



How to be a better runner

The expert's rules for improving your style

Weekend

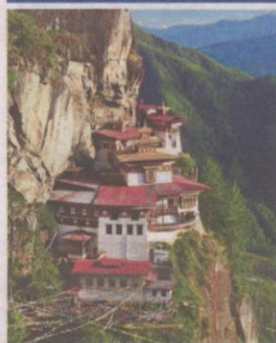
Travel
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The Great British Coast Guide

The coolest beach hotels
Best places to eat by the sea

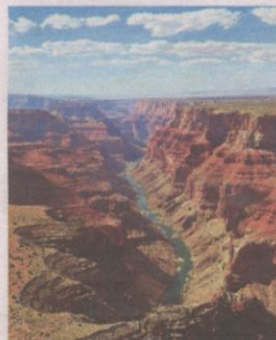
Travel



A royal tour
of Bhutan



Portugal's hip
new resort



Where to stay in
the Grand Canyon

Best places by the sea

Where to stay, where to go, where to eat

Weekend
pullout



2 Watergate Bay Hotel, Cornwall

30 cool hotels on the coast

1 Midland Hotel Morecambe, Lancashire

The sweeping art deco curves of the Midland are one of Morecambe's most iconic sights. Overlooking the town's beach, rooms have slick, nautical styling; pick one with floor-to-ceiling windows affording views of the Irish Sea. The Sun Terrace Restaurant is the perfect place to watch the sun set. **Details** B&B doubles are from £120 a night (englishlakes.co.uk)

2 Watergate Bay Newquay, Cornwall

Set on a spectacular, yellow sand surfing beach on the north Cornwall coast, Watergate Bay offers a modern take on the traditional British beach holiday. The rooms are bright, with nautical designs and wood panelling. You can take surfing lessons at the Extreme Academy and there is a spa with an amazing ocean-view infinity pool.

Details B&B doubles are from £180 a night (01637 860543, watergatebay.co.uk)

3 The Victoria Inn Holkham, Norfolk

This stylish hotel is a short walk from Holkham Beach, a vast expanse of sea, sky and sand fringed by pine trees. The 20 country house chic rooms are dotted with antiques gleaned from neighbouring Holkham Hall, a grand Palladian mansion in a deer park. Visit nearby village Wells-next-the-Sea or shop in Burnham Market, an achingly pretty village with smart boutiques.

Details B&B doubles cost from £135 a night (01328 711008, holkham.co.uk)

4 The Gallivant Camber, East Sussex

This restaurant with rooms is just across the road from Camber Sands, a seven-mile stretch of dunes and beach. The 20 newly refurbished beach-chic rooms boast super king-size beds, oak floors, roll-top baths and sleek walk-in showers. Breakfast is a lavish affair with everything from yoghurt panna cotta to home-cured bacon —



3 The Victoria Inn, Norfolk

perfect fodder for a day on the beach. **Details** B&B doubles cost from £160 a night (01797 225057, thegallivant.co.uk)

5 Mansion House Llansteffan, Carmarthenshire

Enjoy breathtaking views of the Towy estuary and Carmarthen Bay from the grounds of this 19th-century mansion, now a stylish restaurant with rooms. There are five rooms with sleek en suites and super king-size beds. Moryd restaurant is big on local produce — try the roast shoulder of lamb or smoked goose.

Details B&B doubles cost from £125 a night (01267 241515, mansionhouseallansteffan.co.uk)

6 Cary Arms Babbacombe Bay, Devon

There's nothing simple about the new beach hut accommodation at this smart inn overlooking one of Torbay's quietest beaches. The six duplex beach huts are

decked out in a New England style with panelled walls, wood floors, a stove and a bedroom on the upper deck with great vistas. Two larger beach suites are more glitzy with acres of glass maximising the views. Both have private terraces. After a day's walk along the South West Coast Path have a soothing massage in the sleek new glass-fronted spa before dining on Brixham scallops in the restaurant. **Details** B&B doubles cost from £375 a night (01803 327110, caryarms.co.uk)

7 Artist Residence Brighton, East Sussex

The hip Artist Residence, which sprawls across two townhouses in Regency Square, delivers style in spades. Colourful, boho rooms are filled with reclaimed furniture and include the Tiny Sea View double room with murals, wooden shutters and a floor-to-ceiling window and balcony overlooking the West Pier. Families should book Below Deck, which sleeps six in a king-size bed and bunk beds. A mojito in the rum bar, the Cocktail Shack, is obligatory. **Details** B&B doubles cost from £155 a night (01273 324302, artistresidencebrighton.co.uk)

