

# Great Days Out

11-page special section

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out to London  
attractions  
**See page 44**

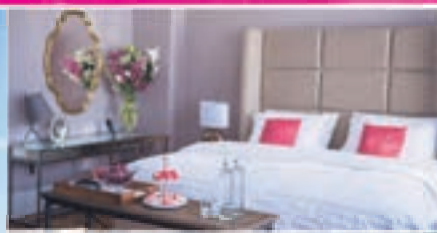
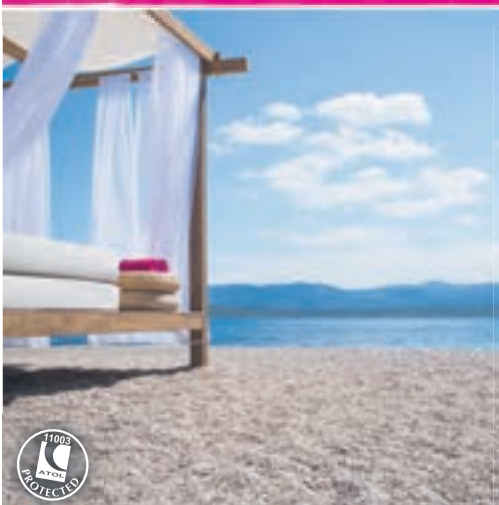


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From family beach breaks to fun-filled afternoons in the capital, the summer holidays start here

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# Take a staycation in your capital

When your city boasts sandy beaches, seafood brasseries and more family fun than you could ever take advantage of, why bother to leave London? By **Sarah Marshall** and **Polly Weeks**

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#### HULA YOURSELF HAPPY

A-listers Emma Stone and Beyonce have twirled themselves into a tizzy with this fitness trend, and now you can follow suit at the Berkeley Health Club & Spa.

Ditch sweaty indoor gyms in favour of the Knightsbridge hotel's delightful open-air rooftop where hula hoop classes are held poolside. In addition to burning up to 600 calories an hour, you can top up on vital vitamin D in the sun-splashed space.

The 60-minute sessions take place every Wednesday from 12-1pm, and with just six hula hoopers per class you can be assured teacher Anna Byrne, founder of HulaFit®, will be on hand to help perfect those hula poses. Take home a bespoke Berkeley hoop at the end of the class so you can pirouette and body wrap in your own back garden.

■ Classes run until 28 October. Tickets: £65 per person. Email [hulahoop@the-berkeley.co.uk](mailto:hulahoop@the-berkeley.co.uk)

#### HIT THE BEACH IN NW4

Coconuts and swishing palm fronds aren't what you'd expect to see in Barnet, but for the next few weeks this concrete jungle will be taking on a more exotic appeal.

Until 2 September, an overflow car park at the Brent Cross shopping centre will serve as London's biggest seaside escape with 250 tonnes of sand, 100 palm trees, a roller-coaster, helter skelter slide and Punch and Judy shows.

Kids can take a dip in a paddling area or get drenched on a log flume, while those who prefer to stay dry can walk on water in floating orbs. If all the excitement leaves you in need of a stiff drink, head to the tiki-style Pimm's bar.

■ Tickets: £3. Visit [thebeachbrentcross.com](http://thebeachbrentcross.com)

#### FIND THE FORCE

Want to join the Rebel Alliance and fight alongside Luke Skywalker to defeat daddy-in-disguise Darth Vader?





**Life saver:** twirl into a tizzy with exercise classes on top of the Berkeley

Burn up to 600 calories an hour and top up on vitamin D while you hula your hoop

Chef Jordan Sclare admits several thousand pounds has gone into researching and perfecting the signature dish after which the restaurant is named. A rich, saffron-infused fish stew is based on what the team regard to be the finest bouillabaisse served at restaurant Tetou in Cannes.

Other dishes, such as an excellent cuttlefish fried in squid ink and sprinkled with orange zest, have been designed following visits to coastal regions across Europe, with a fine wine list to match. There's a strong focus on sustainability too, with normally cast off catches like baby Dover sole making their way onto an exciting breakfast menu. ■ **Bouillabaisse for two, £58. Visit [bouillabaisse.co.uk](http://bouillabaisse.co.uk)**

**WATCH OUT FOR BEDBUGS**

As the animals prepare to snuggle down for the night at ZSL London Zoo so too can your children - as they enjoy a sleepover with a difference.

Young visitors will be given a torch-lit tour of the zoo before nodding off in the company of 140 creepy crawly species in the B.U.G.S! (Biodiversity Underpinning Global Survival) exhibit.

Having overcome any fears of locusts, spiders, jellyfish and poisonous frogs, kids will awake the next morning to an energy-packed breakfast. The experience ends with a feeding session at Penguin Beach, where Ricky the Rockhopper and pals will be putting on a display.

■ **Tickets: £65 per person. Suitable for children aged 8-11, accompanied**

by an adult. Dates in July and August. Visit [zsl.org/bedbugs](http://zsl.org/bedbugs)

**HOP ON AN ORIENT EXPRESS**

Treat the family to a daytrip across the globe by visiting Chinatown on 19 July for the free Family Day festival. A lion dance display will take over the streets, along with fan dancing, martial arts performers and circus acts.

