

BREAKS TO SAVOUR

TREAT YOUR TASTE BUDS TO FOOD GLORIOUS FOOD ON ONE OF THESE GASTRONOMIC JOURNEYS

EDITED BY MELANIE TRAIN

STARLIVING TRAVEL



Anne raises a glass here



Take a boat out on Seneca Lake

UPSTATE NEW YORK

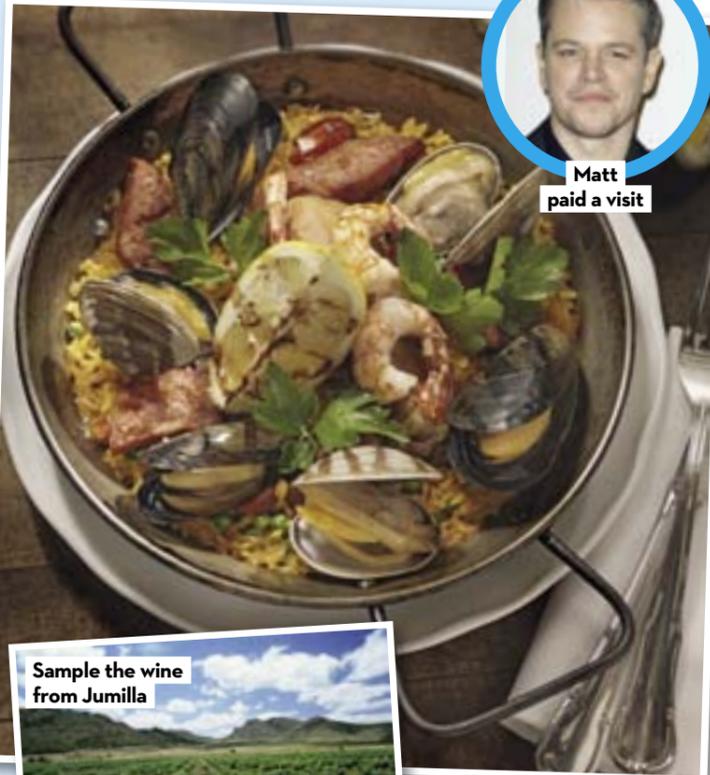
Celeb fans: Anne Hathaway loves the state's wineries. **Why go?** The rolling hills, forests, pretty towns and 11 long lakes in the Finger Lakes area of Upstate New York make for a stunning road trip. Plus, it's the state's largest wine-producing region with over 100 wineries to visit, including two of the oldest in the US. **Eating and drinking:** Start your day as you mean to go on with a wine tour around the various lakes. The 55-acre Fox Run vineyards (www.foxrunvineyards.com) on Seneca Lake produce delicious Chardonnays and Rieslings that you can learn about and taste. There's also a café selling local cheeses and charcuterie – a tour of the vineyards and lunch costs £21. Nearby is Lakewood (www.lakewoodvineyards.com), which sells award-winning reds, whites and even mead.

If beer is more your thing, the Empire Brewing Company (www.empirebrew.com) in Syracuse provides great entertainment and tastings. Or, try everything in one place at The New York Wine & Culinary Center (www.nywcc.com) on Canandaigua Lake. **What else to do:** Go for a boat trip on the lakes or hike through the National Forest. Head to the National Baseball Hall Of Fame And Museum in Cooperstown. **Checking in:** The Inn On The Lake in Canandaigua (www.theinnonthelake.com) is a great base, with rooms from £70 per night. In Cooperstown, the Cooper Inn (www.cooperinn.com) has a fab old-world look. Rooms cost from £77 per night. **Getting there:** British Airways (www.britishairways.com) flies from London to JFK from £419 return. JetBlue (www.jetblue.com) flies internally from JFK to Rochester from £114 return.

