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WAKE UP your wellness

Book in one of these next-level experiences
to treat your mind, body and spirit



TRAVEL IS AMAZING. Not only does it broaden your knowledge about the world and its cultures, at its best it can also transform your state of mind. Whether it's soaking up nature's energy while hiking, cycling or kayaking in a scenic or spiritual location, indulging in an exotic spa treatment or becoming one with wildlife, the enriching experiences we have exploring the planet earth can make you feel like a whole new person by the time you board your flight back home. Here's a handful of the world's most transformative wellness experiences on our radar...

GO HIKING IN THE SWISS ALPS

It's one of the most scenic places on the planet, so Switzerland makes an obvious choice for a hiking holiday. Channel your inner Heidi as you walk past breathtaking glacial lakes, through hidden mountain passes and beside towering glaciers in the Swiss Alps. Trek the trails of the Bernese Oberland region and see the Matterhorn – the famous mountain that the triangular-shaped Swiss chocolate Toblerone was modelled on – reflected in the glass-like lakes you pass on the Five Lakes Walk during RAW Travel's eight-day Swiss Alps Discovery tour. Along the way you'll stop to enjoy picnic lunches with cheese and baguettes, and can even take a refreshing dip. But if you don't feel like trekking one of the days, there's no pressure to pull on your boots. Instead, spend it visiting a wine bar, eating fondue or relaxing at the lodge reading a good book with a hot chocolate in hand. Bliss!

BOOK IT: rawtravel.com



SWIM WITH DOLPHINS IN HAWAII

If you've ever hoped to come back as a dolphin in a future lifetime, this is about as close as you can get in this one! Feel like part of the pod as you snorkel along with the playful marine creatures off the coast of Hawaii's main island, Oahu. The crew of Wild Side Hawaii's catamaran, Island Spirit, drop passengers off in the water ahead of the spinner dolphins. Once they catch up you start swimming, with hands by your side and flippers below the surface to avoid making a splash, and keep going for as long as you can keep up! Expect to hear their high-pitched calls as they chatter to each other while they scoot along. If you're craving more wildlife encounters, you'll get it: on the way back to Waianae Boat Harbor, around an hour-and-a-half drive south of Waikiki, you'll swim with green sea turtles at a "cleaning station" off Makaha Beach, where fish nibble off the algae which grows on their shells.

