



Find eco-hotels and sub-marine sustainability on Formentera

Formentera may be the smallest of Spain's Balearic islands but not only does it have some of the most breathtaking beaches and countryside, it is more than holding its own when it comes to sustainability initiatives. The Save Posidonia Project aims to protect the 76 million square metres of underwater meadows filled with *Posidonia oceanica*, a marine plant that helps oxygenate and clean the ecosystem surrounding the island. Meanwhile, Etosoto is a small, beachside boutique eco-hotel and organic farm project on the edge of vineyards, wheat fields and olive groves to the east of the island. Here, you can start the day with a naturopath-designed organic breakfast before luxuriating in the natural landscape. The hotel also offers slow-food masterclasses, sessions in growing your own organic produce, naturopathy and fasting, yoga and walking activities. www.saveposidoniaproject.org; www.etosoto.com



UNESCO-listed land
The Menorca Biosphere Reserve is notable for the diversity of its ecosystems, which range from caves and wetlands to lagoons, dunes, islets and impressive stretches of coast, such as the rocks at Cala Pregonda

Walk in the hoofprints of history, Menorca

Trace the Cami de Cavalls trail right around the circumference of the Balearic isle for a very different take on Mediterranean Spain

Best for: Spectacular coastal scenery and Menorcan culture

Why do it? This historic trail encircles the entire island taking in its best beaches and most inaccessible coves as well as wetlands and historic towns

Route: Mahón; S'Albufera des Grau Natural Park; Cala Pregonda

As with so much in life, the oldest things are sometimes the best. Menorca's Cami de Cavalls, or 'Horses' Trail', dates back to at least the 14th century, when it was used by mounted knights to patrol the shore, looking out for potential marauders and invaders. Centuries on, it is still one of the best ways to get a really good look at this UNESCO-listed Biosphere Reserve island.

The 185km trail is split into 20 sections. For a good taster, use the appealing capital of Mahón, in the south-east, as a starting point to do stages one and two, following the distinctive red-white trail markers anti-clockwise. Savour the salty

sea air, eyes feasting on the extraordinary coastal views, and before too long you'll reach the fishing village of Es Grau and signs for the S'Albufera des Grau Natural Park, the largest wetland in the Balearics. This diverse area of marshes, dunes, islets and salt-water lagoons is home to turtles, Balearic lizards and over 100 different bird species, including various birds of prey. Wind your way though the park to the black-and-white-striped lighthouse of Cape Favaritx, the end of stage two, which looms large above the barren boulders and cliffs like a giant barber's pole.

If you can, do the following sections too, continuing to the salt flats of Mongofre (encountered on stage three), the basilica at Cap des Port de Fornells (stage four), the dunes at Binimel là beach (stage five) and the rust-red sand of Cala Pregonda (stage six), one of Menorca's loveliest beaches. ►