

the simple things

August

TAKING TIME TO LIVE WELL



Everyday holidays

Picnic by the river

Swim outdoors

Make your own lollies

SLOW

*Deckchair gardening & pressing flowers • Embracing boredom
Food from the ocean • Mermaids • Why clogs are cool again
Blackberry shandy • Best bothies • Frog watching*





CAN WE TELL YOU ABOUT... HOTELS BY THE BEACH

The Gallivant,

Rye, East Sussex

What it's all about?

Wind through the historic market town of Rye with its antiques shops, cosy restaurants and castle and head towards the sea, until you arrive among the sands and deep dunes of one of our finest beaches, Camber Sands. Here you'll find The Gallivant, a former roadside motel, which has been beautifully renovated (think Hamptons beach house) with white-washed wood, tall grasses and a colour palette of muted blues and greys.

Be sure to arrive by 4pm to enjoy a large pot of freshly brewed tea and a plate of homemade brownies, before popping over the road to explore the seven miles of beach and undulating dunes where you can find your own hidden spot (a windbreak is never a bad idea). Back at the hotel, you'll discover plenty of luxurious and quirky touches such as a his-and-hers pair of flip-flops in a hessian bag, a



homemade compote and vintage postcards. The food here is delicious and unfussy with plenty of fresh fish and a great choice of wine – local selections from the Kent countryside are a nice touch. For a nearby pub lunch, try The Globe Inn Marsh in Rye, the ideal place to refuel after a day in the dunes. (globeinmarshrye.com)

Want to ride some waves?

Spectating was thrilling enough for us but you can book kite surfing lessons at ryewatersports.co.uk

Green fingered? The talented folk responsible for the landscaping at The Gallivant also have their own garden centre, Harborough Nurseries, which is a must-visit if you like your outdoor spaces.

thegallivant.co.uk



Elsewhere

● Bailiffscourt, West Sussex

Stroll from the Gothic-style hotel, with its fantastic spa and outdoor infinity pool, down to the wide and unspoilt Climping beach to skim stones.

hshotels.co.uk

● Polurrian Bay, Cornwall

Bring the kids, the dog, the surfboards and all will be happy at this smart family haven with outdoor pool perched on a cliff on the Lizard Peninsula.

polurrianhotel.com

● The Cary Arms, Babbacombe

A boutique inn on the south Devon coast with a spa, eight sea-facing bedrooms and four fisherman's cottages.

caryarms.co.uk



DATES FOR YOUR DIARY

This month we're booking late summer festivals...



The Big Feastival

Food galore and a decent music line-up for all ages and tastes at Alex James' farm in the Cotswolds.

26-28 August,

thebigfeastival.com

Just So Festival

A fun family festival where you're encouraged to share your skills

(juggling, storytelling, musical instruments etc) with your fellow festival-goers. 19-21 August, Rode Hall Cheshire.

justsofestival.org.uk

Niddfest

Literary/nature festival in the Yorkshire Dales with talks from big name

writers, activities for all ages plus wild swimming, stargazing and riverside parties. 5-7 August,

niddfest.com

Festival no6

Fab music and arts festival in an unrivalled location in the Italianate seaside village of Portmeirion, North Wales. If you don't get in this year, put it on your must-do list.

1-4 September,

festivalnumber6.com