

# HAPPY HOLIDAYS



We all know a change is as good as a rest. So, if lying on a beach fretting about missing training isn't for you, **Caroline Roberts** has some seriously active holiday suggestions. As well as getting to try something new, you're sure to see some fringe benefits once you're back in the boat. →





# CATCH A WAVE

Plages de Taghazout, Morocco



#1 – Cornish surfing



PHOTO: ADAM GIBBARD / VISIT CORNWALL

## 3 MORE OPTIONS...

### #1 – Carving in Cornwall

Powerful Atlantic swells make Cornwall's north coast a mecca for UK surfers. And there are plenty of other watersports to sample too, such as windsurfing, wakeboarding and stand-up paddleboarding. Just go easy on the pasties.

### #2 – South African surf

Muizenberg, a beach suburb of Cape Town, has a bohemian village feel and is home to the biggest surfing community in South Africa. The warm water, gentle waves and abundance of surf schools make it perfect for beginners.

### #3 – Tri fit in Mallorca

The Balearic island may not have the best surfing, but it's the place to go if tri training's more your thing as there are plenty of organised camps. After negotiating the hairpins on the steep and winding mountain roads – check out Sa Calobra – you'll have earned that glass of sangria.

Surfing makes its Olympic debut at Tokyo 2020, so there's still time to perfect your carve and your cutback, or at least get your head round the lingo. Just getting to your feet for the first time is a massive buzz – you'll be stoked, as the surfies like to say.

The laid-back village of Taghazout on the south western coast of Morocco is dotted with surf camps and has stretches of beach suitable for all levels so is a great place to learn. Spend the day trying to catch your first wave, finish with a sunset yoga session and a soak in the hot tub.

PHOTO: WWW.VISITMOROCCO.COM / MOROCCAN NATIONAL TOURIST OFFICE


### How will it help my rowing?



Sarah Moseley, Sport Scientist (physiology) with the GB Rowing Team, says: "Like rowing, surfing

is a great total body workout. You use your arms, legs and back muscles to paddle against the waves and your core strength and legs to balance and coordinate the board – if you are able to stand up, that is!" →





Karate develops  
body awareness  
and focus

Karate is another sport that makes its first Olympic appearance in Japan. But it's not all about chopping. Kata, the sequences of movement that are a cornerstone of the discipline, develops body awareness and focus. Dame Katherine Grainger gained her karate black belt while still at school, and it certainly didn't do her rowing any harm.

Why not head to Tokyo and give it a try? While you're there, you can shop for the latest gadgets, sample the sushi, ride a bullet train, and retreat to a tranquil garden shrine when the pace gets too much. And you can see how the city's shaping up for 2020 at the same time.





#3 – Brazilian capoeira

# FIND YOUR BALANCE

## 3 MORE OPTIONS...

### #1 – Tone up in Totnes

Looking for something a little more relaxed, and closer to home? Totnes in south Devon is probably the wellness capital of the UK. It offers plenty of yoga, qigong and tai chi classes and retreats, and more alternative therapies than you can shake a stick at. Gong bath, anyone?

### #2 – Parkour in Paris

Despite its popular image, parkour is more about efficient, functional movement than death-defying leaps between high buildings. Check out [www.parkourparis.fr](http://www.parkourparis.fr) to find out where you can watch the experts and take a beginners' lesson in one of the French capital's dedicated parkour spaces.

### #3 – Capoeira in Brazil

If you were captivated by the stunning backdrop to the 2016 Rio Games, why not head to Copacabana to try some capoeira – a dynamic and graceful blend of martial arts, dance and acrobatics? Not to be confused with the caipirinha, Brazil's national cocktail!

#### How will it help my rowing?



Sarah Moseley says: "Martial arts help to develop agility, mobility, balance and coordination – something

all rowers need, but sometimes lack due to repetitive movement patterns in the boat. By improving your mobility and agility, the body is able to move faster and more efficiently, and can get into more functional positions." →



# EXPLORE THE DEPTHS

Diving in the Red Sea



#1 – Maltese diving



PHOTO: VIEWINGMALTA.COM

## 3 MORE OPTIONS...

### #1 – Maltese wonders

With plentiful wrecks, reefs and Gozo's Blue Hole lagoon, the Maltese Islands have some of the best diving in Europe. Game of Thrones fans will enjoy location spotting too – parts of the first series were filmed here.

### #2 – Wreck diving in Scapa Flow

The German battleships scuttled at the end of the First World War and the submerged British blockships, intended to form a barrier to U-boats, now attract divers from all over the world. And Scapa Flow's sheltered and relatively shallow waters make the sites suitable for novice divers.

### #3 – Beautiful Belize

The world's second longest coral reef and a string of white sand cayes, or small islands, means this former British colony vies with the Red Sea for the title of world's top diving destination. Don't forget to leave time to see the Mayan ruins in the country's interior.

