

TRAVEL

Buy of the week

BY NIGEL THOMPSON

The Milton Keynes brand's latest travel jeans are made with Coolmax and Thermolite temperature regulating technology, which takes the heat out of a hot day and warms up a chilly one.

Elastane in the polycotton blend adds some stretch for comfort and shape recovery so you don't look like you've slept in your clothes, even if you have on the plane.

Seven pockets include a hidden zipped one for a wallet and they dry overnight with no ironing required. Available in black, and dark and mid denim blue.

■ Rohan Men's Advance Jeans, rohan.co.uk



» Budget hotel chain Travelodge is the first company in the UK hospitality industry to pilot and rollout RevivR, the British Heart Foundation's new first-of-its-kind online CPR training tool. The life-saving skill can be learned in just 15 minutes. travelodge.co.uk bhf.org.uk

Relive the golden age at sea on Britain's largest working steamship. Clyde-built in 1954, SS Shieldhall will offer day and half-day sailings around Southampton Water and The Solent up to to September 18. Passengers can visit the engine room and bridge, walk the teak decks and relax in the saloon with a drink. Departs Berth 110 in Southampton Docks. ss-shieldhall.co.uk

GOLDEN SANDS Coast of Channel Islands



There's a phrase known to those who have visited the Channel Islands, the archipelago in the English Channel, located just off the coast of Normandy.

It's called the Herm Burn and it relates to the unexpected sun-blast visitors get if they visit Guernsey, or more specifically, its smaller islands of Herm and Sark.

Apparently, the lack of pollution coupled with the breezy weather means tourists are often surprised to find themselves red as a lobster after an afternoon in a beer garden.

So you hear lots of warnings about wearing sunscreen to ward off the Herm Burn when you arrive in Guernsey.

But the Irish Mirror found more of a Guernsey Glow on a trip to the Channel Islands.

And don't forget the afterglow you'll get from being able to enjoy duty free again as one of the unintended consequences of Brexit means Guernsey, as part of the UK, is now out of the EU.

Aurigny Airlines, the Channel Islands' own airline, has recently expanded its schedule from Dublin and it offers the perfect chance for more of us to enjoy the delights of Guernsey.

Guernsey is the second largest of the Channel Islands, after Jersey, but according to the natives – they may be biased of course – it's by far the classier.

Having visited, I agree, it truly is a hidden gem. It's got a lot in common with Ireland, with a home-away-from-home feel to it.

Like us, the Guernsey natives in particular are fond of good food and drink and the tempo is so laid back, it's almost horizontal.

And they're as fond of the arts as we are too. It's no wonder the famous French Les Miserables author Victor Hugo spent 15 years of a 19-year exile here after being turfed out of France by Napoleon.

Not to mention impressionist painter Renoir, who spent a month in Guernsey in 1883 during which he painted 15 pictures of the island.

History too is a big attraction and anybody with even a passing interest will be fascinated at the Second World War armaments and weapons from Nazi Germany that remain pristine.

The Germans literally upped sticks and left when they knew the writing was on the wall in 1945 and the Guerns let them off, glad to see the back of them.

Finally, by way of introduction, one of the best parts about this Channel Islands jewel is it can all be enjoyed on foot, on a bike or by a short taxi ride.

The whole island is just nine miles long by three miles wide.

But back to Herm, of the sunburn phenomenon.

Herm is a tiny little island just 15 minutes from St Peter Port, Guernsey's

SEEING ALL THE SIGHTS Walking in Guernsey



TUNNEL VISION Historic sights of the island

CREST OF A WAVE Surfers enjoying Vazon Bay



capital. It is officially one of the five Channel Islands, along with Guernsey, Jersey, Alderney and Sark, but is so small it doesn't even have any cars.

That, of course, is one of its charms. It's so peaceful it is the perfect place to get away from the bustle of, say, Dublin, Cork, Galway – or any town or city in Ireland.

Our brilliant tour guide Gill Girard described the sunburn from there as almost a supernatural occurrence.

Herm has a micro-climate, warm – but more often a bit windy – so if the sun doesn't redden you, the wind will, even if it's cloudy. One final bit of Herm advice,

Mirror OFFERS TRAVEL

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www.clanreehotel.com



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