

It's on us **THE Sun**

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## Q&A with England legends

EXCLUSIVE RUGBY EVENT

WITH the Rugby World Cup less than a week away, join us for an evening of chat with two stalwarts of the English game.

We're inviting Perks members to an exclusive Q&A with former captain Will Carling OBE and Northampton Saints' Dylan Hartley.

The event will take place at The Sun HQ on Thursday, September 17 – the day before England face Fiji in the World Cup curtain-raiser at Twickenham.

Will was the youngest ever England captain at the age of 22 and played 72 times for his country.

Dylan is known for his powerful performances in the scrum and in the loose for Northampton and has more than 60 caps in the English front row.

Tickets cost £5 and include a free beer, glass of wine or soft drink.

The Sun HQ doors open at 6.30pm for kick-off at 7pm.

Grab one code, printed on the back page of the paper, and book your tickets.

● T&Cs apply. Online registration required. Subject to availability.

### HOW TO GET YOUR PERKS

**Step 1.** Grab your unique code from the back page

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**TIDAL RAVE** ... beginners enjoying a surf lesson at Fistral Beach during the August Bank Holiday weekend

# All a board

### TRY as I might, surfboards and I don't really get along.

While I pretend to be some cool hippy chick, my board has other ideas – it likes to chuck me off into the sea, preferably face-first.

Then I get chewed up and spat out by the water, emerging as a bedraggled, drowned rat. But not today.

I'm on a two-day "surfari" with Ticket To Ride Surf School in Newquay, Cornwall, and have just caught a wave, stood up and am actually commanding some kind of board control.

It's all down to Reece, my cheerful and patient instructor.

He has been standing in the waves with me for over an hour, getting repeatedly smashed by the Atlantic – and, occasionally, my board.

To really test his skills, I have brought along my friend Lucy, who has never been near a surfboard.

### Gliding on tranquil water

Keen for a girly weekend with activities on tap, we were excited by the prospect of surfing, paddleboarding and yoga all thrown into one trip.

The concept of the "surfari" is simple – surf guides pick you up from your hotel, then drive you to wherever the conditions are best for your ability. It means you aren't restricted to lessons on the same beach and it allows you to explore more of Cornwall's coastline.

On day one, we are picked up from our lovely base for the weekend, the Fistral Beach Hotel, and driven 15 minutes south to Perranporth Beach, where we meet Reece.

After two hours of standing up, nose-diving and rolling about in the sea, we are ready for lunch from Gusto, a deli in Newquay, high on adrenaline. The afternoon's activity is paddleboarding along the River Gannel.

It's another first for Lucy – but within minutes she's gliding along the tranquil water, a big grin plastered across her face. Floating past moored yachts, a

### GO: SURFARI

**TICKET to Ride's Surf and Stay packages are from £110 with two nights' B&B at Matt's Surf Lodge, staying in a shared bunk room. Add on an evening Stand up Paddleboarding tour from £45, or a solo surf lesson from £30. See [tickettoridesurfschool.co.uk](http://tickettoridesurfschool.co.uk).**

handful of walkers and fields of grazing sheep is a good way to build up an appetite for dinner at The Stable on Fistral Beach, moments from our hotel.

We tuck in to pizzas topped with Cornish cheese and meats, washed down with some delicious local ciders.

I slightly regret the decision to drink the next morning, when I find my head near the floor and my backside in the air in a yoga class. But it feels good to stretch out my aching limbs from the day before, in preparation for a final surf.

Reece is on hand to give us a push-off and before long Lucy and I are standing, high-fiving and riding the same wave into the beach.

After a weekend of surfing, yoga and paddleboarding, we may not look like it – but we at least feel like surfer girls.

**ELLIE ROSS**



**SURF'S UP** ... Fistral Beach, above, surfer Corinne Evans, right, and The Stable, below left



## FREE TRIPS LIFT YOUR SERENITY

THE River Cruise Line is offering a free excursions package worth up to £219 per person on all cruises aboard the 4★ MS Serenity, throughout 2016, when booked during Cruise Week on September 19-27.

The 15-day cruise from Danube to the Black Sea visits Vienna, the Wachau Valley of Austria, Bratislava and the Petrovaradin Fortress of Novi Sad.

The 12 excursions on offer include a trip to a traditional horse show in Hungary and a visit to the stunning Schönbrunn Palace in Vienna. Priced from £1,999, based on two sharing on a full-board

basis and includes return flights from Heathrow. See [rivercruiseline.co.uk](http://rivercruiseline.co.uk) or call 0844 544 6437.

● LOGITRAVEL has launched the first travel app for smart TV. The free app includes high-resolution images of destinations, ships and ports, updated cruise fares, staterooms categories, departure dates and all the info to help you pick the perfect cruise.

● BARGAINS ahoy! Enjoy the best of the Med onboard P&O's family-friendly Oceana with a seven-night fly-Med cruise from just £599 per person including return flights from the UK, full board and

afternoon tea, kids' clubs and entertainment onboard. Departing from Venice on October 21 and returning to Genoa, the cruise calls at Kotor, Corfu, Rome and Monte Carlo. Visit [pocrises.com](http://pocrises.com) or call 0843 373 0111.

● EXPLORE the Eastern Med and Black Sea on the Thomson Spirit with a seven-night Ancient Wonders cruise from £601 per person including full board, flights from Gatwick or Manchester on September 21. Departing from Marmaris, the cruise calls at Istanbul, Bozcaada and Kusadasi in Turkey, Piraeus for Athens, and Santorini. See [thomson.co.uk/cruise](http://thomson.co.uk/cruise) or call 0871 230 2800.

**cruise news**