

# The 13 best holidays in Italy for autumn

*Quarantine has been dropped for British visitors and now is the perfect time to visit*

Julia Buckley

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## Dolomites Spa Time

Nothing makes you feel quite a smug as early-morning yoga in a sun-dappled, glass-fronted studio overlooking the toothy Dolomites, followed by a barefoot forest walk. And there's nothing quite as invigorating as a Kneipp bath and lawn walk after being buffeted with hot pine-scented towels in an extravagant sauna ritual. That's all on offer at Foresis, a spa retreat and design hotel whose tower blocks have a backdrop against one of the region's most jagged mountain ranges. Dinner is a scrupulous locally sourced tasting menu.

***Details Three nights' half board from £1,399pp, including flights and transfers***

***([healingholidays.com](https://www.healingholidays.com))***