

Health and activity

Top 12 fitness holidays

Whether you want to lose some weight, tone up or just re-energise your body, **Caroline Sylger Jones** knows where to go

Target Fitness Somerset

Trainers are highly encouraging on these results-driven health and fitness retreats, which mix healthy eating, multiple fitness activities and therapies at a five-star countryside farmhouse that has its own on-site spa. They'll cut through all excuses and teach you how to work out effectively, with about five hours of exercise a day, all carefully planned to work you consistently but safely. The Executive Retreat includes circuits, Pilates, boxing, TRX training and nutritionally balanced meals cooked by a private chef.

Details From £1,495pp all-inclusive for four nights (01494 958488, targetfitnessholidays.com)

Epic Sana, Portugal



Wildfitness Scotland

This iconic company has a new UK base at the gorgeously remote Alladale Wilderness Reserve in the Highlands. The reserve aims to rewild and restore its native flora and fauna — a fitting setting for Wildfitness's body-transforming personal training sessions, which follow the concept of "evolutionary fitness", using our bodies as they were designed to be used when we needed speed, agility and stamina to survive. The base is a luxurious house, your meals are hunter-gatherer style (high on nuts, seeds, veg and meat; low on grains and pulses).

Details The first course is from May 21-28 and costs from £2,400pp, all-inclusive (07415 884312, wildfitness.com)

38 Degrees North Ibiza

Based at the contemporary Aguas de Ibiza hotel on the edge of Santa Eularia, the Optimal Fitness retreat puts you through your paces with high-intensity interval training, hikes, stand-up paddleboarding, boxing, kickboxing,



THE TIMES
THE SUNDAY TIMES



MEMBERSHIP

Win a luxury stay in Devon

One lucky Times member and three friends will win a luxury three-night weekend stay in a sleepy hamlet on the fringe of Chagford in Devon, complete with in-house spa treatments.

Each guest will also receive a skincare kit and a luxury welcome hamper filled with gastronomic goodies to ensure that everything is taken care of.

For your chance to win a wonderful holiday, visit mytimesplus.co.uk



UNIQUE HOME STAYS

TIMES
events+offers+extras

FOLLOW US @timesmembership

READ • LISTEN • MEET • SHARE





functional training, yoga and more. The DNA Fitness break offers DNA testing and bespoke training, while the new Healthy Hedonism weekend involves two days' training plus a day on a yacht and dancing at the club Blue Marlin. **Details** The season starts in April. Six nights' all-inclusive from £1,685pp (thirtyeightdegreesnorth.com, 020 3699 9933)

HHH Health Retreats Kefalonia

Based at the serene Emelisse Hotel with sea views and a massive infinity pool, these people are seriously good at what they do and supremely funny — making the experience of working out a joy not a chore. Competitive types should go for the Hardcore week (from June 11); those who want to work (slightly) less hard should opt for a Fitness and Yoga retreat (April 30), which includes daily yoga, Pilates, coastal and forest hiking, workouts, nutrition consultations, treatments and organic meals. **Details** Seven nights' all-inclusive costs from £1,895pp (07970 008727, www.hhh-healthretreats.com)

in:spa at Cal Reiet Majorca

Cal Reiet is an elegant, new holistic hotel in Santanyi on the southeast coast. In pretty gardens and with a 20m pool, it's a new base for the established in:spa team, who take it over in spring and autumn for health and fitness weeks. There's hiking and personal training (such as boxercise and circuits) plus fitness tips, nutritional guidance and advice on how to keep up the fitness at home. Days end with gourmet "clean" alfresco meals. **Details** Six nights' all-inclusive costs from £1,925pp (020 3235 0120, inspa.co.uk)

Epic Sana Portugal

Perched on a clifftop among 20 acres of pine trees in the Algarve, this modern

resort offers a decent week-long fitness bootcamp with five hours a day of intensive exercise, including workouts, mountain bike rides, Pilates, step and aquafit classes. The excellent trainers Patricia and Andre will give you lots of attention, and you'll find working out in a group seriously helps your motivation. Afterwards, you can lie beside the pool feeling very pleased with yourself. Ask for a room with a sea view because other views aren't great.

