Head to the coast for fresh air, great food and pampering at these great resorts...

BY GERALDINE MCKELVIE

SCARLET HOTEL, CORNWALL

One night from £120pp This four-star eco hotel in Mawgan Porth is perfect for a childfree break. Enjoy the cliff-top views from one of its log-fired hot tubs, take a dip in the natural reed-bed pool, sunbathe on the Retreat Terrace or relax in one of the cocoon-like pods in the spa after a massage. Recharge with a complimentary yoga or meditation class or go for a stroll on the beach at Mawgan Porth.

THE DEAL: One night at the Scarlet Hotel in Mawgan Porth, Cornwall, from £120pp, based on two sharing a double room including a two-course breakfast. mirror.co.uk/traveltop10

BRUDENELL HOTEL, SUFFOLK

One night from £110pp A break at the four-star Brudenell in Aldeburgh could be just the tonic, especially if its mixed with local gin Adnams Copper House – voted the World's best gin in 2013. The hotel's Seafood & Grill Restaurant has panoramic sea views and the menu features Suffolk oysters, south coast scallops and Norfolk crab.

THE DEAL: One night at the Brudenell Hotel costs from £220 for two sharing an Aldeburgh room including Suffolk breakfast, dinner (£32pp allowance for food).

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SEAHAM HALL, COUNTY DURHAM

One night from £98pp For serious pampering by the sea, head north to this fivestar 20-suite hotel overlooking the dramatic Durham coastline, on the cliffs above Seaham Beach. Award-winning Serenity Spa is rated one of the best in the UK with 17 treatment rooms, hydrotherapy pool, a hammam and outdoor hot tubs. Byron's Restaurant serves traditional British cuisine.

THE DEAL: One night B&B at Seaham Hall costs from £98pp, based on two sharing, with access to the spa mirror.co.uk/traveltop10

HOTEL DU VIN, BRIGHTON

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One night from £82.50pp For sun, sea and shopping,

Achieve serenity at the Seaham Hall sp

Break is perfect tonic at Brudenell Hotel, Suffolk





Try some California dreamin' at the Gallivant

and it's just a pebble's throw from

Brighton Pier. And last month the

hotel revealed its revamped Bistro.



Cliff-top views at the Scarlet Hotel in Cornwall are amazing



One night from £95pp Just across the road you'll find Camber Sands which has the only dunes in the county. Modelled on the coastal motels of California, the Gallivant's 20 rooms have recently been renovated and have a cool American vibe. For

pampering, the beach hut spa in the hotel's garden opens in September.

THE DEAL: One night at the three-star Gallivant Hotel costs from £95pp, based on two sharing, including breakfast. mirror.co.uk/traveltop10

GALLIVANT HOTEL,

EAST SUSSEX

THE QUAY HOTEL AND SPA, CONWY One night from £58pp Set in the Conwy estuary, next

to Deganwy Marina, this cool fourstar hotel looks out over the North Wales coast, while its terrace bar has unrivalled views. Its marina restaurant specialises in Welsh produce. Explore Conwy's medieval castle and 15th century church and the Victorian seaside town of Llandudno is 15 minutes away.

THE DEAL: One night at The Quay Hotel and Spa, Conwy, costs from £58pp with breakfast.

MORECAMBE One night from £75pp Housed in an iconic 1930s Art Deco building on Morecambe's seafront, this lovely four-star hotel commands stunning views across

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the bay. The Grade II listing building has a rich past, with notable guests including Coco Chanel, Laurence Olivier and Noel Coward. It was given a major refurbishment, re-opening in 2008, and featured in a TV adaptation of Agatha Christie's Poirot.

THE DEAL: Superbreak has a one-night break at the Midland Hotel starting at £75pp including breakfast. mirror.co.uk/traveftop10

HOTEL BROUGHTY One night from £44pp This four-star hotel is perfect for a beach and city break. It's less than five minutes' walk from the sandy beach at Broughty Ferry and only a 10-minute drive from Dundee.



BREATHTAKING James and Karin in Grand Teton

where a US soldier or a Native American warrior fell. We reached the gorgeous town of Cody, due south in Wyoming, via some more spectacular scenery - this is aptly named Big Sky country.

From the amazing coffee at Rawhide café to the mouth-watering steaks at Proud Cut Saloon via fancy footwear at Wayne's Boot Shop, everything in Cody has "cowboy" running through it like a stick of rock. Everyone wears Wrangler eans and drives huge 4x4s on the way to the Stampede Rodeo on the outskirts of town.

