

● THE Caribbean is known for its music and dancing and The BodyHoliday in Saint Lucia is dedicating the entire month of June to both.

You can learn to do the Cuban Cha Cha Cha, Argentine Tango, Caribbean Merengue, American Jive and Columbian Zumba from four professional dancers including Strictly Come Dancing stars Andrew Cuerden and Kele Baker.

From the June 1-28 th 5★ all-inclusive resort will offer 18 daytime dance

classes per week (three classes Monday to Thursday and two classes Friday to Sunday), plus two themed dance evenings with instruction including Latin Night and Rock 'n' Roll Night. There will also be a weekly dance party and beach party.

Best At Travel is offering a seven night all-inclusive package from £1,899 per person, including flights with British Airways or Virgin Atlantic.

See www.bestattravel.co.uk/the-bodyholiday-at-lesport.aspx



● A STAGGERING 84 per cent of Scots have booked, or are thinking of booking, a city break this year — meaning over 3.5 million of us will be descending on European city hot spots in 2015.

Jet2holidays asked 1,000 adults about their holiday plans to mark the launch of their new city break offering giving customers a choice of over 20 top cities to travel to.

And asked which one was the friendliest of the lot, Amsterdam

topped the poll with Scots, although big bustling cities like Barcelona and Paris also made the top three

The research revealed the average Scot has been on ten European city breaks and 14 UK city breaks.

But one in ten people have never taken a European city break and yet a similar number (eight per cent) have been on 51 or more.

● **Get your Scottish Sun on Sunday tomorrow for our top 10 city breaks for under £250pp.**

HOT SPOT

IT'S 32°C IN ORLANDO — seven nights at the 5★ Hard Rock Hotel at Universal Orlando is from £1,499pp. The price is based on room-only with car hire and flights from Glasgow on June 6. See virginholidays.co.uk or call 0844 557 3870.

HOT SPOT

IT'S 24°C IN TURKEY — seven nights at the 2★ plus Club Ako Apartments in Marmaris is from £331pp. The price is based on self-catering with flights from Glasgow on May 1. See jet2holidays.com or call 0800 408 5594.

Edited by
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travel

4 pages
of holidays

GET IN TOUCH WITH NATURE ON PERTHSHIRE ESTATE

Deer green place



HERD IT HERE FIRST... animal expert Donald with red deer and, above right, with Jill and family on safari. Above left, Gallops Lodge

THE dilemma of finding somewhere which caters for the whole family, two adults, two kids and a dog, when so many places are not pet friendly, can be frustrating.

But luckily we hit on the perfect family retreat when we discovered the joys of the beautiful Mains of Taymouth Country Estate on the edge of Loch Tay in Perthshire.

Situated in the beautiful 16th century village of Kenmore, Mains of Taymouth was originally the home farm to Taymouth Castle.

The scenery took our breath away as we first viewed the stunning estate and on entering the luxurious Gallops Lodge, we were not disappointed.

The spacious open-plan lounge/dining/kitchen area was fitting of its ex-royal status — well, we all felt like kings and queens even if only for a few days! The double bedrooms, one with en-suite, were warm

and stylish and looked like they'd come straight out of the pages of a high class homes mag.

The lodges are fantastic for a self-catering break, fully equipped with everything you could need.

They have large patio doors leading to a beautifully maintained grass area, where you can eat al fresco — weather permitting!

The estate has fabulously maintained gardens and walks and also hosts a well-stocked delicatessen, which sells fresh bread from the Kenmore Bakery, milk and a variety of other local produce.

A quaint gift shop offers an on-site hamper service and a gift-wrapped hamper to take home — definitely a highlight of the visit.

Don't miss a trip to the Courtyard Brasserie Bar. The menu features superb quality, hearty Scottish food which is locally sourced and caters for every taste. Venison from the Remony Estate and Kinninghallen Lamb are just a couple of the mouth-watering offerings.

