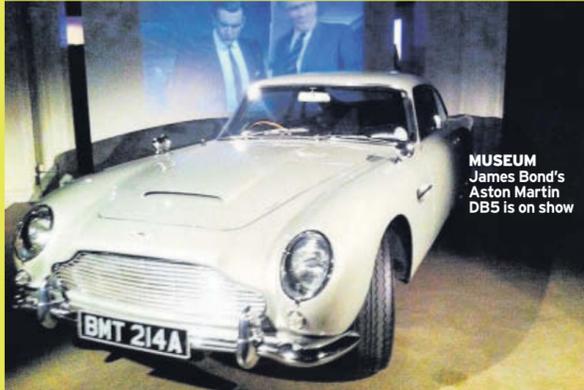


TRAVEL

with MELANIE HARVEY

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London's licence to thrill given seal of approval



MUSEUM
James Bond's
Aston Martin
DB5 is on show

I LOVE London, I lived there for almost 10 years and I relish a Big Smoke fix every now and then for a cheeky weekend away.

There's no better way to travel hassle-free to London than by train. We travelled first class with Virgin and four and a half hours after leaving Glasgow, we were in Euston.

Free wi-fi, drinks and nibbles, magazines and regular and attentive table service made for a relaxing and enjoyable journey.

Travelling light, we strolled to Myhotel Bloomsbury, which was less than 10 minutes away. Near Theatreland, Tottenham Court Road, Oxford Street, Covent Garden and Fitzrovia, the luxury boutique hotel group's premises are slap bang in the heart of London.

The premise is that the group offer innovative and contemporary style from celebrated designers such as Conran, Project Orange and Karim Rashid, within a fresh and modern environment.

They aim to provide a sense of warmth and peace through the use of the timeless principles of feng shui. A stunning fish tank and Buddha in reception, plus Japanese foliage and candles make for a very calm entrance.

From £150 per night, there are 78 eclectic and contemporary rooms, suites and studios, able to sleep up to three people.

There are lots of options to choose from. If you love shopping then one package has a VIP Pass to Westfield shopping centre, offering you discounts varying from 10-20 per cent in participating stores.

During our stay, Japanese tourists and lots of French business people were staying in the hotel. It's clearly popular with all kinds of travellers.

We stayed in a suite with a king-size bed and little touches like bathrobes, slippers and tea and coffee-making facilities. An edible gift from GAIL's

HEATHER SUTTIE

Artisan Bakery and Restaurant also made it a really welcoming stay.

On our departure, we had a continental breakfast with great coffee. The adjoining bakery and restaurant are award-winning and the queue was out of the door.

Other highlights from the weekend include a visit to Balthazar in Covent Garden for afternoon tea and then on to an exhibition at the London Film Museum.

My boyfriend Ross and I both love all things 007-related and Bond in Motion is the official exhibition of original items from 23 James Bond movies. It's the largest display of its kind ever staged in London and every piece exhibited is an original used for filming.

Super popular with generations of families, the main exhibits include the Aston Martin DB5, Goldfinger's majestic Rolls-Royce Phantom III and the unforgettable Lotus Esprit S1

submersible from The Spy Who Loved Me. The exhibition also includes a variety of aircraft, boats and motorcycles and little incidentals like passports, watches and gadgets.

The majority are loaned from the archive of EON Productions who produce the movies and the Ian Fleming Foundation, who have located and restored many of the vehicles.

You can also have a look at examples of the creative process of the production company's art department, with never-before-seen concept art and storyboards. It's a must-see and is on until March 2015.

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With its easy-going pace, beautiful scenery and great food, Cornwall is the perfect spot to relax and unwind

SALLY HIND

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I'm a city kind of girl. Or at least I thought I was until I made my escape to Cornwall.

I arranged the trip to Falmouth to follow on from a busy weekend in London and there really was no better feeling than leaving behind the crowds and congestion to head for the sea.

Waiting for me was some of the most picturesque scenery I've ever seen in the UK.

On arrival we headed straight for Greenbank Hotel where, overlooking the harbour from the patio in the evening, you can hear a pin drop.

Set just a five-minute walk away from the main town centre, this

four-star hotel is relaxed and peaceful during the week, though locals flock to the bar each Friday evening for its famous cocktails.

The hotel dates back to 1640 but has been restored to a clean, classic standard.

Our spacious harbour view room had a calm, neutral decor and a pristine, nautical-style bathroom, adding to the charm of being just feet away from the sea.

Wind In The Willows author Kenneth Grahame stayed at the hotel in 1907, where he penned letters to his son that later formed stories for the famous book.

And it's no wonder Kaiser Chiefs frontman Ricky Wilson owns a townhouse just yards away – it's the perfect

spot to escape the limelight for a few days.

Falmouth is the largest port in Cornwall and the third deepest natural harbour in the world.

The town was relatively quiet when we visited in May but in high season, with events like the famous Tall Ships, it thrives and is buzzing with tourists.

You have to sample a traditional cream tea while in Cornwall.

