

# SMART LIVING

JUNE 2010

MAGAZINE

**GET YOUR  
KIDS CASH  
SMART**

**THREE MUMS  
REVEAL THEIR  
TOP TRICKS**

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**10 THINGS  
TO DO  
BEFORE  
YOU'RE 60**  
FINALLY, A TO-DO LIST  
YOU'LL WANT TO KEEP!

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**MAKE YOUR  
OWN LUCK!**  
Why it pays  
to start investing

**WIN!**  
A LUXURY  
WEEKEND IN FRANCE  
WORTH £1,000!  
Ts&Cs apply



Leave  
work,  
go  
play  
THE RISE  
OF THE GROWN-UP  
GAP YEAR



Lie here, do good

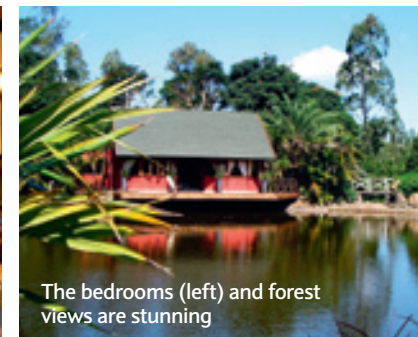
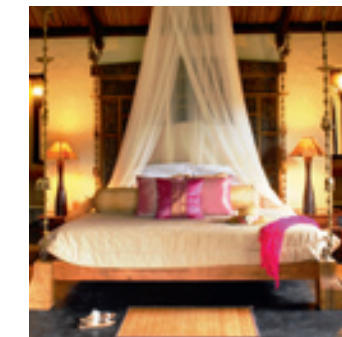
You wouldn't give to charity without knowing where your money's going, so why should a holiday be any different? Snap up one of these responsibly-sourced, treat-filled trips for a getaway that's good for your body, soul and conscience

By KATE PETTIFER

If you're looking to book an amazing holiday, wouldn't it be nice to know it's not at the expense of the place you're visiting? This is where responsible (or sustainable) travel comes in. According to the Association of Independent Tour Operators, it's about 'enjoying our beautiful but fragile planet, while keeping the environmental and cultural demands upon it as low as possible.' And thankfully, it's not all about sleeping in a yurt or jumping on the green bandwagon. As Sue Hurdle, chief executive of The Travel Foundation says, even the tiniest gesture can make a difference: 'Simply by eating at a local restaurant or buying local crafts, we can all ensure that tourism benefits local businesses and people.' Here are five fantastic holidays with the feel-good factor.

## THE LUXURY ISLAND STAY

*Lakaz Chamarel, Mauritius*



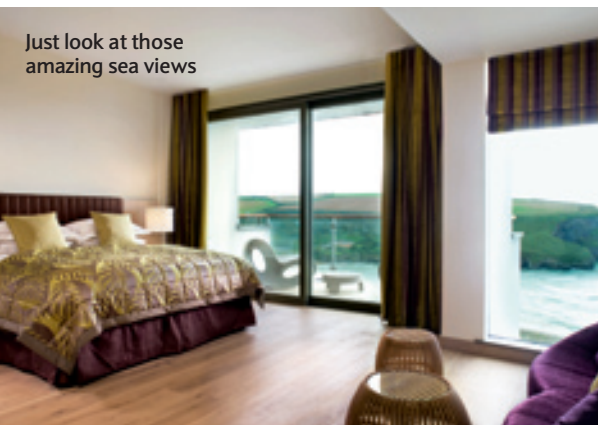
The bedrooms (left) and forest views are stunning

**What you get:** On a wooded hillside, 400 metres above sea level, is a serene garden of rainbow-bright hibiscus, lush palms and turquoise pools, where the only sound is the quiet clucking of chickens and trickling water fountains. This is the not-so-well-known side of Mauritius. Its back-to-nature boutique charm, though, is what makes Lakaz Chamarel so refreshing. Tucked away on the south coast, this 11-room guest house sits in the forests of the Black River Gorge's natural heritage site, but is still only 15 minutes from the beaches of Baie du Cap and Le Morne.

Rooms are individually themed around the island's cultural heritage. For a real treat, book one of the three suites that have their own private pools. The décor throughout is quirky, with plenty of colour, natural materials and ethnic details. Request a picnic lunch and set off into the hills on foot or hire a mountain bike to discover the area's scenic waterfalls.