MURCIA, SPAIN

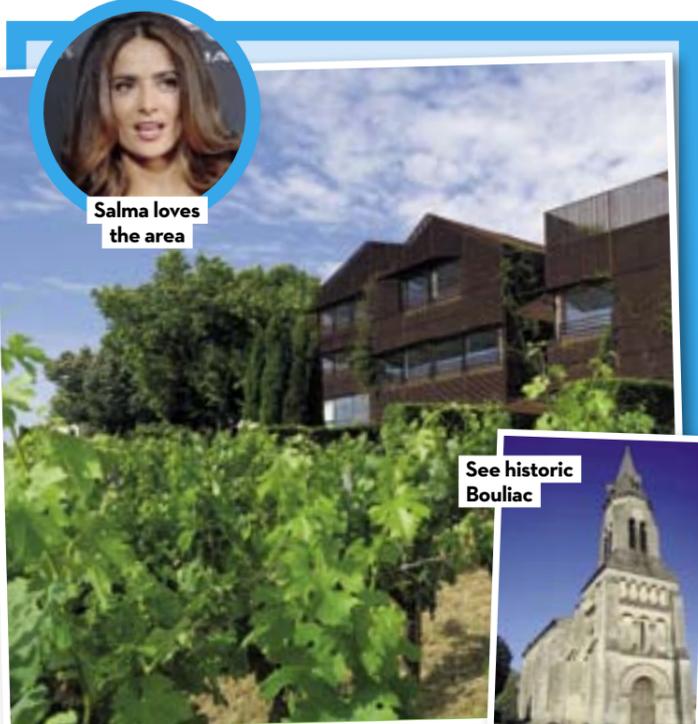
Celeb fans: Matt Damon has filmed in the area. **Why go?** Murcia in south-east Spain is famous for its wine and food – not just excellent seafood and tapas, but also the production of salt and olive oil. **Eating and drinking:** Fans of vino tinto should take a pilgrimage to the vineyards of Bodegas San Isidro in Jumilla. Known for the cultivation of the Monastrell grape, they supply much of the wine we drink in the UK and their guided tours and tasting sessions are real eye-openers. In Murcia town, La Tapa on Avda Marquez de los Velez is the locals' pick for tasty tapas. Or, on Archena's Avenida del Carril, you'll find Bar El Carril, which serves fantastic food in a family-friendly setting. And on the coast in San Pedro del Pinatar, Restaurante Miramar is a great stop-off for seafood.

What else to do: Murcia is a beautiful university town, tranquil by day, bustling by night. Visit the jaw-dropping Santa Maria cathedral, which dates back to the 13th century and has 23 chapels, or the Real Casino, a beautifully restored gentleman's club. Archena's Hotel Termas is home to a thermal Roman spa, providing invigorating treatments. Murcia also boasts a water park, Aqua Natura, in a beautiful setting – perfect for working off all that tapas! **Checking in:** Murcia Novotel (www.novotel.com) has rooms from £51 per night. And Hotel Termas in Balneario de Archena Resort (www.balnearioarchena.hoteltermas.com) has doubles from £65 a night (online only). **Getting there:** Monarch (www.monarch.co.uk) is offering return flights from UK airports to nearby Alicante from £53.



