

Yoga & Walking Holiday in the Cotswolds

Tour Style: Guided Walking

Destinations: Cotswolds & England

Trip code: BNKYW

Trip Walking Grade: 1



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

- Molly's yoga style is Hatha yoga drawing on Sivananda style
- 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

ACCOMMODATION

Harrington House

In one of the prettiest spots in the Cotswolds, Harrington House provides a stylish escape in the form of a traditional country retreat, with the trimmings and flourishes you'd expect. All set in a stately Georgian house that mirrors the mellow architectural styles of the Cotswolds and retains many of its original features; the most breathtaking is the sunny walled garden, surrounded by attractive landscaped gardens. As well as 29 bedrooms, two lounges, a cosy bar and pleasant dining room, there are further feathers in this handsome house's hat. Quintessential English countryside, described by JB Priestly as, 'the most English and least spoiled of all our countryside', is just a short stroll away with pretty villages such as Chipping Campden and the Slaughters, rolling landscapes and classic trails from the Cotswold Way to the Gloucestershire Way and Monarch Way waiting for you to discover them.

At The House

- Excellent boot and drying rooms
- Main house there is a lounge, dining room and a bar
- Ballroom
- At the very top of the house is the observatory
- Free WiFi in public rooms
- Range of board games and books
- At the rear of the house there is an attractive walled garden with a large croquet law

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

- Fire procedure is displayed in each room and explained to guests on arrival. Guests requiring assistance at an evacuation are identified at this time and door hanger cards are issued
- Mobile phone reception is generally good from the main building

- Assistance dogs accompanying visually or hearing impaired guests are welcome; dogs must be kept on a lead or harness at all times
- Information can be provided in large print
- Staff have received disability awareness training
- Special diets can be catered for. Specialist food can be obtained with prior notice
- Fridge for medication can be supplied

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 cottages. With 26 bright and airy bedrooms, Harrington House has plenty of space and there's a range of Good, Better and Best Rooms to choose from: for a stylish stay opt for rooms 1 or 2, both large master bedrooms located on the first floor that come complete with some of the original Palladian features dating back to 1730, pretty feature wallpaper and views out of the front of the building of classic Cotswolds scenery. Alternatively, for a romantic hideaway, plump for Room 23 in the Windrush Cottage and toast your good taste in the private garden that adjoins this large twin room.

All 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' and 'Best' 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 £15-25 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, attractive garden, multi-purpose activity room, lounge, library and board games to borrow

After a day ambling through the Cotswolds, come back to the house and its specially tailored walkers' facilities. Relax by sitting in the gardens or having a game of croquet on the lawn. Retire to either of the two lounges or climb the sweeping stately staircase to the very top of the house where there's an observatory looking out across the rooftops of the village. Then pop in to the snug bar for a pint of local ale and a chin wag with fellow guests about their discoveries.

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 Harrington House is hearty 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 tuck in to Cotswold leg of lamb, Bibury rainbow trout and a selection of Gloucestershire cheeses, accompanied with Harrington House homemade chutneys.

Accessibility

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

TRAVEL DETAILS

Our address is: Harrington House, Sherborne Street, Bourton-on-the-Water, Gloucestershire, GL54 2BY

Tel: [01451 821213](tel:01451821213)

By Train:

The nearest railway station is Moreton-in-Marsh. However, the nearest mainline station is at Cheltenham Spa which may be more convenient. For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

By Taxi:

From Moreton-in-Marsh station a taxi takes approximately 20 minutes and costs £22 if pre-booked. From Cheltenham Spa station a taxi takes around 35 minutes and costs £42 if pre-booked.

Please note these are 2020 prices relevant to a 4-seat taxi. 8-seater taxis will be more expensive.

