

LONDON & SOUTH EAST

Natural History Museum

The Natural History Museum has hundreds of exciting, interactive exhibits. Highlights include 'Dinosaurs', the ultimate dinosaur exhibition; 'Creepy-Crawlies', guaranteed to have you scratching in minutes; 'Human Biology', the must-see exhibition about ourselves; 'Ecology' and 'Mammals', with its unforgettable blue whale. Don't miss 'The Power Within', offering an 'earthquake experience' and, if you are visiting with children, 'Investigate' - an exciting new hands-on science centre. Phase One of the new Darwin Centre offers a chance to see the science behind the scenes.

Location: Cromwell Road, London, SW7 5BD

Opening times: Monday to Saturday 10:00 - 17:50; Sunday 11:00 - 17:50

More Information: Call 020 7942 5000 or visit www.nhm.ac.uk

Nearest Travelodge: Stay in the heart of the city at the London Covent Garden Travelodge from as little as £29, for the best deals visit www.travelodge.co.uk

The V&A Museum

Whilst in London why not visit the world famous V&A Museum? V&A South Kensington is the world's greatest museum of art and design, with collections unrivalled in their scope and diversity. Discover 3000 years' worth of amazing artefacts from many of the world's richest cultures including ceramics, furniture, fashion, glass, jewellery, metalwork, photographs, sculpture, textiles and paintings.

Location: V&A South Kensington, Cromwell Road, London SW7 2RL

More information: Visit www.vam.ac.uk/index.html

Nearest Travelodge: Stay in the heart of the city at the London Covent Garden Travelodge from as little as £29, for the best deals visit www.travelodge.co.uk

Richmond Park, Surrey

Richmond Park, at almost 1000 hectares (2500 acres), is the largest Royal Park in London. The pastoral landscape of hills, woodlands, ponds, gardens and grasslands set amongst ancient trees offers a peaceful respite to visitors. The Park is designated as a National Nature Reserve (NNR), a Site of Special Scientific Interest (SSSI) and a Special Area of Conservation (SAC). Bring along every member of the family – including the dog! Dogs are welcome in all the Royal Parks although there are some places where they are not allowed or should be kept on a lead. These are clearly indicated within each park and are usually ecologically sensitive sites, children's play areas, restaurants, cafes and some sports areas.

Location: Richmond Park, Surrey TW10 5HS

Timing: The park is open from 7am in the summer and 7.30 in the winter, and closes at dusk all year round

More information: www.royalparks.org.uk/parks/richmond

Nearest Travelodge: Stay at the London Kew Bridge, North Road, High Street, Brentford, London TW8 0BD from as little as £29. Dogs are welcome too and an additional cost of £10. For the best rates visit www.travelodge.co.uk



Travelodge

Brighton Beach

Affectionately known as "London by the Sea", due to its convenient location for Londoners. All you need is a picnic and a bucket and spade and you're set for the day. Brighton offers a fantastic shingle beach for the whole family.

Location: 22 Dukes Lane, The Lanes, Brighton, BN1 1BG

Nearest Travelodge: Stay at the Brighton Seafront Travelodge, West Street, Brighton, East Sussex, BN1 2RQ from as little as £29 per night, for the best deals log on to www.travelodge.co.uk

Brighton Museum and Art Gallery

Why not experience a bit of culture at the newly renovated Brighton Museum and Art Gallery? The Museum has worked with different community groups to reflect Brighton's multicultural society. For example, there's a Hindu shrine in the 'World Art gallery' created with the local Gujarati community.

Location: Brighton Museum & Art Gallery, Royal Pavilion Gardens, Brighton, BN1 1EE

Eastbourne Pier to Wish Tower Beach, East Sussex

An award winning shingle and sand beach with pier. Make sure to visit the famed floral carpet gardens, which show the resorts heritage. Eastbourne Travelodge features stunning sea views over the beach from all its rooms.

More information: www.visiteastbourne.com

Nearest Travelodge: Eastbourne Travelodge, Marine Parade, Eastbourne, BN22 7AY

Ryde East Beach, Isle of Wight

There are lots of deals on ferry services at the moment so why not take a trip to the beautiful Isle of Wight and visit Ryde East Beach. One of the Isle of Wight's most popular beaches with clear water and a safe sandy beach. There are many attractions from crazy golf and boat trips around the island to canoeing, jet-skiing and wind-surfing.

More information: www.islandbreaks.co.uk

Nearest Travelodge: Newport Isle of Wight Travelodge, Lugley Street, Newport, PO30 5HD