

## LATES & BREAKS

**COSTA DORADA:** Seven nights' all-inclusive at the four-star Four Elements Suites in Salou is £440. Leave from Luton on Tuesday. Hit alphasrooms.com or call 0114 407 0241.

**EASTBOURNE TASTER:** Pay £99 for a three-day taster coach break with two nights' half-board at the three-star Burlington Hotel in Eastbourne and an excursion to Brighton. Depart on September 29 from south east and West Midlands pick up points. See shearings.com or call on 0344 874 8220.

**COSTA DEL SOL:** Get seven nights' all-inclusive at the four-star Marconfort Griego Hotel in Torremolinos. Pay £442 from Stansted and £395 from Leeds Bradford. Fly on September 25. See travelrepublish.co.uk or call 020 8974 7200.

**MADRID:** Seven nights with continental breakfast at a secret four-star hotel in Funchal is £589. Fly from Humberside on October 12 (flights also available from Bournemouth, Norwich and Exeter). Hit superbreak.com or dial 0800 042 0288.

**YORKSHIRE:** Cha Cha's Cottage is a modern holiday home on the outskirts of Whitby. It has a children's play area and indoor swimming pool. Sleeps six. Pay £518 (save £101) for seven nights. Arrive on Friday. See sykescottages.co.uk or phone 01244 617 683. Property Reference 951345.

**UAE:** Enjoy five-star half-board for a week at the Rotana Resort and Spa in Fujairah for £657. Depart Edinburgh on September 19. Search southalltravel.co.uk or dial 0208 705 0086.

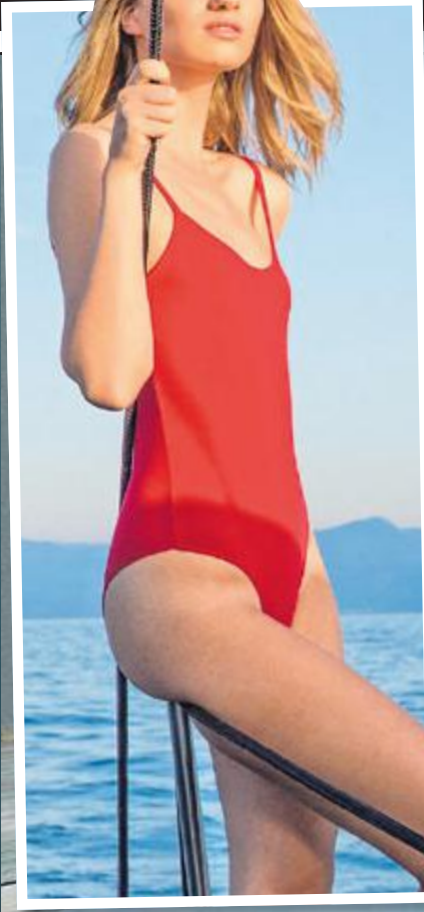
**ADRIATIC CRUISE:** A seven-night Adriatic Affair cruise on board Marella Celebration is from £790. Depart from Dubrovnik and visit Hvar, Ancona, Koper, Venice, Rijeka and Split. Flights leave from Birmingham, Doncaster Sheffield, Gatwick and Manchester on October 18. Book at tui.co.uk/cruise or dial 0871 230 2800.

**VALENCIA:** Enjoy World Paella Day (September 20) with three nights including breakfast at the three-star Ad Hoc Monumental Hotel in the city that invented paella for £588. Flight from Gatwick with private car transfers. See kirkerrholidays.com or call 020 7593 2283.

