



## **Keep going with the New Years' Resolutions on a Mark Warner Holiday**

*From paddle-boarding to padel: learn a new skill, enhance an existing one, and make the most of your beach holiday*



As January draws to a close, the challenge of sticking to New Year's fitness resolutions is real. Why not enhance your chances of staying the course by booking with the experts at Mark Warner, who have over 50 years' experience of creating the perfect active summer holiday. Whether you're looking to try a new challenge or improve on an existing skill, a Mark Warner holiday offers the perfect balance of stretching your comfort zone on the waves, perfecting your top spin on the tennis court, tackling a new route on two wheels, or just switching off by the pool. Whilst each resort has its own local flavour and style, all offer great beachfront locations, with superb watersports, tennis and cycling, along with exceptional childcare facilities and a relaxed, inclusive atmosphere.

### **Practise Your Padel at [Kamari Beach Resort, Rhodes](#)**

With celebrity fans ranging from David Beckham and Lionel Messi to Eva Longoria and Leonardo di Caprio, padel is very much the game of the moment. Easier than tennis, with a larger racquet and enclosed court, Padel is taking gyms by storm across the country. Why not get ahead of the competition with the chance for expert coaching, combined with a holiday at Mark Warner's Kamari Beach Resort in Rhodes.

Stretching across pristine Lardos Beach, near the popular town of Lindos, [Kamari Beach Resort](#), with its white-washed buildings, huge pools and lawned gardens, has Two padel courts alongside its three traditional hard floodlit tennis courts and is a great destination for padel and tennis lovers. The famously sunny island has a warm, gentle breeze that makes for perfect playing conditions to give padel a try against family, friends, or fellow guests.

**Mark Warner 0845 322 5037 [www.markwarner.co.uk](http://www.markwarner.co.uk) offers a week at Kamari Beach Resort from £999pp. Based on two people sharing, travelling in October, including flights from Gatwick, 7-nights half board accommodation, transfers and a wide range of sports activities, tuition, and fitness classes.**

**Or give Pickleball a try at [Phokaia Beach Resort, Turkey](#)**

In a prime beachfront setting, close to the charming town of Foça in Turkey, [Phokaia Beach Resort](#) features three floodlit tennis courts which are ideal for anything from a friendly game to a fiercely competitive tournament or perhaps a game of tipsy tennis for two. There are also three Pickleball courts, giving guests the chance to test drive this fast-growing sport. Once you've reached game, set and match, enjoy the other extensive activities on offer. Choose from one of the three pools, fantastic watersports – with perfect conditions for sailing and windsurfing close to shore, great cycling and an extensive programme of classes. Alternatively, sit back, relax and soak up the spectacular sunsets with a sundowner in hand.

**Mark Warner 0845 322 5037 [www.markwarner.co.uk](http://www.markwarner.co.uk) offers a week at Phokaia Beach Resort from £899pp. Based on two adults sharing, travelling in May, flights from Gatwick, 7-nights accommodation including breakfast and lunch each day, plus five dinners, transfers, a wide range of sports activities, tuition, and fitness classes.**

**Be the King of the Mountains at [Lemnos Beach Resort](#)**

Or for those inspired to follow the peloton and improve their skill on two wheels, try an action-packed cycling adventure at [Mark Warner's Lemnos Beach Resort](#). The wide, smooth roads around Lemnos Beach Resort have very little traffic, making them ideal for group cycling and the chance to explore the stunning natural beauty of the island. Lemnos is also a fantastic location for mountain biking with its varied terrain of hills, coastal paths, and well-marked inland mountain roads leading to views of its highest peak, Mount Skopia, at an altitude of 470 metres.

**Mark Warner 0845 322 5037 [www.markwarner.co.uk](http://www.markwarner.co.uk) offers a week at Lemnos Beach Resort from £879pp. Based on a two people sharing a twin room, travelling in September, including flights from Gatwick, transfers, 7-nights half board accommodation (daily breakfasts and dinners), plus a wide range of sports activities - watersports, fitness, cycling and tennis.**

**Take to the water at [Aeolian Village Beach Resort](#)**

For watersports lovers, Mark Warner's Aeolian Village Beach Resort in Lesvos has a superb choice of options from sailing and stand-up paddleboarding, to windsurfing, rowing and kayaking as well as the newer sports of wingsurfing and wingfoiling. Offering near-perfect conditions for the sports, with great wind and flat water, it is an ideal location to learn a new skill or perfect an existing one.

Widely considered to be easier than windsurfing or kiteboarding, both wingsurfing and wingfoiling use a handheld 'wing' which has an inflatable leading edge and strut or boom to drive participants along. The wing is free of the board, and the fact that it is hand-held makes it easier to adjust than traditional windsurfing. No previous experience is required to give wingsurfing a go and once the basics are mastered, the next stage is wingfoiling, which uses a board with a hydrofoil attached to it, giving the impression of 'flying' across the water.

Set against a backdrop of mountains, Aeolian Village is an idyllic spot for a holiday, opening directly onto a quiet corner of Eressos beach, a gorgeous sandy bay on southwest coast of Lesbos. As at all Mark Warner resorts, a friendly team of coaches and specialist instructors are on hand to smooth the way. Guests can choose from making watersports a central focus of the holiday, trying something new, or just dipping in and out of the programmes.

**Mark Warner 0845 322 5037 [www.markwarner.co.uk](http://www.markwarner.co.uk) offers a week at [Aeolian Village Beach Resort](#) from £999pp. Based on a two people sharing a twin room travelling in June, including flights from Gatwick, transfers, 7-nights half board accommodation (daily breakfasts and dinners), plus a wide range of sports activities - watersports, fitness, cycling and tennis. Wingfoiling and Wingsurfing courses from £60.**

-Ends -

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**Notes to Editors:** With a heritage dating back to 1974, independent activity holiday specialist Mark Warner has been creating outstanding holidays for over 50 years. Their five idyllic beach resorts are located across the Mediterranean – Aeolian Village Beach Resort in Lesbos; Kamari Resort in Rhodes; Lemnos Beach in Lemnos; Paleros Beach Resort on the Ionian coast of mainland Greece and Phokaia Beach Resort in Foca, on the west coast of Turkey.

Renowned for their great locations, relaxed surroundings, superb facilities (tennis, water sports and cycling) and welcoming, sociable atmosphere, a stay at a Mark Warner Resort is as much about relaxing by the pool as stretching your comfort zone on the waves or perfecting your top spin on the court. With teams of friendly, supportive coaches and instructors on hand, active-minded guests have a diverse choice of sports to choose from, but there are also gorgeous pools, spas, plenty of sun loungers and delicious restaurants to enjoy. Couples and friends travelling together love the sociable atmosphere, whilst for those travelling with families, the resorts offer excellent childcare and activities, from pre-school right through to teenagers.