

GO-GO AREAS



Your dog will just love his
new front-seat status in
the Volvo XC70

Location, location, stimulation

If you're stuck in the bedroom, then you're stuck in the previous sexual century. We polled 1,000 women to find out where they would most like to get down to business. Here are the top 15 locations - and how you can get the very best out of them

Words Nicky Williams Photography Lee Powers



Kind Park

Wood Green

Clapham
Come-on

Bondage Street

Maida Vale

Seven Sisters

6% want it...

In the wild

Pegging down is the new bedding down. Happy camping...

Michelle Waitzman, author of *Sex in a Tent: A Wild Couple's Guide to Getting Naughty in Nature* (Wilderness Press) has exercised an almost obsessive devotion to finding the best tent for outdoor excursions. Listen up:

"The Hubba Hubba by MSR seems to be made for sex. It's very roomy, which will make navigating any tricky moves much easier, and the high ceilings mean you aren't going to bring the thing down with a flailing leg. The breathable material makes for good ventilation, too.

"Create some ambiance by placing a scarf or bandana over a flashlight hung from the tent ceiling. But be aware if you're camping near others as this will create some interesting shadow puppets on the walls."

If you're fretting about the cold, buy a couple of Vango Astral XL sleeping bags (hi-peakleisure.co.uk) - they're the largest on the market and zip together. "And use a condom," says Waitzman. "This isn't a safe sex lecture; liquids can ruin the lining of a sleeping bag."

From £225 outdoorco-op.co.uk

5% want it...

On the wing

Get her, rather than your limbs, in a twist, with a legitimate pass into the Mile High Club

Unless you are a contortionist, or have a strange urge to sample foreign custody, forget trying to get it on in the Easyjet toilets. Instead, get hot in the air in Virgin Atlantic's rather more salubrious Upper Class.

"Why bother getting your leg stuck in an airlock toilet when airlines are actually starting to sanction membership of the Mile High Club?" says Yvonne Fulbright, author of *Pleasuring: The Secrets of Sexual Satisfaction* (Sterling/Ravenous). Four of VAs six Boeing 747-400 aircrafts now have double beds in their Upper Class Suite. At night the partition between the two seats is taken away and the gap is filled with a mattress, giving you two square metres of space to enjoy what they describe as "a more intimate flight".

Frankly, we'd find this hard to credit were it not for endorsement from bearded entrepreneur Sir Richard Branson: "The legitimate Mile High Club is finally aboard," he says. "You can do it on cruise ships, you can do it at home, so why shouldn't you be able to have relationships on planes?" Well, quite. Just try to spare your fellow passengers the inconvenience of refastening their seatbelts due to violent turbulence. *Upper Class return from London Heathrow to New York JFK from around £4,000. Beds subject to availability on check-in. Book at virgin-atlantic.com*

9% want it...

On wheels

In the roomiest back seat on the road

It's safe, it's Swedish, and now we can crown Volvo's XC70 estate, with its spacious back seats, Britain's sexiest car. According to a survey by car insurer yesinsurance.co.uk, not only does the extra boot space mean you can fit a surfboard, a snowboard, or - hell - an ironing board in the back, it also makes the perfect passion wagon.

The dimensions of the back seat are a cavernous 1100 x 1000 x 1434mm, which gives you far more space for those tricky manoeuvres than *Which? Car's* so-called "best estate", the Vauxhall Astra, which clocks a paltry 900 x 1000 x 1600. Obviously you still can in a Nissan; you're just far less likely to get anything stuck in the electric window of a Volvo.

Volvo XC70 - from £25,800 volvocars.co.uk

12% want it...

With good vibes

Clean up your dirty mind with a session that will put you both in a spin

The refrigerator is too cold and the kitchen worktop is downright unhygienic - but she'll soon feel the good vibrations if you lift her up onto the washing machine - and never more so than if you hoist her onto the Beko WMA657 1500. That's because it's a lighter, less sturdy brand of machine, with a top spin speed of approximately 1500 rotations per minute (the average washing machine is around 1000 rpm). That means it vibrates harder, which in turn will help get her off, and take much of the strain out of a tiring domestic chore. "The added ►

◀ vibrations during spin cycle will provide additional stimulation to your partner's clitoris," says Emily Dubberley, author of *Brief Encounters: The Women's Guide to Casual Sex* (Fusion Press). "And if you can manage to keep going through a whole whites wash, you'll certainly impress her with your stamina."

From £155 currys.co.uk

16% want it... On the high street

Redeem your credit with her in a peeping tom's paradise

Shopping is literally a sex drug for women. "It gives the female brain a hit of dopamine, known as 'Shopper's High,' says David Lewis, author of *The Soul of the New Consumer* (Nicholas Brealey Publishing). "MRI studies of brain activity by University of Kentucky researchers suggest that this is linked to the anticipation of buying." To link her dopamine rush to your urge to liven up an otherwise interminable trudge around the shops, guide her towards the lacier section of your local department store and pick out something for her to try.

