

THERE'S JUST ONE QUESTION in the minds of tennis fans this month: will Andy Murray retain his Wimbledon title – and do it without welling up? But for the man himself, there are other concerns. At the time of going to press, he was still – three months after the departure of Ivan Lendl – coachless. He's also recently turned hotelier, with the opening of Cromlix, a 15-room country house hotel near his childhood home in Dunblane, Scotland. And then there's the pressure of getting ready for next season. Fantasy football season, that is...

Fantasy football, really?

"I'm hugely into it. Whenever I have some downtime, I can be found on my computer, fine-tuning my team to make sure I keep dominating the rest of the guys in the league. It helps me relax."

You're a Hibs fan, right?

"I am, but I have a lot of respect for Sir Alex Ferguson. The success he had with Manchester United was incredible and the way he commanded respect from his players was like no other manager the game has ever seen. I actually named one of my hotel's rooms in his honour."

Would you say he's your sporting hero, then?

"The one who inspires me the most is Muhammad Ali. His attitude towards his sport always mesmerised me and his work ethic was just incredible."

So, what prompted you to open a hotel?

"Cromlix was always an important part of the area I come from and meant so much to local families, including mine. It's important to me that I give back to the community that put me on the right path and the hotel seemed like the perfect way to do it."

You must be a serious hotel expert by now – given you spend so much time in them. Any favourites?

"I probably spend eight months of the year on the road, which means I get to see some great ones. The best were probably The Address on the Dubai Marina, Crown Towers in Melbourne and the One and Only Ocean Club in the Bahamas. I stayed at the latter after I won Wimbledon last year and it's an incredible place."

PHOTO GETTY

**05. TRAVEL
TIPS FROM
THE UK'S
NUMBER
ONE
FANTASY
FOOTBALL
FAN ANDY
MURRAY**



“I’d like to say there were only a few times I forgot my passport, but I’ve watched the plane take off without me on several occasions...”

Sounds great. Any downsides?

“I really miss my girlfriend and my dogs. Kim will often join me on the tour for a few months of the year, but it’s difficult to take my dogs with me, so I don’t get to see them that much.”

Then again, you must have your routine down...?

“Always have your bags labelled up with your name, number and address – that’s my tip. If you’re flying long haul, it’s great to have a good box set on your iPad or laptop before you take off. It will keep you entertained and the flight will go a lot quicker.”

What about travel plans that went wrong?

“There were some adventures before I turned pro. I’d like to say there were only a few times when I forgot my passport, but it happened on several occasions. I’d get to the gate too late and then have to watch the plane take off without me.”

Finally, what’s your favourite place?

“My grandparents’ house in Dunblane, because there are a lot of happy childhood memories associated with it. I spend a lot of time on the road and have been lucky enough to see some incredible parts of the world, but for me you can’t get much more of a perfect holiday than the comfort of your own home.”

Cromlix (Perthshire FK15 9JT, 01786 822 125) opened on 1 April 2014; Wimbledon runs from 23 June-6 July.

cromlix.com; wimbledon.com

Six places to perfect your serve



Arisaig House
Channel your inner Murray when you hone your game against a backdrop of 19 incredible Highland acres.
Fly to Inverness
georgegoldsmith.com



The Sportchalet
Great athletes train at altitude. Boost your fitness on this 1,650m-high court in Mürren, Switzerland.
Fly to Zurich
muerren.ch/sportchalet



Tennis de la Cavalerie
This Art Deco building opens onto terraces overlooking the Eiffel Tower.
Fly to Paris
tennisdelacavalerie.fr



Aphrodite Hills
With nine floodlit courts and lessons from former British No.1 Annabel Croft, you can finally nail that pesky backhand.
Fly to Paphos
aphroditehills.com



Tuscany Tennis
Tailor-made teaching from experienced coaches, with days off for beach visits and tasty, healthy meals.
Fly to Pisa
tuscanytennis.com



Vale Do Lobo
Make like Judy Murray and cajole the rugrats into one of the myriad family classes at this slick Algarve golf resort.
Fly to Faro
valedolobo.com



06. HOW TO START YOUR DAY ON THE RIGHT BEAT

BACK IN OUR DAY, it was a badge of honour to be the last clubber standing at the end of the night: that neon-daubed guy still waving a fading glowstick like a flag of no surrender as the cleaners arrived. Today’s ravers are, apparently, somewhat more wholesome, if the rise of Morning Glory is anything to go by.

This earlybird concept is spearheading a trend for ‘Breakfast Clubs’, where busy professionals can dance their way into the day. Already popular in London, it’s set to open in Amsterdam, Paris and Barcelona this month. Instead of booze, there’s coffee, smoothies and free massage at the events, which run from 6.30-9am. It might sound weird to those used to raving through from the night before, but at least it’s bound to be cooler than Zumba.

morninggloryville.com