

*Thermae Bath Spa,
Bath*

Health & Wellbeing

A mini guide for international media



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Introduction

Britain is a fantastic choice for anyone who wants to feel healthy on holiday and return home relaxed, revived and ready for anything! Eat the freshest produce, drink the zingiest mocktails and discover your new favourite exercise class on the other side of the world.

Wellbeing comes from within, so treat your body like a temple by dining at Britain's super-healthy organic restaurants and discovering brilliant alcohol-free bars. And don't forget to treat your Instagram followers to a Vitamin C hit by snapping and sipping the best-looking juices around.

Can't bear to miss out on your regular dose of endorphins? Take a yoga class 244 metres above London at iconic monument The Shard, shimmy through a Bollywood dance class in Dartmoor National Park or really burn some energy at a dedicated bootcamp in Britain's beautiful wild spaces. There are plenty of inspiring ways to use the countryside as your natural playground, whether it's canoeing on Scotland's Loch Lomond, launching into the Welsh waters on a coasteering adventure, or swimming through the archway of Durdle Door on England's Jurassic Coast, a UNESCO World Heritage Site.

If you're more interested in tuning out than toning up, there are special places all over Britain where you can switch off with a 'digital detox' – think far-flung lighthouse keeper's cottages and luxury treehouses – as well as mindfulness and meditation courses to help you truly escape the hustle and bustle of everyday life. When it comes to pampering, Britain has sumptuous spas in stunning locations, from town and city centres – Bath's amazing rooftop pool comes to mind – to idyllic countryside hotels.

Digital detox – where to go to fully switch off

Did you know that most people now spend more time using technology than they do sleeping? It's getting harder and harder to switch off and relax. With that in mind, we've selected some of the best places to help you turn the digital tide and leave behind emails, text messages, breaking news alerts and never-ending Twitter notifications.

Go on a retreat



Can you see it? Chewton Glen's luxury treehouses are hidden havens of relaxation

If you know you're going to find it hard to go cold turkey on all things digital, try Chewton Glen's **Digital Detox Retreat**; they'll put your techy bits and pieces under lock and key if that makes it easier for you to truly switch off. It shouldn't be too much of a hardship though, with Nordic walking, yoga, meditation and an adult colouring book to keep you blissfully busy in gorgeous countryside in south-west England, two hours and 30 minutes by road or train from London. Stay in one of their luxury treehouses for the ultimate back-to-nature experience.

www.chewtonglen.com

In November 2016, Reclaim Yourself is running a **Digital Detox Weekend**. Leave your phone behind, switch off your tablet and indulge in three days of yoga, meditation, kirtan chanting, massage and vegetarian food in a 17th-century manor house an hour north of London. No emails, texts or Candy Crush allowed!

<http://reclaimyourself.co.uk>

Go off grid

If all you need is for your connection to that sticky World Wide Web to be severed, simply stay somewhere that removes the temptation.

All of the **Landmark Trust's** unique historic properties come without televisions, radios and telephones – and as a rule, they're so remote that Wi-Fi is practically unheard of. They do still have the basics though: comfy furniture in keeping with the spirit of the accommodation, modern kitchens and bathrooms, and top-quality bed linen and blankets. Plus there's usually at least one open fire or stove, so you can swap social media for the simple pleasures of tending the fire.

www.landmarktrust.org.uk

The **Irish Landmark Trust** works on the same premise of delicious disconnection. Try one of Blackhead Cutter's Lightkeepers' Houses; you'll find them on a precipitous rocky cliff with



Transport yourself back to simpler times with a stay in a dramatically situated lightkeeper's house

spectacular views over Belfast Lough, 20 miles (32 km) north of Belfast in Northern Ireland.

www.irishlandmark.com



Recharge your batteries by the sea at The Beach Hut

To get even closer to the ocean, head to **The Beach Hut at Carswell Farm Holiday Cottages** in south-west England, three hours and 40 minutes by road from London. It's tucked away at the back of an isolated private rocky cove, accessed by a 15-minute walk along a steep cliff path. There's no electricity but you will have the luxury of running water, a wood-fired hot tub and unrivalled views of waves crashing onto the beach just a few steps from your front door.

www.carswellcottages.com

If the thought of no roads, no electricity and no mobile signal appeals, check into **Skiary Guesthouse**, labelled 'Scotland's wildest guesthouse', on the shores of Loch Hourn in the Scottish Highlands. To get there, walk for 35 minutes from the end of the road, or organise a lift in the owners' dinky motorboat. Your efforts will be rewarded with home-cooked meals, whisky and a driftwood-burning stove. And the real world will feel a long, long way away.

www.skiary.com

Go back in time

For the ultimate break from all mod cons, rent somewhere that takes you back to a time before the internet was invented.

Penryhn, a traditional Welsh split-level stone cottage packed full of timeless character, has oil lamps, candles, colourful woollen Welsh blankets, bags of personality and absolutely no electricity. Heating is provided by real fires and oil-powered Rayburn cooker. Books, games, coastal walks, ponies, seals, porpoises and a piano rather than computer games and apps provide the entertainment. You'll find it on the coast of west Wales, just over two hours by road from Cardiff.

www.penrhyncottage.co.uk

If the thought of completely abandoning the 21st century gives you chills, try **Tigh Nighean Bahn** on the Isle of Skye in the Scottish Highlands. It's a restored blackhouse – a traditional building with stone walls, flagstone floors and a soot-blackened thatched roof. Tigh Nighean Bahn has the appearance of an old-fashioned blackhouse, with the same layout and traditional carpentry throughout, but with the discreet inclusion of a television and hi-fi in a hidden cupboard, plus underfloor heating and a kitchen with an electric Aga and all the other conveniences of 21st-century living. It's still easy to journey back to simpler times here though. Just pick one of the vintage books from the cottage's thoughtfully stocked bookshelves, settle into the leather wingback chair and be transported to a digitally detoxed frame of mind.

www.wildernesscottages.co.uk

Meditation and mindfulness – where to rejuvenate the mind in Britain

As well as giving you the tools you need to keep stress at bay, these meditation and mindfulness experiences will introduce you to another side of Britain. Expect temples on tiny islands, mindful walks through National Parks, and the chance to belt out a tune with intent.

Practice mindfulness in nature, north Wales

Get up close and personal with nature on a mindfulness walk with **Wilderness Minds**. The sense of space and calm that goes hand in hand with being outdoors in the natural world is a great partner for mindfulness. These one-day mindfulness walks mix guided mindfulness practices with silent walking through the mountains of Snowdonia National Park and along the coastline of Anglesey.



Walking towards a calmer you with Wilderness Minds

<http://wildernessminds.co.uk>

Meditate in the city, across Britain

Meditation classes are easy to find in Britain's cities. For a quick fix, try one of the evening meditation classes run by the **Potala Kadampa Buddhist Centre** in Belfast. Experienced practitioners can drop in to one of The Mindfulness Project's Sunset Meditations for a silent meditation followed by a mindfulness-related discussion, overlooking London's historic Fitzroy Square. Newbies and seasoned meditators are welcome at Cardiff Buddhist Centre's regular drop-in meditation sessions, while in Edinburgh, meditation classes are offered on an informal basis at the Kadampa Meditation centre.

<https://meditateni.org>, www.londonmindful.com, www.cardiffbuddhistcentre.com, www.meditateinedinburgh.org

Mix mindfulness with yoga, Northern Ireland

As well as daily yoga sessions, **Lake Isle Retreat's Yoga and Mindfulness – Living with Awareness** retreat involves early morning meditation and chanting at the temple on one of Lough Erne's 154 islands. There are exercises in visualisation, a walking meditation, a forest walk and optional massages too. If you'd rather visit on a personal retreat, pick from yoga, massages, meditation, cookery and Eastern philosophy classes to create a tailor-made retreat.

www.lakeisleretreats.com

Meditate by yourself, Scottish Highlands

Get some me-time in one of **Dhanakosa's** two solitary retreat facilities. The vajra sheilin hut can be booked for one or two weeks and is ideal for solitary retreat novices. The crotha bothy is suitable for those with a bit more experience; available for periods from three weeks

to a few months, it's in an isolated position high up in Gleann Crotha and only accessible by foot or quad bike. Make sure you're

in tip-top physical condition, as you'll have to carry weekly supplies from a drop point 300 metres below the bothy. The electricity supply is erratic, and mobile phone reception can't be relied on – perfect for getting back to nature!

www.dhanakosa.com



Mix mindfulness with singing on a retreat with The Sharpham Trust

Learn everyday mindfulness, Devon

The Sharpham Trust's retreats help you to incorporate mindfulness into everyday life. The Mindfulness & Walking retreat teaches you to appreciate and be mindful of the natural world as you walk through the wild, beautiful countryside of south-west England. The Creative Writing & Nature retreat blends writing, meditation and connecting with nature. If you like singing, join the Mindfulness through Singing retreat and warble away in harmony with others as you reconnect with yourself.

www.sharphamtrust.org

Become a mindfulness expert, Oxford

If you'd like to take your mindfulness studies to the next level, enrol at the **Oxford Mindfulness Centre**. Their Summer School will bring you bang up to date with all the latest research in the field of Mindfulness and Mindfulness-based Cognitive Therapy (MBCT), while the two-year Master of Studies degree in MBCT is for experienced practitioners and clinicians who want to develop a more in-depth understanding.

<http://oxfordmindfulness.org>

Meditate on a budget, Devon

At **Freely Given Retreats**, meditation retreats are made available to everyone, no matter what your budget. Simply pay what you're able to spare, and donations from those on higher incomes help support others' meditation practices. All that is asked of you is a £90 cheque to demonstrate your intent to join the course – this is handed back when you arrive – and two entirely voluntary donations. Choose from a varied programme of residential retreats, taking place at two places on Dartmoor National Park in south-west England.

www.freelygivenretreats.org

Meditate in luxury, Cornwall

The Scarlet, a luxurious eco hotel atop the cliffs of south-west England, has some seriously indulgent spa breaks that include



The Scarlet offers Escapes for those seeking luxury, 7 beautiful views and total relaxation. Credit www.scarlethotel.co.uk

meditation classes. Their Ayurvedic Wellbeing Escapes help you handle the stresses and strains of today's fast-paced world. The Escapes are tailored to your individual needs, but always include guided meditation, a bathing ritual, therapeutic massages, and a choice of activities from surfing and dancing to Nordic walking and yoga.

www.scarlethotel.co.uk

10 luxury spa retreats

From country manors to posh city centre hotels, Britain is dotted with luxury spa retreats where you're encouraged to check in and then completely check out. We've rounded up the best pampering properties across the country.

