



Travel Doctor



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Q I am planning a trip to the Deep South of the US. This is something I've always wanted to do but it seems likely I'll be going alone and I haven't travelled alone before. Do you have any tips to offer or ideas I should consider?

Jane Saldanha, via e-mail

A The southern states of America are a fabulous place for a holiday, but I'd recommend you avoid travelling in July or August when it's too hot and humid to enjoy



Travel tips

Discover the real Turkey

The region of Alaçati is already well known to Turkish holidaymakers but it's still largely off the beaten track for Brits. Now Turkey specialists Exclusive Escapes (020-8605 3500, exclusiveescapes.co.uk) is featuring a new boutique hotel in the former Greek town on the Çeşme Peninsula, with its sandy beaches and chilled beach clubs. The Alavya has 25 rooms in six renovated stone houses, and is 45 minutes from Izmir and 90 minutes from Ephesus. Seven nights' B&B costs from £870pp including flights.

Don't put up
with this

No flight insurance payout
I purchased Virgin Atlantic tickets through Opodo in April for my son and daughter-in-law to fly from Utah to visit me in London over Christmas. The cost, including Opodo comprehensive insurance, was £1,940.12. In September my son and daughter-in-law informed me that she was pregnant, had a due date of February and was advised by her obstetrician not to fly. Virgin says the tickets were purchased on a non-refundable basis and will only refund a little under £300 for taxes. My American Express insurance does not cover my son and daughter-in-law because they are not