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Hiking in Cape Town

**Get off the lounge!**

## Best active trips to book now

Go paddleboarding in the Maldives, kayaking in Cephalonia or try forest-bathing in the Andalusian woods, says **Susan d'Arcy**

**S**pring is when nature powers back up after the dark and depressing winter months. If you've succumbed to a few too many evenings in the company of Mr Box-Set and Mrs Takeaway, you may feel the need to recharge your batteries as well. If so, there are plenty of tempting incentives to turn your next holiday into an active break.

You'll be in good company. A-listers love nothing more than the arrival of warmer weather to get sporty outdoors — and while they're at it, show off their lean frames in their latest athleisure fashion line. You can copy Katy Perry and have a go at stand-up paddleboarding in the mirror-calm,

tiffany-blue lagoons of the Maldives or strike out across the pea-green rice paddies of Bali in the footsteps of Daniel Craig, or follow Emma Roberts's lead with some challenging horse riding in Costa Rica's mist-covered mountains.

There's no shortage of perspiration inspiration in Europe either, as days grow longer and the continent turns into one giant alfresco gym. You can opt for peaceful pursuits such as forest bathing in France, which not only lowers blood pressure but supports the immune system and is even linked with a decreased risk of cancer. Or you can go heart-pumping, taking part



Como Shambhala Estate, Bali

in spectacular rock climbing in the pink-tinted and drama-loaded Dolomites, or trying the world-class white-knuckle mountain biking in Spain.

It's a holiday though — so here we've chosen resorts where there is always a stress-busting massage, a celebrity-endorsed facial and maybe even a Michelin-starred meal waiting for you back at base.

### Sporting buddies in South Africa

After two years of lockdowns and red lists, Cape Town is back with a bang. Right now, the weather is warm, Bree Street's bars are buzzing and the ▶



## 42 Travel

► swell at Camps Bay is perfection. Active types should unpack at the plush Twelve Apostles hotel for surfing, kitesurfing and stand-up paddleboarding, best timed to coincide with this stretch of coast's sunsets. Hike Table Mountain, bike between vineyards or kayak with the dolphins, and if you want company on jogs or need a tennis partner, the hotel's staff double as sports buddies.

**Details** Seven nights' B&B from £4,999pp, including flights, transfers and activities (abercrombiekent.co.uk)

### Eat, pray, exercise in Bali

This month Bali dropped its quarantine restrictions, so wellness warriors are hot-footing it to the jungle-draped Como Shambhala Estate near Ubud. Its talented staff cleverly blend indulgent Indonesian and Ayurvedic treatments and alfresco fitness into a deceptively powerful cocktail that keeps stars such as Daniel Craig, Chrissy Teigen and John Legend in six-packs. Cycle through lush paddy fields, hike the Tjampuhan Ridge for views of temples and distant volcanoes or raft the Ayung River, which crashes through the estate in a blaze of white water. Dinner can be plant-based or a meat feast depending on your mood.

**Details** Seven nights' B&B from £1,630pp (comohotels.com). Fly to Denpasar

### Coast with the most in Montenegro

Lord Byron called Montenegro "the most beautiful encounter between land and sea" and that's without the advantage of having on-tap pastimes such as stand-up paddleboarding and quad biking through its nature reserves and beaches. These are favourite days out for fans of the Lustica peninsula, such as the Beckham family. Base yourself at the glamorous Chedi Lustica



F Zeen, Cephalonia

Bay, overlooking the marina on Traste Bay, and you can add kayaking, outdoor yoga and fitness classes, sailing and wreck-diving to the activity equation too.

**Details** B&B doubles from £167 (chedilusticabay.com). Fly to Tivat

### Glow on a Greek island

The reality TV star Millie Mackintosh didn't let a little thing like a honeymoon

interrupt her fitness routine; she and new husband Hugo Taylor checked into the stylish adults-only F Zeen on Cephalonia. It has a two-tiered, flower-scented outdoor gym as well as kayaking, biking, stand-up paddleboarding and a dozen daily fitness classes. The resort, which reopens in late April, has epic views to Mount Aenos, which is home to a national park, the island's tallest peak and a

surefire holiday highlight for the athletically inclined.