**What you give:** Stay at Lakaz Chamarel and you're supporting an entirely local affair. Mauritians Virginie and Jean-Marc Lagesse's guest house employs 22 staff, many of whom live on-site with their families. Food is home-grown or sourced locally, and your hosts can organise everything from dinner to a round of golf with local suppliers.

**Get me there:** Six nights' half board at Lakaz Chamarel, between July and October 2010 costs from £1,550 per person based on two people sharing, including return international flights and transfers. Call 01993 838500 or visit [audleytravel.com](http://audleytravel.com).



Just look at those amazing sea views

## THE SEASIDE WEEKEND

*The Scarlet, Mawgan Porth, Cornwall*

**What you get:** The Scarlet hotel's low-lying timber buildings sit on a cliff above the biscuit-coloured expanse of sand at Mawgan Porth Bay, and its green credentials are incorporated seamlessly into its slick design. The set-up allows you to be as inert or industrious as you like. Enjoy an Ayurvedic treatment or a dip in the mosaic-tiled indoor pool at the spa, then lounge in a suspended canvas cocoon in the deep relaxation room. With a restaurant on-site serving locally-sourced dishes, such as roast sea bass with nettle gnocchi, you don't even need to venture out for dinner. But it would be rude to



The Scarlet's eco-friendly exterior

entirely ignore the spectacular North Cornish setting. The hotel can organise surf lessons, sea kayaking or guided wild swimming.

**What you give:** A stay at the Scarlet is sustainable in every sense. You don't have to fly to get there and the hotel's impact on the environment is mitigated with eco-energy supplies and recycling of heat, water and waste. Everything from surf lessons to seafood for the restaurant is sourced locally so, by staying at Scarlet, you're supporting the North Cornish community.

**Get me there:** Room prices from £180-£270 B&B, depending on the season. Call 01637 861800 or visit [scarlethotel.co.uk](http://scarlethotel.co.uk).



Stretch your legs on a walking tour of the breathtaking Lofoten Islands

## THE LONGHAUL ADVENTURE

*Inkaterra Reserva Amazonica & Machu Picchu Hotel, Peru*

**What you get:** From Lima to the rainforest and iconic Machu Picchu, this tour of Peruvian highlights brings together luxury accommodation in unbeatable locations. First stop, a stay in the Peruvian rainforest at Reserva Amazonica. This thatch-roof lodge adjacent to the Tambopata National Reserve may be surrounded by forest but you don't need to be Jungle Jane to brave a stay here. Raised cabanas made from traditional materials are softened by high threadcount white linen and romantic lanterns. Walk high in the canopy on the treetop bridge or paddle downstream. By night, head to the main lodge for cocktails followed by a delicious Peruvian supper. From the rainforest you head to Machu Picchu and Inkaterra's 12-acre site, which is dotted with villas and casitas shrouded by butterfly and orchid-rich cloudforest.

**What you give:** This family-run company began in 1975 at Machu Picchu, where they replanted the cloudforest and restored a tea plantation, now used to show local farmers how to generate income. At Reserva Amazonica, Inkaterra works with an indigenous Machiguenga family, saved from enforced displacement.

**Get me there:** Throughout 2010, Journey Latin America offers a 10-day trip to Peru (excluding Easter and Christmas), staying at Inkaterra Reserva Amazonica and Inkaterra Machu Picchu Reserve from £2,486 per person. Call 020 8747 8315 or visit [journeylatinamerica.co.uk](http://journeylatinamerica.co.uk).

Stay in the rainforest at Reserva Amazonica



## THE WALKING ESCAPE

*Lofoten Islands self-guided walking tour, Norway*

**What you get:** This remote archipelago of beautiful islands offers a pristine landscape of jade-green clear sea, sandy beaches, snow-dusted mountains and wonderful deserted moorland.

New to Wilderness Journeys this year, the trip runs from June to September, making the most of the midnight sun and summer temperatures of around 12-16°C. The accommodation is as attractive as the scenery: stay in cosy inns and snug rorbu cabins, which are refurbished fishermen's cottages. In all cases dinner is provided, so you get the homely comforts of self-catering without ever having to pick up a saucepan – very important when you're spending your days walking and exploring the meadows, villages, rocky plateaux and mountains.

