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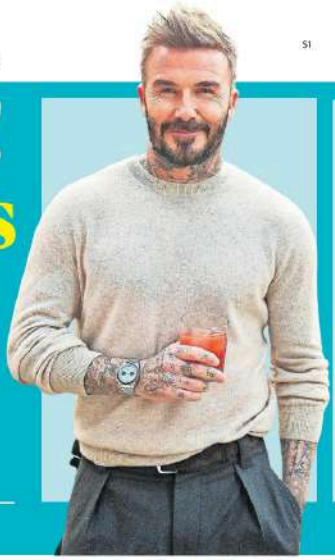
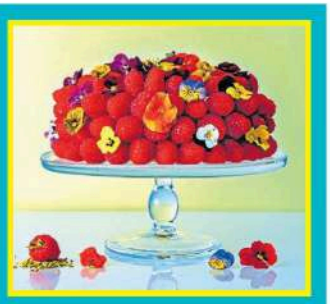
Live forever! The Wellness Power List

From Paltrow to Beckham, the people selling us longevity

Magazine





Summer recipe guide

Magazine

Burnham vows to revive Labour

● New leader promises voters the return of party 'they once knew' ● First policies will aim to offer 'breathing space' on bills

CARL COURT/GETTY IMAGES

Andy Burnham concluded his leadership acceptance speech at the Trades Union Congress headquarters in London yesterday by dancing to the 1987 song True Faith by the Manchester band New Order

Steven Swinford Political Editor
Geraldine Scott Assistant Political Editor
Aubrey Allegretti
Chief Political Correspondent

Andy Burnham has pledged to deliver the "most significant change moment in our politics for 40 years" as he prepares to announce a policy blitz including cuts to energy bills and bus fares, public control of utilities and an overhaul of social care.

The new Labour leader promised yesterday to bring voters back "the Labour they once knew" and said that the country had taken a "series of wrong turns in the 1980s" under Margaret Thatcher, including "surrendering control" of housing, water, energy and transport.

In a speech in London marking his coronation, he criticised a generation of politicians for failing to tackle neoliberalism, which he said had led to "the concentration of more wealth and power in the hands of fewer people".

Burnham promised at the same time to be a "pro-business" prime minister who would work with the private sector to "turn places round".

On Monday he will use his speech outside No 10 to say he wants to make "tangible" change to people's lives as soon as possible, adding that he is prepared to take on the problems that have previously been considered intractable, such as reforming social care, as he seeks to build a "better Britain".

He will set out measures to give people more "breathing space" on the cost of living as he pledges to make life "a bit easier". He will also set out plans to take water and energy companies under public control; for new oil and gas drilling in the North Sea; and the biggest council house-building programme since the postwar period. He will promise to "grasp the nettle" of social care reform.

Burnham is expected to spend the latter part of the week in his new No 10 North in Manchester, which is expected to be at a GCHQ site. It will be a symbolic move as part of his pledge to "take power back from Westminster".

He will finally appoint his cabinet on Monday after a week of infighting over his choice of chancellor.

Shabana Mahmood, the home secretary who is on the right of the party, is expected to move to No 11 after opponents of Ed Miliband mounted a campaign to stop him from getting the chancellorship. Miliband has been linked to the role of foreign secretary.

Burnham will appoint his allies into senior positions. Louise Haigh is expected to become chancellor of the Duchy of Lancaster, Lucy Powell is said to be in line to become deputy prime minister and Anneliese Midgley is expected to become chair of the Labour Party. Jonathan Reynolds, the chief whip, is expected to return to an expanded business department.

Wes Streeting, the former health secretary, is being considered for a return to his former department but is also being mooted as a potential defence secretary.

Rachel Reeves, the chancellor, will stay in government but be demoted.

The Telegraph reported that some figures close to Burnham had "lined up" Angela Rayner as health secretary, a key role given Burnham's pledge to fix social care. The Times understands Rayner has not been approached over the role but would require some persuading. An ally pointed to recent interventions on devolution, regional inequality and the cost of living, including proposals on social care that focus on local government and mayors.

