

FREE IN THE SUN ON SUNDAY AUGUST 14, 2016
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Fabulous

SURGERY SPECIAL

THE NEWEST PROCEDURES
TRIED AND TESTED

THE £60K BODY
MAKEOVER

THE BIG BUM
PARTIES THAT
COULD KILL YOU

HELLO GIRLS!

OLLY MURS ON LOOKING FOR MISS
RIGHT AND WHY HE WAS ALWAYS
DOOMED TO FAIL ON X FACTOR

Photographed
exclusively
for Fabulous by
Mark Hayman

COASTBUSTERS!

Fancy a staycation? Team Fabulous test three seaside breaks in the south



Deputy Editor Ellie O'Mahoney, husband Mark and 22-month-old Elliott hit Cornwall

THE PAD Set right on the beach, the best rooms at Watergate Bay Hotel are decorated in sea greys with rain showers and freestanding baths with views of the ocean. There's a 25m indoor infinity pool and outdoor hot tub overlooking the Atlantic, too. If you don't fancy getting wet, book in at the sea-view mani and pedi room, then grab a flat white at the adults-only lounge. The sunsets from here are beautiful. Got children? The complimentary kids' clubs have soft and outdoor play, plus arts and crafts.



Sea pretty Padstow from the Camel Trail

The luxe hotel one

estuary (Bridgebikehire.co.uk). And you can easily spend a day wandering the woodlands and gardens at Lanhydrock, £12.65 (Nationaltrust.org.uk/lanhydrock). Or take a cliff-top stroll along the rocky Carnewas at Bedruthan for some gorge photos. Meanwhile, kids will love meeting the birds at Screech Owl Wildlife Park, £10.50 entry (Screechowlsanctuary.co.uk). **REFUEL** Fifteen Cornwall is Jamie's Italian with a Cornish twist. Feast on pork belly with lentils, greens and salsa verde as you enjoy the beach views (Fifteencornwall.co.uk). **DON'T MISS** Try a surf lesson at the Extreme Academy. A half-day session costs £35, while kids aged 8-15 staying at the hotel get a free lesson during school holidays (Extremeacademy.co.uk). **BOOK IT** Doubles start from £160 B&B, including home-made waffles each morning (Watergatebay.co.uk).

Water great view!



Meanwhile, the hotel's brasserie Zacry's serves up dishes such as Cornish spider crab.

THE BEACH Watergate Bay is two miles of golden sand with rock pools and caves, plus the surf makes it one of the UK's most popular for riding waves.

EXPLORE Hire a bike from £12 and explore the flat Camel Trail, which stretches from the cute fishing village of Padstow to Bodmin, along a beautiful

Right: you'd be wise to visit Screech Owl Wildlife Park
Below: the bloomin' lovely grounds at Lanhydrock





Beach Hut 1 is just shipshape

The foodie one

EXPLORE Set into the hillside, Homeyards Botanical Gardens are free to enter. Explore the castle ruin then laze under the trees. Next, catch Britain's oldest passenger ferry across the estuary to Teignmouth - a single trip costs 70p. The maritime town is packed with independent shops - try Chicy Rachael for gifts (Chicyrachael.com). We played dinosaur-themed crazy golf for £4 each, too (Jurassicgolfteignmouth.co.uk).

REFUEL You can reach The Clipper Café from the beach hut's patio. Try the farmer's breakfast - sirloin steak with eggs, tomatoes, mushrooms and hash brown, or make a pit stop for coffee cake (Theclippershaldon.co.uk). Across the estuary, The Owl And The Pussycat is perfect for a romantic dinner. Scoff the duo of south Devon beef - fillet with beef shin (Theowlandpussycat.co.uk).

DON'T MISS A 10-minute drive from Shaldon is Old Walls Vineyard, where a guided tour is £50 for two, including a bottle to take home (Oldwallsvineyard.co.uk).

BOOK IT Beach Hut 1 sleeps up to four and costs from £130 a night. Book at Homeaway.co.uk/p1050183.

Right: cobble together the perfect Rye mini-break
Below: what a catch at Landgate Bistro



Compiled by: Catherine Bennion-Pedley. Photography: National Trust Images/Jerry Harpur. Alamy. Getty Images, Luke Hayes

Deputy Lifestyle Editor Catherine Bennion-Pedley and husband Andy explored an East Sussex gem

THE PAD Classic beach chic meets

scandi-cool at coastal hotel The Gallivant. It lies just outside the quaint town of Rye and serves delicious catches of the day (95% of the restaurant's ingredients are sourced within 10 miles), though the beautifully curated rooms are definitely no after-thought. Some have roll-top baths and garden patios, plus come complete with board games and stylish speakers - just gorge.

THE BEACH A hop across the road, Camber Sands is more than seven miles of award-winning golden beach with sand dunes to get lost in. Order a Gallivant hamper, £50 for two people, complete with frisbee.

EXPLORE Five minutes away are Rye's cobbled streets, home to fab antique shops like Tower Forge and Strand Quay, homeware stores Four Corners and McCully and Crane, and the pretty walled garden of historical Lamb House. Entry costs £5.60 (Nationaltrust.org.uk/lamb-house). Glass Etc is an Aladdin's cave, where we bagged a stylish decanter (Decanterman.com).

REFUEL Enjoy beautiful lemon sole at Landgate Bistro (Landgatebistro.co.uk), then get the ultimate chocolate fix with the richest milkshake ever from cute cafe Knoops. Stop by the Chapel Down winery to wander the vineyards and get three free tastings - the Flint Dry, £10 a bottle, is worth stocking up on (ChapelDown.com).

DON'T MISS Want a top-of-the-range motor for the weekend? It's yours! Avis Select Series allows you to choose the exact make and model of hire car, from £70 a day (Avis.co.uk).

BOOK IT B&B at The Gallivant starts from £95 per room, including tea and cake. Expect delicious yoghurt panna cotta and honey madeleines for brekkie (Thegallivant.co.uk). **F**

The glamping one

Writer Cyan Turan and friend Rob headed to Devon

THE PAD Sitting on a beautiful plot in the south Devon village of Shaldon, bolt-holes don't come much chicer than wood-pannelled Beach Hut 1. It's packed with quirky features - think porthole windows and a mezzanine bed.

Here's lots to love about Devon



There's a kitchen and living area, but the real treat is out the back, with a pretty garden and panoramic views across the River Teign estuary to Teignmouth. Expect Cowshed produce and fresh flowers, plus the owners leave wine and local fudge.

THE BEACH Shaldon Beach is your own private garden, lined with fishing boats and red sand. A 10-minute walk around the headland takes you to an original smuggler's cove and sheltered Ness Cove.