



# SOUTH OF FRANCE

**WHAT?** Spa time and outdoor sporting fun

**WHERE?** The Languedoc region of France

**WHY?** To fire up your training by day, refuel the French way by night – and live the spa life in between

**HOW MUCH?** Rooms at Chateau St Pierre de Serjac start at £225 per night, with breakfast and access to the spa included; serjac.com

**WHO?** Polly Bartlett, Fashion Assistant



**Not that it's the first thing that springs to mind, but the Languedoc is**

**a famous wine region, right?** Correct. Languedoc-Roussillon produces more than a third of the grapes in France, meaning the rolling vineyards as far as the eye can see make for some pretty epic views and, if you're partial to a glass of the good stuff, it's a wine buff's heaven.

**But will there be enough to do to offset all of the cheese and bread?**

While the food and drink offering at Serjac is too good not to consume to excess, there's plenty to keep you from slipping into a croissant-induced coma. The best part? It's all totally appropes if you're looking to spend some time with me, myself and I. Bicycle tours around the vineyards with pit stops to visit local wineries are a fantastic way to explore the local countryside, while the chateau estate has both indoor and outdoor swimming pools and 220 acres of surrounding land at your disposal if you simply don't want to miss a long training run.

**How about the R&R?**

Although the great outdoors is a huge part of the area's appeal, the chateau's onsite spa is the perfect place to unwind after a day traipsing around vineyards. Book yourself in for the full-body massage (around £75) – it's so indulgent, I had zero DOMS after a four-hour bike ride and felt the calmest I've been in weeks.

**How long do I need to make the most of it?**

Thanks to the marvellously short journey across the English channel (flights to nearby airport Montpellier from Gatwick are under an hour and a half), it's easy to pop over for a last-minute long weekend to escape the rat race, but you could just as easily spend a week there. I loved it so much, I'm hoping to go again and conveniently forget to come back. No one will notice, right? **WB**



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