

# Yoga & Walking Holiday in Cornwall

**Tour Style:** Guided Walking

**Destinations:** Cornwall, United Kingdom & England

**Trip code:** SVKYW

**Trip Walking Grade:** 2



## HOLIDAY OVERVIEW

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In yoga we stretch, balance and concentrate in various poses with the aim of strengthening the weak areas and loosening the tight and tense areas in our body. Breathing techniques enhance energy levels and can benefit our emotional state, while meditation and relaxation techniques calm and replenish us. Combine Yoga sessions with an energising guided walk in the best of the local countryside for the perfect treat for mind and body.

## WHAT'S INCLUDED

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- 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
- Half-day walks, led by an HF Holidays' Walk Leader
- All transport for the walks, where appropriate

## HOLIDAYS HIGHLIGHTS

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- Audrey Cooper's yoga style is Hatha yoga with some Vinyasa flow sequences. After dinner she'll offer

Restorative yoga.

- Experienced tutors to offer advice, answer your questions and take you through the key principles
- Improve your suppleness and flexibility, learn how to calm your mind and improve your concentration
- Sessions will cover postures (asanas), breathing techniques (pranayama) and relaxation and meditation
- Guided walks each morning are the perfect complement

## ACCOMMODATION

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### Chy Morvah

Sea, sand and (hopefully) sun await at Cornwall's Chy Morvah. This coastal bolthole, whose name means 'House by the Sea' in Cornish, basks in the famously lovely light of this artist-retreat town on the north coast of one of England's most desirable holiday destinations. Those artists may have come to paint the sea and sky but you can simply admire it from the house's privileged position. The building has been designed to maximise the effect of its elevated location, with stunning sea views and vistas of sandy beaches, while the bustling harbour and array of cafés and artists galleries are just a short cobbled street walk away. As well as 38 bedrooms, there are a large main lounge with panoramic views across St Ives Bay and a dining room that boasts similar mouth-watering views. To keep you entertained there's a garden in which to enjoy the hazy pinky glow that falls on this seaside sanctuary every evening. Beyond the house, the Cornish Coast is the gateway to exploring the area, with easy access to St Michael's Mount, the pretty fishing village of Mousehole, the beaches and cliffs of north Cornwall and the rugged cliffs of Land's End. There's even the option of an evening adventure to the Minack Theatre

## Matchless Country House Accommodation

### Accommodation Info

#### Rooms

*Tea & coffee-making facilities, TV, Hairdryer, Toiletries, Wi-Fi*

Stay in one of the main building's beautifully presented rooms or in the adjacent Lanyons House. With 38 bright and airy bedrooms, Chy Morvah has plenty of space and there's a range of Good and Better Rooms to choose from. Simply but smartly furnished they let the view through the window do the talking.

*All 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' Rooms that are either larger or have a desirable view, a more luxurious mattress, larger television, enhanced toiletries and a fluffy bathrobe & slippers – upgrade your stay for just an extra £15 per person per night. You can choose a specific room for an extra £30 per room, subject to availability. Upgrade supplements still apply.*

#### Facilities

*Free Wi-Fi, boot room and drying room, attractive gardens with sea views, heated outdoor swimming pool, multi-purpose activity room, ballroom, library and board games to borrow*

After a day strolling the coast, come back to the house and its specially tailored walkers' facilities. Relax by sitting in the pretty gardens beneath the large mature trees and looking out over the sea. Take a turn in the heated outdoor pool if you still have the energy, or simply relax on the sundeck adjacent to it. Indoors, kick back in one of the lounges. The small bar with its seaside paraphernalia is well-stocked and welcoming while light floods the dining room through panoramic windows.

## Food & Drink

As at all our country houses, holidays are full board, from afternoon tea served as a welcome treat through that evening's meal to a hearty breakfast on the day of departure. Lunch is a chance to stock up on our famous picnic snacks. Food at Chy Morvah is varied and eclectic but has a strong emphasis on ingredients from the area and seasonal produce. Once a week the dining room hosts a Local Food Night, when, over a sociable evening, you might tuck in to Cornish cauliflower and award-winning blue cheese soup, snack on a Stargazy pasty featuring locally caught fillet of mackerel and tuck in to either locally reared pork with a Cornish cider jus or fillet of plaice stuffed with white crab meat, prawns and chives for the best that Cornish land and sea has to offer.

## Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865

## Travel Details

Our address is: Chy Morvah, Bishops Road, The Belyars, St Ives, Cornwall TR26 2DB

### By Train:

The nearest railway station is St Ives, however you may find the journey to St Erth on the main line more convenient. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

### By Taxi:

St Ives station is only ½ mile from Chy Morvah, but it is rather a steep uphill walk. Taxis cost approx £4 for this short transfer. Details of our current recommended taxi company and rates will be sent to you with your final dispatch documents, four weeks before departure. The return taxi journey can be arranged on your behalf by the Chy Morvah Manager.

### By Car:

Head to Cornwall via the A30. At a large roundabout take the A3074 signposted to St Ives (2<sup>nd</sup> Exit). You will now come to 2 small roundabouts, go straight across the first and take a right at the second heading towards the village of Lelant. Pass through Lelant and Carbis Bay on the same road.

