

Travel

On page

34

Why would anyone want to go to the Falklands?

Martin Fletcher is a convert

Relax – now leave to chill

50

great escapes

Best spas

1 Eastern delights

The Mandarin Oriental, the first resort spa in China, is on the southern tip of Hainan island. Treatments blend traditional Chinese medicine with de luxe Asian-style pampering. An 80-minute body massage costs about £100. Doubles from £245 per night.

Details 00 86 898 8820 9999, mandarinoriental.com/sanya

2 Northern rock

The new spa at Rockliffe Hall in Co Durham adjoins the five-star mansion and has 13 treatment rooms, thermal suites and hydrotherapy pool. Organic treatments include a sweet pea and rose facial and a kundalini massage (£80 for 60 minutes). B&B doubles from £270.

Details 01325 729999, rockliffehall.com

3 Scandinavian chic

This Nordic inspired set-up run by the spa consultant Raison d'Etre covers a big chunk of the luxurious Burmanska Palace in Stockholm. The clean, natural interiors exude Scandinavian chic. But be warned — a Be Rested massage treatment, including a hot birch pack, costs about £200 for two hours — ouch! Doubles from £395 include spa entrance.

Details 00 46 08679 3575, www.grandhotel.se

4 Indian Ocean idyll

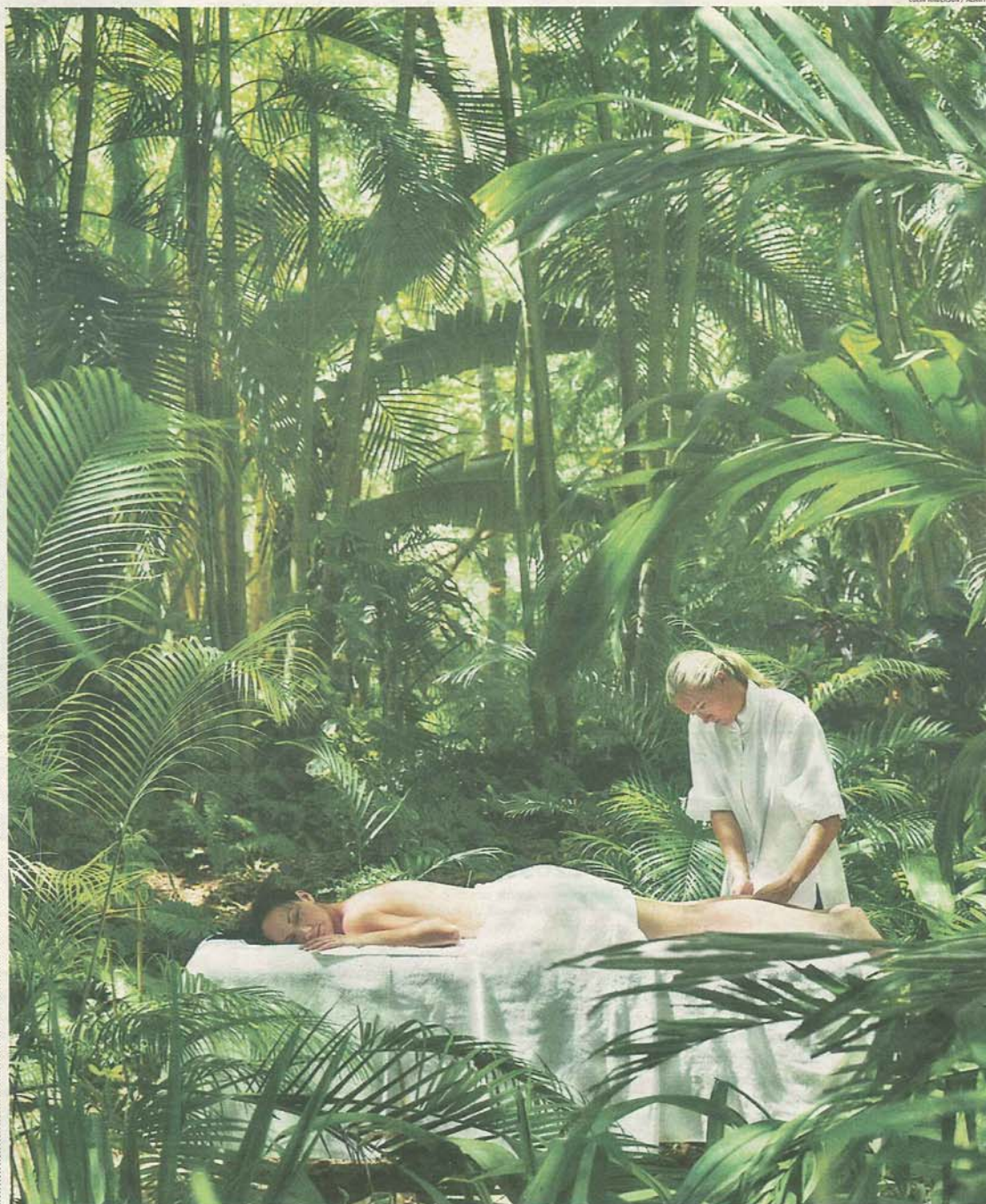
Shanti Ananda is the only destination spa on Mauritius. Guests come here to the quieter south coast for a few days of pampering or for a few weeks of serial treatments. Seven-night packages from Wellbeing Escapes (wellbeingescapes.co.uk) from £1,700pp sharing, including an Ayurvedic consultation, spa cuisine, four treatments, flights and transfers.

