

HOW TO SPEND IT

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DESTINATIONS | TRAVELISTA

Ayurveda retreats and leopard safaris in India

New destination spa Vana, Malsi Estate, and Jawai Leopard Camp



Image: Vana Retreats

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SOPHY ROBERTS

An Indian summer in January has an enduring appeal, along with a New Year detox at the country’s smartest new destination spa, Vana, Malsi Estate, in Dehradun (www.vanaretreats.com; minimum three-night, full-board stay from £250 per night, pictured). Wellness programmes are dominated by Ayurveda – the most committed can do a rigorous Panchakarma retreat – and the design (stone, glass, wood), by Spanish architectural firm Esteva i Esteva Arquitectura. For activities beyond the yoga pose, leopard safaris in India are now available with the opening of Jawai Leopard Camp (www.sujanluxury.com; all-inclusive from £394) in the lesser-visited hinterland between Jodhpur and Udaipur (three hours by car from either city). The camp claims around a 75 per cent chance of seeing leopard during a three-night stay in the surrounding Aravalli hills, as well as flamingos. It’s like **Africa** in India: leather and canvas safari tents, open-top 4x4 jeeps and semi-pro cameras provided for guests during the course of their stay. You leave with a memory stick uploaded with your images.