

4 Night Yoga & Walking Holiday in the North York Moors

Destinations: North York Moors, United Kingdom & England

Trip code: WYKYW-4

Trip Walking Grade: 1



HOLIDAY OVERVIEW

The perfect way to nourish your mind, body, and soul, this holiday combines walking in the peaceful countryside with yoga - the holistic discipline that improves breathing, balance, flexibility, and meditation processes. Spend your time working on simple exercises, techniques, and key poses with an expert yoga teacher and also exploring the stunning surrounds with an experienced HF Holidays Leader. This holiday suits all levels of yoga experience; from beginners to the more advanced.

WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Easy-to-follow routes, maps, and information available in our Discovery Point if you want to explore independently

HOLIDAYS HIGHLIGHTS

- Enjoying both yoga and walking every day
- Guidance and tuition from an expert yoga teacher
- Learning and practicing easy-to-follow yoga exercises
- Exploring the area on walks with our experienced HF Holidays Leaders
- Relaxing at our comfortable country house
- Spending time with like-minded people in the great outdoors

ITINERARY

Day 1: Arrival Day

You're welcome to check in from 4pm onwards. Enjoy a complimentary cream tea on arrival.

Day 2 - 4: Your Mind & Body Sessions

On our Mind & Body holidays, your day will be divided into morning Mind & Body sessions and optional guided walks in the afternoon. Occasionally, your morning and afternoon activities may switch to ensure each session maintains its small group size.

Your optional walks will take you out to explore the countryside surrounding your HF country house, and the options are outlined below.

Walks information:

Day 2

Ruswarp and Whitby Town

Distance: 5½ miles (9km)

Ascent: 300 feet (100m)

In summary: We leave Larpool Hall and follow the River Esk into Whitby, walking towards the Pier and Westcliff beach, we then walk back out of Whitby and head towards the village of Ruswarp, before returning to Larpool Hall.

Highlight: Viewing the famous Whale Bone Arch.

Day 3

Views to Whitby

Distance: 4½ miles (7km)

Ascent: 350 feet (100m)

In summary: This delightful walk starts from Larpool Hall and follows a circuit taking in the views of Whitby town and the coast.

Highlight: Beautiful views across the cliffs.

Day 4

Whitby Abbey & Town

Distance: 3½ miles (6km)

Ascent: 350 feet (100m)

In summary: From the outskirts of Whitby we walk out across field tracks to the coast and then follow the beautiful Cleveland Way back towards the ruins of Whitby Abbey.

Highlight: Whitby Abbey stands prominently on the headland above the harbour. Discover how this dramatic setting inspired Bram Stoker's gothic novel Dracula.

Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Larpool Hall

Given that the Yorkshire coast never loses its capacity to enchant, it's easy to see the appeal of this Grade II-listed house overlooking the Esk Valley and the North Sea. The setting is perfect; in the former fishing town of Whitby that's best known for its fish and chips, quaint harbour, and Dracula connections (Irish author Bram Stoker drew his inspiration for his Gothic novel when holidaying here in 1890). You'll have all the sightseeing greats within walking or driving distance, including the 13th century Whitby Abbey, the wonderful Whitby Sands, and the 199 Steps leading up to the old St. Mary's Church (it's customary to count them as you climb). Not only are the North York Moors right on your doorstep, but the walk along Cleveland Way to Robin Hood's Bay is rather special, too.

Country House Accommodation

Accommodation Info

Rooms

Designed with your comfort in mind, Larpool Hall has 29 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 TV.

Premium Rooms are more spacious en-suite guest rooms. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers, and comfortable mattresses.

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), and a 32-inch TV. Extras include bathrobes, slippers, and comfortable mattresses.

We love: The spacious Room 15 on the ground floor for its lovely décor, comfy sofa, large fireplace, and views across the Esk Valley. Room 2 on the first floor offers fabulous views while Room 30 on the second floor has eaves and exposed beams.

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.

Room supplements

Superior	Premium single	Premium double/twin	Choose your room
£25 pppn	£20 pppn	£20 pppn	£30 per room

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 dinner on arrival days. This is followed by a group Walks Talk for information on the following day's walking delights (held before dinner every evening). 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. 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 licensed 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.

HF Holidays understands the importance of managing allergens effectively to ensure food is safe for guests with food allergies. Whilst we are always able to confidently inform guests which allergens are present in our ingredients and dishes, we are unable to guarantee absolute freedom from the 14 main allergens in our kitchens. Vegetarian and vegan menu choices are available. If you have allergies, food intolerances, or any special dietary requirements, please inform our reservation team at the time of booking.

Accessibility

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

accessibility information online for [Larpool Hall](#)

TRAVEL DETAILS

Address

Larpool Hall
Larpool Drive
Whitby
North Yorkshire YO22 4ND

Tel: [+44 \(0\)1947 602737](tel:+44(0)1947602737)

By Train

The nearest station is Whitby.

However, travelling to Scarborough station may be more convenient. Check National Rail for routes and journey times.

