

THE VANCOUVER SUN

Enjoy flight service to rival a spa

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SPECIAL TO THE SUN

I've flown the 12-hour haul from Vancouver to Hong Kong in economy class and it has always been a total drag. I can't sleep crunched up; so I arrive cranky, body aching and head in a fog for the first few days.

But when the Cathay Pacific pilot on the (business class) first leg of my recent trip to Phnom Penh said "sit back and enjoy your flight," I intended to do just that.

Perusing the dinner menu was enough to keep me awake. After checking the award-winning wine list and a wide range of movie channels, I paired wine with flicks.

It's the little things that count, like tiny tubs of Haagen Dazs served while watching a movie. My seat transformed to a completely flat bed, which made for a restful sleep.

I could make a dash for my connecting flight on Dragon Air to Phnom Penh, or relax for five hours in Cathay's lounges — there are four to choose from. When it was time to freshen up, the Wing had it covered with 24 shower suites.

Next up, I strolled over to Gate 36 and The Bridge lounge, sidled up to the Long Bar, sipped a G & T and snacked on canapés. I also checked out the ultra-modern Cabin lounge. Five hours flew by!

Cathay's Premium Economy Class is also good value. You get much of what is offered in business class, starting with a welcoming choice of champagne, OJ or water. Next round hot towels and amenity kit, blankets and pillows. Cathay Pacific offers 14 flights weekly non-stop from Vancouver to Hong Kong. For more information, visit Cathay-pacific.com/ca

