

# DAILY STAR

THOUGHT FOR THE DAY  
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## Sunday

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SIXTY TIME

### FREE FOOTIE PULLOUT

INSIDE



#### Ricky: Help me beat the hunters

PAGE 7

TWELVE PAGES FULL OF GAMES AND TEASERS



### FREE PUZZLE PULLOUT

INSIDE

## 3 MONTHS OF STORMS TO CAUSE MIGRAINE CHAOS

# I can't come to work boss.. the weather's twisted my melon

by ISOBEL DICKINSON  
WEATHER watchers are predicting a surge in sickies as three months of thunder storms trigger crippling migraine attacks for millions. Oh fabulous!  
Full story: Page 5





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up to an open fire as the sun sets over the stunning views of Donegal bay in this beautiful part of County Donegal.

The 4 star Great Northern Hotel is just two hour's drive from Dublin & Belfast. Our spectacular Tir Connail restaurant and the trendy Bar & Bistro with its warmth and comfortable setting extends a warm welcome to golfers near and far to play the 18 hole golf course situated on site at the hotel. Our unique features have created an old world setting but with all the mod cons of today's world, great food and exceptionally friendly service and relaxation.

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time to

Hotel of the week

BY BERTIE ADAM



**Page8 hotel, Central London**  
**WHERE AND WHY**

Staying at a hotel in Central London is often reserved for truly special occasions – and this was certainly one of those.

From our deluxe double room, we were able to look down towards the Edith Cavell Memorial and up along St Martin's Lane, a street flecked with theatres and almost no traffic.

The room was bathed in natural light, with white walls featuring wainscot panelling and subtle lighting. The ensuite, finished in imitation marble with discreet gold accents, paired well with the room's blue leather furniture, detailed with gold tacks. The minibar was kitted out with suitably high-end snacks and a Marshall Bluetooth speaker was the cherry on top.

Meals are served at the Kitty Hawk Rooftop Bar & Restaurant, offering guests unparalleled views across the city. In summer, I imagine the al fresco terrace would be an absolute delight.

**ON THE MENU**

The menu offered a wonderful array of fresh, vibrant dishes. I started with the yellowfin tuna carpaccio (£16), delicately flavoured with sesame, wasabi, and a mango and ginger dressing. For the main, I chose the salt-marsh lamb rack (£38), served with creamed potatoes, an anchovy-crusted heritage carrot, and mint jus which was so excellent I dreamt about it.

My partner began with the courgette, feta, and pea tart (£12), a light dish accompanied by summer leaves and herb oil. Next up was the roast heritage summer squash (£19), beautifully paired with beetroot, macadamia cheese and a hazelnut dressing.

We savoured a melt-in-the-mouth sticky toffee pudding, but their signature cocktails were equally enticing.

**WHILE YOU'RE THERE**

Take a wander across Trafalgar Square and make your way towards Regent Street.

Unfortunately our trip was just before the Christmas lights had made their arrival, but being slap bang in the middle of London's theatre district, there is no shortage of entertainment, from the Royal Opera House to the Adelphi Theatre. The Freemasons' Hall provides an excellent guided tour starting from £12.50 per person.

Of course, nearby Covent Garden can provide some of the country's best retail therapy, too. For the more cost-conscious, there is also some fantastic street entertainment on display. If history is your thing, Buckingham Palace is a mere 20 minutes walk away through the marvellous St James's Park.

**WAKE-UP CALL**

Rooms start at £225 a night, [pagehotels.com/en/page8](http://pagehotels.com/en/page8)



**PICTURE PERFECT**  
Pikes Peak Cog Railway



**HIGH THERE**  
Stuart at 14,000ft



**FAMOUS**  
Garden of the Gods



**FEARSOME**  
A harem of elks

**CONTINUED FROM PREVIOUS PAGE**

based Aspire Tours. Nothing was too much trouble and we could not have asked for a more friendly, down-to-earth guide.

Earlier we took in another of Colorado's famous attractions. The Garden of the Gods. These are giant red columns of sandstone rock shooting up into the sky, which are seriously impressive and make for a stunning vista.

We also spent another day in the Rocky Mountain National Park ([nps.gov/romo](http://nps.gov/romo)), again with Jeff as our guide, starting off at Horseshoe Falls with its delightful streams and waterfalls. We also ventured up to the alpine tundra, which covers one third of the park and where winter lasts nine months a year.

It's a harsh, desolate environment that could be the backdrop for a post-apocalyptic film. We only managed a snapshot of the park, however, which is vast and receives more than four million visitors each year.

I'd packed binoculars hoping to catch a glimpse of some wildlife which was a largely fruitless venture, but – Jeff to the rescue – he'd received a tip-off on where elk could be found.

A short drive followed before we found ourselves in a valley peering at a male elk, complete with fearsome-looking antlers and his harem (the name of a group of female elks, who knew?)

The Maven, a boutique hotel on Wazee Street in downtown Denver, provided our accommodation while in Colorado. The standout

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