Herb House at Lime Wood Hotel, New Forest

On a 17-acre plot in the heart of the New Forest, Lime Wood Hotel is a converted hunting lodge that dates back to the 13th century. The bucolic views stretch for miles and there's no



The Herb House Spa at luxurious Lime Wood. Credit: David Garcia

better place to soak them up than from the outdoor hot pool at the Herb House Spa, a contemporary three-story outbuilding in the grounds. Start the day with a yoga session up on the rooftop garden before a relaxing dip in the heated indoor pool. Holistic and Ayurvedic therapies are available and you can refuel at the raw food café or with a juice made with fruit picked from the garden.

www.limewoodhotel.co.uk

Where is it? Hampshire, two hours and

40 minutes south of London by car.

Espa Life at the Corinthia Hotel, London

One of the capital's top spas occupies four floors of the Corinthia Hotel London, a beautiful belle époque property between Trafalgar Square and the River Thames. Clad in sleek black marble with a mosaic steam room, an amphitheatre sauna, a pool and cosy sleep pods, this celebration of posh pampering has no less than 17 treatment rooms and a wellness programme devised by naturopaths, osteopaths, acupuncturists and herbalists. Upstairs, the opulent hotel is studded with chandeliers and features two grand restaurants, a mini branch of Harrods and sumptuous bedrooms.

www.espalifeatcorinthia.com

Where is it? Central London, nearest tube: Embankment

Blythswood Square Spa, Glasgow

Named after the square that it sits on, this grand Georgian townhouse is one of Glasgow's glitziest hotels. The rooms may feature Harris Tweed and original wood panelling but the basement spa is ultra-modern with a crystal steam room, heated stone loungers and two relaxation pools. Many of the treatments use Isha products, which are made on the Isle of Lewis using hand harvested seaweed.

www.townhousecompany.com/blythwoodsquare/spa

Where is it? Central Glasgow, a 10-minute walk from Glasgow Central Station.

Serenity Spa at Seaham Hall, County Durham

With a dramatic clifftop setting and enchanting views of the Durham Heritage coast, it's little wonder that romantic poet Lord Byron chose Seaham Hall as his wedding venue in 1815. This Georgian manor house has since undergone a contemporary revamp and is home to the award-winning Serenity Spa. An underground walkway connects the hotel to the spa, where you'll find a huge indoor pool, a hydrotherapy bath, a crystal steam room and a hammam. Active types can work out at the state-of-the-art gym or join a class in the aerobic studio. Refuel at the dedicated spa restaurant Ozone, which serves healthy Asian-fusion dishes.

www.seaham-hall.co.uk

Where is it? Seaham, a 40-minute drive north-east of Newcastle.

The Scarlet, Cornwall

Overlooking a top surf beach a 15-minute drive from Newquay, The Scarlet is both eco-friendly and super-stylish. Furnished with blonde wood and local artwork, this sunny retreat is a proper grown-up getaway (children 18 and under are not permitted).



A pool with a view at The Scarlet

The focal point is the spa which makes the most of its clifftop position with log-fired hot tubs on a terrace overlooking the sea and a reed-filtered alfresco swimming pool. The treatments are centred on Ayurvedic 'journeys' and include a consultation and a bathing ritual. Free yoga sessions are offered daily and there are plenty of active pursuits on offer including surf lessons, wild swimming classes and tree-climbing excursions. Recharge with a snooze in the deep relaxation room where canvas sleep pods hang from the ceiling.

www.scarlethotel.co.uk

Where is it? Cornwall, south-west England, five hours from London by car.

Soho Farmhouse, Oxfordshire

Set in a 100-acre valley in the heart of the Cotswolds, Soho Farmhouse is an idyllic hipster hideaway and members club (although you don't need to be a member to stay). The 40 cosy-but-cool cabins are dotted around the farmland's original 18th-century buildings and guests are ferried around the resort in reconditioned 1950s milk floats. The spa is located on an island in the middle of a purpose-built boating lake and features an indoor-outdoor pool, a sauna, a hot tub, an ice bath and outdoor showers. All treatments use own-brand Cowshed products and if your hair is in need of a revamp, there's an outpost of posh Notting Hill hair salon, Josh Wood, on site.

www.sohofarmhouse.com

Where is it? The Cotswolds, a two-hour drive from London by car.

Galgorm Resort & Spa, Northern Ireland

This converted manor house just outside Ballymena in County Antrim is set on a vast 163-acre estate. The classic country house interiors combine exposed beams, stone walls and roaring fires and all hotel guests have access to the thermal village, a watery wonderland located at the edge of the River Maine. Designed using local stone and natural wood, the spa features indoor-outdoor thermal pools, log-fired hot tubs and a post-sauna ice room. Many of the treatments use products made from locally-farmed seaweed and there are plenty of activities on offer in the local area including mountain biking, horse riding and walking and jogging trails.

www.galgorm.com

Where is it? County Antrim, a 50-minute drive north of Belfast.

Lake Vyrnwy Hotel & Spa, Wales

For a spot of pampering with picturesque views it's hard to beat Lake Vyrnwy Hotel & Spa, a Victorian retreat with sublime views of Lake Vyrnwy and its fairy tale tower. Located on a nature reserve 900 feet above sea level, the focus here is very much on rest and relaxation. Indulge in an Espa treatment or just sit and ponder in the hot tub as you gaze out to the water. The thermal suite consists of experience showers, a salt steam room, a sauna and an ice fountain.

www.lakevyrnwy.com

Where is it? Mid Wales, a two-hour drive west of the city of Birmingham.



Hop from hot tub to sauna at Gilpin Lake House. Credit: Tony West

Gilpin Lake House

A couple of miles from Lake Windermere, Gilpin Lake House brings a little Scandinavian style to the heart of the Lake District. Set on 100 acres, the resort is home to just six individually decorated suites and a Jetty Spa located on a private lake. This spacious sanctuary features a cedarwood

hot tub, a heated swimming pool and a treatment room kitted out with blonde wood and a contemporary fireplace. One of the top treatments is a couples spa 'journey' which includes a consultation, a guided walk along a woodland trail, a couples' massage and a glass of champagne in the outdoor hot tub.

<http://thegilpin.co.uk/lake-house>

Where is it? The Lake District, a two-hour drive north of the city of Manchester.

Ragdale Hall Health Hydro & Thermal Spa, Melton Mowbray

Don a fluffy robe and prepare to feel well and truly indulged at this dedicated spa retreat in the

Leicestershire countryside. Most of the bedrooms are located in the main ivy-clad Victorian country house and a range of outbuildings house top facilities including an indoor-outdoor waterfall pool, a volcanic salt bath, an exercise pool with underwater gym equipment and a cave-style pool lit by candles. There are daily classes and 100+ treatments and activities are available.

www.ragdalehall.co.uk

Where is it? Leicestershire, an hour and 20-minute drive east of the city of Birmingham.

A year of yoga

From city skylines to Scottish lochs, there are plenty of beautiful places to practice your sun salutations in Britain. Here is a yoga retreat in a striking location for every month of the year, to tempt you to you deepen your practice outside your usual class.



Start the year on a high at Sky Garden

January

Kick off your year of yoga with something different. Try **Pure Yoga Zone's** SUP Yoga – yoga classes on floating boards – in London's Paddington Basin; or take your yoga practice to new heights at **Sky High Yoga** in the Sky Garden, where you can do downward dog as the rising sun reveals the view from London's highest garden.

<http://pureyogazone.com>,

<http://skygarden.london>

February

Usher in the most romantic month of the year with yoga classes and outdoor baths in a sublime setting – think waterfalls and geodesic glass domes – at **EcoYoga** in the Scottish

Highlands. Join one of the regular themed retreats or simply stay in one of their self-catering cottages and book classes and baths at your whim.

www.ecoyoga.org

March

Shake off winter with a **Raw Horizons** Detox Spa Break in North Yorkshire. Combine a diet of gourmet raw food or cleansing juice with private 1:1 life coaching and yoga sessions. In between, soak in the hot tub, sweat in the sauna and relax with a spa treatment or a good book in the library at Split Farthing Hall, one of Britain's leading destinations for women-only wellbeing retreats. Couples are welcome on the Detox Spa Breaks too.

www.rawhorizons.co.uk

April

Adventure Yogi hosts some of its retreats in a striking stately home in Oxfordshire with fascinating links to World War II. Poundon House is a quintessentially British place with a sweeping avenue of lime trees and luxurious touches that make wellbeing anything but a compromise. There are regular retreats from October to April, with silent sunrise walks, regular yoga practices, cooking workshops and pampering massages.

www.adventureyogi.com



A stately setting for a spot of yoga – Poundon House, where Adventure Yogi retreats are held

May

Blaney Spa & Yoga Centre has several self-catering cottages overlooking Lough Erne in Northern Ireland. During your stay, make time to visit The Spa for massages, aromatherapy, reflexology, a hot tub and sauna, and yoga classes in a sun-filled studio with lake views. Keep an eye on their events listings too; there are yoga retreats throughout the year.

<http://blaneyspaandyogacentre.com>

June

Reconnect on an Ayurveda Retreat at Seren Retreat on the Gower peninsula in south Wales. Lasting anywhere from two to ten days, these personalised retreats involve an Ayurvedic bodywork session, daily yoga and meditation sessions and an Ayurvedic cooking demo. Spend your spare time strolling along one of the Gower's world-famous sandy bays, or in the hot tub and sauna.

www.serenretreat.com



Head on a Yeotox in Yeotown, found in beautiful north Devon

July

More of a healthy lifestyle retreat than a hard-core juice-fasting boot camp, the award-winning **Yeotox** is a five-day detox programme run every week by Yeotown, an idyllic rural getaway in North Devon. Expect a revitalising mix of yoga, coastal hikes, mindfulness and meditation, nutritional cookery lessons, core workouts and plenty of chill-out time with your favourite book.

www.yeotown.com

August

Tune in to centuries-old wisdom at Hill Farm, a 500-year-old Grade II-listed building just outside Lavenham, one of Britain's most picturesque medieval villages, in Suffolk. The **Inner**

Guidance Mini Retreat gives you plenty of time to explore the timber-framed buildings that line the streets, as well as perking you up with daily yoga, meditation, healthy food – and an intriguingly named Quantum Superpowers session™.