Details 00 230 6037 200, shantiananda.com

5 A Thai treat

The grandly titled Kamalaya Wellness Sanctuary and Holistic Spa resort in Thailand offers programmes for just about everything, including detox, yoga, stress and burnout, fitness and weight loss. Detox packages start at £980pp for three nights, including all meals and treatments but not flights.

Details 00 66 77 429800, kamalaya.com ▶



Go green From tropical rainforests to holistic retreats, there's a spot for you if you want hands-on pampering and peace and quiet in a remote location

STEVE J. BENDON / ADOBE

Spa with a view The spectacular hydrotherapy pool at Movenpick Spa, Jordan (No 10)



World Cup build-up: Johannesburg night and day

timesonline.co.uk/southafricatravel

Bitch/Bastard Week, plus family-themed yoga breaks. From £80/pp for seven nights' meditation. Details 0870 609 2690, thehillthatbreathes.com

Calm your mind

21 Dreaming Down Under

Tucked in among the mountains of Tasmania's Flinders Island is the Healing Dreams Retreat, an holistic hideaway with a range of mind-expanding activities on offer. Guests can take part in dream catching, "bush wander" hiking and meditation. Prices are from £170 a night including breakfast. Details 0061 3 6359 4586, healingdreams.com.au

22 Life tips in Tipperary

Irish life coach Niall Heenan has classes at a set of self-catering cottages in the Tipperary countryside just outside the village of Terryglass. Sessions take place over a weekend. Guests can also explore the banks of neighbouring Lough Derg, or cycle to the village itself. Two sessions of coaching cost €140 (£126), three days in a one-bedroom cottage from €180. Flights and transfers are extra. Details 01273 600030, www.responsibletravel.com

23 Moon meditation

Every month a small luxurious hotel in the hills of Sardinia holds a full-moon

meditation evening. At the Petra Segreta hotel, guests gather along an ancient path in the gardens to honour the full moon. Full moons for the spring and summer are on April 28, May 28, June 26, July 30, August 24 and September 23. Rooms at the hotel are from £238 a night B&B. Details 01223 460100, essentialitaly.co.uk

24 Healing with the Incas

Lake Titicaca in Bolivia was worshipped by the Incas as a vortex of cosmic energy and is still sacred to the Kallawayas — a group of Andean naturopathic doctors. Visitors to the lake can spend the night with Tata Lorenzo, a practising Kallawayaya, who will reveal some of their secrets. Ten nights in Bolivia, including two nights on Lake Titicaca and international flights, costs from £2,699pp. Details 020-8758 4774, sunvil.co.uk

25 Spiritual Japan

The Tohoku region, to the north of Tokyo, is a gentler Japan, full of paddy fields, mountaintop monasteries and rural villages. Here you will find Mount Haguro, home to the Yamabushi, or mountain priests. Stay with them at one of the temples to indulge in meditation, dine on traditional Buddhist cuisine and, perhaps, take the 2,446-step pilgrimage to the mountain summit. The 14-night trip, which also takes in Tokyo, costs from £2,100pp, excluding international flights. Details 0117 3144620, insidejapan.com

26 Psychic sidekicks

These psychic school courses, with top medium Jayne Wallace, take place at Littlecote House, a 16th-century hotel in Berkshire that is said to be one of the spookiest buildings in the UK. The £75 course includes classes in connecting with your spirit guides, learning to read tarot cards and aura readings. Three nights' half-board costs from £299pp. Details 0800 1388399, warnerleisurehotels.co.uk