Matt paid a visit

Sample the wine from Jumilla



Salma loves the area

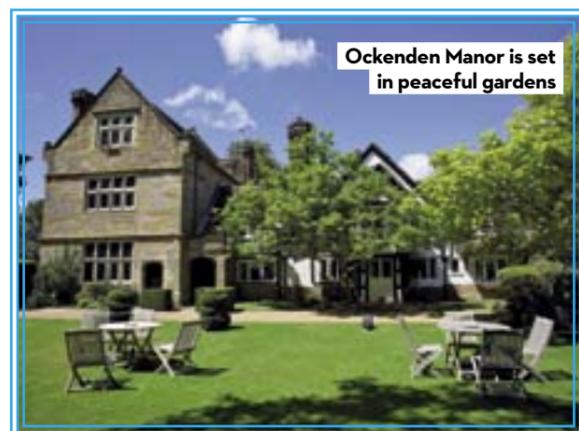


See historic Bouliac

BOULIAC, FRANCE

Celeb fans: Salma Hayek and her husband own a vineyard close by. **Why go?** If you enjoy creating a dish just as much as sampling it, Le Saint-James hotel's two-night Discover Aquitaine getaway gives you the chance to combine both for £1,404 (based on two sharing). Dine on Michelin-starred food, take a boat trip around Arcachon – stopping on the lovely Arguin sandbank for a picnic – and test your own MasterChef skills with a lesson at Côté Cours, the hotel's state-of-the-art cookery school. The teacher will cater the class to your ability. **Eating and drinking:** Be prepared to indulge your culinary senses! Sample the local treats on offer for lunch at French bistro Café de l'Espérance, then have dinner at Le Saint-James, where the glass dining room gives you

a view of the surrounding vineyards. Michelin-starred chef Nicolas Magie's seasonal gourmet wonders include roasted breast of pigeon with chickpeas, caramel of citrus fruit and endive, washed down with specially selected wines! **What else to do:** Also known as the 'Balcony Of Bordeaux' for its panoramic views of the city, which is just ten minutes away, the village of Bouliac isn't just appealing to culinary enthusiasts – it's also a haven for avid art aficionados. **Checking in:** Looking out over the vineyards, Le Saint-James (www.saintjames-bouliac.com/en) – an 18th-century farmhouse transformed into a luxury retreat with 18 impeccably designed rooms – is a sight to behold. **Getting there:** EasyJet (www.easyjet.com) flies from Gatwick to Bordeaux from £53 return.



Ockenden Manor is set in peaceful gardens

SPA OF THE WEEK

OCKENDEN MANOR HOTEL & SPA, WEST SUSSEX

Who goes? Gwyneth Paltrow is a fan of the ila range of treatments the spa offers. **Why is it so special?** Ockenden Manor is a luxurious spa resort set in the tranquil West Sussex countryside. **What treatments are on offer?** The spa prides itself on its ila products, which are free from chemicals and use only raw, natural ingredients. The Chakra Wellbeing treatment (£165 for 2 hrs) is an age-old healing ritual, which restores and relaxes all the senses, or try the Manipura full-body treatment (£124 for 1 hr 30 mins), a Himalayan scrub and massage, which purifies and detoxifies. The Guerande salt experience (£165 for 2 hrs) will buff away dead skin while nourishing fresh skin with almond and olive oils, followed by a full-body massage and body cream treatment to leave your skin refreshed and smooth. **Are there any packages?** The Indulgence Day Package allows you to take advantage of two hour-long signature treatments and use of all the leisure facilities (£165 weekdays, £185 weekends). Rates at Ockenden Manor start at £190 a night for a Standard Room, based on two sharing and including breakfast.



■ Ockenden Manor Hotel & Spa, Cuckfield, West Sussex RH17 5LD. Call 01444 416111 or visit www.hshotels.co.uk

CELEB HANGOUT



AMICO BIO 43 New Oxford Street, London WC1A 1BH

WHO GOES? Leona Lewis celebrated her 29th birthday here and Russell Brand has also popped in. **VIBE:** The inside is classic Italian with stone floors and Mediterranean-themed décor. It has a great, friendly feel and the staff are attentive to your every need. **BEST FOR:** Italian food that caters to a vegetarian and vegan palate. There is a huge menu featuring traditional pizzas and pastas, but it is in the desserts where Amico Bio truly excels, with delicious cakes and ice creams making for an unforgettable dinner. Don't forget to try the limoncello, too. **CONTACT:** 020 7836 7509; www.amicobio.co.uk

WORDS: STEPHEN LENG; JONATHAN BOWN; NIKITA LEE. SPA: STUART CROWHURST. HANGOUT: STEPHEN LENG; PHOTOS: GETTY