



RALEIGH

North Carolina's laid-back capital is welcoming change.

Why Now: Raleigh has experienced a population surge in the past few years thanks to an influx of transplants being lured by jobs in the area's Research Triangle, home to companies such as Cisco Systems and SAS Institute. Specialty shops and galleries have blossomed to greet the newcomers, and the food scene has

never been hotter. Where to Go: Pamper yourself with a stay at the five-diamond Umstead Hotel and Spa, located outside the city on a three-acre lake. Make sure to reserve a table at Herons, where the kitchen works culinary magic turning familiar foods into gorgeous edible art. In town, grab

breakfast at star chef Ashley Christensen's Joule (the short rib milk gravy over biscuits is fantastic) or pick up a carrot cake croissant at contemporary pastry spot Lucettegrace. For shopping with a local pedigree, duck into Deco Raleigh for gifts, Holly Aiken for colorful vinyl bags and Raleigh Denim Workshop

Chef Lon Bounsanga puts the finishing touches on a dish at Bida Manda.

for high-end leans. Then immerse yourself in North Carolina's past at the Museum of History or pop across the pedestrian mall for hands-on exploration at the Museum of Natural Sciences. Hungry again? Stop at Wine Authorities to sample the on-tap offerings, then head next door to chef Scott Crawford's eagerly anticipated restaurant/grocery Standard Foods, opening this month. Expect twists on Southern food and salads using produce from the eatery's backyard farm. -JENNIFER BUEGE

HIT THE TOWN

→ North Carolina Museum of Art

Enjoy the art, then take a walk through the adja-cent park (both free).

⊕ La Farm Bakery

Exquisite breads and pastries plus samples galore make this a desti-nation bakery/café.

Bida Manda

lettuce wraps at this chic Laotian spot where



TRAVEL **ACCESSORIES**

THE CARRY ON **COCKTAIL KIT**

Become your own in-flight bartender with this portable Moscow mule kit that comes with a recipe, bar spoon, ginger syrup, jigger and linen coasterall you have to add is vodka and club soda. \$24



THE STOWAWAY KIT **FROM STOWAWAY**

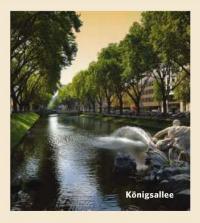
Don't get bogged down by your makeup. This six-item kit of smallerthan-usual items has been pared down to the essentials: rouge, mascara, lipstick, eyeliner, BB cream and concealer. \$75



YUTHICA LUXURY TRAVELOGUE CANDLES Escape to Tahiti,

Maui, Florence or even Marrakech without leaving home with these soy candles that are customblended to evoke the feel of far-flung places. \$40





BOARDING PASS

DÜSSELDORF

After waking at the InterContinental Düsseldorf, stroll along the canal that runs down the center of high-end shopping street Königsallee. Head east to international bean proprietor Tenten Coffee for a java break, then spend the afternoon exploring MedienHafen, a section of Düsseldorf's old port where architect Frank Gehry's modern buildings loom over the waterfront. Afterward, settle in at the restaurant Lido, taking in views of the port while dining in a glass cube above the inner harbor.

CARRIER/FLIGHT DL 24 DEPARTING ATL ARRIVING DUS SEAT

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