



Reach for the sky: yoga in the French Alps. Photograph: Mark Junak

Insider tip

"There is a beautiful hike along the Costa da Vela," says Nancy Frey, who runs walking holidays in Galicia (onfootinspain.com). "As the easy track descends from the cliffs, you pass three lighthouses and walk across two white sand beaches [Playas de Melide and Barra]. End your walk with a swim."

Give me a break

Home Embers Camping, East Sussex

A new campsite is to open near Lewes in East Sussex with a campfire on every pitch, top-notch facilities and activities such as hiking, riding and mountain-biking bookable on site. Embers Camping opens in Bentley Country Park on 16 May with prices of £20 per adult and £5 per child, per night. A complimentary ticket to the Bentley Motor Museum is included in the price emberscamping.co.uk

Away boutique chalet, France

Première Neige, a boutique ski chalet company based in the little village of Sainte Foy in the French Alps, has launched its first programme of summer holidays under the Première Zest brand. As well as relaxing Alpine breaks, there will be themed holidays covering activities such as pilates, yoga and cycling, with prices starting from £990pp for a week's luxury catered chalet accommodation premiere-zest.com