2 Best places by the sea



11 View from the pool at Saunton Sands Hotel, Devon

8 Pebble House
Mevagissey, Cornwall

Acres of glass offer stunning floor-to-ceiling sea views from this boutique B&B on the outskirts of bustling fishing village Mevagissey. Five of the six rooms have sea views, some with terraces or Juliet balconies and all with en suites. The owners are happy to make up a picnic before you strike out along the South West Coast Path or visit the Lost Gardens of Heligan or Eden Project. **Details** B&B doubles cost from £120 a night (01726 844466, pebblehousecornwall.co.uk)

9 The George Hotel
Yarmouth, Isle of Wight

Set on the water's edge between Yarmouth Castle and the pier, this elegant 17th-century townhouse has retained many of its original features with wood-panelled walls, a sweeping staircase and stone flags. Many of the 17 contemporary bedrooms have views of the Solent or bustling harbour. The Conservatory restaurant has a lovely terrace where you can watch the sailing boats zip past as you tuck into local crab. **Details** B&B doubles cost from £150 a night (01983 760331, thegeorge.co.uk)

10 Sutherland House
Southwold, Suffolk

This 15th-century hotel is in the well-heeled seaside resort of Southwold, home to a retro Victorian pier, colourful beach huts and sand and shingle beaches. Some of the rooms are really special, such as the Earl of Sandwich with a 6ft double-ended slipper bath on a plinth amid beamed ceilings, the original fireplace and elm floorboards. Designer flourishes include Le Corbusier chaises longues and Eileen Grey coffee tables. Food is a big part of the experience with plenty of local fish and game served in the stylish restaurant. **Details** B&B doubles cost from £90 a night (01502 724544, sutherlandhouse.co.uk)

11 Saunton Sands Hotel
Braunton, Devon

Perched high on a cliff overlooking a three-mile stretch of golden sand is this sprawling art deco hotel. Ideal for families, it has dedicated suites with two interconnecting rooms. Children get free surf lessons during the summer and there's a playroom as well as indoor and outdoor heated pools. Kids can have high tea while their parents make the most of the babysitting or baby listening services to have dinner together. There's also an on-site gym, spa and

two golf courses on the doorstep. **Details** B&B doubles cost from £160 a night, family suites from £225 (one child) (01271 890212, sauntonsands.co.uk)

12 The New Inn
Tresco, Isles of Scilly

Cycle to Pentle Bay, a tropical-looking beach with white sand and intense blue sea, from this characterful inn where you should opt for one of the rooms overlooking New Grimbsy Bay. Take a dip in the outdoor heated pool before chilling out in the lounge with its stone walls, wood-burner and velvet sofas. **Details** Four nights' B&B costs from £395pp, including return flights from Land's End (01720 422849, tresco.co.uk)

13 The Colonsay Hotel
Colonsay, Argyll

Perched above the harbour, this 18th-century whitewashed hotel is the social hub of the island where locals rub shoulders with yachtsmen and tourists in front of crackling log fires. The nine rooms, with high ceilings and sash windows are prettied up with Designers Guild fabrics and Egyptian cotton sheets. Hike to an unspoilt stretch of golden sand called Kiloran Bay before returning to your cosy bolt hole to tuck into local oysters and lobster. **Details** B&B doubles cost from £105 a night (01951 200316, colonsayholidays.co.uk); return ferry fares from Oban to Colonsay are from £100.60 for a car and two adults (calmac.co.uk)

14 The Pig on the Beach
Studland Bay, Dorset

The newest Pig (until its sibling opens in Devon in July) overlooks the sea with sublime views of Studland's sands, Old Harry Rocks and over to the Isle of Wight. There's plenty to love inside too, from the gorgeous shabby chic rooms filled with original features and vintage finds to smoky martinis (laced with lobster oil) and Dorset-landed fish in the casual greenhouse restaurant. Loved-up couples should go for the Bothy — an open-plan dovecote tucked away in the kitchen garden with a four-poster bed and a free-standing bath — or the two shepherd huts, one a bedroom, the other a bathroom. **Details** B&B doubles cost from £149 a night (01929 450288, thepighotel.com)

