



ALL HAIL THIS OTHER ANGEL OF THE NORTH

check in check out

THE ANGEL INN, HETTON, NORTH YORKS

WHAT'S IT LIKE? Located in splendid isolation in the tiny farming village of Hetton, the Angel is nestled among rolling fells five miles from the bustling market town of Skipton. It has its origins in the 15th century but today is renowned for its excellent food, awarded three AA Rosettes. The inn has real character, with mounted shotguns on the walls, garbled, ancient beams and an 18th-century bar.

ROOMS ANY GOOD? Adjacent to the pub is Sycamore Bank, a modern development of four contemporary rooms, individually designed and combining the charm of a Dales barn with the comfort and facilities of a luxury hotel. Also opposite is a barn conversion with a choice of five unique bedrooms.

EAT HERE OR GRAB A PIZZA? Definitely eat here. The pub has maintained a reputation for great cuisine since the Eighties and offers delicious, freshly prepared local Dales-bred lamb, beef and seasonal game.

WHAT ELSE? Steve Coogan and Rob Brydon stopped off here for BBC's gastronomic series *The Trip*. So you can enjoy breakfast outside in the very seats the two comics used and compete for the best Michael Caine impression while scoffing your full English.

SO YOU'D GO BACK? Absolutely – it's the perfect place to stay for a peaceful country break.

WHAT'S THE DAMAGE? Doubles start from £150, with breakfast. Angelhetton.co.uk or call 01756 730263

MICHAEL BARRETT

HOT!

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Sun HOLIDAYS

CRUISE BREAKS HAVE OCEANS OF FANS

cruise news

NEARLY half of all British holiday-makers would now consider a cruise break.

A survey of 2,000 British adults, published this week by travel tech firm Amadeus, found 42 per cent might fancy a holiday at sea. And 30 per cent would think about swapping an all-inclusive land holiday for an all-inclusive cruise of the same value.

The research also found 31 per cent who holiday abroad would be more likely to book a cruise break if they were offered more unique, interesting, or hard-to-reach destinations, followed by smaller cruise ships and more activities on board.

And more kids than ever before are taking to the oceans. P&O revealed this week more than 13,000 children will holiday at sea with them this summer, a 26 per cent increase on last year. The uniquely British cruise company has plenty to keep the kids amused, with clubs catering for two to 17-year-olds free and available day and night.

Optional shore excursions feature everything from waterpark and beach trips, to dolphin and whale-watching, snorkel adventures and Segway city tours for older kids.

A seven-night Mediterranean fly-cruise on Oceana, departing July 22, starts from £1,149 per adult and £919 per child. This includes return flights, transfers, outside cabin based on four sharing, full-board meals, round-the-clock kids' clubs, entertainment and £350 on-board spending money per cabin.

To book, visit pocruses.com, call 0843 373 0111 or visit your local agent.

hot spot

IBIZA IS 25C - three nights' self-catering at the 3★ Playa d'en Bossa Tivoli Apartments is from £159 per person. This includes flights from Gatwick, Stansted or Luton on selected dates between June and October. Visit thesunholidays.co.uk for more details.

LAS VEGAS WOOS A TRUE BRITISH ACCENT

air news

FROM Cockney sparrows to smooth-talking bar stewards, Las Vegas wants to hear your voice.

Perhaps it's the Prince Harry effect but Sin City still thinks we sound sexy.

Now Vegas is hoping to tempt more of us to "visit a place where your accent is an aphrodisiac".

Yes, really, Vegas has teamed up with Virgin Holidays to find the best British accent – whether blue-blooded aristocrat or true salt-of-the-earth.

Armed with a video booth, a team are at Westfield London in White City today and Lakeside in Essex tomorrow and Monday.

The owner of the best voice gets a four-night trip for two on the Strip with Virgin flights and a 1,000 dollar (£640) gift card. If you are unable to get along, upload your entry to HearMeVegas.co.uk, via Facebook or Twitter using #HearMeVegas.