The Greenbank does beautiful fresh scones with locally produced cream and jam. But make sure you get it the right way around – it's

SET SAIL FOR FALMOUTH



WHAT A CATCH
Picturesque
Falmouth



ADVENTURE Pendennis Castle is perfect spot for exploring and a picnic



SCENIC A riot of colour as you watch sun go down over Falmouth harbour

strictly jam first in Cornwall. Scone etiquette is just about the only thing you should have to worry about during a stay in Falmouth.

The locals are so friendly and relaxed you soon find yourself adapting to their pace.

We watched the sun go down over the harbour from the Greenbank's dining room over a late dinner of delicious crab cakes, steak and sea bass.

Waking up to the boats bobbing on the water and watching a kayaker paddle up and down the coastline over my morning eggs was a real treat.

When the weather took a brief turn for the worse, we escaped from the rain into Espresso, a speciality coffee house, and passed an hour or so learning about the art of good beans and blending.

Considered the best in town, both locals and tourists who know their stuff flock here to sample owner Rupert Ellis's expertise.

For a spot of lunch, seek out the Courtyard Deli.

Tucked away down an alley off

even at lunchtimes. Despite the top-notch name and food, it's reasonably priced, with an offer to choose a main course lunch and a dessert for £12.95.

If you have children, the Maritime Museum next door is a great place to keep them entertained for a few hours.

And further along the coast they can run amok around the rolling grounds of Pendennis Castle – the perfect picnic spot on a sunny day.

Picnic Cornwall, a central coffee shop and delicatessen, will even deliver a hamper direct to the fortress or any other spot you fancy.

For something fun and different, head to Dolly's Tea Room and Wine Bar.

The quirky upstairs haven offers chic, vintage decor and a fabulous menu of tapas, wines and gins from around the world.

Here you can drink your cocktails out of teapots while patting Hebe, the resident pearl necklace-wearing Labrador.

We had dinner at the award-winning Flying Fish Restaurant,



TASTY Fish and chips at Rick Stein's

the main Market Street, this cosy cafe serves everything from carefully sourced deli produce to tapas and even good, hearty homemade food.

The best battered cod I've ever eaten came from Rick Stein's Fish and Chips, a relaxed restaurant on the harbour front.

I took the menu's suggestion and tried mine with a glass of Prosecco which was, surprisingly, the perfect accompaniment.

Try to book ahead to avoid disappointment – it fills up quickly,

Late deals

■ Flying from Glasgow on December 4, seven nights in Playa Blanca, Lanzarote, staying at the three-star THB Tropical Island on all-inclusive, from £419 per person.

■ Flying from Glasgow on January 8, seven nights in Maspalomas, Gran Canaria, staying at the three-star Dunas Mirador on all-inclusive, from £435 per person.

■ Flying from Glasgow on February 28, seven nights skiing in Kirchdorf, Austria, staying at the three-star Sportpension Mountain High on half-board, from £469 per person.

■ For these and other deals, see www.barrheadtravel.co.uk

News

Holiday with Disney stars

DISNEY is renowned for its enchanting magic and on board Disney Cruise Line is no exception.

Set sail with Mickey as your captain as you experience everything the ship has to offer, as well as culture-filled ports across Europe and the Americas, with itineraries bursting at the seams with fun for the whole family.

The beauty of Disney cruises is that they offer magic at your own pace, with lots to do for both children and adults alike.

Children will love the range of water activities available on each ship, with pools and attractions.

Adults, too, can cool down after a day discovering a port destination by relaxing on the poolside deck chairs or in the pool itself.

Deck parties feature music and dance fun or enjoy an extravagant firework display at sea. Relax with all



MAGICAL Captain Mickey welcomes guests on board the Disney Cruise Line

of the family and enjoy one of your favourite Disney movies in the on-board theatre or even under the stars.

If, after a busy day, you'd prefer some adult-only time, leave the children in the capable hands of Disney's qualified supervisors.

Adult exclusive dining areas mean you can enjoy fine dining without the kids in the company of your loved one.

The choice is yours and the emphasis on board is that there's something for everyone at great value for money.

Kids will love the interactions with well-loved Disney characters and all of the thrilling activities available, while adults can relax peacefully in exclusive adult-only areas.

Disney magic comes at great value for money and includes entertainment, pools, character experiences, room service and more.

Holidays aboard Disney Cruise Line cost as little as £299pp for a three-night cruise in the Bahamas in January 2015, or a seven-night Mediterranean Cruise in August 2015 from £899pp.

Call Barrhead Travel on 0800 652 1333 to speak to one of their cruise experts and book your fantastic cruise with Disney Cruise Line.

BarrheadTravel

Facts..

- Heather stayed courtesy of Myhotel Bloomsbury. To book, go to www.myhotels.com
- For travel, see virgintrains.co.uk
- For Bond In Motion, visit www.londonfilmuseum.com
- For Balthazar, see www.balthazarlondon.com

Facts..

- Sally stayed courtesy of the Greenbank Hotel. Harbour view rooms start from £165 per night in low season and £205 in high season.