I asked the manager at our charming Chamberlin Inn if the roads were bad up here in the winter, what with all the big trucks, but he simply

said: "Naw, that's just cowboys for ya." And the most famous cowboy of them all has an entire museum dedicated to him

The brilliant Buffalo Bill Center of the West celebrates the extraordinary life of William F Cody - Pony Express rider, gold prospector, Army scout, fur trapper, buffalo hunter, skilled marksman, soldier - and finally, flamboyant showman with his Buffalo Bill's Wild West show.

Queen Victoria was so impressed with the extravaganza when she saw it in London in 1887 that she gifted a huge cherrywood bar to his

weren't done with looking for bears yet. The jaw-dropping Grand Teton National Park, named after its magnificent mountain range, awaited.

We based ourselves around the cracking town of Jackson - kids will love the rustic log cabins at the Hatchet Resort, while sporty types will prefer the ski centre at The Inn at Jackson Hole.

After a weird but tasty lunch at Gather (duck salad with waffle croutons!), we joined an expert guide from Jackson Hole Wildlife Safaris for an afternoon flushing out pronghorns (similar to antelope), moose, elk, mule deer and beavers.

Irma Hotel. It's still there, in the historic building which dominates the main drag.

After heading down through Yellowstone, we every May as they are sold for mounting, carving

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Manor house class at Romney Bay House Hotel Scandinavian chic at The Little Gloster Sandy beach at Hotel Broughty Ferry, Dundee the other. Dover - with its cracking Its award-winning castle - is just under an hour away by car. restaurant has an THE DEAL: Two nights' B&B at the Romney Bay extensive Asian and European menu and guests House Hotel costs from £145pp, which includes dinner on one night.

can take advantage of a large leisure suite with a big heated pool. Wander round Broughty Ferry's quaint pubs and shops,

or explore the castle. THE DEAL: One night at Hotel Broughty Ferry, near Dundee, costs from £44 per person, based on two people sharing, and includes breakfast. mirror.co.uk/traveltop10

ROMNEY BAY HOUSE HOTEL, KENT Two nights from £145pp Facing the English Channel, this 1920s

manor hotel in New Romney, has an acclaimed fish restaurant. Local attractions include the world's smallest railway, from New Romney to

Dungeness in one direction, and to Hythe in

and making chandeliers. On our final day we had loads of fun with the crew at Mad River Boat Trips as we surged down the Snake River on a white-water rafting trip. Less adventurous types can try a scenic float down calmer stretches.

For our last hurrah, we pushed the boat out at the Million Dollar Cowboy Bar, where chef Paulie creates amazing food. Delicious tuna wonton tacos were followed by bison and elk steaks cooked to perfection, served with a palateblowing bone marrow and cheddar fondue.

We then hit the bar upstairs where they had both kinds of music - country and western - as well as a competition to win a hunting rifle.

I think I'll stick to bear spray.

TRAVEL FILE

mirror.co.uk/traveltop10

a 30-minute walk away.

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THE LITTLE GLOSTER,

Family-run, this Scandinavian

ISLE OF WIGHT

One night from £80pp

inspired hotel offers just two suites and one

room, overlooking the water. Its restaurant,

recently named the best in Hampshire and the Isle of Wight and featured in the Michelin Guide, offers a mouth-watering menu which

uses mainly locally sourced produce. Cowes is

THE DEAL: One night at The Little Gloster costs

from £80pp, based on two sharing with breakfast.

WHEN TO GO Spring is quiet and you might see baby bears and wolves. Everywhere gets busy after Memorial Day (the last Monday in May).

DON'T MISS Bozeman museumoftherockies. org £11pp; Buffalo Bill centerofthewest.org £15pp; Yellowstone & Grand Teton nps.gov £38; Safari jacksonhole wildlifesafaris.com £100pp; River rafting mad-river.com £65pp

WHERE TO EAT

Gather gatherjh.com; Million Dollar Cowboy Steakhouse jhcowboy steakhouse.com

GET THERE AmeriCan & Worldwide Travel has 8 nights from £1,684pp. With Delta flights via Salt Lake City (into Bozeman, ex Jackson) from Heathrow on May 14, hotels and car hire. awwt.co.uk 01892 779900

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