

4-Night Yoga & Walking Holiday in Cornwall

Destinations: Cornwall & England
Trip code: SVKYW-4
Trip Walking Grade: 2



HOLIDAY OVERVIEW

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

- 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

- 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 afternoon are the perfect complement

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

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 is 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.

Country House Accommodation

Accommodation Info

Need To Know

We appreciate that COVID-19 continues to impact the nations. The English, Scottish and Welsh governments are not always in sync, so measures in our country houses may vary between the nations. We thank all guests for adhering to the measures we have introduced to keep our guests, leaders and team members safe.

You can see our latest FAQs and guarantees at <https://www.hfholidays.co.uk/coronavirus-travel-advice>

Ventilation, Physical Distancing Measures and Group Sizes around the Houses

We will keep our public areas well ventilated; for your comfort you might want to pack an extra layer to keep you comfortable.

With the relaxation of physical distancing, we will be allowing larger groups to dine and relax in the bar together.

Hand sanitiser stations will be made available in frequently used public areas for guests and staff use. It is advisable to bring additional hand sanitiser for whilst you are out walking.

We always follow the latest regional government advice, but our one recommendation is don't forget your face mask! There is no requirement to wear a face covering in communal areas, but you may of course choose to. Some places throughout the UK may still require you to wear a mask even if the government legislation does not. With this in mind we suggest you bring a personal supply of face coverings for the duration of your stay.

Servicing Bedrooms:

At this stage we are not reintroducing our daily room servicing. Extra tea, coffee, milk, towels and toiletries will be available on request from our team. Bins can be left outside your door for emptying.

COVID-19 Symptoms or Cases

If a guest has symptoms of COVID-19 then they should inform the house team and immediately self-isolate to minimise any risk of transmission and make arrangements to request a COVID test. If a guest receives a positive test result, they should return home if they reasonably can. They should where possible use private transport but only drive themselves if they can do so safely. If a guest cannot reasonably return home, they should discuss their circumstances with the House Manager. Additional charges may be levied if a guest needs to self-isolate for longer than their planned holiday.

What can you do to help keep everyone safe?

- Wear a face mask/covering where required and please bring plenty of face coverings for the duration of your stay
- Carry/use hand sanitiser
- Wash your hands frequently with soap and water when possible
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze
- Avoid passing round objects such as cameras & phones
- If you are displaying symptoms of Coronavirus, please do not travel to an HF Holidays House

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 Classic and Premium Rooms to choose from. Simply but smartly furnished they let the view through the window do the talking.

All 'Classic' rooms are ensuite and furnished to a high standard. There are also several 'Premium' Rooms that are either larger or have a desirable view, a more luxurious mattress and larger television – upgrade your stay for just an extra £15-25 per person per night. You can choose a specific room for an extra £30 per room, subject to availability. Upgrade supplements still apply.

Check in:

Check in opens at **4pm** for all guests. Guests will be unable to access any of the Country House facilities, including leaving luggage before 4pm.

We are delighted to invite you to enjoy a complimentary Afternoon Tea on arrival. Relax and meet your fellow guests and leaders.

Check out:

Check out time: **10am**

Please note, you will need to settle your bill before departure and payment will only be possible by card. Gratuities and donations to the Pathway Fund can also be made by card.

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.

Welcome Information

A Welcome Information Pack providing details about the Country House and your holiday will be available in each bedroom. This personal pack of information will detail what to expect during your stay in the house, the menu for the duration of your stay, dinner & picnic lunch order forms and the guest registration form for completion.

Our houses are locked at night-time and accessible with a door code which is available in the Welcome Pack. However, we also recommend making a note of the Duty Manager number on arrival, in case of an emergency or getting locked out.

Evenings

Join our team after dinner on Wednesday evenings to see if you've got the knowledge to triumph in the HF Big Pub Quiz! There will also be another evening of entertainment at the beginning of the week which will vary depending on the house you are visiting.

If there are leaders resident, they will be available to chat to guests about self-guided walks. You can borrow walking route notes and maps from our Discovery Point.

