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ON SUNDAY

SUNDAY NEWSPAPER OF THE YEAR

# How to beat INSOMNIA for good



THE ULTIMATE GUIDE FROM BRITAIN'S TOP SLEEP EXPERT

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● Culture Secretary freezes the licence fee for two years as Left-wing bias row rages

● She warns that public financing will soon stop – ending BBC as we know it

# NADINE CLOBBERS 'BIASED' BBC WITH £2bn FUNDING CUT

EXCLUSIVE

By Glen Owen

POLITICAL EDITOR

THE BBC was last night on the brink of a war with the Government after Culture Secretary Nadine Dorries hit the Corporation with a two-year licence fee freeze – as her allies warned that 'the days of state-run television are over'.

Tense negotiations between the Government and the BBC over the cost of the annual fee until the end of 2027 have concluded, with Ms Dorries deciding to hold the licence at £159 for the next two years.

Officials calculate that – due to inflation currently running at 5.1 per cent – the Corporation will have to find savings of more than £2billion over the next six years.

However, Ms Dorries is also considering pegging future fee increases below inflation between 2024

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WORLD EXCLUSIVE

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## Harry's threat to sue Britain over loss of bodyguards

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# It's time to DAZZLE on the COTE D'AZ

...or sleep in a hotel in Bali that's ditched its doors, says Sarah Turner, as she picks the best of 2022's new arrivals



WITH travel restrictions easing at last in many parts of the world, holiday destinations near and far are welcoming tourists again. There is even a host of stunning new hotels and resorts to tempt travellers overseas, from a Mayan-inspired newcomer in Mexico and Michelin stars in Majorca to an uber-cool addition on the Cote d'Azur.

## RAINFORESTS AND ROMANCE IF YOU LIKE THE LONG HAUL

SUN, sea and yet more sun is up for grabs in Mauritius at the sparkly new LUX\* Grand Baie which has serious appeal for both families and couples.

Designed in her trademark gentle hues by Kelly Hoppen, it's set on a gentle lagoon, with 116 suites that can be configured in different sizes and complement this Indian Ocean island's French-accented charm. A seven-night break starts at £3,610pp, including direct flights, breakfast and transfers with the Inspiring Travel Company ([inspiringtravelcompany.co.uk](http://inspiringtravelcompany.co.uk)).

The Conrad Tulum Riviera Maya opened its doors yesterday and oozes honeymoon appeal. Away from the packed Cancun end of Mexico's Caribbean coast, you'll get easy access to ancient ruins and rainforests but also delightful modernity in the shape of an expansive spa, eight restaurants and miles of white sand. Doubles from £460 room-only ([hilton.com/en/hotels/cuncici-conrad-tulum-riviera-maya](http://hilton.com/en/hotels/cuncici-conrad-tulum-riviera-maya)). By spring there will also be a more affordable all-inclusive Hilton next door with BA Holidays offering packages ([ba.com](http://ba.com)).

In Barbados, the 02 Beach Club & Spa has a brilliant position; the village of Oistins – famous for its weekly fish fry – is just across the water. With powdery white sand and hot pink sunloungers, it's in a good place to soak away your stresses. A week starts at £1,899pp, including flights, transfers and all-inclusive accommodation ([virginholidays.co.uk](http://virginholidays.co.uk)).

In April, couples will be able to head to the new Sandals in Curacao. The luxury all-inclusive concept is still in place, but with some nice tweaks. Out goes the pub, in comes a floating bar and restaurant on a wooden Dutch ship and street-food-style



snacks to augment Sandals heart-shaped commitment to romance. A week's all-inclusive stay starts at £2,449pp, with flights and transfers ([sandals.co.uk](http://sandals.co.uk)).

An easy flight from the UK and reliably sunny, Orlando has always been a draw for British visitors. Fans will be getting out their lightsabres for the Star Wars Galactic Starcruiser when it opens on March 1. This two-night experience has dedicated cabins, food at the Crown of Corellia Dining Room, Jedi training and – it's promised – out-of-this-world entertainment. Rates to be confirmed ([disneyworld.co.uk/destinations/star-wars-galactic-starcruiser](http://disneyworld.co.uk/destinations/star-wars-galactic-starcruiser)).

