

Happy, healthy holidays

Satisfy your wanderlust with these well-being breaks



Find peace on the pistes

Enjoy a rejuvenating winter break in the heart of the Alps with Our Retreat Chamonix – a ski-based escape with balance, nutrition and wellness at its heart. From sun salutations to snowboarding, revel in mobility and meditation sessions before heading out for a day of skiing, then return to the cosy chalet for a nutritious meal courtesy of the chef. Yoga, hiking trails and sound healing sessions will factor too, and relaxation is encouraged with open fires to curl up next to and a hot tub overlooking the snow-capped mountains to take a dip in.

Led by world-class health and fitness experts Roo Hamer and Emily Cohen,

classes are worked into a personalised programme that can be practised beyond the retreat, meaning you can use the break as a springboard for your fitness journey.

- Our Retreat Chamonix will take place from 27 February to 5 March 2022 and costs from £1,450 per person, including six nights' accommodation in the chalet, hot breakfasts, afternoon tea and snacks, pre-prepared lunches to take out with you, three-course evening meals, morning yoga classes, afternoon mobility classes, guided meditation, workshops and talks, evening activities, transfers to and from Geneva, in-resort transfers and an afternoon trip to see the Aigullie du Midi. For more information and to book, visit Ourretreat.co.uk

Get mindful in the Cumbrian mountains

The beautiful Lake District is the setting for Ramblers Walking Holidays' Restore, Reflect & Recharge in the Mountains four-day break. Based on the shores of Buttermere with enthralling lake and mountain views, the holiday is designed to help you live in the moment with a programme of walking and reflection in the Cumbrian countryside.

Following trails such as Haystacks and Rannerdale Knots, some elements

of the walks will be taken in silence with activities to help you connect with the surroundings and yourself. There will also be gentle yoga sessions targeting areas of the body that support walking activity, and short relaxation sessions, too.

- The four-night Restore, Reflect & Recharge in the Mountains break costs from £515 per person and includes accommodation at Hassness Country House, all meals, yoga and relaxation sessions and transport to and from the trails. Departures take place on 30 April, 23 July and 15 August 2022. Visit Ramblersholidays.co.uk



Dive into Puerto Rico

SwimTrek specialises in swimming holidays and its Vieques Escape package is a water-lover's dream getaway. Deep dive into the tropical waters of Puerto Rico and discover the diversity of the local landscapes – including misty rainforests, crumbling outcrops and reef-encrusted islands.

Based on the island of Vieques, which is home to a pristine wildlife refuge and the world's brightest bioluminescent bay, you'll experience escorted swims with expert guides and explore reefs and lagoons. It's the ultimate opportunity to disconnect and hone your swimming skills in one of the world's most beautiful places.

- The four-day Vieques Escape costs from £1,120 per person based on trips taking place in November 2022. The price includes full safety escort and support from expert swim guides, three nights' accommodation at the unique El Blok Hotel, all breakfasts and two lunches, but does not include dinners or travel to and from the start of the tour. For more information and to book, visit Swimtrek.com



Surf and camp in the Canaries

Fuerteventura, one of the Canary Islands' most popular destinations, offers sunshine and warm temperatures year-round. A mecca for surfing and hiking, it's a great place for a winter wellness break. Watch the amazing sunsets on Cofete Beach and try surfing, windsurfing and kitesurfing on the island's 150km of beaches. There's also 255km of well-marked hiking trails and nearly 50,000 hectares of Protected Natural Areas to discover. For total freedom and the most memorable stay, hire a campervan to serve as your accommodation and mode of transport.

- Yescapa, Europe's leading peer-to-peer campervan and motorhome rental platform, has an Erik's Volkswagen two-berth multivan to hire for £380 for five days. The price is based on a pick-up from Puerto de Rosario, although airport pick-up and drop-off is available, and includes two insured drivers, breakdown cover and 200km in mileage. The multivan has a fridge, kitchen stove, 1.5 x 1.9metre bed and an outdoor shower. For more information and to book, visit Yescapa.co.uk





Blitz your body at bootcamp

No1 Bootcamp is the UK's original fitness retreat based in Norfolk and has helped thousands of clients meet their health, fitness and weight-loss goals. With retreats running weekly – every Saturday to Saturday – each bootcamp is

tailored to the individual's needs and age. They use state-of-the-art tech and have an elite

team of residential trainers, chefs and nutritionists on site to tend to guests' every needs. If you're looking to be whipped into shape, this one's for you – wake up time is 6am and you can expect up to seven hours of training per day, from hikes, coastal walks, boxing classes, weightlifting sessions, aerobics and spin.

