



What's the damage? A one-bedroom cottage sleeping two starts at £144 per night, B&B. Andros is two hours by ferry from Athens; once on the island, you can hire jeeps (recommended for navigating the bumpy track to the cottages) for around £35 per day. Enq i-escape.com/onar/overview.

Getting there: British Airways, enq ba.com, has return flights to Athens from London Heathrow, from around £250 return. Ferries from Rafina (Athens port) to Andros from Direct Ferries, enq directferries.co.uk, from around £27 return.



THE ESCAPIST

• Plan A

ONAR, ANDROS, GREECE

Who recommends it? Abi Dare, i-escape (as before).

What is it? This collection of stone cottages is hidden behind a turquoise cove on the unspoilt Greek island of Andros. Each sleeps two to five people, with an airy living room, a terrace and is stylishly decorated with wooden beams, brushed concrete floors and vibrant modern art. Days revolve around slow walks to beautiful Achlas beach, before evening glasses of wine around a fire and laid-back dinners served under giant plane trees. And you needn't lift a finger - local women come to cook up Mediterranean feasts each day (but they'll do a grocery shop if you'd prefer to self-cater), leaving you to wallow in simple luxuries like sun, sea and silence.

Why it works for you: Few people have heard of Andros - it's only a couple of hours by ferry from Athens, but its rugged countryside and empty beaches are perfect if you need a detox from everyday hustle and bustle. Onar itself is tucked away at the end of a long track, and the secluded setting, fresh food and simple décor will reinvigorate even the most jaded workaholic. Just lock your iPhone in the safe and forget the world.



From top: Lounge on the beach in Portugal. Stone cottages in Onar. Escape to Muxima. The unspoilt isle of Andros



ESCAPE IT

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