

# Lates 'N' Breaks

# TRAVEL



Edited by **NIGEL THOMPSON**

# Lates 'N' Breaks

**LLANDUDNO WITH ANTON & ERIN:** Depart on March 5 for a five-day coach break to Llandudno to see Anton and Erin's new ballroom show at the Venue Cymru. It's £175pp, based on two sharing. Includes four nights' half-board at the

MarineHotel, show tickets, an excursion to Snowdonia, a trip to Anglesey and all coach travel. Book at [shearings.com](http://shearings.com). **VALENCIA:** A two-night Valentine's B&B break at the three-star Casual Valencia de les Artes Hotel from £82pp. Flights

from Stansted on February 14. Book at [travelsupermarket.com](http://travelsupermarket.com). **FINLAND:** Stay for a week at the Rukoka Log Cabins in Ruka for £216pp, based on four sharing. Includes Jan 13 flight from Manchester, Birmingham or Gatwick. See [crystalski.co.uk](http://crystalski.co.uk).

## FactFile

**No.1 Bootcamp's** Ibiza camps are running from March 16 to April 20, with rates starting at £1,450 per person all-inclusive for seven days. Their UK camp in Norfolk is open 50 weeks a year with rates from £995pp all-inclusive for seven days. Flights/travel not included. Go to [no1bootcamp.com](http://no1bootcamp.com). For more details on Ibiza and Norfolk see [ibiza.travel](http://ibiza.travel) and [visitorsnorfolk.co.uk](http://visitorsnorfolk.co.uk).

### HAPPY, HEALTHY - AND HANGOVER-FREE

# My bootcamp blitz in Ibiza

by **JAMES INGHAM**

**IT'S not breakfast time yet in Ibiza and normally I'd be heading to bed after a crazy night of bars and clubs - but instead I'm sprinting up hills.**

But if running through stunning (and very steep) countryside is a far cry from my usual White Island getaway, it is just as pleasurable and a lot healthier.

Which brings me to No.1 Bootcamp's Ibiza retreat. Back-to-back workouts of high-intensity interval training, weight sessions, boxing classes, hill hiking and yoga stretching might not be everyone's idea of the perfect holiday.

But for keep-fit fanatics, people wanting to lose weight, or those hoping to kickstart a healthier mind, body and soul, this couldn't be better.

I was joined at the camp by six very different, yet strangely like-minded individuals.

Our ages and physical capabilities varied significantly, as did our overall bootcamp goals. But we all shared the aim of wanting to achieve results, train hard and have fun along the way.

Coincidentally, four of the seven had recently left jobs and were there to refresh the mind as much as to beast the body.

The week I went, all my fellow bootcampers were there alone, although we all bonded so well straight away it didn't feel that way for long.

Guests are weighed and measured at check-in on the Saturday and asked about their goals. Muscle mass, fat loss and fitness progress is then carefully monitored throughout your stay by the small but brilliant team of fully qualified, extremely knowledgeable and uber-positive trainers.

The daily, relentless workout schedule, from 7am to 5.30pm, takes place from Sunday morning to Friday lunchtime and the itinerary would be intense even for a professional athlete, but everyone trains at their own pace for their own physical capabilities.

I'm not going to lie, your body and mind will be tested to the limit at some point throughout. But if you like a challenge or



have a goal in mind don't let the workload put you off - as the saying goes, no pain no gain. Most of the training sessions take place in your villa car park and surrounding hills, with some of the less strenuous workouts on the accommodation decking. The stunning hikes, in the hills of north Ibiza where our villa was situated, and the relatively relaxing daily yoga sessions, in the villa studio, add a bit of mindfulness to the intense workout Yang. A tasty diet of seriously delicious, calorie-controlled, healthy

yet hearty meals are provided throughout the day. But don't worry, you won't be living off soups and smoothies. Portion sizes are tailored to each individual and are probably smaller than you're used to. Yet with breakfast, morning snack, lunch, afternoon snack and dinner all provided, you are never too far from your next delicious feed. Breakfast included porridge with

baked banana, maple syrup topped with walnuts and dates, scrambled eggs with tempeh and grilled tomatoes, and buckwheat pancakes with maple syrup, yogurt and berries. For lunch, there was noodles with chicken and veg, tuna salad and chicken wraps. Dinners really got the taste buds going and include burgers topped with avocado and beetroot sprouts with roast potatoes and