Kids can also take part in a treasure hunt, learn how to do calligraphy, or have their faces painted. A more

unusual act this year is the Chinese Elvis, who'll be rotating hips and flexing his upper lip, oriental style.

Sample 17 different types of cuisine from a whopping 100 restaurants and food stalls, with many offering special family menus for the day.

■ **Visit [chinatownlondon.org](http://chinatownlondon.org)**

**REJOICE IN MINT MURRAY**

He's seen as a kingpin of comedy and now Rooftop Film Club is dedicating

Continued on Page 42



**How to tame your dragon:** check out the free family festival in Chinatown

Or get up close and personal with Princess Leia in that gold bikini?

If you didn't make it through the open auditions for Star Wars Episode 7, a visit to Madame Tussauds latest exhibit is a seriously fun fall back. All your favourite heroes, villains, Jedis and small green philosophers are here, spread throughout a dark warren of eleven elaborate sets, providing ample opportunity to play, pose and re-enact your favourite fight scenes.

Join Chewbacca (below left) to pilot the Millennium Falcon, tell Han Solo you love him (he knows), and come to the aid of Obi-Wan Kenobi as he duels with baddie Darth Maul.

Soundtracked by John Williams's famous score, a wander through this intergalactic playground will get you in the mood for December's big screen comeback. Just don't forget your lightsaber - or selfie stick.

■ **Entry included in main admission price. Tickets: from £24.74, children £21.60. Visit [madametussauds.com](http://madametussauds.com)**

**GO DEEP SEA DINING**

Should you fail to make it to the seaside this year, feast on coastal cuisine at Bouillabaisse, the latest Mayfair restaurant from Kurt Zdesar who was responsible for Chotto Matte and London's first Nobu.

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**TATE**

Great Days Out | Special

Continued from Page 41

a week to American funny man Bill Murray. Get set to giggle al fresco from 21-24 July, when some of the maverick Hollywood actor's top films will be shown on an outdoor screen at Roof East in Stratford. Choose between *Lost in Translation*, *Groundhog Day*, *Ghostbusters* or the Wes Anderson classic *Rushmore*.

It's not just the films that are themed around the Caddyshack star - head to the onsite bar and order a Bloody Murray to drink while chortling along to the classic movie scenes.

Thankfully there won't be any slimers on site, so guests can survive the night without being covered in ectoplasm.

■ Tickets: £14. Visit rooftop filmclub.com

**DISCOVER A SECRET GARDEN**

Crowds swamp the Southbank during summer, but the peaceful garden outside casual diner The Green Room provides a quiet escape. Relax on deck chairs with a G&T served from two Fever-Tree bars where mixologists invite guests to pick and choose from a list of locally distilled artisan gins, and fill up with

barbecued fare on Thursday and Friday nights (5.30pm-8.30pm).

Run by the National Theatre, the space has already become a hangout for part-time thespians and dancers, and a kid's corner with games and high chairs makes it ideal for families. Children will also enjoy playing with props from theatre shows past.

■ Mains around £12. Visit nationaltheatre.org.uk

**CAMP, DANCE AND MAKE MERRY**

With the festival season in full swing, London decamps to the countryside to revel in music, poetry and even Howard Marks reading fairy tales. Offering possibly the most eclectic line-up of any family festival this year, Camp Bestival is a winner for all generations.

Surrounded by rolling hills and castles, Dorset provides the perfect (albeit unashamedly middle class) setting for the award-winning four-day event where families can camp in tents, teepees or gypsy caravans.

With Kaiser Chiefs, Underworld and Professor Green promising to delight punters from the main stage and a Wild Side theme that includes den building and sleeping under the stars, there won't be a better

weekend option for mum, dad and a couple of sprogs this summer.

■ Tickets: from £65 for adults, £15 for children, under 4s free. Visit campbestival.net

**JOIN A CARTOON CAPER**

He's green, swampy and not especially attractive, but animated ogre Shrek is a hit with adults and children alike.

Head to the recently opened Shrek's Adventure! London on the Southbank, and be magically transported to the Kingdom of Far Far Away for a hilarious misadventure.

The journey kicks off with a dramatic 4D bus ride, whizzing you directly into the wonderful world of Shrek, where you must take part in a series of tasks to save the pudgy-nosed hero from the crazed Rumpelstiltskin and his cronies of witches.

Real life actors dressed as Princess Fiona, Cinderella, Muffin Man and Puss in Boots are available to help guide you through the interactive zone, which ends with an opportunity to take selfies with some of the top DreamWorks stars.