<https://innerguidance.co.uk>

September

Could this be the ultimate yoga retreat? **The Zest Life** is running a Yoga & Wild Swimming Weekend in North Wales (9-12 September 2016). It provides expert guidance to some of the area's most beautiful wild swimming locations, from stunning coastal swims to cool tranquil waters, along with twice daily yoga sessions and healthy meals. They're also doing a Yoga, Wild Swimming and SUP weekend retreat in May 2017.

<http://thezestlife.co.uk>



Mix yoga with surfing, hiking and even wine tasting on a Beach & Wild break in Cornwall

October

Get out and about on a **Beach & Wild** weekend in cool, laid-back Mawgan Porth, north Cornwall (7-10 October 2016). It's a collaboration between All the Good Things Retreats and Surf Sistas, and is a wholesome mix of yoga, surfing, beach hikes, foraging, wild swimming, photography and, ahem, wine tasting!

<http://www.surfsistas.com>

November

Eminent economist Keynes and his ballerina wife Lydia Lopokova used to live in Tilton, a handsome Georgian country house in East Sussex; they regularly visited fellow members of the literary-minded Bloomsbury set in Charleston Farmhouse, just a five-minute stroll away. Nowadays, Tilton hosts regular yoga retreats, but the **Creative Writing and Yoga Retreat** (11-13 November 2016) feels particularly apt.

www.tiltonhouse.co.uk

December

Prep yourself to withstand the assault of Christmas on a yoga and meditation retreat at **Dhanakosa Buddhist Retreat Centre** in the Scottish Highlands (9-16 December 2016). The retreat incorporates traditional Buddhist meditations and twice-daily yoga sessions, and is suitable for beginners in both practices. The hill walking and views around here are mind-blowing too.

www.dhanakosa.com

Active sightseeing: exercise your way around Britain

Climbing, cycling, sailing and surfing – even stand-up paddle boarding – all offer excellent ways of experiencing Britain's sights while boosting your fitness. A wealth of guided tours, routes and lessons are on offer amid lush countryside, dramatic coastlines, vibrant cities and iconic landmarks. So get those endorphins going with these active adventures!

Swim through a World Heritage Site

There are a numerous lakes, plunge pools, rivers and bays across Britain to go wild swimming in - from the Fairy Pools on the Scottish Isle of Skye to the waterfall plunge pools of Lower Ddwli Falls, Waterfall Woods, in Wales' Brecon Beacons. You can even swim under the dramatic Durdle Door, a natural limestone arch and UNESCO World Heritage Site on the Jurassic Coast near Lulworth in Dorset, southern England. **SwimTrek** will take care of all safety and organisational hassles by offering carefully designed tours with experienced guides, escort boats and quality accommodation.



Swim under the arch of Durdle Door, which is part of UNESCO Heritage Site the Jurassic Coast

www.swimtrek.com

Cycle to Downton Abbey or Winterfell

Pedal England offers five or eight-day fully guided cycle tours around English countryside, cities and heritage landmarks with local experts. The eight-day package tours through the Cotswolds and includes visits to Windsor Castle, Oxford, Blenheim Place, The Roman Baths in Bath, Shakespeare's Stratford-upon-Avon, Stonehenge and Highclere Castle, better known as Downton Abbey. Bikes, cycling gear, entry to attractions and award-winning accommodation with delicious food are all included. A support vehicle is on hand for anyone who wants a rest and guests can bike as much or as little as they like, from ten to 40 miles per day. There is also a self-guided option or a bike and hike option.

www.pedalengland.co.uk

For Game of Thrones fans, Northern Ireland is home to the cycling route of your dreams! Pedal your way deep into the world of Westeros and visit over 20 key filming location hotspots from the hit series around Winterfell, aka Castle Ward, in County Down, one hour south of Belfast by car. Locations include Robb's Camp, Brienne's Tree Branch, Winterfell Brothel, The Whispering Wood and the waters that brought Jamie Lannister ashore in a canoe. Then you can give archery a go in a replica of the Winterfell Archery Range in the very spot that filming took place.

www.gameofthrones-winterfelltours.com/locationscycletour

Stand-up paddleboard through history

Less than two hours by train from London is vibrant Bristol, south-west England's biggest city, bursting with culture. For a great workout, take to the water like infamous pirate and Bristol native Captain Blackbeard – but with a stand-up paddleboard. Learn the basics with **SUP Bristol** and put them into action on a tour through Bristol's historic waterways - you'll paddle across the beautiful and historic floating harbour built in 1809 and drift in the shadow of SS Great Britain, the world's first large transatlantic passenger ship.

<https://supbristol.com>

Nordic walking along the Wales Coast Path

Nordic walking is a full-body version of walking, using a pair of poles, that is easy on joints and muscles while toning the upper and lower body. Join one of **Nordic Walking UK's** holidays or book one of their 3,000+ instructors across Britain at a time and place to suit you. Renowned guide and storyteller Andrew Dugmore will teach you Nordic walking technique along the beaches, cliffs and coves of west Wales' Pembrokeshire Coastal Path while telling stories of Celtic saints and ancient stones.

<https://exercise-anywhere.com>, <http://nordicwalking.co.uk>

Climb the sights

Britain is a world-class climbing site offering a variety of challenges for rock climbers of all abilities and disciplines. Sightsee while you climb at some of the country's most dramatic locations – including the Jurassic Coast's limestone sea-cliffs and the escarpment ridges of the Peak District in northern England. **Rock and Sun** offer a wide range of guided and instructed climbing holidays across Britain, suitable for all levels.

www.rockandsun.com/climbing-locations/uk



Surfing the south-west coast

From Croyde in Devon to Newquay on the north coast of Cornwall, south-west England offers great surf conditions. Newquay has around ten surf beaches and a vibrant surf community, so there are plenty of schools – whether you are learning to stand up or perfecting your technique. **Fistral Beach Surf School** offers group and private lessons and board hire. They can also arrange accommodation on Tolcarne Beach – known for its consistently good surf conditions – in surf shacks, beach cabins and luxury apartments, in the middle of the surfing and nightlife action.

www.fistralbeach.co.uk

Hike up England's highest peak, Scafell Pike

Head to the surf-mad beach towns in England's south west to catch a wave

With its rugged mountains and valleys, shimmering lakes, waterfalls and pretty villages, The Lake District in north-west England offers visitors some of Britain's most breath-taking scenery. At the heart of this prime walking country is Scafell Pike, England's highest peak at 3208ft/978m. It's not an easy climb, but you are rewarded at the top with panoramic views that have sparked the imaginations of countless poets, painters and climbers - stretching to Scotland, Wales, Ireland and the Isle of Man.

www.golakes.co.uk

Stretch out high above London

Visiting yogis can take their practice to new heights with a **Yogasphere** class at The View from The Shard, 244m above central London. Get your flexible fix high up over the capital with 360-degree views. The experience is pricier than your average yoga class but the cost includes mats, a private viewing session and goodie bags. Classes are every Saturday at 8.30am and cost £40. Advance booking only.

www.yogasphere.eu

All aboard the fitness ship!

Sailing is more physical than you might think. Aerobic fitness is important for good physical *sailing* ability, so it's a great way to get moving while out on the water. Britain abounds with great sailing locations and **Trinity Sailing** offers "hands on" holidays along the coast of England and Scotland, including Cornwall, the West Coast of Scotland and the Isles of Scilly.

www.trinitysailing.org



Tone your muscles and treat your eyes to stunning scenery on a sailing expedition

Stay super healthy: excellent organic restaurants

Organic food is healthy, ethical and flavoursome – so why wouldn't you want to eat it? Here are the ten of the best British restaurants for fans of all things organic.

Less restaurant, more café, **Kitch** is found in Canterbury, south-east England – 50 minutes by train from London's Kings Cross St Pancras. It dishes up some of the most innovative organic dishes around. Brunch is the best time to come: along with a traditional 'Full English' (eggs, bacon, beans, sausages, tomato, fried bread), you can feast on a kale and sundried tomato scramble, or pesto-stuffed aubergine rolls. Before beginning the five-minute walk to Canterbury Cathedral, consider booking onto one of its wholefood cookery classes so you can replicate the dishes at home.

www.kitchcafe.co.uk

Fancy some art with your organic food? **The Egg Café** is a refectory-like restaurant and independent gallery rolled into one. Located in the middle of Liverpool, north-west England,

its airy loft space crowns an old, listed Victorian warehouse and provides grand views. Together with the photography and paintings, there are vegetarian dishes such as tandoori mushrooms and leek and cream cheese quiches. The café is open daily until 10.30pm, and attracts a trendy, boho crowd.

www.eggcafe.co.uk

Aberystwyth is a characterful market town halfway down the west Wales coast, recently seen on TV screens during the brooding crime series *Hinterland*. As well as DCI Mathias and team, 'Aber' is home to **Treehouse**, an organic food store and restaurant. The shop sells more than a thousand products, most sourced locally, while breakfasts, lunches and afternoon teas are available upstairs using the same fodder. Their 'no compromise' approach to sustainable food has led to wholly Welsh ingredients (save herbs and spices) being used for one of each day's specials.

www.treehousewales.co.uk

UNESCO-protected, Edinburgh's Calton Hill is home to the Scottish Government, Holyrood Palace and the Robert Burns Monument. It also boasts **The Gardener's Cottage**. Occupying a historic building at the mount's foot, this acclaimed all-organic French-style restaurant offers à la carte lunches and five-course evening menus, which change daily, for just £25. All meals are served at long communal tables. The produce is Scottish and seasonal, with much of it home-grown or homemade (bread, chutney, cheese). The real signature, however, is a cost-efficient, waste-avoiding thriftiness – hence, for example, poaching hake in whey left over from ricotta production.

www.thegardenerscottage.co.uk

Ideal for families, **River Cottage Canteen Bristol** offers a dedicated children's menu, along



Fab for families – River Cottage Canteen Bristol

with the option for older kids to eat half-portions of most main menu items. During the evenings there are comedy nights and live music. One of four River Cottage canteens around south-west England, the restaurant is uniquely situated inside a listed 19th-century church within leafy western suburb Clifton. All food is sourced from surrounding areas: the menu depends on what's available, but might include saddleback pork, creamed parsnip, peppered apples, crispy skin and Scrumpy cider sauce.

www.rivercottage.net/canteens/bristol

Britain's first organic-certified pub, **The Duke of Cambridge** has recently teamed up with family-run Devonshire organic farm Riverford in more ways than one. First, the north London establishment's owner, Geetie Singh, married Riverford honcho Guy Watson in 2014. Following that, the two brands now collude on The Duke's lunch and dinner menus, which change each day and use only items with "impeccable provenance". The influences are British, Italian and North African, which means pub classics like bangers and mash (given a natural twist) alongside exotic options such as roasted hake fillet, red-pepper coulis and stuffed aubergine.