BOOK IT: sailhawaii.com



EXPLORE ULURU ON TWO WHEELS

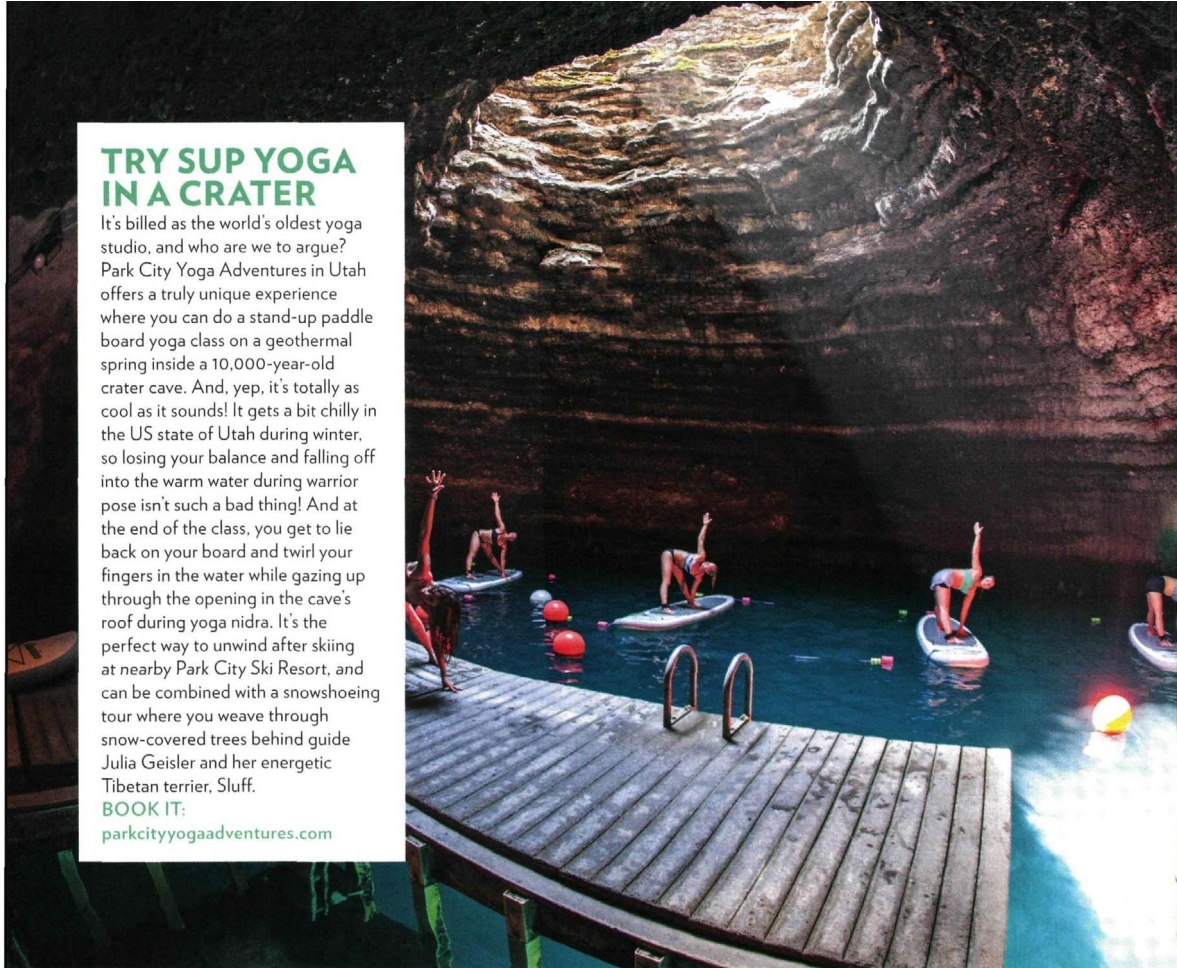
Sure, we've all seen those sunrise and sunset snaps of Uluru from a distance, but the best way to really experience the mega monolith and all its character is to get up close. Hop on a bike and ride around the iconic and sacred site on a 15km track, stopping to explore its caves, waterholes and Indigenous rock art along the way. If you're fit, this self-guided adventure should take around three hours. Transfers are

available from Ayers Rock Resort hotels to Uluru-Kata Tjuta National Park, and Outback Cycling offers bike hire from its mobile shop at Uluru-Kata Tjuta Cultural Centre. While you're there it's worth popping into the centre to learn about the spiritual significance of Uluru to its traditional owners, the Anangu people. >

BOOK IT: ayersrockresort.com.au



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TRY SUP YOGA IN A CRATER

It's billed as the world's oldest yoga studio, and who are we to argue? Park City Yoga Adventures in Utah offers a truly unique experience where you can do a stand-up paddle board yoga class on a geothermal spring inside a 10,000-year-old crater cave. And, yep, it's totally as cool as it sounds! It gets a bit chilly in the US state of Utah during winter, so losing your balance and falling off into the warm water during warrior pose isn't such a bad thing! And at the end of the class, you get to lie back on your board and twirl your fingers in the water while gazing up through the opening in the cave's roof during yoga nidra. It's the perfect way to unwind after skiing at nearby Park City Ski Resort, and can be combined with a snowshoeing tour where you weave through snow-covered trees behind guide Julia Geisler and her energetic Tibetan terrier, Sluff.

