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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Outdoor Activities and Staying in Perthshire Hotels

By John Michael

Scotland is undoubtedly one of the most beautiful places in the world and Perthshire one of the most picturesque areas in Scotland. Scotland has relied heavily on the tourist industry to provide employment and bring money to the area. However major challenges lie ahead and forward thinking cities in Scotland have realised that they need to bring new people and new industry to the area for economic growth and not be so reliant on tourism.

The Scottish winters are dark, cold and wet but the scenery is breathtaking and for those of you that don't want crowds and themeparks, how about taking in what Scotland has to offer. You may wish to try Perthshire which is situated in the central belt making it convenient as a central base to explore the rest of Scotland. Don't just do the tourist stuff, how about a bit of get fit and get healthy. There are plenty of outdoor activities to occupy you in Perthshire but what about a spot of cycling? There are many nice good value

<http://www.businessperthshire.com/>

Perthshire hotels, guesthouses and accommodation for the visitor.

We all tend to lead very sedentary lives these days and spend many long hours sitting in offices all day either in front of the computer staring at the screen or going from meeting to meeting with the only exercise being the walk along the corridor to a different meeting room or the loo. Add to this lots of caffeine, sweet or fatty snacks, long hours and the dreaded commute to work and it all adds up to a very unhealthy lifestyle. The dark nights draw in and it's just so nice get home, kick off your shoes and sit down in front of the TV with your tea and watch the Soaps – OK for some!

What about a nice weekend away and with so many nice places to be out and about, get off your backsides and get yourself a bike because we know a great bike ride suitable for all and safe.

When I first got back on a bike after many years (and it's true you never forget), I boldly went out there thinking – great, nice day out cycling around the countryside admiring the views. How wrong I was! At times I felt it would be safer to ride up the middle lane of the M6 around Spaghetti junction in the rush hour.

What is it that makes ordinary people of all ages, behave like a maniac behind the wheel of a car when they see a bit of countryside.

Well fear not because there is a lovely off road bike road not too far away where you can enjoy a lovely day out with the kids and ride your bike in safety. I believe that certainly in part it is an old disused rail track but easy to navigate and not too demanding even for the unfit.

Head out on the A84 through Callander towards Strathyre and just before the village turn left into the picnic area.

Get your bikes off the rack and head towards the back of the picnic area across the wooden bridge and head for Callander – it's all sign posted. If you want to go for the full 8 miles to the end of the track to can get a pint and lunch in the family friendly Lade Inn before cycling back. It's a nice ride with only a couple of steep bits where you can get off and walk if it's too much.

Do take the opportunity to try out this route as it makes a nice day out and beats larding out in front of the TV. If the weathers bad, get yourself some waterproofs wrap up warm and go out and have fun.

You will probably see lots of other walkers, cyclists dog walkers, even the odd tourist on the way so smile enjoy, maybe stop for a friendly pleasant chat along the way and catch your breath. Get out, get fit and get a life.

Perthshire is the home of Business Perthshire, an information packed website of articles gathered and collated from the media designed to assist all quality businesses in Perth and offer useful tourism information such as

Perthshire hotels, guesthouses and accommodation

for the visitor.

Choosing The Right Boutique Hotel For You

By Chic Retreats

Whether you enjoy city breaks or extended holidays in the sun, you can always improve your travel experiences by staying in a small, charming hotel, where the atmosphere is welcoming and friendly and the service is fabulous. There are hundreds of hotels that are self-styled "boutique" places to stay, but not all of them fall into the traditional definition of boutique, which includes:

· Small number of rooms · Design-led throughout · Exceptional service · Freshly-prepared cuisine · Individuality of accommodation and facilities

Outdoor Activities and Staying in Perthshire Hotels

It doesn't matter if you're staying in Florence or Fiji, you can find a hotel that suits you from one of the categories below.

Truly luxurious

These hotels are designed and run to ensure that you want for nothing during your stay. From chauffeur-driven airport transport in anything from a Bentley to a seaplane, to breakfast prepared to your exact instructions, the sole purpose of these hotels is to immerse you in luxury from start to finish. Although prices for some of these hotels can be high, particularly when they are set in exotic locations, the standards of design, décor, furnishings, facilities and service make every penny count.

City chic

Eclectic furnishings, complementary textile and ethnic accessories; or modern designer sofas, white walls and exclusive dining - city boutique hotels can either be an oasis of calm amid the hustle and bustle of a 24-hour metropolis or they can put you right in the heart of the action. These hotels are often the best way to experience a new city, because the staff can help with maps, directions, tickets, dining and anything else you need in order to make the most of your stay.

Rural retreat

Using wonderful buildings such as old chateaux, mills and castles, and taking advantage of acres of vineyards or olive groves, or fabulous views across the countryside, a rural retreat hotel could be exactly what you need to turn your trip to Tuscany into a delight of the senses. Design always complements the surroundings and these boutique hotels offer peace and solitude, with activities and visits never far away for those who want to explore.

Chic Retreats is a collection of small, individual hotels around the world that offer the traveller a true taste of luxury and service. Visit our website now by clicking on

<http://www.chicretreats.com>



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