<http://dukeorganic.co.uk>

Joint overall winner at the Sustainable Restaurant of the Year Awards 2015, **Captain's Galley** is also Britain's most northerly seafood restaurant. Which makes it seriously far-flung, found just outside the town of Scrabster in north-east Scotland, nearby Thurso is a three hour and 30 minute train ride from Inverness airport. Still, with managing husband-and-wife team Jim and Mary Cowie insisting on a philosophy of 'simplicity, integrity, seasonality and sustainability', it amply rewards all pilgrimages. The pair serve just-caught, non-pressurised fish, plus other products sourced from within a 50-mile radius – much of it foraged by Jim and Mary themselves. Romantically candlelit and accompanied by excellent wines, dinner here is a truly one-off experience.

www.captainsgalley.co.uk

Originally a three-month pop-up, Belfast's **Home** has now relocated to permanent digs on Wellington Place, near to regal City Hall in Northern Ireland's capital. The cosy, informal vibe remains, however; think high ceilings, handwritten chalkboard menus and dark wooden floors. Upcycled furniture and works by local artists are available to purchase, but most guests are far too busy feasting on mussel linguine or whipped goat's cheese with candied walnuts to notice. High-quality and – in the main – locally-sourced, the menu ranges from super-healthy concoctions using grains, pulses and omega-packed rapeseed oil to burgers and steaks.

www.homebelfast.co.uk

Blackpool Sands is home to some of Britain's best seaside eats. Open nightly during July and August, and ideal for some post-beach-swim sustenance, **Venus Café** serves fish pie made with locally-caught pollock and burgers using Devon's grass-fed beef. Just as thrilling are the views, stretching gloriously over the golden cove. Located in south-west England, Blackpool Sands is 30 miles (48km) south of Exeter and its airport.



As fresh as can be – fish served at the Venus Café

www.lovingthebeach.co.uk/food.html

Deep in the Yorkshire Dales in northern England, and nestled among rolling hills and stone-built villages, is **The Traddock**, a Georgian country-house hotel. Along with access to wonderful walking, visitors come for the double AA Rosette-winning restaurant, whose chefs do their utmost to use artisan, organic and local produce for their hearty dishes. Devour the slow-cooked Yorkshire rose veal with Madeira cream sauce, and then a rhubarb soufflé for pudding. The Yorkshire Dales are 40 miles (65km) north-west of Leeds, which is just over two hours by train from London Kings Cross.

www.thetraddock.co.uk

Britain's vegetarian and vegan restaurants

Many people have opted to reduce their meat-intake, or cut meat out entirely, for health and not just ethical or environmental reasons. Britain's vegetarian restaurants boast imaginative menus that teem with dishes to make your taste buds very happy – whether you're a devoted vegetarian or not. Vegan restaurants are also surging in popularity, and chefs in all kinds of eateries across Britain are dedicating large portions of menu space to veggie-only meals, meaning it's easier than ever to eat out with friends and family of all foodie inclinations.

London's culinary scene is flourishing, and no one is left out. Among Britain's largest selection of vegetarian restaurants, seek out **Manna** in Primrose Hill. The capital city's oldest vegetarian restaurant has had plenty of time to fine-tune its menu, with dishes that will carry you around the world, from raw maki rolls to Thai green curry via enchilada lasagne and organic bangers and mash; all the dishes are vegan too, and there's a great gluten-free choice.

<http://mannav.com>

For a night out that's free from almost everything apart from fun, try **Redemption**, which has branches in London's buzzing Notting Hill and Shoreditch neighbourhoods. "London's healthiest bar" serves up vegan, sugar-free and wheat-free food as well as some of the finest alcohol-free cocktails you'll ever taste; "spoil yourself without spoiling yourself", as they say!



Let your hair down at London's healthiest bar, the buzzing Redemption

www.redemptionbar.com

For the kind of cuisine to win over true gastronomes, head to the Michelin-recommended **Vanilla Black** in central London. Their experimental vegetable-only cooking means their menu is populated with intriguing dishes such as Marmite dumplings, and salted and ash-baked celeriac and kale.

www.vanillablack.co.uk

Fabulous as the capital is for meat-free dining, it's the seaside city of **Brighton** - an hour by train south of London - which really captures the hearts and minds of vegetarians. Fun-loving Brighton has been flying the flag for vegetarian dining in Britain for decades.

Elegant, award-winning **Food for Friends**, in Brighton's historic South Lanes, has been keeping vegetarians happy with flavoursome food since 1981. They use fresh, local and organic ingredients to create modern global-influenced dishes, from vegetarian haggis with poached egg to Persian-spiced grilled aubergine, dried lime and tomato timbale, and a sinful array of desserts.

www.foodforfriends.com

The city's **Terre à Terre** is just as much of a local institution. This iconic restaurant claims to have a high percentage of loyal non-vegetarian customers. The menu reflects the travel-

loving owners' magpie tendencies, with the brightest ingredients and flavours plucked from around the world so you can start with peeking buns, feast on cheese and pickle gnocchi and finish with churrosimo.

www.terreaterre.co.uk

Bristol, in south-west England, is another strong contender for Britain's capital of vegetarianism. The city was European Green Capital 2015 and its bohemian, forward-thinking nature goes hand-in-hand with vegetarian restaurant culture food. **VegFest**, a festival that combines serious veganism with a rock'n'roll atmosphere, started here in 2003 before spreading to Brighton, London and Glasgow.

<http://vegfest.co.uk>

Maitreya Social in Bristol's bustling cultural quarter was one of the first on the city's now well-established vegetarian restaurant scene. This cosy space mixes hearty, contemporary vegetarian food with live music and local art exhibitions – catering for body, mind and soul!

www.cafemaitreya.co.uk

Named after the year the Vegetarian Society was formed, **1874** pairs top-notch veggie, vegan and gluten-free fare such as 'fish & chips' (with cider-battered halloumi), and oyster medallions with warm asparagus, quinoa and roasted garlic sauce, plus an extensive selection of vegan wine and botanically-based cocktails. You'll find it in the heart of Bristol, and there are branches in Birmingham, Brighton and Manchester too.

www.by1847.com

Scotland's vegetarian and vegan offering is equally impressive. **Edinburgh** was named by PETA as Britain's Most Vegan-Friendly City in 2015, snatching the title from Glasgow. David Bann and Henderson's are the connoisseurs of the city's deep-rooted vegetarian dining scene. Find luxury, high-end vegetarian dining at **David Bann**, just off the Royal Mile, which has been going for more than 50 years. Within its deep aubergine-coloured walls you can feast on the likes of chilli pancake with grilled sweet potato, courgette and chocolate sauce.

www.davidbann.com

Trailblazing **Henderson's** took Edinburgh by storm when it opened in 1962 and is still going strong, with an expanding portfolio of restaurants, a deli and a shop. Arrive early for breakfast, or show up later for one of their wholesome salads and healthy mains.

www.hendersonsofedinburgh.co.uk

And although they're not dedicated vegetarian restaurants, you'll find super vegetarian tasting menus at top Edinburgh restaurants **Martin Wishart** and **The Kitchin**, which both have Michelin stars.

www.restaurantmartinwishart.co.uk, <http://thekitchin.com>

The Welsh capital **Cardiff** has some top-notch vegetarian restaurants for a lunchtime bite or an evening meal. Eclectic and artsy **Milgi** is a wholesome mix of vegetarian food, gallery exhibitions and art installations. The focus here is on creating satisfying and flavour-rich dishes – think butternut squash and sage burgers, tortilla stacks and beer-battered halloumi.

<http://milgicardiff.com>



Make yourself at home in Belfast at Home, which boasts an extensive veggie and vegan menu

restaurant,

In **Belfast**, Northern Ireland, you can choose from the myriad temptations on **Home's** extensive and exciting vegetarian, vegan and gluten-free menus: wild mushroom linguine with wilted greens and parmesan; whipped goat's cheese with beetroot, apple, candied walnuts, chicory and balsamic syrup; or Vietnamese rice noodle salad with mango and chilli, for example.

www.homebelfast.co.uk

Reputedly Northern Ireland's best Indian

Archana isn't exclusively meat-free, but it attracts vegetarian diners. Its menu, which specialises in authentic Balti-style cooking, has more than 40 veggie-friendly dishes. And for a sign of just how accommodating this family run restaurant is, check out the dishes in "The Usual" part of the menu. It's a select range of dishes from the usual menu with the small twists requested by Archana's regulars; Tom clearly likes his Veg Feast with added spice!

www.archana.co.uk

Five more of the best vegan restaurants in Britain

1. **Mono, Glasgow:** This café bar mixes vegan cuisine with exhibitions, book readings, art performances and workshops.

www.monocafebar.com

2. **VBites Café & Store, Brighton:** Vegan food and drinks to eat in or take away, from hearty breakfasts to hickory chick burgers and knickerbocker glories.

www.vbites.com

3. **Henderson's Vegan, Edinburgh:** This new vegan outlet is the latest offering from Edinburgh's vegetarian institution.

www.hendersonsofedinburgh.co.uk

4. **222 VeggieVegan, London:** Don't be misled by the name – the food here is 100% vegan, from the 222 burger to the pumpkin and pine nut risotto.

www.222veggievegan.com

5. **Anna-Loka, Cardiff:** The Welsh capital's first 100% vegan café also serves four different flavours of kombucha tea.

www.anna-loka.com

Britain's most Instagrammable juice bars

Nothing tastes more alive than a fresh, zingy juice, and nothing feels more like you're doing yourself good than drinking one! Boost your immune system and your Instagram profile by checking out one of these juice bars, where the drinks are as good-looking as they are good for you.