■ Tickets: from £23.40, children £18.75. Visit shreksadventure.com

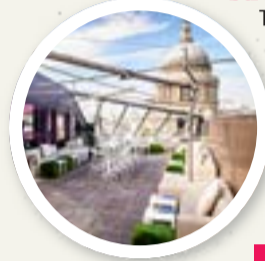
**TOAST THE SUNSET**

**Coca-Cola London Eye, Westminster Bridge Road, SE1**

Opt for an ever-changing perspective of the fading rays of sun on the London Eye. Throughout summer, a sunset Summer Cocktail Experience will happen on Fridays and Saturdays: one-hour double rotations at 8pm. £45 including two cocktails and snacks. ■ Visit londoneye.com

#MoetMoment at an Antarctic-themed champagne pop-up overlooking St Paul's (pictured). Order a bottle of Moët Ice Imperial on Wednesdays, 7-8pm, and you can stamp a message on your ice cubes. ■ Call 020 3693 5160

**Sky Garden, 20 Fenchurch Street, EC3**



The capital's highest rooftop garden, in the walkie talkie building, is where you can sit on a Sky Pod deckchair and sup a boozy ice-cream shake while watching the sun dip through the windows. ■ Visit rhubarb.net to book

**Hilton SkyLounge, 7 Pepys Street, EC3**

End the day on the other side of the Atlantic at the Nantucket Beach Club pop-up on the roof terrace of this Tower Hill hotel. A lighthouse and swing bench complete the East Coast vibe. On the menu? Lobster mac and cheese and vodka slushies. Open Tues-Sat, 4-10pm. ■ Visit doubletree3.hilton.com

**Madison Rooftop Bar, 1 New Change, EC4**

Surprise a loved one with a

**Big Chill House, 257-259 Pentonville Road, N1**

Rise above the busy streets of King's Cross and order a special edition London Lamb rum cocktail. Created for the Cocktails in the City event, it will be available only on 18 and 19 July. ■ Visit wearebigchill.com

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Is it a mirage?: Find an oasis on the Southbank at The Garden Room

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# Why bicycling can't be beaten

With investment in infrastructure rising, London is becoming cycle city, writes **David Williams**

Cycling is not only the perfect way to get around London, it's loads of fun too - especially with your family. It lets you teach them vital road safety techniques while they're still young and willing to learn, it breathes extra life into long summer weekends and it helps you bond too.

In 2015, however, there more good reasons than ever to get pedalling, and already they're convincing more people to join the cycling revolution.

Transport for London has now committed £4bn to improving London's roads, with almost £1bn of that being spent on cycling alone. It means that London is well and truly leading the UK in terms of cycling spend per head, with an average of £10 per person in the capital.

There's more good news. The latest plans include delivery of the longest substantially segregated cycleways in Europe, quieter backstreet cycling

routes, and the upgrading of the most dangerous junctions which are, even now, underway.

So what, exactly, are 'quietways'? They're more appealing to female cyclists as they offer quieter alternatives to busy roads. Through research feedback, such as Attitudes to Cycling, TfL has found that women are more likely to be deterred from cycling because of fear of collisions (56 per cent compared to 51 per cent of men) and not being confident in their cycling ability (35 per cent vs 16 per cent for men). Quietways make it easier to start cycling and easier to continue, providing genuine alternatives to busy routes.

Over the summer there will also be more than 25 roadshow events, raising awareness of the Mayor's Vision for Cycling in London. Centred around safety tips, cycle hire, cycle training promotion, along with maps, guides, guided rides and security information, the roadshow will tour a range of locations. It will visit large scale events such as RideLondon and the Tour of Britain to smaller, local community events. The activities are aimed at attracting a variety of people from keen cyclists to people considering the possibility of cycling. Could that be you?

Further good news is that Santander became partners in London's cycle hire scheme earlier



**Safety first:** Guided bike rides are intended to encourage more women cyclists

this year in a seven-year deal that will see the scheme grow and develop, giving users a more accessible experience. So even if you don't have your own bike, you can still get pedalling.

The Mayor of London's annual festival of cycling, Prudential RideLondon, also returns to the

Capital on 1-2 August. For details, visit [prudentialridelondon.co.uk](http://prudentialridelondon.co.uk)

The successful Breeze Women Only guided cycle rides will also receive further promotion under an agreement between TfL and British Cycling, while adult cycle training in London is available for free (or heavily subsidised), funded by TfL

and offered locally by all 33 London boroughs. No wonder 8,268 cycle training sessions have been delivered since April 2014.

But what if you don't feel confident enough to begin? Before taking training 82 per cent of female participants admitted they were 'not very confident' or 'not at all confident' cycling on London's roads and 79 per cent said they felt 'not safe' or 'not very safe'. Post-training this shifted to 57 per cent saying they felt 'very confident' or 'fairly confident' and 55 per cent saying they felt 'quite safe' or 'very safe'. What an improvement.

To further improve safety, TfL has been working hard to reduce collisions involving heavy goods vehicles too, with tough action being taken against unsafe commercial vehicles.

Best news of all? For those who haven't yet discovered it, cycling takes you right off the beaten track, revealing wonderful, hidden parts of London that you probably never even knew existed - probably all within a stone's throw of a route you've been driving along for years. Try it for yourself.

■ **Go to the [tfl.gov.uk](http://tfl.gov.uk) website to find out about free cycle guides. They include green off-road routes alongside roads, through parks or along towpaths.**

## Advertisement Feature

### JOIN THE RED TEAM IT'S THE SUMMER OF CYCLING

If you haven't yet made the most of London's self service bike share, find out why the scheme is becoming a city attraction in itself

How about seeing London from a different perspective this summer? Getting on a Santander Cycle means discovering the freedom of saddling up on the spur of the moment, whether for a few spins of Hyde or Regents Park, a meander along the Thames, or an adventurous tour of London's key sites.

