

# Alexander Technique & Walking Holiday in Southern Snowdonia

**Tour Style:** Guided Walking

**Destinations:** Snowdonia & Wales

**Trip code:** DGKAW



## HOLIDAY OVERVIEW

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The Alexander Technique is a skill for self-development that teaches you to change long-standing habits that cause unnecessary tension and combine this with afternoon walks to take in the local area. 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!

## HOLIDAYS HIGHLIGHTS

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- Learn how to retrain your body and mind
- Take time for yourself
- Group and individual sessions

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## ACCOMMODATION

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### Dolserau Hall

Walkers in the know head to southern Snowdonia to uncover one of Wales' best-kept secrets. Stood in the heart of the Snowdonia National Park, just a couple of miles from the attractive market town of Dolgellau, Dolserau Hall makes a superb base for getting off the beaten path. The tranquillity of the location wraps around you. A smart country house with breathtaking views from every room, attractive gardens and vistas that stretch across the valley to the summit of Cadair Idris, you're surrounded by rural inspiration. Depending on what mood strikes, explore the Rhinogs, take on a classic ridge walk with great views, set foot on the Mawddach Trail or follow the coast to Harlech, where the eponymous medieval castle stands on a wonderful position overlooking the sweeping sands of Cardigan Bay. Croeso I Cymru, as they say around here.

### Matchless Country House Accommodation

#### Accommodation Info

#### Need To Know

#### Important Covid-19 Steps We Have Taken For Guest Safety: Please Read

As we slowly reopen in the wake of the Coronavirus lockdown, our country house stays are set to be organised a little differently; extra steps have been taken to keep our guests, house teams and leaders safe while we return to action. We ask all our guests to respect the measures put in place.

Initially the overall capacity of the houses has been reduced. Guests must wear face coverings in public spaces. To adhere to social distancing guidelines, we have taken the necessary steps to space out furniture and seating in public areas. In addition, a one-way system will be in place around the house. Adequate signage will be displayed to support the direction of travel to be followed by guests and house teams.

As a temporary measure, we will not be servicing rooms during a stay. Extra tea, coffee, milk, and toiletries will be made available on request for all guests. It is recommended that guests bring their own toiletries for the duration of their stay. We have removed all non-essential and reusable items from our rooms for the meantime including cushions, hairdryers, bathrobes, bed throws, and printed materials to reduce the number of items that need to be disinfected. Hairdryers will be available on request. Clean towels will be available on request. We will though be increasing the frequency of cleaning in our public areas providing particular attention to frequently touched items including door handles and handrails.

For now, there is no cream tea on arrival day. We have also adapted our food offering to remove all buffets and open food items. Different sittings may be required for breakfast and dinner due to the occupancy and size of the house. Picnic lunches will now be pre-ordered the night before from an order form in the room. The bar in each country house will be open, and we will be offering a table service for drinks. At this time there is no, or only a very limited, evening social programme available. Outdoor swimming pools at those houses that have them will re-open throughout August, except at Freshwater Bay House, where the pool will remain closed for 2020. Indoor swimming pools will remain closed.

For more information and to see all the steps taken, [visit our page on how house stays will be adapted](#).

#### Rooms

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

Stay in the smartly presented rooms in the main house or in one of the handful of bedrooms in the converted

coach house close by. With 23 rooms, Dolserau Hall has plenty of space and there's a range of Good and Better Rooms to choose from. Enjoy the extra space of Room 1 and soak luxuriously in the tub that comes with the room, or watch the light change outside from the comfort and privacy of the sofa in front of the large picture window in Room 5.

*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 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.*

## Facilities

*Free Wi-Fi, boot room and drying room, extensive garden, lounge bar, library and board games to borrow*

After a day rambling over the slopes of the Rhinogs or summiting a cracking peak, come back to the house and its specially tailored walkers' facilities. Wander through the Coach House garden and admire the far-reaching views. Settle into the lounge bar and sink into the comfy leather sofas here. Grab a book or a board game and make yourself comfortable.

## 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 Dolserau Hall is varied and tasty and 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 try a six-course feast of regional flavours. Look out for highlights including Cawl Cennin, a leek and potato broth, smoked haddock with Welsh rarebit and lava bread and Welsh lamb Wellington. If you've space, tuck into a slice of Monmouth Pudding, a great old-fashioned desert of breadcrumbs, fruit, cream and meringue

## Accessibility

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

## TRAVEL DETAILS

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Our address is: Dolserau Hall, Dolgellau, Gwynedd, LL40 2AG  
Tel: [01341 422522](tel:01341422522)

### By Train:

The most convenient railway station to Dolserau Hall is at Machynlleth. For train times and route planning visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 484950

### By Taxi:

The 16-mile journey from Machynlleth railway station takes approximately 30 minutes. You can pre-book a taxi from our recommended taxi company, Mach Taxis. As a guide price, it cost £30 per 4-seat taxi in 2020. 8-seat taxis are also available at a higher rate. Mach Taxis will arrange shared taxis wherever possible. Please pre-book your taxi at least 7 days in advance by contacting:

Mach Taxis\*  
Tel: +44 (0) 1654 702048  
Email: [taxi@machtaxis.com](mailto:taxi@machtaxis.com)

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

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\*Mach Taxis is not owned or managed by HF Holidays

### **By Bus:**

From Machynlleth take the X27 bus to Dolgellau. The 2 mile journey to Dolserau Hall from Doglellau can be completed by taxi. Alternatively alight at Dolgellau Starbucks, from where it is a 1-mile walk along a quiet country lane to the house.

