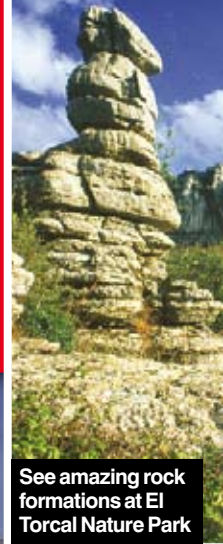


WE'RE ALL HEADING FOR...

# Costa Del Sol



See amazing rock formations at El Torcal Nature Park



Marbella's Puerto Banús is where it's at to spot the stars!

**W**ith mile after mile of golden sandy beaches, glamorous nightlife and guaranteed sunshine, Spain's Costa Del Sol has always been the ideal destination for all age-groups. Whether you want to catch some rays by day and party by night, pack in some culture or simply get away from it all, the region has plenty to offer – and, what's more, it takes just a couple of hours to fly there. Now, you can even achieve a perfect bikini body on your trip, as a number of boot

camps have set up shop along the southern coast of Spain, attracting the body-conscious rich and famous in droves. So, leaving our bad habits and Krispy Kreme-cravings firmly at home, *Star* decided to check out the new flab-fighting trend for ourselves...

**SLIM IN THE SUN!** Although a boot camp is not the first thing that springs to mind when you think of a holiday in Spain, there is no reason not to combine fitness with sunshine and relaxation. Rio Frio Holidays is a specialist diet and fitness

company that runs personalised trips in the attractive old market town of Antequera, all based around healthy eating. The break includes a range of fat-burning activities, such as cycling, hiking, running, yoga and swimming. Happily, far from feeling like you're at a traditional military camp, clients of Rio Frio stay in either the beautiful four-star Finca Eslava Hotel, which resembles an old Spanish farmhouse and is built around a central courtyard and fountain,



Cheryl has enjoyed the sun on Puerto Banús' beach



Cabopino is the place for miles of secluded beaches



Work out and rest up at the luxurious Finca Eslava Hotel



spent partaking in a range of activities, including gym workouts, yoga, circuit-training and weights. You will also receive help and analysis regarding your eating habits and, best of all, finish off with a relaxing sports massage!

After a nutritious dinner of dishes with a local twist, such as garlic and almond soup and paella, you'll be ready to collapse straight into bed in preparation of another day.

## HIT THE BEACH

Whether you opt for a boot-camp break or not, there are plenty of fabulous spots around Costa Del Sol to show off your bikini body!

The town of Cabopino, between the resorts of Marbella and Fuengirola, has some of the best and most secluded stretches of beach with crystal-clear waters, as well as picturesque sand dunes and a forest.

While away sun-soaked days and make a beeline for Nerja. This charming white-washed town is perched high on the cliffs, with beautiful sandy coves. The tourist attraction La Cueva De Nerja is home to rock formations and the world's largest stalactite.

If some serious celeb-spotting is more your thing, head for Puerto Banús. Close to the party town of Marbella, the beach and marina here are a magnet for the stars, and the likes of Jordan, Cheryl Cole and the boys from Blue have all been spotted here.

After sunning yourself, bag a table at one of the dozens of

harbourside cafés and restaurants, and watch the beautiful people glide by!

## SEE THE SIGHTS

Make sure you check out Málaga. The underrated Andalusian city offers old churches, winding streets and a range of restaurants and tapas bars. The city was also the birthplace of famous artist Picasso, and the city is home to the Picasso Museum – well worth a browse.

For something completely different, how about getting up close and personal to dozens of wild wolves? Lobo Park in Antequera is home to four types of wolf species, which you can walk to within touching distance of! Arrive during the evening to hear the animals' haunting howls...

For more of what Mother Nature has to offer, check out El Torcal Nature Park by the village of Villanueva De La Concepción. This nature and wildlife park is full of amazing rock formations and canyons. Among the animals to be found here, which include foxes and horses, you can also spot eagles soaring overhead.

Aside from such earthly pursuits, there's ample opportunity to enjoy more material activities – like shopping! Marbella is home to several designer boutiques, such as Gucci and Versace, but also houses branches of the staple Spanish fashion houses Zara and Mango – for those more inclined to hitting the high street! ■

Emma Donnan

## BOOK IT! COSTA DEL SOL

### GETTING THERE

■ Return flights to Málaga from Gatwick cost from £104 per person with Thomson ([www.thomson.co.uk/flights](http://www.thomson.co.uk/flights)).

### WHAT TO DO

- Cabopino ([www.cabopino.net](http://www.cabopino.net)).
- Nerja ([www.andalucia.com](http://www.andalucia.com)).
- Puerto Banús ([www.puertobanusguide.com](http://www.puertobanusguide.com)).
- Málaga ([www.malaga.com](http://www.malaga.com)).
- Picasso Museum ([www.museopicassomalaga.org](http://www.museopicassomalaga.org)).
- Lobo Park ([www.lobopark.com](http://www.lobopark.com)) is open 10am-6pm daily and also offers guided tours.
- El Torcal Nature Park ([www.andalucia.com](http://www.andalucia.com)).

### WHERE TO STAY

■ Rio Frio Fitness & Weight-loss Courses can be booked at [www.rio-frio.com](http://www.rio-frio.com). Seven nights costs £1,170 per person and include accommodation at the Hotel Finca Eslava. Transfers and food are included.

■ For further information on tourist attractions, visit [www.visitcostadelsol.com](http://www.visitcostadelsol.com)

or enjoy your break in a nearby luxurious townhouse.

Upon arrival, you are measured and a tailor-made course is created for you over the following days and you're monitored by skilled instructors – all focused on helping you achieve your goal!

On a typical day, you'll rise by 7am and spend a session limbering up in the hills overlooking the town. This is followed by a healthy breakfast then a scenic two-hour bike ride.

After a lunch of soup or salad, the afternoon is