Some of Sir Keir Starmer's most loyal allies are expected to leave government entirely, including Steve Reed, the housing secretary; Darren Jones, the chief secretary to the prime minister; Peter Kyle, the business secretary; Lord Hermer, the attorney-general; and Liz Kendall, the science and technology secretary. The future of David Lammy, the deputy prime minister and justice secretary, is also unclear.

Burnham was highly critical of Thatcherism in his speech. "I am clear," he said, "Britain took a series of wrong turns in the 1980s. Political power was centralised and economic power was privatised.

"The country surrendered control of

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INSIDE TODAY

Reports and analysis as Britain prepares for its 59th prime minister

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Travel

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'Sandy beaches and neolithic history give this island in the Baltics a Valhalla status'

Sarah Turner reviews a new farm stay hotel in Sweden

ALBA GIN

Helguera Palacio Boutique Antique, Cantabria

25 chic northern Spain hotels

Historic paradors, cool city stays, beachside hotels — Paul Richardson picks his top spots in Galicia, Asturias, Cantabria and the Basque Country

For millions of its global fans Spain is defined by the landscapes and culture of the south: the exuberant open-air lifestyle, the colourful fiestas, the whitewashed villages and the powder-blue Mediterranean.

The north offers much less traction for those complacent clichés. Up here it's all a bit wilder and, crucially, chillier. Within the four autonomous regions lined up along the Cantabrian coast — from west to east, Galicia, Asturias, Cantabria and the Basque Country — are snow-peaked sierras, protected wilderness and (don't tell a soul) some of the country's most sensational beaches. Forget for a moment the warm-bath Med and focus your mind on the big waves and bracing waters of the Atlantic, backed by soft pale sands. Instead of olive and orange groves, expect to see chestnut woods and rolling pastures, often grazed by cows, whose year-round greenery is kept alive by generous rainfall.

So much for generalities — the north is also brimful of idiosyncrasy and cultural difference. Three of these four northern regions have their own unique language apart from the standard Castilian Spanish. Each has a distinctive cuisine, with rib-sticking stews, local-breed meats and seafood dishes featuring on local menus.

If it's history and heritage you're after, think about visits to Santiago de Compostela, Lugo or Oviedo. If your thing is a big-hearted, hard-working city with a vibrant creative scene, better put Bilbao, Vigo and Gijon on your to-do list. And the good news is, all this rich diversity is easily accessed, with direct flights and regular ferry crossings from the UK.

As for places to stay, there are dozens of charming, characterful hotels, from the historic state-run paradors to little rustic guesthouses and sleek city boutique options. I've

Miró Hotel, Bilbao

Great stays next page

▶ shared my pick below, with a few cabins too. If there's a caveat, it's the unpredictable weather. Then again, the occasional misty morning or high-summer downpour shouldn't trouble a hardy British tourist.

For many, Andalucia, Valencia and the Balearics will always be the much-loved locus of Spain's perennial charms. But as temperatures rise and mass tourism continues its relentless march, the country's less-travelled north presents an ever more appealing prospect. In a word, and in both senses of the word, it's cool.

GALICIA

Hostal dos Reis Catolicos
Santiago de Compostela

Few members of the popular state-run Parador chain have the monumental grandeur of the Hostal dos Reis Catolicos in Santiago de Compostela, built in 1501 as a pilgrim's hospital by King Ferdinand and Queen Isabella, the so-called Catholic monarchs (hence the name). The great Hostal forms one of the four sides of Praza do Obradoiro, Santiago's central square and the spiritual solar plexus of Galicia, of which the cathedral occupies one of the other three. The Parador's interiors, in keeping with the building's 15th-century epoch, manage to combine historic elements (four-poster beds, chandeliers) with a pleasantly uncluttered vibe steering just this side of austere. The USP here, in any case, is undoubtedly the location.

