

THE
24-hour healthy
hotel break

TREEHOUSE HOTEL LONDON

What: Quirky, eco-focused, plant-filled Treehouse Hotel in the heart of the capital has linked up with hip fitness studio Frame to offer guests a Move Your Frame package for the ultimate healthy staycation. It includes one night's accommodation and a one-to-one personal training session, either in your suite, on the outside terrace of The Nest – the hotel's foliage-filled top-floor bar with 360° views of the city – or in nearby Regent's Park. In addition, you can choose one of three virtual in-room classes: Hotel Room HIIT, Barre At The Bar or Bed Time Yin. Get your energy back in Mexican-influenced Madera restaurant, where the vegan ceviche with palm heart, baby tomatoes, lime, shaved coconut and mango is the mouth-watering highlight of the new vegan menu, before finally relaxing in a bedroom filled with humorous touches, such as sloth cushions, bright yellow cuckoo clocks and paintings of huskies.



DO IT!
From £299
per person;
Treehouse
hotels.com



THE
weekend yoga retreat

GREEN FARM, KENT

What: Just over 10 minutes by taxi from Ashford Station and you're in a rural idyll that channels *The Holiday*, only with more downward dogs and less Jude Law. A 600-year-old farmhouse on charmingly named Duck Lane sets the scene. Inside, guests stay in spacious, beamed bedrooms, dine on organic veggie dishes from the farm's community wildlife garden and curl up on comfy sofas next to an enormous fireplace. Yoga sessions take place in the converted, glass-fronted



barn and the retreat also includes a 55-minute treatment in the boutique Espa spa (don't mind if we do), countryside hikes and a nutrition workshop. If that wasn't enough to get you booking, there are hot tubs to laze in, bikes to ride, gardening to muck in with and art classes to sign up for. Expect to return home feeling nurtured, nourished and wanting a pet – the owners' dogs are part of the welcome committee.

DO IT!
Two-night
spa & yoga
retreat from
£595 per
person;
Greenfarm
kent.co.uk

THE
five-day fitness
bootcamp

BOURNEMOUTH WEST CLIFF
HOTEL, DORSET

What: You'll be pushed to your limits on this hardcore, week-long fitness escape, which runs year-round. A typical day kicks off with a pre-breakfast group fitness session at 7.30am (yikes), followed by a nutrition or psychology presentation, circuit session on the beach, snack, group fitness workout, lunch, sports, strength training, dinner, stretching or mindfulness session, massage, and finally, bed (phew). It's built up a cult following, and people rave about its success... Think you can handle it?



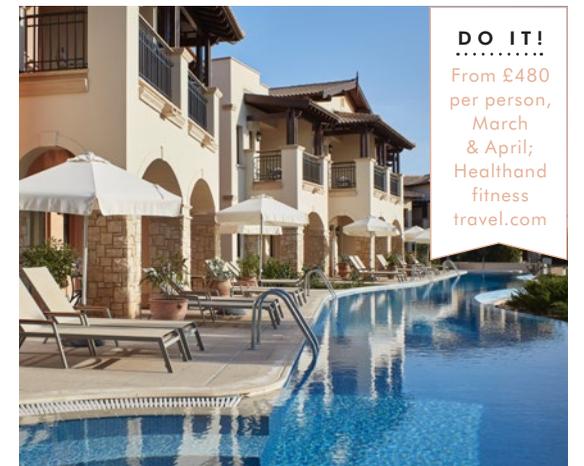
DO IT!
From £695
per person;
Reboot
dorset.com

THE
three-day
body break

APHRODITE HILLS
RESORT, CYPRUS*

What: You put together your own personal wellbeing itinerary at this five-star hillside resort just outside Paphos, so you can spend your time doing the exercise you love. The BodyBreak programme allows guests to choose four one-on-

one activities with a personal trainer during their stay. Will it be a bike ride, power walking, interval training or a jog? How about TRX, weight training or calisthenics, followed by a stretching, Pilates or yoga session to wind down? We're particularly loving the choice between a Swedish, Thai or aromatherapy massage. Guests on the BodyBreak also get unlimited use of the spa, access to all the resort's complimentary fitness classes, plus there are 18 restaurants to refuel at. >



DO IT!
From £480
per person,
March
& April;
Healthand
fitness
travel.com

THE
three-day surf and yoga escape

A RURAL FARMHOUSE IN PORTUGAL*



You'll find us
by the pool

DO IT!
From £54
per person;
two-hour
surf lesson
from £50;
75-minute
yoga class
from £10;
Soulandsurf.
com

What: Part of the hip Soul & Surf collection (they have other camps in India and Sri Lanka), this Algarve retreat is ideal for anyone who wants to look after mind and body. Sunshine-kissed days slip by filled with surf lessons (board and wetsuit hire are included in the price), yoga, meditation and great

food. Seasonal dishes are served outside on communal tables with more than enough room for social distancing, while getting to know other guests. Rooms are bright, white and full of local touches, like wooden shutters and handmade wicker baskets, or you can stay in a luxury bell tent (May-Oct).



