

Sopot/Gdansk/Gdynia:

Beach break on Poland's northern coast.

Sopot is where Poles come to party. Days at its long and wide sandy beach, evenings in the restaurants and bars that line the squares and streets leading away from the coast.

A short train ride from Gdansk brings us to this popular summer destination and we quickly check into our accommodation at Hotel Villa Aqua. The hotel is located close to the beach and the aqua park and a short 15 minute walk from the centre of town.

It proves the perfect base for not only seeing Sopot but also the region's other cities.

Spend a day by the beach, stroll along the pier or just try the many restaurants and bar on offer. Walk to the main square at night and drink and eat in the bars that line the bustling hub of Monte Cassino street.



Any visitor should also make sure they throw in a healthy dose of relaxation as well, especially as this particular Baltic resort was formed in 1823 when Jean George Haffner, a former doctor in Napoleon's army, began to popularise salt water bathing here.

With relaxation in mind we head to the nearby Aquapark Sopot. We miss out the pools and waterslides and head straight for the spa facilities.

First a deep tissue massage helps ease away the tension before more steam rooms and saunas draw us in.

Sopot also offers the perfect base for exploring the tri-city region that includes sister cities of Gdansk and Gdynia.

First we venture back to Gdansk for a day walking its old town alleys, shopping for amber and eating at its riverside restaurants