

Sun

Edited by LISA MINOT

travel**hot spot**

THAILAND is 32C – ten nights' B&B at the 4★ Centara Kata Resort is from £729pp including two FREE nights and London flights. Travel between September 1 and 30. Book by July 31 at travelbag.co.uk.

hot spot

TURKEY is 38C – seven nights' self-catering at the 3★ Kleopatra Apartments is from £369pp including flights from Birmingham on July 27. Visit jet2holidays.com or call 0800 408 5594.



WARWICK Castle's Dragon Slayer made a surprise appearance down South this week as it lit up the London Eye.

The aim was to introduce the castle's new evening show created to tell the legendary tale of Guy of Warwick.

The immersive attraction premieres on August 3 and includes fire jousting, thrilling stunts, a horse-led procession

and an animation with pyrotechnics.

Audiences will learn how Guy of Warwick battled mythical creatures, including a Dun cow (giant cow), and embarked on chivalrous challenges in his quest to win the heart of Princess Felice of Warwick Castle.

Performances will start at sunset with jousting and sword-fighting in a custom-built arena,

before the torch-lit procession to the castle's main courtyard where the walls come to life for a nail-biting finale.

There will be eight shows throughout August, with tickets starting from £15pp and upgrades featuring dining, early access and other VIP features also available.

For more information see warwick-castle.com/dragonslayer.



FANCY bagging a free upgrade or long-haul flight in 2019?

Then get flying with Norwegian Airlines, as the operator is offering free long-haul tickets and premium upgrades next year to its most frequent fliers.

You need to join the airline's Norwegian Reward loyalty programme and fly at least ten

round trips in 2018 to be eligible for a premium upgrade on any of Norwegian's 14 long-haul routes from Gatwick.

The perk also includes lounge access, fast-tracking and more than a metre of legroom.

Fly at least 20 round trips and you will get a free long-haul ticket including seat reservation, meal service and checked bag. See norwegianreward.com.

BOARDMASTERS GOES ECO WITH REUSABLE CUPS

GIVE US A WAVE . . . boarding. Above, Ellie with air ace Marshall

Surf sup in Newquay



I AM piloting a Cessna 152, clutching the controls and desperately trying to keep calm as the plane speeds along the runway.

When I arrived for my 30-minute flight experience at Cornwall Airport, Newquay, I hadn't realised it would be **ME** flying. I push the throttle – and my heart lurches as the plane soars into the sky.

Thankfully, I have an experienced pilot sitting beside me, with his own set of controls.

Marshall Cligman has been flying planes for more than a decade and is a calming influence.

He says: "Flying gets a bad press but it's far less dynamic than driving a car, where you have to react quickly with constant braking and steering. Flying is more relaxing."

Another antidote to my quivering nerves is the incredible view of Newquay unfolding beneath our wings. Sheep-flecked fields and towering cliffs drop on to gold sandy beaches. Under today's balmy sunshine, with the Atlantic sparkling bright turquoise, this wouldn't look out of place on a Barbados brochure.

From August 8 to 12, this aerial view will be transformed as Boardmasters Festival comes to town.

The green spaces around Watergate Bay will be dotted with tents and stages for the stellar music line-up, including The Chemical Brothers, George Ezra and Craig David.

Nearby Fistral Beach will host an international surf contest. Organisers are also planning to make this the greenest event in the festival's

GO: BOARDMASTERS FESTIVAL

STAYING THERE: Boardmasters (August 8-12) day tickets are from £59pp and weekend camping tickets are from £169pp. See boardmasters.com. A night's B&B at Atlantic Hotel is from £44.50pp based on two sharing. See atlantichotelnewquay.co.uk.

OUT & ABOUT: Fistral Beach Surf School offers lessons from £35pp, including equipment (max. eight people). For details, check out fistralbeachsurfschool.co.uk. Flyngy has trial flight experiences from £95pp. See flyngy.co.uk for more information.

37-year history, and have forged a partnership with marine conservation charity Surfers Against Sewage.

Jack Middleton, community coordinator for the charity, joins me for a cream tea at my base, the Atlantic Hotel, which has a great location near Fistral Beach, sea-view rooms and indoor and outdoor pools.

This year Boardmasters is banning plastic straws and will use compostable cutlery and reusable cups.

