



**Power of the squat** The essential midlife exercise  
Plus Marie Helvin — love and life in my sixties

# Weekend

Travel  
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The Great  
British  
Spring



**The new wild swimming**  
(it's not as wild as you think)

**Easter feast**  
Perfect slow-roast  
lamb



**18 weekends in  
the country**  
Don't take the kids!



## **Little Eden** Loch Lomond, Stirling

For a quiet swim on Loch Lomond, stay in this luxury self-catering house, a former grain mill refurbished with a stylist's eye (reindeer pelts on armchairs, a log-burner, walls a symphony of soft greys). Go past the fire pit on the lawn, through a woodland, and you arrive at a private beach on a remote bay.

**Details** Seven nights' self-catering for four from £2,395  
([uniquehomestays.com](http://uniquehomestays.com))