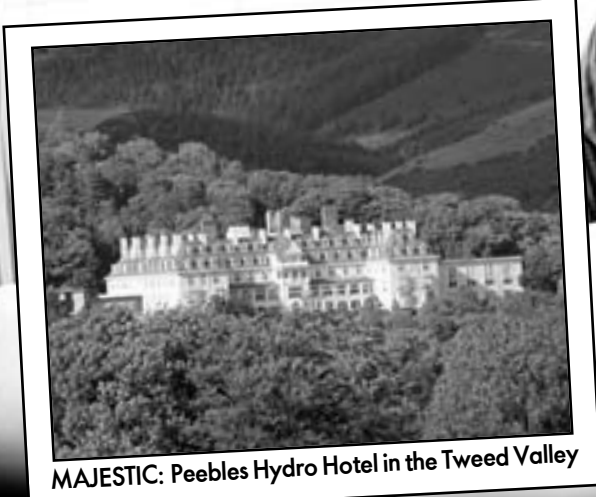


# TRAVEL

# Waterworks



UNDER PRESSURE: Unwind with a massage



MAJESTIC: Peables Hydro Hotel in the Tweed Valley

Hotel hol's a splash hit for all the family



DIP IN: Hydro pool

By JEREMY ARMSTRONG

**F**OR full-on pampering plus peace of mind knowing the rest of the family is happy, you'll find Peables Hydro hotel on the Scottish Borders ticks all the boxes.

High on a hillside in the Tweed Valley, the hotel celebrates its centenary this year and combines superb, modern facilities with the grandeur instilled by architect James Miller - who designed ocean liners Mauretania and Lusitania.

Voted Scotland's Family Hotel Of The Year in 2006, the Hydro solves that age-old dilemma for parents: how to stay in a hotel, enjoy a relaxing break and keep the kids busy.

So many opt to take the safe bet of self-catering for that very reason.

But the Hydro's leisure pool and kids' club mean children of all ages are catered for, leaving mums and dads free to slip into the town of Peables for a wander or book into the beauty salon for one of the relaxing health treatments available.

In the Victorian era, guests would take to the waters to improve their health with hydropathic - water - cures.

Nowadays you can try a back, head and neck massage. I would recommend an hour or half-hour session if you can squeeze it in.

Young guests can join in a wide range of daily activities, indoor and out in the hotel's extensive grounds where there is an enclosed play area, bowls green and a tennis court.

In winter, sloping gardens in the 28-acre site are perfect for sledding.

The beautiful scenery of the Scottish Borders is hugely popular with anyone who loves the great outdoors.

Just outside Peables there are a series of runs for mountain bikers to twist and turn down dirt tracks and through rough, wooded terrain.

The Hydro is popular with walkers who want to enjoy the scenery and historic sights of the beautiful surroundings and the area is rich in nature trails, parks and gardens, including Dawyck Botanic Garden and Kailzie Gardens.

In the evening, there are yet more activities for young children and teenage guests, enabling grown-ups to enjoy a four-course meal in the hotel's impressive dining room with its superb views out over the valley.

There is a good choice of traditional Scottish food, an impressive wine list, and friendly, attentive table service.

And the breakfasts, offering full cooked, cereal, traditional porridge and kippers, are a treat. Family rooms at the Hydro typically

provide a main-bedroom TV, bathroom, and a separate annexe with single beds and/or bunk beds for children.

For those looking for a bit more luxury, the 129-room hotel has opened two new suites.

One, the Kailzie, is aimed at honeymooners - it has a dining area, bathroom, four-poster bed and flat-screen TVs and hi-fi. The Cademuir Spa Suite is along the same lines with the addition of an ensuite treatment room.

You can watch your 32in flat-screen TV from the comfort of the bedroom - or pipe the sound into the bathroom to enjoy as you relax in the tub.

With a DVD player, CD player and radio, there is in-room entertainment at the touch of a button.

Elsewhere, there is the Lazels restaurant for lunch or a coffee break, or the lounge, with daily papers, afternoon tea, and pre-dinner cocktails.



COMFORT: Luxury rooms

THE Hydro Hotel is on Innerleithen Road, Peables. A family room on the weekend we stayed cost from £102 per adult per night for dinner, B&B and use of the leisure facilities.

Children's rates rise from £8 (for up to two years of age) to £28 per night (ages 13 to 16). Peables sits in the Tweed Valley with lovely riverside walks. Follow the footpath up to Neidpath Castle, a tower house perched on a bluff overlooking the river with fine views.

Six miles out of town is Traquair House, built in the 12th century and one of the seats of the Stuarts. The house has barely changed since the 17th century, although in the grounds there is now a garden maze, craft shops and even the small Traquair House Brewery, producing Bear Ale. For shopping, sightseeing and a great night out, Edinburgh is less than an hour's drive away.

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