

# Shape up! 14 fitness retreats and bootcamps for this autumn

From an adventure-packed escape in the Faroe Islands to cryotherapy in Yorkshire, it's time for the great autumn health reset to begin, says Alicia Miller

## Return to the Wilds RVIVAL x Unique Homestays, Cornwall



Find adventure at Unique Homestays property Senara / Unique Homestays [www.uniquehomestays.com](http://www.uniquehomestays.com)

What's better than an expert-led fitness retreat in South Cornwall? One that's based out of a magnificent place to stay. Luxe self-catering holiday company Unique Homestays has partnered up with immersive outdoors experts RVIVAL to host an adventurous retreat from October 27-30 in its spectacular Gwithian beach house Senara. When you aren't enjoying the views out to sea through big windows or eating in the airy dining room, you'll get freediving lessons, coastal hikes with cliff abseiling, and training sessions led by a member of the SAS. Call it extremely wild luxury.

*Three nights from £3,900, [rvival.co.uk](http://rvival.co.uk)*