LabOrganic, Covent Garden, London

On Covent Garden's Neal Street, **LabOrganic** provides a healthy haven for shoppers and sightseers looking for an energising pick-me-up. From its contemporary clinical interiors to its colourful juice menu designed to help alleviate all sorts of ailments, this cool café shouts its 'food is medicine' motto loud and clear. Pick from a range of ready-made drinks or linger over a cold-pressed juice made fresh on site. Holistic foodies can stock up on superfood salads and raw snacks.

www.laborganic.co.uk

Earth Café, Manchester

Manchester's creative crowd flock to the Northern Quarter to hop between its buzzy bars and boutiques, but it's also home to one of the city's healthiest hotspots. In the basement of Manchester's Buddhist Centre, the **Earth Café** is a peaceful retreat where you can fill up on wholesome vegetarian dishes and rainbow-coloured juices. The menu features drinks with happy and healthful names like Transcendental and Pineapple Love Bomb, and they're all organic and packed full of antioxidants.

www.earthcafe.co

42 Juice, Brighton

In the heart of Brighton's Lanes, a maze of narrow alleyways lined with independent shops, **42 Juice** is a cute café for health-conscious hipsters. The emphasis is on raw foods and cold-pressed juices so you can rest assured that everything on the menu is packed full of vitamins, nutrients and minerals. The café was founded by two friends who turned to juicing to recover from immune disorders, and all juices and smoothies have empowering names like 'I am BALANCED' and 'I am GLOWING'. Consider one of the five-day cleanse packages to kick-start a healthy new regime.

www.42juice.com

Hula Juice Bar & Gallery, Edinburgh

In Edinburgh's medieval Old Town, the **Hula Juice Bar & Gallery** has been providing healthy hydration since 2007. With a lime green façade and bright wall murals, this fun café is as colourful as the drinks it sells. The smoothies (served with or without frozen yoghurt) have cocktail-style titles like Blue Hawaiian, Betty Ford and Tahiti Kicks and you can add an



Everything on the menu at Hula is healthy, delicious and gorgeous to look at!

energising booster in the form of wheatgrass or acai berry for an extra health kick. The café also serves as a gallery and hosts rotating exhibitions, craft group meet-ups and live music events.

www.hulajjuicebar.co.uk

Juicebaby, Chelsea

On Chelsea's fashionable Kings Road, **Juicebaby** is a Scandi-style vegetarian café that does a fine line in healthy drinks. After checking out some of west London's best boutiques or taking in an exhibition at the nearby Saatchi Gallery, refuel here with an organic cold-pressed juice. Get your glow on with a bottle of Skin Balm (cucumber, lemon and chia seeds) or detoxify with a savoury-sweet Beet Boy which combines carrot, beetroot, apple and lemon. The menu is scribbled onto a blackboard (alongside inspirational health quotes) and features flavoursome salads and indulgent desserts. There's a cosy sofa area to sink into but the bar by the window is a top people-watching spot.

www.juicebaby.co.uk

The Brink, Liverpool

Run as a social enterprise that pumps its profits back into the community to support those who have suffered through alcoholism and addiction, **the Brink** is Liverpool's first 'dry' bar and restaurant.

Choose from custom-made fresh-pressed juices, fruit-packed smoothies or booze-free cocktails like Nojitos and Bollywood Sours. They're all reasonably priced and are as good for the body as they are for the soul.

Located in the city's Ropewalks area, this creative hub runs a programme of events that champions local artists, musicians and poets. Expect film clubs, art workshops, live music and open-mic nights.

<http://thebrinkliverpool.com>

Juice Garden, Glasgow

Glaswegians get their glow on at the **Juice Garden**, a botanical bar and café between two of the city's biggest cultural institutions, the Lighthouse and the Gallery of Modern Art. Head here after a culture fix and pick an invigorating drink from an impressive menu that includes protein shakes, detox juices, wheatgrass shots and nut milks. Beyond the liquid lunch options, there are raw pizzas, superfood salads and crispy kale snacks and in keeping with the focus on all things green, the décor features astroturf flooring and a vertical garden.

www.juicegarden.org

Big Banana Juice Bar, Bristol



Some of the best looking- and tastiest - mocktails in town at The Brink, Liverpool

Complementing the many food stalls in Bristol's 18th-century St Nicholas Market, **Big Banana Juice Bar** has been serving wholesome concoctions since 2001. Most people grab their greens and go but there's seating at the bar and a couple of tables where drinks are served in biodegradable cups. Wheatgrass features heavily on the menu and you can add shots of spirulina and plant-based omega oils to make drinks extra virtuous. Locals swear by the Cold & Flu Buster to keep illnesses at bay throughout the winter.

www.bigjuiceltd.com

Alcohol-free bars

There are 'dry bars' all over Britain that cater to those who fancy an alcohol-free aperitif – delicious and healthy 'mocktails' are served in a lively bar-setting, which means enjoying a good night out, without being impaired with a hangover for the next day's vacationing! Read about the dry bars in Britain that are drawing in the crowds.

One of the bars that has made waves is **Redemption**, a dry bar that has proved popular with

Londoners who fancy catching up with friends or unwinding after a busy day over cocktails that happen to be free of alcohol. Their motto is "spoil yourself without spoiling yourself", and the alcohol-free 'gastro bar' serves twists on the common cocktail, like the 'coco-rita', 'coco-tini' and delicious rum-free mojitos. They have fantastic music nights and a buzzing and friendly vibe. Find Redemption bars in Notting Hill and Shoreditch.

www.redemptionbar.com



A beautiful beetotini at Redemption, the dry bar that invites you to 'spoil yourself without spoiling yourself' www.redemptionbar.com

In the north-west England city of Liverpool, **The Brink** is a revolutionary bar that took alcohol out of the equation when setting up their 'welcoming, creative and intelligent space'. Cocktails are delicious, inspired by global favours and cost £2.95. It's popular as a place to hang out with friends for leisurely catch-ups or head to before a night out or going to the cinema – or else settle in for an evening's entertainment, as there are regular music, art and performances to soak up. The Brink is a social enterprise, and all profits go into the community to support those who have suffered from alcohol addiction.

<http://thebrinkliverpool.com>

For a night out that doesn't feature alcohol, **Sobar** in the city of Nottingham, central England, is a 'creative vibrant space by day and an alternative bar venue by night'. Like The Brink, Sobar is an off-shoot of a charity that helps people in recovery from alcohol and drugs, and many of those employed have been scarred by addiction in the past. The atmosphere is

warm, welcoming and tranquil, with poetry, live music and DJ events that draw a variety of people.

www.sobar-nottingham.co.uk

5 great mocktails to order in the capital

Andina is a trendy Peruvian restaurant in east London that whips up fantastic and zingy mocktails, with its own juice bar making it a healthy choice for fashionable eaters.

<http://andinalondon.com>

Hakkasan has a Michelin star and mocktails worthy of the accolade. Try the strawberry and basil martini for something refreshing, or the Bitter Fortune for a more fragrant option.

<http://hakkasan.com>

The Arch in London has prime position under Marble Arch. A chic contemporary boutique hotel, it offers a 'Virgin Vera' in the bar, a non-alcoholic cocktail that harnesses the power of Aloe Vera to make you feel fantastic.

www.thearchlondon.com

TIP! The British are known for their love of Indian and Pakistani cuisine, and cities like Birmingham, Cardiff, Manchester, Glasgow and London have a strong representation of south Asian flavours on their dining out scenes – head to Asha's in Birmingham for some of the best lassi you'll find this side of the subcontinent (the pistachio and rose flavour is divine) or Moksh in Cardiff, where you can even get a mango lassi in lollipop form!

www.ashasrestaurants.com/birmingham, www.moksh.co.uk

Intensive fitness programmes

Whether you're feeling a little sluggish or you're looking to kick start a new health regime, an intensive fitness programme can put you on the right track. And with so many alfresco activities on offer throughout Britain, it's a fantastic way to explore the great outdoors.

RE-BOOT ON A BOOT CAMP

GI Jane Bootcamp, Kent

With a 'she who dares, changes' motto, the GI Jane Bootcamp is a transformative residential retreat for women. In a countryside location on the border of Kent and Sussex, this healthy hideaway combines intensive physical training (circuit training, boxing classes, assault courses and more), nutritionally balanced meals and emotional support. Days typically start at 5.30am with lights out around 20.00pm. Week-long, mid-week and weekend courses are available.

www.gijanebootcamp.co.uk

Champneys Springs Health Resort, Derbyshire

If you're more interested in massages than military regimes, consider a bootcamp at Champneys Spring resort in the English Midlands. The two-, four- and seven-night itineraries are packed full of activities including hiking sessions, aqua circuits and spin classes, but you'll also have time for thalassotherapy pool sessions, massages and plenty of downtime in a fluffy robe.

www.champneys.com/boot-camps/types-of-boot-camp

Fitfarms, Worcestershire

Britain's longest running fitness retreat takes a holistic approach to weight loss, with bootcamps based in pretty tipi-style British bell tents on an organic farm in Worcestershire. At the foot of the Malvern Hills, the surrounding countryside sets the scene for outdoorsy activities including yoga, tai chi and hula hooping. You'll also receive massages, meditation classes and three meals a day made with ingredients produced on the farm.

www.fitfarms.co.uk

The Camp, Scotland

Lose weight in the wilderness at The Camp, a fitness retreat in the grounds of a luxury estate in Galloway, south-west Scotland. You'll have access to facilities including a steam room and a gym, and there's a daily programme of fun activities including army training on the beach, zip wire sessions, boxercise classes and orienteering. You'll enjoy a (calorie-controlled) celebratory dinner at the end of the week served in a wood-panelled dining room.

www.thecamp.co.uk

BOUNCE AROUND ON A TRAMPOLINE

Oxygen Freejumping, Manchester

Reach new fitness highs at Oxygen Freejumping, a huge trampoline centre in Manchester's Trafford Park, which is also home to an indoor ski slope and an indoor skydiving centre. Fitness classes take place across 50 interconnected trampolines and according to NASA, jumping burns around three times more calories than running.

