



GO GLAMPING!

Embrace nature and enjoy a slice of luxury at Stellar Safari Lodge in beautiful mid-Wales. A haven for keen walkers, nature-lovers and those in need of plentiful peace and quiet. Where better to reset and reconnect after a tough year? Nestled into a quiet corner of 300-acre Lon Farm, you'll enjoy cosy cabin interiors, hot-tub dips beneath the stars and a welcome hamper of Welsh goodies. For a stunning morning stroll right from the door, follow the farm's own private river walk and don't miss the delicious chocolate at nearby Rhayader's famous hardware store. For more information, visit thewanderlist.uk

SUMMER at home!

If you're not able to get abroad this Summer, don't worry. There's a raft of fun activities right here in the UK to keep you happy...



STAYCATION WITH BENEFITS!

Want to lose a stone in six days? Yep, that's right. It was music to our ears when we heard that's what a guest lost whilst at Slimmeria, a health retreat in Devon. Not your typical getaway by the sea, this six-day programme will help you detox and lose weight, learn to resist temptations and completely rejuvenate you inside and out. The package includes carefully planned healthy, delicious meals, fun fitness sessions and daily invigorating coastal walks. Packages from £1,095. Visit slimmeria.com



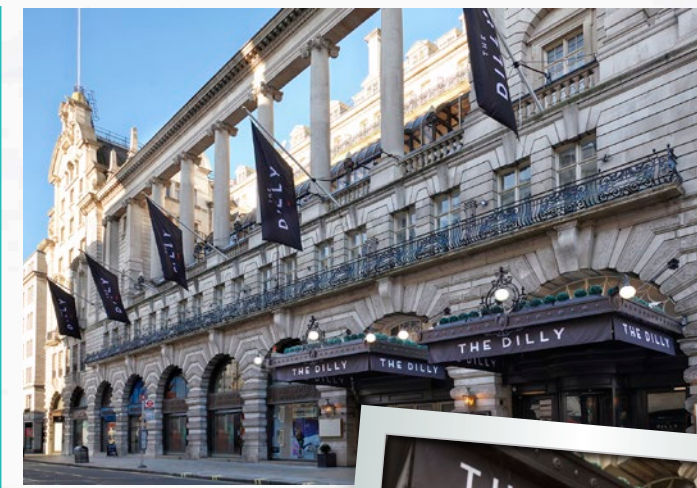
TOP TIP!

Get 50 per cent off at English Heritage sites this Summer with your M&S Sparks shop! From Stonehenge to Whitby Abbey – there's something for everyone, plus you also get 10 per cent off in shop/cafes once there. Sparks customers will receive a promo code on the app to redeem at the checkout for pre-booked tickets.



GET A POST-LOCKDOWN GLOW

Want to restore your body and mind? Seaham Hall Hotel's spacious luxury Covid-safe Serenity Spa is the only spa in the north of England to enjoy 'Five Bubble Luxury' status. With dramatic views of the Durham Heritage Coast, and featuring 17 treatment rooms, a salt sauna, herbal sanarium, eucalyptus steam room and hammam, it's the perfect spot to relax. Have a splash in the indoor heated pool, before unwinding in the outdoor hot tubs, then submerge in the hydrotherapy pool in the open-air Zen Garden. We're already more relaxed... Treatments from £70. Visit seaham-hall.co.uk



DANCING AT THE DILLY!

The new Dilly Hotel at 21 Piccadilly is as London as it gets. Not just the latest five-star hotel with all the landmarks on its doorstep, it's also the first to offer a dedicated dance studio. Guests are invited to learn Smooth, Latin and/or Ballroom from world-class teachers. Private dance lessons start from £90 for one hour. Room rates from £219. Visit thedillylondon.com



TRAVEL TIP

Enjoy extra stunning scenery from an e-bike! You still have to pedal, so it's brilliant exercise, but you'll get a boost on bigger rides and up hills (godsend!), meaning you can stay on your bike for longer! The foldaway Fly E-bike also fits in your boot. Nifty! Visit e-trends.co.uk





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