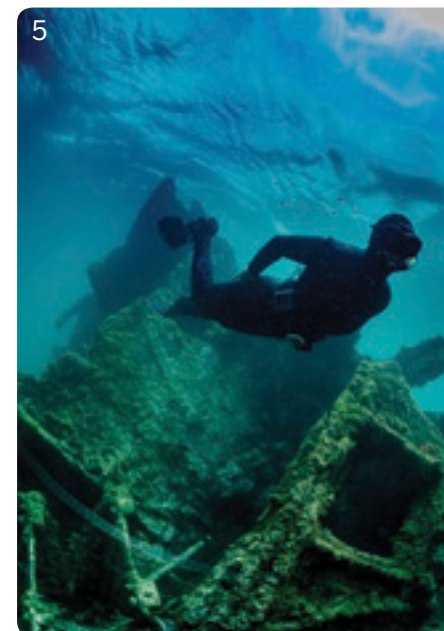


TRAVEL
NEWS

Cosy up in an eco-lodge
in the Welsh countryside,
hunt for treasures at a
French vintage market, and
marvel at Dutch seascapes.

Compiled by Helen Martin





1 RETREAT FOR NEW MUMS

New motherhood is a real journey and one that can leave self-care bottom of the pile. Clio Wood and her team of trainers and therapists offer award-winning retreats to nurture both mothers and whole families. Focus on diet, fitness and nutrition; enjoy treatments, massages and practise mindfulness. From 24-hour mum and baby retreats to week-long family breaks, &Breathe have created blissful experiences in locations such as south west France, Morocco and the Four Seasons Hotel in Hampshire. They also provide childcare to make those moments of quiet contemplation possible. andbreathepostnatal.com.

2 LUXURY ECO-HOUSE IN TURKEY

If you fancy your own private waterfront while staying in a luxury eco-house with walls of glass overlooking sea, forest and gardens, The Houses of Gökçe Gemile on the Gemile Peninsula of Turkey, could be for you. Comprising of three houses, each has been crafted using local stone, recycled wood and upcycled iron. One even has the original carob tree still growing inside. Each house also comes with a 20-metre pool and jacuzzi, generous outside space and hammocks on the lawns. There are seven coves on the bay, reached by foot, or by a 'naturally powered lift'. Cleverly hidden, the latter magically descends through the forest. Once at sea level, you can bask in the clear water fed by natural springs. You could also try sea kayaking, paddle boarding and snorkelling, as well as go for lunch on the water with a skippered cruise. fairlightjones.com.

3 COUNTRY APPEAL, WELSH STYLE

Light the wood burner, pour yourself a hot drink and wrap up in a thick blanket as you look out across the wild landscape on the Welsh border at Wild Meadow. Within three acres of meadows and orchards, Wild Meadow's eco-lodge and shepherd's hut create a gentle escape in stunning surroundings. Red kites fly above, while tawny owls hoot, watch out for them from the balcony of the cottage, where you can also embrace the endless night sky for its impressive star gazing. There's also a kitchen garden, where you can harvest fruit and vegetables, and a pond with dragonflies. Close by there are pretty market towns with farmers' markets. Whether exploring the area, hiking or biking, sitting on the swing or reading by the fire, the country life is sure to charm you. wildmeadow.co.

4 GAME-CHANGING PACKING CUBES

Everyone has their own style of packing; from folding and rolling, to cramming every centimetre of space until you have to sit on your bag to zip or buckle it closed. If you're backpacking, travelling with family, or prefer everything neat and tidy, have a look at packing cubes. Adventure brand Osprey make fabric packing cubes in three sizes, as well as a boot cube and a garment folder that will hold up to seven collared shirts. They have a handle at the top and a wide opening zip so you can fill them to capacity. ospreyurope.com.

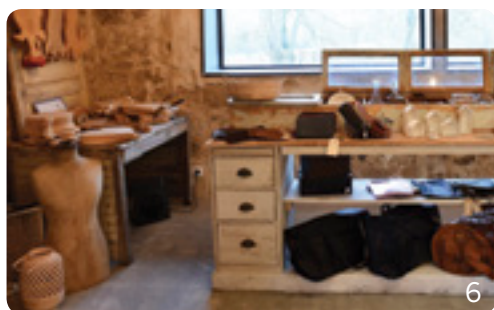
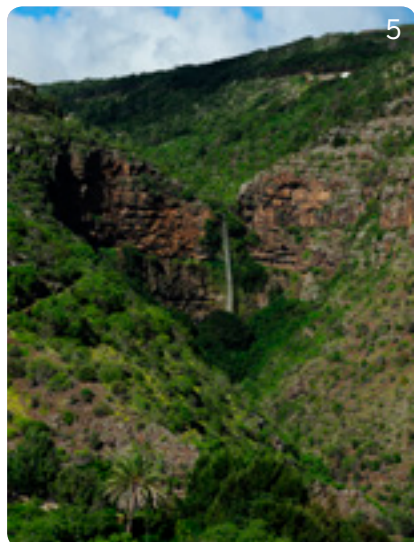
5 UNSPOILED WILDERNESS