<http://oxygenfreejumping.co.uk/locations/manchester>

Frame, London

Health-conscious hipsters jump around at Frame, a trendy fitness studio in Shoreditch, where trampolining is known as 'rebounding'. High-intensity routines take place on individual mini trampolines to a soundtrack of dance tunes.

<https://moveyourframe.com/class/rebounding>



Jump Nation Trampoline Park, Birmingham

At Europe's biggest trampoline arena you can literally bounce off the walls. The 218 trampolines cover 17,000 square feet and the edges are angled at the walls which means you can practise all sorts of acrobatic tricks. There are daily fitness classes on offer or you can raise your heart rate on one of the basketball or dodgeball courts.

Fitness doesn't get much more fun than this – Jump Nation is Europe's biggest trampoline area. Credit: Peter Powell

www.jumpnation.com

GET IN A SPIN AT AN INTENSIVE CYCLING CLASS

Psytle London

Taking inspiration from SoulCycle, New York's cultish brand of fitness-meets-therapy spin classes, Psytle is a London-based alternative that offers a high intensity full-body workout. Each class has a unique playlist and the sessions are choreographed by dancers and athletes rather than traditional gym instructors.

www.psytlelondon.com

Hydrospinning, Stoke on Trent

Take to the water to up the ante on a regular spin class. Hydrospinning sessions take place underwater (where the resistance is up to twelve times stronger than in air) and offer a low impact workout that's easy on the joints. The hydro-action also stimulates the body's lymphatic drainage system.

www.hydrofitnesssolutions.co.uk

TAKE THINGS OUTSIDE WITH AN ALFRESCO FITNESS CLASS

Tree Climbing, Isle of Wight

Channel your inner monkey with a tree climbing class on the Isle of Wight. Located in an Area of Outstanding Natural Beauty, the Goodleaf Tree Climbing centre offers two-hour sessions and three-day workshops that focus on improving strength, stamina and agility. This back-to-nature workout is a fun way to exercise the arms, legs and back.

www.goodleaf.co.uk



Swing your way to super fitness on a tree climbing class with Goodleaf. Credit: Anna Fulford

Wild Swimming, Lake District

See the Lake District from a different angle by taking to the water on a wild swimming course. As well as the scenic benefits, open-water swimming is said to produce a natural endorphin high and swimming in cold water is known to lower blood pressure, aid muscle recovery and reduce fat disposition. Swim the Lakes run regular introductory classes for beginners and lead adventure swim breaks that combine hiking and swimming.

www.swimthelakes.co.uk/product-category/book-now/short-wild-swims

Rooftop yoga at The Shard, London

Practise your sun salutations up in the clouds by joining a Saturday morning yoga class at the top of The Shard, Western Europe's tallest building. When the weather's warm, classes take place on the open-air viewing platform at level 72. The sessions start at 8.30 am and last for an hour with time factored in to appreciate the 360-degree views and take skyline selfies.

www.yogasphere.eu

Wellbeing in Britain's National Parks

There are 15 National Parks in Britain, and the terrain varies significantly between them. On the whole, those in the south are gentler: the rolling hills of the South Downs and the wild-pony-inhabited New Forest; the incredible woodland and purple moors of Dartmoor and Exmoor; or the dreamy canals and windmills of the Norfolk Broads. All of them are excellent for walks and taking in the sights. For the more intrepid, the mountain ranges of Wales and Scotland or the towering fells of the Lake District make for a more sizeable challenge, but offer some truly breath-taking views as a reward. Northumberland National Park is famously the home of Britain's best known Roman structure, Hadrian's Wall, while all across the Yorkshire Dales, the North York Moors and the Peak District you'll find countless historic sites - from ruined monasteries to castles - that give a glimpse into Britain's rich history.

It goes without saying that all of them are ideal for some healthy living! Fresh, clean air, exercise, fantastic locally sourced food, and even skiing or wild swimming! Here's how to stay healthy with a visit to Britain's National Parks.

Walks, climbs and amazing views in the Dales and North York Moors

Rich green fields and hills crisscrossed with drystone walls, and studded fascinating historic buildings: the Yorkshire Dales really is a picturesque treasure trove of great walks and incredible sights to see. Stroll down into the water meadows of Fountains Abbey, a romantic medieval ruin dating back to Henry VIII's dissolution of the monasteries, and an atmospheric place to walk and breathe in the fresh country air.

www.nationaltrust.org.uk/fountains-abbey-and-studley-royal-water-garden



Climb atop Sutton Bank and you'll be rewarded with breath-taking views

Climb to the top of Sutton Bank in the North York moors for one of the most majestic views of Yorkshire you're likely to find, across the patchwork fields and hills of the Vales of Mowbray and York. Alternatively, jump on a bike and take to one of the many cycle trails in the area to really get some exercise. Don't forget that it's a Dark Sky Discovery Site too, so you can savour some of the finest views of the stars from here.

www.northyorkmoors.org.uk/visiting/see-and-do/sutton-bank-national-park-centre

Wild Swimming in the Lake District

There's nothing quite like immersing yourself in the Lake District's magnificent bodies of water for a healthy, reviving buzz! Many of the lakes are surrounded by the majestic fells this region is famous for, so you can soak up the sights as well as the exhilarating sensation. Head to Tongue Pot in Eskdale, a long series of pools you can clamber between and explore, or Gill Force, the highest waterfall in the Lake District, if you like visual drama with your swim! For incredible views, try Overbeck Br, where you can jump into Wastwater and swim in a spectacular setting.

www.wildswimming.co.uk/map/tongue-pot-eskdale, www.wildswimming.co.uk/map/gill-force-eskdale, www.wildswimming.co.uk/map/overbeck-br-wastwater, www.golakes.co.uk/Wasdale-Wastwater/details/?dms=3&venue=5060891

Skiing and more in the Cairngorms

If you're looking for a bigger challenge than the Lake District, set your sights on the Cairngorms. Twice the size of the Lake District National Park, the variety of landscapes in the Cairngorms is staggering. From forests, waterfalls and lochs to five of Britain's six highest mountains, you can go from a day of windsurfing and relaxing on the sandy beaches

of Loch Morlich to skiing or guided walking on Cairngorm Mountain. The snowsports season runs from around December to April, and it's a great mix of thrills and incredible views. Cycling is very popular here: it's a great way to cover a lot of ground and to really get a look at the epic sights here. You can choose between rougher mountain routes and road cycling

www.cairngormmountain.org/wintersnowsports,
<http://visitcairngorms.com/mountainbiking.html>,
<http://visitcairngorms.com/roadbiking.html>

Mountain walking in Snowdonia

The Snowdonia National Park and Wales' highest mountain at its heart, Snowdon, are among the most famous destinations for walkers. With a steep rocky climb on one side and a smoother, grassier trek on the other, Snowdon is an ideal trek for all abilities – though of course, not something to be undertaken without the appropriate footwear and waterproofs, as the weather can change quickly. Trek to the top, stop for a hot drink in the Snowdon Café, and then admire the spectacular views on the way down. Or, if you're more in it for the views than for the exercise, jump on the Snowdon Mountain Railway for a smooth ride to the top.

www.visitwales.com/explore/national-parks/snowdonia, www.snowdonrailway.co.uk

Wellbeing in the New Forest

Ancient woodland grazed by wild ponies, picture-perfect country villages, great locally grown food and clean air: just talking about the New Forest fills you with a sense of wellbeing. If you're looking for a gentle way to relax, explore and soak up some of Britain's beauty, the New Forest is ideal. Set off on forest walks and take in a landscape that's existed since the ice sheets began to withdraw around 12,000 years ago. You'll find the area full of ancient monuments and barrows, together with some fantastic stately homes, not to mention fantastic locally sourced and organic food – try the Mill at Gordleton.

www.thenewforest.co.uk,
www.thenewforest.co.uk/walking,
www.visit-hampshire.co.uk/things-to-do/attractions/stately-homes-and-gardens,
www.themillatgordleton.co.uk/about-us/green-organic



Catch sight of the New Forest's wild ponies on a walk in ancient woodland

Wellbeing with a heritage twist

Britain has a rich heritage in wellbeing tourism, with the world's first spa set up in the Somerset hills – which became the fittingly named town of Bath. The fortifying effects of natural spring waters found around Britain was brought to the fore in the late 1600s and relaxing in natural spring pools soon became a fashionable activity for the elite classes. The

legacy is a series of elegant spa towns situated in picturesque spots all over the country, where grand Georgian architecture forms an atmospheric backdrop to cutting-edge spa treatments and luxury hotels and restaurants, with a focus on living well.

Bath, south-west England

The city of Bath flourished with the fashion for spa waters and the result is an attractive town set in the green hills of Somerset in south-west England. By rail Bath Spa station is just eleven minutes from Bristol, or one hour and 6 minutes from London Paddington.

Bath's heritage dates back to the Roman invasion of Britain; the Romans built the temple of their bath complex in 60-70 AD and the bathing complex was gradually built over the subsequent 300 years. The **Roman Baths**, now a tourist attraction, are excellently preserved and make a fascinating visit.

www.romanbaths.co.uk

If you feel like immersing in some thermal waters yourself, head to **Thermae Bath Spa**, now an attraction in its own right thanks to its appealing rooftop spa pool. Unwind with views over the elegant, golden-hued architecture of Bath while soaking in the naturally warm, mineral-rich waters. Thermae Bath Spa offers various packages to enjoy its modern facilities, with whirlpools, aroma steam rooms and massage treatments on offer.

