

Discover the beauty of the natural world on BACKTONAT



Hide out in the woods in Sweden

Keep it simple and enjoy the great outdoors in a family-friendly log cabin in rural Scandinavia.

Rent one of three traditionally constructed dwellings near a small village in the west of the Swedish district of Värmland, close to the Norwegian border. Cabins have a wood-burning stove, satellite TV and fully equipped modern kitchen – and, for the adventurous, each comes with its own canoe or boat, or toboggans and snowshoes for those brave enough to visit during the winter! Cots and chairs can be pre-booked.

Enjoy walking, fishing, canoeing or cycling as you explore the surrounding forests and lakes, spotting elk and beaver as you go.

Relax at the end of the day by making use of the sauna facilities in a nearby building.

● Prices From £303 per cabin for three nights, plus £13 bedding and towels per person. Each cabin sleeps up to six people. Info 01929503080; www.naturetravels.co.uk.



Walk with wolves in Cumbria

Spend a day in the Lake District learning about wolves and reconnect with the area's natural history.

Join Predator Experience in the woods near the pretty coastal town of Grange-over-Sands on a forest walk with free-running wolf companions Maska and Kajika, learning about life in a pack and what those creepy howls really mean.

● Prices Walking With Wolves with Predator Experience costs £85 per person (minimum age 16). Info 07500956348; www.predatorexperience.co.uk. Stay at the Grange Hotel in Grange-over-Sands, from £190 for a double room, including breakfast. Info 01539533666; www.grange-hotel.co.uk.



in your next trip NATURE

Lose yourself in the Western Isles

Let the stress of daily life drain away on a self-guided walking tour of one of the finest areas of natural beauty in Britain.

Stroll along golden sand on the region's deserted beaches, clear your head walking through the 'machair', or flower meadows of Harris, then sail to St Kilda – a World Heritage Site and home to huge colonies of northern gannets and Atlantic puffins.

Accommodation is in a four-star guest house above Luskentyre Beach. Taransay – home of the islanders in the BBC series *Castaway* – is across the sound.

● Prices From £485 per person (minimum two people), St Kilda trip extra. Info 01479 420 020; www.wildernessscotland.com.



Explore Costa Rica's cloud forest

Discover active volcanoes and creatures in all the colours of the rainbow in Costa Rica's extraordinary cloud forest.

The region is one of the most ecologically diverse in the world, where idyllic beaches sit alongside mangrove swamps.

Visit Poás Volcano National Park, where the acid lake at the bottom of the crater steams. The last major eruption was in 1910 but you can still see geysers exploding 800 feet into the air.

Go birdwatching around Turrialba before heading to the rainforest around Sarapiquí for a chocolate tour. Cocoa has been grown in the region since Mayan and Aztec times and you'll discover how the natural beans become the tasty treat we love.

● Prices From £2745 per adult, £1469 per child, leaving 4 April 2014 from London. Info www.virginholidaysjourneys.co.uk.



Go tiger spotting in India

Want to get up close and personal with big cats? Then spend a week in a tiger reserve in India.

Naturetrek offers a seven-night photography trip to the Bandhavgarh National Park, set in the Vindhya Range of hills in Madhya Pradesh. Track down these beautiful endangered creatures from a jeep or sitting on top of an elephant! Look out for deer, chattering monkeys and colourful birds including peacocks and bee-eaters along the way.

Guided by an expert wildlife photographer, there is plenty of time built in for capturing that perfect image of your trip. Accommodation is simple but comfortable in a forest lodge with private facilities at Bandhavgarh.

● Prices From £2595 for a 12-day trip including flights and most meals. Info 01962 733051; www.naturetrek.co.uk.

