Keeping it reelWorldly wise directors, from Jean-Pierre Jeunet (below) to Alfred Hitchcock (far right)



Take a bite out of Paris like Jean-Pierre Jeunet

"I can only film what I love," professes Jeunet. And judging by the burnished beauty of his Montmarte-set Amélie (2001), he adores his home district. Make like Audrey Tatou's wide-eyed waitress and stroll the bustling streets around the Sacré Coeur, stopping at Café des Deux Moulins (15 rue Lepic), the film's main location, to crack an "Amélie" crème brûlée. For a taste of leunet's swooning visuals, take your sugar high to the Musée d'Orsay to enjoy resplendent Renoirs and vivid Van Goghs. Afterwards, savour the views from picture-perfect Pont des Artes, as Amélie does, and you'll be smitten, too.

Follow Federico Fellini's footsteps around Rome

Think Fellini, think flamboyance: La Dolce Vita (1960) translates as "the good life", and there's no better place to live it than Rome. To see prime locations such as St Peter's Basilica like the film's glamorous night owls, why not breeze past in a vintage Fiat 500 (£100pp, rome4all.com) after dark? Or take in an evening opera at the beautiful Baths of Caracella (archeorm.arti.beniculturali.it)? Recreating Anita Eckberg's iconic dance in the Trevi Fountain is forbidden, no matter how rich you are, but you can throw in a coin and make a wish. Over £2,000 is collected every day for the city's poor, so it's a great way to splash your cash.

Experience Danny Boyle's lust for life in Edinburgh

Trainspotting (1996) begins with petty thief Ewan McGregor racing down Princes Street, but we suggest taking your time (and actually paying for things). Don't miss the Camera Obscura (camera-obscura.co.uk), a whir of optical illusions that approximate Boyle's eye-popping aesthetics. In nearby Leith, historian Tim Bell gives fascinating bespoke tours of the main *Trainspotting* sites (£8pp, leithwalks.co.uk), from writer Irvine Welsh's flat to the probable location of "The Worst Toilet In Scotland". You'll find a better class of bathroom here these days: thanks to the likes of The Kitchin (thekitchin.com), Leith is awash with Michelin stars

Go mad in Madrid in the manner of Pedro Almodóvar

The crown prince of Spanish camp funded his early shorts by selling second-hand goods at El Rastro flea market (9am – 3pm, Plaza de Cascorro). Hit the stalls on a Sunday to grab a bargain – or sponsor a future Oscar winner. After a jaunt across the Segovia Aqueduct, the background star of Almodóvar films such as I'm So Excited (2013), take your seat for the best flamenco in town at Villa-Rosa (ablaoflamencovillarosa.com), where High Heels' (1991) hero revealed his feminine side. Stay out till sunrise in the legendary Chueca gay district to test The Flower Of My Secret's (1995) maxim: "In Madrid it's never late."

Check out Martin Scorsese's NYC - without the body count

You can't see NYC exactly like Scorsese – it'd be illegal. Goodfellas' (1990) gangster hangouts are mostly gone, but some things never change. Head to the indomitable Neir's Tavern (established 1829, neirstavern.com), where De Niro's made men made mischief, or Lombardi's (established 1905. firstpizza.com) in Little Italy (Marty's borough) for authentic Old Country cuisine. Soak up the city's light-fingered past on a Gangs Of New York tour (£13, bigonion.com) of the Five Points district where Bill The Butcher (Daniel Day-Lewis) did battle in the 2002 film. It's just a short hop to Wall Street where the wolves (read: crooks) reside now.

See the brighter side of Alfred Hitchcock's London

"The sky was always grey... and I was grey," said Hitch of the city that shaped him. But his UK thrillers emphasised glamour over grit, so don your most dapper suit to explore Westminster Cathedral (seen in Foreign Correspondent, 1940), the Royal Albert Hall (The Man Who Knew Too Much, 1956), and the British Museum (Blackmail, 1929), where the baddie falls through the reading room's glass ceiling – still, thankfully, intact. The tube station at Leytonstone (the master's birthplace) boasts beautiful Hitchcock-inspired murals – proving that, no matter how he felt about London, it still loves him, @

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