

# ADVENTURE AWAITS

A NEW TREND IS EMERGING FOR INTENSE, LIFE-CHANGING ACTIVE RETREATS  
IN SPECTACULAR DESTINATIONS. BY **SARAH FUNG**

身心  
歷奇

改變  
生命

到訪絕色異域的避世勝地，  
在上山下海、揮灑汗水的旅途  
間領略人生新意義，正是當下  
的旅遊新趨勢

撰文 **馮麗施**



Photo: Courtesy image



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PEOPLE WANT TO COME  
HOME FROM THEIR TRIP  
FEELING TRANSFORMED



**RECENTLY**, when I ask friends about their holiday plans, I'm often astonished by their replies. A few years ago, a long weekend in Bangkok or a foodie jaunt to Japan was the standard response. These days, however, I'm just as likely to hear that they'll be participating in an endurance horse race across Patagonia, or a multi-leg road bike tour across half a dozen European borders.

The last few years have seen a shift in priorities – a sense that time is all-too-fleeting – and if you want to find out what you are truly capable of achieving, there's no time like the present.

This has translated into an explosion of interest in wellness retreats for the traveller looking to push their limits. From alpine trekking to wild swimming, this new generation of fitness holidays plumbs the depths of your physical and mental reserves and becomes a transformative experience that leaves your soul nourished at the end of an adventure-filled day.

“Our clients are purpose-driven individuals seeking depth and enrichment in their journeys. They are acutely aware that life is not a dress rehearsal, a perspective perhaps underscored by the pandemic, and they strive to savour every moment,” says Damian Chaparro, founder of Aro Ha, a luxury fitness retreat in New Zealand. ☺

**近日** 每當我向好友打探度假大計，他們的回答總會令我驚訝。需知道，趁周末閒暇到曼谷好好充電，或是於日本展開美食之旅，在數年前可謂標準答案，但現在往巴塔哥尼亞參加馬術耐力賽，或展開公路單車遊橫越歐洲多國，已成為不少人的度假首選。

過去幾年，不少人萌生「時不我待」的心態，環境驅使大家把握當下，努力實現目標。

因此，一眾旅人紛紛湧至各式養生度假勝地，務求挑戰自己的極限，例如體驗高山遠足或在野外暢泳。這些新興的體能鍛煉旅程考驗身心，在冒險過後心靈能體驗前所未有的轉變，豐富人生。

新西蘭豪華健身度假村Aro Ha創辦人Damian Chaparro表示：「我們的顧客目標明確，追求富深度及意義的旅程。經歷疫情洗禮，也許令他們更深深體會到人生不能坐著等機會降臨，所以他們會主動出擊，盡情享受當下每個時刻。」☺



Photos. Courtesy images

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## 現今的旅人期望 在旅程結束後，生命 有所改變

Today's travellers want to go deeper and experience something more profound and perspective-shifting. "People want to have a real experience when they travel now: to meet new people or learn a new skill, for example. They want to come home from their trip feeling transformed in some way by these experiences," says Elinor Fish of women-only trail running company Run Wild Retreats.

Are these new-generation retreats strictly for adrenaline junkies and extreme adventure types? Not necessarily. These kinds of holidays are increasingly appealing to an older demographic, as well as first-timers looking to step out of their comfort zone. "We see a lot more mature women on our retreats, especially women 50 and over who want to travel but don't want to go alone. They want the support and camaraderie of a professional trip leader and women with whom they share similar interests," says Fish.

Jack Hudson of SwimTrek, an open water swimming tour company, agrees that the demographic is broadening. "We have had plenty of first-timers being drawn out of the pool," he says. "It's often those who were wary at first who find most enjoyment in the whole experience." Adventure is clearly out there – it's time to grab a little bit of your own. ○

今時今日，人們的出遊目標更清晰，渴望在旅途上能深入體驗，開展眼界之餘，更有所頓悟。Elinor Fish所屬的Run Wild Retreats專營女性越野跑度假活動，她表示：「現今的旅人希望能享受有實質意義的體驗，例如結交新朋友或學習新技能，從而在旅程完結後，生命有所改變。」

新一代的度假勝地，並非只為追求刺激與極限歷險的旅人而設，事實上，這類度假體驗日漸受年長一族，以及想突破自我、首次參與的人士青睞。Fish說：「前來我們度假營的成熟女性大幅增加，特別是已年屆50歲而不想獨遊的一群，她們希望能與專業的領隊以及志同道合的同性旅伴互相扶持上路。」

任職於開放水域游泳旅行團公司SwimTrek的Jack Hudson亦所見略同。他指出：「不少首次參加者均跨出泳池，轉投大自然懷抱暢泳。事實上，一開始顯得小心翼翼的新手，往往會在旅程中找到最大樂趣。」正是萬事俱備，只待你踏出第一步，展開挑戰之旅。○



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## YOUR NEXT ADVENTURE

THESE TOUR OPERATORS  
ORGANISE ADVENTURE HOLIDAYS  
IN ASIA AND AROUND THE WORLD

### 1. SWIMTREK

You'll find SwimTrek tours everywhere from the Galapagos Islands to Oman. In Asia, try the six-day Shipwreck Coast tour of Bali, which offers views of Mount Agung, as well as plenty of opportunities to explore sunken vessels in warm, tropical waters. Tours are available for all skill levels and interests, from coaching camps to beginner and family swims.