15 White House Hotel
Herm, Channel Islands

Step back in time with a stay at this



14 Shepherd huts at The Pig on the Beach, Dorset



23 The Scarlet Hotel, Cornwall

seafront hotel on the remote Channel Island of Herm. There are no clocks, TVs or phones, and you can play croquet in the garden. Rooms have a nautical feel, and there's a sandy beach and a ferry harbour across the street for sailings to Guernsey. A coastal path circumnavigates the island and you can get around the whole place in an hour or two. Open from May to October. **Details** B&B doubles are from £170 a night (01481 750075, herm.com/hotel)

16 No 43
Arnside, Cumbria

On the edge of the Lake District and Yorkshire Dales national parks and with amazing views over the Kent estuary

and its soft-sand beaches, few places are better located than this upscale B&B. There are only six rooms, with comfy beds and designer fabrics, while two suites have panoramic sea views; one has a free-standing bath in the window. The living room looks as if it's part of a glossy magazine shoot; breakfast has picked up a Visit England award for quality. **Details** B&B doubles are from £120 a night (01524 762761, no43.org.uk)

17 Burgh Island
Bighury-on-Sea, Devon

On a tidal island and surrounded by beaches and coves, this 1920s classic has rooms that are themed after the various celebrities that have stayed here over the years, from Noël Coward to Lord Mountbatten. They're eclectically decorated with art deco or nautical touches, plus there's a spa and a good restaurant. The island is home to craggy cliff-top walks and an old smugglers' pub, The Pilchard Inn. **Details** Half-board doubles are from £400 a night (01548 810514, burghisland.com)

18 Polurrian Bay Hotel
Helston, Cornwall

For a family-friendly Cornish choice, look no further than this Lizard Peninsula hotel. The rooms range from inland-facing airy options to family-size suites and two self-catering cottages,



26 Albion House, Kent



9 The George Hotel, Isle of Wight

plus there's a restaurant with retro-styled furniture. Sporting facilities include a cliff-top tennis court and two pools, and a sandy beach is only steps away.
Details B&B doubles are from £120 a night (0844 482152, polurrianhotel.com)

19 Bailiffscourt Hotel & Spa Climping, West Sussex

Built by the Guinness family in the 1920s using reclaimed timber and stone from 13th-century buildings, this lush country house hotel is not exactly beachfront but it sits on 30 acres of grounds that stretch to shingle and the sand dunes of Climping Beach. Rooms range from modern affairs with contemporary design to medieval-themed suites with vaulted ceilings, over-size four-poster beds and his-and-hers roll-top baths.
Details B&B doubles start from £229 a night (01903 723511, hshotels.co.uk)

20 The Brudenell Aldeburgh, Suffolk

Aldeburgh's beach may be shingle but it stretches for mile upon mile either side of this traditional hotel. Renowned for its fine-dining restaurant with locally caught seafood, rooms are chic affairs with either North Sea or River Aldecountryside views.
Details B&B doubles are from £150 a night (01728 452071, brudenellhotel.co.uk)

21 Knockinaam Lodge Portpatrick, Wigtownshire

There's Michelin-starred dining at this former hunting lodge set in 30 acres of grounds and with views over to Northern Ireland. The hotel has only ten rooms; all have traditional decor with vintage furniture, and some offer sea vistas. The hotel's grounds lead to a sandy, private beach.
Details Half-board doubles are from £199 a night (01776 810471, knockinaamlodge.com)

22 The Pierhouse Hotel Port Appin, Argyll

Overlooking a small, sandy beach on Loch Linnhe and the ferry dock for trips to the island of Lismore, this bijoux hotel has big ideas. Rooms have been renovated and the restaurant is getting rave reviews for its seafood dining with produce plucked from the loch's waters. Communal areas include a snug lounge with a wood-burner, and there's a suntrap terrace for those warmer days.
Details B&B doubles are from £90 a night (01631 730302, pierhousehotel.co.uk)

23 The Scarlet Mawgan Porth, Cornwall

The Scarlet Hotel is a magical adults-only escape on Cornwall's north coast with light and airy seaview bedrooms

decorated in neutral tones, great food and an ayurvedic-inspired tented spa. After a day learning to surf off Mawgan Porth beach (kingsurf.co.uk) it's hard to beat soaking in the cliff-top hot tub as the sun sets — or take Jasper, the hotel whippet, for a walk across the sands.
Details B&B doubles cost from £210 a night (01637 861800, scarlethotel.co.uk)

