

JAPAN

Bathe, eat, repeat

A NEW SERIES OF IMMERSIVE TOURS FROM Walk Japan emphasise two classic local experiences: dipping yourself in deliciously therapeutic *onsen* hot springs; and indulging in formal *kaiseki* dining, all beautifully presented and authentically Japanese.

First select your hike, with two areas to choose from: Oita and Kumamoto in Kyushu, a region known for its varied rural landscapes and abundant onsens; and the Gifu and Nagano prefectures of Honshu, with their high mountains, deep valleys and remote villages.

Once you've worked up an appetite, and a sweat, you are in the position to get the very most from a leisurely soak and a restorative dinner afterwards.

Choose your onsen/gastronomy tour at walkjapan.com.



INDONESIA

Women's surf and turf

JOIN SURF PRO SALLY FITZGIBBONS AT Como Uma Canggu or Como Shambhala Estate in Bali as the current third-ranked woman in the World Surf League imparts her skills and passion for the waves.

You get to enjoy Bali's best surf beaches, and explore dense and peaceful jungles on this

relaxing all-women wellness retreat. Make new friends as you share lessons, or add some one-on-ones with Fitzgibbons to cement what you've learned. Additional personalised, female-oriented surf lessons will be provided by Como's own expert instructors.

Find out more at www.comohotels.com

ECUADOR

Where all are equal

THE FABLED GALAPAGOS ISLANDS, OWNED by Ecuador, are on many a wishlist. Now, with this package, you can cruise the archipelago in a Solaris yacht, going on guided hikes with naturalist and photographer Jaime Dominguez to learn more about this fascinating place.

The islands are best known for inspiring Darwin's theory of evolution but their global importance has also, more recently, prompted Ecuador to become the first country to grant official rights to nature in its constitution.

Come to see the flightless cormorants, the famous array of finches, sea turtles and many endemic critters, including the Galapagos penguins and the marine iguanas (below).

Book this one-off voyage departing January 2020 at www.worldexpeditions.com.

