

THE ESCAPIST

## Shape up! 14 fitness retreats and bootcamps for this autumn

From an adventure-packed escape in the Faroe Islands to cryotherapy in Yorkshire, it's time for the great autumn health reset to begin, says Alicia Miller



By [Alicia Miller](#) | 2 hours ago

**A**fter the many indulgences of summer, autumn provides the perfect opportunity for a healthy reset.

These active breaks in the UK and Europe put you back into the feel-good zone, both physically and mentally...

## Spartan Spirit of Adventure at Euphoria Retreat, Peloponnese



Get fit like a Spartan at Euphoria Retreat / Euphoria Retreat/ Stavros Habakis

Fitness is as much about your mental MO as it is your physical. And whether you choose to come for three days, five days or seven, this fitness break in the Peloponnese is designed to make you leave feeling like a fierce Spartan warrior. The mix of inner resilience building with plenty of outdoor activity – including rock climbing, hiking, running and interval training – helps you push past your existing limits and make you feel ready for anything. The epic Greek landscapes (rolling hills, sun-baked olive groves, ancient ruins) aren't half bad either.

*Three days from £1,066, excluding accommodation, [euphoriaretreat.com](http://euphoriaretreat.com)*