

The Camp, Scotland

This was the first boot camp to introduce week-long, women-only courses in the UK. That was three years ago, and it is now frequently lauded as the best. Run by ex-Special Forces personal trainers who had the idea while serving in the Middle East, this military-style training promises “you’ll safely drop a dress size and tone up in a week”. You rise at 5.45am, stand down at 10pm, and in between is a constant assortment of adrenalin-fuelled activities: boxing, river crossings, hillwalking, biking, fell running, cardio workouts and yoga. The target is to burn 5,000 calories a day. The diet is rigid too, designed by the nutritionist on hand for personal advice on the way you eat. The location is a stunning

country house set in a 1,300 hectare estate in south-west Scotland.

A six-night stay at The Camp (www.thecamp.co.uk; 00 44 7879 555 041) costs from \$2,707 (Dh9,943) for a private room and \$2,243 (Dh8,238) based on two people sharing, including meals, kit, transfers, insurance and taxes.