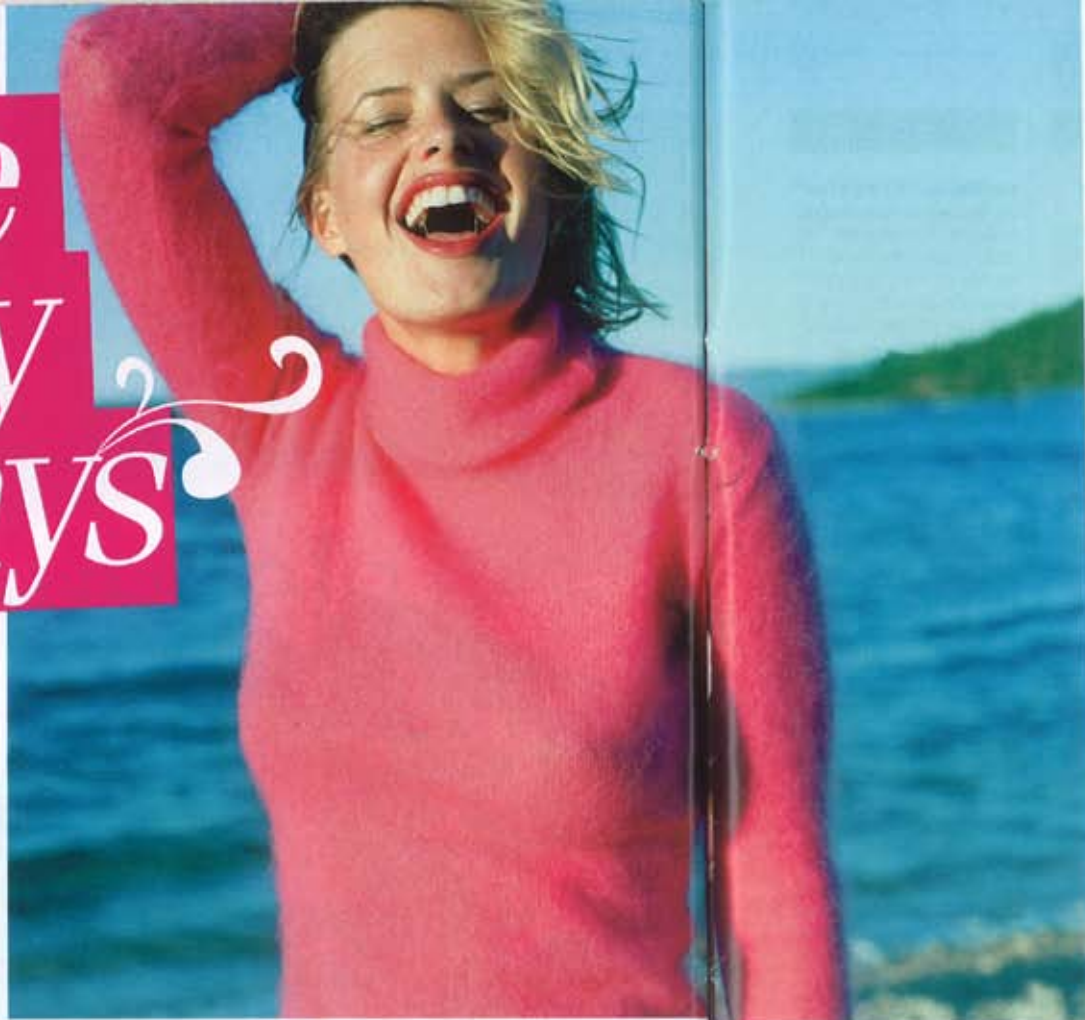


Ultimate be-happy hideaways



We've found the best places to give you that feel-good buzz - and they're all on your doorstep BY **LAURA DIXON**

THE PERFECT PLACE TO... **BE ROMANTIC**

Acres of white sand, wild surf and solitude. No, not Hawaii, this is Inchydoney Island, 30 miles west of Cork, and one of the most romantic places in the world. You can stroll hand in hand along the coastline gazing out across the ocean. Then warm up at the Inchydoney Island Lodge and Spa over a candlelit dinner. Finish off with a drink and some Irish music at Clonakilty's De Barra pub.



