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AS SEEN ON SCREEN

What's up, doc?

Put down the popcorn — documentaries are the new feature films, and now they're inspiring adventures of their own...

Virunga (2014)

Leonardo DiCaprio produced this atmospheric film about the

Democratic Republic of Congo's gorilla-rich national park. Get a look at those majestic silverbacks on Secret Compass's epic new Virunga trek (secretcompass.com; 14 nights from £2,999pp, all-inclusive; flights extra).

Muscle Shoals (2013)

Thanks to this doc, we're now experts on the legendary FAME

recording studio in Muscle Shoals, Alabama, where Etta James and the Rolling Stones shaped their sound. This spring, it opens to the public for the first time (see deep-south-usa.com/alabama).

Blackfish (2013)

This exposé about killer whales in captivity left us enchanted by graceful orcas. See whole pods in the wild off Vancouver Island on Steppes's kayaking tour, from July to September (steppestravel.co.uk; nine days from £2,795pp, full board, with flights).

Advanced Style (2014)

Ari Seth Cohen befriended a bevy of stylish Manhattan dames (pictured) for this uplifting film about ageing with style. Star Lynn Dell Cohen is no longer with us, but her brazen NY boutique lives on (boutiqueoffbroadway.com) — or dress like Ilona, Joyce and co with an Upper East Side spree.

All available on DVD (amazon.co.uk) or Netflix (netflix.com).



BARGAIN BIKINI HEAD-TURNER

You get two for the price of one with this vibrant reversible bikini by surf girl Nikki de Marchi. This Brazilian-made beauty's geometric design was inspired by coral reefs, and it's the perfect way to save space in your suitcase — there's two (or is it four?) more designs too (nikkide marchi.com; £123).

FOR LABEL QUEENS Find yourself

There's no need to leave all your problems behind when you jet off on holiday these days. Pack up your troubles in your old kit bag, attach one of these humorous luggage tags and — you've got it — just smile, smile, smile (theschooloflife.com; £25).

HOTEL RIVALS: ROME

Rome's design hotels

A bit of rough, a dash of royalty... attitude reigns supreme in two recent openings



VS

G-Rough

The vibe is... luxury roughed-up: stripped-back walls, jagged mezzanine levels, mismatched furniture.

The locale is... a couple of minutes from Piazza Navona, aka right where you want to be.

Your fellow guests are... style obsessives who want the best boutiques and bars, as well as the sights.

Allow time to... explore the neighbouring thrift shops, for something suitably retro-cool to wear at dinner.

Doubles from £275, B&B (g-rough.com).

Palazzo Dama

The vibe is... a whipped-cream white aristocratic villa filled with striking art and natural-history curios.

The locale is... a stone's throw from pretty Piazza del Popolo and the vast, tranquil Villa Borghese gardens.

Your fellow guests are... social butterflies here for the sumptuous bar, restaurant and clandestine nightclub.

Allow time to... see the searing Caravaggios at Santa Maria del Popolo, five minutes' walk away.

Doubles from £267, B&B (palazzodama.com).