Details B&B doubles from £154 (paradores.es). Fly to Santiago de Compostela

Hostal dos Reis Catolicos, Santiago de Compostela

Quinta de San Amaro
Meaño

Run for the past two decades by the owner Nacho Crespo, Quinta de San Amaro sits pretty among the coastal landscape of Galicia's Rias Baixas region. The building skilfully marries the grey-granite solidity of a traditional farmhouse, near-abandoned when Crespo found it, with sleek add-ons in metal and glass. Within the 14 rooms and two villas, however, a classic ambience reigns: witness the varnished parquet floors, papered walls and chintz-covered furniture. A gentle potter around the harbour village of Cambados seven miles away, with stops to examine the 16th-century Praza de Fefiñans and the traditional *horreos* (stone granaries) along the waterside, makes for a good excursion.

Details B&B doubles from £137 (quintadesanamaro.com). Fly to Santiago de Compostela

Parador Costa da Morte
Muxia

Hugging the hillside above the sea cove of Lourido at the northwestern tip of the Iberian peninsula, this parador is no stone-built palace or convent but a stunning piece of architectural modernism whose turf-planted roofs on various levels echo the lush greenery of the Galician seaboard. The salt-weathered harbour town of Muxia is worth the 60-minute walk from the hotel. After lunch at A de Loló (the casseroled hake *en caldeirada* is a local classic; mains from £18; adelolo.com), head for the grey granite sanctuary of Our Lady of the Boat and the nearby Pedra dos Cadris, a giant boulder with a curious tradition attached to it: pass underneath its overhanging form and it's said you'll be protected from back pain and kidney problems.

Details B&B doubles from £150 (paradores.es). Fly to A Coruña

Casa Grande A Fervenza
O Corgo

A former watermill, A Fervenza occupies a delicious corner of inland Galicia, among dense deciduous forests of ancient oaks and beech, and with the Minho river practically within sight. The Casa Grande, a solidly built 17th-century house, was formerly the miller's residence. The nine rooms are snug, wood-beamed, stone-walled and conceived in the traditional Spanish rural mode, with antique beds and cupboards continuing the rustic theme. The estate's lush meadows and woodlands, and the area's cool, damp climate, feel half a world away from the dust and heat of southern Spain. A Fervenza is proof, if it were needed, that Galicia is altogether another country.

Details B&B doubles from £56 (fervenza.com). Fly to Santiago de Compostela

Noa Boutique Hotel Santa Cruz de Oleiros

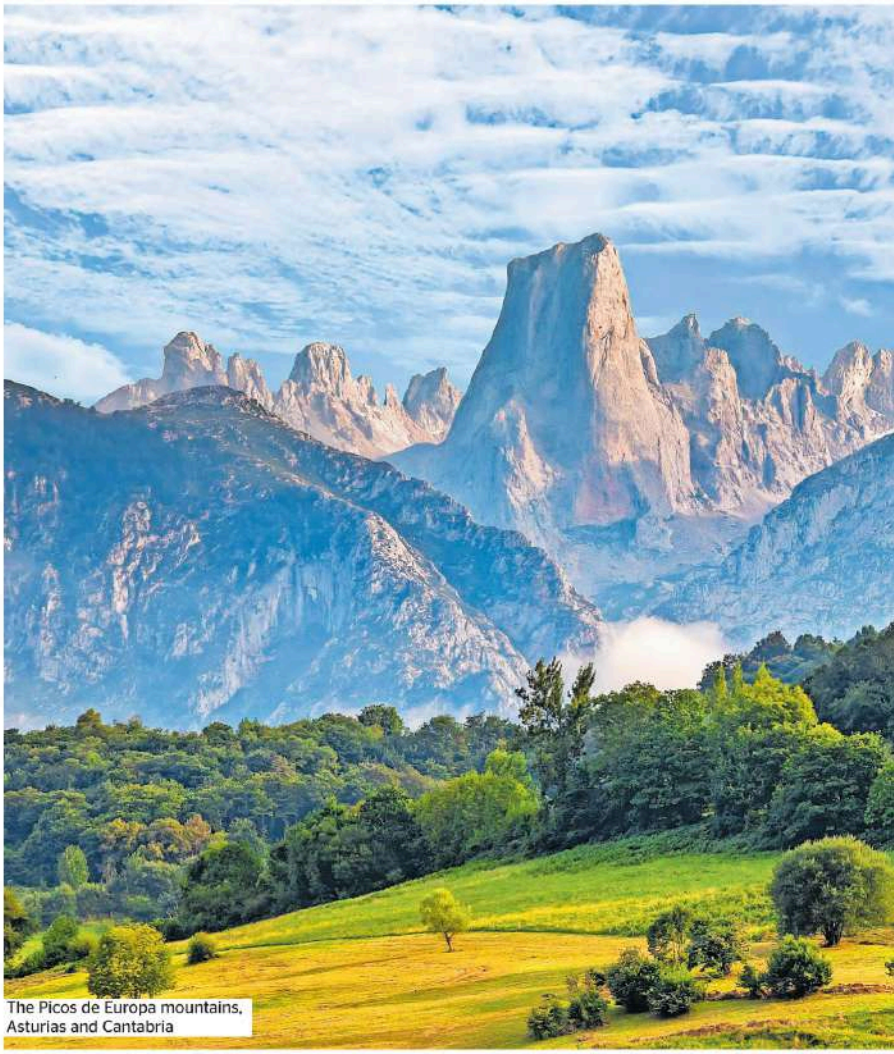
Breezy A Coruña is stuck like a large limpet onto Galicia's northwest corner. Being so near the city makes this modern hotel so handy for an urban break doubling as a seaside chillout. The Noa's out-of-town situation, directly on the sheltered Coruña estuary with the city across the water, is perfect. Other things to like are the contemporary glass-fronted rooms where the beds face directly out to sea, the rooftop infinity pool and the ground-floor Taberna restaurant, with Galician specialities such as octopus *a feira*, grilled scallops and fresh fish from the estuary (mains from £15). When you head into town, don't miss the Casa Museo Picasso. Pablo and his family lived here from 1891-95 (free; coruna.gal).