Jack says: "Plastic is the new and most pressing form of sewage – we see it all the time in our beach cleans. We want to get people to shift away from the single-use mentality – and a festival by the sea is a great place to showcase this."

Other eco plans include donating tents left by campers to homeless charities instead of binning them, more water refill points and coaches to transport festival-goers between the two sites (Watergate for music and Fistral for surfing) to help eliminate the use of cars.

Yoga will also be on the agenda – the festival's wellbeing area features a chakra temple, wood-fired hot tubs and a health food cafe. For a taster, I roll open a mat on grass overlooking Fistral Beach

with Rosie Blake, who will teach some of the classes.

It seems appropriate to be doing sun salutations in such good weather. Feeling the breeze on my face and listening to the waves while breathing deeply is like taking a dose of soul-soothing tonic.

Since my next activity will be surfing, Rosie gives me postures that will help me on the board.

We stand on one leg to master balance and practice chest-opening and back-bending poses (like "cobra",

where you lie on belly and raise your chest). Rosie says: "This should make paddling your board easier," adjusting me so I drop my shoulders away from my ears to release neck tension.

I end the session feeling totally de-stressed, and stretched enough to take on the sea below. Which is just as well – because at Fistral Beach Surf School my instructor Coco is waiting for me with a pink surfboard. I zip myself into a wetsuit and wade into the very same swell that will soon be competed on by a Who's Who of the surfing world, including Tassy Swallow.

Although she lives in St Ives, Tassy has come to Fistral to get some practice in ahead of the contest – and gives me some tips.

"Keep your chin down," she says as I try to copy her technique of paddling over the breakers.

"Nice wave!" she calls after I pop to my feet and shoot towards the beach. I watch in awe as Tassy catches the biggest wave, gracefully weaving up and down its glassy face.

My own attempts are less elegant – but Coco helps me choose the perfect wave ("you need to position yourself so you catch it at the peak," she says). Soon I'm whooping like a giddy kid as I jump up on my board, feeling the water rushing beneath me as I make my own, slightly wobbly, turns on the wave.

I may not be ready for the Boardmasters competition just yet but with flying, yoga, a few waves and a cream tea, I feel like a winner anyway.

ELLIE ROSS

SUNDOWNER . . . it's time to chill

lates for . . .
GRAN CANRIA: Relax on the beach with seven nights' half-board at the 4★ SENTIDO

Gran Canaria Princess from £489pp including flights from Gatwick on July 16. Visit thomascook.com or call 0844 412 5970.

LAS VEGAS: Hit the strip with seven nights' room-only at the 3★ Circus Circus Hotel Casino from £791pp including flights from Manchester on July 17. Visit loveholidays.com or call 0203 870 6844.

BERLIN: Three nights' B&B at the 3★ Days Inn Berlin West is from £199pp including flights from Gatwick on selected dates from July 16 to August 31. Book by July 12 at ba.com/berlin or call 0344 493 0125.

WALES: Go wild in Wales with seven nights' self-catering at Tegfan cottage in St Harmon from £502 in total, includes hot tub. Sleeps four, arrive July 13. To book, visit sykescottages.co.uk or call 01244 617683.

CYPRUS: Escape to Paphos with seven nights' self-catering at the 4★ Pandream Hotel from £426pp including flights



from Stansted on July 16. Book at onthebeach.co.uk or call 0871 474 3000.

MAURITIUS: Make memories with seven nights' half-board at the 5★ Outrigger Mauritius Beach Resort from £939pp including flights from Stansted on selected dates in September. Book by July 11. Call 0207 001 4112 or visit travelbag.co.uk.

FRANCE: Be dazzled by the Cote d'Azur with seven nights' self-catering at L'Etoile d'Argens from £998 in total, staying in a three-bedroom Vivaldi Riviera mobile home. Sleeps six. Arrive August 8. Travel not included. Visit alfresco-holidays.com or call 0161 332 8900.

MALTA: Seven nights' all-inclusive at the 4★ Canifor Hotel in Qawra is from £412pp including flights from Gatwick on July 10 and transfers. Visit mercuryholidays.co.uk or call 0333 999 3287.

LINCOLNSHIRE: Savour summer in Mablethorpe with four nights' self-catering holiday at Haven's Golden Sands Holiday Park from £431 per family. Sleeps four. Arrive July 30. Visit haven.com.