

DEPARTURES JILL CRAWSHAW HUNTS OUT THE BEST
NEW HOLIDAY IDEAS ■ TAKE A HIKE IN ITALY ■**Pilgrims' progress**

Upland Escapes, a walking tour operator, focuses on little-known regions of France,

Italy, Slovenia and Grand Canaria, with stays in mountain hamlets and programmes of escorted or self-guided walks. In Majella, in the heart of the Apennines, holidaymakers live in stone cottages in the shepherds' village of Decontra. Three to seven-night holidays from April 29 to October 30 cost from £335 to £598pp for B&B, picnics and car hire, but not flights.

Upland Escapes
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www.uplandescapes.com).