**What you give:** Wilderness Journeys is an award-winning ecotourism company, committed to sharing the last wild places on earth with its clients and engaging in wilderness conservation. The destination itself is a great example of an unspoilt environment, where tourism, local culture and biodiversity have managed to coexist in harmony.

**Get me there:** Wilderness Journeys' self-guided walking tour in the Lofoten Islands costs £1,235 per person (excluding flights) including eight nights' half board, six days' car hire, walking route and notes. Call 0131 625 6635 or visit [wildernessjourneys.co.uk](http://wildernessjourneys.co.uk).



The elegant, sweeping bay of La Concha beach

Eugenia, and feast your eyes on the beautiful domed fresco inside. The main draw of this trip has to be staying at Arguibel. Featured in hotel experts Mr & Mrs Smith's brand new *Hotel Collection: France* book, each of the five rooms is individually themed. Enjoy aperitifs on the terrace or linger over breakfast in the salon where Philippe Starck furniture sets the stylish tone.

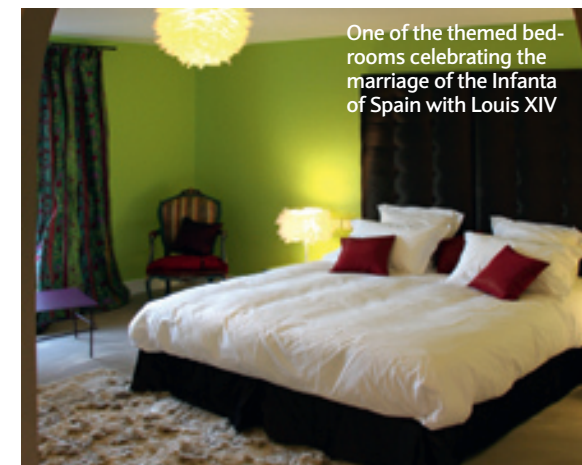
**What you give:** A short flight to Biarritz and car hire aside, everything you do on this trip feeds directly into the local economy. While staying at Arguibel, you'll be looked after by the owners – a husband and wife team whose families have lived in the area for generations – and feast on breakfasts of local cheeses, yoghurt and ham, all while seated on chairs made by artisans from the local area. And because everything at the hotel is run on such a small scale, there's minimal waste too.

**Get me there:** Rooms on a B&B basis cost £100-£245, from March-December 2010. Call Mr & Mrs Smith on 0845 034 0700 or visit [mrandmrsmith.com](http://mrandmrsmith.com).

## THE CULTURE FIX

*Arguibel, Guéthary, French Basque Country*

**What you get:** Paris, Florence or Rome may be the more traditional options for a culture-packed escape, but the Basque Country has cultural riches of its own. Hondarribia is a picturesque seaside town with a laid-back vibe, where you can dine on pintxos (Basque tapas) and watch the bereted locals playing pelota (the region's answer to boules). Then head to San Sebastián, where the sandy sweep of La Concha beach is as elegant as the old town's cobbled lanes, or have a wander around the historic Teatro Victoria



One of the themed bedrooms celebrating the marriage of the Infanta of Spain with Louis XIV

### → WIN A SUPER-STYLISH WEEKEND AT ARGUIBEL!

If the idea of escaping to the beautiful Basque region has you reaching for your suitcase, look no further. Courtesy of hotel experts Mr & Mrs Smith, we're offering one lucky reader and a guest the chance to win a weekend at boutique hotel Arguibel. The prize includes two direct return flights from UK airports to Biarritz (up to the value of £200pp), car hire during your stay, two nights' bed and breakfast (based on a couple sharing a room) at Arguibel and dinner for two at the hotel's restaurant. To enter, visit [mrandmrsmith.com/smart](http://mrandmrsmith.com/smart). Closing date 18 June 2010. See page 59 for terms and conditions.

For more romantic escapes, chic city stays, coastal hideaways and country retreats, visit [mrandmrsmith.com](http://mrandmrsmith.com).

### → BARCLAYS FIGHTS FOR CLIMATE CHANGE

Barclays is doing its bit for the environment with the Barclays Climate Action Programme. The initiative sets out how Barclays is responding to climate change by investing in energy-efficiency and offsetting the unavoidable carbon dioxide emissions from its global banking operations. Read more at [barclays.com/sustainability](http://barclays.com/sustainability).

All prices quoted are correct as of March 2010.