

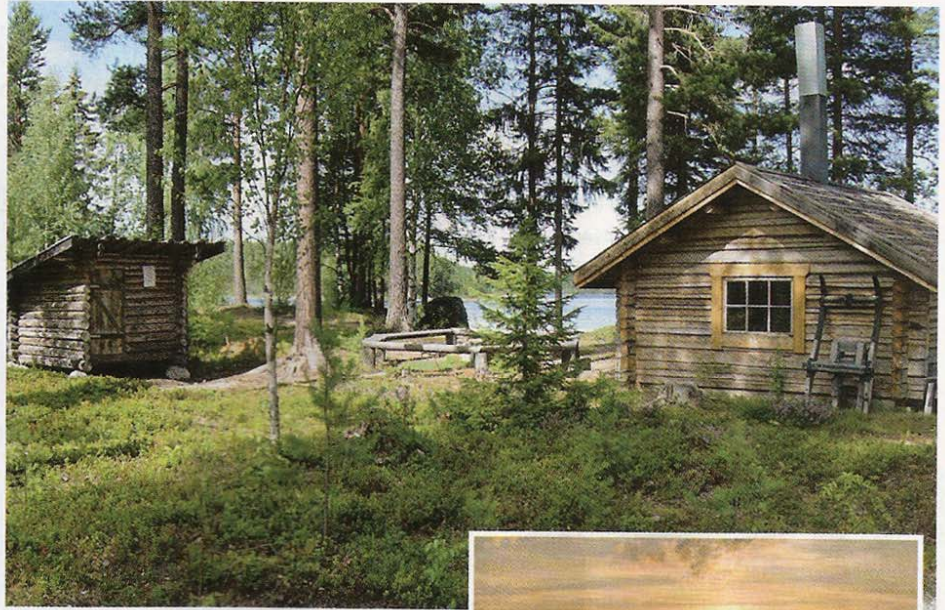
Get fit on a bushcraft adventure in Sweden

Forget arguing over whose turn it is on the PlayStation: when your family is out on the wild Swedish island of Ammaron, you'll be working as a team and living in the great outdoors. It doesn't matter if you and your kids are usually more in tune with *The Simpsons* than with nature – the only criteria for loving this holiday is a wish to do something completely different.

There's no need for any previous bushcraft experience because you'll have your own Ray Mears-style guide on hand, who'll teach you how to survive – and enjoy – life outside. Learn how to make a fishing rod and how to use it to coax your fish supper from the clear waters of Lake Revsund. Later, you'll cook it over a campfire and eat it with cutlery you've whittled yourself from local plant life. And yes, your prayers have finally been answered – there's no washing up!

The days are filled with healthy hikes through the forest, birdspotting over the hills or paddling in your Canadian canoe – all fantastic ways to get fit and tone your body from head-to-toe. But if you'd rather, there's a hot tub for weary mums.

As twilight falls, you lounge around the campfire and then drift off to sleep in a traditional teepee to the peaceful sounds of the forest at night. Just what you all need to recharge those batteries. 🐾



TELL ME MORE!

Five days costs from just £285 per person. The most convenient airport is Stockholm (Arlanda) and some Ryan Air flights are free before add-ons. See www.naturetravels.co.uk and www.ryanair.com for details.

