



## Italy Vigilius Mountain Resort

If you don't fancy spending your wilderness break in a hostel comparing Thermos flasks, the Vigilius Mountain Resort in South Tyrol is a classy wilderness retreat for the style-conscious.

It's also perfect for the lazy: a cable car whisks you up an exhilarating, ear-popping 1.5km climb past dairy farms and onion-domed churches. The hotel has heart-stopping views: the infinity pool is surrounded on three sides by floor-to-ceiling windows, giving you the sensation of swimming into the mountains, and there are plenty of terraces from which to enjoy the scenery. The Dolomites are one of Europe's most beautiful mountain ranges, their limestone crags sculpted into spires and sheer, vertical drops. Activities include horse riding, mountain biking, climbing, paragliding and skiing as well as a range of tantalising spa treatments, one of which involves bathing in hay.

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GETTING THERE

The cable car station at Lana is a three-hour drive from Venice

MORE INFORMATION

[www.viglius.it](http://www.viglius.it)



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## Sweden Log-rafting in Värmland

You're given camping equipment, plans on how to build a raft, 170 spruce logs and 500 yards of rope, but no nails or hammers. Once you've built your vessel you spend the rest of the week floating 100km down the Klarälven river at about 1mph, sleeping on the raft or camping on the river bank.

Up to four people are allowed onboard, from toddlers upwards, making this an ideal family holiday for Robinson Crusoe-types. Värmland is home to elks, wolves and brown bears and if you're a good fisherman, there'll be jumping trout for dinner. Nature Travels offers five- or eight-day timber rafting experiences on the Klarälven river between 6 June and 10 August. See [www.naturetravels.co.uk](http://www.naturetravels.co.uk) for more information. »

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GETTING THERE

Gunnertud is about 350km from both Gothenburg and Stockholm

MORE INFORMATION

[www.visitsweden.com](http://www.visitsweden.com)