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■ A brand new watersports activity hits the West Sussex coast. We've had kite, wind and plain old surfing – for the latest wave-catching craze, it's time to try stand-up paddle surfing. Already a big hit in the States, and not just with surfers but also as a core fitness activity, stand up paddle surfing entails standing on a large longboard and propelling yourself with what is essentially a canoe paddle. Popular in the 1960s with the beach boys of Hawaii, more recently, it has been picked up as an alternative way to ride surf and as a means of staying in shape. To add kudos, world champion surfers such as Archie Kalepa and Laird Hamilton are enthusiastic fans of the sport. Based on the Chichester coast at West Wittering, specialist watersports operator X-train launches the first stand up paddle surfing lessons this month. Private coaching

prices start from £40 per hour including tuition and hire. For information visit www.2xs.co.uk or call 01243 512552. For information regarding other coastal activities and accommodation in the Chichester District visit www.visitchichester.org.uk

■ Music lovers heading for the Isle of Wight Festival (June 8-10) which this year features headline acts: The Rolling Stones, Snow Patrol, Amy Winehouse and Kasabian, can stay at a choice of three Park Resorts Holiday

Parks conveniently located for the festival site. Festival goers can also enjoy the new super-loos and shower blocks installed at the Parks this summer. Thorness Bay Holiday Park near Cowes, Noddes Point St Helens and Lower Hyde on the outskirts

of Shanklin all have tent pitches from £16 per pitch, per night, while touring pitches for motor caravans and caravans are from £19 a night.

Pitch prices include free use of showers, toilets and washing up facilities and electrical

hook-up for tourers, plus the use of entertainment and leisure facilities.

For further information click www.park-resortstouring.com or contact the touring hotline 08712 501010.

■ Holm House Hotel in Cardiff situated on Penarth's Marine Parade gives you the best of both worlds.

On one side is the Welsh capital Cardiff and on the other the Glamorgan Heritage Coastline.

The hotel, which only opened in May 2007, has been designed to a high standard using the best that Wales and Europe has to offer.

Each bed is adorned in Frette Linen and you can expect to find Jo Malone products in the bathroom, Bang and Olufsen media and Tassimo beverages systems.

The hotel also features a spa, offering a range of treatments from the Asian inspired



Ysara brand and is the only spa in the Cardiff area to offer these treatments. The bar is reminiscent of a 1920s drinking den and you can relax with a pre-dinner drink and pick from a selection of canapés. Once you feel like something

more substantial you can enjoy a full meal in the lavishly decorated restaurant, where your meals will be made by renowned local chef Peter Fallow, who uses only the finest local ingredients.

A weekend package starts at £130 per room per night and includes a full Welsh breakfast and dinner. Book at www.epoquehotels.com.

■ In a bid to offer its customers a better night's sleep, budget hotel chain Travelodge, has launched the UK's first goldfish hire service. The trial responds to a recent sleep study conducted for the hotel company which stated that 83 per cent of the nation is sleep deprived due to stress and 58 per cent claimed watching goldfish could be the answer. Customers at Leeds, Vicar Lane and Birmingham Fort Dunlop Travelodge hotels, will be able to request a 'fish therapy room' at time of check-in for no extra cost. Customers are encouraged to follow the hotel's guide to relaxation before bedtime and to watch the goldfish for 15 minutes to aid de-stressing.

Research studies over the last three decades have identified that watching fish has a calming effect on the human mind, helps to reduce stress, tackle insomnia and treat a range of health issues.

