

FREE

METRO

Monday, June 27, 2016

THE WORLD'S MOST POPULAR FREE NEWSPAPER

BREXIT
THE FALLOUT

THE LIGHTS ARE ON BUT NOBODY'S HOME

■ The Tory government rudderless in national crisis

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■ Third of shadow cabinet quit over Corbyn

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■ Sturgeon and Scot Nats fight to stay IN the EU

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■ 3m sign petition calling for rerun of referendum

Page 7

■ Brussels bigwigs want us to start leaving now

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An **Everyday Athlete** ... mows the lawn.



Shorter the better,
long grass really tickles.

Are you an **#EverydayAthlete**?



Vitality

CHANGING HEALTH AND LIFE
INSURANCE FOR GOOD



New kid on the old rock

AN ancient stone dwelling or 'dammuso' on the island of Pantelleria, which sits between Sicily and Tunisia, has been transformed into a stylish 20-suite luxury retreat. Sikelia's transformation from black rock to a slick mix of metal, bronze, concrete and glass was directed by the architect who created Giorgio Armani's own Pantelleria holiday home. Its restaurant reflects Pantelleria's Arabian, African and southern Italian influences and serves fish, couscous, Pantellerian capers, oregano and courgettes from Sikelia's vegetable garden. The 'black pearl of the Mediterranean' is considered one of Earth's natural spas, thanks to its hot springs. £305 per night, sikeliapantelleria.com

Trips that keep it real, from Porto to Brussels

BARCELONA-BASED Trip4real, which counts Catalonia's Ferran Adrià of elBulli restaurant fame as an investor, is branching out to Budapest, Venice, Prague, Naples, Brussels, Istanbul, Porto and Athens. The site, which specialises in unique experiences rather than clichéd tourist trails, has pitched itself as the 'Airbnb of travel experiences'. New activities include touring the streets of Porto in an open-top jeep with local girl Noemia (right, £47 for three hours), making gnocchi in Venice with student Eugenio (£23 for two hours) and scavenging Istanbul's Grand Bazaar with fine art photographer Monica (£30 for three hours). trip4real.com



The HOT List

From cliché-free tourism to creative writing holidays

compiled by **LISA SCOTT**



France, food 'n' yoga, sounds all write to us

WHEN journalist Elaine Kingett discovered her parents' war diaries it inspired her to start Write it Down! retreats, a series of breaks that marry writing workshops, gentle exercise and food. Next month she joins Hatha yoga teacher Tamsin Chubb at the Little French Retreat, in Gascony, France, built into the walls of a medieval castle. Those in need of illumination can write, stretch, meditate, walk, go wild swimming and visit Nerc, where Joanne Harris set her novel *Chocolat*. £965 exc flights, July 2-9 and October 1-8, write-it-down.co.uk

A real multi-tasker

TRAVELLING light has just got easier thanks to the new Wanderbalm from the Natural Spa Factory. The 50ml pot of raw virgin coconut oil can be used as lipbalm, hair detangler, body moisturiser and natural eye make-up remover.

£6.95, naturalspafactory.com/wanderbalm



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