As one of the world's most remote islands St Helena, 2,000km west of Africa, with its wild landscapes, forests

and volcanic plains, used to only be accessible via RMS St Helena, one of the last working Royal Mail ships. Reducing travel time from five days to just four hours, there's now a weekly flight from Johannesburg. The island is full of history and unspoiled nature. It's the second oldest remaining British Overseas Territory after Bermuda and where Napoleon was imprisoned after the Battle of Waterloo. While off the rocky shores live 2,932 species, 502 of which are endemic to the island. There are 20 dive sites, including eight wrecks. Look out for dolphins, green and hawksbill turtles, as well as migrating humpback whales between June and December, then whale sharks until March. Smaller fish include the St Helena wrasse, parrotfish and marmalade razorfish. Visit sthelenatourism.com.

6 FRENCH TREASURES

Vintage finds are always a delight and to re-home something, rather than buy new, makes for wise buying. With its bohemian vibe, the Perche region of Orne in Normandy is full of vintage markets. Combining the traditional and contemporary in enchanting spaces, 17th-century Chez Nous Campagne in Burbertré offers flea and new designer finds, curated by owner, Cecile. There's also an exhibition space and a cosy attic cabin for four people. The latter comes with whitewashed walls and beautiful views. Below the cabin is a tea room serving detox salads and warm chocolate brownies, while the juice bar utilises the local organic apples and pears of Normandy. chez-nous-campagne.com. ▶



7



7 SHEA BUTTER SHELFIE

There's nothing like a beauty product to up your shelfie game, especially if it's a bit of a cult hit like French beauty brand L'Occitane's limited edition Rifle Paper Co Shea Butter Hand Cream. Florida-based Anna Bond is behind Rifle Paper Co's colourful designs. In the collaboration she captures the scent, light and texture of the south of France, with its leaves, nuts and shea blossom on a baby blue background. L'Occitane's soothing hand cream meanwhile, contains shea butter, honey, almond extracts and coconut oil, leaving hands soft and protected. It's a whimsical addition to any shelf, and something to take with you wherever you go. loccitane.com.

8 DUTCH SEASCAPES

One hundred years ago Domburg in the Netherlands was a destination for Dutch artists, who would flock to the coast of Zeeland in the summer to be inspired by the landscape and bright light. By The Sea is an exhibition running until November 18 at the Gemeente Museum, bringing together more than 50 seascapes by artists including Piet Mondrian, Jacoba van Heemskerck and Jan Toorop. The paintings feature sea as the main subject, but the work also includes dunes, church towers and lighthouses. Each artist captures the sea, sky, light and water in a unique way. gemeentemuseum.nl.

9 CONVERTED WATER MILL

Juniper Mill is a converted 17th-century water mill in Lauder, on the Scottish Borders. With its now stationary wheel sitting

proudly outside, this impressive property has been renovated with sumptuous details. The living area is double height making use of the light and space, while the mezzanine bedroom has a roll top bath, inviting long soaks and star gazing. Touches like the Moroccan rug and wood burner add a cosy feel, while the handmade working shutters add charm. For morning coffee and meandering, the doors from the living area open out to the garden, abundant with wildlife. If you're lucky, you may even see an otter in the mill lade, which trickles through the garden. Perhaps have a walk up the Boondreigh Burn: Juniper Mill sits in five acres of grounds, so there's plenty of space to wander. For activities, cycling, mountain biking, walking, spas and historic castles are just some of the possibilities. crabtreeandcrabtree.com

10 ON THE MOVE ECO WIPES

Plastics continue to be a huge environmental issue, with single-use products such as wet wipes being key culprits. Unfortunately the majority of wipes contain non-biodegradable plastics such as polyester, causing problems for our waters, as well as taking up to 100 years to break down. Eco-friendly Beauty Kitchen's Seahorse Plankton Sustainable Beauty Wipes are made from organic cotton and 100 percent natural ingredients, making them compostable. Among their ingredients is seahorse plankton, a microalgae which produces a glow-enhancing combination that includes antioxidants, omega 3 and vitamins. Just remember to pop them in a compost bin when you're finished. beautykitchen.co.uk.

9



10

