



5 August 2009

Last minute holidays in the sun with UTracks

The forecast may be for wet weather until September but this doesn't mean that you have to settle for a washout summer. Specialist operator UTracks www.UTracks.com offers a series of active holidays to destinations where the sun is always shining so you can make the most of your holiday.

1. Cinque Terre, ITALY 7 days

The Cinque Terre are a series of five small fishing villages in northern Italy, dug into the cliffs where the Apennine Mountains meet the Mediterranean coastline. Each village is set between the beach and the hills and has its own special characteristics, and being hard to access (there are almost no cars!) has helped to protect their unique heritage. Explore the Liguria National Park on 15th Century footpaths, while the extensive network of trails connecting the villages passes through olive groves and terraced vineyards, with sweeping views of the Mediterranean below. Few walks in Europe capture so many highlights in such a compact area!

DEPARTS: Daily until 31 October (Saturday and Sunday only in August)

PRICE: from £490 per person

2. Lycian Coastal Walk, TURKEY 8 days

Between Fethiye and Antalya, along Southern Turkey's Turquoise Coast, is the mountainous 509km Lycian Way, one of the country's first way-marked trails that encompasses spectacular coastal views and archaeological treasures dating back to the 8th Century BC. During a series of day walks in the company of an experienced guide, you get to visit well preserved Greek and Roman cities, a Lycian necropolis lost in vegetation and a side excursion to the remains of the immersed city of Kekova – but you will still get plenty of time to sample culinary specialties and swim in the blue waters of the Mediterranean Sea!

DEPARTS: 7 September, 21 September, 28 September, 5 October, and 19 October

PRICE: £760 per person

3. Corsica Cycle, FRANCE 8 days

Known as 'the mountain in the sea', Corsica offers an incredible diversity of landscapes and a rich cultural heritage that continues to thrive. This circuit explores

both the shore and the island's interior, through forests and mountains and along stunning coastal roads. During the cycling day you will have several options, allowing you the flexibility to choose a more demanding or relaxed route with more time for sightseeing – there are a multitude of villages and historical sites to explore, and each night's accommodation in specially handpicked inns and hotels.

DEPARTS: Daily until early November

PRICE: £860 per person

4. Croatia Bike & Sail, CROATIA 8 days

Southern Dalmatia encompasses a stunning chain of Croatia's islands and this stimulating cycling trip captures the highlights with an ideal balance of activity, culture and relaxation. In the company of a cycling guide, you will explore towns and landscapes, many of which are on UNESCO 's World Heritage List, experience the beautiful island of Korcula, discover the wine-growing peninsula of Peljesac and the natural beauty of the impressive Mljet National Park – while aboard a comfortably appointed wooden motor yacht, there will be ample time between cycles to swim in the azure waters and soak up the ambiance of seaside towns...

DEPARTS: Weekly on Saturdays from 15 August until 17 October

PRICE: from £990 per person

5. Greek Islands Bike & Sail, GREECE 8 days

Whitewashed houses with blue shutters, labyrinths of narrow streets flowing through cobblestone villages, sandy beaches and a relaxed lifestyle attract visitors to the Greek Islands from all over the globe. This interactive sailing and cycling adventure delves further into the interior and coastlines, exploring little known coves and impressive geological formations, ancient sites and untouched villages. Explore fishing villages and historic sites by bike - or just relax on the secluded beaches far away from the busy resorts, enjoying authentic Greek hospitality.

DEPARTS: 5 September, 12 September, 19 September, and 26 September

PRICE: from £1,380 per person

Quoted prices are inclusive of accommodation, most meals, clear maps with images, and rental bike, adjustment by a cycling specialist and luggage transfers between hotels (where applicable); flights are not included, however these can be arranged on request.

For bookings and more information please go to www.UTracks.com or call 0845 241 7599

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For media information please contact:

The Saltmarsh Partnership

David Ezra david@saltmarshpr.co.uk 020 7902 2795

Tom Panagos tom@saltmarshpr.co.uk 020 7902 2794