

THE SURF LODGE MONTAUK, USA

BEST FOR ... surfing USA, east-coast style

Why. Stay at this laid-back beach shack-style hotel, created by the owners of Manhattan's Cain nightclub, and catch a wave or five alongside east coast surf dudes.

WHERE? Half a mile from the beach on Fort Pond in the down-home fishing village of Montauk. Past the Hamptons on

the blustery, eastern tip of Long Island, 120 miles from New York City.

Rooms are bijou but hip, with iPod stations, surf photography, artworks and pared-back, coastal theming. Take breakfast or relax and watch surf movies in the indoor sunken lounge 'den', grab a burger or fresh seafood dish at the graffiti-decorated restaurant. Livingetc loved the cocktails and lounging out on the deck overlooking the Pond among the pretty people (Chris Martin, Mike D of the Beastie Boys and even Ralph Lauren have been known to visit).



STYDE STEAL Get the chic coastal vibe by mixing

seagrass matting and tongue and groove with wicker furniture, hunks of driftwood and ship lanterns for lighting.

in... Well, perhaps have a few lessons first – Tony Caramanico comes highly recommended, or ask at The Surf Lodge for local tips. Try snack van Ditch Witch for fuel breaks and Joni's for post-surf organic tucker.

MORE INFO Doubles from £185 per night. The hotel's season ends on 15 September. (+001 631 668 2632 the surflodge.com).





PACUARE LODGE COSTA RICA

BEST FOR... whitewater rafting in a rainforest oasis

WHY? Escape from modern life into a lush tropical wildnerness. Arrive at this thatched eco-lodge jungle retreat by a hike followed by a lively raft ride along the Pacuare River.

WHERE? Amid exotic flora and fauna – from vibrant heliconia flowers to howler monkeys – bordering the river in a private protected reserve, two hours from the capital, San José.

STAYING IN Wildlife enthusiasts would be hard-pressed to find a better sky-high eyrie than the indigenous style main lodge on stilts. Enjoy candlelit meals (and fantastic local coffee) on the lower level of the palm-thatched, two-storey lodge, swing from a hammock on the open upper deck bar – you might spy a sloth or two. Retire to your luxe log cabin, take in the verdant vista from your porch, refresh beneath a stylish outdoor shower

(solar heated, natch) and be lulled to sleep by nocturnal beasties and the rushing river.

STYLE STEAL Add tropical colour to your bathroom by displaying bright heliconias in wicker baskets.

OUTDOOR ACTION

Get your thrills flying through the trees on a canopy tour or trekking in the jungle.

more info A sevennight trip to Costa Rica costs from £1,644 per person, including three nights in San José and four nights at Pacuare Lodge, flights with British Airways and transfers. Book through Cazenove & Loyd (020 7384 2332 cazloyd.com).





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