

Article paru dans le SCOTTISH SUN
 → suite voyage chef à Londres
 avec Céline Guivernin (SMBT)

15

Saturday, September 20, 2014 Sun 55

the Saturday

Your weekend starts here thescottishsun.co.uk/travel

● SCARE yourself silly with Thorpe Park's Fright Nights. This year there is a new horror maze experience, Studio 13, and American thrill author Michael Grant has been recruited to curate a new on-park scare experience. Fright Nights also brings award-winning scare actor-led horror attractions based on cult classics The

Blair Witch Project, My Bloody Valentine 3D, The Cabin In The Woods and SAW. Fright Nights are on October 10, 11, 12, 17, 18, 19 and October 24 - November 2 inclusive. Overnight packages start from £125pp (four sharing) including two day Park tickets, plus priority ride access for the first hour of park opening. See thorpepark.com.



● GET your own taste of Masterchef at one of Sweden's top boutique hotels. Stunning Berns Hotel is joining forces with Stockholm's finest chefs, including Niklas Ekstedt whose Michelin-starred restaurant Ekstedt featured on the TV series Scandimania, for an exclusive Chefs' Dinner. On September 29

and 30, they'll create a four-course Asian themed menu. And each chef will be there to discuss their dishes with diners. The break costs £173pp (two sharing) including one night's B&B and dinner. Flights extra. SAS fly direct from Edinburgh. For further details, see berns.se/en or call +468 566 322 00.

HOT SPOT IT'S 28°C IN THAILAND — eight nights' room-only at the 3* Patong Paradise Resort, Phuket, is from £619pp with Flight-Centre. Flights from Glasgow on October 6. See flightcentre.co.uk or call 0800 258 5773.

HOT SPOT IT'S 28°C IN CRETE — seven nights' self-catering at 3* Primarvera Beach Apartments in Malia from £245pp with Jet2Holidays. Flights from Glasgow on September 23. See jet2holidays.com or call 0800 408 5594.

Edited by LISA MINOT & HEATHER LOWRIE



Travel

4 pages of holidays

FRENCH ALPS ARE TOP DESTINATION IN SUMMER

I HAVE always thought of the French Alps as a winter-only holiday destination.

However, I recently took a trip over Savoie Mont Blanc and it opened my eyes to the wealth of summer activities available.

This really is an all-year-round destination.

As the sun comes up and the snow begins to melt, the changing landscapes present you with clear blue skies over Europe's largest mountain range.

Whether you're looking for an action-packed adrenaline-fuelled trip or a relaxing retreat accompanied by good French wine and gastronomic delights, Savoie Mont Blanc has something for everyone.

My first destination was Chambéry, the capital of Savoie, which was an independent Duchy until 1860.

Unfortunately, most British know Chambéry only for its airport. But it has much more to offer.

The city centre is home to the Castle of the Dukes of Savoy, which towers over the picturesque medieval streets.

Hire a bike

The historical city has lively bars, good restaurants and a quaint Saturday market offering the perfect romantic escape.

We stayed at the lovely boutique Le Cinque hotel in the town.

Staff were friendly and the food was — delicious and the rooms modern, chic and comfortable.

If you fancy venturing out of the centre to take in some of the surrounding scenic delights, why not hire a bike and cycle the vineyards of Savoie Mont Blanc?

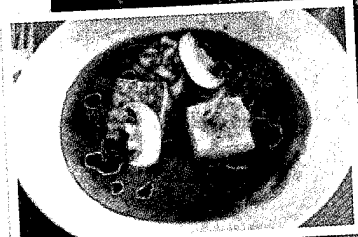
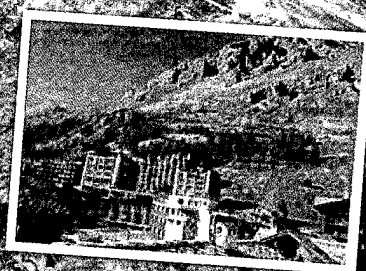
Better still, book a guided bike ride with one of the many wine specialists offering a tour accompanied by a wine-tasting experience.

The short bike ride can be made on electric bikes, too, or for the more adventurous, arrive on your very own Segway.