Walks Talks – Guided Walking Information Briefings

Self-Guided guests are always welcome to join our Guided Walking briefings to hear about the local

conditions.

Our leaders will deliver a Guided Walking Information Briefing on each arrival day before and after dinner followed by a group Walks Talk to let guests know about the following day's walks. Walks Talks are usually before and after dinner prior to each walking day. The information is repeated so you can join whichever time suits you.

If you are undecided which walk to do, our leaders will be available in the bar or lounge to answer any questions you might have. Our website contains up-to-date information about the walks for each holiday.

Before you leave for your walk your leader will run through a short safety briefing for the day.

Each day, the latest weather forecast will be displayed for all guests to check to ensure appropriate clothing is worn for the walks.

Please note, if you decide to do your own walks, or you are on a self-guided walking holiday, you must complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

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. Food at Chy Morvah is varied with a strong emphasis on the use of seasonal British produce. Our experienced chefs create each dish using only the freshest ingredients and, when in season, use home grown herbs and vegetables taken from our own gardens to give a true taste of the local area.

Along with many hospitality business across the UK we are presently experiencing disruption to our food and drink supply chain. COVID continues to limit the ability of suppliers to deliver and the war in Ukraine (along with several other global challenges) is impacting availability of many basic products. We are working hard to ensure that these challenges do not negatively impact your holiday but ask for your understanding should we need to make last minute changes to dishes or menus.

Accessibility

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

TRAVEL DETAILS

Our address is: Chy Morvah, Bishops Road, The Belyars, St Ives, Cornwall TR26 2DB
Tel: [01736 796314](tel:01736796314)

By Train:

The nearest railway station to Chy Morvah 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 or phone [03457 49 50](tel:034574950).

By Taxi:

St Ives station is only ½ mile from Chy Morvah, but it is rather a steep uphill walk. You can pre-book a taxi from our recommended taxi company, Ace Cars. As a guide price, it cost £4 per 4-seat taxi in 2021 (2022 prices to be confirmed). 8-seat taxis are also available at a higher rate. As a guide price a pre-booked 4-seat taxi from St Erth cost £12 in 2021 (2022 prices to be confirmed). Please pre-book your taxi at least 7 days in advance by contacting:

Ace Cars*Tel: [+44 \(0\) 1736 797799](tel:+44(0)1736797799)Email: acecars2@aol.com

The return taxi journey can be arranged on your behalf by the Chy Morvah Manager.

*Ace Cars is not owned or managed by HF Holidays

By Car:

Head to Cornwall via the A30. At a large roundabout take the A3074 signposted to St Ives (2nd 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 Tesco 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 Bishop's 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. From St Erth or St Ives, you can take a taxi to the house (see above).

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 or phone [03457 48 49 50](tel:03457484950).

LOCAL AREA

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](http://www.tate.org.uk) celebrates Cornwall's rich artistic legacy. Tate St Ives also manages the [Barbara Hepworth Museum and Sculpture Garden](http://www.barbarahepworth.com), 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.

Eden Project

Justifiably popular with visitors, the fascinating 'Biomes' of the [Eden Project](http://www.edenproject.com) house a flamboyant collection of

plants from around the world. Explore the two gigantic geodesic conservatories – one a majestic rainforest, the other home 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.

St Michael's Mount

The jewel in Cornwall's crown, [St Michael's Mount](#) is 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.

National Maritime Museum

Cornwall's £21 million [National Maritime Museum](#) in Falmouth has 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; a day here could include visits to [Pendennis Castle](#), or a delightful [boat trip up the River Fal](#) to Truro.

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.

Geevor Tin Mine

Discover Cornwall's mining heritage at the excellent [Geevor Tin Mine](#). 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.

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.

Minack Theatre

This uniquely situated [open-air theatre](#) is cut into the cliffs at Porthcurno, near Land's End. Performances take place most evenings with some afternoon matinees. The Rowena Cade Exhibition Centre tells the story of its creation.

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).

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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