

# HARPERS

ABROAD

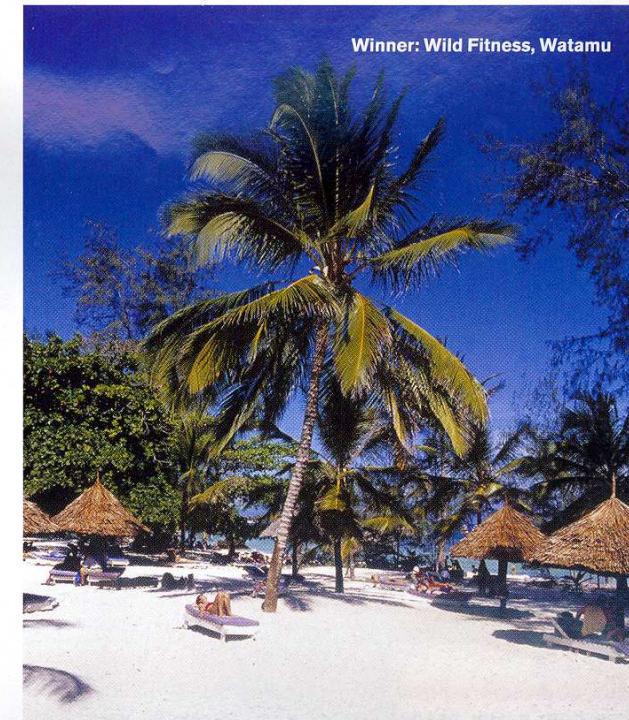
## THE 150 BEST PLACES ON EARTH

Luxury spas  
Spiritual retreats  
Dream villas  
Secluded beaches  
Heavenly hotels  
Hot safaris...

IN ASSOCIATION WITH



### BODY AND SOUL RETREATS



Winner: Wild Fitness, Watamu

#### WINNER WILD FITNESS, WATAMU, KENYA

This is no hippie-trippy Zen spa, nor is it a mud-spattered, military-style boot camp. Tara Wood is the brains (and body) behind the action-adventure getaway continually praised by *Harpers & Queen* contributors. On an average day you might sprint (or walk, or jog) through a butterfly forest following elephant tracks, or swim four kilometres down a creek, to be rewarded with a picnic on a desert island before kayaking across a stretch of water to your next destination. Other days might involve a mini-triathlon of swimming, boogie-boarding and running, or a sand-dune sprint at the nearby paradise of Che Shala (where Richard Burton wooed Elizabeth Taylor). The natural surge of adrenalin you get with each challenge makes any short-term pain worthwhile. Oxford graduate Wood is a superwoman, whose energy is infectious and inspiring whether you're an absolute breathless beginner (most of the men) or an aspiring Olympic athlete (most of the women).

**X-FACTOR** Wild Fitness is based at Baraka House on stunning Watamu Beach, 10 kilometres from Malindi, and takes small groups of six to eight people, so each participant receives maximum personal attention – physical, psychological and dietary. There is a perfect balance between communal living and blissful time out. Each guest follows a programme designed to meet their own individual needs and ambitions.

**PROGRAMME** Tailormade to suit you, it could involve anything from kick-boxing to nutritional counselling, surfing, or stress-busting massage by Wood's mother, Checkie. Bring trainers and basic work-out gear, including shorts, vests and swimsuits, and sun cream.

**WOULD SUIT** Those who already enjoy a basic level of fitness, although those who lead relatively sedentary lives could see life-changing benefits. The 'takeaway' programmes for you to follow after you get home are well explained, and are designed to work with your real-life routine.

**DINING** Guests enjoy a good home-made wholefood diet.

**FACTS** *Wild Fitness* (020 7568 1632; [www.wildfitness.com](http://www.wildfitness.com)), from £1,600 a person for the nine-day 'Kick Start' course, based on two people sharing a twin room at Baraka House, with full board and transfers from Malindi. Kenya Airways (01784 888222) flies to Malindi via Nairobi, from £558 return.