

# BEST OF THE REST

ON AN ACTIVE HOLIDAY...

## FOR YOUR BODY

### CAPE ACTIVE

#### South Africa

From £520 per person  
for seven nights  
+27 28 27 29 723,  
[capeactive.com](http://capeactive.com)

These Pilates retreats are based at a charming guesthouse on dramatic Betty's Bay, with the sea and mountains a step away and plenty of other activities on offer including surfing, hiking, kayaking, biking and cultural trips. There's also a stress-relieving Jacuzzi-spa with unforgettable views of the sea and the sunset.

### YOGA HIKES

#### Italy

From £2,250 per person per week  
+44 7796 671 549,  
[yogahikes.com](http://yogahikes.com)

These holidays offer an effective mix of daily hikes, yoga sessions and down-time, based at the lovely Lesolana Farm, a hilltop *agritourismo* with inspirational views across the Tuscan countryside, a swimming pool and very comfortable rooms.

### BARCELÓ ASIA GARDENS

#### Spain

From £1,488 per person per week, +34 966 818 400,  
[asiagardens.es](http://asiagardens.es)

Adding to its superb blend of Asian inspired therapies, Barceló Asia Gardens has just launched a unique Seven Day Programme. Consisting of

one treatment per day and a consultation with the resident Chinese medicine specialist, you will discover new ways to reach your personal health goals in the serenity of the hotel's luxurious surroundings.

## FOR YOUR HEART

### SHANGRI-LA VILLINGILI RESORT & SPA

#### Maldives

From \$954 (approx. £622) per villa per night  
+960 689 7888,  
[shangri-la.com](http://shangri-la.com)

This lush resort is based on Addu Atoll, which offers the longest cycling road in the Maldives, an attractive 17km route that links the five neighbouring islands. Use resort bikes and maps to get fit whilst seeing a bit of authentic culture, then kick back with the signature Cowrie Shell Experience in the lovely Chi Spa.

### FAIRMONT HOTELS & RESORTS

#### Canada

From CAD\$230 (approx. £150) per room per night  
+800 0441 1414,  
[fairmont.com](http://fairmont.com)

Fairmont have made unhealthy city breaks a thing of the past – The Fairmont Royal York in Toronto offers guests Adidas running gear, an MP3 player pre-loaded with energetic music, a route map of the city and optional guided jogging classes, while Montreal's Fairmont

The Queen Elizabeth has introduced a complimentary Running Club so that guests can discover the city by foot.

## FOR YOUR MIND

### LITTLETON MILL

#### Wiltshire, UK

From £100 per person per day 07786 363 553,  
[littletonmill.co.uk](http://littletonmill.co.uk)

Treat yourself to a stay at this contemporary, uncluttered and beautifully restored 17th-century working mill, set in 10 acres of gardens. As well as offering group retreats they will organise bespoke weekends which combine yoga, massage and meditation with detoxing foods and chats about happiness and sustainability.

### SKYROS

#### Thailand

From £1,245 per person for 11 nights  
01983 865 566, [skyros.co.uk](http://skyros.co.uk)

The experts in holistic holidays have a particularly special venue in Thailand – a five star resort set on a private bay on the unspoilt island of Koh Chang. Take a course in Life Choices, The Courage of Change, Music & Creativity or Songwriting & Singing – then kick back with yoga, spa treatments, swimming and snorkelling.

### 54° SOUTH

James Walker Events  
14 days from £19,500  
01905 621 158,

## jameswalkerevents.com

Push yourself to the limit with this trip of a lifetime guaranteed to invigorate, challenge and inspire. 54° South is a 32-day adventure beginning on the Equator in Ecuador and extending 54° south to Tierra del Fuego. You will explore a realm of different territories and climates including the Ecuadorian rainforest, the snow-capped volcanoes of the Andes and see the largest penguin colony in South America, the list goes on. 14 or 17-day tours are also available.

## FOR YOUR SOUL

### KARKLOOF

#### South Africa

From R4,000 per person per night (about £350)  
Book with Rhino Africa,  
0808 238 0044,  
[rhinoafrica.com](http://rhinoafrica.com)

This boutique lodge in the KwaZulu-Natal Midlands is surrounded by uplifting countryside, with dramatic cliffs in the distance and a fresh, clear waters of Albert Falls Dam nearby. Refresh yourself with nature walks, mountain bike rides and game-spotting, then enjoy a lovely range of holistic and beauty treatments at the tranquil spa.

### PORTO ZANTE ZAKYNTHOS

#### Greece

From €900 per villa per night (approx. £775)

## 020 8862 6767, [portozante.com](http://portozante.com)

Replenish yourself in private at this child-friendly clutch of boutique contemporary villas. Beautifully-equipped, they are set on a tranquil bay with their own sandy beach, round-the-clock service and a spa offering thalassotherapy and massages overlooking the ocean.

## BODY & SOUL BREAKS

#### London, UK

Challenge yourself to a really good work out – British Military Fitness offers exhausting but effective outdoor fitness classes in parks across London (020 7751 9742, [britmilfit.com](http://britmilfit.com)). Ease your muscles and soothe your mind with a spot of yoga – the exceptional Special Yoga Centre in Kensal Rise provides classes for adults and children (020 8968 1900, [specialyoga.org.uk](http://specialyoga.org.uk)). Get pampered at The Dorchester's art-deco inspired spa, where you can feel cosseted with gorgeous treatments from British brand Aromatherapy Associates and nibble on healthy sandwiches in the Spatisserie (020 7629 8888, [thedorchester.com](http://thedorchester.com)). Learn to meditate the easy way with the London Meditation Centre. Run by former high profile business people, it offers a free introductory evening and courses of four 90-minute sessions ([londonmeditationcentre.com](http://londonmeditationcentre.com)).