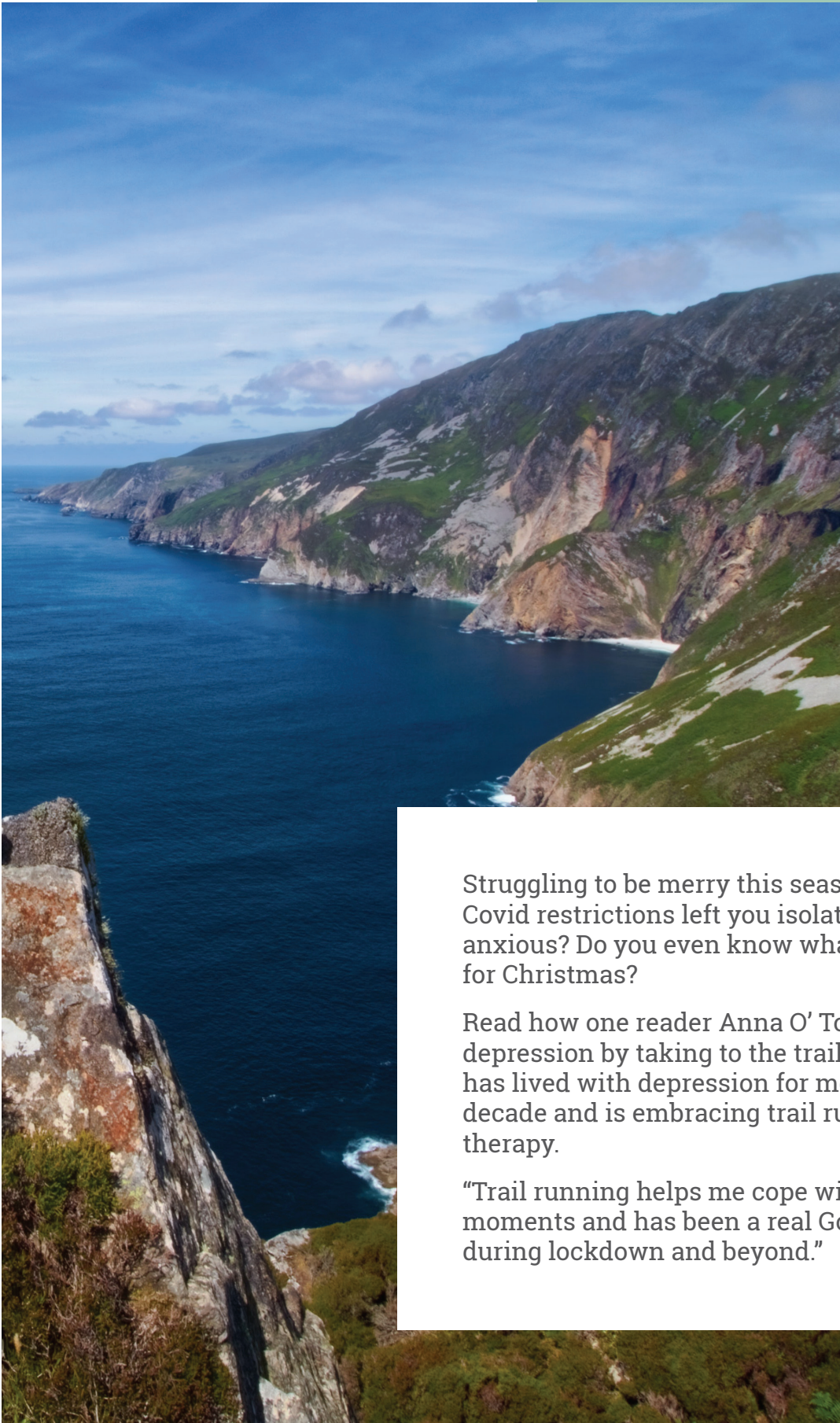


I found myself in the Fells



**(true story) featured in
Woman and Home**



Struggling to be merry this season? Have Covid restrictions left you isolated and anxious? Do you even know what you want for Christmas?

Read how one reader Anna O' Toole defeated depression by taking to the trails. Anna 42 has lived with depression for more than a decade and is embracing trail running as therapy.

"Trail running helps me cope with dark moments and has been a real Godsend during lockdown and beyond."



It started a few years ago when Anna wanted to shed a few Christmas pounds... Lucky enough to live close to a forest park, trail running was an obvious choice. Within minutes on the trail Anna was hooked. The peace, the birdsong, the narrow twisting path and smell of mud calmed her. It was tough going, winding and hilly, she had to concentrate to stay on the path and push forward. Yet it quieted her mind like nothing else. She went home exhausted and exhilarated and the feelings of the trail stayed with her until next time and the time after that. Anna is now a regular on the fells and organises trail runs at Mourne Mountain Retreats.

“More and more women are taking to the rugged hills and female athletes are now outdoing the boys.”



Anna is awed by Jasmin Paris winner of the Spine Race and Sophie Power who stopped mid race on the UTMB (106 mile trail race) to breastfeed her baby.

“Astounding, inspirational women! “

Yet most mortals just want to get fit and build confidence and skills outdoors . Not everyone lives close to trail and mountains or feels that brave. Mourne Running Retreats are here for you.

We offer

- ❑ 1-5-night running retreats in the Mournes.
- ❑ Cosy comfortable accommodation.
- ❑ All-inclusive and self-catering options

Package includes

- ❑ A navigation session and daily trail run with experts
- ❑ Yoga for runners
- ❑ Access to hot tubs
- ❑ Massages on request





Testimonials

"Absolutely fabulous so much fun" ----- **Linda**, Ballymena

"Stunning place I came home buzzing" ----- **Orla**, Bryansford

"I'm entering my first trail race in March" ----- **Tom**, Dublin

The perfect gift - a post-Christmas treat to banish the January blues!

20% discount if you book by 24 December

Visit www.mourne mountainretreats.com to find out more now