[swimtrek.com](http://swimtrek.com)

### 2. SPICE ROADS

Whether you prefer exhilarating off-road trail rides or road cycling tours where you can clock up some serious mileage, Spice Roads offers unforgettable cycling trips all over the world, from the vibrant backwaters of Kerala to the Gobi grasslands. If you only have a few days, a short hop to Bangkok offers plenty of rides no further than 2.5 hours out of the capital. Speed down the roads of Rayong or explore Suan Phueng on a two-day, one-night trip.

[spiceroads.com](http://spiceroads.com)



### 3. PHUKET FIT

For people who like a side of burpees with their bow pose, Phuket Fit offers total fitness experiences to kickstart your active journey. Daily programmes start with yoga or mobility work followed by classes ranging from aqua fitness to Zumba. Join as many activities as you like or opt for personalised private sessions. The retreat's on-site restaurant offers a diverse menu of health-conscious, nutritious cuisine, while accommodation is simple but spotless.

[phuketfit.com](http://phuketfit.com)



### 4. ARO HA

Experience complete nature immersion amid New Zealand's sweeping Southern Alps at Aro Ha. This sustainable luxe retreat helps clients prioritise their health and wellbeing and find a balance of solitude and solidarity with fellow guests. Emphasis is placed on "rewilding" – getting out into nature, trekking alpine slopes and experiencing New Zealand's rugged landscapes. Back at camp, you'll join functional fitness and yoga sessions, and share in plant-based meals – 45 per cent of the food served at Aro Ha is grown onsite using permaculture techniques.

[aro-ha.com](http://aro-ha.com)



### 5. RUN WILD RETREATS

Run Wild leads women-only trail running retreats with a focus on creating a safe, supportive space for female runners and plenty of mindful and wellness-focused activities between runs. Take your pick of their many incredible destinations; in Europe, get up close to the Italian Dolomites. Or fly to North America and traverse the Canadian Rockies. In Asia, the mountain trails of Nepal are a gateway to exploring the region. Wherever the destination, you can expect awe-inspiring natural landmarks, welcome add-ons like massages, and the chance to form lifelong friendships.

[runwildretreats.com](http://runwildretreats.com)



Photos: Courtesy images

## 蓄勢待發

以下旅行社帶你踏上亞洲以至世界  
各地的歷奇之旅

### 1. SWIMTREK

SwimTrek 的旅行團足跡遍及加拉帕戈斯群島至阿曼。想先從亞洲出發，可選峇里的沉船海岸六天之旅，一覽阿貢火山的壯麗奇觀，並漫「游」大大小小的溫暖熱帶水域，探索沉船遺跡。公司營辦的旅行團從新手訓練營以至合家歡游泳體驗一應俱全，適合能力與興趣各異的泳客。

[swimtrek.com](http://swimtrek.com)

### 2. SPICE ROADS

無論你嚮往崎嶇刺激的越野之旅，抑或在平坦的公路馳騁，Spice Roads 也可帶領你橫越世上不同角落，深入喀拉拉邦清幽絢麗的隱世秘景，以至遼闊無邊的戈壁草原，展開難忘的單車之旅。若然只有數天假期，不妨即興快閃曼谷，只需兩個多小時的車程，便可抵達羅勇府享受單車騎樂；或在兩日一夜的旅程中，探索 Suan Phueng 的優美景色。

[spiceroads.com](http://spiceroads.com)

### 3. PHUKET FIT

對於熱愛波比跳及瑜伽等運動的旅人而言，提供全方位體能鍛煉的健身度假村 Phuket Fit 可謂寓健體於旅行的首選。年中無休的課堂以瑜伽或活動幅度鍛煉作起步，接著可任意參加水中健體以至 Zumba 舞等各式進階課程，亦可選擇為你度身而設的私人課堂。場內餐廳所供應的菜式亦同樣健康有「營」，選擇多不勝數，客房一塵不染，簡潔舒適。

[phuketfit.com](http://phuketfit.com)

### 4. ARO HA

Aro Ha 位處於新西蘭南阿爾卑斯山脈無邊無際的美景之中，讓你全然沉醉於周遭的自然風光。這個豪華度假勝地恪守可持續發展原則，引領住客奉行健康養生的生活哲學，參與活動之餘又有充裕的獨處空間。這裡以「回歸自然」為宗旨，鼓勵住客投奔大自然環境，透過高山徒步感受新西蘭的原野美景，返回營地後則可參與瑜伽及其他實用的健身課堂，然後享用素食佳餚——Aro Ha 有四成半食材均以永續耕作的方式於場內栽種。

[aro-ha.com](http://aro-ha.com)

### 5. RUN WILD RETREATS

Run Wild 越野跑度假村只招待女士，務求為女跑手締造支援充足的安全居停，還會舉辦各式各樣的活動，兼顧她們的身心發展。度假村的版圖遍及多個非凡目的地，包括坐落歐洲的意大利多羅米提山，以及北美的加拿大洛磯山脈；亞洲方面則可穿梭於尼泊爾的山野步道，順道探索鄰近秘景。無論選擇何地，也可飽覽令人驚艷的自然勝景，亦可同時享受按摩等養生樂趣，更有機會結交新知。

[runwildretreats.com](http://runwildretreats.com)