

4-Night Pilates & Walking in the Cotswolds

Destinations: Cotswolds & England
Trip code: BNKHW-4



HOLIDAY OVERVIEW

Suitable for all, the Pilates method was developed by Joseph Pilates nearly 100 years ago. In Pilates we practice slow, controlled and flowing movements, all performed with awareness. Benefits include improved flexibility, greater core strength and muscle tone. It also helps to improve posture, body alignment and mobility and creates a feeling of wellbeing. Combine Pilates sessions with an energising guided walk in the best of the local countryside for the perfect treat for mind and body.

WHAT'S INCLUDED

- High-quality Full Board en-suite accommodation and excellent food in our country house
- Guidance and tuition from a qualified Leader to ensure you get the most from your holiday

HOLIDAYS HIGHLIGHTS

- Expert tuition and advice from our experienced Leaders
- Relaxed and friendly environment

- Small group sizes of 15 people or fewer

ITINERARY

Day 1: Arrival Day

You're welcome to check in from 4pm onwards.

Enjoy a complimentary Afternoon Tea on arrival.

Day 2 - 4: Your Mind & Body Sessions

Mornings

In the mornings, you'll indulge in your first Mind & Body session of the day, led by your HF Holidays Instructor.

Afternoons

After lunch, there is free time for you to join a guided walk, explore the area independently or perhaps relax at the country house. The choice is yours!

In the late afternoon, there will be another Mind & Body session for you to join.

Evenings

After dinner, you may wish to partake in an optional relaxation session or join in with the in-house activities.

Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Harrington House

You get the best of all worlds at this Grade II-listed retreat just a skip away from the heart of Bourton-on-the-Water – the impossibly pretty Cotswolds town with chocolate-box cottages, old-fashioned tearooms, and low-arched stone bridges that span the River Windrush. Not only will you be within walking distance of the Cotswold Motoring Museum, the Model Village, and Birdland Wildlife Park & Gardens, but it's an easy drive from village beauties Broadway and Bilbury. For walkers and hikers, there's no shortage of thrills, especially for those keen to explore the well-trodden trails and paths around the Windrush Valley, Lower and Upper Slaughter, Gloucestershire Way, Cotswold Way, and Monarch Way. Showcasing a mix of Tudor, Palladium, and Georgian architectural styles, this stately property was built in 1662 (records show 'there stands a large cottage with mullioned windows' on the present site during this time). The first owner was most likely Anthony Collett, whose niece Elizabeth inherited the house and extended it to its current glory with her lawyer husband, William Moore. In 1776, Moore's second wife (also Elizabeth), married Sir James Harrington, for whom the house is named. The house remained in the family thereafter and was purchased by Mr Hall in the early 19th century. In 1860, the property was sold to a Mr Mills who ran Jubilee Cottage (currently guest accommodation) as the Jubilee Inn, using the premises opposite as a malting house for brewing beer. The subsequent owner, Alfred Hadley, continued to use the house much in the same way and lived here from 1870 until 1922 when it changed hands yet again. It became part of our HF Holidays line-up in 1947. Following a refurbishment in 2017, there's a pleasing interior design theme throughout. In addition to interesting plasterwork, a grand stairway, and a cupola at the top of the house built in the 1730s and used by William Moore as a lookout, there's an interesting Rococo ornate ceiling decorated with sunflowers, swallows, monkeys, and flowers. You'll

also find 27 well-appointed guest rooms in three categories (Classic, Premium, and Superior), two lounges, a licenced bar, and an attractive dining room for a wide range of dishes made with fresh and seasonal ingredients. Elsewhere, there's a handy boot and drying room, books and games to borrow during your stay, a walled garden, a large croquet lawn, and landscaped grounds. The house also has a Discovery Point offering a wide range of local area maps, route guides, and easy-to-follow information for self-guided walks.

Country House Accommodation

Accommodation Info

Need To Know

The safety of our guests, team, and leaders is always top of our list. We will closely align ourselves with the latest government advice and guidance on COVID-19 and implement the best possible hygiene practices across our country houses. We ask that you take sensible precautions to protect other people's health and would appreciate you informing the house team immediately if you feel unwell. For the latest COVID-19 FAQs, please visit our [Coronavirus Travel Advice Page](#)

Rooms

Designed with your comfort in mind, Harrington House has 27 well-appointed guest rooms available in three categories: Classic, Premium, and Superior.

Classic Rooms are comfortable en-suite guest rooms, ideal for a peaceful night's sleep. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, and shower gel), and a 23-inch TV.

