

Alexander Technique Holiday in the Shropshire Hills

Destinations: Shropshire Hills & England
Trip code: CSKAT



HOLIDAY OVERVIEW

The Alexander Technique is a skill for self-development that teaches you to change long-standing habits that cause unnecessary tension. Whatever your age or ability, the Technique can help you in every day life whether that is to get stronger, become more relaxed, think more clearly and recover from injury. With the guidance from your leader, you will recognise your habits and reactions to stress. Over the duration of the holiday, you will find out how you have been contributing to your problems, how to prevent them and regain control. The Alexander Technique is a subtle and thoughtful discipline that will benefit you for life! Check out our Alexander Technique and Walking to enjoy the Countryside and put what you have learnt to practice!

ACCOMMODATION

Longmynd House

Hidden in plain sight, there's a well-kept countryside secret in the heart of England that might just surprise you with its wonderful upland walking, trails, history and heritage. Discover the heart of Shropshire from striking Longmynd House, stood on a wooded hillside above Church Stretton, on the border of England and Wales. Wake early to watch the sunrise from your balcony; take a dip in the heated outdoor pool and gear up for a

great day in the hills on walks full of rich variety. Stride out on the Long Mynd itself, a dramatic, isolated whaleback hill with an expanse of heather wilderness and deeply cut valleys, explore the Stiperstones and climb to the Iron Age fort on top of Caer Caradoc, or surround yourself with historic castles, market towns and trails of all kinds.

At The House

- Excellent boot and drying rooms
- Extensive public rooms
- Large dining room with outstanding views of Stretton Valley
- Lounge bar with outstanding views of Stretton Valley
- Central lounge
- Three additional rooms, can be used for other purposes
- Free WiFi is available in some public rooms and bedrooms
- Range of board games and books
- Patio
- Large heated swimming pool (open May to September)
- Woodland walks on the slopes beneath the hotel
- Sculpture trail

Dining

All holidays at our Country Houses are full board accommodation including evening meal on arrival to breakfast on the day of your departure. All of our Country Houses have a well-stocked bar serving local beers, wine and spirits.

- Start your day with our extensive breakfast.
- Take your fill from our famous self-service picnic lunches
- A relaxed social dinner is a highlight of any stay at our Country Houses

Your Evenings

Just relax and take it easy, or if you'd like to continue to chat with our guides and fellow guests then why not grab a drink or take part in one of our optional evening activities.

All of our bars are stocked with locally sourced drinks so you can really soak up your surroundings.

Additional Information

- Assistance dogs accompanying visually or hearing impaired guests are welcome; dogs must be kept on a lead or harness at all times.
- Fire evacuation notices are displayed in the bedrooms and throughout the hotel. Each room has its own smoke sensor and fire alarm. In the event of a fire a very loud continuous alarm sounds and emergency lighting comes on. We have portable Deaf guard fire alarm system for those who are hard of hearing. This consists of a vibrating pad to go under the pillow and a bright strobe light. The Deaf guard is triggered when main alarm is activated.
- In the case of evacuation there are fire exits in every function room, bar and restaurant as well as the main front entrance. On the first, second and third floors there are fire exits at either end of the corridors which open to an emergency fire escape stairwell.
- Please advise reception on check in if you think you would require assistance in the event of an emergency. Door hangers are available in the rooms which can be used to indicate a need for assistance. Fire extinguishers are found throughout the building, as are fire call points. If you discover a fire please call 9-999 from your room phone, raise the alarm and alert a member of our team.

Matchless Country House Accommodation

Accommodation Info

Rooms

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

Stay in the smartly presented rooms in the main house or in one of 8 brick-built lodges in the grounds. With 54 rooms, Longmynd House has plenty of space and there's a range of Good and Better Rooms to choose from. Chose Room 16 for the four poster bed and separate sitting area, with green leafy views or Room 44 with its compact balcony and outdoor eating area overlooking the heather-clad rise on the far side of the valley. The lodges away from the house offer a little more privacy and their own terrace looking out over the gardens.

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 £15-20 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, extensive garden, lounge, bar, ballroom, library and board games to borrow

After a day exploring the Shropshire Hills, return to the house. Stroll through the extensive grounds and discover the woodland sculpture trail that threads through the trees, looking out for 'deer' and 'bears'. Dip into the heated outdoor pool to swim below the trees. Head to the long lounge with its wall of glass giving on to the view outside, or for a more intimate space, sit at the smart bar with its crouching lions and attractive jug lamps or surrender to the leather sofas around the fireplace and enjoy a local pint of Shropshire Lad or Lass with a lively conversation among your fellow guests.

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 Longmynd House is varied and tasty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the bright dining room with its wrap around windows hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of regional flavours.

Accessibility

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

TRAVEL DETAILS

Our address is: Longmynd House, Cunnery Road, Church Stretton, Shropshire SY6 6AG
Tel: [01694 722244](tel:01694722244)

By Train:

The nearest train station is Church Stretton, which is less than a mile from Longmynd House. However the house is at the top of a steep hill (it has great views!) so a taxi is recommended.