Cycling can be a brilliant family day out. You have to be over 14 to hire a bike,

but you can take young children's bikes on most public transport (check [tfl.gov.uk](http://tfl.gov.uk)).

Docking stations can be found all over London and, with more than 11,000 bikes, it seems that Santander Cycles are becoming a London attraction in themselves. It's partly the ease of use and the system's flexibility. For example, you don't have to be a member to hire a Santander Cycle. All you need to do is take your bank card to a terminal and follow the instructions. Or for even quicker access download the official app.

An affordable, healthy and fun way to travel, it costs from as little as £2 for 24 hours' bike access, including unlimited 30-minute journeys (for longer trips you need to pay extra ride charges). Summer is the perfect time to give it a go.

#### STEP 1 - HIRE

Go to one of over 750 docking stations across the capital. They are every 300 to 500 metres, so you should never be far away from a bike. Unless you've already got a release code, take out your bank card and touch the screen to get started. You can read the tips for safer cycling displayed on the terminal.



A special series in association with



There were over 10 million trips made on cycle hire bikes last year

#### JUAN'S JOURNEY

Juan buys bike access for 24 hours for £2 and cycles for 15 minutes to Trafalgar Square, docking his bike nearby

Later that day, he picks up another bike and cycles for 22 minutes to the theatre

Both trips were under 30 minutes so are included in his 24-hour bike access charge. He simply pays £2

#### STEP 2 - RIDE

Hire a bike wherever you like, anytime you like. Go to [tfl.gov.uk/leisureroutes](http://tfl.gov.uk/leisureroutes) to discover the most enjoyable cycle rides in the capital, including some of London's most beautiful open spaces from Hyde Park to Battersea Park.

#### STEP 3 - RETURN

When you've finished your journey, or want to stop off for a while, you can go to any docking station. Simply find a space to drop off your bike. If there are no spaces free, select 'no docking point

free' at the terminal and you'll get an extra 15 minutes to find a free space nearby. When docking, don't forget to wait for the green light to confirm you've returned the bike otherwise you may continue to be charged. It's that simple!



Find out more at [tfl.gov.uk](http://tfl.gov.uk)

## Great Days Out | Special

# Hot in the city? Stay cool with our top picks

From water slides to a cinema on the canal or zorbing the Serpentine, **Sarah Marshall** certainly knows how to make a splash

## BEACH CULTURE ON THE THAMES

Combining Miami Beach glamour with St Tropez chic, the London Riviera pop-up promises to stretch summer right through until the end of October with a series of food, drink, theatre and music events. Hollywood film set designer Sonja Klaus has transformed the area next to City Hall with palm trees, day beds, giant pineapples and pink flamingoes, raising temperatures to a tropical level on the Southbank.

The Ciroc School of Mixology hosts 45-minute cocktail-making masterclasses every Wednesday evening at 5pm and 7.30pm, and dates for a series of supperclubs curated by Ceru restaurant will soon be announced. From 5-30 August, outdoor theatre will also be performed, Wednesday to Sunday.

■ Visit [thelondonriviera.com](http://thelondonriviera.com)

## FLOATING FILMS

In a city where space is at a premium, it makes sense to use liquid platforms as well as land. The futuristic Floating Cinema, a 60ft barge with a mobile cinema screen and arts programme, is currently winding its way back to the capital after a national tour supported by the Canal and River Trust. A grand finale will be held in Thames gateway Brentford on 2 August, with a sonic art installation of sounds collected from communities along the canals and an open air screening of a documentary examining Britain's coastline.

The cinema will then moor up at various London locations throughout August and September for an extra-terrestrial series of sci-fi films, a summer space school and talks from scientists and writers.

■ Visit [floatingcinema.info](http://floatingcinema.info)



Cross the pond: the N1 fresh water art installation that doubles as a swimming pool

## NATURAL BORN SWIMMERS

Touted as an experiential art installation, the recently opened King's Cross Pond Club is also a fine spot for a warm weather swim (left). The 40m man-made fresh water pond is the first of its kind in the UK, and will be available for use year round.

Chemical-free water is filtered through a natural closed-loop process, using wetland and water plants. There is a limit on visitor numbers - 163 a day for timed sessions - which is also enforced to keep the pond clean. Those who aren't test the waters can watch from a spectator area, admiring the surrounding wildflower gardens.

■ Swim sessions are already proving popular so booking is advisable. Tickets: £3.50 for two hours. Visit [kingscrosspond.club](http://kingscrosspond.club)

## EXPLOSIVE RIVERSIDE DINING

Two hundred years ago, London Docklands was home to factories producing weapons for the Royal Navy fleet. After clocking off, workers - and even Lord Nelson - would head to The Gun which is still a pub today. Now, though, it's all about rest and peace, making the space a pleasant Thames-side retreat.

Until the end of September, an Aperol-sponsored Spritz Shack with deck chairs and lawn games is available for private hire for afternoon and evening sessions. Drink beer from ice-filled wheelbarrows and choose from a range of menu options including picnic baskets, canapés and heartier bowls of Billingsgate fish pie. There's no fee to hire, although a minimum spend applies. (Prices from £17pp.) ■ Visit [thegundocklands.com](http://thegundocklands.com)

## DRIFTING THROUGH LITERARY GREATS

Waterways have featured in countless classic novels, and now some of the greatest works of literature are forming the focus for a new barge trip.