24 Hell Bay Bryher, Isles of Scilly

If you like wild and wonderful, book a stay at the smartest bolt hole on the least developed of the inhabited Isles of Scilly. Getting here — by small propeller plane or ferry — is half the fun and then you're in the perfect spot to unwind, stroll along white sandy beaches, go bird-watching and Hoover up super-fresh local seafood in the restaurant. You could try the Crab Shack (open from May), which serves monster crab (£40) straight from the boat. The 25 New England-inspired suites have Lloyd Loom furniture and are filled with Cornish art. Book quickly, because it's a popular family choice — there's also a heated pool and games room.
Details B&B doubles cost from £260 a night (01720 422947, hellbay.co.uk)

25 Seaham Hall Seaham, Co Durham

On the cliffs above Seaham Beach, this Georgian mansion turned boutique retreat is home to one of the best spas in the UK. It had a makeover last year and the 20 stylish suites — seven in the main house and the rest in an airy modern annexe — are seriously comfortable, some with their own private gardens. The Michelin-starred head chef Ross Stovold is new too — you'll find top-notch, unfussy local produce in Byron's, the main restaurant, named after the poet who was married here in 1815.
Details B&B doubles cost from £199 a night, including spa access (0191 5161400, seaham-hall.com)

26 Albion House Ramsgate, Kent

A two-minute walk up steps from Ramsgate's pretty harbour, this hip 14-room Regency beauty sits on the East Cliff. Pick Little Victoria's room. With its beautiful high ceilings and elegant, Georgian-inspired doors leading out on to a wraparound balcony, this is where Princess Victoria convalesced in 1835. Or splurge on the drawing room suite with its open-hearth gas fire, super king-size bed and prime

sunset views. The navy-painted dining rooms serve excellent, uncomplicated food (as long as you're not in a hurry) and there's a fabulous (and generous) champagne afternoon tea to be had in the Town Bar for a bargain £22pp from Wednesday to Saturday.
Details B&B doubles cost from £135 a night (01843 606630, albhionhousearmgate.co.uk)

27 Sands Margate, Kent

Sands has the perfect Margate location: opposite the Blue Flag beach and a short stroll from Turner Contemporary and the old town. Rooms are light and luxe (without going over the top) with deeply comfortable beds and neutral decor. Go for a superior sea view if you want french windows on to a balcony and views across the bay. The restaurant is a class act and a G&T on the rooftop terrace makes a brilliant sundowner.
Details B&B doubles cost from £120 a night (01843 228228, sandshotelmargate.co.uk)

28 Escape Llandudno, Conwy

Cool and Llandudno aren't necessarily synonymous but Escape is a gloriously glam B&B in an ornate Victorian villa on the slopes of the Great Orme. All nine double rooms are different; Calm and Light is particularly chic thanks to its floating bed while the Boudoir has crystal-encrusted LED wallpaper. Breakfast is generous (although there's a short time slot to order it in, so no lie-ins past 10am at the weekends) and it's half a mile from the beach. No under-tens are allowed.
Details B&B doubles are from £99, a night (01492 877776, escapebandb.co.uk)

29 The Seaview Seaview, Isle of Wight

The Seaview, in one of the Isle of Wight's prettiest, sailing-mad villages, is a pebble's throw from the beach and a host of wooden dinghies bobbing on the Solent. Rooms are airy and stylish and one of the suites is the former Lloyds banking hall (once voted the prettiest bank in England) with a master bedroom that was the manager's office and a bunk bedroom in the vault. The back bar is a friendly place and the excellent, unpretentious restaurant (the only one on the island awarded a Michelin Bib Gourmand) specialises in fish and seafood and uses produce from the hotel's farm.
Details B&B doubles cost from £95 a night (01983 612711, seaviewhotel.co.uk)

30 St Brides Spa Saundersfoot, Pembrokeshire

St Brides is right on the Pembrokeshire coastal path and its 34 rooms are divided into three categories: good, better (both with king-sized beds) and best (with super-kings), as well as two-bedroom apartments. All are decorated with a maritime theme. There are restaurants aplenty; two of them are a short stroll away from the harbour front in Saundersfoot. The best thing about this hotel, though, is the hydro infinity pool, heated to body temperature even on frosty days, where hydrotherapy jets will massage you as you gaze out to sea.
Details B&B doubles cost from £170 a night (01834 812304, stbridespahotel.com)
By Liz Bird, James Ellis, Julia Brookes



21 Knockinaam Lodge, Wigtownshire