



Hiking ADVENTURES

Pull on your boots and hit the trail with these refreshing, muscle-toning treks into the great outdoors. *BY KATY YOUNG*

Hotel Goldener Berg, Austria

Who said a hiking holiday couldn't be glamorous? Hotel Goldener Berg attracts Austria's jet-set during the ski season, and its walking holidays are fast catching on. You won't find anywhere more luxurious or beautiful; but the hiking is taken seriously. *Hotel Goldener Berg (+43 5583 22050; www.goldenerberg.at), from about £190 a night B&B for a two-person studio.*

Yogahikes, Italy

After morning yoga come glorious walks through the Tuscan hills conducted in silence, so that you stay in a meditative state. You'll be asked to switch off your BlackBerry, give up coffee and detox your diet, but the results are life-balancing. *Yogahikes (07796 671549; www.yogahikes.com); seven nights, from £1,950 a person full board, including flights and two massages.*

Footloose, worldwide

If you're short on time, but overloaded with options, hand your hiking plans over to Footloose. Staff have hundreds of walking holidays at their fingertips, including their own trips to Kenya, South America, Ecuador, Borneo and Kilimanjaro. They really do know their stuff, and will match you and your break beautifully.

Footloose (0845 330 6094; www.footloose.com).

Walk Within, Italy

The walks are long, but it's worth it for the epic Umbrian countryside and tandem therapy from the psychotherapists, who walk alongside you (one-to-one sessions are on tap, too).