Details B&B doubles from £137 (noaboutiquehotel.com). Fly to A Coruña

Nidos de Carnota Carnota

Sought-after as a socially distanced retreat during the pandemic, these cabañas stand above the huge sickle curve of Carnota beach. Banish all thoughts of musty log cabins and shared bathrooms: flexible and family-friendly, the seven nidos (it means "nests") are modernist pavilions in clean-lined wood, raised on stilts, some of which have king-size beds, a whirlpool bath and a small terrace with its own plunge pool. Indulge with bird-spotting trips around the nearby Carnota lagoon, walks in the thick wooded hills behind the cabins and hikes along one of Spain's most exhilarating beaches.

Details One night's self-catering for two from £171 (nidosdecarnota.com). Fly to A Coruña



The Picos de Europa mountains, Asturias and Cantabria

ASTURIAS

Palacio de Prelo Boal

The hamlet of Prelo hides in deep countryside near Boal. Here Antonio Gómez de Mendoza, an economic historian and Oxford don, pitched up in 1998 to restore a mansion. The result: a heritage hotel with a nod towards English country style, whose five double rooms gaze out onto fields and chestnut woods. The tranquillity in the house lends itself to reading, listening to music, inspecting the Palacio's 18th-century chapel and walking in the gardens. There is excellent hiking, an unspoilt coastline and cute fishing villages Luarca and Puerto de Vega.

Details B&B doubles from £113 (palaciodeprelo.com). Fly to Oviedo

Solo Palacio, Asturias

Casona de Indias Piloña

This seven-room hotel in a former *casa de indianos* (built for a successful emigré on his return from Cuba) is beautifully sited in a quiet rural setting within easy reach of the Parque Natural de Redes. The owner/manager Pedro Armas is a Madrileño incomer whose well-judged taste and hospitality make the Casona feel like a particularly well-upholstered and civilised B&B. Particularly attractive are the patterned wallpapers, which subtly evoke tropical themes in their motifs of cocoa pods and palm fronds. From here it's half an hour north to the historic town of Villaviciosa, an unsung jewel of the Cantabrian coast, with its legion of *sidrerías* (cider-house restaurants) and commercial cider makers, many of which can be visited.