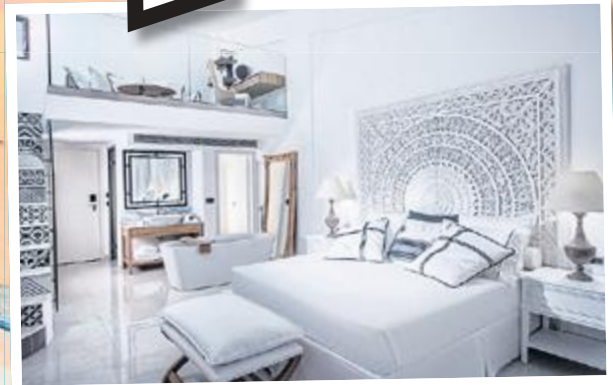
**THAILAND:** Seven nights with breakfast at the four-star The Sands Khao Lak by Katathani Hotel on Nang Thong Beach from £789. Depart Gatwick or Stansted from May 1 to June 13, 2019. See emiratesholidays.com or call on 0208 972 8949. Book by Wednesday.

# GO FOR IT

Edited by VICKY LISSAMAN



**WARM WATERS:** The Abaton overlooks the Aegean and is the perfect base for exploring by boat



## FACT FILE

**GETTING there:** Flights are available with easyJet (easyJet.com), Jet2 (jet2.com) and Ryanair (Ryanair.com) from a range of UK airports. Where to stay: Rooms at the Abaton Island Resort & Spa, Crete, cost from £148.87 per person per night in October. Book at abaton.gr

## GRAB A SPA DEAL

**CELEBRATE** National Spa Week with these special offers through spabreaks.com:

**The Spa at InterContinental London - The O2**  
This chic oasis offers eight treatment rooms and city views from the hotel's Sky Bar.  
Offer: Get 30% off the Inner Calm Package, which is down to £109pp. The day includes a 55-minute ESPA back, face and scalp treatment, coffee and pastries on arrival and an ESPA Explore gift bag.

**The Belfry - Simply THE Spa, the Midlands**  
Enjoy a journey through the Fire and Ice thermal suite that rejuvenates the senses or chill out at the manicure and pedicure centres.  
Offer: The Ritual Radiance Spa Day featuring an 80-minute back massage, lower legs and feet exfoliation and massage, facial and scalp massage, afternoon tea and 90-minute Fire and Ice Experience is reduced by 30% to £109.

**Hoar Cross Hall, Staffordshire**  
Indulge in a Charlie And The Chocolate Factory-inspired afternoon tea on September 30 or enjoy an Autumn Glow spa experience day, which includes a three-course lunch and a choice of 55-minute spa treatments for £149.50. See hoarcross.co.uk

**The Vale Resort, near Cardiff**  
Set in 650 acres of Welsh countryside, The Vale offers 19 treatment rooms, a 20-metre swimming pool, sauna, steam room and spa bath.  
Offer: Enjoy 20% off overnight breaks from £127.50pp based on two sharing. Includes a 55-minute treatment and a bottle of wine.

**Inglewood House and Spa, near Stirling**  
One of Scotland's newest and most exclusive retreats, it has a thermal suite, outdoor hot tub, state-of-the-art gym and relaxation room.  
Offer: Treat-for-two spa day which includes an Elemis treatment and a cream tea from £69.

**Galgorm Resort and Spa, Northern Ireland**  
Known as a "thermal village" this award-winning spa is 30-minutes from Belfast and has indoor and outdoor facilities including a pool, snow cabin and hot tubs.  
Offer: Get 20% off the Thermal Spa Special, which is down to £60pp including lunch.



DOME FROM HOME: The O2



FIRE AND ICE: The Belfry



RURAL RETREAT: The Vale



THERMAL VILLAGE: Galgorm Resort and Spa

from **£27.50** per night  
Dinner, bed & breakfast

**Torquay**  
Riviera Hotel  
(formerly Rainbow)

• Lift • 300 yds from the sea • car park (fee)  
• Indoor Pool • Entertainment

3 NTS Friday	2 NTS Friday
Sep 21, 28 Oct 5, 12, 19, 26 2019 99p Bar Jan 4, 11	Sep 21, 28 Oct 5, 12, 19, 26 2019 £79.95 £69.95 £55