Don't expect to sit through lengthy recitals on the three-hour journey departing from Paddington though. Instead time-honoured plays such as *The Importance of Being Earnest* and *A Midsummer Night's Dream* have inspired a selection of cocktails devised by drinks brand Qcumber.

Guests on the Classics on the Canal trips, taking place on 24 and 30 July and 6 and 13 August, will be served a tasting menu of three drinks, all featuring the natural cucumber sparkling water, and canapés as the barge drifts along the Grand Union Canals through Little Venice, past

## Visit four London attractions and save up to £38

Grab your mates or get the family together for a fantastic summer at a range of amazing attractions: NEW Shrek's Adventure! London, SEA LIFE London Aquarium, Madame Tussauds, The London Dungeon and the Coca-Cola London Eye.

Save up to £38 when buying a combined four attraction ticket online. Too much for one day? No problem, tickets are valid for 30 days!



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To book: visit [shreksadventure.com](http://shreksadventure.com), [madametussauds.com](http://madametussauds.com), [londoneye.com](http://londoneye.com), [thedungeons.com](http://thedungeons.com) or [visitsealife.com](http://visitsealife.com)

London Evening Standard

Terms & Conditions: £38 saving based on the difference between the purchase of an online adult pass and the purchase of four individual adult tickets at each of the listed attractions on the day. Pass must be purchased 24 hours in advance of visit for saving to apply. Pass can be purchased from any of the following websites: [shreksadventure.com](http://shreksadventure.com), [madametussauds.com](http://madametussauds.com), [londoneye.com](http://londoneye.com), [thedungeons.com](http://thedungeons.com), [visitsealife.com](http://visitsealife.com). Pass must be collected from the attraction it is purchased from, other participating attractions will not issue one. Subject to availability. 'Coca-Cola', the Dynamic Ribbon Device and the design of the 'Coca-Cola Contour Bottle' are registered trademarks of The Coca-Cola Company. Promoter: Merlin Entertainments.



## JOIN THE BREAKFAST CLUB

### Secret Yoga Club, Rye Lane, SE15

Usher in the day with sun salutations atop a high rise car park at Secret Yoga Club's Peckham residency (right). There is a 7am Vinyasa flow class on 20 July with more throughout summer. **■ Tickets from £12. Visit [secretyogaclub.co.uk](http://secretyogaclub.co.uk)**



### The House of Elemis, 2 Lancashire Court, W1

Sneak in a facial or manicure before the clock strikes nine at this Speed Spa where treatments can be fast-tracked in 15 minutes. **■ Appointments from 8am with prices from £18. Visit [elemis.com](http://elemis.com)**

### No Small Talk Before Breakfast, 31 New Inn Yard, EC2

Celebrate the top meal of the day with this breakfast festival running from 7.30am, 17-19 July. Granola makers Spoon Cereal host talks,

fitness classes and a brilliant breakfast menu. From £10. **■ Visit [spooncereals.co.uk/events](http://spooncereals.co.uk/events)**

### Artisan Springboard, Old Street Station, EC1

Get food shopping done and dusted with a 7.30am supermarket sweep around The Artisan Springboard pop-up at Old Street tube station. Kitchen Table Projects have chosen 11 start-up businesses to showcase products that include dairy-free cocktail



sorbets as well as handcrafted chocolates. **■ Visit [kitchen.tableprojects.com](http://kitchen.tableprojects.com)**

### Eventbrite Summer School, 11 Kingly Street, W1

Learn a new lingo or perfect your skills in the kitchen with a series of morning classes running from 8am. The Eventbrite summer school will be held at Pizza Pilgrims (left) on Kingly Street throughout July, with classes from £10. **■ [Eventbrite.co.uk/SummerSchool](http://Eventbrite.co.uk/SummerSchool)**

River Trust has organised a calendar of volunteering opportunities including a litter pick on 27 August.

After collecting floating rubbish from Paddington Basin to Little Venice - where past hauls have included a plane propeller and fridge full of food - helpers can hone their board skills with Active360 and finish up with a barbecue.

Those with a creative bent should head to Bethnal Green on 23 July, when a swishing clothes swap and high tea will be combined with redecorating the towpath. Should

Craft a giant monument with the five tonnes of clay that will be dumped in Granary Square, Kings Cross

your clothes get dirty during a boat painting session, you'll at least have a new (free) wardrobe to change into.

**■ Events take place 6-8pm. Free but booking essential. Visit [canalrivertrust.org.uk/love-london-canal](http://canalrivertrust.org.uk/love-london-canal) or call 0303 040 4040.**

### MODELLING THE FUTURE

Construction work seems to be permanently blighting the streets of London, but this is one building project that gets the thumbs up all round. On 15 and 16 August, five

tonnes of clay will be dumped in Granary Square, King's Cross, and members of the public invited to help craft a giant monument.

All ages and abilities are welcome, with guidance provided by students of Central St Martin's and workshops with professional potters for those who are really keen.

The event, organised by arts organisation Clayground Collective, pays homage to the anonymous craftsmen responsible for crafting

Continued on Page 46

London Zoo, into Camden Lock and back to Paddington.

