

THE SCOTTISH Sun travel Edited by **LISA MINOT and HEATHER LOWRIE**

RELAX... THEY'RE BACK AT SCHOOL



Brilliant breaks for adults, no kidding

WITH the school term well and truly underway frazzled parents are enjoying some "me time" with kids back in the classroom.

Autumn is perfect for exploring the UK. As the leaves turn and the harvest is brought in, we look forward to sipping hot drinks beside roaring pub fires.

Here, LISA MINOT highlights some seasonal adult adventures right on your doorstep.

FOODIE FUN: More than 100 fabulous food stalls await visitors to the annual Ludlow Food Festival.

The Shropshire show has been welcoming hungry festival goers for more than 30 years and is set in the stunning surroundings of Ludlow Castle.

From September 13 to 15, there will be top-quality local produce to try and buy, with everything from delectable charcuterie to handmade pies.

Pick up a few tips with tastings, talks and free chef demonstrations.

And barbecue fans will love watching the event's first British Live Fire Cooking Championships. See ludlowfoodfestival.co.uk.

VINEYARD TOURS: The UK's vineyards are going from strength to strength, with many offering tours and tasting sessions as well as stays. But this is nothing new.

The Romans grew vines on the Isle of Wight some 2,000 years ago, and Adgestone Vineyard near the town of Brading on the island is still producing red, white and rose wines on their chalky, south-facing slopes.

Thought to be the oldest vineyard in the UK, it also produces a very unique **BLUE** sparkling wine. There are tours of the vineyards

and their subterranean cellars from £12, and tasting sessions available from £15.

Open from Wednesday to Sunday, no booking is required.

See adgestonevineyard.co.uk.

WALK ON THE WILD SIDE: A tour of a World War Two gun battery and a demonstration of making moisturiser with seaweed are among the attractions in Guernsey during its Autumn Walking Festival from September 14 to 29.

There are 13 new tours this year.

delving deeper into the island's past and present, including a seaweed foraging expedition and a walk to explore the hidden village

of St Saviour's Reservoir. Prices range from £8 to £25 per tour.

Also, find a host of self-guided routes on the VisitGuernsey app.

These journeys include five new, historical tours commemorating the 80th anniversary of the D-Day landings and the island's role in the war. Walk details can be found at visitguernsey.com.

SPA PAMPERING: The ultimate treat for stressed parents, a spa break does not have to cost you a fortune.

Many hotels have special packages for Sunday spa trips that can save you vital pounds.

The Aztec Hotel & Spa in Bristol has a Sunday Getaway package starting at £61 per head, including a special room rate, 25 per cent off all food, drinks and spa treatments during the stay, and full use of the spa facilities.

Guests can also enjoy a full English breakfast.

See aztechtelbristol.co.uk.

Or how about a Sunday Night Stopover at the Titanic Spa in Huddersfield, West Yorks? From £189 each, the package features a choice of two luxurious, 55-minute facials, an apartment with conti-



mental breakfast, light lunch and two-course evening meal, plus access to the spa facilities, including a heat and ice experience. See titanicspa.com.