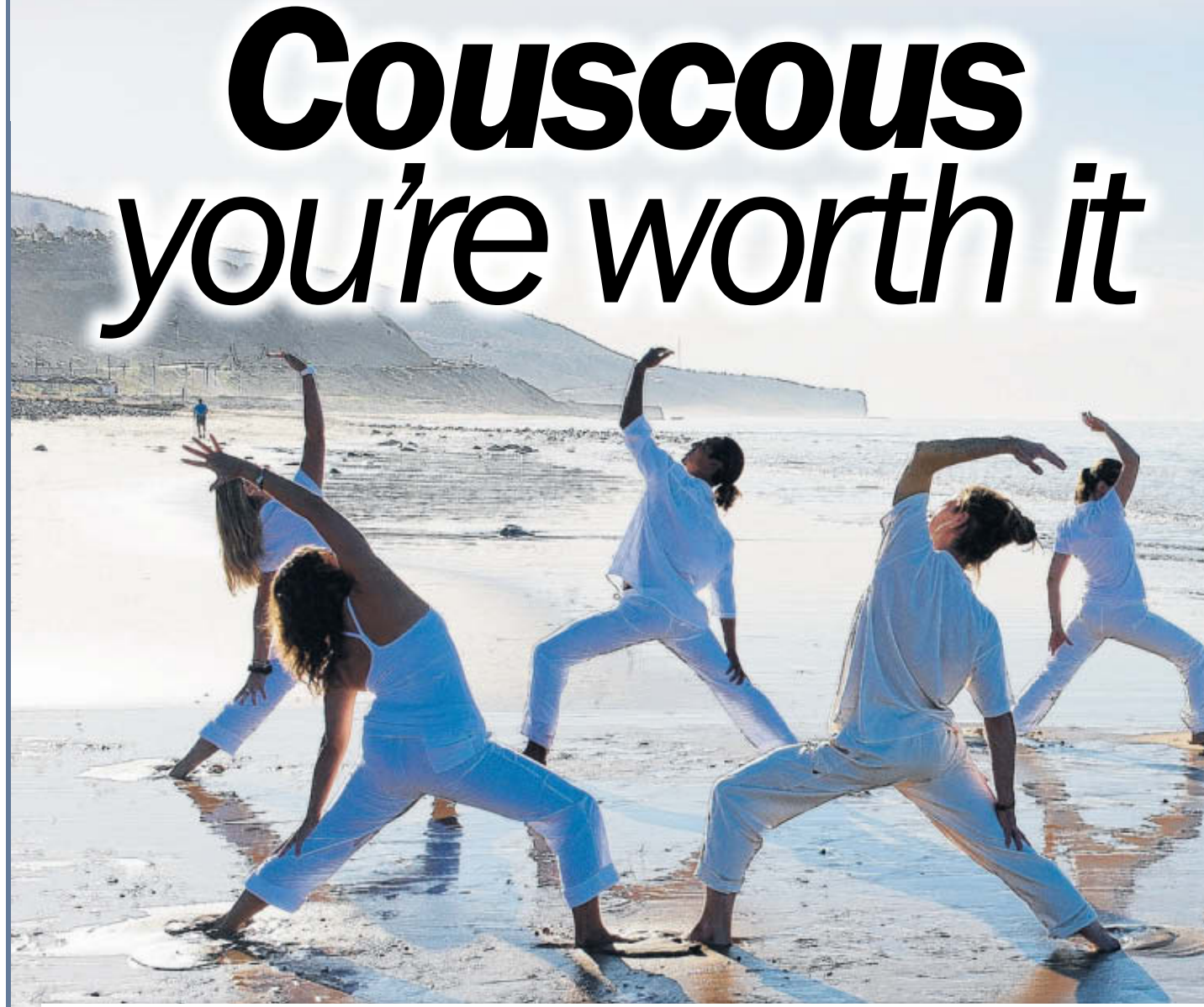
All you have to say: "What happens here, stays here."

● THE Show Centre, Hemel Hempstead, has try-out deals for the bank holiday –

hot spot

BARBADOS IS 30C – seven nights' all-inclusive at the adult-only The Club Barbados is from £1,089 per person. This includes flights from London airports on selected dates in September. Book by May 26. Go to ba.com/barbados or call 0844 493 0120.

DE-STRESS WITH YOGA, SURFING AND MASSAGE



Couscous you're worth it

THE sun is beginning to set as I gaze out at the Atlantic Ocean, with the soothing sound of waves against the shore.

A tall, dark man is padding across the wooden floor, coaxing me to "surrender to gravity, breathe calmly and let all tension dissolve".

Lying back on my mat, I suppose there are worse ways to get into yoga.

Welcome to Paradis Plage – a surf, yoga and spa resort on Morocco's Atlantic coast, 30 minutes' drive north of Agadir.

Booked through The Healthy Holiday Company, my trip had all the ingredients for an active but stress-free break.

Sun, surfing and yoga are on tap in a hotel that is indulgent but never feels stuffy – great if you love the surf vibe but don't fancy staying in a beach shack.

Yoga is run three times a day in the beautiful beachfront studio by Karim, who has been teaching it for 18 years.

If surf and yoga aren't your thing, pick from daily exercise classes, golf coaching, movie nights and, for culture vultures, free daily shuttles to Agadir. There's also a kids' club for four to 11-year-olds so parents can relax.

