

the guardian

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In the raw

Sample the raw-food lifestyle on a day-long taster course in London. It includes yoga, breathing techniques, a stress talk, food demos and raw three-course lunch. £125, 7 February, revayoga.com



Extreme walking

Cue the Ministry of Silly Walks jokes...

▲ Gagging it ... (from the Death

80 green bottles...
Message-in-a-bottle collector who tracks down the senders
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Next week...
Inspiring folk who gave it all up to live abroad... and how you can, too
In the Guardian next Saturday

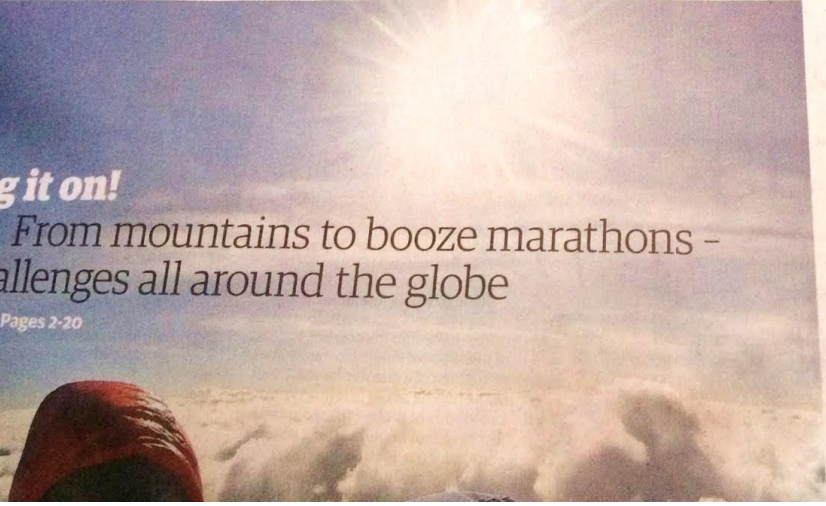
Chic, cheap, champion
It's the world's best hostels awards, the 'Hoscars' - yes, really
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g it on!
From mountains to booze marathons - challenges all around the globe
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12 **Mates IRL**
I'm visiting all my Facebook friends in person



2 **Wacky r**
India's bo
1100 mil

challenges

Across Ir
A new cycling c
version of Lan
Mizen to Malin
has mountain
£695 for a w

n drinking sessions
...ch training you do,
...l or half-marathon can
...erable. Wouldn't it be
...re was booze involved?
...om the infamous
...doc (10 September,
...oc.com) through the
...n-west **France**, in
...miles involve wine-
...in in **Lanzarote**
...ewinerun.
...volcanic wine-
...h plenty of
...treats all

essentially going for a run somewhere very high up. The term has taken off in the Alps and describes a high altitude version of fell-running over rough ground, and snow at higher altitude. Icicle, a company based in **Chamonix**, has launched skyrunning weeks with guided runs of 15-20km a day and coaching, for runners capable of half-marathons.

- £699pp B&B and activities, June-August, icicle-mountaineering.ltd.uk

Overcome obstacles