salad, salmon on a bed of quinoa, and shepherd's pie made from ground turkey and topped with sweet potato mash. Top-up protein shakes are also provided if required. Varied workouts are anything but relaxing, but there was still a huge feeling of luxury to our experience. The villas used for the Ibiza bootcamps can vary, but you have all the space to yourselves. There's a sauna and Jacuzzi to soothe your aching muscles, and massage is available. But apart from some spending money for your last afternoon, where you are let

but allowed to enjoy all the other facilities during any downtime. While you are free to leave the villa during the evening should you wish, we were all too shattered and would go to our rooms shortly after our communal dinner to read, watch films (TV channels are limited, so bring your own or Netflix), and - most importantly - to relax and rest. While not everyone's results were as dramatic, everyone left Ibiza happier, healthier and certainly lighter than when they arrived.

loose to explore Ibiza as you wish, you shouldn't need to spend another euro while there. After just six days I lost an incredible 12lb of body fat. And despite burning around 4,000 calories a day compared to my intake of just over 2,000 I also managed to add another 5lb of muscle. While not everyone's results were as dramatic, everyone left Ibiza happier, healthier and certainly lighter than when they arrived.



GOODBYE WEIGHT HIIT INFO

1- HIGH WAVE	1- PRESERVE	1- SQUATS
2- BRISTE UPS	2- HIGH WAVE	2- MICH WAVE
3- SQUATS	3- HIGH WAVE	3- PRESERVE
4- SQUATS	4- HIGH WAVE	4- PRESERVE
5- SQUATS	5- HIGH WAVE	5- PRESERVE
6- SQUATS	6- HIGH WAVE	6- PRESERVE
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12- SQUATS	12- HIGH WAVE	12- PRESERVE
13- SQUATS	13- HIGH WAVE	13- PRESERVE
14- SQUATS	14- HIGH WAVE	14- PRESERVE
15- SQUATS	15- HIGH WAVE	15- PRESERVE
16- SQUATS	16- HIGH WAVE	16- PRESERVE
17- SQUATS	17- HIGH WAVE	17- PRESERVE
18- SQUATS	18- HIGH WAVE	18- PRESERVE
19- SQUATS	19- HIGH WAVE	19- PRESERVE
20- SQUATS	20- HIGH WAVE	20- PRESERVE



**BONDING:** James, left above, with his fellow Ibiza bootcampers

## A FIVE-STAR CAMPSITE BY GEORGE!

"THIS is fantastic," shouted George as he tore around our holiday home. "It even has a hot tub."

Having just checked in at our five-star beach lodge at Crealy Meadows Holiday Park in East Devon, my seven-year-old was losing no time in checking it out.

As his mother, Stella, is not much given to the muddy realities of camping on a rainy August Bank Holiday, she was equally delighted with our stylish, spacious and very comfortable base for the weekend.

Carpeted and double-glazed, with an ensuite master bathroom and two twin bedrooms, it can accommodate up to eight.

Glamping is available and visitors with their own tents are welcome. We tried not to feel superior - not to mention warm and dry - at the thought of those struggling with pegs, poles and canvas, as we stashed the wine in the freezer. Turning on the "log" fire and reaching for the TV remote, we collapsed on the sofa.

We'd arrived late but as soon as the weather relented, we were splashing about in the hot tub. After breakfast we ambled across the spacious campsite to stock up from the small but well supplied shop. Then to Crealy Adventure Park, where more than 60 rides and attractions awaited us, including Vortex



by **CHRIS HUNNEYSETT**

rollercoaster, the dinosaur trail and a log flume. Our favourite was the Aqua Blasters pool where we spun in an inflatable boat, squirting giant water pistols at fellow adventurers.

There are plenty of places for hot meals and snacks, plus baby-changing and toilet facilities. After lunch we were charmed by the Victorian merry-go-round, before upping the pace around a mini-Grand Prix track in electric F1 cars.

Exhausted and happy, we enjoyed dinner in the brand new, fully-licensed, Scandinavian-style Clubhouse.

Super-friendly staff hold a quiz every evening - one of a variety of family events. With more rain next day, the multiple indoor soft play centres proved popular - there's even a rollercoaster for tots.

And when we asked George (inset with dad) for his verdict, he declared it was "Crealy brilliant!"

## FactFile



**BOOK IT:** Crealy Adventure Park & Resort in Devon offers three-night low season breaks in lodges (sleeping six) from £335; high season from £965. All lodge breaks include unlimited entry to the theme park and family-friendly live entertainment. For more information head to [visitdevon.co.uk](http://visitdevon.co.uk).