



Five of the Best... New Year Breaks for a New You

Posted in [Cover Features](#) » by [Hannah Nathanson](#) :: January 9, 2010

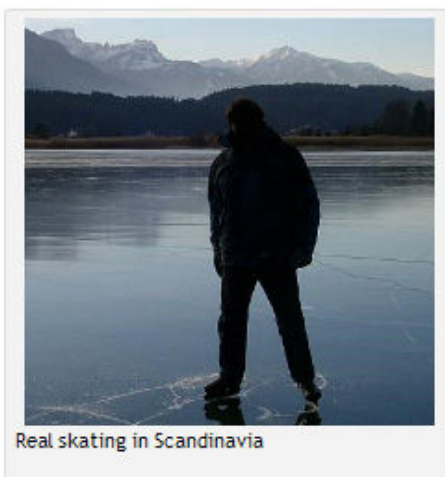
January can mean a host of different things to different people: diet; detox; dark days; debt and the token drastic New Year's resolution are just a few. If 2009 left you with a nasty hangover and one too many unfulfilled ambitions, then let the new decade be a fresh and resolute beginning. Whether you're looking to spice up your cooking skills or jazz up your dance moves, these inspiring breaks will start your New Year on the right foot.

Skating on natural ice - Östergötland/Södermanland, Sweden

Ice rinks that pop up during the festive season would look so magical - were it not for the invariable troupe of tottering bodies that flap and falter their way around the course. If you're usually one of the gaggle that gingerly makes it way around the rink, consider learning to glide gracefully over ice in the frozen wilds of Scandinavia. Winter in Sweden means a large network of frozen waterways which provide perfect routes for "trip skating". Local guides ensure the safest and most enjoyable tracks, leaving you to perfect your prowess whilst experiencing the country's breathtaking natural beauty. And fear not, there's also plenty of time at the end of the day for a well-deserved sauna to soothe tired feet.

Nature Travels offers four-day skating trips on the ice in the counties of Östergötland and/or Södermanland (flights to Stockholm).

www.naturetravels.co.uk 



Real skating in Scandinavia