**■ Tickets: £12 from [Yplanapp.com](http://Yplanapp.com) and limited number on the door. Visit [facebook.com/qcumberuk](http://facebook.com/qcumberuk)**

### LOVE LONDON CANALS

An afternoon spent picking litter in Little Venice might not sound like much fun, but combine it with learning to paddleboard and the activity suddenly has more appeal.

In a bid to encourage Londoners to embrace the city's waterways and help maintain them, the Canal and

**Towering London:** herald the sun with palm trees and giant pineapples at the London Riviera

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\*£19.80 tickets available for visits post 4pm until 31.8.15. Images shown depict wax figures created and owned by Madame Tussauds

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## BOOK THESE CHILDREN'S EVENTS

Children's book sales were up nearly 10 per cent last year. Keep them turning pages with these inspiring events.

### Go Beatrix potty

Sometimes the oldies are the best. Listen to comforting tales of Peter Rabbit and Benjamin Bunny performed by Quantum Theatre in the rose garden of south London's Morden Hall Park on 27 July from 3-5pm.



■ Tickets: £12, children £8. To book call 0844 249 1895.

### Digest a story

Based on Roald Dahl's popular book, the Royal Shakespeare Company's production *Matilda the Musical* has won several awards. Now the Radisson Blu Edwardian, Mercer Street hotel has launched an accompanying afternoon tea (left) with menus for children (£16) and adults (£32),

providing a new excuse to celebrate the precocious school girl.

■ Visit [scoffandbanter.london](http://scoffandbanter.london)

### See it on screen

Encourage kids to read by introducing them to film versions of childhood favourites. As part of kids' week in August, the Soho Hotel will be offering children free spaces at their film club (limited to one per group). Watch *The Gruffalo* on 1 August and *Willy Wonka* on 15 August.

■ Tickets: £20. To book, email [refuel@firmdale.com](mailto:refuel@firmdale.com)

### Meet the stars

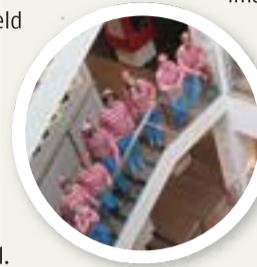
Take kids to meet their paperback writer heroes in a series of interactive events being held at Foyles Charing Cross bookshop as part of their Summer of Fun programme (right). On 25 July, they can join a *Where's Wally?* treasure hunt, and on 28 July, Shaun the Sheep model making classes will be held.

■ Some ticket prices apply. Visit [foyles.co.uk/events](http://foyles.co.uk/events)

### Learn from the source

It's not just fiction that fuels a child's imagination, reality can too. On 26 August, kids can learn first hand about reptiles from zoologist Nicola Davies. She will be talking about her new book *I Don't Like Snakes* at ZSL London Zoo. They'll love them when she's finished...

■ Free with zoo entry but register a space at [zsl.org/zsl-london-zoo](http://zsl.org/zsl-london-zoo)



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### Summer holiday family fun

RHS Garden Wisley, Surrey. Near junction 10 of the M25. Enjoy free\* family activities every day.



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Buy garden entry tickets at [rhs.org.uk/wisley](http://rhs.org.uk/wisley)

\*Free once in the garden. Normal garden admission applies. Activities vary daily please check the website for details. RHS Registered Charity No: 222879/SC038262



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the capital - including the Regent's Canal, originally built by hand.

To keep art workers entertained, an exhibition of items made from clay around the world will be on display, and folk group Dead Rat Orchestra will perform with a 30-piece steel band.

■ Free. Visit [claygroundcollective.org](http://claygroundcollective.org)

### CAMDEN ROCKS

Foreign students in Doc Martens and black trench coats may have flooded Camden in recent years, but the area is also famous for having one of the richest musical histories in the city. A Rock and Roll walking tour past the Electric Ballroom, Camden Lock and along Regent's Canal to Primrose Hill explores the reggae and Brit Pop scenes and reminisces about the life of notorious resident Amy Winehouse.

Tours are conducted by former homeless guide Mike the Mod as part of the not-for-profit Unseen Tours series, designed to help get down and out Londoners back on their feet. The affable music fan promises to keep walkers entertained with lively anecdotes and impromptu performances from some of his busking friends in the area. Tours run daily, except Mondays, from 2-3.45pm.

■ Tickets: £10, with 60 per cent going directly to the guide. Visit [sockmobevents.org.uk](http://sockmobevents.org.uk)

### ZORBING ON THE SERPENTINE

It sounds like a feat of biblical proportions, but walking on water is entirely possible for anyone visiting the Serpentine Lido Swimming Pavillion and Sun Terrace.

Climb inside a plastic Water Zorb and allow staff to pump it full of air, then waddle to the bank and roll into the water. Using a mixture of determination, core muscle strength and sheer embarrassment, attempt to remain upright and race across the surface, with a lifeguard ready to retrieve any Zorbs that go astray.

Other activities at Hyde Park's popular lake include yoga and open water swimming lessons in a cordoned off area where the water quality is tested on a weekly basis.

Alternatively, stretch out on a sun lounger for the day (£3.50), or take kids to a playground with paddling pool.

■ Tickets: £4.80, children £1.80. Call 0207 706 3422.

