



MAKE YOUR WAY TO SPANISH ROUTE

THERE's nothing quite like embarking on your first ever Camino adventure — following in the footsteps of millions of pilgrims and taking in the gorgeous landscapes on your own adventure.

To help you prepare for your escape, CaminoWays.com, the Camino de Santiago specialists, have compiled a list of the Top Ten interesting facts about this world-famous trek.

1 Camino de Santiago translates as 'The Way of St James' and refers to the different routes leading to Santiago de Compostela.

2 Traditionally pilgrims started the Camino from their own homes.

3 Yellow scallop shells and yellow arrows mark the popular Camino routes.

4 The most famous Camino route is the French Way, which starts in St Jean Pied de Port and takes in the vineyards of La Rioja, the rugged mountains of León and the peaceful countryside of rural Galicia.

5 Over 200,000 pilgrims reach Santiago each year and receive their Compostela certificate.

6 To receive your Compostela certificate you must walk at least 100km, cycle at least 200km and make sure your pilgrim passport is stamped at least once a day.

7 Sarria, 111km away from Santiago, is the popular starting point for walkers on the Camino.

8 July 25, St James Day, is a holiday in Santiago and Galicia.

9 Santiago de Compostela's old town has been deemed a UNESCO-listed heritage site and was awarded European Cultural Route status in 1987 by the Council of Europe.

10 The 12th century Codex Calixtinus is the oldest Camino de Santiago 'guidebook'.

Visit caminoways.com/download-camino-ebooks. Email info@caminoways.com or call 00 353 1 525 28 86.

news

PARK'S NEW SPA

HOLIDAYMAKERS at Norfolk Park can now pamper themselves after owners Dream Lodge Group opened a new spa there.

Set within the Broads and the North Norfolk coast, the spa's idyllic location is surrounded by a collection of luxury lodges for the perfect country escape. Spa Package starts from £449 and includes three nights in a two bedroom signature lodge with private hot tub and £100 spa vouchers or four nights in a 2two-bedroom Classic lodge starts from £337. See norfolkspa.co.uk or dreamlodgeholidays.co.uk

news

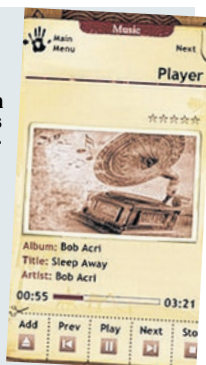


app

TripJournal Free on Apple and Android

A HOLIDAY diary is a great way to occupy kids on long journeys and at airports. If they don't fancy making an old-fashioned scrapbook with the pics from a Polaroid camera, try an app such as TripJournal, right.

It does mean more screen time — on your iPad, most likely — but is a creative way to record all their holiday memories and even geotag their locations. You might end up with a travel blogger in the family.



CYPRUS IS RELAXING PLACE FOR FAMILY HOL

Villa's away win



Golden ticket win

HOLIDAYMAKER Jacqueline Lowe was stunned when she flew home from Barcelona with her family — and bagged herself a free trip to Spain next summer.

The Bonnybridge mum was the lucky winner of a giant Golden Rain Cheque from holiday giant Jet 2 on Tuesday, the first of seven people to be picked for the fantastic surprise.

She now plans to celebrate her 50th birthday in the sun for free next year with hubby Robert, 53, and kids Alisdair, 12 and Donald, nine.

Lucky Jacqueline was picked at random for the special surprise as part of Jet2.com's and Jet2holidays' unique Rain Cheque initiative.

Between now and September 30, all customers flying back to the UK with the leading lei-

sure airline and package holiday specialist will be handed a voucher which will give them a £60 discount off a summer 2016 holiday booking.

Jacqueline said: "It's brilliant to be returning home to such a nice surprise. My son even asked me to pinch him as he couldn't believe our luck! Thanks to everyone at Jet2.com and Jet2holidays for this fantastic prize!"

Steve Heapy, CEO of Jet2.com and Jet2holidays, said: "Jacqueline is the first of only seven lucky customers who will be treated to a free holiday as part of our Rain Cheque promotion.

"We launched this initiative to put a smile on our customers' faces when returning home from their holidays."

● For info see jet2.com or jet2holidays.com



SPOTTING three babies together on a plane would put most people off flying - and have them waving goodbye to any sleep.

But the three tots — with two pending — were part of our holiday party and we were about to embark on a five-hour flight to Cyprus.

Accepting that glamorous beach bars and party breaks were a thing of the past for us, our three sets of thirtysomethings chose a holiday catering solely for families with kids.

We decided that a beach resort in Kapparis, just north of Protaras, on the East Coast of Cyprus would be the ideal place.

On arrival at Larnaca airport, our convoy hopped in two cars all arranged by the holiday company Villas4Kids, complete with car seats and English-

GO: CYPRUS

GETTING THERE: Direct flights from London, Birmingham and Manchester with easyJet are from £66 adult return (easyjet.com).

STAYING THERE: Prices for Villa Lydia are from £850 for the week. Masseuse arranged by Villas4Kids is 20 euros (£14) per person. See villas4kids.com.

speaking drivers. Once at our destination, an abundance of goodies greeted us — local wine, pasta, cereals, milk, tea bags — creating an instant home-from-home feel.

The beds were crisp and freshly-made, and in the brightly coloured cots the little ones were soon blissfully snoozing away as we enjoyed the first balmy evening.

Little touches such as the signature Villas4Kids ducks dotted about and baby monitors also proved a great touch.

I instantly relaxed and did a silent "whoop!" They had **EVERYTHING** covered, and we needn't have packed one suitcase

full of toys. Located in a quiet cul-du-sac with five other villas in the popular Bluewater Bay, our new home "Lydia" was a three-minute walk from a safe, sandy beach with lots of watersport options.

A big plus in the property was stair gates, cordoning off the kitchen area and the tiled stairs. Everyone knows babies love an assault course stair challenge.

There was a fenced-off area outside, complete with playhouse linked to the patio doors so that the children could nip in and out easily, plus oodles of toys and DVDs that kept them all amused and in the shade.

The crystal-clear pool was wincingly refreshing and serviced twice in the eight days we spent there and was great to cool off in after an hour in the scorching sunshine.

A large Cypriot-style BBQ with sink and preparation area kept the dads busy, and a Balinese outdoor shaded area with seats and table was perfect for any over-heating mums.

The local supermarket was a cab ride away and cost ten euros (£7) return.

Shopping there was a joy as all the