**Details** Seven nights' B&B from £1,699pp, including flights and transfers (ba.com)

### High style in St Tropez

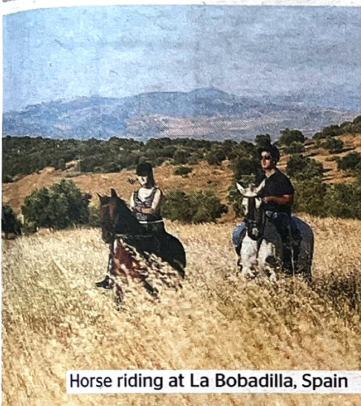
Surely nowhere has more beautiful bodies per square mile than the south of France — and St Tropez's Lily of the







Cycling past Château de Chenonceau in the Loire



Horse riding at La Bobadilla, Spain

Valley resort, with a design inspired by the hanging gardens of Babylon, is where the rich and famous get ready for their close-ups. Its optimal weight and serenity programme has been developed by Dr Jacques Fricker, France's answer to Dr Michael Mosley, and includes yoga, exercise classes, outdoor sports, massages and personalised nutrition plans as well as time off to flaunt the results of your efforts on the nearby unspoilt Gigaro Beach.

**Details** Seven nights' full board from £4,270pp, including activities, treatments and transfers (wellbeingescapes.com). Fly to Nice

## Malibu goes on holiday to Italy

You'll find as many A-listers at the Ranch Malibu as in the pages of *Vanity Fair*: not least the new-look Rebel Wilson. From next month, you can skip the long-haul flight but still experience that trademark transformation at its camp at Palazzo Fiuggi, an hour outside Rome. Expect four-hour morning mountain hikes in the mist-hugging Apennines, strength and core training classes in the palazzo's 20 acres of parkland and plant-based menus from the culinary wizard Heinz Beck, whose restaurant in Rome, La Pergola, holds three Michelin stars.

**Details** Seven nights' full board from £8,445pp, including flights, transfers, activities and treatments (healingholidays.com)

## Wheel adventures in Spain

Girona is Europe's cycling capital, although it's possibly the Costa Brava's

wild beaches that were more of a draw for Hugh Grant, Tom Holland, Kylie Minogue and the like. They all checked into the Hotel Camiral, 20 minutes outside the city, where the contemporary bedrooms make elegant decompression chambers after hours in the saddle or hiking along Cami de Ronda, an ancient coastal route through sea cliffs and secret beaches. The 1,334-acre resort also has tennis and padel courts, two football pitches and even zip lines tucked away in its woodlands, as well as a new high-tech wellness centre with cryotherapy and oxygen chamber therapy.

**Details** B&B doubles from £225 (pgacatalunya.com). Fly to Girona-Costa Brava

## Catch a wave in the Maldives

Its wonderful coral reefs grab the headlines, but the Maldives also has world-class surf breaks. Close to Four Seasons Kuda Huraa, a classic Robinson Crusoe resort, you can ride long, bowling lefts at Honky's, racetrack sets at Chickens or open tubes at Cokes. There's also windsurfing, kitesurfing, X-Jetpacks and hydrofoil experiences, although Katy Perry favoured the stand-up paddleboarding and yoga when she stayed. A trip to the resort's new rooftop night spa rounds off the day in style.

**Details** Seven nights' B&B from £4,295pp, including flights and transfers (elegantresorts.co.uk)

## Nurture yourself in nature in Spain

From the outside, La Bobadilla — an hour outside Malaga in the Sierra de Loja — looks like a typical whitewashed village. Similarities end with the bricks and mortar, however: inside, this 800-acre estate is all about pleasure, with three swimming pools, four restaurants and an impressive spa with hydrotherapy, saunas and steam rooms. There's tennis, cycling and horse riding, and this year the hotel launches Nature Retreats for a deeper immersion into the environment. This features forest bathing through its olive, oak and almond trees, Nordic walking and qigong, the slow-mo version of Chinese martial arts, to a

soundtrack of bird song.

**Details** B&B doubles from £189; five-day nature retreats from £580pp (barcelo.com). Fly to Malaga



Lily of the Valley, St Tropez

## Pedal through fairytale France

The fairytale châteaux of the Loire Valley provide an unforgettable natural spin studio, with pit stops at classic castles such as Chenonceau, Azay-le-Rideau and Clos du Lucé, Leonardo da Vinci's former home, waiting at the end of riverside cycle paths and forest-lined lanes. While you pedal, a concierge transfers your baggage to your next overnight bolt hole, all converted chateau hotels, where you will have earned a dip in the pool and a gourmet dinner.

**Details** Five nights' half-board from £1,465pp, bike hire extra (macsadventure.com). Fly or take the train to Amboise