

Photo: John Miller

TOP 5 THINGS NOT TO MISS THIS MONTH

Winter walk

There can be hardly be a better spot for a winter walk than at Polesden Lacey near Dorking. The National Trust property is open to visitors throughout the month as its new play area. Normal entrance fee applies.

■ Head to: nationaltrust.org.uk and search Polesden Lacey

Swap shop

Guildford Seed Bank is hosting its second annual Seed Swap on Saturday Feb 25 from 11am to 2pm at Zero Carbon Guildford in Friary Street. Bring your unwanted and half-open seed packets or saved seeds ready to exchange. If you have nothing to swap, you can contribute 50p and receive a pack to take away.

■ For more, email: guildfordseedbank@gmail.com

Bubble fun

It's half term this month and Cranleigh Arts Centre is hosting the Bubble Show on Feb 14 at 2pm. Costing £12 per person, the Bubble Show is a unique blend of magic, storytelling, and bubble art, suitable for ages 3-12.

■ To find out more about half term events, visit: cranleigharts.org

Raise a glass



Whiskey Affair Festival is returning to Haslemere Hall on Feb 18. The evening event features an array of whiskies to sample and learn about, live music, cocktails and talks from some of the beverage's leading experts. There are two sessions available: 1pm-5pm and 6pm-10pm. Tickets cost £9.

■ Go to: thewhiskeyaffair.co.uk

If music be the food of love

Then what could be better than spending the evening in the company of the Surrey Philharmonic Orchestra for a performance of Fauré's exquisite short, *Pavane* followed by the first cello concerto of Saint-Saëns, featuring Leo Popplewell as the soloist. The event takes place at St George's Church in Ashtead on Feb 25 at 7.30pm.

■ For tickets, visit: surreyphil.org.uk



Editor's letter

Welcome to the February issue which is dedicated to all things travel. While we know Surrey is a great place to be whatever the season, it is good to spread your wings once in a while. Travel writer Bridget McGrouther shares her top getaways for the year ahead, including stays in Sicily and Senegal, while Dominic O'Reilly meets the Camberley brothers and former GB skiers who are shaking up the world of ski coaching with an innovative Uber-style instructor platform.

In Food & Drink, Sophie Farrah takes a tasty tour of the best eateries in Penzance and in Property, Maggie Walsh has some advice for those looking to buy a home in the sun.

There is also a round-up of multi-activity breaks the whole family can enjoy in Child's Play and I catch up with a group of runners who are taking their love of parkrun to a whole new place in this month's Health section.

Bon voyage!

JANE MCGOWAN, EDITOR

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SPICE UP YOUR VALENTINE'S DAY



The team at Silent Pool-based Mandira's Kitchen have devised a fantastic package that is sure to get you hot under the collar on Feb 14. It includes a romantic meal for two, a Bollywood playlist, a movie suggestion and even a Karma Sutra information sheet!

Founder Mandira Sarkar says she hopes taking the stress out of cooking will mean love is more likely to be in the air: "You cannot love well if you have not dined well goes the old saying. So, our Valentine's Day menu woos your eyes and your taste buds."

The dishes which are frozen and can be delivered across the county include meat, vegetarian or vegan options complete with Gulabi Pulao (a fragrant basmati rice cooked with beetroot to give it a delicate pink hue) and Gajar Halwa – a mouth-watering carrot pudding, Masala Chai and chilli chocolates.

■ mandiraskitchen.com

From 'Stress to Success'...



Byfleet-based author Hansa Pankhania's latest book aims to take you from *Stress To Success in 28 Days*. Wellbeing consultant Hansa said the book is designed to boost your brain power by providing a structured 28 day programme of natural techniques that includes 28 different exercises – breathing, relaxation, visualisation and mindfulness techniques.

■ Published by Sohum Publications, priced £12.99

WIN!

Tickets to the new Ninja Warrior Adventure Park

If you've enjoyed the hit TV show, *Ninja Warrior UK,* you'll soon have the chance to develop your own warrior skills at the new Ninja Warrior UK Adventure Park in Guildford, opening on February 2. This enormous (24,000 sq ft) venue at Slyfield Industrial Estate will have the iconic Ninja runs, plus a giant inflatable course, and a Mini Ninja soft play area for under 4s. To celebrate the launch, we have five pairs of tickets to give away, plus an Ultimate Ninja Warrior merchandise pack with socks, headband and gloves (worth in total £42.50). Head to essentialsurrey.co.uk and search for Ninja Warrior Competition. Closing date March 1; the prize is valid until July 31, 2023.



NINJA WARRIOR UK ADVENTURE PARK Guildford

BEST FOOT FORWARD

If like me your New Year's Resolutions have already been forgotten, then why not commit to this year's Cancer Research Race for Life which will not only boost your wellbeing but also further the work of this important charity.

The event, in which participants can take part in a 3km, 5km, Pretty Muddy or Pretty Muddy Kids, takes place in Stoke Park on July 23. Since its launch in 1994, more than £920m has been raised to help fund cutting-edge research into cancer.

■ To find out more, visit: raceforlife.org



Chancellor Jeremy Hunt with Guildford MP Angela Richardson and cancer patient Rod Pluthero