By Taxi

The two-mile journey from Whitby station takes approximately 10 minutes.

From Scarborough train station, it's a 21-mile journey, taking 40 minutes.

For pricing, please contact Whitby Taxis directly.

Whitby Taxis

You can pre-book a taxi from our recommended company, Abbey Taxis*. We recommend booking your taxi at least seven days in advance by contacting:

Tel: [+44 \(0\)1947 601212](tel:+44(0)1947601212)

Email: abbeytaxiswhitby@gmail.com

A return journey can be arranged on your behalf by the HF Holidays House Manager at Larpool Hall.

*Whitby Taxis is not owned or managed by HF Holidays.

By Bus

The 93 and 94 buses run regularly between Scarborough station and Whitby taking around an hour. As you approach Whitby, alight by the Larpool Lane Industrial Estate. From here it's an 800m walk up Larpool Lane to Larpool Hall. Please note that Larpool Hall's driveway is not lit.

Check Traveline for up-to-date bus information.

By Car

There's a free car park at Larpool Hall if you decide to drive.

The A171 from Teesside and the A169 from Pickering converge at a roundabout about two miles outside Whitby.

After this roundabout and as you approach Whitby, cross another roundabout then turn right at the traffic lights signposted Scarborough. Cross over the River Esk, then immediately turn right into Larpool Lane. Towards

the top of the hill, turn into Larpool Drive – you'll see Larpool Hall at the end of this road.

By Air

The nearest airport is Leeds Bradford Airport.

Catch the airport bus to Leeds where there are connecting trains to Scarborough taking about 90 minutes.

There's also Manchester Airport, which is served by a range of long-haul flights. From here, there are trains every hour to Scarborough with one change at Manchester Piccadilly or York. Allow around three hours to reach Scarborough.

Flying to London Heathrow airport is another option but it'll take you around 4.5 hours to reach Scarborough. From Heathrow first take the Piccadilly line to London Kings Cross station, then connect to Scarborough (with one change at York).

Check National Rail for train information.

LOCAL AREA

Whether you're enjoying a guided or self-guided walking holiday, there's always the opportunity to linger for longer. Here's our pick of the very best things to see and do within easy travelling distance of Larpool Hall.

Whitby

Just a 1.5 mile downhill walk away, the former fishing town of Whitby is best known for its fish and chips, quaint harbour, and Dracula connections (Irish author Bram Stoker drew his inspiration for his Gothic novel when holidaying here in 1890).

Whitby Abbey

As one of the most atmospheric attractions along the Yorkshire coastline, this looming clifftop landmark was founded by the Saxon King of Northumbria in AD657. It can be reached by climbing the famous 199 steps and it's well worth the effort for the views.

Whitby Harbour West Lighthouse

Of the two lighthouses at the mouth of the River Esk, this taller of the towers was built in 1831. Open to the public during the summer and warmer months only, there's 81 steps leading all the way up to the lantern room. A small entrance fee applies.

Whitby Whalebone Arch

As a nod to Whitby's whaling industry heritage in the 18th and 19th centuries, a huge whale bone arch was erected on West Cliff in 1853. Nowadays, it's an irresistible photo opportunity although this version is not the original and dates from 1963.

Staites

Only a 20-minute drive away, this pretty fishing village was the home of Royal Navy captain and explorer, Captain James Cook. Must-dos include exploring the cobbled streets, spending time at Staites Gallery, and taking a stroll down to the scenic harbour.

North Yorkshire Moors Railway

Running for 24 miles from Pickering to Whitby, this scenic route takes just under two hours. The historic stations are well worth a visit, especially Goathland which was transformed into Hogsmeade Station in Harry Potter and the Philosopher's Stone.

Scarborough & Stephen Joseph Theatre

As Britain's very first theatre in the round, this iconic performance space was established by stage director Stephen Joseph in 1955 and moved to its current home in 1976. The building has two auditoria: the 404-seater Round and the 165-seater McCarthy.

Rydale Folk Museum

This open-air museum is set in over six acres in Hutton le Hole – a pretty village just under an hour's drive away. There's approximately 40,000 objects on display in over 20 rescued and restored buildings, all of which relate to historic North Yorkshire life.

Castle Howard

Probably best known as the location for the TV series *Brideshead Revisited*, building on this grand stately home started in 1699 and took 100 years to complete. Highlights include the year-round exhibitions and the sumptuous gardens with ponds and fountains.

York

A 90-minute drive away, this historic walled city is most famous for its York Minster, National Railway Museum, Jorvik Viking Centre, and York Dungeon. Don't miss the Yorkshire Museum & Gardens for some of Europe's finest archaeological and geological finds.

USEFUL HOLIDAY INFORMATION

Essential Information

Yoga

No special clothing is required for your yoga holiday, but it is recommended that you wear loose-fitting clothes to facilitate easy movement. Please bring a non-slip yoga mat and a small blanket.

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 1 litre) and first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).

Safety On Your Holiday

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest while clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

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.

Document produced: 05-03-2024

