

# AITO Inspiration – Reset your body

14 January 2019



This January, AITO's travel specialists have hand-picked a number of wellness itineraries to right the wrongs of the party season and make this New Year the best yet.

From a spiritual journey in Laos and Cambodia to breathing in fresh mountain air in Austria, this month's round-up includes self-care and healthy living inspiration for a great start to 2019, including a retreat in Italy, visiting the land of happiness plus wellness and walking in Nepal.

*Travellers can book directly through the AITO members featured in this newsletter. AITO members marked \* can also be booked through a local, trusted [AITO Specialist Travel Agency](#).*

*Missed the last AITO Inspiration e-newsletter? See it [here](#).*

## **Discover the magic of mushing on a husky safari – from £2,015 pp with Artisan Travel\***

Watch the majestic winter scenery of the Pallas-Ylläs National Park in North West Finnish Lapland unfold whilst exploring the wilderness behind a team of eager dogs as you get back to nature. Escape from reality and enjoy fresh air and exercise on this five-day trip, travelling up to 40km a day through snow-covered forests and across frozen lakes with a group of fellow adventurers. Evenings involve relaxing in a traditional sauna and watching the dark skies for the Northern Lights. Departing between 13 January and 7 April 2019, [Harriniva - Five-Day Husky Safari](#) costs from £2,015 pp (two sharing), including flights (London), transfers, full-board accommodation (three nights in hotel/safari house and four nights in Wilderness Cabin accommodation), cold weather clothing and fully qualified guides. Call Artisan Travel on 01670 785 085 ([www.artisantravel.co.uk](http://www.artisantravel.co.uk)).

## **Trekking in the winter wilderness – from £1,099 pp with Discover Adventure**

Travel to a remote Romanian landscape for an invigorating and unique trekking experience, amongst crisp landscapes, surrounded by white-tipped forests, where there's just the sound of boots to break the silence. Sleeping in a hotel made of ice and snow-shoeing across pristine winter wonderland, this chilly adventure is perfect for resetting after an indulgent Christmas. Clear your mind by returning to basics and a traditional way of life, trekking through dense forest and encountering only a handful of other explorers. [Transylvania Winter Wilderness Trek](#) costs from £1,099 pp (two sharing), including four nights' accommodation, return flights, all meals except where specified, Discover Adventure leaders and local mountain guides and drivers, entry to any sites visited as part of itinerary and airline taxes. Call Discover Adventure on 01722 718 444 ([www.discoveradventure.com](http://www.discoveradventure.com)).

## **Reconnect with nature in Nepal & Rajasthan – from £1,605 pp with Dragoman\***

Visit sacred sites, charming villages and stunning landscapes in Nepal and Rajasthan on a 31-day overland tour with Dragoman. Experience nature at its most peaceful as you drift down the holy River Ganges at dawn and camp under the stars in the desert at Jaisalmer. Enjoy the simple charm of Nepal, the birthplace of Buddha, touring temples as well as visiting the iconic mausoleum of the Taj Mahal at Agra. Departing from January 2019, [Nepal & Rajasthan Explorer](#) costs from £1,605 pp (two sharing) plus £774 pp kitty for 30 nights, including full-board accommodation and local travel. International flights extra. Call Dragoman on 01728 861 133 ([www.dragoman.com](http://www.dragoman.com)).

## **Health and Happiness in Piedmont, Italy – from £940 pp with Fleewinter**

Fleewinter believes that balance is the most important element of wellness, so this five-day itinerary in Piedmont, Italy – Lonely Planet's best region to visit in 2019 – combines relaxation and pampering with delicious food, wine and activities such as yoga, cycling and swimming. [Health and Happiness](#) is designed to help guests reconnect with themselves and take a moment to slow down, guilt-free. Piedmont is home to

the famous 'slow food' movement, the concept of eating and living an unhurried life and taking the time to enjoy simple pleasures; it's the ideal location for a short break to kick-start 2019. The trip costs from £940 pp (two sharing), including four nights' B&B accommodation, and activities including a hiking tour with guide, yoga class, guided e-bike adventure and couples massage. Flights extra. Call Fleewinter on 020 7112 0019 ([www.fleewinter.com](http://www.fleewinter.com)).