### SWAN RIDES IN ALLY PALLY

Glide like a swan, zip about in a racing car or ride on the back of a dragon at the boating lake in Alexandra Palace. Themed pedalos are available for hire alongside more conventional rowing boats (from £4.95; children £3.95) for half-hour circuits of the lake.

Combine a visit with the Summer Festival on 25 July, when the park will be taken over by fairground rides and music stages. Entry is free, although tickets are required for more popular events. A silent disco starts early with cartoon anthems for kids (£7.15 for 45 minutes) and runs right through to an evening rave for adults (£13.20 for an hour), while a giant 150m water slide is likely to please all ages (£20 for two slides).

History tours of the palace will reveal secret corners not usually open to the public (£13.20), and of course there'll be races around the boating lake.

■ Visit [alexandrapalace.com](http://alexandrapalace.com)



Swan lake: boating with a difference at Alexandra Palace



# Give me five: holidays the kids will love

Whether you're all for an African adventure or prefer pottering around on the beach, **Sarah Marshall** has a bunch of breaks that will appeal to all the family

## PLAN AN UNFORGETTABLE ADVENTURE

Children are fascinated by wildlife from an early age, but no visit to the zoo can rival an animal encounter in the wild. New sounds, sights and smells will stay with them for years, and what better way to learn about the differences between cheetahs and leopards than by studying them first hand.

However, booking a suitable - and affordable - safari requires some planning (or inside knowledge).

Kicheche Camps in Kenya have excellent family facilities with spacious quadruple tents, and were recently chosen by Springwatch presenter Michaela Strachan for her

family holiday. Families can book exclusive use of 4x4s for game drives, although there's also a chance to spot wildlife much closer to the camps. Children can catch butterflies and insects, identify animal footprints, or learn how to launch spears with Masai staff - while parents stay at a safe distance.

■ The camps in the Masai Mara and Laikipia (below Mount Kenya) have good availability throughout summer, but for bookings later in the year two children can stay for free when accompanying two paying adults (from £365 per night all inclusive). The offer also includes guaranteed sole use of a 4x4 vehicle. Conservancy fees apply. Visit [kicheche.com](http://kicheche.com)

## A BIT OF HANDS ON HISTORY EDUCATION

Give kids a helping hand with their history homework by visiting the birthplace of Horatio Nelson in Norfolk. The naval commander who fought in the Napoleonic Wars was born in the small village of Burnham Thorpe, where it's still possible to see his childhood home and The Lord Nelson pub where he supposedly ate a farewell dinner before taking command of HMS Agamemnon in February 1793.

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The little five: Look out for elephant shrew, buffalo weaver, leopard tortoise, ant lion and rhino beetle at Kicheche Camps





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Great Days Out | Special

Continued from Page 47

Another pub regularly visited by the Admiral was The Hoste in nearby Burnham Market, now a boutique hotel with family friendly cottages including a Railway House and vintage train carriage.

The hotel has an onsite museum dedicated to the historic hero, featuring personal letters and an original life mask cast in Vienna in 1800. But if dusty artefacts fail to stir imaginations, borrow bikes, helmets and locks from the hotel for a cycle tour through Norfolk's country lanes.

It's a three-mile journey to the coast, where you'll find the grass dunes of Holkham Beach, voted best

beach in the Coach Awards for three years running.

■ **The Hoste offers three-night B&B mid-week breaks for £775 based on four people sharing. Visit [thehoste.com](http://thehoste.com)**

**HOP OVER TO HOLLAND**

With idyllic settings, an excellent range of facilities and options to suit all budgets, Center Parcs are market leaders in UK family holidays.

If you want to replicate the experience further afield, take the family to one of the nine Center Parcs holiday villages in Holland.

Anyone keen on water sports should try De Eemhof in Flevoland, set in a marina with kayaking, sailing

and windsurfing on offer. Kids who prefer life in the fast lane (or flume) can head indoors to the Aqua Mundo centre with an 11m Turbo Twister.

Should the summer heat prove too stifling, visit the indoor snow centre at De Kempervennen, close to Eindhoven, where it's possible to ski and snowboard year-round. The site is located on two lakes, and the deluxe houseboats are a quirky accommodation option.

The best choice for a beach break is Port Zélande, close to the North Sea coastline and along Lake Grevelingen. Try beachsailing, using wind to propel a buggy equipped with sails along the sand, or glowkart in the dark with illuminated



apparatus (both activities suitable for ages 10 plus).

■ **Prices start from €619 for a week in August (although check [centerparcs.com](http://centerparcs.com) for last minute deals).** Stena Line offer summer crossings from Harwich to Hook of Holland from £49 for a car and one adult, with additional adults costing £14.50 one-way and children under 15 £7.25 one-way. Visit [stenaline.co.uk](http://stenaline.co.uk)

**FIND SHORT-HAUL SUN IN JERSEY**

Being only a short flight away, the Channel Islands provide a sun-splashed retreat without the hassle of

long hours - and even longer tantrums - in the air.

The sandy south coast beach at St Brelade's Bay will be a hit with younger children armed with buckets and spades, while the rock pools and sea caves at the north's Plemont Beach are likely to appease more adventurous minds.

