



Get fit on holiday

Mozambique

#### KAYAKING

Ahoy there, Mozambique!

Perhaps one of the more diverting ways to tone up is kayaking; paddling along coastline - the rougher the water, the better - will give arms a good workout. In Mozambique, travellers can kayak the sublime Quirimbas Archipelago. Paddling from Ibo Island to Mogundula Island, spending the nights in beach chalets or tents on the beach, guests are guided to some of the most striking reefs, and to Rolas Island to see the resident coconut crabs. Plenty of opportunity for wildlife-watching arises on the way: watch the skies for birds, dip in and snorkel with reef fish, and spot mammals on the shore.

Price from £996 per person; includes two nights at Ibo Island Lodge on full board basis (excluding drinks); excludes international flights. To book contact Imagine Africa (020 7622 5114; [www.imagineafrica.co.uk](http://www.imagineafrica.co.uk))