Pass Tescos and the Treganna Castle hotel on your left hand side, then as you approach St Ives take the left fork which heads slightly up hill, following signs to visitor parking and the leisure centre. Follow the road and turn left up the steep hill. Almost immediately the road turns left again but instead of following the road around to the left you need to turn off the road and head directly up the hill on Porthminster Terrace.

Chy Morvah is right in front of you at the top of the hill. To reach the car park drive left past the front of Chy Morvah and turn immediately right behind the back of the building. The car park is on the right 15 yards along the lane called Bishops road.

## 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 St Erth, and finally a short branch line train to St Ives. This is a relatively straightforward, if lengthy journey - allow 6½ hours, so a morning arrival into Heathrow would be preferable.

There are also airports at Bristol and Newquay which may be more convenient for some guests. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

## Local Area

### DISCOVER CORNWALL

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Chy Morvah is situated in the attractive seaside town of St Ives. A 10 minute downhill walk will take you to the harbour and old town; a maze of narrow streets and shops. The harbour front is always bustling with activity, and there are numerous artists' galleries to enjoy. There are also two excellent sandy beaches. Nearby Porthminster Beach (5 to 10 minutes' walk) is very sheltered and very popular with families. Porthmeor Beach on the far side of town (15 to 20 minutes' walk) is more exposed and excellent for surfing. There are several surf schools if you want to give this a go – a popular option for all ages! St Ives has a full range of facilities including shops, banks, chemists, pubs and cafés.

During your stay at Chy Morvah you may enjoy visiting the following places of interest:

#### Tate Gallery & Barbara Hepworth Gallery

Opened in 1993, this branch of the Tate Gallery celebrates Cornwall's rich artistic legacy. Tate St Ives also manages the Barbara Hepworth Museum and Sculpture Garden, which gives a remarkable insight into the work and outlook of one of Britain's most important 20th century artists. Both galleries are within easy walking distance of Chy Morvah. [www.tate.org.uk](http://www.tate.org.uk)

#### Eden Project

Justifiably popular with visitors, the fascinating 'Biomes' of the Eden Project house a flamboyant collection of plants from around the world. Explore the two gigantic geodesic conservatories – one a majestic rainforest, the other is host to the fruits and flowers of the Mediterranean, South Africa and California. Outside the extensive grounds are landscaped and produce tea, lavender, sunflowers and hemp. The Eden Project is just over an hour's drive from St Ives. Between May and September guests staying at Chy Morvah are able to book a coach excursion each Wednesday, organised by Oates Travel. [www.edenproject.com](http://www.edenproject.com)

#### St Michael's Mount

The jewel in Cornwall's crown, a fairytale island with an exotic garden, ancient harbour, a church and a medieval castle. Access from Marazion is by foot along the causeway, or by ferry at high water. Marazion is about 20 minutes' drive from St Ives, and can also be reached by regular local buses. [www.stmichaelsmount.co.uk](http://www.stmichaelsmount.co.uk)

#### National Maritime Museum

Cornwall's £21 million attraction in Falmouth is housed in an award winning building on the harbour-side. The museum transports you into the world of small boats and Cornish maritime history. Falmouth is about 50 minutes' drive from St Ives, and a day here could include visits to Pendennis Castle, or a delightful boat trip up the River Fal to Truro. [www.nmmc.co.uk](http://www.nmmc.co.uk)

## National Seal Sanctuary

Situated at Gweek beside the Helford estuary, the seal sanctuary cares for injured or abandoned seals, before returning them to the wild. The seal sanctuary is about 40 minutes' drive from St Ives. [www.sealsanctuary.co.uk](http://www.sealsanctuary.co.uk)

## Geevor Tin Mine

Discover Cornwall's mining heritage at this excellent museum. Guided underground trips as well as surface tours are available. The museum is about 30 minutes' drive from St Ives, and can also be reached using the 300 open-top bus. [www.geevor.com](http://www.geevor.com)

## Lost Gardens Of Heligan

Created in the mid 18th century, the gardens at Heligan are one of the best examples in Britain, famed for displays of rhododendrons and camellias. Following years of neglect they have been subject to extensive restoration work over the last 20 years. The gardens, located near Mevagissey are just over an hour's drive from St Ives. [www.heligan.com](http://www.heligan.com)

## Minack Theatre

This uniquely situated open-air theatre is cut into the cliffs at Porthcurno, near Lands End. Performances take place most evenings with some afternoon matinees. The Rowena Cade Exhibition Centre tells the story of its creation. An evening theatre visit is offered on most weeks to guests staying at Chy Morvah (May to September). [www.minack.com](http://www.minack.com)

## About

Coastal Country House • 38 Bedrooms • Open March to October & Festive Period • Standard check-in from 2.30pm • Free Parking on site • Free Wi-Fi throughout • Walkers' Facilities including Boot Room & Drying Room • Discovery Point with route guides and maps • Heated Outdoor Swimming Pool

## USEFUL HOLIDAY INFORMATION

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### What To Bring

#### 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).

## HOW TO BOOK

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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

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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 – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

### **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.

### **ASSOCIATE'S FEE**

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

### **BACS PAYMENTS**

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

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**

The balance is due 10 weeks before departure. 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 or visit [hfholidays.co.uk/insurance](http://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](http://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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