travel notes

CAPRI The Jackie O of islands
Lunch at La Fontelina (tel: 00 39 081 837 0845) and have pre-dinner drinks at Quassia (tel: 00 39 081 837 6780) - the crowd ranges from hip 'n' suave to hip 'n' tacked. Eat antipasti in a lemon grove at Da Pizzola (tel: 00 39 081 837 0602). Dance on the tables to Neapolitans singing at Amore e Cuore and, for the best frames and overnight prescriptions for cool specs, head for Capri People Sarglasses.

AMALFI COAST The ultimate in understated chic
Eat fabulous fish at La Spanda in the hotel Le Smeralda in Positano (tel: 00 39 087 857 0600). Buy great Tuscan-style shoes in Tre Denari (tel: 00 39 089 875 9621) in the village. At Necesso, the new find is La Scollo (tel: 00 39 081 688 1026): it's family-run, accessible only by boat and complete with a mongrel wearing a bandana. No pretension, but you may end up sitting next to Luca di Montedoro, Jean Alessi or Valerie AEOULAN ISLANDS The hippest place to be this summer
On Stromboli, stay at the Barbabba (tel: 00 39 090 986 118); the vulcano is the backdrop for fantastic pics in the observatory. On Pantelleria, say at La Raya, where all the suites have breathtaking views and there is a rocking nightclub full of gorgeous Balineses.

SARDINIA Best beaches, clearest water and most beautiful people
Lunch at the Cala di Volpe (tel: 00 39 070 987 611). Dive on fresh fish and English puddings at Rosemary (tel: 00 39 070 987 1185), then chill out on huge cushions with a cappuccino. Eat roast suckling pig and salt-baked sea bass at Genni's (tel: 00 39 070 982 2360), and dance at Billionaire's (tel: 00 39 070 984 192), the hottest club on the Med. You may find Derzel Washington, Tommy Hilfiger, and Naomi Campbell there.

HOW TO BE THE GIRL IN EVERY PORT
Alice Bamford gives you urgent Med attention

MARBELLA The swankiest all-systems-go city on the Med
Lunch at the sophisticated Marbella Club (tel: 00 34 952 822 211). Yacht-spot at the Sunset Bar in Puerto Banus (tel: 00 34 952 821 482). Drink unusual cocktails at the Havana (tel: 00 34 952 783 909) and on the terrace at La Norte (tel: 00 34 952 866 996). Dance at Olivia Valere (tel: 00 34 952 828 801); the music is cheery but the dancefloor and bar are the hottest around. At El Marbella in the Hotel Don Carlos, celebrity DJs such as David Morales hit the decks for an electric sound. Get away from it all in the on-the-spot cafe at Café del Mar at the Hotel Puente Romano.

ST TROPEZ Sexy, tacky and fun
Glamour, pleasure and celebrity come together at Les Caves du Roy in the Hotel Byblos. Young hipsters go to Papagayo. The most happening beach bars is Quay Largo and lunch is exemplary at Club 55.

PORTOFINO Classic elegance
Drink Bellinis at the Splendid Mare's Chaffay. Bar on the port, then buy cashmere from Ferrada at Tender on the Via Roma. Eat pasta at Pany (tel: 00 39 018 526 3079) and the freshest prawns at Flati (tel: 00 39 018 526 9379). Magazzino provides picnics for adventurists in local fishing boats around the bay.

IBIZA A smartgroove of club culture
Dance all day and all night at Amnesia, Privilege and El Divino, and drink at KMS, a pre-clubbing hotspot with Moroccan tents lit by pyramid lights. See go-go dancers at Pacha, where the vast dancefloor vibrates with funky house music. Eat Italian at Macao and buy bags, sunglasses and stilettos trimmed with marabou, rhinestones and ribbons by Moritz Labertere at Silver Mirage. Carrer d'Enming 10 (tel: 00 34 3471 360 17).

DON'T LEAVE HOME WITHOUT
Le Vintage Club and Gros sunglass, Enzo sandals for boys, Diesel palm tree print jeans and a Sony Cyber shot digital camera.