No matter how many episodes of Blue Planet you've watched, discovering an undersea world for yourself is a mesmerising experience. A live-aboard trip is a great way to get your scuba qualification and access a range of prime diving sites.

The Red Sea, one of the world's best diving areas, is only a few hours' flight away. Here, you'll find year-round warm water with excellent visibility, colourful fish and corals, and fascinating wartime wrecks encrusted with sea life. You'll probably encounter some friendly dolphins and even a cute dugong, or 'sea pig' too.

### How will it help my rowing?



Graeme Thomas, GB rower and keen diver, says:

"Spending several hours in the water finning is really

good for hip health and balancing out the muscles on both sides of the leg – hip flexors, glutes, hamstrings and quads." →



# SCALE THE HEIGHTS

Experience the thrill of mountaineering, minus the danger, on a via ferrata (iron way). The routes consist of steel cables bolted to the rock that you clip on to, as well as steps, rungs and bridges to help you along. There are via ferratas of all grades, from those involving little more than a scramble to others that will test the mettle of the most hardened adrenalin junkie.

The Dolomites in Italy has more than 170 via ferrata routes, some originally used by soldiers during the First World War. They're a relatively safe way for non-climbers to reach some of the most spectacular peaks of the mountain range.

Climbing a via ferrata in the Italian Dolomites





PHOTO: COSTA DEL SOL TOURIST BOARD

## 3 MORE OPTIONS...

### #1 – Andalusian paths

Try one of the via ferratas in southern Spain, or hike the Caminito del Rey (the King's Little Path) which traverses the steep wall of a narrow gorge. The Caminito is a recently installed safe path following the route of the notorious Camino del Rey, one of the most dangerous boardwalks in the world.

### #2 – Lake District via ferrata

The Lake District has its very own via ferrata, with vertical climbs and cliff-edge ladders ascending to the summit of Fleetwith Pike, one of the best viewpoints in the area. The World Heritage Site has hundreds of walks to explore, including the hike to the summit of Scafell Pike, England's highest mountain. See [www.honister.com/via-ferrata](http://www.honister.com/via-ferrata)

### #3 – Via Dinarica wilderness

If you prefer to hike in the mountains, why not head to the Via Dinarica, a recently created hiking trail through the Balkans? Traversing dramatic mountain ranges stretching from Slovenia to Albania, the route has been named one of the world's top destinations by National Geographic Traveller magazine. See [www.via-dinarica.org](http://www.via-dinarica.org)

### How will it help my rowing?



Sarah Moseley says: "Hiking is a great form of exercise for the body and the mind. Mountains, forests and

grassy plains are much more interesting than the gym walls, so it's not a surprise that a long hike with nature boosts our physical health, but also helps to alleviate mental stress." →

PHOTO: DANIELE LUPA



# CHILL OUT





#3 – Colorado cross-country, near Vail



PHOTO: MATT INDEN / MILES / COLORADO TOURISM OFFICE

## 3 MORE OPTIONS...

### #1 – Cross-country in the Cairngorms

You don't have to leave the country to go cross-country skiing. Scotland's Glenmore Forest Park, at the heart of the Cairngorms, boasts the only cross-country piste-cutting machine in the UK, so there are plenty of prepared tracks through the magical, snowy forest and around the shores of Loch Morlich.

### #2 – Icelandic experience

Explore Iceland's pristine landscape, hike a glacier, and then soak away your exertions in one of the country's many geothermal pools. Winter visitors stand a good chance of catching the Northern Lights too.

### #3 – Go Nordic in Colorado

The Colorado Rockies are awash with Nordic centres offering lessons, equipment hire and guides, and there are lodges with restaurants, bars and roaring fires. What more could you want?

If you fancy a wintry experience, cross-country skiing, sometimes referred to as Nordic skiing, is easier to learn and less risky than hurtling downhill. It's also an excellent full-body workout and has been used by the GB men's squad on cross-training camps. Beginners are well advised to take a lesson though, so you learn to cope with the ups and downs, and glide rather than shuffle along.

Hut-to-hut skiing, and hiking, is popular in Norway. The huts are more like comfortable alpine chalets where you can experience Scandinavian hospitality, and maybe even sample some reindeer stew. Find out more from the Norwegian Trekking Association at [english.dnt.no](http://english.dnt.no)

Hut-to-hut skiing in Norway

PHOTO: GROEINGEBRETSSEN FOAP VISTNORWAY.COM

### How will it help my rowing?



Sarah Moseley says:

"Cross-country skiing is an excellent whole-body aerobic workout, and

because it is low impact on the joints, it can be sustained for a prolonged period without overloading one particular muscle group. In addition to improving cardiovascular fitness, it is also great for developing upper and lower body strength and core stability." 