



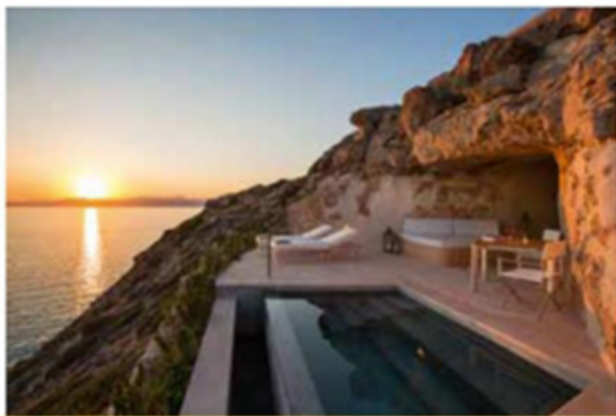
Short, but sweet

Cap Rocat, Mallorca

MALLORCA is my favourite European mini-break, not only because of the food, culture and lovely boutiques, but also because of the sheer ease of getting there. Cap Rocat—only 15 minutes from Palma airport—is a magical spot that delivers total escapism without the long-haul journey.

Just two or three nights at this heavenly, 19th-century former fortress should help recharge the batteries, aided by the jaw-dropping new spa, built into the fortress walls. Morning yoga might take your fancy, but make sure you're back in time for breakfast in your suite, delivered and set out by one of the hotel butlers. Alternatively, drift away with a signature massage treatment, designed to 'restore balance' using local Mallorcan products. *HL*

Bed and breakfast for two from €450 (00 34 971 747 878; www.caprocat.com)



Vitamin sea

Visitors with afternoon return flights should spend their last few hours at the new Puro Beach Illetas (www.purobeach.com). They'll store your luggage, so you don't have to return to your hotel, and deliver tasty fruit platters and Champagne to your sunbed. If there's time—and room—for lunch, order the tacos.



In-house fare

Cap Rocat boasts some of the best restaurants on the island, so you don't need to venture far to eat. The Fortress serves serious fodder, with the emphasis on clever taste combinations, but I loved the Sea Club restaurant just as much. It's rustic and relaxed—the blue-and-white decor hits the perfect Mediterranean note—and they serve a mean gazpacho with ceviche. A word of warning: the tomato dip that accompanies the freshly baked bread is as drinkable as every bottle on the delicious wine list. It is all about balance, after all.



A capital idea

If you have an extra day, spend a night in Palma, the island's capital and home to a host of new boutiques and smart hotels. Try Hotel Sant Francesc (double rooms from €285 per night, www.hotelsantfrancesc.com) and head to Mimbreria Vidal for gorgeous wicker bits and bobs. The eclectic Viveca stocks new and vintage interior gems well worth taking check-in luggage for.