Pretend you're the last two people in the world...

Feel-great factor: Rooms at Inchydoney Island Lodge cost from €80 (£62) per person (Inchydoneyisland.com; 00 353 23 33143).

THE PERFECT PLACE TO... **SNUGGLE UP**

With one of the biggest fireplaces in Britain, there's nowhere better on a winter's day than the Mermaid Inn - a picturesque 13th-century

building on a cobbled street in Rye, East Sussex. Its beamed, panelled rooms are rumoured to be haunted, although it's not so much a favourite of smugglers, as snugglers these days. The delicious food won't leave your wallet groaning, and you can walk it all off on the beautiful Camber Sands. **Feel-great factor:** Sunday lunch costs £21 for two courses, or £25 for three. A double room costs from £150 per night (Mermaidinn.com; 01797 223065).



A must for ghosts and roasts

THE PERFECT PLACE TO... **GET ENERGISED**

Join the adrenaline junkies at Shaggy Sheep Wales for a heart-racing choice of outdoor activities, like throwing yourself off a cliff - also known as coastering.

Feel-great factor: Shaggy Sheep Wales offers coastering for £40 for three hours, plus other activities (Shaggysheepwales.co.uk; 01559 363911). Stay at the TYF eco hotel in St David's, Pembrokeshire, from £35 per person B&B (Tyf.com; 01437 721678).



Get the adrenaline pumping



Detox before you hit the town!

THE PERFECT PLACE TO... **HAVE A GIRLIE NIGHT**

Where's the best girls' night out right now? Newcastle, of course. Stay at the Malmaison hotel on a Friday night for £99 per person, including munchies, house wine and a treatment from the spa. Out on the town, Popolo serves the best cocktails - try a Popolo Daiquiri with limoncello for £5.95.

Feel-great factor: Book the Girlie Friday Night In offer at Malmaison-newcastle.com; 0845 365 4247.



Your very own treehouse!

THE PERFECT PLACE TO... **GET BACK TO NATURE**

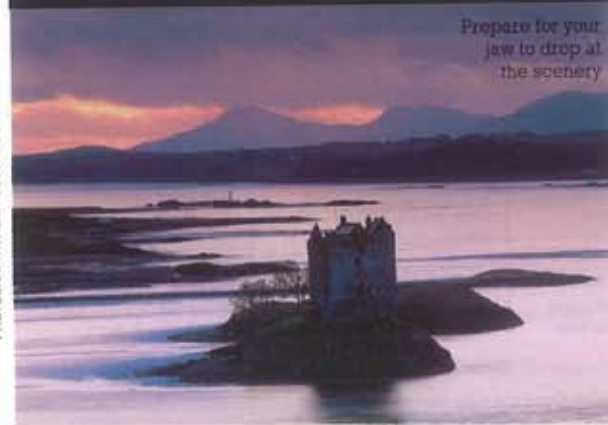
The Treehouse in Taunton, Somerset is England's only five-star hotel in a tree. Spread over two levels, it's more than a rustic retreat. It's furnished with the very best mod cons: hot tub, underfloor heating, iPod docks and plasma TVs. As you recline on the luxury bed you'll see the tree's canopy through the skylights.

Feel-great factor: A four-night stay at the Treehouse costs from £450, and it sleeps five. For each booking made, the owners will plant a tree (Treehouseholidays.com; 01823 431622).

THE PERFECT PLACE TO... **FIND INSPIRATION**

Nowhere beats Scotland for sheer grandeur, and Loch Linnhe is one of the most breathtaking spots. The Lodge On The Loch near Fort William (Lodgeontheloch.com) looks out over the tranquil water - perfect for contemplating the meaning of life (or whether to have another drink). And once the sun has set, star-gazers will be in heaven - the lack of light pollution means Scotland's night sky twinkles brighter than the biggest diamond collection.

Feel-great factor: For winter offers go to Visitscotland.com/white or call 0845 225 5121. Promotions include three nights at Lodge On The Loch for just £99 per person.



Prepare for your jaw to drop at the scenery

PHOTOGRAPHY: ALAMY SCOPE BEAUTY