27 Taiwan monastery

Taiwan's Fo Guang Shan monastery is considered to be the country's centre of Buddhism. A three-day stay includes classes on chanting, mantras and meditation. Seven nights in Taiwan costs from £699pp, including accommodation, transfers, excursions, entrance fees and some meals; international flights extra. Details 0844 5573333, funwayholidays.co.uk

28 Choose life

The Greek island of Skyros is also home to the eponymous retreat centre, one of the leading providers of alternative holidays in Europe. Dozens of courses are available, including a Life Choices programme with the resort founder and author Dina Glouberman. Prices are from £695pp half board for seven nights. Details 01983 865566, skyros.com

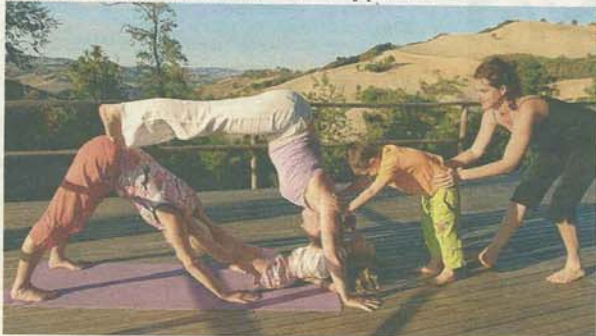
29 Kalari in Kerala

Learn to heal as well as harm with classes in kalaripayattu — the martial art that forms the basis of kung fu. Twelve-night breaks at the centre, including flights, all meals, transfers, classes and meditation lessons, cost from £1,475pp. Details 020-8566 2729, transindus.com

30 Italian soul food

The Lefay Resort and Spa on Lake Garda offers daily meditation as part of its wellness breaks. Guests are encouraged to take a daily walk in the resort's "energy and therapeutic garden" — a 2.5km path with five meditation areas. The resort encourages a healthy diet through its "vital gourmet" concept, which offers a nutritionally balanced take on the traditional Mediterranean diet. Three ▶

“
Become a
psychic.
Connect with
your spirit
guide and
learn how
to read
tarot cards
”



Flexible friends Family yoga weeks are popular at the Hill that Breathes (No 20)



JAPAN

Cox & Kings' Far East 2010 brochure includes an array of travel ideas ranging from the great cities and historical treasures of China to the pristine rainforests of Borneo. Travel on the 10-day Japan's Cultural Treasures group tour from only £2,895 per person.

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NAKI KODIYOUNTIS / ANISA



Where a wallow makes the summer Give your skin a treat in the mudpools at Espalmador on Formentera (No 45)

50 great escapes

4 nights costs from £671pp including half board, flights and transfers. Details 01306 747008, kuoni.co.uk

Relax and do nothing

31 Sunlounger safari, UAE

You don't need to move from your sunbed to see gazelles, oryx and camels at the Banyan Tree Al Wadi in Ras Al Khaimah in the United Arab Emirates. Stay in one of the 15 tented villas with private pools in the middle of the desert. Four nights' B&B costs £969pp with flights from Heathrow. Details 0800 6342866, destinology.co.uk

32 Fijian dream

No phones, laptops, TVs or radios are allowed on the Fijian island of Vatulele. Even the room service is relaxed — stick a flag outside your bungalow and

staff will take your order. Ten nights costs from £4,085pp with meals and flights from Heathrow. Details 01494 678400, www.turquoiseholidays.co.uk

33 Turkish treetop treats

Enjoy a treetop massage or dine by moonlight on a floating raft at the Elixir Art Hotel in Bozburun, Turkey. The hotel has 15 suites and rooms and can be reached only by boat. A three-night stay is from £570, not including travel. Details 020-7722 2288, elixirarthotel.com

34 Greek island idyll

On the island of Ithaca, the Loutsas Villas sit in their own private bay. Each villa has a private pool. A week's break costs from £725pp, four sharing, with car hire and flights from Heathrow and Manchester. Details 020-8605 3500, exclusiveescapes.co.uk

35 Wallow in the Maldives

These treehouses, part of Shangri-La's Villingili resort, are built 3m above the ground and have infinity pools. Prices are from £3,580pp for a week's B&B with flights from Heathrow. Details 01306 747008, kuoni.co.uk

36 Venezuelan archipelago

Gran Roque, off the north coast of Venezuela, is an island fishing village. Stay at Posada La Cigala, where there is little to do but head to the beach — boatmen will take you to your own private island. Ten-night breaks cost from £2,888pp with flights from Heathrow. Details 020-8758 4774, sunvil.co.uk