For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

By Taxi:

It is possible to pre-book a taxi. The journey from Church Stretton railway station takes approximately 15 minutes. You can pre-book a taxi from our recommended taxi company, Alan's Cab. As a guide price, it cost £17 per 4-seat taxi in 2019. 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

Alan's Cab*

Tel: +44 (0) 7970 683126

Email: alanbrough207@btinternet.com

The return taxi journey can be arranged on your behalf by the Longmynd House Manager.

*Alan's Cab is not owned or managed by HF Holidays

IMPORTANT NOTE: All taxi companies in Church Stretton are booked for school runs between 2pm and 4:30pm.

By Car:

Follow the A49 to Church Stretton. At the traffic lights turn off the A49 into the town. At the first T junction turn left into the High Street. Go straight over the mini-roundabout, and then take the next right into Cunnery Road. Follow the road up a steep hill and around a hairpin bend. Longmynd House is at the top of the hill on the left hand side. Look out for our sign. A car park is available in the grounds with free parking.

Travelling From Overseas

Manchester Airport has the quickest onward connections to Church Stretton. Trains from the airport take 2 hours. See www.nationalrail.co.uk for train times. (See **IMPORTANT NOTE** above)

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow at least 4½ hours to reach Church Stretton by train. There are a variety of routes. See www.nationalrail.co.uk for train times. (See **IMPORTANT NOTE** above)

LOCAL AREA

During your stay at Longmynd House you may enjoy visiting the following places of interest, either in your free time, or on your journey to and from Shropshire:

The attractive small town of Church Stretton is around 10 minutes' walk away. After the arrival of the railway, the town grew in the Victorian and Edwardian eras and became known as 'Little Switzerland' due to the dramatic hills on both sides of the valley. Today the town retains its bygone charm and has a range of facilities including a variety of small shops, banks, cafés, pubs and a supermarket.

Ludlow

Easily reached by train, or around 20 minutes' drive away, Ludlow is a particularly attractive market town. The historic centre retains many of its medieval buildings, and is towered over by its well-preserved castle. In recent years the town has developed as something of a gastronomic centre, being home to celebrated Michelin-starred restaurants and many acclaimed local food producers. www.ludlowcastle.com

Ironbridge Gorge

A little further afield, about 45 minutes' drive from Church Stretton, are the many excellent museums of

Ironbridge Gorge. Known as the 'birthplace of the Industrial Revolution' it was here that Abraham Darby perfected the manufacture of cast iron which was later used to build the area's iconic iron bridge across the River Severn. Today there are 10 museums in the gorge including the Museum of Iron, the Coleport China Museum and the excellent Blists Hill Victorian town. www.ironbridge.org.uk/

Severn Valley Railway

The Severn Valley Railway is one of Britain's premier steam railways. This lovingly recreated Great Western Railway branch line is now run largely by volunteers and is home to an impressive collection of locomotives. As its name suggests the line follows the rural valley of the River Severn from Bridgnorth to Kidderminster. The nearest station at Bridgnorth is about 40 minutes' drive from Church Stretton. www.svr.co.uk

Acton Scott Working Farm

Situated just 10 minutes' drive from Church Stretton, the Acton Scott Working Farm Museum is a living museum based around a restored Victorian farm. In recent years this has featured in the BBC2 series Victorian Farm and Escape in Time. www.actonscott.com

Shrewsbury

Also easily reached by train, or a 30 minute drive, Shrewsbury is the county town of Shropshire. The town centre is particularly attractive featuring many black and white timber houses dating from the 15th and 16th centuries.

Much Wenlock

The small town of Much Wenlock, about 30 minutes' drive from Church Stretton, is particularly attractive with many black and white timbered houses. Despite its small size the town can claim to be the birthplace of the modern Olympic Games.

Hereford

The cathedral city of Hereford, is just under an hour's drive away, and can also be reached by direct train from Church Stretton. Hereford Cathedral houses a chained library and the famous Mappa Mundi, a 13th century map of the world. www.herefordcathedral.org

Attingham Park

A grand 18th century house surrounded by an extensive deer park, located outside Shrewsbury, around 25 minutes' drive away. Now managed by the National Trust you can visit the ornate rooms and explore the walled garden and grounds. www.nationaltrust.org.uk/attingham-park

Powis Castle

This former medieval fortress has been remodelled over more than 400 years – each generation adding to the magnificent collection of paintings, sculpture, furniture and tapestries. The world-famous garden is overhung with clipped yews, and shelters rare and tender plants. The castle is located near Welshpool, about 45 minutes' drive from Church Stretton. www.nationaltrust.org.uk/powis-castle

Chirk Castle

Just under an hour's drive north of Church Stretton, Chirk Castle is a fine medieval fortress completed in 1310. As well as military displays, the castle was also a domestic home for many centuries, and is surrounded by excellent gardens. www.nationaltrust.org.uk/chirk-castle

USEFUL HOLIDAY INFORMATION

What To Bring

No special clothing is required for your Alexandra Technique holiday, but it is recommended that you wear loose fitting clothes to facilitate easy movement.

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 – 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.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £10 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: 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

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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