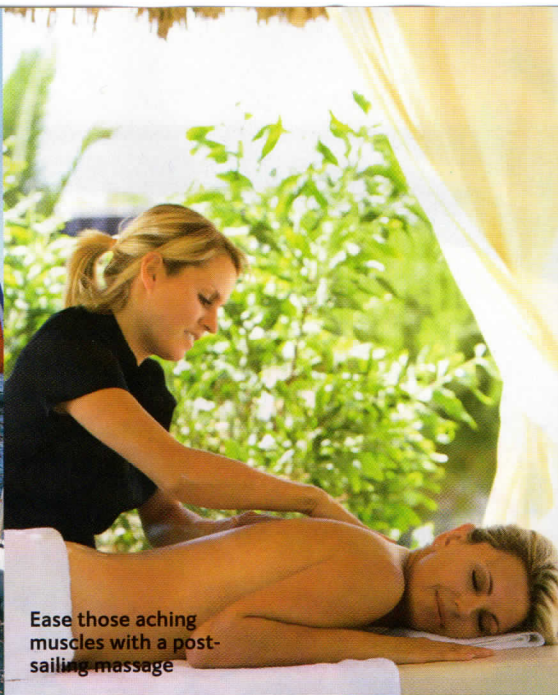


live well

Perfect sailing conditions for beginners



Ease those aching muscles with a post-sailing massage



# Hello sailor!

Find your sea legs and take the helm on a learn-to-sail holiday in Greece

**With no sailing experience, plus the memory of almost being mown over by a disco boat while stranded in a rubber dingy aged nine still firmly in mind, it was with a mixture of nerves and excitement that I set off for a two-week flotilla sailing holiday in Greece.**

On arrival at yachting holiday specialist Sunsail's Club Vounaki, I realised I shouldn't have worried. Nestled on the edge of Paleros Bay on the west coast of mainland Greece, against the impressive backdrop of the Akamania Mountains, the Club makes the most of the calm, naturally protected waters – ideal for novice sailing and other watersports.

A variety of flotilla holidays (where you sail in a group of small boats) are on offer, from the Share a Yacht option – which is great for couples or solo travellers – to the Family Flotillas and Skippered Yachts, ideal for the less experienced. My friends and I opted for a two-week stay so we could do a three-day sailing course in the first week before setting off on the flotilla sailing for the second week.

In our first week, we also had time to try many of the free activities on offer in the

resort, such as mountain biking, water skiing, tennis, windsurfing and workout classes. Some of the girls enjoyed a bit of pampering, with a massage and Elemis facial in the resort's spa.

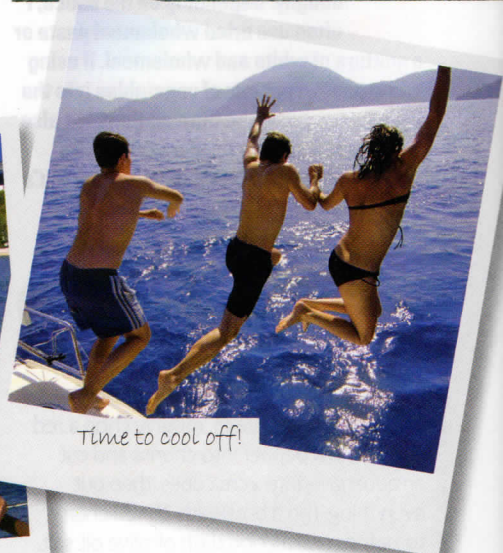
The three-day course was exhausting yet exhilarating, and designed to give you the skills to skipper (captain) a yacht on one of the 'easy' flotilla routes, with practical and theoretical lessons all done out at sea on a 30ft yacht. Covering everything from navigation, man-over-board, dropping the



Explore the local coastline



Joanna looks remarkably confident at the helm



Time to cool off!



Club Vounaka is in a stunning location



anchor and mooring, to knots, steering and raising and lowering the sails, our experienced instructors were patient and fun.

Soon though, it was time to leave the resort and move on to the 39ft yacht that would be our home for the second week. Our boat was one of nine in the flotilla, headed by the lead boat with its crew of Sunsail instructors. While we felt a little apprehensive manning the yacht on our own at first, there was always someone at the end of a radio to answer our questions. We soon got the hang of it, and found we also had plenty of time to take in the beautiful scenery, sunbathe and snorkel whenever we felt like dropping anchor – as long as we made it to our harbour by nightfall in time to freshen up and head out to one of the many Greek taverns for delicious local food. After a week experiencing a life on the ocean waves, I was left with only one thought for future holidaying – how could I just lie on a beach all day again?

### Holiday details

Two weeks on Sunsail's Vounaki Club Flotilla holiday departing May 4, 2008 costs £779 per person, including return flights, seven nights' half-board accommodation at Club Vounaki in a twin/double room and seven nights on an Oceanis 393 yacht sharing with six people. Also included is the use of Sunsail's watersports equipment and shore-based activities at the Club. A three-day Flotilla Training Course costs £140 per person. Holidays can be taken from May to October. Contact Sunsail Clubs on 0870-112 8487; [www.sunsail.co.uk/clubs](http://www.sunsail.co.uk/clubs).

# Travel notes

The latest news, trends and products

## Holiday that helps

Want a rewarding holiday? The Leap offers a range of worldwide programmes combining adventure travel with eco-tourism, conservation and community projects, such as running an eco-lodge in the Amazon rainforest or repairing a maternity ward in Mozambique. About 65 per cent of the cost of each scheme is spent in-country and the company employs local people where possible. It costs from £790 to £4,120 for two weeks to three months, including meals, accommodation, training and transfers. Call 01672 519922; [www.theleap.co.uk](http://www.theleap.co.uk).



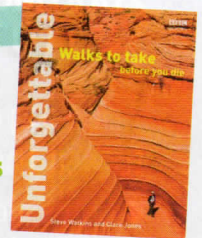
## PEDAL POWER

If you prefer to travel under your own steam, check out travel specialist Explore's six new cycle tours. These include a 10-day journey through the back roads of Jordan and off-road trips in Morocco's Atlas mountains. Trips last from eight to 16 days and your luggage is transported for you. Prices start from £579, including accommodation, bike hire and a guide. Call 0844-499 0901; [www.explore.co.uk](http://www.explore.co.uk).



## New book

*Unforgettable Walks to take before you die* by Steve Watkins and Clare Jones (BBC Books, £18.99)



The gorgeous photography in this beautiful book will make you want to pack your bags immediately. It features 30 of the greatest walks from around the world that can be done in a two-week period, including the temples of Kyoto and Peru's Inca trail. If this doesn't give you wanderlust, nothing will.

## H&F GETAWAY: WONDERFUL WELSH SPA



Explore spectacular Snowdonia on a pampering break to Bodysgallen Hall in north Wales. Its Anne Sémonin Celtic Break includes one night's stay with dinner and breakfast. In April and May, *H&F* readers can stay in a superior room, with half a bottle of Champagne, two Anne Sémonin spa treatments and a goodie bag of Anne Sémonin products\*. Prices start from £250 per person per night. Visit [www.bodysgallen.com](http://www.bodysgallen.com), or call 01492 584466, quoting 'HAFAPRIL2008'.

\*This offer is valid from Sunday to Thursday, April 1 to May 31 2008 (excluding Bank Holidays) and is non-transferable and subject to availability.

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