Details B&B doubles from £103 (casonadeindias.com). Fly to Oviedo

Palacio de Luces Lastres

Asturias has never been prodigal in really good hotels but Palacio de Luces is a notable exception. Now managed by the energetic Spanish Unico group, and recently revamped in a muted, elegant classic-contemporary style, its 44 rooms are distributed between a 16th-century mansion and a 21st-century annex affording huge views of meadow and mountain through floor-to-ceiling windows. Nearby Lastres has great dining options. Casa Eutimio, a family-run place specialising in fish landed in the small harbour below, is the best for many miles around (mains from £19; casaeutimio.com) but it's certainly worth sampling the classic Asturian cuisine

JORQUERAANTON PETRUS, MARCO BOTTIGELLI/GETTY IMAGES; STÉPHANE LUTIER

Noa Boutique Hotel, Galicia

Palacio de Luces, Asturias

(think cuttlefish meatballs, hake cooked in cider) at the hotel restaurant Tella (mains from £15).
Details B&B doubles from £256 (unicohotels.com). Fly to Oviedo

El Moderne Gijon

As Asturias's brightest, boldest and biggest city, and a seaside hub of urban culture often compared to Brighton in the UK, Gijon is just right for this chic boutique hotel in a carefully restored 1931 building. The hotel stands a couple of streets back from Playa de Poniente, one of Gijon's two magnificent urban beaches. If the 47 rooms (sotto voce symphonies in cool and warm grey) weren't so tightly soundproofed you could surely hear the waves. The art deco theme is echoed, 21st-century style, in the soberly minimalist interior design and there's a whiff of New York in the elegant low-lit cocktail bar on the ground floor (we applaud the use of green velvet). It's great for a rendezvous or as the launchpad for a night out in this winningly exuberant seaside town.
Details B&B doubles from £77 (elmodernehotel.com). Fly to Oviedo

Solo Palacio Quiros

The former seat of the aristocratic Miranda-Quiros family, this country house in the off-piste hamlet of Llanuces — deep within the Ubiñas-La Mesa natural reserve and far from the madding crowds on the Asturian coast — was rescued from ruin by the Madrid entrepreneur Carlos Diaz. Together with his partner, the designer Sofia Tejerina, Díaz has transformed the property into a collection of 11 apartments occupying various outbuildings and a chapel plus the original 16th-century dwelling. The remarkable design channels a stripped-down aesthetic (think wabi-sabi but without the shabby), employing humble materials like rusted steel and polished concrete to strikingly beautiful effect. Cultural stimuli are few and far between in this neck of the woods, an exception being the 9th-century pre-Romanesque church of Santa Cristina de Lena (12 miles away; entry €3, cash only).
Details B&B doubles from £214 (solopalacio.com). Fly to Oviedo

Pueblo Astur Eco-Resort Hotel Parres

The thoroughgoing makeover of an entire country village here (Cofiño, near Parres) raised the bar for high-end accommodation in Asturias when it opened in 2016. The sprawling property, which encompasses a church, traditional wooden *paneras* (granaries) and stables housing rare-breed farm animals, includes an excellent spa, river pools for swimming, two restaurants using produce from the farm and 30 rooms in converted village houses with a soft-toned, conventionally luxurious vibe. A novelty this summer at PuebloAstur are guided visits to the nearby Finca del Palacio de Nevares four miles away, whose plantations of riesling, albarin, mencia and gewürztraminer grapes are touted as possibly the most northerly vineyards in the Iberian peninsula.
Details B&B doubles from £368 (puebloastur.com). Fly to Oviedo

Narbasu Cereceda

The Manzano family of restaurateurs, buoyed by the success of Casa Marcial (where Nacho Manzano holds three richly deserved Michelin stars) and their various other locales in Oviedo and Gijon, took over a grand Asturian house in a glorious bucolic setting, reimagining it as a gastronomic retreat, Narbasu. The restaurant, run by Manzano with his sisters Esther and Sandra, is an anthology of historic dishes from Casa Marcial, competitively priced at £58 for the eight-course tasting menu. The surrounding Sueve hills are great for walks and hikes; as a morning constitution, stroll up the valley to the estate's idyllic stone watermill, soon to be the setting for intimate dinners.
Details B&B doubles from £137 (narbasu.com). Fly to Oviedo

