccino and tiramisu, this is one place we strongly recommend for a visit. *Gusto 12 Montpellier Walk 01242 239 111*

If you prefer the gastronomy of France, the new restaurant **Le Quinze** (opposite Gusto on Montpellier Street) will satisfy all your garlic tastebuds. Jointly owned by International and Gloucester rugby player Olivier Azam and chef Laurent Guntert, the fresh and uncluttered interiors are dotted with rugby memorabilia of leather boots, ball and Azam's Gloucester shirt. Food is traditional french, no nonsense cooking with quality ingredients - l'escargot, bouef bourguignon and tarte tartin. As you would expect the fabulous wine list offers only the very best french wines. *Le Quinze 15 Rotunda Terrace 01242 525 230*



**HOWZAT!** Against the idyllic backdrop of Cheltenham College and the Cotswold hills, the C&G Cheltenham Cricket Festival gets underway on 26 July this year. The 2006 festival promises to be an event with high standards, featuring top-class games between hosts Gloucestershire and other well supported sides Glamorgan, Yorkshire, Leicestershire and Somerset in a variety of competitions Call 0117 910 8000 for information.

## Need to know

It's happening here right now

### BY ROYAL APPOINTMENT

The glorious garden accessories shop, Capability, in The Suffolks has just been appointed official supplier of the new Duchy Originals premium range of garden tools. Made with sweet chestnut from Duchy of Cornwall woodland in Herefordshire, the tools collection has been designed and crafted using classic Victorian designs. They feel great and should be a joy to work with.

