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# Sunday Tribune

## TRAVEL MAGAZINE (05/11/2006)

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### **GLOBETROTTER WITH ROSLYN DEE**



#### **Boyle returns in Body and Soul with a fine offer**

Aidan Boyle, the man behind the Brazil-based Body and Soul Adventures, has brought his expertise back to home territory with programmes on offer based at Harvey's Point in Donegal. On the shores of Lough Eske, the forthcoming weekend programmes are designed, according to the Body and Soul people, to have a "maximum impact on your fitness and creatively combine exhilarating activities with a nutritionally balanced diet".

They include early-morning yoga, hiking, horse-riding and cycling, all topped off with a soothing massage at the end of the day to ease tired limbs.

Groups are small - limited to 12 people -

and the activity programme is complemented by a balanced 1200-calorie-a-day vegetarian diet.

There are two weekend programmes now booking, with 'Renew U' weekends planned for next weekend, 9-12 November and again, after the festive season, for the weekend of 18-21 January. The package includes three nights' accommodation plus all meals and snacks, two full body massages, five or six yoga classes and all activities. The weekend is priced at €820. For more information and to secure a place contact 087 9397821, or log on to [www.bodysoulexperience.com](http://www.bodysoulexperience.com)

#### **Trailfinders make way to Cork with new office**

Trailfinders have expanded in Ireland with the opening last week of an office in Cork, located on Marlboro Street and officially opened by Trailfinders owner and chairman, Mike Gooley, whose family comes from Mitchelstown. The long-haul, tailor-made-holiday specialists will also offer a dedicated department in Cork, dealing specifically with First and Business Class requests, catering for those who prefer to travel up-front. To celebrate the Cork opening, a number of 'specials' are on offer, all with Cork departures. Head for New York, for example, and stay at the three-star Washington Square Hotel for three nights