

TAKE THE TYKES

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It's the school holidays. You have a 10-year old who's broken the PlayStation, an eight-year-old with ADHD and you've run out of Ritalin. Panic not. Bring them here, where they can romp in more than 800 glorious Scottish acres. The list of child-friendly activities is exhausting just to read. There's the usual cycling, tennis, golf and pony trekking. But there are also hearty – and, crucially, tiring – country pursuits like fishing lessons, gundog training, air-rifle classes, archery and falconry. Then, once they're so pooped they can barely speak, they can flop in the supervised chillout zone. Meanwhile, parents can wilt in the dazzling ESPA spa after dallying over the indulgent breakfast menu – black pudding? Waffles? Porridge with cream? All at once? Family rooms have every kind of interconnecting option to fit your brood. They'll be baying for their beds after all that fresh air.



GURNEY'S MONTAUK MONTAUK, USA

Head east, to the very end of Long Island – far, far away from the polo and the posing and the endless Louis Vuitton totes – to Montauk, where the living is easy and the surf is most definitely up. This groovy, laidback surfing town is home to the recently revitalised all-seasons Gurney's Montauk, an institution now ramped-up and ready for the new guard arriving with iPad-clutching teenagers, all set to tune out and hit the waves. Off they'll skip for their lessons, to a beach that stretches for miles, and you're left free to enjoy the sushi rolls and retro cocktails at the beach club, while you try to get a glimpse into Ralph Lauren's estate next door. Or scarper to the seawater spa for a thalassotherapy session. The kids will have made friends within seconds, which means movie night will trump dinner with the folks any day, so you can get glammed up for candlelit lobster. And when it's time for bed, they are those American supersized ones, which we like. The rooms, FYI, all have terraces that face the ocean, so you'll be able to spy on your teen trying to flirt around the firepit. ▷

BOOK IT DOUBLE, FROM £130
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HAVE AN ADVENTURE

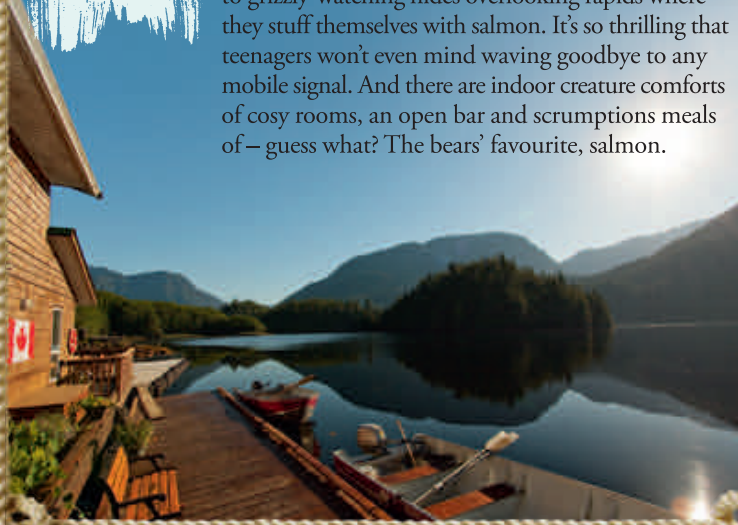
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The tiny seaplane weaves up steep-sided fjords to splash down on the glassy waters outside the floating, eight-room Great Bear Lodge. It's deeply peaceful: the loudest noise is a buzzing cloud of rufous hummingbirds. But don't wander off – the locals do not like to be surprised while eating. This is grizzly country, and the expert guides will zip you up narrow streams on grizzly-viewing boat trips and on grizzly-spotting yomps through cedar forest and to grizzly-watching hides overlooking rapids where they stuff themselves with salmon. It's so thrilling that teenagers won't even mind waving goodbye to any mobile signal. And there are indoor creature comforts of cosy rooms, an open bar and scrumptious meals of – guess what? The bears' favourite, salmon.



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