

THE UK'S TOP-SELLING WOMEN'S HEALTHY LIFESTYLE MAGAZINE

# Zest

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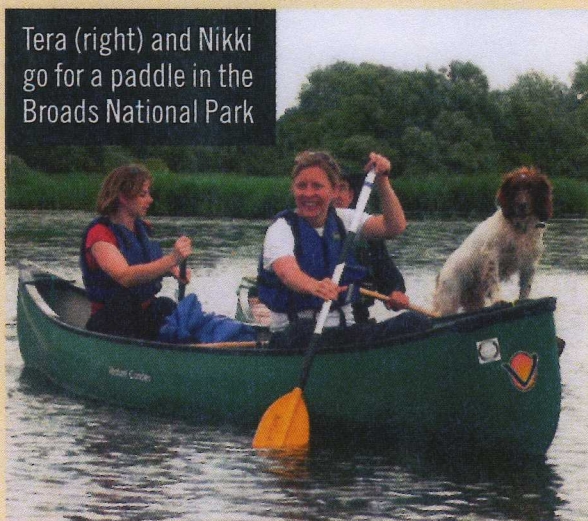


HEALTH > BEAUTY > FITNESS > NUTRITION > WELLBEING > TRAVEL

## The minibreak with meaning

**Tera Smyth, 34, an IT professional from Hertfordshire, and her friend Nikki Dunton, 38, signed up for a conservation weekend in Norfolk.**

**W**alking around the grounds of a hotel at 11pm on a Saturday night, wearing night-vision goggles and carrying an ultrasonic bat-detector, wasn't something I'd normally expect to be doing on a girls' weekend away. But



Tera (right) and Nikki go for a paddle in the Broads National Park

when Nikki suggested signing up for a wildlife conservation break in the Broads National Park, I was up for it – we thought doing it together would be more fun than a spa break. I imagined anything to do with conservation would mean roughing it, so I was pleased to discover we'd be staying in a nice hotel and eating good food.

Most of our time was spent collecting data and looking for animal tracks and signs. Some of the kit we used was very *Mission Impossible*, such as goggles that can tell you the exact distance of any object you're focusing on. We had a real giggle during the bat-detecting session, when we kept bumping into bemused guests from a wedding at the hotel!

We also got to spend time canoeing on the Broads, and I really enjoyed just being out in the fresh air and learning to look around me. Now when I go out for a run and see a little trail in the grass, I find myself wondering which animal left it. I thoroughly enjoyed our break and felt so refreshed, it was as though I'd been away for a week rather than just a weekend! →

**HOW TO GO** Tera and Nikki's all-inclusive weekend break cost £195 per person. For details, visit [www.biosphere-expeditions.org](http://www.biosphere-expeditions.org) or call 0870 446 0801.