

Pastures new

In the quest for escapism we've had BlackBerry-free hotspots, many-handed massages and all manner of meditative retreats. Next up is the rural break, in which stressed-out urbanites can recoup and restore while connecting with the land and learning traditional crafts. Take **rangering**, available this summer on the National Trust reserve at Stackpole (www.nationaltrust.org.uk), or **basket-weaving** with The Style Academy (www.the-style-academy.com) in the cossetting surrounds of Glenmuick House, down the road from Balmoral. Activities such as **quilting and jam-making**, once the preserve of the WI, are now so popular that workshops are springing up countrywide – we like the look of the ones in Cornwall (www.bedruthan.com/breaks). If you want to roam further afield, how about **shepherding in Puglia**? This three-day retreat with Messors (www.messors.com) will teach you all about **sheep milking, cheese making** and 'the solitude of a shepherd's occupation'. Expect an early start.

