

The travel edit

Vacation or staycation, Georgina Wilson-Powell rings the best places on the map

Trend alert

TAKE IT SLOW

Rather than racing around, put your best foot forward with these adventurous walking tours that let you take in what a country is really all about



SLOVENIA

Celebrate Slovenia's 25th birthday with a walking holiday based in one of its most fairytale locations, Lake Bled, tucked under the Alps. Medieval castles and lake-side strolls abound, while you beat the crowds. Lovely Slovenia is still pretty under the radar, so you should have the views all to yourself. inghams.co.uk

JAPAN

Get away from the high-rises with Walk Japan, which has hundreds of options for all fitness levels. We love the Nakasendo Way, tracing the ancient route from Tokyo to Kyoto, the original capital, taking in hot springs and sacred temples. walkjapan.com



BORNEO

Take on one of the world's last wildernesses on foot. Borneo is nothing if not a once-in-a-lifetime adventure, so why rush it? Tread the Headhunter's Trail in Mulu National Park for five days, scale Mount Kinabulu and explore vast caves on this 16-day walking tour. experiencetravelgroup.com



Win a suitcase

Could your cases do with an overhaul? We have one fabulous (and fabulously bright) large, hard-shell Bon Air suitcase from American Tourister to give away. The 4-wheel case has a TSA lock, zipped divider and extendable handle. For details head to americantourister.com. To enter, simply go to goodthingsmagazine.com/luggage before 8 June 2016 and leave your details.

3 WAYS TO EXPERIENCE Suffolk



1

DRIVE Take to the roads in a Triumph Herald Convertible or MGB Roadster and work your way from riverside Woodbridge to Orford Castle; then over to the Constable-inspiring coast at Aldeburgh, checking in to Brudenell Hotel. Then it's inland to the Swan Hotel in historic Lavenham for a decadent spa and stay. brudenellhotel.co.uk / theswanatlavenham.co.uk



2

HIBERNATE Live out any Secret Garden fantasies by staying in a walled garden. Wilderness Reserve at Sibton Park has eight en-suite bedrooms in a walled garden. Greenhouses provide a central kitchen, living room and cinema room, while there's a tennis court and pool beyond the fruit trees and red brick walls. wildernessreserve.com



3

TASTE Award-winning gin-makers and brewers Adnams has filled pretty seaside Southwold with the smell of hops since 1872, but ale has been brewed on the site since 1345. Things have changed a bit since then, so tour the sustainably-minded brewery or distillery and even learn how to make your own gin. And don't miss the busy Adnams off-licence. adnams.co.uk

We love...

Give us any excuse to update the contents of our handbags and we'll take it. This fab new coin purse from Smythson, ends that problem of muddling up coins from different currencies with its separate zip sections. smythson.com



ARMCHAIR TRAVELLER Quiet Los Angeles

Rebecca Razo (Frances Lincoln, £12.99)

LA might not be the first place you think of for peace and quiet but even this sprawling metropolis has its gentler spots. From hidden-away libraries to shady trails and sculpture gardens, beyond LA's freeways there are endless places to catch a breath. *Quiet LA* rounds up 120 of them to show another side to the frenetic Californian capital.

MAKE IT REAL Fly with BA (ba.com) and stay in The Line, a mid-range boutique hotel overlooking the Hollywood Hills. (thelinehotel.com).

Pair it up

Over at One & Only The Palm Dubai they've gone for a healthy approach to food pairing. Three-Michelin-starred Yannick Alléno has unveiled a new Extractions menu that pairs dishes with tailor-made fruit and veg drinks. oneandonlyresorts.com



5 point plan IBIZA

Forget the White Isle's party reputation and discover its rustic side of quiet bays, charming hotels and yoga

Where to stay Out on Ibiza's west coast sits new boutique hotel Hostal La Torre. Its 17 rooms have that barefoot luxury feel, while casual cocktails on the sunset-facing terrace that overlooks Cap Negret will become a daily ritual. latorre Ibiza.com

Where to eat Venture inland to discover La Paloma, a wonderful garden café in San Lorenzo that is all about eating clean. From the best smoothies on the island to a daily changing menu - try the salads from their own veggie garden. paloma Ibiza.com

Where to be seen For a night out, Amante is the most rural of the beach clubs with an award-winning restaurant favoured by A-listers. Set into a series of cliffs, it uses locally sourced materials to blend into the landscape. Pop by for open-air cinema nights, beach dining and an on-site masseuse. amante Ibiza.com

What to do Running two yoga retreats this summer (July, September) is Chaya Yoga. Join the team at an old Ibizian finca for seven days of twice-daily yoga, a 50% raw food menu, meditation and a wellbeing food workshop. chayayogaretreats.com

And finally... If you need a spot of pampering, Atzaro (on a working orange farm) is the island's only open air spa. Think whitewashed walls and the scent of lavender and rosemary drifting over you from the Mediterranean inspired gardens. atzaro.com



Cocktails (top) and blissful treatments at Hostal La Torre