● The No1 Bootcamp at Norfolk costs from £1,250 for seven nights. The price includes three daily superfood main meals and fuelling snacks, plus up to seven hours' training per day. Visit No1bootcamp.com



Run wild in Wales

Dust off your running shoes and join Welsh Orienteering Champion Tim Higginbottom to kick-start your trail running season. The all-inclusive Trail Running Spring Camp takes place in North Wales and focuses on bringing your inner trail runner out of hibernation.

With a short night trail run and two longer runs, you'll learn how to improve your technique and get tips on creating your

own training plan. There'll also be yoga flow sessions to increase flexibility and improve your breathing. Plus, you'll enjoy two nights in cosy glamping accommodation and be treated to delicious home-cooked, locally sourced meals.

● The three-day (two-night) break takes place on 18 March 2022 and costs from £375 per person. Visit Adventuretoursuk.com for more information.



Following the outbreak of coronavirus, please check government guidelines before travelling as restrictions may be in place



Bike the back lanes in Norfolk

Slow holiday specialist Inntravel is introducing its first UK cycling holiday, which is perfect for those who prefer a leisurely ride. Exploring Norfolk's celebrated coastline via a labyrinth of backroads, the itinerary covers between 12 and 21 miles per day and there's plenty of culture packed in along the way.

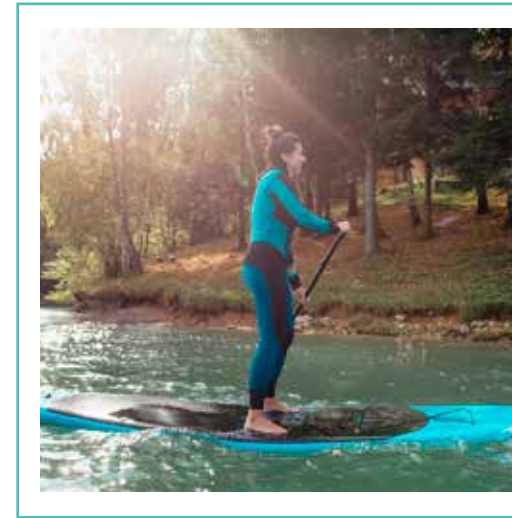
In the Queen's Platinum Jubilee year, the first day's cycle leads fittingly to the Sandringham Estate. Then, throughout the six-night holiday, you'll go on to discover a host of hidden gems – from Houghton Hall to quiet villages with historic relics and welcoming inns. Check out Burnham Market, the county's prettiest town, Holkham Beach, the undisputed jewel of the Norfolk coastline, and enjoy a ride on the Wells-Walsingham heritage steam railway.

● Inntravel's six-night self-guided cycling break costs from £895 per person, based on two sharing and includes six nights' B&B accommodation, two dinners, cycle hire, meticulously prepared route notes, maps and hotel-to-hotel luggage transfers. Available 1 March to 31 October 2022. Visit Inntravel.co.uk to book.

Try Muay Thai in Thailand

Celebrate the ancient art of Muay Thai in the most authentic setting with a nine-day adventure from TruTravels. The FitVentures Thailand Energise package will get the blood pumping with morning Muay Thai classes, bike rides around Koh Phangan, beach HIIT classes in Koh Tao and hikes to epic viewpoints. Delicious food, temple visits, sunset paddleboarding and Thai massages will leave both the mind and body nourished and relaxed, too.

● Prices start from £895 per person for a nine-day adventure, including airport pick-up from Bangkok, all transport when in Thailand, eight nights' accommodation and activities. Visit Trutravels.com for more information.



Tune out by the Thames

Escape the city for four days with the Swim Wild, Sip Cider and Meditate in Rural England break from Trips by Culture Trip. Centred around meditation, taught by an expert instructor, and based at a countryside retreat in Streatley-on-Thames, the trip goes beyond calming the mind with active hikes in the Chiltern Hills and stand-up paddleboard yoga on the River Thames. You'll also try wild swimming and sample local, award-winning Tutts Clump Cider.

● The Swim Wild, Sip Cider and Meditate in Rural England break costs from £889 per person, based on two people sharing a twin room and includes a local expert to lead, activities, transport throughout the trip and a range of meals. It takes place on 14 April 2022. Visit Theculturetrip.com for more information.

Words: Jo Chapman. Photos: PA, Shutterstock