With the World Cup in Qatar this year, the poshest fan bases have to be the Katara Towers with Fairmont and Raffles ([katara.hospitality.com](http://katara.hospitality.com)) in joined twin towers, while Rosewood is housed in a tower designed to look like coral reef. Just 45 minutes from Dubai by road but with not a skyscraper to be seen is the northernmost emirate of the UAE, Ras Al Khaimah, where the Anantara Mina Al Arab Resort will open this year. Surrounded by mangroves, the choicest accommodation is the overwater

**OPEN TO THE ELEMENTS:** A bedroom at the windowless Buahian in Bali. Top left: A bar at the Civilian hotel in New York

villas. Rates to be confirmed ([anantara.com/en/mina-al-arab-ras-al-khaimah](http://anantara.com/en/mina-al-arab-ras-al-khaimah)).

A pandemic isn't going to stop Asia from innovating. The Postcard chain continues to pep up stays in Sri Lanka and Goa with a growing portfolio of stylish but budget-minded places to stay ([postcardresorts.com](http://postcardresorts.com)). In Thailand, the Khao Yai region is one of the country's best kept secrets; a Unesco World Heritage Site with both national parks and vineyards. The Intercontinental Khao Yai has been created by interiors expert Bill Bensley with his usual sense of eco-minded panache. As well as typical hotel rooms, 45 vintage train carriages have been turned into luxury accommodation. Rates TBC ([ihg.com/intercontinental/hotels/gb/en/khao-yai](http://ihg.com/intercontinental/hotels/gb/en/khao-yai)).

Bali continues to be an innovation hub, and Banyan Tree is debuting a hotel concept, Buahian, that has new levels of sustainability. It's built entirely from recycled wood, while food is sourced from a 25-mile

radius. A 'no doors, no windows' design dispenses with air-con and offers views across the paddy fields. Half-board doubles from £527 ([escape.banyantree.com](http://escape.banyantree.com)).

## WELLNESS AND WHITEWASHED IDYLLS ON THE SHORT HAUL

COME spring, the Med will hot up in every way. From the owners of Claridge's and the Connaught comes the Maybourne Riviera. Perched above the Cote d'Azur, it has infinity pools, world-class wellness spas and three restaurants from some of Europe's top chefs, but all this beauty will have a hefty price tag. Doubles from £800 a night ([maybournriviera.com](http://maybournriviera.com)).

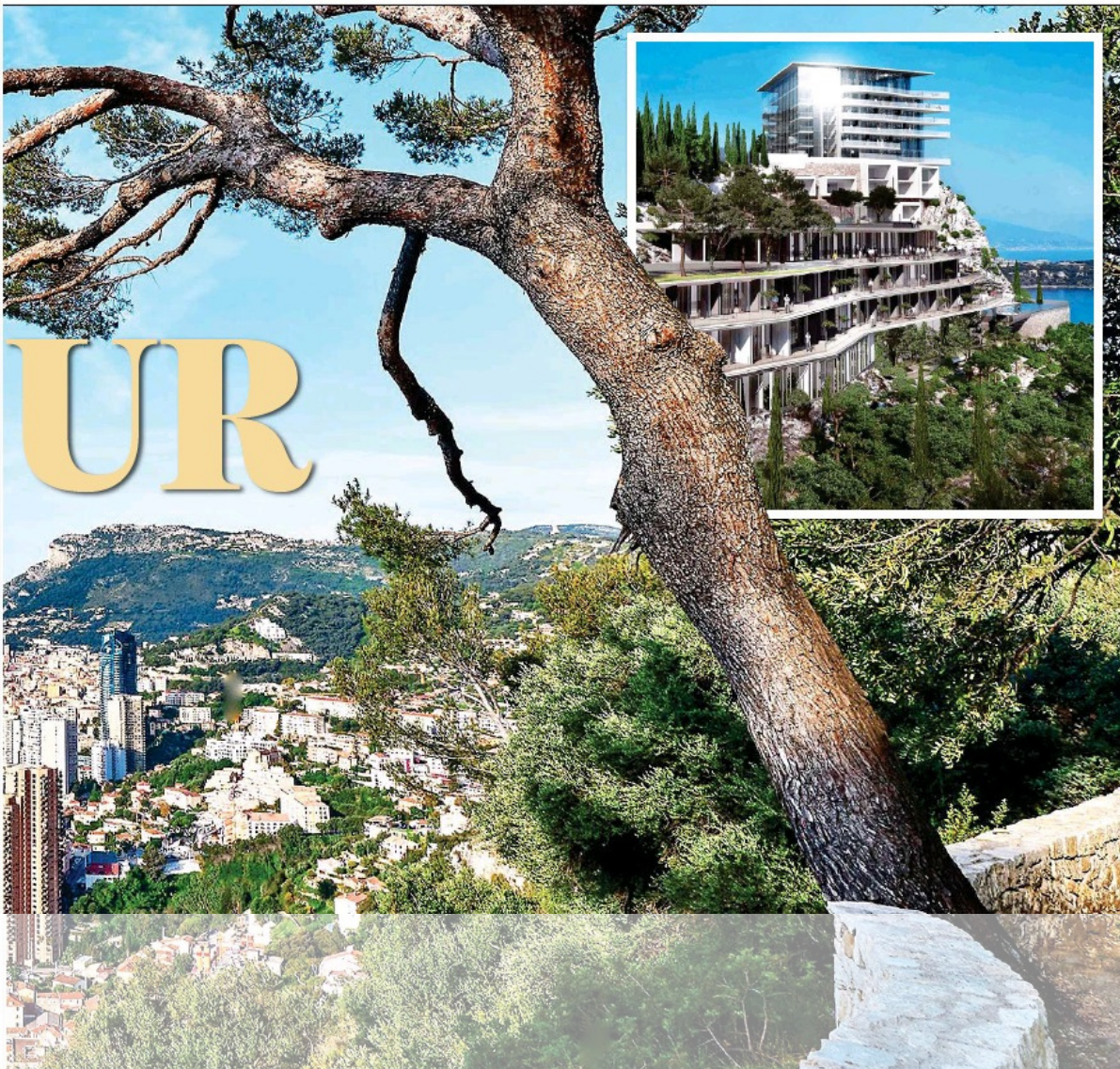
Its biggest rival is the nipped, tucked and luxed-up 19th Century Hotel La Palma on the island of Capri, opening in April. Part of the Oetker Collection, it promises Italian glamour with just 50 rooms, stellar sunsets and its own beach club to while away the afternoon. Rates TBC ([oetkercollection.com/hotels/hotel-la-palma](http://oetkercollection.com/hotels/hotel-la-palma)).

