



Travel tips



Burnout breaks near Bath

Those feeling frazzled by modern life may be interested in booking a two-night "burnout retreat" at the five-star Lucknam Park Hotel & Spa, just outside Bath (01225 742777, lucknampark.co.uk). Jayne Morris, a renowned life coach, will lead a Burnout to Brilliance workshop – on June 29 – that is designed to de-stress participants. Yoga and use of the hotel's spa are included. The break costs a potentially stressful £745, including evening meals and lunch. Or you can join in for a day for £185.

Dine with locals in Stellenbosch

The tourist board in Stellenbosch, in the heart of South Africa's best-known wineland, has launched Dine with Locals foodie experiences in which tourists can join local households to sample traditional dishes (0027 21 883 3584, stellenbosch360.co.za). The meals cost £25pp and include pick-up from the tourist office at 6pm, returning at 9pm. Curries, ground maize, samosas and slow-cooked stews are examples of the type of food to expect. Entertainment is provided in the form of story-telling and "real down-to-earth chats".

Cheap and chic in the Cotswolds

Tired of hip hotels that cost an arm and a leg? If so, keep an eye out for The Fish, a new 47-room budget boutique hotel opening in June in a peaceful spot overlooking the Vale of Evesham. The hotel, on the edge of Broadway in Worcestershire, is being fashioned out of a former conference centre and designed by Hannah Lohan. It will have a cool bar and a restaurant serving local produce (plus some seafood). Doubles will be from £125 B&B. There's no website yet.

