

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, £17; tintoderulo.cl** "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, £19.50; 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. Map My Hike, 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.org** "This app can identify the name and height of any mountain."
- 3. Spyglass, £5.99; happymagenta.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."