Families with an appetite for exploration should visit the small rocky islands of Les Écréhous, where a vast reef attracts numerous birds and seals. Book a two-hour Écréhous Wildlife Seafari at [jerseyseafaris.com](http://jerseyseafaris.com) (adults £39.95, children £30). Stay at The Atlantic Hotel, fringed by five

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DANNY EVANS

**Holiday havens**  
(Clockwise from main): St Ouen's Bay, Jersey; family adventure near Perpignan; calm canals in Holland's Center Parcs

miles of beach at St Ouen's Bay. It's an upmarket accommodation option for families, with family suites and interconnecting room options. The Michelin-starred Ocean restaurant also serves a dedicated nursery menu featuring homemade Jersey beef burgers and ice cream made from Jersey cow milk.

■ **Until 19 September, the hotel is offering seven nights for the price of six, from £750pp.** Visit [theatlantichotel.com](http://theatlantichotel.com)

**SPLASH OUT ON A BREAK**

A summer break is an opportunity for families to bond, particularly (or

not) where team sports are involved. Promising to test the limits of even the strongest family unions, a new six-person stand-up paddle board is the latest water sports craze on offer as part of a seven-day break in Argelès-sur-Mer near Perpignan with Family Adventure Holidays.

The travel company, claiming to be one of the first to offer the boards to customers, is also encouraging families to compete with each other in races on the waves.

Other activities on the Mediterranean water sports break include kayaking, windsurfing, white-water rafting on the rapids of

the River Aude, and abseiling through waterfalls in the manmade canyoning park at Argelès. Or you could just chill out on the beach...

■ **Trips run from 25 July - 29 August with accommodation in mobile homes set in a pine wood campsite with swimming pool complex and tennis courts. Prices start from £529 for adults and £396 for children, based on four sharing, and include all activities, an evening entertainment programme, two barbecues and three packed lunches.** Visit [familyadventureholidays.com](http://familyadventureholidays.com) or call 01273 803030.

Try beach-sailing, or glowkart in the dark with luminous apparatus

# LEFT IT TOO LATE?

Flexible, adventurous or simply desperate to get away? Grab one of these last minute deals.

**Cornish Parties**

Ideal for a large family gathering, the Blue Bay beach house in Mawgan Porth, North Cornwall, is now available for £2,995 for a week (sleeps 20) - saving £1,330. The property is set high in the cliffs, with an open-plan living room overlooking the ocean and rooms set around a garden courtyard.

■ Visit [beachretreats.co.uk](http://beachretreats.co.uk) or call 01637 861005

**Phuket, go Luxury**

Once favoured by backpackers, Thailand is opening up to the family market with a number of luxury hotels now turning their attentions to younger guests. Located in the southern corner of Patong, Amari Phuket is close to the beach and only an hour from the international airport. Hayes & Jarvis offer an eight-night B&B stay from £1,995 per family - saving £703. Includes transfers and flights from London on 21 August.

■ Visit [hayesandjarvis.com](http://hayesandjarvis.com) or call 01293 735 831

**Jet to Jordan**

Even if your clan are too young to remember Indiana Jones, the lost city of Petra will incite a spirit of adventure. Escorted tour company G Adventures offer a 30 per cent discount on their Jordan Family Adventure, departing 2 August, with adults now £489 and children £419. The eight-day trip includes a night camping under the stars in Wadi Rum, snorkelling in the Red Sea and floating in the Dead Sea. Flights extra.

■ Visit [gadventures.co.uk](http://gadventures.co.uk) or call 0344 272 2040

**Chill Out in a Chapel**

Opt for a staycation at The Chapel, a two-bedroom converted chapel blending period features with

modern amenities, set in the Somerset countryside. Kids can play in the large back garden or explore surrounding fields. Shops and restaurants are a short walk away in Chard. Blue Chip Holidays offer the self-catering property for £553 per week - saving £416.

■ Visit [bluechipholidays.co.uk](http://bluechipholidays.co.uk) or call 0333 3317 995

**Bite the Big Apple**

Relive the drama of countless movies with a trip to New York. My America Holiday offer three nights at the four-star Sheraton New York Times Square on a room only basis

from £575 per person - saving £250 per person.

The trip, based on two adults and two children under 17 sharing, is valid on select dates in August and September and must be booked by 31 July. Great for teens.

■ Visit [myamericaholiday.co.uk](http://myamericaholiday.co.uk) or call 020 8290 9797

**Cruise Canada**

Summer is the peak season to explore Canada by cruise ship and a visit during this period is perfect for those interested in wildlife. One Ocean Expeditions offer a 10-day cruise of the Atlantic Provinces from £1920 per adult and £960 per child, including all meals. Highlights include a trip to the seabird capital of North America, Sable Island (above), and a guided walk through the Tablelands of Gros Morne National Park.

■ Visit [oneoceanexpeditions.com](http://oneoceanexpeditions.com)

**Unwind in Antigua**

The St James's Club & Villas in Antigua is renowned for its excellent kids programmes. Kenwood Travel offer a seven-night stay to coincide with special Puffin book weeks from £1,685 per adult and £1,315 per child - saving £414 per family. The price includes flights from London and all-inclusive accommodation.

■ Visit [kenwoodtravel.co.uk](http://kenwoodtravel.co.uk) or call 020 7749 9220





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