



THE TIMES

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VIEW

WEEKEND

TRAVEL

SCOTLAND

ALBA

AUTUMN BREAKS

25 active escapes for autumn

Track bears in Finland, cycle Spain's Camino or go golfing in Sicily — these are the best European breaks to book now



Kremasti beach in Rhodes is ideal for learning to kitesurf

Andrew Eames



A fitness class at Euphoria in the Peloponnese

3. Spartan training in Greece

The ancient Greeks knew how to get in shape; they were the creators of marathons and the Olympics, after all. So the Euphoria luxury resort in the Peloponnese doesn't hold back with its Spartan programmes, blending fitness with culture by

hosting high-intensity training in a local amphitheatre and triathlon disciplines in what was once a Roman port. There are less hardcore activities to choose from back at the resort, plus all the wellbeing resources of the spa.

Details Five nights' full board from £3,099pp, including fitness programme (healingholidays.com). Fly to Kalamata