CANTABRIA

Helguera Palacio Boutique Antique Las Presillas

A foursquare Renaissance mansion in stone the colour of *café con leche*, Palacio Helguera is tucked into the foothills of the verdant Pasiego Valleys. In the formal gardens abutting its grand façade are banks of hydrangeas and fountains trickling into moss-covered basins. The Madrid-based designer Malales Martinez Canut and her husband José Antonio Revuelta have spent £1.7 million converting the house into a sumptuous 11-room retreat whose unashamedly maximalist interior, combining rich fabrics, classical statuary and antique furniture (much of which is for sale), are sweet relief for anyone worn down by years of cold-hearted hotel minimalism.
Details B&B doubles from £513 (palaciohelguera.com). Fly or take the ferry to Santander

Praia das Catedrais, Galicia

Castilla Termal Solares Solares

This gorgeous belle époque jewel of a hotel, with its wedding-cake façade and fancy moulded balconies, is perfectly expressive of its late 19th-century origins, when fashionable Spaniards flocked to "take the waters" in the historic spa town of Solares outside Santander. The 113 rooms follow a time-honoured design formula chiming well with the building's architectural heritage. Spa programmes, from 2 to 14 days, offer a chance to reap the health benefits of Solares water, which emerges from the ground at a constant 29.8C and is reputed for its mildly diuretic and sedative properties.
Details B&B doubles from £111 (castillatermal.com). Fly or take the ferry to Santander

Kampoah Las Arenas Pechon

As glampsites go this takes some beating: it is racked up on terraces overlooking the sea like some natural amphitheatre, beside the Tina Mayor estuary and with three small, unspoilt beaches within minutes. Accommodation is either in tents, which range from the basic bell to larger and more luxurious versions, or pinewood cabins equipped with electric light, bath towels, double beds (bed linen is provided), crockery and glasses, tables and chairs, wifi connection and a coolbox. The Bora Duplex cabin comfortably sleeps a family of four. Everything else (the pool, supermarket, restaurant, beach club, laundry and playground) is as well maintained as the fussiest glamper could wish.
Details Self-catering doubles from £44 (kampaoh.com). Fly or take the ferry to Santander

Pico Velasco Angustina

As solid as a fortress, this hotel stands in a natural setting among woods, meadows and the Ason river. The 11-room retreat was built in 1653 for the Marquis de Pico Velasco, but wears its history lightly thanks to a fusing of modernist structures with the building's original carapace. This is one for lovers of Spanish gastronomy: the restaurant has a Michelin star (tasting menus from £72) and the chef/owner Ignacio Solana serves one of the very best breakfasts in the region. Try the *sobao pasiego*, a rich sponge made with the butter and cream of Cantabrian cows.
Details B&B doubles from £137 (picovelasco.com). Fly or take the ferry to Santander

Casa de Liz El Puente

This collection of four apartments in the town of El Puente, towards the eastern end of Cantabria, does short-let style with real panache. Still owned by the family of Maria Liz Nuño, who was born

More hotels next page

IÑAKI CAPEROCHIPI PH

Hotel Viura, Basque Country

here in 1872, the flats (all in the same village house) are cleverly designed: the DeLiz Loft (sleeping three) brilliantly melds pine beams with a post-industrial vibe, while the Duplex Monte, on two floors (sleeping four), is roomy and light-filled with views over the Guriezo valley from the living room terrace. Another house next door can be rented whole. In the vicinity are two towns worth setting the GPS for: Castro Urdiales for its historic harbour district and Santoña for its salt-cured anchovies, up there with iberico ham as one of Spain's most revered delicacies.
Details B&B doubles from £94 (casadeliz.es). Fly or take the ferry to Santander