Reward yourself with a trip in the evening to the



SUMMIT SPECIAL: mountain with no snow



Peaks season

FOOD FOR THOUGHT... local cuisine is delicious

nearby village of Bourget. It's home to four Michelin starred restaurants, the most per capita in Europe. Dinner at Le Bateau Ivre — which has two Michelin stars — was the highlight of my trip.

Don't miss Le Carré des Sens, a new gastronomic restaurant which opened last November where you can eat a fabulous three-course dinner from 31 euros and L'Atelier Gourmet restaurant which serves contemporary cuisine.

I also took the time to

visit the ski resort Val d'Isère and stayed at the lovely Maison de Famille des 5 Frères.

The rooms looked like something straight out of a style magazine and the bathrooms were fit for a king... or me!

The resort is very popular with British skiers in the winter, but a recent demand for summer holidays has been met with many new developments.

For the first time this summer, many of its gastro restaur-

rants were open for business and there are plenty of things to do to keep you busy.

The Col de l'Iseran has been part of Le Tour de France many times and is the highest pass in Europe. If you fancy a challenge, cycle the pass from the valley, in Bourg-Saint-Maurice, to complete the 48km cycle. Or

enjoy the 17km bike ride from Val d'Isère and soak up the support of an electric mountain bike available at many hire outlets in the centre.

You can try horse riding for only 25 euros an hour to take in the crisp, clear mountain air and glorious scenery.

If that sounds too much like hard work, there are lovely spas to kick back and relax in.

Whether you like the gentle pace or are an adrenaline junkie the French Alps are not a snow go — the summer sun makes them a fantastic destination.

BILL DENNETT

GO FRENCH ALPS

Le Cinque is a 51-bed boutique hotel. It has rooms from 110 euros per night. See hotel-chambery.com. Maison de Famille des 5 Frères has rooms from 60 euros pnp, or 120 euros for two in summer (in winter prices start at 235 euros for two). See les5freres.com. Visit savoie-mont-blanc.com/en

FORTE WINKS: Seven nights' self-catering at the 3* plus Forte da Oura in Albufeira, Algarve, is from £362pp. Leaving Edinburgh on September 28. See jet2holidays.com or call 0800 408 5594.

... HAVE A CABANA: Seven nights' room only at the Universal's Cabana Bay Beach Resort in Orlando is from £659pp. Leaving Edinburgh on November 19. See travelcitydirect.com or call 0844 557 6965.

... EMPIRE OF THE SUN: Seven nights' all-inclusive at the 4* Imperial Belvedere Hotel in Heraklion, Crete, is from £503pp. Leaving Edinburgh on October 18. See easyjet.com/holidays or call 0843 104 1000.

... LOX LIKE IT COULD BE GOOD: Seven nights' self-catering at the 3* Loxides Apartments & Pool in Sidari, Corfu, is from £219pp. Leaving Glasgow on October 3. See olympicholidays.com or call 020 8492 6868.

... AIN'T NO MOUNTAIN HIGH ENOUGH: Get a skiing trip booked early with a week half-board at the 3* Sportpen- sion Mountain high in Kirchdorf, Austria is from £469pp. Leaving Glasgow on February 28. See barr-headtravel.co.uk or call 0141 222 2223.

... HOLI-DAIOS: Seven nights' half-board at the 5* Daios Cove Luxury Resort & Villas in Crete is from £599pp. Leaving Edinburgh on various dates in October. See inspiredluxuryescapes.com or call 0800 011 4977.

... YES WE CAN: A seven-night two-centre break with five nights' room-only at the Centre Sheraton, Toronto, and two nights at the Crowne Plaza City-view, Niagara Falls, from £675 per adult and £420 per child. Includes return Air Transat flights from Gatwick on selected dates from October 26 to November 2. See canadainaffair.com or call 020 7616 9933.

... POP OFF TO PAXOS: Two weeks' self-catering at Poppy's Apartment near Loggos on Paxos from £519 per person includes Gatwick flights on September 29 and transfers. Call 020 8758 4758 or visit sunvl.com.uk.

... LET'S GO TO LISBON: Say cheers to a three-day wine break from £399 per person based on selected departures during September and October. Price includes return flights from Gatwick, two nights' B&B in a three-star hotel, guided wine tour of the Arrábida Mountains, lunch and additional tasting opportunities at private vineyards. Call 020 8877 4940 or visit SmoothRed.co.uk.