

getaway

YOUR SATURDAY TRAVEL GUIDE

WIN a winter activity break



BRACKENRIGG/ROOKIN HOUSE COMPETITION



You can enter our competition in the following ways:
IN PAPER: Simply answer the question, complete and send this entry coupon.

ONLINE: at www.newsandstar.co.uk
MOBILE: Send NS ACTIVITY followed by your answer to 88833 (texts cost 50p plus your standard network rate).

QUESTION: How many years has the family-run adventure centre been open?

- a) 10
- b) 15
- c) 20

Answer.....

Name.....

Address.....

Postcode..... Tel.....

Mobile number.....

Do you get the News & Star delivered? YES/NO

Forward to: Brackenrigg/Rookin House competition, News & Star, PO Box 100, Bank Street, Carlisle CA2 5UY

1. Closing date: Saturday, December 5, 2009. 2. The prize will be awarded to the first all-correct entry opened after the closing date. 3. Age restrictions apply on some activities. Activity value is up to £60. Prize is redeemable for up to six months from competition deadline. Offer excludes Christmas and New Year period. Guests can choose which day/night they choose to claim their prize but will be subject to availability. 4. Mobile entry: 16+ only. Please get the bill payer's permission before submitting. Texts cost 50p plus the standard network charge. Service provided by Cumbrrian Newspapers, Dalston Road, Carlisle CA2 5UA. Telephone 01228 612600. 5. Employees of any CN Group company or their families are not eligible to enter. 6. There is no cash alternative and the prize is non-transferable. 7. The judge's decision is final and no correspondence can be entered into. 8. By supplying the information above, you accept that you are happy to receive offers via Email/SMS from, or in association with, Cumbrrian Newspapers Ltd., directly (or via its agents) and receive mail or telephone calls about new promotions, products and services. Please tick if you agree to receiving these from us, or carefully selected companies. □

The Brackenrigg Inn & Rookin House Farm Equestrian & Activity Centre is entering into the spirit of the season with the News & Star to offer you and another, whether it be a member of your family, a friend, or a loved one, the opportunity to experience an amazing break beside beautiful Lake Ullswater – a prize worth more than £200. Start your adventure at Rookin House Activity Centre and choose between the many activities on offer including air rifle and clay pigeon shooting, quad biking, horse riding, human bowling, plus many many more.

This family-run adventure centre has been operating for more than 20 years and continues to provide a wide variety of outdoor activities for families, friends, schools, business team building, stag and hen parties – there's something for everyone to enjoy.

After an exciting day, relax and unwind at the critically-acclaimed Brackenrigg Inn. This traditional 18th century coaching inn boasts an unrivalled setting with spectacular views of elegant Lake Ullswater, an ideal destination for those looking to enjoy the Lakes in a memorable location.

With dinner, bed and breakfast included you can begin your evening in the public bar enjoying the selection of real ales on offer by the warmth of an open fire.

After choosing from a new winter menu, move into the restaurant and indulge in a dining experience of award-winning and locally-sourced cuisine which can be perfectly complimented from an array of well chosen wines.

Retire at your leisure to the comfort of one of the Inns' 17 en-suite bedrooms, all of which retain their old world charm and individual character.

To be in with a chance of winning this fantastic prize, just follow the details on the entry form.

Edinburgh from all angles



Rosalind Gibb visits for a whirlwind 24 hour tour

It's 11.30am and in the imposing surroundings of Edinburgh Castle I'm learning all about bloody battles in centuries gone by the return of the Stone of Destiny and the story behind the oldest crown jewels in Britain.

Fast forward 12 hours and I'm watching Reverend and the Makers frontman Jon McClure doing an impromptu, open-air performance outside the Picture House, one of the city's newest live music venues.

That's the thing about Auld Reekie. It's justifiably famous for being a city steeped in history but there's also a contemporary edge and a weekend here can lead to any number of surprises.

The best way to enjoy this balance between old and new is by booking a room right in the heart of the city.

I had the pleasure of staying at the stunning Apex Waterloo Place Hotel, an ultra-chic, four star hotel, which does some decent deals on short breaks and family stays.

The Grade A listed building, built in 1819, is just a couple of minutes' walk from Waverley Station and was reopened by Apex Hotels earlier this year.

The bright, comfortable room with an ensuite bathroom and the cosiest cotton bathrobes – plus a luxury spa, and a good choice of comfort food and drinks available via room service – meant I could have happily spent my whole time within this one building.

There was the important task of sightseeing to do however. With a wealth of galleries, museums, shops and restaurants it can be hard to know where to start.



Edinburgh Castle

It's wise to start off with a wander – and any direction you take from this hotel will provide stunning vistas and skylines with very little effort at all.

We walked along Waterloo Place and down Regent Road. It's a surprisingly peaceful route and provides great views of Arthur's Seat, one of the seven hills of Edinburgh.

It also takes you to The Palace of Holyroodhouse, at the foot of Arthur's Seat.

The palace is still used by the Queen throughout the year, and you can see the state apartments and rooms that are in use when she comes to stay.