Details Seven nights' all-inclusive cost from £1,949pp (020 8968 0501, thehealthyholidaycompany.co.uk)

Adler Therme Italy

This super-relaxing family-friendly spa in the Tuscan hills is great for a lighter fitness holiday. There are daily classes in yoga, Pilates, stretching, hydro-biking and AquaGym, plus five complimentary guided walks and four guided cycle rides each week. Or just take the e-bikes out and use the Adler hiking app to find the most gorgeous trails through the Val d'Orcia. Outdoor running machines enable you to pound away while enjoying a view of cypress trees and hills, and the mineral-laden thermal water pool is a delight to spend time in afterwards.

Details Seven nights' half-board costs from £995pp (00 39 057 788 9001, adler-thermae.com)

Mediterranean Delights Fitness Voyage

Turkey and Greece

For something different, this Chicago-based company offers fitness trips on a sleek, wooden Turkish gulet around the Greek islands and the Turkish coast. They're great for those who want an active holiday but alcohol and lots of downtime too. There's a Turkish flavour to the activities — raki, backgammon, belly dancing and a hammam visit are included. Expect morning yoga on the



A bedroom at Cal Reiet, Majorca



Training at Ananda Active, India

deck (adapted to the level of sea swell), easy hikes and lots of swimming. The menu (though healthy) isn't for detoxers. **Details** From £1,680pp all-inclusive for seven nights, with the next trip leaving on June 1 (00 1 312 488 1127, mdfvoyage.com)

The Golden Door California

You enter through a golden door to get to this iconic destination spa, and 40 well-heeled guests do so each week to work out. It's in 600 acres of wooded landscape and the vibe is defiantly Japanese, luxurious but skilfully simple. Come for women-only, men-only, or co-ed weeks and access up to 40 fitness classes, 20 miles of private trails and an astonishing level of attention.

Details From £6,599pp for seven nights, including flights, transfers, full board, daily massage, five skincare sessions, four personal training sessions, all group classes and a take-home fitness plan (020 7843 3597, healingholidays.co.uk)

Ananda Active India

This Ayurveda spa resort in the foothills of the Himalayas launches its first fitness programme this year with Sumaya, India's pioneering fitness studio. The five or seven-night Ananda Active fitness break combines personal training and guided outdoor trekking and rafting with yoga, aqua fitness and therapeutic treatments. It's super-relaxing here — everyone floats around in fine white pyjamas, staff say prayers while washing your feet and delicious Ayurvedic meals are often accompanied by live music.

Details From £420pp a night, all-inclusive (00 91 124 4516650, anandaspa.com)

Paradis Plage Morocco

If you love the surf vibe but want your creature comforts this friendly four-star beach resort near Agadir is for you. Tarik the instructor is one of Morocco's top national surfers who can take you to the best surf spots by boat and offers surf guiding for experienced surfers (with waves up to 4m). Plus it's family friendly, there's paddle-boarding to try, two complimentary fitness classes each day, good yoga and treatments in a womb-like spa to ease tight muscles.

Details From £675pp B&B in a junior suite, including flights; two surf lessons and kit hire is £55 (020 8968 0501, thehealthyholidaycompany.co.uk)

Absolute Sanctuary

Thailand

This affordable Moroccan-styled health retreat set inland on Koh Samui is a fun, down-to-earth place to get fit in the sun. Book one of their popular Pilates Reformer Bootcamps to help to tone and strengthen (suitable for all levels) or drop in and out of its impressive range of activities, from new Core Suspend classes (they hurt but work), kickboxing and aqua aerobics to morning walks, lots of yoga and (new for later in the year) rhythm cycling in a dedicated studio. A 20m infinity pool and swoon-inducing treatments at the spa make unwinding easy, and you can underpin your stay with healthy, detox-style meals.

Details B&B doubles are from £175; the Pilates Reformer Bootcamp programme is from about £1,180 for five nights for two people (absolutesanctuary.com)

Caroline Sylger Jones is the editor of queenofretreats.com