Majorca is top of my Med wish list, especially with El Viencic arriving in April, offering both infinity and swim-up pools, plus a restaurant from a Michelin-starred chef and just 34 rooms. On a cove near Cap Formentor, this is the rugged, less explored part of the island and the hotel has bicycles to borrow. Doubles from £242 ([elviencic.com](http://elviencic.com)).

In Ibiza Old Town, the Gran Hotel Montesol – once a billet for Orson Welles – is ready for a new generation to fall in love with it. Newly renovated, there are 33 serene rooms, many with original balconies, a rooftop restaurant with Jewish-Spanish fusion food, and a vibe as low-key as Ibiza can manage. Doubles from £114 ([granhotelmontesolibiza.com](http://granhotelmontesolibiza.com)).

Sea Breeze Santorini Beach Resort opens in the spring, with just 37 rooms, every





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# Summer sails call ...in wine country

A GREAT way to beat the post-Christmas blues is to make sure you have a nice holiday to look forward to. Here's my pick of cruises to book now for this year.

A NEW Rail, Sip & Sail holiday combines a two-night hotel stay in Bordeaux with a vineyard tour in Medoc and a night in Cannes, with a seven-night cruise on the Mediterranean aboard beautiful tall ship Star Clipper - all without going near an airport. St Tropez, Portofino and Corsica are all on the itinerary. The ten-night holiday via Eurostar starts on July 13 and costs from £3,129pp ([starclippers.co.uk](http://starclippers.co.uk), 0845 200 6145).

Looking out for dolphins and whales from the deck of a ship is a perfect way to have fun with your children or grandchildren. And there will be experts from whale charity ORCA on board new ship Ambience to help you spot marine life on a



**NORDIC ADVENTURE:** Sail from Tilbury to marvel at Norway's fjords

multi-generation, no-fly cruise to the Norwegian fjords, sailing from Tilbury on August 6. New Year Saver Fares start at £649 per adult, with a charge of £199 per child sharing the cabin ([ambassadorcruise.com](http://ambassadorcruise.com)).

Saga's Celtic Fringe cruise this summer visits ports in England, Wales and Scotland, plus Jersey, Ireland and Brittany. A 13-night round trip from Southampton aboard boutique, all-inclusive ship Spirit of Adventure on August 28 takes in St Helier and Brest before heading north to Dublin, Greenock and Skye, with calls at Liverpool, Fishguard, Falmouth and Portland on the way back south. Book now for fares starting at £3,926pp (down from £4,234pp). The cost includes chauffeur service to and from the ship, travel insurance, four excursions, drinks, wi-fi and tips ([saga.co.uk/cruise](http://saga.co.uk/cruise)).