### **The land of happiness – Thimphu to Paro – £1,945 pp with Imaginative Traveller\***

Journey among the mountains and monasteries of Bhutan and learn why they call it the land of happiness – not least because welfare is measured by a Gross National Happiness rating. Get fit and enjoy gentle valley walks, explore ancient Buddhist temples and allow them to inspire a spirit of calm and tranquillity. The Bhutanese pride themselves on their sustainable approach to tourism - only a small number of visitors are allowed into Bhutan each year - which makes a visit to this hidden paradise particularly special. Departing from March to November 2019, [Paro - Thimphu to Paro](#) costs from £1,945 pp (two sharing), including six nights' full-board accommodation and local transport. International flights extra. Call Imaginative Traveller on 01728 862 230 ([www.imaginative-traveller.com](http://www.imaginative-traveller.com)).

### **Recharge with mountain air and winter walks in Austria – from £1,180 pp with Intravel\***

While the region may be hosting the World Nordic Ski Championships in February 2019, Austria's Leutasch Valley has much to charm guests regardless of skiing ability. Spend a week at the convivial Hotel Kristall in Weidach embracing the fresh outdoors, with easy access to cross-country ski trails and winter walking paths. Meander through meadows and woods and take a step back to enjoy the stillness and timeless surroundings either on skis or on foot. Don't miss a beautiful trail exploring Gaistal, one of Austria's least-visited valleys, and paths to the panoramic peak of Wettersteinhutte. Departing on Saturdays until 9 March 2019, a seven-day stay at [Hotel Kristall, Weidach](#) costs from £1,180 pp (two sharing), including half-board accommodation, daily light lunch and afternoon cake, transfers and return flights (London). Call Intravel on 01653 617 000 ([www.intravel.co.uk](http://www.intravel.co.uk)).

### **A spiritual journey in Laos and Cambodia – from £3,190 pp with InsideAsia Tours**

A new wellness holiday centred around exploring the heart of two of the most spiritual destinations in the world - Cambodia and Laos. Take inspiration from Buddhist traditions and mix with locals giving early morning alms, plus a guided meditation session with a local monk in Laos. With plenty of spa and holistic treatments included, and a focus on meditative and restorative activities such as morning yoga classes and a Barci ceremony in Luang Prabang, the steady-paced 14-night [Soulful Pursuits](#) holiday is ideally suited to those on a voyage of self-discovery. The trip costs from £3,190 pp (two sharing), including 14 nights' B&B accommodation, all airport transfers, internal flights, five lunches and two evening meals. International flights extra. Call InsideAsia Tours on 01172 443 380 ([www.insideasiatours.com](http://www.insideasiatours.com)).

### **Walking & Wellness Nepal: Revive mind, body and spirit – from £3,145 pp with Mountain Kingdoms\***

Escape the daily stresses of life on Mountain Kingdoms' brand-new 11-day walking and wellness holiday. Stay in four of Nepal's most impressive hotels and enjoy a selection of wellness activities, including yoga classes, guided walks to local villages and hotel activities, such as salt therapy and a pottery workshop. Departing 18 April 2019 and 22 Oct 2019, [Walking & Wellness Nepal](#) costs from £3,145 pp (two sharing), including eight nights in four boutique hotels (Dwarikas Hotel, Kathmandu; The Pavilions Hotel in Pokhara; Tiger Mountain, Pokhara Lodge; Dwarika's Resort, Dhulikhel), wellness activities at three hotels, Bhaktapur sightseeing, international flights, some meals, local guide/s in each resort and all road transport by private vehicle. Call Mountain Kingdoms on 01453 844 400 ([www.mountainkingdoms.com](http://www.mountainkingdoms.com)).

