CRETE - A mountainous island of peaks, plateaux and awesome gorges contrasting with ancient remains and quaint old harbour towns. If you simply want to sunbathe, there are plenty of long, sandy beaches and a superb sunny climate.

MAJORCA - The largest and most popular of the Balearics, Majorca is an island of startling contrasts. Its landscape varies from rugged mountains in the north to pine-covered hills and windmill-dotted plains in the south. In the west, the historic and elegant capital, Palma, skirts an attractive harbour while in the east; you can explore pretty, secluded sandy coves. Despite great popularity and development, Majorca remains an astonishingly beautiful place, with verdant pines, rolling green hills, endless superb beaches and a varied choice of resorts, each with a character and flavour of its own. Whether you want to sun yourself in peace and quiet or live it up in the hot spots until the early hours, Majorca has just the resort for you. **Resorts: Puerto de Soller, Porto Cristo and Palma**.

ITALY - Memories of Italy linger on long after you have returned home, for this magical country casts a spell upon all who visit her. The Venetian Riviera to the east is renowned for its wide, golden beaches and lively entertainment, while to the south the glorious Neapolitan Riviera is unrivalled for its dramatic scenery and wonderful sightseeing opportunities, such as Pompeii and Vesuvius. Further north and within easy reach of Pisa and Florence is the stylish Tuscan Riviera, with its superb sandy beaches, excellent restaurants and lively bars. **Resorts: Sorrento, Puerto de Alcudia, Almalfi**.

SICILY AND SARDINIA - At the southern tip of Italy lies the stunning island of Sicily, dominated by the towering peak of Mount Etna. Rich in history and colour, it has crystal clear waters and a dramatic beauty which will take your breath away. The sun soaked island of Sardinia, nestling in clear blue Mediterranean waters, has a wild, rugged beauty that's softened by dazzling white beaches.

MAINLAND SPAIN - The Costa Brava, Spain's "Wild coast", stretches from the French border to the fishing port of Blanes and is characterised by steep pine-covered cliffs and secluded sandy coves. Probably the most scenic of all the Costas, it is famous for its sightseeing opportunities, vibrant resorts and beautiful golden beaches or rocky coves. South of the Costa Brava and dominated by the dynamic Catalan capital, Barcelona - host to the 1992 Olympics - lies the Costa Doralda or "Golden Coast", a fertile region with a gentler landscape of olive groves and citrus trees, boasting 150 miles of wide, sandy beaches. **Resorts: Estarrit, Sitges, Barcelona, Nerja and Toledo**.

IBIZA/FORMENTERA - Glorious beaches of golden sand and sparkling blue seas, rocky pine-forested headlands and sleepy, inland whitewashed villages ... these two islands share a common beauty of landscape, though in many ways they differ enormously. Ibiza offers lively, modern resorts and fabulous water sports. If you want to unwind, you can still find a deserted beach or explore the beautiful countryside, which varies from sparkling salt flats in the south to pine-clad mountains in the north. Just over an hour's ferry ride to the south is Formentera, perfect for an "away from it all" holiday with its peaceful bays, fringed with pale, yellow and crystal clear turquoise waters. Some of the local beaches are popular with naturists.

CORFU - Whether your aim is to relax or live it up, you'll find somewhere to suit you in Corfu. There's an astonishing variety of stunning scenery, from pine-clad mountains to terraced olive groves, and some marvellous beaches where you can simply relax and soak up the sun.