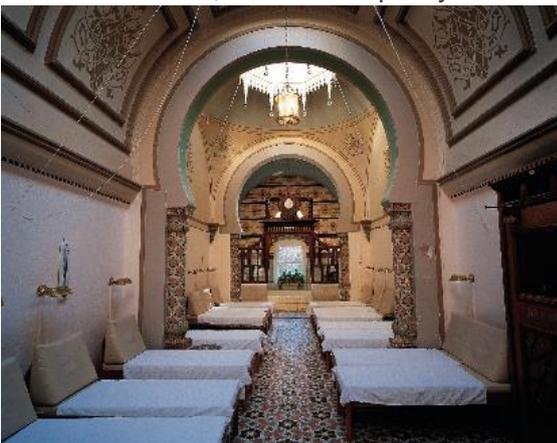
www.thermaebathspa.com

Thoroughly relaxed and in need of a treat? Head to the famous **Pump Room Restaurant** next to the Roman Baths. Its grand Georgian architecture with colonnades, glittering chandeliers and white tablecloths creates an atmospheric setting for the restaurant's reputed afternoon tea. You can even sample the natural mineral water here too, although it's an acquired taste!

www.romanbaths.co.uk/pump-room-restaurant

Harrogate, northern England

Harrogate is another British spa town that was developed in Victorian times. Situated in North Yorkshire, the town is pretty and makes for a relaxing break, with the **Royal Turkish Baths** that opened in 1896 still offering top-notch treatments.



Opulent and ornate – the Turkish Baths, Harrogate.



The rooftop pool at Thermae Bath Spa

www.turkishbathsharrogate.co.uk

The beautiful building was given a £1million facelift and restored to its full Victorian glory so you can experience a contemporary spa experience amid Moorish architecture and tiling

and Italian terrazzo floors. Follow the ritual of heating, cooling and cleansing before progressing through the hot room chambers, and ending up with the invigorating cold plunge pool.

Find time to treat yourself at **Betty's Tea Room**, which first opened in Harrogate in 1919, and went on to expand throughout Yorkshire; you'll feel like you're in a different era as you are served Betty's fine teas and delicacies.

www.bettys.co.uk/tea-rooms/locations/harrogate

Harrogate is a two hour and 44 minute train journey from London Kings Cross, changing at York.

Matlock Bath, East Midlands

This beautifully situated village in a deep gorge rose to such fame through its spa days that it's been referenced in works by Byron and Shelley, and was the subject of a whole poem by John Betjeman. Nowadays, its location amid verdant natural landscapes on the edge of the Peak District National Park makes it the great base to explore the great British outdoors.

Peaks and Paddles offers canoeing, abseiling, caving and rock climbing in and around the river that runs through Matlock.

www.peaksandpaddles.org

Just 20 minutes' drive away is **Chatsworth House**, used as a film location for the BBC TV adaptation of *Pride & Prejudice*. Visit the house and enjoy a walk in the vast grounds. The estate has a choice of eating options – whether you choose for the fine restaurant or grab picnic goodies from the farm shop – nicknamed 'Harrods of the North' – all the focus is on local and seasonal produce. Matlock Bath railway station is served from London via Derby (two hours and 24 minutes).



Stroll the grounds of grand and elegant Chatsworth House

Cheltenham, south-west England

While visiting the Cotswolds in south-west England, be sure to pay a visit to Cheltenham, one of the biggest towns in the picturesque region. Developed in the 18th and 19th centuries as a pleasure health resort, Cheltenham retains its Regency architecture and spa heritage.

www.visitcheltenham.com

Chapel Spa, situated in the centre of Cheltenham, offers luxurious treatments and day spa packages, which you can complement with lunch or dinner in the adjacent Story Teller Restaurant.

www.chapelspa.co.uk

Cheltenham is in the county of Gloucestershire and around a two hour and 20 minute train journey from London, changing at either Swindon or Bristol.

Llandrindod Wells, mid Wales

The practice of 'taking the waters' boomed in Llandrindod Wells in Victorian times, with the arrival of the railway resulting in it becoming the most fashionable spa town in Wales.

www.visitmidwales.co.uk/destination/Llandrindod-Wells.aspx

The legacy for this town, located in green and pleasant mid Wales, is resplendent with Victorian hotels such as the magnificent, recently restored **Metropole**. Originally the largest hotel in Wales upon completion in 1896, it is to this day a premier hotel in the country. Enjoy contemporary four star spa experiences at **The Rock Spa**, amid the surroundings of a Victorian-style conservatory. The hotel's award-winning **Radnor & Miles Restaurant** serves up a delicious a la carte menu for lunch and dinner.

www.metropole.co.uk

Llandrindod Wells has rail connections with Crewe and Swansea, which connect onwards with London and Manchester.

Crieff, Perthshire, Scotland

A hydro spa opened in the Perthshire market town of Crieff in 1868, making it a country retreat for wealthy businessmen from Edinburgh and Glasgow. To this day, **Crieff Hydro** remains a relaxing retreat for visitors.

www.visitscotland.com/info/towns-villages/crieff-p244511, www.crieffhydro.com

The four star spa is set amid beautiful grounds and offers an enormous range of leisure activities additional to the usual body and beauty treatments, making it a family holiday destination too. There are six cafés and restaurants on site to choose between – serving up everything from healthy soups to a sumptuous dinner. Head to the Victorian Winter Garden for the best views to accompany your afternoon tea.

Crieff is a 36 minute drive from Perth, which has railway connections with Edinburgh (one hour and 24 minutes) and Glasgow (one hour and 31 minutes).

Quirky hotel fitness classes

British hotels have upped the ante when it comes to fitness facilities. Many of the country's



top properties have state-of-the-art gyms, but there are more fun ways to keep fit than hitting the treadmill. Consider raising your heart rate by signing up to a wacky workout to help you stay healthy on holiday.

Rooftop hula hooping at The Berkeley, London

Channel your inner circus performer with a hula hooping lesson up on the roof at the Berkeley Hotel in Knightsbridge. HulaFit sessions combine hula hooping and core training elements and are designed to burn up to 600 calories an hour. Learn how to master moves like 'The Limbo' and the 'Ultimate Booty Bump' with this high-intensity workout. The class includes access to the rooftop pool and a refreshing smoothie.

www.the-berkeley.co.uk/health-club-and-spa/hula-hoop-classes

Drums Alive at Center Parcs Woburn, Bedfordshire, east of England

Perfect for multitasking music fans, Drums Alive is a high-energy workout that combines aerobic-style moves and rhythmic drumming. You'll be given a pair of drumsticks and a core stability ball at

the start of the session and a pumped-up instructor will guide you through a series of moves to achieve a head-to-toe workout. It's one of many fun fitness classes on offer at Centre Parcs Woburn, a vast spa resort set on a 365 acre estate in Bedfordshire.

www.centerparcs.co.uk/thingstodo/index.jsp?group=indooractivities

Aerial yoga at St Michaels Hotel, Falmouth, Cornwall, south-west England

Take yoga sessions to the next level with an aerial yoga class on the south-west coast of England. Practise traditional poses upside down in a hammock-like sling suspended from the ceiling. It's thought that this method of stretching can improve postural alignment and help with muscle tension and neck pain. The rush of blood can also stimulate lymph circulation.

www.stmichaelshotel.co.uk/spa-and-health

Bollywood dance class at the Ashbury Hotel, Devon, south-west England

Set on 600 acres, the Ashbury Hotel is a sport, craft and spa resort on the edge of Dartmoor National Park in Devon. A stay here includes free access to around 60 fitness classes per week including Bollywood Dance sessions. Based on traditional Bollywood dance moves, these intense cardio sessions are set to lively Hindi tunes and are a fun way to keep fit.

www.manorhousehotel.co.uk/Pages/68/Exercise-Classes.html

Contortionist classes at St Martin's Lane Hotel, London

Guests staying at the St Martins Lane hotel in London's Covent Garden receive free access to Gymbox just next door. Billed as 'an antidote to boring gyms', this stylish studio offers a range of quirky classes from surfboard yoga to aerobic rave sessions, but Contortion may be the wackiest workout of them all. Hailing from New York, the sessions revolve around a sequence of extreme flexibility moves including backbends, forward bends and splits.



*Always dreamed of running away and joining the circus?
Start your training at a Contortionist Class*

www.morganshotelgroup.com/originals/originals-st-martins-lane-london/Fitness-Hair-Salon/gymbox

Britain's best natural beauty brands

If your body is a temple then it's only right that you cleanse, moisturise and treat it with products that are natural, organic and free of toxins. Many of Britain's leading beauty brands have created cult products made from organically sourced, high performance ingredients that are as good for your skin as they are for the planet. We've scoured the country for the best of the bunch.

Cowshed

Owned by Soho House, the brand behind some of Britain's hippest members clubs and hotels, Cowshed produces organic spa products made with plant extracts and essential oils. The first hotel spa opened in the old cow shed at Babington House in Somerset in 1998 (hence the name) and the scents are inspired by the walled gardens in the grounds.

Cult product: The Lavender Gentle Cleanser gets rave reviews for its ability to purify, balance and soothe sensitive skins.

www.cowshedonline.com

Neal's Yard Remedies

Founded in London's Covent Garden in 1981, Neal's Yard Remedies originally sold dried herbs, essential oils and homoeopathic therapies. The brand now specialises in organic beauty products and supplements that are sold via 400+ stockists throughout the world. All products are made in an eco-friendly factory in Dorset and contain natural, ethically-sourced ingredients.

Cult product: The Wild Rose Beauty Balm is an award-winning multitasker that can be used as a cleanser, exfoliator and moisturiser.

www.nealsyardremedies.com

Ila

Sustainably sourced and hand-blended in the picturesque Cotswolds, Ila oils and body products are made in small quantities to exacting standards and have a real cult following. Founder Denise Leicester runs lifestyle retreats at the Lakes by Yoo in Lechlade, a collection of contemporary house rentals near Cirencester in Gloucestershire, south-west England near Ila's headquarters. It takes about 90 minutes to drive there from London.

www.thelakesbyyoo.com

Cult product: Body Scrub for Energising and Detoxifying. Packed with Alpine lavender and Himalayan salt crystals, this revitalising scrub boosts circulation and the immune system.

www.ila-spa.com



Ila's amazing body scrub.

Liz Earle

Based on the Isle of Wight, off the south coast of England, the eponymous Liz Earle brand was launched in 1995 with a mission to produce effective and affordable natural skincare. All ingredients are responsibly sourced and suitable for vegetarians. Plant oils and extracts and premium natural source Vitamin E are used throughout the product range.

Cult product: The Cleanse & Polish Hot Cloth Cleanser contains a blend of eucalyptus and cocoa butter and has won more than 80 awards since it launched.

<http://uk.lizearle.com>

Ren

Formed when founder Anthony Buck's wife reacted badly to skincare products while pregnant, Ren products are proudly free of parabens, synthetic fragrances and animal ingredients. Loved by beauty editors, the range features high-performance skin and body care made from 100% plant and mineral-derived ingredients.

