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This is Julia. Fierce, right? She's seen too many people get duped by those crappy TikTok life hacks and her new podcast has one thing to say...



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RIOT MOBS WREAK HAVOC ACROSS BRITAIN

SHAME ON YOU



SIR Keir Starmer has pledged to do 'whatever it takes to bring these thugs to justice' as far-right riots continued to rage across the country yesterday.

The prime minister spoke out after masked jobs descending on Rotherham attacked a Holiday Inn Express that has been used to house migrants.

The ugly scenes followed violent unrest in more than a dozen towns and cities

by BEN ASHTON

from Belfast to Bristol. Courts could open through the night to dispense rapid-fire justice as they did after rioting and looting swept Britain in 2011.

Sir Keir said: 'If you are taking part in this violence you will regret it and you

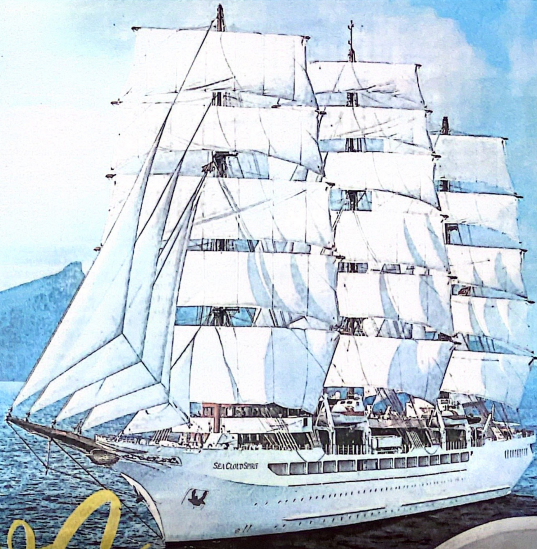
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Disgrace to the flag: Man in a Union Jack mask at Holiday Inn that came under attack (right) GETTY

FREE

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Crews CONTROL



Rigging it up: A crew member clips in

It's all hands on deck on the majestic Sea Cloud Spirit sailing cruise, as **Sabi Phagura** discovers

NEVER expected to be hanging on to the mast ropes 200ft in the air as part of a cruise but, to be fair, the spectacular Sea Cloud Spirit tall ship, with sails set by hand just as they were 200 years ago, really is like no cruise you'll ever experience.

First-hand experience of scampering up part of the masts came after a fitness test to check I was ship-shape. The test entailed me hanging off a bar for 20 seconds, balancing on one foot for 30 and for the doctor to be happy with my blood pressure.

I passed all three with flying colours, but the crew informed me that for someone of average fitness, the challenge is about 75 per cent mental and 25 per cent physical. I just had to psych myself up mentally for the climb the following day.

That evening, I watched the real deckhands scurry up the masts with precision. They made it look straightforward.

Buddied up with two crew members the following morning - one ahead of me and one below - I was ready.

Following a quick climbing induction, I familiarised myself with shrouds and ratlines. The former

strong wires hold each mast up for the crew to hold on to while the horizontal rungs of the ladder are used to step on.

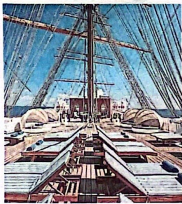
I just needed to ensure I always had three points of contact with the ship: hands, feet and harness clip. And with that, I was ready to shin up the rigging.

Stepping on to the rope was more nerve-racking than I had envisaged. The rope wobbled beneath my trainers, the wind blew from the sides and I momentarily wondered what I had let myself in for.

But taking deep breaths as I've learned from my yoga sessions, I hoisted myself up one foot and one hand at a time, and reminded myself that I was on an adventure.

Soon I was clambering up like a rock climber and the adrenaline game gave me a buzz. This was akin to a huge climbing frame for adults, and I paused a couple of times to enjoy the moment.

Then came the tricky bit. The ropes narrowed and I had to unclip myself to enter this section. Peering down perched from the steep lofty height



On the waves: Clockwise from top left: The five-deck, three-mast tall ship Sea Cloud Spirit's Sun Deck, classy living quarters; onboard yoga sessions; and the Lido Deck



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Modern luxury, old-fashioned ocean sailing

GET ON BOARD

Prices for sailing aboard Sea Cloud Spirit can be upward of £1,000 (£845 per night). For a full list of destinations and further information on Sea Cloud Cruises, visit seacloud.com/en

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was the highlight – emphasis on high-of my trip on the German-based five-deck three-mast Sea Cloud Spirit, the newest and third ship in the world's only fleet of cruise ships that still sail the old fashioned way. The vessels flow through pristine

waters under sail more than two dozen zandlers safe. According to staff, the ship sails more than 60 per cent of the time on wind power, giving the 'gentle tourists' accolade a new meaning. When not sailing, the ship is powered by two diesel-electric engines that operate entirely on low-sulphur marine diesel fuel. The

original ship, Sea Cloud, was built more than 90 years ago. Sea Cloud II (launched in 2001) and Sea Cloud Spirit (2021) were built to uphold the ambience of a private yacht and a tall ship sailing inside and out. The newest ship is the biggest at 433ft in length with 69 cabins featuring ample wood detail.

Yet the amenities, including comfortable beds with the finest linen, sofa, spot-lit artwork, air conditioning, capacious decked balcony, and frosted golden bow-style sink in the bathroom with L'Occitane products, give the impressive ship a modern luxury touch.

While the fleet is void of water parks, swimming pool or casino, the cabin deck is home to a spa, two treatment rooms, relaxation area, steam room, and sauna. It's also got a glass-walled salon to keep hair coiffured while sailing.