Premium Rooms are more spacious en-suite guest rooms offering upgraded views of the surrounds. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel, shower cap), and a 32-inch TV. Extras include bathrobes, slippers, and comfortable mattresses. Please note that an extra charge of £15 per person per night applies for this room type.

Superior Rooms are even more spacious en-suite guest rooms offering upgraded views of the surrounds. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel, shower cap), and a 32-inch TV. Extras include bathrobes, slippers, and comfortable mattresses. Please note that an extra charge of £25 per person per night applies for this room type.

We love: Rooms 1 and 2 on the first floor for their master bedrooms, original Palladian design, and lovely views. Room 24 in the Windrush Cottage is a large twin room with its own private garden.

The **Choose Your Room** service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

CHECK IN & CHECK OUT

You are welcome to check in from **4:00pm at the earliest**. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team.

On the day of departure, we kindly ask all guests to check out by **10:00am**. You'll be asked to settle your bill prior to leaving. You may, of course, make a charitable donation to our HF Holidays Pathways Fund if you wish. Please note that we only accept card payments.

About Your Stay

A WARM WELCOME

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

EVENING ENTERTAINMENT

While evening entertainment varies from house to house, the HF Holidays Big Pub Quiz held after dinner on Wednesdays is a weekly staple. Your HF Holidays Leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

WALKS TALKS

Our HF Holidays Leaders host guided walking information briefings before and after dinner on arrival days. This is followed by a group Walks Talk for information on the following day's walking delights (usually held before and after dinner, so you can join whenever suits). Self-guided walking guests are, of course, welcome.

THE WALKING DAY

Prior to setting off on walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear (we recommend anything waterproof enough to keep you dry in a sudden downpour). If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Food & Drink

Led by experienced chefs, we serve a wide range of dishes made with fresh and seasonal ingredients. We always aim to source the best produce available and use home-grown herbs and vegetables from our own gardens whenever possible. Additionally, we have a licenced bar with beers, soft drinks, and a superb selection of spirits.

Full-board comes as standard and includes a cream tea on arrival and a hearty breakfast on departure day. Most dietary requirements can be catered for, so please inform us of any food intolerances or allergies at the time of booking. Currently, global challenges such as COVID-19 and the war in Ukraine are directly impacting our food and drink supply chain. We thank you for appreciating that menu descriptions are kept flexible to allow for last-minute changes if needed.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or view the accessibility information online for [Harrington House](#)

TRAVEL DETAILS

Our address is: Harrington House, Sherborne Street, Bourton-on-the-Water, Gloucestershire, GL54 2BY
Tel: [01451 821213](tel:01451821213)

By Train:

The nearest railway station to Harrington House is Moreton-in-Marsh. However, the nearest mainline station is at Cheltenham Spa which may be more convenient. For train times and route planning by train visit www.nationalrail.co.uk or phone [03457 48 49 50](tel:03457484950).

By Taxi:

The 9-mile journey from Moreton-in-Marsh station by taxi takes approximately 20 to 30 minutes and costs £24 if pre-booked. From Cheltenham Spa station a taxi takes around 35 to 45 minutes for the 18-mile journey and costs £44 if pre-booked. Please note these are 2022 prices for a 4-seat taxi. 8-seater taxis are available at a

higher rate. A shared taxi will be arranged wherever possible. Please pre-book your taxi at least 7 days in advance by contacting:

Limozena*

Tel: [+44 \(0\) 1451 820972](tel:+4401451820972)

Email: denwalmsley@yahoo.co.uk

The return taxi journey can be arranged with the taxi company or on your behalf by the Harrington House Manager.

*Limozena is not owned or managed by HF Holidays

By Bus:

From Moreton-in-Marsh station catch the 801 bus to Bourton-on-the-Water. The journey takes approximately 30 minutes. Alight next to the Edinburgh Woollen Mill Shop from where it is a short walk to our house. Cross the road to the war memorial and continue across the bridge. Follow this road for 150 metres until the road forks. Harrington House is on the left.

By Car:

From the A429 take the road into the centre of Bourton-on-the-Water. At the war memorial by the village green, turn into Sherborne Street. Cross the narrow bridge and continue for approximately 100yds. Just before the road forks, Harrington House is on the left. Look out for our sign. A car park is available in the grounds with free parking.

Travelling From Overseas

For most guests, travelling to London Heathrow airport is the most convenient option.

From Heathrow first take the train to London Paddington station. From here there are direct trains to Moreton-in-Marsh. It's a relatively straightforward journey - just over 2 hours. See www.nationalrail.co.uk for train times.

From Moreton-in-Marsh you can travel on to Bourton-on-the-Water by bus or taxi (see above).

LOCAL AREA

Bourton-on-the-Water is situated at the heart of the Cotswolds, a beautiful area of rolling green hills and attractive stone towns and villages.

