

THE

# Checklist *Play*

Where to enjoy the great outdoors this season



## Stay and Sail

GREECE

You might think that yachting around the Med is an activity reserved for the likes of Jay-Z and Beyoncé, but with Neilson you can hop around the Greek Islands just like a celebrity, without having to part with a small fortune. And with its Stay and Sail package, you can spend a week ashore to learn the ropes (pun intended) at their gorgeous, recently-refurbished beach club in Sivota, before spending a second week steering your very own flotilla around the Ionian Sea, visiting islands such as Paxos, the smallest of the Ionian Islands, and the quiet hidden corners of Corfu.

➤ **BE THERE...** Book a stay and sail package with [neilson.co.uk](http://neilson.co.uk)

# 02

## Bikini Bootcamp

IBIZA

It seems that all the stars are turning to beach boot camps to help them shift those extra pounds while on holiday – and now you too can get an A-list body thanks to the No 1 Bootcamp Ibiza, which is based near Cala Benirrás. A firm but fun fitness team are on hand to whip you into shape with a series of 7am runs, boxing classes, hiking in the mountains, circuit training on the beach and workouts by the pool. It may sound tough, but the proof is in the results – just look at the beach bodies of former bootcampers like TOWIE's Lucy Mecklenburgh, *Made in Chelsea's* Spencer Matthews and Tamzin Outhwaite for inspiration.

➤ **BE THERE...** Visit [no1bootcamp.com](http://no1bootcamp.com) for more information. Fly to Ibiza with [thomascook.com](http://thomascook.com)