Keeping in shape while aboard is not a problem, with a fully equipped fitness studio.

While the yacht may be smaller than traditional cruise liners, you won't feel cramped. But if you do crave personal space, the glass-walled library on the Sun Deck is the perfect place to escape for a spot of reading or to play games.

Scattered across the Sun Deck are a variety of lounge chairs and circular day beds complete with canopies for sunning and snoring under the sails.

Unlike bigger cruise lines, Sea Cloud

Spirit offers just two dining venues. The Restaurant is a lovely indoor dining room with perfect decor that can accommodate all passengers in one open sitting.

The outdoor Bistro on the ship's Lido deck is less formal. We thoroughly enjoyed a glistening number of prepared salads at lunch, a separate green salad station, and hot dishes including tuna, roast turkey, pig roast and sea bass. Cheese and dessert helped round off the meal.

The Lido Deck houses the main bar. Most guests gathered here to mingle, even against the elements, not wanting to forgo the pleasure of being outside.

In the evenings, the Lido Deck is transformed from an outdoor dining venue to a club that kept our group dancing until we were hours. It was far more fun than being cooped up in the gym.

The Sea Cloud Spirit, its sails unfurled, is best viewed from the sea. This was obvious to see on port days.

The overall experience is one of private yacht luxury. Sure, the purpose of a cruise is to explore areas the ship docks at (we stopped at Cairn and Lisbon on the Mataga to Lisbon trip). But much of this cruise is about embracing life under the sails. And you don't have to know anything about yachting to appreciate it.

The magic of being powered by the wind and 41,000 sq ft of canvas provides sheer joy.



Fine dining: Sea Cloud Spirit has two restaurants

THE SCHOONER

Taking a cruise on a tall ship offers an intimate, magical and eco-friendly sea experience, says **Richard Mellor**

A BEGINNER'S GUIDE TO TALL SHIPS

Encompassing windjammers, clippers, schooners and ketches, tall ships are traditionally rigged sailing vessels, more closely resembling those used by Messers Columbus.

Cook and co than modern-day cruising colossi. Yet cruise they still do, offering a more intimate experience and the ability to dock at smaller points. Despite the retro feel, some tall ships are luxurious; all are eco-friendly, with engines switched off whenever possible. On some itineraries, guests are expected to assist the crew, but usually this is optional.

CLASSIC CLIPPERS

The upmarket Star Clippers' three-strong fleet is headlined by Royal Clipper, a 42-sail, 440ft-long beauty who ranks as the world's largest square rigger in service. She has three swimming pools and the same as her two newer, smaller siblings, Star Clipper and Star Flyer. Carrying 166 guests, this pair supply tropical-themed bars and Edwardian-style libraries while offering

paddleboarding and kayaking. After Yoga and culinary-themed sailings in Europe in autumn, Star Flyer will spend a week exploring the

Caribbean's Leeward Islands to commence winter.

Seven nights from £1,570pp, full board, departing Nov 30, starclippers.co.uk

SICILY BY SMALL SHIP

A Cornwall-based tour operator specialising in skippered holidays. Venturesails represents 15 tall ships as well as poth yachts and expedition vessels. Among those is the Florette, a 103-year-old wooden windjammer, which survived the World War II while operating as a cargo ship. Restored to her original leisure purposes, she has 11 cabins – with the option of sleeping on deck in hammocks. This autumn, join her on a circuit of Italy's Aeolian Islands, an archipelago north of Sicily.

Seven nights from £1,095pp for singles, half-board, departing Sep 7, venturesailholidays.com

LIFE OF AN HEIRRESS

Among Sea Cloud's trio of windjammers, the 100 ft is an opionymous, 64-passenger beauty who comes with



Scottish stay: Old camp trader Bessie Ellen

African outing: Cape Town

CRUISE NEWS

some history. Still radiating bygone splendour courtesy of marble fireplaces and French antiques, Sea Cloud was launched in 1931 for the US's wealthiest woman, Marjorie Merriweather Post. More modern – though just as elegant – is Sea Cloud Spirit. On all three ships, complimentary snacks are served at night and water sports are gratis by day. Summers are spent in the Mediterranean before winters in the Caribbean. For more on Sea Cloud Spirit, check out Sabi Phangum's account of her voyage above.

Seven nights from £1,895pp, full board, departing Feb 2, seacloud.com

TIME TO CHILE OUT

Another World's roster of trips ranges from trekking expeditions to, yes, tall ship itineraries, many of them in far-flung corners. The operator can get you aboard Atlantic crossings or an 83-day cruise from Cape Town to the UK, or inspect the coastline of Chilean Patagonia aboard a herring drier. Heading north from Puerto Natales to Puerto Montt, you'll anchor beneath cliffs to undertake hikes before admiring Chile's own lake district. Help the crew if desired.

Twelve nights from £2,220pp for singles, full board, departing Mar 26, anotherworldsailings.com

SIMPLY THE BESSIE

If you'd rather a staycation option, consider this 120-year-old hatched. Once a cargo trader, Bessie Ellen today hosts short breaks, week-long cruises and ten-day voyages in Cornwall and Scotland as well as Scandinavia. Her old cargo-hold is now host to a capacious saloon and dining area. The 29 guests sleep in bunks, share a shower room and are expected to help out on deck. Perfect for first-timers is a flexible Hebridean itinerary heading west from Oban. Staff's organ-like flexions, sacred lona and teeny-tyne Eigg all weather conditions and there should be ample time for following walking trails on uninhabited islands.

Three nights from £695pp, full board, departing Apr 29, bessie-ellen.co.uk