



IRELAND Knock

THE INSIDER... Laura Gallagher, who manages The Spa at the Mount Falcon Country House Hotel, 30 minutes from Knock. www.mountfalcon.com

HER TIPS...

➤ **TOWN:** A 45-minute drive from Knock through Ireland's green pastures is the charming town of Westport. Spend a day roaming historic Westport House and the classically welcoming Irish streets, where multi-coloured shops and typical Irish pubs vie for the attention of passers-by. www.mayo-ireland.ie

➤ **CRUISING:** Fancy an island for every day of the year? Charter a boat around the 365 islands through the Emerald Isle's stunningly clear waters from Leaders Charter. *Upper Quay, Westport*, tel: +353 868 090 476, www.leaderscharter.com

➤ **DAY OUT:** Salmon reign supreme on the River Moy, making this heaven for fishermen – as well as a beautiful location for long walks along the riverbank where it passes through the town of Ballina, 45 minutes' drive north of Knock Airport. Ballina's array of pubs promises a tempting pint of Guinness on your return. www.themoy.com

FROM THE AIRPORT: The airport is 6km from Charlestown in County Mayo. Buses to Charlestown depart eight times a day; fare €5.50. Taxi fare approx €25 to Knock. www.knockairport.com

PORTUGAL Lisbon

THE INSIDER... Carly Taylor, the founder of Lisbon-based Ginger Pai Yoga. www.gingerpaiyoga.com

HER TIPS...

➤ **RESTAURANT:** At Terra, traditional dishes are cooked using the best vegetarian ingredients. Organic drinks and delectable desserts round off the meat-free menu. *15 Rua de Palmeira*, tel: +351 707108 108, www.restauranteterra.pt

➤ **CAFE:** Join Lisbon's most stylish for a coffee at Fábulas. With rustic-chic decor, this is the place to be seen in Chiado, the up-and-coming part of town. *14 Calçada Nova de São Francisco*, tel: +351 216 018 472, www.fabulas.pt

Take up residence on a leather sofa and enjoy the ambience in fábulas's pretty stone-walled café

➤ **ART GALLERY (ABOVE):** Portuguese talent is celebrated at Caroline Pagès Gallery, with at least five exhibitions a year. The gallery also organises private tours designed for art lovers. *12 Rua Tenente Ferreira Durão*, tel: +351 213 873 376, www.carolinepages.com

FROM THE AIRPORT: The airport is 6km from Lisbon city centre. Aerobus no 91 to central Lisbon departs every 20 mins from 7.45am to 8.15pm; fare €3.35, valid all day. Taxi approx €15. www.ana.pt

ENGLAND London (Stansted)

THE INSIDER... Emma Rees, founder of The Blow Bar, a concept hair-styling salon in London's East End. www.theblowbar.co.uk

HER TIPS...

➤ **MARKET:** Wednesday and Saturday mornings transform quiet Camden Passage into a hive of activity. Vintage jewellery and eye-catching antiques are on offer at bustling stalls amid independent cafés. *Camden Passage, Islington*, www.camdenpassageislington.co.uk

➤ **RESTAURANT:** Arguably the best tapas in London is to be found at Brindisa: a menu of small dishes, juicy olives and hand-cut Iberian ham made for long communal lunches. *18-20 Southwark Street, Borough Market*, tel: +44 (0)20 7357 8880, www.brindisa.com

➤ **COCKTAILS:** The skilful bartenders at Academy are serious cocktail connoisseurs. Concoctions from all over the world are in an extensive menu so you're bound to find your favourites. *12 Old Compton Street*, tel: +44 (0)20 7437 7820, www.labbaruk.com

FROM THE AIRPORT: Stansted is 50km north-east of London. National Express buses run to London Victoria every 10 minutes, journey about 85 mins, £10.50. EasyBus runs to Baker Street every 20 mins, journey about 75 mins, from £2. Taxi approx £99 to London. www.stanstedairport.com

A 1925 first-floor apartment is the setting for the Caroline Pagès Gallery in Lisbon



FRANCE Lourdes

THE INSIDER... Sandrine Moreaux, a hairdresser and salon owner in Lourdes. www.sandrine-moreaux.fr

HER TIPS...

➤ **VISIT:** Tour the house where St Bernadette grew up. In 1858 she saw apparitions of 'a small young lady' and so it all began... The small home includes a mill, kitchen, her bedroom, various objects of interest and photographs. *Open Easter to October; 2 Rue Bernadette Soubirous*, tel: +33 (0)5 6294 2251, www.maisonpaternelledesaintebernadette.com

➤ **CHURCH:** Avoid the heaviest crowds at the cathedral and head towards the local parish church, Sacré-Coeur, in the centre of Lourdes. The stained glass is stunning and you can see the font where Bernadette was baptised. *Rue de l'Eglise*, www.lourdes-infotourisme.com

➤ **RESTAURANT:** Le Magret is a shining light in the rather dull and mediocre Lourdes restaurant scene. Local produce and traditional Pyrénéan dishes are served in generous portions and there's outside seating for sunny days. *10 Rue des 4 Frères Soulas*, tel: +33 (0)5 6294 2055, www.lemagret.com

FROM THE AIRPORT: The airport is 12km from Lourdes. Taxi approx €28. There is a bus service from the airport to central Lourdes, journey approx 30 minutes, fare €2. www.tlp.aeroport.fr