BOOK IT:
parkcityyogaadventures.com



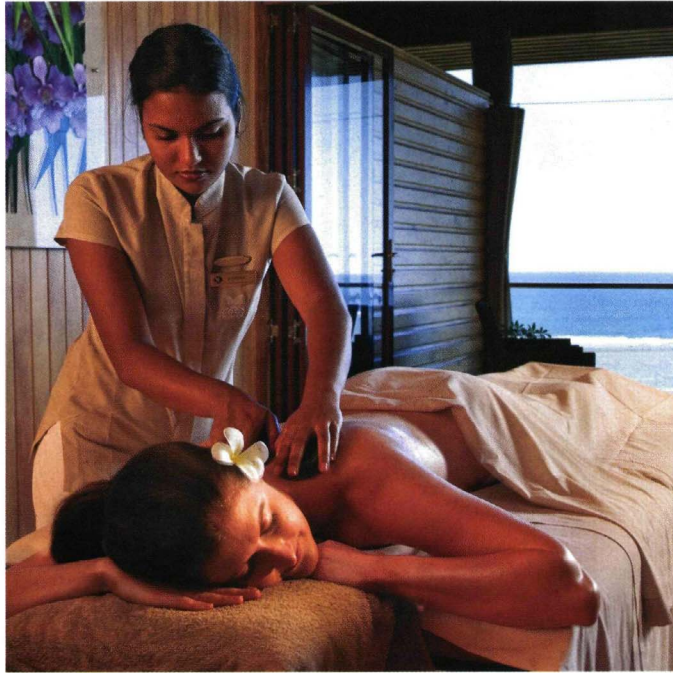
FIND CALM IN THE MALDIVES

As if the powdery white sand beaches, clear turquoise water and overwater villas weren't already enticing enough, now there's another reason for wellness lovers to head to the Maldives. Dream resort LUX South Mari Atoll is running a bunch of workshops led by Australian experts to help make us calmer and all-round better individuals. Find out how to access your intuition and inner voice through the vibrations and soothing sounds of ancient singing bowls in a Tibetan sound healing workshop, discover how the fermented health drink kombucha and other Chinese tonics can help boost your immune system, or learn daily meditation exercises to help prevent stress when you're back in the daily grind. If that's not enough, while you're there you can also go snorkelling (and maybe even run into one of the resident whale sharks!), swim in the infinity-edge pool or sip on cocktails in the super-chic beach club.

BOOK IT: luxresorts.com



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BLISS OUT IN FIJI

There's something about Fiji and spa treatments that just, well, works. The sound of palm fronds rippling in the breeze, waves crashing against the shore, the smell of hibiscus flowers and other tropical goodies used in the nourishing oils... Heaven. The Bebe Spa Sanctuary at Outrigger Fiji Beach Resort, on the main island Viti Levu, has magnificent views over the village and lagoon from its perch atop the appropriately-named Heavenly Hill. The one-hour warm-shell massage kicks off with a coconut sugar foot rub before the shells are placed on your body and the soothing kneading and stroking begins. Afterwards, lie on the spa's deck and sip a glass of chilled water and munch on watermelon, pineapple and pawpaw as you watch the tide wash in over the reef below. Naturally, the spa uses Pure Fiji and Pevonia Botanica products. Other treatment options include the Bebe Vakaviti Signature Massage, a Tropical Salt Mousse Exfoliation and Tropical Escape Body Wrap. Enjoy!

BOOK IT: outrigger.com/Fiji/Resort

PADDLE IN ANTARCTICA

With its breathtaking landscapes and impressive wildlife, there's no doubt that Antarctica is the ultimate bucket list destination. It's also really, *really* far away, so if you're travelling that distance you may as well go all out and add kayaking to your itinerary. Some expedition ships offer the chance for up to 30 people per cruise to spend their days paddling around the still, majestic waters of the Antarctic Peninsula getting up close and personal with fluffy penguins, sunbathing fur seals and snoozing humpback whales. If you're super lucky, you may even see, and hear, a glacier calving (just be sure not to get too close!). It's best if you have previous experience kayaking – you'll be good if you know how to do a wet roll – and it's always subject to weather and ice conditions. But it's usually pretty calm around the peninsula's islands, and a Zodiac (inflatable boat) will be on hand for safety reasons. Kayaking is a fab way to stay fit on your trip, take time out from other passengers and truly immerse yourself in this remote environment.

BOOK IT: chimuadventures.com