Harrington House is located in a quiet street, just 100 metres from the centre of Bourton. This is one of the most popular villages in the Cotswolds, frequently busy with visitors. The River Windrush winds its way through the central village green and is crossed by a series of attractive stone bridges.

Bourton-on-the-Water is a popular destination in its own right with its specialist shops and attractive village green. Local attractions include the [Cotswold Motoring Museum](#), [Model Village](#) and [Birdland Wildlife Park](#), all within easy walking distance.

The village has a good range of facilities including a small supermarket, post office, newsagent, pubs and bank.

During your stay at Harrington House you may enjoy visiting the following places of interest:

Chipping Campden

The mellow market town of Chipping Campden, about 30 minutes' drive north of Bourton-on-the-Water, is one of the most visited towns in the Cotswolds.

Hidcote Manor Gardens

Owned by the National Trust, [Hidcote](#) is a small manor house with an exceptional garden designed in the Arts and Crafts style. Around 35 minutes' north from Bourton-on-the-Water.

Bibury

William Morris – one of the key figures in the Arts & Craft Movement – once described [Bibury](#) as 'the most beautiful village in England'. Its most famous part is the row of stone weavers' cottages in Arlington Row next to the River Coln which date back to 1380; a more attractive set of buildings is hard to imagine. Bibury is 12 miles from Harrington House.

Broadway

Considered as one of the most beautiful villages in Britain, it is easy to see why so many visitors are attracted to Broadway. Take a walk to [Broadway Tower](#) for stunning views of the Vale of Evesham. Around 30 minutes' drive from Bourton.

Cotswold Farm Park - Adam Henson's Farm

[Cotswold Farm Park](#) was set up in 1971 by Joe Henson – father of Adam Henson, one of the presenters of the BBC's Countryfile programme. The park is a centre for rare breeds which can be seen in the animal barns and on the rare breed trail. The park is about 5 miles from Harrington House – a ten-minute drive by car.

Stratford-upon-Avon

Famous for its Shakespeare connections, Stratford is an attractive town spanning the River Avon. Of particular interest are the [Royal Shakespeare Theatre](#) and the [Shakespeare's Birthplace Museum](#). Around 40 minutes' drive from Bourton.

Blenheim Palace

[Blenheim Palace](#) is one of the grandest and best-known stately homes in Britain. It sits in extensive parkland and is also famous as being the ancestral home of Winston Churchill.

Cotswold Wildlife Park And Gardens

Set in 160 acres of beautiful parklands, the [Cotswold Wildlife Park](#) is home to an astonishing array of animals from large mammals and primates to birds and reptiles. It is one of the UK's largest zoological collections. The park is divided into four sections, each with its own team of keepers. The park is about 12 miles from Harrington House and can be reached in about 22 minutes by car.

Cheltenham

The fine Regency spa town of Cheltenham has an excellent range of shops and facilities. Cheltenham is around 25 minutes' drive from Bourton, and can also be reached by an hourly local bus.

Gloucester

The Cathedral city of Gloucester is about 35 minutes' drive to the west of Bourton. The fine [Norman cathedral](#) is well worth visiting, as is the [National Waterways Museum](#).

Gloucestershire Warwickshire Steam Railway

Ride the [GWSR steam railway](#) through attractive Cotswold countryside from Cheltenham to Toddington about 30 minutes' drive from Bourton. Now restored, this was once the Great Western main line to Birmingham.

Oxford

The famous university city of Oxford is about an hour's drive from Bourton-on-the-Water. You may wish to stroll through the historic colleges or visit the [Ashmolean Museum](#), the University of Oxford's museum of art and archaeology founded in 1683.

USEFUL HOLIDAY INFORMATION

Essential Information

Pilates

No special clothing is required for your Pilates holiday, but it is recommended that you wear loose-fitting clothes to facilitate easy movement. There may be some lying down work, so you need to bring a Pilates mat and a small blanket. Please note, a non-slip yoga mat is not suitable.

Walking

To enjoy your walking comfortably and safely, it is essential that your footwear, clothing and equipment are suitable for the conditions likely to be encountered. Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities. Please bring a rucksack, a thermos flask for a hot drink, a water bottle (at least one litre) and first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National

Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the [Manage My Booking](#) function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

Your final balance payment is due 6 weeks before departure if you are staying in an HF Holidays UK country house, 8 weeks before departure if you are travelling on one of our holidays in Europe and 10 weeks before departure if you are on a Guided Trail staying in one of our partner hotels or are travelling on a Worldwide holiday. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on [01702 427 236](tel:01702427236) or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the

itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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