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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Belfast City Guide, Including Belfast Hotels

By Ms Maria Williams

Introduction:

Nestled in a valley and bordered to the east by the Irish Sea, the capital of Northern Ireland, Belfast, is a vibrant and lively Celtic city that lives up to its nickname of "The Hibernian Rio." Situated on the River Lagan, the pedestrian-friendly city enjoys a focal point in Donegal Square where the architecturally stunning City Hall dominates the skyline, and elsewhere Victorian and Edwardian architecture can be enjoyed by visitors on foot.

Places of interest:

Belfast's glorious seafaring history and place at the forefront of the industrial revolution is evident in the greatest shipyard in Great Britain, where the Titanic was built. The city's name is derived from the Irish "beal feirste" which means "at the mouth of the sandpit" and nightlife, arts, festivals, dining and shopping are all in abundance in the city. The sea front in particular is now pedestrianised and visitors can enjoy the best of Irish culture in street musicians and theatre against the backdrop of the Irish Sea.

Standing 120 metres above sea level, Belfast Castle offers breathtaking and panoramic views of the city, bay and surrounding areas. Belfast Castle was the ancestral home of the Chichester, later Donegall, family who were descendants of Arthur Chichester who planted the land that was to become the city in the 1600s. The history of the castle, and city, are celebrated in the Cave Hill Visitor Centre in the castle grounds.

Ulster Museum, set over 8000 square metres of grounds, is likely to take up a full day, so extensive and fascinating are its archaeology, ethnography, art, history and natural sciences exhibits. The collections portray and celebrate the history, culture, artistic, scientific and industrial achievements: in short, the story of the Irish people from their ancient roots up until modern day. The museum houses both permanent and temporary collections, and regular, creatively planned tours are offered to distil some of the wonders of the museum into palatable chunks.

For stunning hiberno-romanesque architecture, the Belfast Cathedral is worth a visit, and the exciting, interactive and interpretive St. Patrick Centre tells the story of Ireland's patron saint, in his own words.

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The Sir Thomas and Lady Dixon Park and City of Belfast International Rose Garden, in the southern outskirts of Belfast features an International Rose Exhibition, as well as gardens, walks, a children's playground and live music concerts.

The Linen Hall Library was established in 1788 and boasts a collection of over 20,000 volumes of Irish literature and an enviable Robert Burns collection.

Things to do:

Belfast will never leave tourists wondering how to entertain themselves! Plenty of things to do and see exist in Belfast.

The world class Belfast Zoo features plenty of don't-miss attractions, including the monkey park, reptile house and children's playground.

Walking Tours of Belfast include The Old Town, Titanic Trail and the City Centre Walk.

The oldest covered market in Ireland, St George's Market offers a range of fish and speciality foods that are unrivalled in Europe.

The world's largest dry dock, Haarland and Wolfe, is where the Titanic was built and its famous cranes, Samson and Goliath, can be seen from all over the city.

At the The Ulster Folk and Transport Museum a fascinating insight into the history and the daily lives of Ulster people can be found.

The Home Front Heritage Centre features collections that portray the Belfast experience of the Second World War, and is also home to the museum of the Royal Ulster Rifles.

W5 is a world renowned innovative and interactive centre of science and technology exploration, with activities, exhibits and demonstrations to expand and intrigue minds of all ages.

Food & Drink:

If it is excellent food the tourist seeks, they won't have to look far in Belfast.

Traditional pub fare in a historical atmosphere is to be found at Belfast's most famous pub, the Crown Liquor Saloon in the heart of the historical district.

Altos was rated number one by Yahoo travel for stylish and contemporary cuisine, serving cutting-edge Mediterranean food and featuring an extensive wine list and speciality coffee choices.

The Gypsy Queen Vegetarian Restaurant is one of Europe's premier vegetarian dining destinations. All dishes are GMO approved, and organic wherever possible.

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For the cuisine enthusiast, Deane's Restaurant is a high end, luxurious dining experience, featuring dishes created by one of Ireland's top chefs.

Live music pubs are a staple of Belfast nightlife, including the Duke of York, Morrisons and at the docks, Pat's Bar Princes.

Belfast Hotels & Accommodation:

As befitting a major European destination, a full range of accommodation options are available in Belfast. Visitors can choose from cosy, family run bed and breakfast establishments, a variety of self catering options and luxury five star hotels to suit every taste, set of requirements and budget.

Ravenhill Guest House The Crescent Townhouse Europa Hotel The Malone Lodge Hotel Tara Lodge The Park Avenue Hotel The Stormont Hotel The Chimney Corner Hotel Culloden Hotel Days Hotel Jurys Inn Belfast Ramada Belfast Parkview Lodge Ten Square

Entertainment

Nightlife is one of Belfast's main attractions, with revellers enjoying everything from world class dance clubs to traditional pubs. The Potthouse, opened in November 2004 was built on the site of Belfast's first pottery factory and comprises The Potthouse Bar & Grill, Sugar Nighclub, which plays Top 40, House and classic Disco, and the Soap Bar guestroom. The Fly and The Grill Room and Bar are also notable Belfast nightspots. The Movie House Cinema on the Golden Mile offers the latest cinema releases, as well as arthouse and independent films, and Ireland's only 3D and 2D large format cinema, the SheridanIMAX is located on Queen's Quay. Fantastic shopping is available in the city centre Donegall Place and the Waterfront Concert Hall hosts concerts and music tours from all over the world.

Belfast enjoys an enviable position at the forefront of Hibernian culture, scenery and history. With an ideal and unique combination of Celtic culture and British industrial influence, Belfast is an ideal seaside destination for family friendly events, educational and historical attractions and a nightlife that is second to none throughout Europe. In common with much of the British Isles, Belfast experiences a temperate and often wet climate, but is protected by the surrounding mountains of Divis Mountain, Black Mountain and Cave Hill.

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Biography: Maria writes for Sleep UK –

providers of hotels in Belfast.

Amsterdam Hotels Just Outside The City

By Sarah Veda

If you are interested in finding a hotel that offers all of the comforts of home in Amsterdam but is not in the heart of the busy city, there are a number of choices for you. In fact, just a short distance from the center of the city you will find a wide range of hotels offering all types of accommodations to suit your specific needs. The good news is that there are plenty of choices with all of the amenities that you are interested in. Those that are looking for a bit more of an affordable price but still wants to be close to the city can consider these hotels for just that need.

Some of the hotels that you will find just on the outskirts of Amsterdam offer all of the necessary features including internet access, television, in room dining and even exercise facilities. Some offer a variety of rooms perfect for the executives out there as well as the common traveler. In addition, some offer the best of amenities from tennis courts to bowling alleys and even the restaurant or pub. In addition, you will find that many of them offer banquet and meeting facilities perfect for a business meeting or a large group of guests. Some offer wedding and catering facilities for larger events as well.

The hotels that are just outside or on the edge of Amsterdam often provide you with the necessary transportation to and from all of the major attractions and points within the city. You can often find affordable yet quaint shopping, gardens and even those hotels that feature the deluxe feel and luxury is at the top of the list. When visiting Amsterdam, consider staying just outside of the center of the city and you are likely to find a wonderful hotel with all of the luxuries that you love as well as a more affordable choice.

<http://www.amsterdam-hotels-information.info>



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