**The Chosen Few**

**CHILLED RED WINES**
Ann Schena, assistant wine buyer at Harvey Nichols, on reds to stick in the fridge

1. **El Abasto Malbec Bonarda 2016, £12; harveynichols.com**
   Aromatic cherry, redcurrant, pepper and dried herbs. Sun-kissed and invigorating.

2. **Heartland Foreign Correspondent 2016, £17.50; heartlandwines.com.au**
   "Unoaked, elegant and packed with zippy red berry fruit, this pairs with almost any food."

3. **New World Wine 2016, £30; newworld.co.nz**
   "Light, crisp and vibrant, cherry, black grapes, a light spritz and an earthy, bucolic character."

4. **Tinto De Rulo Pipeño 2016, £13; tinentordelurlolo.co.uk**
   "Pale, fresh, summery and slightly hazy, with rosehip, rhubarb and wild strawberry."

**SUPER-HERO GAMES**
Hollie Bennett, of PlayStation Access, on games with special powers

1. **Lego Marvel Superheroes 2, £22; amazon.co.uk**
   "This sequel features a line-up of Marvel heroes and villains from different eras."

2. **Marvel Spider-Man, £49.99; game.co.uk (from 7 Sep)**
   "This tells a new story from the Spider-Man universe. Gamers play as Peter Parker, swinging through New York City."

3. **The Awesome Adventures Of Captain Spirit, free; microsoft.com**
   "In this short adventure game, you play as young boy Chris Eriksen and help bring his superhero alter-ego Captain Spirit into reality."

**MUSCLE RUBS**
Beata Aleksandrowicz, massage expert (puremassage.com), on easing sore bodies

1. **Aromatherapy Associates De-Stress Muscle Gel, £28; aromatherapyassociates.com**
   "Packed with rosemary, black pepper and ginger essential oils, this light, easily absorbed gel is a treat. It instantly cools, then warms muscles."

2. **Elemental Herbology Muscle Melt, £25; elementalherbology.com**
   "Ginger warms and relaxes muscles, while turmeric stimulates circulation and soothes aches and pains."

3. **Tiger Balm Red Ointment, £4.39; hollandandbarrett.com**
   "A heady, herbal blend of oils makes this muscle rub a true classic. Camphor and menthol mixed with cajuput and clove oil soothe aching muscles."

4. **Jack Black Dragon Ice Relief & Recovery Balm, £19.30; mankind.co.uk**
   "This soothing cream goes deep to reduce inflammation and ease aches. Contains menthol, arnica and willowherb."

**WALKING APPS**
Peter Watson, co-founder of outdoor and travel blog Atlas & Boots, on hike tech

1. **MapMyHike, free; mapmyhike.com**
   "If I could have only one outdoor app it would be this. It records route, distance, time and speed."

2. **PeakFinder, £4.99; peakfinder.com**
   "This app can identify the name and height of any mountain."

3. **SpyGlass, £5.99; happyagent.com**
   "SpyGlass offers all the usual navigational tools, plus an astronomical object finder, a sextant and an inclinometer."

4. **ViewRanger, free; viewranger.com**
   "In a similar vein to MapMyHike. The app works seamlessly with Ordnance Survey maps and is even used by rescue teams."