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# 10 gyms with the most amazing views

*At these panoramic fitness centers there's no excuse to hang onto that post-festive bulge*

By Fiona Harper 2 January, 2012



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Basement fitness centers be damned. There are some places around the world that make your intentions to lace up the runners and don the spandex a whole lot more inviting.

## 1. MV Stella Australis, Chile



*You can run to the end of the world, but in a less frightening way.*

Ever wanted to jog around Cape Horn but thought it was impossible? Well, it's not.

Brand-new ship (well, in cruise ship terms any ship just past her first birthday is still brand-new) Stella Australis plies the glacier-lined route between Punta Arenas (Chile) and Ushuaia (Argentina).

The gym is positioned on the top deck with full-height double-glazed windows providing an ever-changing view of snow-dusted mountains and glaciers amid forest-clad fjords. The double glazing is important, as summer temperatures barely reach double figures in South American Patagonia.

There's no problem getting warmed up, however, on modern treadmills, steppers and bikes, as albatross soar on the Furious Fifties winds that buffets the land at the "end of the world".

Cruceros Australis, Ave El Bosque Norte 0440, Santiago, Chile; +56 2 442 3115; [www.australis.com](http://www.australis.com)  
(<http://www.australis.com/>)

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## 2. Andaman Hotel, Langkawi, Malaysia



*With all the sounds and smells of the jungle, it's like watching a live recording of a National Geographic special.*

National Geographic film crews know a good location when they see one. So it's no surprise to find out that the same ancient rainforest that treadmill pounders gaze at from the Andaman Hotel is a favoured habitat for filming wildlife documentaries.

Located on the northwest coast of Langkawi, the region abounds in rare wildlife on land and kaleidoscopic fringing coral reef beyond the beach.

Hotel designers didn't quite get it right for water babies but for those who find inspiration in lush plush jungle, you won't be disappointed with French windows allowing heady tropical aromas to waft around the gym.

Andaman Hotel, Jalan Teluk Datai, Langkawi 07000, Malaysia; +60 4 959 1088; [www.theandaman.com](http://www.theandaman.com/) (<http://www.theandaman.com/>)

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### 3. Sasakwa Lodge, Tanzania



*Place yourself in a wildlife documentary when working out here, running alongside zebras and antelope.*

Unleash your inner safari man (or woman) when you drop into your own personal piece of African indulgence on a privately held 137,000-hectare concession of Singita Grumeti Reserve.

Incongruously rising above the plains in the style of an Edwardian manor house, the main lodge is surrounded by a handful of secluded cottages, each with its own infinity pool and dreamy heat-haze views all the way to the horizon.

If you can drag yourself beyond poolside tranquilized stupor, the gym is a revelation for such a remote location. Equipped with modern machines, it's easy to imagine running across the sun-kissed plains, with bounding zebras kicking up their hooves beside you.

Sasakwa Lodge, Singita Grumeti Reserve, Tanzania; +27 21 683 3424; [www.singita.com](http://www.singita.com/) (<http://www.singita.com/>)

### 4. Aqua Expeditions, Peru



*The majesty of the Amazon brimming with life should motivate even the most lethargic passenger.*

If cruising little-accessible waters of the Amazon floats your boat, step onto the treadmill aboard luxury river expedition vessel MV Aria, departing from the forest-clad port of Iquitos.

Launched in the spring of 2011, MV Aria plies the upper reaches and tributaries of the Andes-fed Amazon, allowing up to 32 guests to immerse themselves in wildlife and wild landscapes of 20,000 square kilometers of Pacaya Samira Reserve encased in floating luxury.

Hitting the treadmill daily is recommended, given that menus are designed by renowned chef Pedro Miguel Schiaffino, otherwise known as the jungle chef, for his creative use of Amazonian wild foods.

More an exercise room bathed in natural light from immense picture windows rather than a fully blown gym, there's no denying the inspirational "in-your-face" view gliding by.

*Aqua Expeditions, Calle Iquitos 1167, Punchana Maynas, Loreto, Peru; +51 65 60 1053; [www.aquaexpeditions.com](http://www.aquaexpeditions.com) (<http://www.aquaexpeditions.com/>)*

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### 5. Chobe Safari Lodge, Uganda



*The perfect place to build up muscle and stamina before exploring the Murchison Falls National Park.*

Recently restored to her former 1950s elegance and perched above the bank of the River Nile, water is the main focus of Chobe Safari Lodge.

That is, of course, once you've had your fill of the elephants, hippos and buffalo that hang out around this legendary waterway. Attracting wildlife by the safari-load, the three-level swimming pool, spa and gym all overlook the rushing, gushing Nile.

Within the largest National Park in Uganda, Murchison Falls National Park is not a bad spot for fishos to drop a line once they've finished buffing their biceps in the Chobe Health Club and Spa.

*Chobe Safari Lodge, Murchison Falls National Park, Northwest Uganda; +256 312 259 390; [www.chobelodgeuganda.com](http://www.chobelodgeuganda.com) (<http://www.chobelodgeuganda.com/>)*

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


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