Us, running towards the fondue dinner

DO IT!

Hotel La Cordée des Alpes from £175 per night; Hotelcordee.com. Cabane Brunet from £63 per person per night; Verbier.ch/en

THE
five-day hiking trip

VERBIER, SWITZERLAND*

What: A chance to get out and about in the fresh air of the Swiss Alps, even after the snow's melted. Verbier resort sits high, at 1,500m, in the heart of the vast Four Valleys ski area and is one of the most beautiful mountain resorts in the world – winter or summer.

Start in style with a stay at Hotel La Cordée des Alpes, where a gourmet meal in the Alpine-style brasserie followed by a blissful night's sleep in a luxurious room sets you up for the hard work to come. BTW, vegetarians will be happy to learn there are delicious veggie options like green risotto, zucchini and grilled almonds, alongside hearty meat dishes.

The next morning it's time to hit the trails, but before you do, pick up a VIP (Verbier Infinite Playground) pass from the hotel reception, as it enables you to travel on mountain lifts and buses for free, saving you heaps of time, energy and money.

The ultimate healthy holiday, all 950km of the area's walking trails are free, well mapped out and the amount of endorphins released striding along them is greater than any spin class – the soaring peaks, wild flowers and bright sky are truly magical. Just make sure you pack (worn-in) walking boots, layers for varying climates and a waterproof, otherwise the serenity will quickly turn sour.

Even with the right kit, hiking's more hardcore than it looks, particularly at altitude, and you'll soon feel like your legs and abs have had a proper workout.

When you're tired and mid-trail it doesn't make sense to return to Verbier, so instead hikers make use of "cabane" (cabins) dotted through the mountains.

This is a totally different kind of travel experience, which feels authentic and enticingly in-the-know. While it's pretty basic – privacy is rare as accommodation is in shared dorms (don't forget a sleeping bag and pair of earplugs for a better night's rest) – it also feels like winning the lottery when you arrive at Cabane Brunet and are treated to a local beer, a bowl of heart-warming fondue and chats with fellow hikers.

Other activities:

If you love yoga, Wholey Cow (Wholeycow.ch) runs regular classes and will guide you through your eagle pose on breathtaking mountain peaks.



There are 800km of mountain-bike trails, which you can explore by e-bike, hired from Backside in Verbier (Backsideverbier.ch).



Raclette cheese is only made in this region. Cheese as a post-workout treat? Yes, please.



*CHECK QUARANTINE REGULATIONS BEFORE YOU TRAVEL. WORDS: AMANDA STATHAM. ADDITIONAL WORDS: SAIREY STEMP. PHOTOGRAPHS: GETTY IMAGES



THE
seven-night complete reset

A COUNTRY MANOR HOUSE IN KING'S LYNN ON THE NORFOLK COAST

What: No1 Bootcamp's fitness retreats are considered some of the best in the business (Laura Whitmore's a fan). Days involve a steady stream of classes, which vary from box fit and HIIT to yoga, circuits and hiking in the Norfolk countryside, plus you receive one-to-one consultations with trainers, and body-composition tests on arrival and departure. With all that training, you'll look forward to the superfood-laden dishes created from scratch for every meal – they're all about optimal muscle creation and sustaining energy, so you can expect to be tucking into



dishes like sesame-encrusted salmon on wild rice with broccoli. An on-site masseur helps to ease any strains, and the rooms, which are a mix of private or shared (depending on how much you want to spend), are surprisingly luxurious, with TVs, complimentary toiletries, herbal teas and wi-fi. Extra points for the motivational seminars, which offer tools for taking what you've learnt into the outside world, making this a potentially life-changing holiday.

DO IT!

From £1,150 per week, year-round; No1bootcamp.com/norfolk-weight-loss-retreat-uk

THE
six-day wild fitness escape

A CONVERTED 18TH-CENTURY FARMHOUSE ON THE SOUTH COAST OF MENORCA*

What: Wild fitness? It means running in fields and swimming in the sea, rather than being stuck in a gym. Founder Tara Wood is evangelical about the benefits of immersing yourself in nature, and on a Wildfitness retreat, this translates as lifting rocks rather than weights, hiking trails in Camí de Cavalls and wild flow (a mix of yoga, martial arts and gymnastics).

A typical daily schedule includes three to four group activity sessions, but when you're not working out, there are classes such as Wild Eating, plus an infinity pool to dive into. Accommodation's a mix of bright white rooms with countryside views in the main villa and suites in converted barns, where the scent of the garden's lavender fills the air. ♦

DO IT!

From £1,670 per person (based on double occupancy), 15th-21st and 22nd-28th May; Wildfitness.com



"Right, where do you want these rocks?"