

Father's Day: A gift for Sporty Dads

Don't be boring getting Dad a tie, mug, book or socks... Why not surprise him with a healthy trip to amazing cities such as Barcelona and Madrid.

Derby Hotels Collection one of the best hotel chains in these two European cities has partnered with famous Ironman's athlete Josef Ajram, who has developed special running routes for those fit minded guests staying at this collection of hotels. Routes are designed for beginners as well as experienced runners. For more details go to www.derbyhotels.com

Hotels where you can GONE RUNNING

In Barcelona, Claris Hotel 5*GL from £218 www.hotelclaris.com and in Madrid, Urban Hotel 5*GL from £167 www.hotelurban.com. Both are city centred located, boast of outdoor swimming pool, rooftop terraces, spa and even original art pieces are displayed around the hotel and guestrooms.