More fascinating though are the centuries-old stories that are contained here.

There are the ruins of the Abbey Church, where royals including James II and James IV are buried, and you can stand in the same room where the brutal murder of David Rizzio – Mary, Queen of Scots' Italian Secretary – took place, led by Mary's second husband Lord Darnley.

The Palace is at one end of the Royal Mile, and at the other is Edinburgh Castle.

Walking up here (and going in this direction means it is uphill all the way) is a great way to soak up the atmosphere.

But to get an even greater sense of history of the Old Town,



Apex Waterloo Place Hotel

take one of the many guided tours that lead you to a part of the city that was sealed up and forgotten about for centuries.

Needless to say reports of ghosts are rife.

We went on the Real Mary King's Close tour, through a warren of hidden streets and closes (alleys) where people lived, worked and died between the 17th and the 19th centuries and proved to be both entertaining and eerie.

Next stop was the Castle, which dominates the Edinburgh skyline.

There's such a huge amount to see here and if you're lucky and the sky is clear of the famous haar, or sea mist, you can also enjoy stunning views of the New Town, the Firth of Forth, the Pentland Hills and Fife.

All this walking made us hungry and in need of a sit down,

and happily it was time for an aperitif.

After a quick half in a characterful traditional pub, The Bow Bar on Victoria Street, we went for dinner at Santini Restaurant, part of the Sheraton Grand Hotel.

Italian restaurants in the UK don't always enjoy the best reputation, thanks to lazy menus offering bog standard pizzas and risottos.

Not so Santini, where dishes with Venetian and Tuscan flavours are lovingly created – even the pasta is made on-site – and lovingly served by proud and friendly staff.

I chose prosciutto and parmesan on a bed of rocket and for the main merluzzo al forno – cod fillet baked with tomato fondue and wrapped in pancetta with a potato and olive crush. Every bit as delicious as it sounds.

Then it was onto the buzzing, 1,500-capacity Picture House, where Jon McClure was followed by the huge crowd outside into the rain, stopping traffic and punters in his midst.

A reminder that while handsome, cultured Edinburgh won't ever disappoint, there's also more to this place than meets the eye.

TRAVELNOTES

ROSALIND stayed at Apex Waterloo Place Hotel, Edinburgh. Rooms start from £55 per person per night. See www.apexhotels.co.uk for more information or call the hotel's reservation line on

0845 365 0000. To find out more about visitor attractions such as Palace of Holyroodhouse and Edinburgh Castle, go to www.edinburgh.org, and for Santini Restaurant www.santiniedinburgh.co.uk



WIN panto trip and hotel stay

Your News & Star has teamed up with Lodore Falls Hotel to add some magic this Christmas. This fantastic prize package includes a family ticket to *Aladdin* on December 22 plus an overnight stay in a family room with dinner bed and breakfast for four – a prize worth more than £300.

For the first time ever, and for one afternoon only at 3pm on Tuesday December 22, the Lodore Falls Hotel is playing host to the *Aladdin* pantomime – a tale from Arabia that has been entertaining children for generations.

The hotel is decorated with thousands of twinkling lights and there are more than 70 Christmas trees adorned with festive baubles creating the most magical backdrop for parties, lunches and dinner – and of course for *Aladdin*'s visit.

Aladdin will be performed by Chaplin's Gold, a professional panto troupe.

Tickets for this special matinee performance cost: Adult £10, child £6, family ticket £25 (2 adult 2 children under 16).

Contact Sophie at the Lodore Falls Hotel on 017687 77285.

LODORE FALLS COMPETITION



You can enter our competition in the following ways:
IN PAPER: Simply answer the question, complete and send this entry coupon.

ONLINE: at www.newsandstar.co.uk
MOBILE: Send NS FALLS followed by your answer to 88833 (texts cost 50p plus your standard network rate).

QUESTION: How many Christmas trees are there in the Lodore Falls Hotel?

- a) 50
- b) 60
- c) 70

Answer.....

Name.....

Address.....

Postcode..... Tel.....

Mobile number.....

Do you get the News & Star delivered? YES/NO

Forward to: Lodore Falls competition, News & Star, PO Box 100, Bank Street, Carlisle CA2 5UY

1. Closing date: Saturday, December 5, 2009. 2. The prize will be awarded to the first all-correct entry opened after the closing date. 3. Overnight stay can be taken at a later date by agreement with hotel. 4. Mobile entry: 16+ only. Please get the bill payer's permission before submitting. Texts cost 50p plus the standard network charge. Service provided by Cumbrrian Newspapers, Dalston Road, Carlisle CA2 5UA. Telephone 01228 612600. 5. Employees of any CN Group company or their families are not eligible to enter. 6. There is no cash alternative and the prize is non-transferable. 7. The judge's decision is final and no correspondence can be entered into. 8. By supplying the information above, you accept that you are happy to receive offers via Email/SMS from, or in association with, Cumbrrian Newspapers Ltd., directly (or via its agents) and receive mail or telephone calls about new promotions, products and services. Please tick if you agree to receiving these from us, or carefully selected companies. □

