

METRO word of mouth

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Go wild for some relaxation



Great outdoors: Participants on Wildfitness's courses spend time doing group activities in the fresh air

A wild weekend with a difference

Everyone needs to cut loose with a wild weekend sometimes, but now there's one that's good for your health. From next month, Wildfitness is launching three-day 'primal fitness' courses on the Isle of Wight, promising to invigorate both your body and mind.

For the past decade, the company has been running longer courses – from nine days to three weeks – in Kenya, Spain and Greece. These can transform guests' bodies and their approach to fitness. The UK-based courses will offer a taster for anyone who is curious and serve as a refresher for those who have already completed courses abroad.

The aim of the weekends,

THIS WEEK: Go wild and get fit on the Isle of Wight, take a seat in The Waiting Room and Petit St Vincent reopens for business

BY JANE MULKERRINS

according to Wildfitness founder Tara Wood, is 'for people to fall back in love with the environment and their bodies, by learning how to move in the way that we were really designed to'.

The three days will consist of running, jumping and leaping through group activities and outdoor sports. 'Doing things in a group is such a different experience; you do things you'd never dare to do solo,' says Wood. 'Being outside is the most potent medicine.'

Every meal is also a lesson,

with ingredients grown in the on-site garden at NorthCourt Manor, sourced from local farms and even from foraging.

The longer courses can bring improved posture, halve competitive running times and often, Wood says, result in life changing decisions.

'Being bathed in nature and hanging out with a bunch of people tribal-style is great for de-stressing,' she says.

From £690, including accommodation, meals and activities; Tel: 020 3286 4886; www.wildfitness.com

ALSO CHECK OUT

Stoke Newington's Waiting Room

Popular east London boozier The Three Crowns now has another feather in its cap. Its 120-capacity basement (right), formerly known as The Drop, has been spruced up and renamed The Waiting Room, with a flash new soundsystem and a rocking roster of gigs, events and DJ sets. Gilles Peterson, Ghostpoet and Hot Chip will all be gracing the decks in the next few weeks.

Entry prices vary, drinks from £3.80; Tel: 020 7241 5511

Petit St Vincent, more perfect than ever

After a 12-month renovation, the Caribbean island hideaway of Petit St Vincent in the Grenadines now offers even more luxury. The tiny private



island is the ultimate escape from the stresses and strains of modern life, with no TV, telephones or internet in the 22 refurbished cottages and villas.

From £4,100 for a seven-night stay, including three meals per day and all watersports; Tel: +1 954 963 7401; www.petitstvincent.com

TRAVEL DOCTOR

I've been reading about the riots in Greece. My boyfriend and I had planned to go island hopping this summer but are now a bit worried about safety. Can you tell us what the real risks are?

Clare, Newcastle

resolving their financial problems and, as a result, travellers will receive a warmer welcome than ever.

Dudley der Parthog, director of Sunvil Greece www.sunvil.co.uk



I was reading the travel section recently and was inspired to visit Thailand. Can you advise if there are any other countries that are closer but are as aesthetically pleasing?

Ray Mo

Sri Lanka makes for a great alternative to Thailand, and with the introduction of the country's first highway,

you can now combine colourful culture, Indian Ocean beaches and lush tea country within a few hours drive of Colombo. For an itinerary filled with beautiful places we would recommend the small, owner-run Kahanda Kanda, which is high up on a small tea plantation, and the beach at Amanwella. The Wallawwa hotel makes a mean Sri Lankan red curry complete with nine condiment dishes, so no need to worry about missing out on Thai green curry.

Alice Agar, co-founder Sally and Alice www.sallyandalice.com



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