99p BAR for 3 hours each night (selected dates selected draught beers, burgers, house wine, house spirits)

from **£25** per night  
Dinner, bed & breakfast

**PONTINS**  
Sand Bay  
nr Weston-s-Mare

• Car Park • Indoor Pool  
• Excellent entertainment

2 NTS Friday	3 NTS Friday
Sep 21, 28 Oct 5, 12, 19, 26 Nov 2, 9, 16, 23, 30 Dec 7 2019 £75 £65 £59.95 £49.95	Sep 21, 28 Oct 5, 12, 19, 26 Nov 2, 9, 16, 23, 30 Dec 7 2019 £109.95 £89.95 £89.95 £75

4 NTS Monday  
Sep 24  
Oct 1, 8, 15, 22, 29  
Nov 5, 12, 19, 26  
Dec 10  
£119.95  
£109.95  
£99.95

ADULTS ONLY

■ by RUTH MCKEE  
**BRACING** myself for the first sting of icy water, I dive from the yacht into the Aegean Sea.

But I have forgotten the turquoise waters around Crete are not the wild Atlantic or the freezing English Channel. Jumping in here feels like a warm hug.

The crew on our sailing boat, booked through Fantasia Yachting, has taken a group of us out into a quiet cove where the waters are deep and still – ideal for a lazy swim to cool down after an hour or two sunbathing on deck.

I pause to stare up at the mountains fringing the coast and the blindingly white walls of villas perched on sheltered cliffs. In the distance, larger party boats drop anchor to let tourists take a dip, but they are far enough away not to disrupt the peace and quiet of my afternoon swim.

Back on board the

## DIVING IN FOR BREAK FILLED WITH LUXURY

yacht, I'm handed ice-cold cups of white wine home-made by our skipper.

And once the sails are hoisted and the wind is pushing us into open water, a huge platter of fresh fruit is placed in front of us.

Later, back on dry land, I relax on the private beach of my hotel, the five-star Abaton Island Resort & Spa, which opened in April.

Couples lounge by the edge of the sea on double day beds, sheltered from the sun by large, black umbrellas. Ice buckets filled with bottles of cold bubbles are propped up on the sand beside them.

From the poolside beach bar, waiters discreetly stroll between loungers

audience on the terrace who were holding their breath until the moment the diamond was placed on the woman's hand.

"It is a popular place to get engaged," Elina explains. "And we are planning on hosting weddings on the private beach."

By now ravenous from an afternoon sea swimming and sunbathing I dine at one of the hotel's restaurants – Wow Sushi and Steak – which overlooks the beach and pool.

A slab of steak arrives and I finish the lot watching the sun set as lights flicker in the capital. The hotel also offers seafood

at Bony Fish and another restaurant featuring Cretan cuisine sourced from local farms.

As night falls I step on to the terrace of my suite and walk down the steps to my very own pool – one of 71 at the resort.

Even though I know I am surrounded by holidaymakers in the other rooms – the hotel's design makes me feel as though I am the only one for miles around.

The feeling of tranquility continues in the spa, which is lit by candles guiding the pathway to the treatment rooms.

The spa offers a range

of facials and beauty rituals, but I choose a Swedish full body massage.

As my therapist works the Elemis oils into my muscles, relaxing scents of lavender fill the cool, dark room.

Stepping back into the sun, I look over at the tennis courts, fitness centre and watersports. I think about catching a cab to the Bronze Age Knossos Palace, or venturing to Heraklion to gaze at Koules, its imposing Venetian castle.

But I find myself sinking into a sun bed and drifting off to the crashing waves.



STAYING COOL: Ruth

## Festive cruises from £135pp



Celebrate the festive season in style with our mini cruises.

Departing from Portsmouth, you'll enjoy 3 nights aboard our flagship Pont-Aven, enjoying a party atmosphere to remember, as well as time ashore to explore.

For full details visit  
**brittanyferries.com/festivecruises**  
or call 0330 159 5200 (09:00-17:30 Mon-Fri)

**Brittany Ferries**

Price per person based on 4 people sharing. Terms and conditions apply.

**Christmas cruise to Antwerp, Belgium**  
Departs 24 December

**New Year cruise to Honfleur, France**  
Departs 29 December

