



SIGHTSEEING IS A great way to work out – seriously. A few years ago I took some clients on a weekend walking

tour of Lisbon and they loved it! We walked in the morning, stopped for lunch, walked a bit more and then went back to the hotel for chill-out time.

The beauty of this approach is that your walking becomes incidental to your day of sightseeing, and it's a method that can work for people of all levels of fitness. If you want easier walks, choose flatter cities such as Berlin, Rome, Naples, London, Copenhagen or most cities in Belgium or Holland.

For those looking for more challenging jaunts, I suggest centres such as Lisbon, Funchal, Barcelona or any of the cities and small towns on the Amalfi Coast. All of these wonderful places have their own rich histories, cultures, flora and fauna. Something for everyone!

Hiring a guide for a city walk is an excellent way to really get to the heart of a place. These tours may be a little more meandering as far as intensity goes, but they're a safe way for lone travellers and those concerned about going to unknown areas to still get their sightseeing and walking in. I have done some excellent walking tours in Lisbon with guides over the years.

If swimming is your passion,

there is an abundance of hotel rooftop pools in Europe. Funchal, Rome, Lisbon and Barcelona have some wonderful aquatic areas with views.

Of course, if you want to do a full day of focused activity, you could choose to mountain bike outside of Barcelona, take surfing lessons in Lisbon or hike the levadas of Madeira in and around Funchal.

After all that walking in Lisbon, we did a half hour of Pilates on the beach – it was the perfect end to a great workout. (If you don't have someone like me, you could do a Pilates or yoga routine you know or hook up to Wi-Fi and choose an online class.) Happy strolling!

BREAK INTO A SWEAT

Fitness guru **Charlene Hutsebaut** says acquainting yourself with a city's sights is just one great way to stay in shape on your well-earned break

Here are my pointers for being active on your city break:

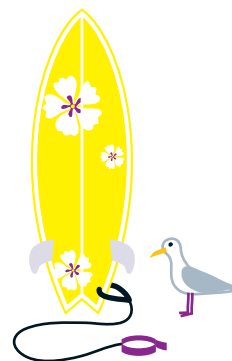
- Sightseeing/walking is a great activity.
- Choose a hotel with a pool with a view.



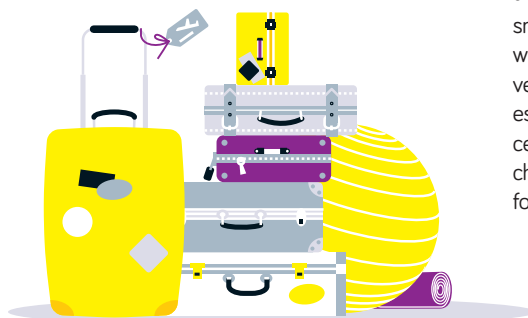
- Choose a city with activities nearby: Lisbon has surfing lessons within 15 minutes of downtown; Barcelona has mountain-biking trips to its local national park.

city to see in the morning and afternoon; and search Trip Advisor for a café to have lunch in; then head back to the hotel for break, rest and pool time.

- Take your own fitness equipment in your luggage to be used in the hotel room: tubing, TRX, Pilates ball etc.



- Book a hotel with onsite activities or gym.
- Plan ahead for your active city break: choose an area of the
- Opt for a walking tour with a guide: The Jewish quarter of Lisbon is a particular favourite!
- Rent bikes to get around town – Funchal has lovely bikes.



- Refuel on the go: snacks and hydrating while sightseeing are very important, especially when in a hot centre, on more challenging terrain or for longer hikes.

ILLUSTRATIONS **MAX SAVVA**