"Ask the shop assistant if you can go and see what her purchases look like, and most will be fine with it," says Dr Sadie Allison, author of *Tickle Your Fancy* (Tickle Kitty Press). For the less daring, the changing rooms at erotic boudoir Coco De Mer in Covent Garden, London come with a "peepshow" window for you to watch. *Coco de Mer, 23 Monmouth Street, London, coco-de-mer.co.uk*

30% want it... Bubbling under

Provide her with enough length to get things wet and wild

"To a woman, a bubble bath is like a stress-elimination tank: it shuts out noise, work, and responsibilities," says Dr Scott Haltzman, author of *The Secrets of Happily Married Men: Eight Ways to Win Your Wife's Heart Forever* (Jossey Bass). "One of the fundamentals of female sexual arousal is being able to push daily concerns and niggling tribulations out of her mind." To tap into this element of her sexual psyche most effectively, it's worth splashing out on something that will nurture her natural romantic associations with bathtime (and,

lamentably enough, her innate self-image as a future star of the Cadbury's Flake adverts).

A 6ft-long Czech and Speake bath with its classic claw-foot design will do just that, putting her in the mood, while giving you enough space to manoeuvre your manly frame without getting your toe stuck in the tap - something that's bound to happen in a bog-standard bath (which comes in at just under 5ft 6in). Better still, its two layers of lightweight resin act as an insulator to keep your water hotter for longer. So there's no chance of either of you Flake-ing out (sorry). If a new bathroom suite seems like a bit of a price to pay for a bunk-up, invest in some clary sage oil - aromatherapists endorse it as the best relaxant, which is guaranteed to get her in the mood for more than just a long soak in the tub.

Bathroom suite from £3,500 czechspeake.com

8% want it... On all floors

Threads from down under will help turn your living room into a loving room

You're a man, she's a woman (right?). You're up for some post-dinner cardio, she's getting bored with *The Bill*. But if you want to avoid regular carpet burns then you might want to think about swapping the shag pile for a carpet with a high proportion of natural wool, says Hans Lowe, export manager at Cavalier Carpets.

"The softest wool is New Zealand wool, which is less likely to scratch or chafe," says Lowe. "But yarn density is even more important. A high density carpet (1500g+) will be more forgiving. Although a shag pile has a long tuft length, the pile is not very dense. It may look soft but in truth, it will damage your skin. Go for the Cartouche 48 which is a Velour, 100% New Zealand wool carpet with a high yarn density (1628g)."

"The worst carpet type product to use would be Sea Grass or Sisal and Coir," he adds. "I speak from experience."

£POA, see cavaliercarpets.co.uk

1% want it... In a net

Spread your widest web and snare your ideal lady at the click of a button

Ask a girl in your local pub her bra size and what colour knickers she's wearing and you'll be picking up your front teeth before

you've finished your pint. Go online, however, and to-the-point pick-up lines are par for the course. But unless you want CyberSlut999 to turn out to be a moustachioed manual labourer called Gerald, you need to pick an online pick-up joint with decent pedigree and a wealth of likeminded philanderers.

Look no further than Adultfriendfinder.com, which boasts more than 24 million registered users, which is over twice as many as nearest rivals Match.com and Yahoo Personals.

"The key to its success lies in the integrity of your search criteria," says Emily Dubberley. You can hunt down a match by cross-referencing every imaginable sexual specification, including everything from her geographical location to the specifics of her bra size. (Remember to tick the "no hairy palms" box.)

And if the expense of international travel makes a real-life liaison impractical, go for the Logitech QuickCam® Sphere AF webcam - darling of internet reviews due to its precise motion tracking, which leaves both hands free to do with as you please.

Log on to adultfriendfinder.com

28% want it... Anonymously

Taxi for the Langham, pronto...

"The anonymity of a hotel room appeals to her psychological need to escape the libido-killing stresses of everyday life," says Fulbright. Without wishing to make it too transactional, if you book her into the Infinity Suite of the Langham Hotel in London, you're going to have a hard time getting her mind onto anything else. It's the priciest hotel room in the UK for good reason.

This giant suite boasts 236 sq m (2,548 sq ft) of luxury, including your own marble entrance hall, chandeliers, an infinity bath and a four-poster bed. There's a guest room if you have friends to stay (or in case you have a row), a 32in plasma TV, and a limo service and two discreet butlers, Ricardo and Oliver, who are trained to know exactly when to leave you alone. Which at just over four grand, should be for the duration.

Infinity Suite, from £4000 per night, 020 7636 1000, langhamhotels.com ▶

GO-GO AREAS

HER LIBIDO SOARS IN THE
STRESS-FREE ANONYMITY
OF A HOTEL ROOM



Acton Impulse

With room service
like this, why would you
ever check-out?

22% want it...

