

STAY

Located in the heart of the countryside, Atzaró Agroturismo Hotel is a 300-year-old finca set in 13 hectares of orange groves and jasmine-scented gardens. It features the distinctive pale-stone buildings – cascading with riotous bougainvillea – that give Ibiza its "white island" nickname.

Relaxation is the ultimate goal. The calming rooms boast teak four-poster beds and crisp white linens, and are surrounded by terraces, pools and balconies. After yoga and Pilates classes, head to the sauna and steam rooms, followed by a blissful massage in the spa using oils made from plants on the estate. Reclining on a garden daybed listening to birdsong completes the zen experience.

No wonder stars including Kate Hudson, Rihanna, Shakira and Luke Evans have stayed here, as has Princess Beatrice.

TASTE

You're spoilt for choice at this luxury destination for agroturismo, a form of rural tourism with accommodation located in charming farm buildings. Restaurants including La Veranda and The Orange Tree are set among tall palm trees, and fish and meat dishes are accompanied by organic farm-to-fork produce from the estate.

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No trip to Ibiza would be complete without a languid lunch or starlit supper by the ocean. With its relaxed atmosphere and stunning views, Atzaró Beach in the island's north-east – overlooking Cala Nova, with its fine golden sands and enticing daybeds – is ideal.

Diners can feast beneath floral-festooned pergolas on dishes that include fresh seafood, paella and organic vegetables with fresh juices, cocktails and wines.

EXPLORE

Make the most of the island's natural gifts and try forest bathing among the scented pines, or set off with a picnic along one of the coastal trails to take in the views of the sparkling Mediterranean Sea. There are guided country walks, horse-riding excursions and – to tackle the island's hills – electric mountain bikes.

For a vibrant contrast, venture south-east to the capital, Ibiza Town, known as Eivissa in Catalan. Famous for its buzzy nightlife, it offers historic buildings, museums, galleries and year-round cultural events. Cafés and restaurants abound, and the myriad boutiques selling jewellery, fashion and handmade crafts in the charming cobbled streets are irresistible.

> Rooms at Atzaró Agroturismo Hotel start at €260 (around £220) for a double in low season. Visit atzaro.com.