BASQUE COUNTRY

Arbaso San Sebastian

As of 2020, San Sebastian's Centro contains the city's coolest urban hotel. Well situated on a square beside the neo-gothic cathedral, in a 19th-century apartment block, this urban boutique is predicated on an idea of modern Basque style as a fusion of minimalist chic and tradition. There's a simplicity about the design and natural materials dominate. The apartment-sized Suites have views of the cathedral from their balconies. The hotel restaurant Narru, where the chef Iñigo Peña does a stripped-down Basque *cocina de producto* — grilled octopus with pilpil paprika and ratte potatoes; ox ravioli, etc — lies at the centre of a growing restaurant ecosystem in downtown Donostia (mains from £22).
Details B&B doubles from £105 (hotelarbaso.com). Fly or take the ferry to Bilbao

Villa Soro San Sebastian

This 1898 mash-up of Surrey Tudor and bourgeois Basque fin-de-siècle atmosphere is run by a family of Catalan hoteliers. The villa retains original elements such as the carved wooden staircase, the parquet flooring and the stained-glass roof of the hall, complementing them with new furnishings, modern art and bathrooms in black, white and chrome. Bedecked in fine wallpapers and rich fabrics, this old lady has a spring in her step.
Details B&B doubles from £91 (villasoro.es). Fly or take the ferry to Bilbao

Hotel Iturregi, Basque Country

Akelarre San Sebastian

There's much to admire about the chef Pedro Subijana's hotel, attached to his three-Michelin-star restaurant in the surburb of Igeldo. Most obviously the building itself, designed by the architects Mecanismo, whose cuboid forms make a discreet addition to the landscape. The rooms are elegant, with the neutral aesthetic of the contemporary urban retreat. There's a spa and a tasting room adjoining the restaurant's new wine cellar. But the great attraction is the dining room with its widescreen sea views and panoramic tasting menus (from £337).
Details B&B doubles from £345 (akelarre.net). Fly or take the ferry to Bilbao

Miró Hotel Bilbao

Among the many good things Bilbao's Guggenheim Museum brought in its wake — apart from the rebirth of a grimy industrial city as a world-class cultural destination — was this townhouse on the Avenida Mazarredo within four minutes' walk. Interior-designed by the Spanish fashion master Antonio Miró, the hotel's 50 rooms have a cool simplicity that still feels right even after 20-odd years of business. The best of them have glassed-in balconies mimicking the typically Basque galleried window or *mirador*, with views towards the river Nervion. Affordable, reliable yet chic, the Miró has stayed the course to become something of a modern classic.
Details B&B doubles from £85 (mirohotelbilbao.com). Fly or take the ferry to Bilbao

Hotel Viura Villabuena de Alava

It looks like a series of boxes, piled up beside a church in the village of Villabuena de Alava. The Hotel Viura, like Frank Gehry's Marqués de Riscal in nearby Elciego, is what happens when cutting-edge architecture meets the world of wine (Villabuena belongs to the rioja demarcation despite being geographically Basque). It's a small country hotel for our times, where wine culture is referenced in such design elements as purple glass walls and room numbers scrawled in chalk. With 43 wineries nearby, the Viura (named after a grape variety) makes a good base camp for vinous explorations in the region.
Details B&B doubles from £131 (hotelviura.com). Fly or take the ferry to Bilbao

Hotel Iturregi Getaria

This is another example of a traditional Basque *caserio* (farmhouse) transformed into rural lodging. Immaculate gardens with palm trees and agapanthus; fresh breezes from the Cantabrian Sea. The harbour town of Getaria lies just five minutes away by car. With eight rooms, Iturregi feels less like a hotel and more like the lavish house of a friend. Minimalists might blanch at its repertoire of lampshades, overstuffed furniture and padded headboards, but for the rest of us it works like a charm.
Details B&B doubles from £269 (hoteliturregui.com). Fly or take the ferry to Bilbao

Nafarrola Bermeo

This traditional pitch-roofed Basque farmhouse breathes quiet sophistication in the coastal Urdaibai Biosphere Reserve, home to caves and cliffs, wetlands and beaches. Sustainably managed, the hotel provides a space for the storage and repair of bikes. Head out to Mundaka, four miles away, for the big waves or San Juan de Gaztelugatxe, nine miles away, for the *Game of Thrones* associations, before dinner at Rola, the in-house restaurant (tasting menu £81).
Details B&B doubles from £256 (hotelnafarrola.com). Fly or take the ferry to Bilbao