### **Walk off the winter blues in Mallorca – from £1,085 pp with On Foot Holidays**

Recover from holiday excesses with a healthy self-guided walking trip amongst stunning scenery. Rural Mallorca is even more beautiful in early spring as the almond trees blossom - it's as refreshing for the mind as it is for the body. After exploring historic Palma, head for the dramatic Serra de Tramuntana, walking through valleys and terraces, then onto the high ridge of the Archduke's path above the coast. This is the other face of Mallorca – remote and wild, with unequalled hospitality and wonderful food (the famed Es

Verger), as far away from the seething crowds as it's possible to be. Departing January to June and September to November 2019, [Mallorca and the Serra de Tramuntana](#) costs from £1,085 pp (two sharing), including eight nights' B&B accommodation, luggage transfers, route notes and maps. Contact On Foot Holidays on 01722 322 652 ([www.onfootholidays.co.uk](http://www.onfootholidays.co.uk)).

### **Tracks and Trails in Sri Lanka – from £1,695 pp with On The Go Tours\***

Get off the beaten track and reset in Sri Lanka on this 14-day walking holiday. Climb to the summit of sacred Adam's Peak, try leopard-spotting in Yala National Park, discover the stunning beauty of the Knuckles Mountain Range and go wild on a Jeep safari in Udawalawe National Park. Cultural wonders await, with the UNESCO listed Lion Rock fortress at Sigiriya and the famous cave temples of Dambulla, as well as relaxation in the palm fringed town of Mirissa with its sun kissed sandy beaches. Departing on selected dates from February to December 2019, [Sri Lanka Tracks and Trails](#) costs from £1,695 pp (two sharing), including 13 nights' accommodation, transfers and transport, guided sightseeing, entrance fees and most meals. International flights extra. Call On The Go Tours on 020 7371 1113 ([www.onthegotours.com](http://www.onthegotours.com)).

### **Get off on the right foot, skiing through the snow – from £1,485 pp with Ramblers Walking Holidays\***

Combine Norway's national winter sport – cross-country skiing – with accommodation in the shape of a beautiful traditional mountain spa hotel on a remote edge of the Rondane National Park. Take in the fresh alpine air with a walk or try a sloping cross-country ski trail across the open plateau and lakes, knowing that a relaxing massage or reviving soak in the hot tub is close at hand. With ample daylight and an excellent snow record, explore over 125 miles of well-maintained trail with virtually everything included. Departing 14 January, [Norwegian Winter Delights](#) costs from £1,485 pp (two sharing), including return flights, half-board en suite accommodation, picnic lunches, ski hire, trail fees, an introductory cross-country ski lesson and all local transport costs. Call Ramblers Walking Holidays on 01707 331 133 ([www.ramblersholidays.co.uk](http://www.ramblersholidays.co.uk)).

## **Ends**

### **Note to Editors:**

AITO, [www.aito.com](http://www.aito.com), is an alliance of over 120 of the best travel specialists. AITO members collectively provide an unrivalled range of holidays to every corner of the world. They are passionate about what they do and pride themselves on their attention to every detail of their customers' holidays.

AITO members' joint aim is to offer personal, caring service, to look after the environment in the places in which they work and to provide holidays that deliver both good value and high standards. All AITO holiday companies are required, as a condition of membership, to take full financial protection measures on behalf of their clients via the appropriate industry bonding schemes.

**Travel PR will happily email all AITO members with any queries that travel writers may have – it's a great way to receive speedy feedback or information from AITO experts via just one email request.**

For further information on AITO, please contact [Travel PR](#) on 020 8891 4440 or email Jackie Franklin ([j.franklin@travelpr.co.uk](mailto:j.franklin@travelpr.co.uk)) or Charlotte Griffiths ([c.griffiths@travelpr.co.uk](mailto:c.griffiths@travelpr.co.uk)).

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