Limozena, our current recommended taxi company, can confirm prices on booking and they will arrange shared taxis wherever possible. To book your taxi please phone or email at least 7-days in advance:

Limozena*

Tel: +44 (0) 1451 820972

Email: denwalmsley@yahoo.co.uk

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

*Limozena is not owned or managed by HF Holidays

By Bus:

From Moreton-in-Marsh station catch the 801 bus to Bourton-on-the-Water, from where it is a short walk to our Country House. Alight next to the Edinburgh Woollen Mill Shop. Cross the road to the war memorial and continue across the bridge. Follow this road for 150 metres until the road forks. Harrington House is on the left.

By Car:

From the A429 take the road into the centre of Bourton-on-the-Water. At the war memorial by the village green, turn into Sherborne Street. Cross the narrow bridge and continue for approximately 100yds. Just before the road forks, Harrington House is on the left. Look out for our sign. A car park is available in the grounds with free parking.

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 Moreton-in-Marsh. It's a relatively straightforward journey - just over 2 hours. See www.nationalrail.co.uk for train times.

From Moreton-in-Marsh you can travel on to Bourton-on-the-Water by bus or taxi (see above).

LOCAL AREA

Bourton-on-the-Water is situated at the heart of the Cotswolds, a beautiful area of rolling green hills and attractive stone towns and villages.

Harrington House is located in a quiet street, just 100 metres from the centre of Bourton. This is one of the most popular villages in the Cotswolds, frequently busy with visitors. The River Windrush winds its way through the central village green and is crossed by a series of attractive stone bridges.

Bourton-on-the-Water is a popular destination in its own right with its specialist shops and attractive village

green. Local attractions include the motor museum, model village and Birdland wildlife park, all within easy walking distance.

The village has a good range of facilities including a small supermarket, post office, newsagent, pubs and bank.

During your stay at Harrington House you may enjoy visiting the following places of interest:

Chipping Campden

The mellow market town of Chipping Campden, about 30 minutes' drive north of Bourton-on-the-Water, is one of the most visited towns in the Cotswolds.

Hidcote Manor Gardens

Owned by the National Trust, Hidcote is a small manor house with an exceptional garden designed in the Arts and Crafts style. Around 35 minutes' north from Bourton-on-the-Water. www.nationaltrust.org.uk/hidcote

Broadway

Considered as one of the most beautiful villages in Britain it is easy to see why so many visitors are attracted to Broadway. Don't let this put you off; Broadway is still worth a visit. To get away from the crowds, consider a walk to Broadway Tower for stunning views of the Vale of Evesham. Around 30 minutes' drive from Bourton.

Stratford-upon-Avon

Famous for its Shakespeare connections, Stratford is an attractive town spanning the River Avon. Of particular interest are the Royal Shakespeare Theatre and the Shakespeare Birthplace Museum. Around 40 minutes' drive from Bourton. www.rsc.org.uk or www.shakespeare.org.uk

Blenheim Palace

Blenheim Palace is one of the grandest and best-known stately homes in Britain. It sits in extensive parkland and is also famous as the ancestral home of Winston Churchill. www.blenheimpalace.com

Cheltenham

The fine Regency spa town of Cheltenham has an excellent range of shops and facilities. Cheltenham is around 25 minutes' drive from Bourton, and can also be reached by an hourly local bus.

Gloucester

The Cathedral city of Gloucester is about 35 minutes' drive to the west of Bourton. The fine Norman cathedral is well worth visiting, as is the National Waterways Museum. www.gloucestercathedral.org.uk or www.canalrivertrust.org.uk

Gloucestershire & Warwickshire Railway

Ride the steam railway through attractive Cotswold countryside from Cheltenham to Toddington about 30 minutes' drive from Bourton. Now restored, this was once the Great Western main line to Birmingham. www.gwsr.com

Oxford

The famous university city of Oxford is about an hour's drive from Bourton-on-the-Water. You may wish to stroll

through the historic colleges or visit the Ashmolean Museum. www.ashmolean.org

Hidcote Gardens image ©National Trust Images/Jonathan Buckley

USEFUL HOLIDAY INFORMATION

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.

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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