Extra cruises aboard sleek new motor yacht Lady Eleganza have just been released for June, September and October this year. On the eight-night Islands Of Croatia cruises from Dubrovnik, the yacht's 34 passengers can swim in the warm, turquoise Adriatic Sea from the boat, and dine alfresco ashore. You'll dock overnight on the chic and pretty islands of Korcula, Hvar, Brac and Vis. The cost, from £2,795pp (a discount of £500pp), includes flights, most meals, drinks and excursions with APT ([aptouring.co.uk](http://aptouring.co.uk)).

Caroline Hendrie

room with a private terrace and hot tub or swimming pool, all keeping to Santorini's whitewashed charm. Above all, there's a private beach and an accent on chilling on Greece's most Instagrammed island. Rates TBC ([seabreezesantorini.com](http://seabreezesantorini.com)).

In Croatia, HVAR [PLACESHOTEL] will open in May on the buzzy, beautiful island of Hvar. It's designed to be utterly flexible. If you don't get up for breakfast, you can use that credit for lunch or dinner or carry it on to the next day. Half-board doubles from £94 ([valamar.com/en/hotels-hvar/hvar-places-hotel](http://valamar.com/en/hotels-hvar/hvar-places-hotel)).

Serious spas are also a key 2022 prescription. In Tipperary, Cashel Palace has seaweed baths, treatments from Bamford and Biologique Recherche - ideal for recovering from a blustery walk to the Rock of Cashel - plus 42 bedrooms and full Irish country-house charm. B&B doubles from £283, including breakfast ([cashelpalacehotel.ie](http://cashelpalacehotel.ie)).

## MUSEUMS AND MODERNITY ON A QUICK CITY BREAK

A TRIP to Berlin in December reminded me how fabulous a city break can be; the novelty of trying to pack everything into a weekend for a deep dive into museums, restaurants and people-watching. For those wanting a gentle start to city-breaking again, cosy, compact Copenhagen has the delightful new 25Hours Indre By, opening in March. The hotel has a strong backstory, including time as a china factory and a student building. Now there are 243 art-filled bedrooms, a garden, a properly Scandinavian cafe, restaurant and basement bar. B&B doubles from £119 (25hours-hotels.com/en/hotels/copenhagen/indre-by).

Lisbon is similarly weekend-friendly and the stylishly budget Mama Lisbon, which opened last week, has an all-day restaurant

and rooftop with double deckchairs and 130 funky rooms. Doubles from £74 a night ([mamashelter.com/lisboa](http://mamashelter.com/lisboa)).

Paris is getting a couple of lovely hotels, including a Delano, but Rome will have a quartet of openings. The Intercontinental Rome Ambasciatori Palace opens in October in a fin-de-siecle mansion that used to be the US embassy, with seriously grand proportions and views on to the stately Via Veneto and close to the Villa Borghese. Rates TBC ([ihg.com/intercontinental/hotels/gb/en/rome/romra](http://ihg.com/intercontinental/hotels/gb/en/rome/romra)).

Six Senses opens a 95-room hotel in an 18th Century palace on Piazza di San Marcello near the Trevi fountain, with an organic garden planned for its rooftop bar and restaurant. The Bulgari jewellery and fashion house also opens a hotel in its home city - expect marble, polish and a lot of confidence. Rates TBC ([bulgarihotels.com/en\\_US/rome](http://bulgarihotels.com/en_US/rome)).

There's more history when Rosewood opens a 99-room hotel in the heart of Vienna on Petersplatz, moments from the cathedral and Mozart's house and with views over the city's copper roofs and onion domes. Rates TBC ([rosewoodhotels.com/en/vienna](http://rosewoodhotels.com/en/vienna)).

New York continues to pulsate away. The Ned NoMad ([thenomadhotel.com/new-york](http://thenomadhotel.com/new-york)) will blend hotel guests with club members when it opens this summer near Madison Square Garden, and Aman will provide serenity and a rooftop swimming pool plus three floors of spa. Rates TBC ([aman.com/resorts/aman-new-york](http://aman.com/resorts/aman-new-york)). Meanwhile, the just-opened Civilian hotel off Broadway also aims to make things affordable while keeping the style levels high. There are different rates depending on which facilities you prefer, such as daily housekeeping or gym access. Doubles from £101 ([civilianhotel.com](http://civilianhotel.com)).



**BAY OF PLENTY:** View from El Vicenc, nestled in a rugged Majorcan cove. Main picture: The Cote d'Azur and, inset, the Maybourne Riviera, built into the hillside

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