To remember

Take the spring out of her step and watch her bounce into action

Wipe from your mind the preconceived notion that more bounce = a peel-me-off-the-ceiling-orgasm. The best mattress to have sex on is spring-free memory foam. Mattress king Colin Buzzard, CEO of internetmemorymattress.co.uk tells you why: "With a traditional spring mattress you use the bounce, but energy and effort gets lost in the springs," says Buzzard. "Every time you push down, the mattress pushes you back up, meaning you have to thrust harder to get closer to your partner. Since memory foam moulds to fit your partner's frame, you won't have to risk her breaking a nail gripping the headboard."

"The way the foam sinks when weight is placed on it means there are no uncomfortable positions, while legs placed in the air will be fully supported and stay in the air." It also allows you to get really close to each other, especially if she gets on top and puts her knees either side.

"Customers say that the added friction and extra energy means that they are able to climax a lot quicker," adds Buzzard, "but the reason I like it is because no springs means no noise. So the kids and the neighbours won't know what you're up to." From £279 **0845 257 2467**

17% want it...

On their front

Head south for an al fresco dinner with a difference

It doesn't take a degree in geology to conclude that the pebbles of Brighton beach are a fine alternative to getting sand where the sun don't shine. But better still, the enlightened south coast police have been given specific instructions to turn a blind eye to couples riding the waves.

So go for your life, and if you get cornered by an interfering copper during an innocent bit of saltwater coitus, then quote this by Superintendent Peter Coll, second-in-command of Brighton and Hove police:

"Our priorities are preventing and detecting violent crime and public reassurance... in this day and age we have to take a modern and balanced view of couples in public places. We will investigate incidents which offend public decency and

we would not encourage people to use public places but we will not go out of our way and hunt them down."

Just remember it's hard to be self-righteous with a damp pair of Levis around your ankles. *Coda: Avoid the inaptly named Studland in Dorset; since January 2007 an unholy alliance of naturists and the local police have been working together to stop anyone getting frisky in the dunes.*

1% want it...

On track

When Kylie said she wanted to "do the locomotion," this is what she had in mind

Doing it in grime-covered toilets of an inner-city Silverlink is rather too literal a definition of dirty sex, so opt for the classier and more private option of the Caledonian sleeper from London Euston to Scotland.

"Sex on the move works in tandem with her natural rhythm," says Dubberley. A First Class cabin offers two beds made up with fresh cotton sheets; air-conditioning and handy bedside lamps to help you set the mood. Order food from the room service menu, and get a cup of tea and a newspaper brought to you the next day. The only thing they don't provide is the girl.

The 9pm departure arrives at 9.43am in the Highlands, giving you over 12 hours of mobile, bunk-based action. *First Class open return tickets for two from around £514 firstgroup.com*

3% want it...

Sitting down

Take your steer from the Scandinavians

A swinging motion is a no-brainer when it comes to good sex. But whichever way you look at it, there's no good way to have sex in a playground. So build your own in the comfort and legality of your own living room. A glance through the Ikea catalogue might suggest any number of options, but race past the Femmen Vag, Titta and the Bummerang (no, really), and go for the hanging chair best known as the Svinga.

Sexual psychologist Jo Hemmings (datingcoaches.co.uk) says: "Apart being ergonomically pleasing, this egg-shaped chair's appeal lies in the fact that this rocks gently and will adapt to your chosen rhythm during sex. It's also wipe-clean." *The Svinga £40 ikea.com*

4% want it...

With balls

Put her through her paces and earn yourself the best sort of workout

Okay, so unless your local Fitness First doubles up as a sordid swingers' joint, (it doesn't) you're either going to have to be discreet about this, or make the most of a more modest fitness set-up in your own home. So forget the hundreds of kinky things you could do with a calf-raise machine, and settle instead for a Swiss ball.

"A strategically placed Swiss ball will improve the depth of penetration," says Peta Heskell, a relationships advisor (attractionacademy.com). "The curve of the ball will make sure you slide deeper inside her. You can hold her hips for balance, and use the rocking motion of the ball to thrust in and out of her from behind."

The result: deeper penetration for her, a core muscle workout for you and continuing good relations with your local fitness emporium.

Anti-burst Swiss ball (multi-sizes) £12 fitness-mad.com

11% want it...

To be well hung

Two trees are better than one. Whether you "swing" in them is up to you

Described by out-of-doors aficionados as "probably the biggest hammock in the world", the king-sized Gigante hammock is over 14-and-a-half feet long and holds up to 280kg of thrashing bodies. In fact, it could comfortably cope with three of you, if that's what you're about.

Compare that with a standard single hammock, which holds less than half of that at 120kg - perilously close to breaking threshold when accommodating two relatively slender consenting adults.

Its 6000 threads of extra-tightly woven hammock material give it an area of six square metres, making it extra stable, which means you can try out the most daring of positions without catapulting yourself inelegantly into the compost heap like a latter-day Robin Askwith. *The Gigante Hammock £100 from hammockheaven.co.uk*

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Shepherd's Bush

It's just you, your girl,
a few yards of nylon,
and that trusty Maglite

A ROOMY TENT MAKES
NAVIGATING THOSE
TRICKIER SEX MOVES EASIER