The roaring cosy fire in the bar area adds to the relaxed and pam-

pered — but not posh — feeling. But most importantly for us as a family, our dog Cupar was able to join us in the bar area while we relaxed and enjoyed lunch followed by a few drinks, making our visit even more special!

Within the estate our kids, aged 13 and 10, took advantage of the horse riding which caters for all ages and abilities. Marion and Katy, who run the stables, were brilliant with them, teaching them how to look after the horses followed by a trek through the stunning forest tracks and along the river-side.

There are lots of family activities

GO: MAINS OF TAYMOUTH

THERE are a range of cottages, villas and family homes to choose from with prices from £250 for one night in a two-bedroom Gallops apartment.

See taymouth.co.uk for latest deals and offers, call 01887 830226 or email info@taymouth.co.uk.

to choose from, but the one we opted for was the Highland Safari experience which was named 'Best Visitor Experience' in Scotland.

It began with an informative talk about red deer from animal expert Donald, followed by a chance to feed them at the Red Deer Barn. The kids loved Ossian the barn owl which they watched fly back and forth.

Then the 4x4 off-road safari experience took us into the mountains where we enjoyed some magnificent views.

There are many more activities to choose from — golf, quad-biking and white water rafting to name but a few. But whether you just want to get pampered, enjoy outdoor activities or simply love the tranquillity of walking in the stunning countryside, Mains of Taymouth Country Estate and Golf Course has more than enough to offer.

We had a fantastic break and simply didn't have time to do all of the things we wanted to do, which means that we will need to return sometime soon — with Cupar of course.

JILL GREENSHIELDS

... IN GOOD 'NIK: A week half-board in Dubrovnik, Croatia at the 4★ Hotel Albatros is from £459pp, leaving Edinburgh on May 3. See lowcostholidays.com or call 0800 1116271.

... LUC OF LOVE: Paladino 1 is a stunning farmhouse conversion in San Martino in Colle, Lucca, Italy, which sleeps four in two bedrooms is available for a week from September 12 for £306 (flights extra). See italian-country-cottages.co.uk or call 0345 268 8800. Property reference: ITL189

... GREEN FOR GO: A week all-inclusive at the 5★ Green Nature Resort & Spa in Marmaris, Turkey, is from £332pp leaving Glasgow on May 30. See lowcostholidays.com or call 0800 1116271.

... ROYAL SEAL OF APPROVAL: A week B&B at the 4★ Royal Sun Hotel in Santa Susanna, Costa Brava, leaving Prestwick on April 29 is from £190pp. See onthebeach.co.uk or call 0871 474 3000.

... GO FOR 'BROKE: West Tarr Cottage in St Florence, Pembrokeshire, Wales, sleeps four and costs from £352 for a week from

April 25. See property reference: HW7778 at cottages4you.co.uk or call 0345 268 0760.

... PERFECT PORTUGAL: Seven nights self-catering at the 3★ Luna Valmangude Jardim Apartments in Albufeira, Algarve, is from £312pp leaving Edinburgh on May 3. See jet2holidays.com or call 0800 408 5594.

... GO WEST: The Old Quay House in Falmouth, West Cornwall, is available for a week from May 2 from £750. See holidaycottages.co.uk or call 01237 426 256.

... TURK A BREAK: A week all-inclusive at the 4★ Marcan Resort in Oludeniz, Turkey, is from £228pp leaving Glasgow on May 6. See cheapflights.co.uk.

... CHESHIRE WIN: Three nights at Alvaston Hall Hotel in Cheshire, with half-board and entertainment is from £239pp on April 24. See warnerleisurehotels.co.uk or call 0844 8714 523.

... TIGH HIGH: Seven nights at Tigh-na-Creagan in Salen on the Ardnamurchan Peninsula is from £639 until May 9. Book by April 28. See holidaylettings.co.uk (home ID 211355).

... BON VOYAGE: Take in the sights and sounds of Burma on a 12-day Irrawaddy Voyager as well as a visit to the Sagaing Hills and the capital Rangoon for £2990pp. Leaves London on October 14. See wendywtours.co.uk