

Activity holidays

From yoga to wild swimming: the holidays to enjoy on your own

1 A yoga retreat in Argyll and Bute

This centre is very remote, but perfect if you want to run away from it all. It helps to be into yoga too, of course. And water. The outdoor bathing and washing away all your worries is what makes this yoga retreat unique, with hot spring water baths located in river gorges and geodesic domes. You can also take an outdoor sauna and jump into the river. **Details** Yoga weekends are from £445, or self cater from £57 per night (ecoyoga.org)

2 Coasteering in Pembrokeshire

The outdoor activity centre Preseli Venture is the perfect base for hiking along the Pembrokeshire Coast Path or to join in an outdoor activity such as coasteering. Nothing will help you get away from it all as much as clambering up rocks and then jumping into the sea, with the gentle encouragement of experts. And for all its outdoorsiness, Preseli's family-run ambience offers the gentleness you need. **Details** From £59pp per night, including meals. A half day of coasteering costs £52 (preseliventure.co.uk)

3 A writers' retreat in Devon

Billed as a writers' retreat, this rambling thatched house in Devon, owned by writer Deborah Dooley, is more a retreat for making everything right. They greet you with wine, fill you with food, give you a room with fluffy robes and a solitary space to write. **Details** From £75pp per night, full board with a minimum two-night stay (retreatsforyou.co.uk)

4 Youth hostel for grown-ups

The good old YHA isn't what it used to be. Forget the dorm — most now have private rooms. For example, enjoy a weekend striding Devon's Westward Ho! beach, or take your pick of 11 hostels in the Lake District. **Details** Private rooms are from £29 a night (yha.org.uk)

5 Walking festivals

If you want company, but without any hint of a "singles weekend", walking festivals are great. There are usually good offers on accommodation and food, and you don't have to spend time researching your walks, or worry about tackling the hills alone. Settle to Carlisle Walking Festival, Isle of Wight Walking Festival and the Mourne International Festival are all well-established favourites. **Details** walkingfestivalsuk.com



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6 Wild swimming breaks

If you are doing laps in the pool, set yourself a target of a distance swim with a difference. SwimTrek has four-day swimming holidays in Majorca and down the River Thames in Oxfordshire, while SwimQuest leads short swimming breaks across three lakes: Windermere in the Lake District, Annecy in France and Lago d'Orta in Italy. **Details** SwimTrek's four-day swimming trips cost from £430 (swimtrek.com) and SwimQuest's are from £648 (swimquest.uk.com)



7 Remote rambling

Group walking specialist HF Holidays now offers Freedom Breaks. You use one of its places to stay as a base for independent walking but get full board, an OS map and plenty of detailed information on the best trails. You'll feel



in very safe hands, but be given plenty of head space too. **Details** From £154 for two nights, full board. There is a single supplement, but it's only £8 (hfholidays.co.uk)

8 Hide away in a hopper hut

Just an hour from London, in the traditional hop-picking area of Kent, is a small farm that has restored its old hopper huts, originally built for east London families to work the season. The cosy cabins come with wood-burning stoves, while

each also has its own firepit.

Details Weekends cost from £235 (littlehaldenfarm.co.uk)

9 Going solo in Spain

Way of Nature mindfulness refuges provide a contrast to some of the yoga yummy-mummy retreats, where the priority is to get your nails done. Using nature as your therapy, its Spanish Pyrenees trip includes hiking, but culminates in you spending 24 hours "solo" in the wilds. **Details** Four days cost from £495, excluding travel (wayofnature.co.uk)

10 Yoga in Ibiza

If all-day chilling rather than all-night clubbing is more your idea of holiday therapy, then this yoga retreat just outside Ibiza Town is pure bliss. You can do a bit of yoga, head for the hills or walk to the nearby Benirras beach. Or just lounge in your Balinese-style pagoda. And breathe. **Details** From £410 for a pagoda or £485 for a room in a villa, half board for a week, including six hours of yoga (ibizayoga.com) **Catherine Mack**

On the meditation boat