Cult product: Glycolactic Radiance Renewal Mask. Ren regulars make a beeline for this product which promises to brighten skin tone and reduce fine lines and wrinkles.

www.renskincare.com/uk

Ishga

Developed on the Isle of Lewis in the Scottish Outer Hebrides, Ishga products are made from organic ingredients indigenous to the Scottish coast. The range taps into the anti-oxidant, healing and anti-ageing properties of Scottish seaweed and products also feature mineral-rich Hebridean seawater. It's believed that seaweed can stimulate blood circulation and tighten skin, and can help with skin conditions including eczema and psoriasis.

Cult product: The Nourishing Face Oil is packed with pure essential oils (geranium, jojoba, sweet almond) and seaweed extract to regenerate, rehydrate and soothe.

www.ishga.co.uk

Elemental Herbology

This naturally active, results-driven brand was formed in 2008 by Australian-born Kristy Cimesa who worked in skincare for a decade before travelling the world and returning to Britain. Her aim is to blend high-tech skincare with natural ingredients, pioneering the concept of seasonal skincare. All products are made in Britain and are free from synthetic fragrances, artificial colours and mineral oils.

Cult product: The potent Cell Nourish serum contains a cocktail of proteins, vitamins and anti-oxidants designed to give that all important glow.



REN's Glycolactic Radiance Renewal Mask – magic

www.elementalherbology.com

Nourish



Fresh air combines with stunning scenery on a Wild Canoeing Loch Lomond tour

Founded by Dr Pauline Hili, one of Britain's top organic skincare experts and a fellow of the Royal Society of Chemistry, Nourish sells a range of products made from high-tech natural and organic formulations. Made in a laboratory in London's Battersea, the skincare products feature pure essential oils, plant extracts and biodegradable ingredients. Many of the bestselling buys contain buzzworthy beauty ingredients like kale, pomegranate and argan oil.

Cult product: Designed to combat urban pollution, the Kale Enzymatic Exfoliating Cleanser is an all-in one cleanser, mask

and facial that harnesses the superfood powers of kale.

<http://nourishskinrange.com>

Wholesome holidays

You *can* have it all – see the sights, eat delicious food *and* stay healthy on holiday! From walking tours of city architecture to bike rides past some of Britain's most celebrated sights, these itineraries will keep you fit and make sure you don't miss a thing.

Scotland: Walking and water

Day 1 – Walk the streets of Glasgow

AM: There's no better introduction to a city than pounding its pavements, so join the Tobacco Lords Tour and discover the stories and people behind Glasgow's defining 18th-century architecture.

<http://hiddenheritagetours.co.uk/hht>

Lunch: Not only is Social Bite's food healthy – and planned by a Michelin star chef – but 100% of profits go to good causes.

<http://social-bite.co.uk>

PM: The Glasgow Commonwealth Walkway is split into sections so you can pick which attractions to dip into – or attempt to cover the whole 20 miles.

www.outdoortrust.com

Evening: Check into Blythswood Square, a luxury hotel on a quiet, central Georgian square with a spa to soothe your aching feet.

www.townhousecompany.com/blythswoodsquare

Day 2 – Explore Loch Lomond by canoe

Day tour: Hop on an early train to Balloch (45 minutes), on the southern tip of Loch Lomond. If you're feeling energetic, cycle to Luss on the West Lomond Cycle Path (two hours); otherwise, catch the waterbus (one hour).

www.lochlomond-trossachs.org

In Luss, join Scotland's Wild's Canoeing Loch Lomond tour for a fish-eye view of Britain's longest loch and the beautiful landscape around it. Paddle the loch's calm waters, explore its 30-plus islands and keep your eyes peeled for deer, osprey, wallabies and other Scottish wildlife.

www.scotlandswild.com

Bring a packed lunch. Pick up something wholesome from Martha's in Glasgow, or head to Wizgonis (32 Balloch Road) in Balloch.

www.mymarthas.co.uk

Evening: Book the Loch Lomond Arms Hotel's 'Relax at the Carrick Spa' experience and float in the rooftop infinity pool.

<http://lochlomondarmshotel.com>

Day 3 – SUP and cycle your way around Loch Lomond

AM: Get back on the waters of Loch Lomond, this time on a stand-up paddle board. Loch Lomond Leisure run guided SUP tours from Luss beach, which you can book direct or through the Loch Lomond Arms Hotel.

Lunch: Fuel up on fresh, healthy Scottish seafood at Luss Seafood Bar. Try the beech-smoked salmon, which is made in the village.

<http://luss-seafoodbar.com>

PM: Cycle north from Luss to Tarbet to complete the rest of the West Loch Lomond Cycle Path. You'll roll through ancient oak woods as you pedal along the largely traffic-free path.

Wales: Coastal views and splashes

Day 1 – Get on your bike in Cardiff

AM: Hire a bike and cycle the Cardiff Bay Barrage Coast Path. The circular 6.2 mile (10 km) trail goes along the Barrage embankment, which has fantastic views back across Cardiff Bay

and the Severn Estuary, as well as past city sights such as the Norwegian Church, Captain Scott Exhibition and Custom House.

<http://cardiffharbour.com>

Lunch: For feel-good food that keeps you going, head to The Clink Restaurant at HMP Cardiff. It offers prisoners a genuine opportunity to change their lives as well as championing fresh and organic Welsh produce.

<http://theclinkcharity.org/the-clink-restaurants/cardiff-wales>

PM: Now you've warmed up your bike legs, join Cardiff Cycle Tour's City Tour and discover the story behind the city's growth (13.30pm; weekends only).

www.cardiffcycletours.com

Evening: Check into St David's Hotel & Spa then join the Cardiff Castle Ghost Tour for a spooky after-hours tour.

www.thestdavidshotel.com, www.cardiffhistory.co.uk

Day 2 – Walk it off in Pembrokeshire

AM: Hire a car and drive to Pembrokeshire (one hour and 30 minutes) to stretch your legs on the five mile (eight km) circular Stackpole Head walk. The trail follows the rugged coast past beautiful Barafundle Bay and South Haven Sands and starts and finishes at pretty Stackpole Quay.

www.pembrokeshirecoast.org.uk

Lunch: Eat at the National Trust's Boathouse Tea Room at Stackpole Quay.

www.nationaltrust.org.uk



Want to put yourself in this picture? Head to St Brides Spa Hotel on the Pembrokeshire coast. Credit: Grace Elliot

PM: You'll want to stay at St Brides Spa Hotel for as long as you can, so start with an afternoon in the spa. The views along the coast are spectacular – especially from the infinity-edge hydro pool. Go for a massage and wile away 90 minutes in the thermal suite.

www.stbridesspahotel.com

Evening: Take in more of those sweeping views as you dine on fresh, local produce in the hotel's Cliff Restaurant.

Day 3 – Different perspectives on Pembrokeshire’s coast

AM: Canter through the foaming surf on one of Pembrokeshire’s sandy beaches. Nolton Stables runs beach rides from their base near Haverfordwest.

<http://noltonstables.com>

Lunch: The George’s in Haverfordwest uses local produce wherever possible, and grows its own organic fruit and veg in their Walled Garden.

www.thegeorges.uk.com

PM: See Pembrokeshire’s gloriously wild and rugged coast from sea level as you jump from the cliffs, scramble along rocks and float in the surf on one of Celtic Quest Coasteering’s adventures.

www.celticquestcoasteering.com



Refresh yourself with a dip in the sea on a Celtic Quest Coasteering adventure

England: Heritage and spas

Day 1 – Indulge in the spas of Bath

AM: Bath has long been a centre for health and wellbeing, so learn about – and experience for yourself – 2,000 years of spas with a Spas Ancient & Modern Package. Head to the Roman Baths and find out how the Romans made the most of Bath’s thermal waters.

<http://visitbath.co.uk>, www.romanbaths.co.uk

Lunch: The package includes a three-course lunch at The Pump Room Restaurant. It’s the classic place to “take the waters”, so take a sip of the hot spa water – it contains 43 minerals, although that doesn’t mean it tastes great...

PM: It’s time to soak yourself in those waters with a two-hour visit to Thermae Bath Spa. Sit in the aroma steam rooms and take in chimney-top views of Bath’s Georgian architecture from the open-air rooftop pool.

www.thermaebathspa.com

Evening: Check into award-winning The Gainsborough hotel, then dine on mouth-watering food at Acorn Vegetarian Kitchen.

www.thegainsboroughbathspa.co.uk, www.acornvegetariankitchen.co.uk

Day 2 – Cycle to ancient sights

Day tour: Take the train to Salisbury (one hour, hire a bike and pedal the Woodford Valley Circuit, which takes you past Old Sarum Iron Age fort to the historic town of Amesbury and back again.

www.hayballcyclesport.co.uk, www.visitwiltshire.co.uk



The rooftop pool at the Thermae Bath Spa is the ultimate place to relax in the town of Bath

For lunch, plan ahead and pick up a picnic in Salisbury to eat next to the beautiful River Avon, or find a café or pub in Amesbury.

On the return leg, take a five mile (eight km) detour for a stunning view of Stonehenge and the surrounding historic landscape, littered with standing stones, before getting the train back to Bath.

Evening: Give your aching legs a break with a turn in the natural thermal pools, saunas, steam room and ice alcove of The Gainsborough's Spa Village.

Day 3 – Explore Exmoor

AM: Hire a car and drive to Minehead on the edge of Exmoor National Park (two hours). Take it easy in the morning with the Greenlaleigh Farm walk from the Quay West Car park; a gentle ascent through wildlife-rich woodland opens up to far-reaching views over the Bristol Channel and rolling moorland of Exmoor.

www.southwestcoastpath.org.uk

Lunch: Try the fresh, wholesome food in the vegetarian café on the first floor of Toucan Wholefoods.

www.toucanwholefoods.co.uk

PM: Drive ten minutes deeper into Exmoor and swap your car for four legs and a mane. If you've got some experience of horse riding, join one of Exmoor Riding's half day rides, keeping your eyes peeled for wild Exmoor ponies! Otherwise, Burrowhayes Farm offers one hour rides for novice riders.

www.exmoor-riding.co.uk, www.burrowhayes.co.uk