37 Teatime in Sri Lanka

Rolling tea plantations and dramatic mountain ranges provide the backdrop to the Castlereagh hotel. A six-night holiday costs £1,645pp for full board and flights from Heathrow. Details 020-7289 6100, ampersandtravel.com

38 Suffolk fairies

Settle down with a glass of wine on sofas overlooking a sparkly dew pond and wildflower meadow at the Workshop at Lime Tree Farm, Badingham, Suffolk. A

weekend stay costs from £295 based on two sharing. Details 01728 638962, bestofssuffolk.co.uk

39 Magnetic Sardinia

Stand on a particular spot at the Villa La Rocca and the magnetic-bearing quality of the Earth is claimed to recharge your batteries. So no need for exercise. Self-catering prices are from £769 a week, based on four sharing, travel is extra. Details essentialitaly.co.uk

40 Idyllic Indonesia

Amanwana, the secluded wilderness retreat on Moyo Island in Indonesia, is a camp of 20 luxury tents set in a tropical rainforest. A 12-day trip with two nights in Bali costs £2,995pp with all meals and flights from Heathrow or Manchester. Details 01993 838100, audleytravel.com

Soak up the silence

41 Car-free Croatia

Koloecep is Croatia's southernmost island. With no cars, 150 inhabitants and only one hotel, it's also the quietest, which makes it ideal for hiking, walking and cycling. Seven nights at the Hotel Villas Koloecep from £385, including flights to Dubrovnik and transfers. Details 0844 477 9999, hidden-croatia.com

42 Bonny bothy

The Doctor's Bothy is a newly renovated cottage on the Hebridean island of North Uist. The cottage is on a hillside above Loch Hosta and has dramatic views over



Go west Well as far west as Wales if you fancy a stay in a teepee (No 46)

the Atlantic. The two-bedroom cottage sleeps four. Seven nights cost from £395. Details 01835 822 277, unique-cottages.co.uk

43 Himalayan hideaway

Perched on the edge of a dramatic ridge in Uttarakhand in northern India is the 360 Leti resort — four cottages with views of the snow-capped Himalayas. Ten nights costs from £2,999, including flights and transfers. Details 0207-426 9888, blacktomato.co.uk

44 Namibian stars

South of the Namibian capital Windhoek, the Namib Desert meets the Naukluft Mountains. In this remote region is Kuangukuangu, a wood-and-stone cottage that offers absolute solitude and uninterrupted views of the night sky. Prices for two are from £93 a night. Details 0117 942 8476, i-escape.com

45 Muddy marvellous

Get away from it all on Formentera — a far cry from the clubby buzz of its neighbour, Ibiza. Ca'n Anguila is a pretty, two-bedroom villa overlooking the bay of Mitjorn. You really will feel private here: the nearest shops and restaurants are 2km away. Why not take a trip to Espalmador to wallow in one of the natural mud baths. Who needs a spa? Prices start at £127 a night, villa only. Details: homeaway.co.uk/p508636

46 Welsh teepees

Stay in a Native American teepee or locally made yurt on an organic farm in the Welsh mountains in Powys. A two-night stay for two, which includes a 30-minute reiki session and twilight meditation, costs from £220. Details 01654 781375, ecoretreats.co.uk

47 Irish Atlantic air

Breathe in the bracing Atlantic air at Delphi Mountain Resort's wellness centre in Co Galway. This simple lodge will appeal to activity junkies who like to end the day in the hot tub and enjoy food from the resort's organic farm. Two-night weekend breaks start from £150pp. Details 00 353 95 42208, delphimountainresort

48 Turkish delight

Explore Turkey's undeveloped pine-clad coastline in a two-cabin gulet. Tours include archaeological sites such as Ephesus and stops for treks along the Lycian Way and undisturbed swims. From £2,400pp for two weeks. Details 01600 861929, petersommer.com

49 Romanian wilderness

Stay in one of Count Kalnoky's restored guesthouses at the foot of the Carpathian Mountains in Transylvania. Explore one of Europe's last wildernesses, with its fairytale castles, bears and wolves. From £70pp a night, full board. Details responsibletravel.com

50 Australian escape

Indulge in a private hideaway on Lord Howe Island, 700km northeast of Sydney, with a population of 300. Visitor numbers are restricted to 400 at any one time. Capella Lodge has suites overlooking Lover's Bay, with views of volcanic peaks. From £400pp a night. Details 0061 02 9918 4355, lordhowe.com

Compiled by Nick Wyke, James Ellis, Jo Morris

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