### **By Car:**

Dolserau Hall is approximately 1 1/2 hours' drive from the M56 at Chester or the M54 at Telford.

From the North head to Chester, then take the M53 and A55 around the south of Chester. Join the A550 then the A5104 for about 20 miles, then finally the A494 signposted to Bala. Stay on the A494 through Bala heading towards Dolgellau. A mile after going past a junction for the B4416 to Brithdir, take the next turning on the left, after the campsite. Follow the country lane for 1/2 mile to Dolserau Hall.

From the South take the M54 and A5 to Shrewsbury. Follow the A5 around the south of Shrewsbury and join the A458 towards Welshpool. Continue on the A458 through Welshpool and after a further 27 miles turn right at a roundabout onto the A470 towards Dolgellau. As you come down a steep hill before Dolgellau, look out for a petrol station on the right hand side. Take the turning on the right immediately before the petrol station. Dolserau Hall is about 1 mile along this country lane on your right.

## **LOCAL AREA**

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During your visit to Dolserau Hall you may enjoy visiting the following places of interest:

### **Welsh Highland Railway & Ffstiniog Railway**

Take a steam train ride on these two heritage railway routes to enjoy Snowdonia's spectacular scenery from the comfort of a railway carriage. The [Ffstiniog Railway](#) runs from Porthmadog to Tan y Bwlch while the [Welsh Highland Railway](#) runs from Caernarvon to Beddgelert. The station at Porthmadog is about a 40-minute drive from Dolserau Hall while Caernarvon station is just over an hour away.

### **Great Little Trains Of Wales**

Snowdonia is noted for its concentration of [narrow gauge steam railways](#), all of which offer highly scenic journeys - there are 11 to choose from. For a truly unique day out you can take the [Snowdon Mountain Railway](#) to the summit of Snowdon (best to book in advance as tickets can sell out quickly on busy days). The railway runs from Llanberis - about 1 hour 20 minutes from Dolserau Hall.

### **National Slate Museum**

Located at Llanberis, the excellent (and free!) [National Slate Museum](#) tells the story of this once extensive industry. You can see slate being cut by hand, the huge waterwheel that powers the machinery and the fascinating quarrymen's houses which show their development over the centuries. Llanberis is around 1 hour 20 minutes' drive from Dolgellau.

### **Caernarfon Castle**

Built by King Edward I after his conquest of Wales, [Caernarfon Castle](#) is one of the most impressive and well preserved fortifications in the principality. Along with neighbouring castles at [Harlech](#), Beaumaris and Conwy, it

now has World Heritage status. Caernarfon is around 1 hour 10 minutes' drive from Dolgellau.

## Criccieth

The seaside town of Criccieth is around 50 minutes' drive from Dolgellau and full of Victorian character. You could visit the ruins of [Criccieth Castle](#), relax on the beach, or sample the excellent ice cream at [Cadwaladers parlour](#) - open since 1927!

## Harlech Castle

[Harlech Castle](#) occupies a superb vantage point overlooking the coast and the mountains of Snowdonia. Built by Edward I, its imposing walls were built by 1,000 skilled craftsmen between 1283 and 1295. The castle is about 45 minutes from Dolgellau.

## Llechwedd Slate Caverns

Located near Bleanau Ffestiniog, about 40 minutes' drive from Dolgellau, the [Llechwedd Slate Caverns](#) are one of the area's most popular attractions. Take the underground railway deep into the mountain where a knowledgeable guide will tell you how slate was hewn by hand.

## Bodnant Gardens

Situated in the Conwy Valley, about 50 minutes' drive from Beddgelert, the National Trust's [Bodnant Gardens](#) have impressive collections of colour and views of the Snowdonian mountains.

## Plas Newydd

The grand house at [Plas Newydd](#) enjoys glorious views overlooking the Menai Straits. Built for the 1st Marquess of Anglesey, the house itself is impressive, as are the extensive gardens. Now managed by the National Trust. Around 1 hour 20 minutes' drive from Dolgellau.

## Portmeirion

This quaint and fascinating Italianate village was the brainchild of the architect Clough Williams-Ellis. It is also well-known as the setting for the cult 1960's TV series The Prisoner. [Portmeirion village](#) is around an hour's drive from Dolgellau.

## 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 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: 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 £20 per person per holiday. Alternatively, full 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:**

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**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

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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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