Ten minutes from the surfing village of Taghazout, Paradis Plage houses a cluster of terracotta-coloured buildings, a surf house, gym, spa and the yoga studio.

Stepping inside the hotel's plush reception area, I was handed a flannel that smelt of orange blossom. In Morocco it is traditional to offer orange-blossom water to guests to freshen up.

And this is not the resort's only nod to tradition. It blends Moroccan style with modern touches.

Rolling around in the foam like a log

Wandering through the three-hectare grounds, I found a North African desert tent, with colourful cushions and low tables, and a gleaming outdoor Jacuzzi. Both are great for watching the sun go down and, as this is the only place with an alcohol licence for miles around.

The resort's spa – an underground warren of massage rooms, relaxation areas and a steaming hammam – offers old-school and modern treatments.

But I had work to do before pampering time. After waking in my immaculate Premium Suite, I opened the balcony curtains to check the surf. The knee-high waves gently rolling towards a golden stretch of sand looked perfect.

Zippered into a wetsuit, I grabbed a board and spent my first morning rolling around in the foam like a log.

Instructor Simo, a former bodyboarding champion, showed me the perfect way to "pop up" on my board and catch a wave. "Don't use your knee – just relax and smile," he said, leaping up gracefully.

My own attempts were less pretty – paddling past the white horses and repeatedly nose-diving towards the beach was exhausting and frustrating.

But it was exhilarating. And, thanks to my earlier yoga session, I managed to channel my inner zen and remain calmer than usual when my board launched me face-first into the sea.

When my nostrils could hold no more of the Atlantic, I headed in, catching the same wave as a fishing boat.

Paradis Plage has its own fisherman who supplies the resort with a daily catch – and I refuelled at the resort's beach bar, The Spot, with a 19 platter of fresh-grilled salmon with courgette and a tomato, cucumber and beetroot salad.

The resort's other two places to eat, The Ocean and The 27, offer a choice of buffet or a-la-carte menu, with

ON HEALTHY HOL TO MOROCCO



SUITE DREAM . . . with ocean view



SPLASH COURSE . . . learning to surf

specialities that include lamb and fish tagines. Each morning I set myself up for the day with a breakfast of fresh fruit, pastries and cooked-to-order pancakes drizzled with amlou – like a Moroccan version of peanut butter, made with almonds, honey and argan oil.

When my body had had enough of being smashed by waves, I soothed it in the spa's hammam, unwinding as the steam filled the room.

My tension vanishes into the African night

Meanwhile, back in the yoga studio, Karim's words float across the room as my class of just four relax after an hour's stretching, balancing and breathing.

"Place your feet towards the ocean and feel all stress fall away," he says, wafting the scent of lavender oil with each step.

The fuchsia disc of sun dips below the horizon, becoming smaller and smaller until, like my own tension, it vanishes into the African night.

After three days of yoga, surfing and chilling out in Morocco, the only thing stressing me out is the thought of leaving it all behind.

ELLIE ROSS

Sun SNAPS!



WIN £150

WHEN in Essex there's pressure to glam up – and Rosie here wasn't caught out chasing her tail.

She was putting on a brave face – and dinky dog coat – in St Osyth, near Clacton, on what looks like a pretty bleak day. But she won her owner Nick a £150 hotels.com voucher so we hope he buys her a doggy treat to say thanks.

You can be in the running for a voucher of your own and don't even have to rope in any animals. Just send your favourite holiday snap, from home or abroad, and we will pick the one that makes us smile most. Send hi-res shots to sunsnaps@thesun.co.uk. Don't forget to tell us where you were!

Hotels.com

news

ACTING foolishly abroad is not just the preserve of the young. If the more mature among us fancied getting in a giant inflatable ball, say, and rolling down a hill in it, why shouldn't we?

Warner Leisure Hotels agrees, so it's introducing ZORBING – yes, that is the word – at its Cricket St Thomas hotel in Somerset this July. And the over 55s specialist plans more high adrenalin activities across its UK hotels this summer, including paddle boarding and abseiling.

Zorbing certainly is a novel way to see the countryside roll by. Try it from £245 with a night's B&B plus dinner and other activities on site. See warnerleisurehotels.co.uk or call 0330 100 9774.

● OUTDOOR specialist Macs Adventure has launched a new range of cycling tours – with a focus on good living as opposed to riding up and down mountains.

Take a gourmet food and wine tour in Burgundy; a Sound of Music trip in Salzburg or a tougher ramble through Catalonia – the tours are all self-guided, but accommodation and routes are clearly marked. And if you wanted to take it a little easier, it has e-bikes to take the strain off the legs.

The family-focused Sound of Music tour is from £605 per person with seven nights' B&B en route. Call 0141 530 8886 or see macsbike.com.

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