



CAVO SPADA CRETE







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Surrounded by lush countryside and overlooking a pretty stony beach, Cavo Spada is a modern, friendly, smaller scale resort. It is very easy to find along the beach road between Kolymbari and Maleme around 15 miles from Crete's capital city, Chania.

The 150 rooms with four different categories are spread across two levels and have terraces with sun loungers. Deluxe doubles and junior suites are centred around a large pool, (nice and easy to just step outside and take a dip) facing out onto a grassy strip with open sea views. A few Superior rooms in the main building have larger private terraces with panoramic sea views. There are family rooms, including a dozen with shared pools, four pools for 12 rooms with dividers for privacy.

As this is a resort with a big emphasis on sport, the facilities are consequently excellent. There is a large open-air undercover gym space with modern machines, tennis courts and a beach exercise area. The main lawn is scattered with sunbeds and opens out onto a pretty pebble beach where the sea is crystal clear. A pool in the shape of a whale is very refreshing, while the spa has a heated pool, sauna and a steam room. Spa treatments are good value for money and I thoroughly recommend a Relax and Renew treatment, which comprises of a 50-minute full-body massage followed by a 50-minute cryotherapy facial.

Breakfast is buffet style in the main Arsenali restaurant. There are hot stations serving sweet and savoury dishes, a huge choice of hot and cold meats, cheeses and pastries, as well as a good range of fruit and drinks. Dinner is also a buffet, with plenty of international dishes, seafood and Greek dishes are also on the menu. If you have kids in tow, theres plenty of choice including pizza, ice cream and cakes. Almost all of the restaurant seating is indoors so my tip is to get there early if you want one of the seats on the terrace with a garden view.

During the day, the Sealine beach tavern offers reasonably priced snacks as well as meat and seafood dishes. Azzurro is the Italian fine-dining restaurant and well worth a visit during your stay.

Operations are overseen by general manager Giannis, who is very friendly and utterly professional, which made our stay that little bit more special.

Double rooms start from £151 during low season and rise from £463 in high season. Breakfast is included and there is free Wi-Fi throughout the resort.

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