

# 3-Night Pilates Holiday in the Isle of Wight

**Destinations:** Isle of Wight & England  
**Trip code:** FWKHP-3



## HOLIDAY OVERVIEW

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Suitable for all, the Pilates method was developed by Joseph Pilates nearly 100 years ago. In Pilates we practice slow, controlled and flowing movements, all performed with awareness. Benefits include improved flexibility, greater core strength and muscle tone. It also helps to improve posture, body alignment and mobility and creates a feeling of wellbeing.

## 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

## HOLIDAYS HIGHLIGHTS

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- Pilates concentrates on core stability exercises that can protect and strengthen the spine and alleviate chronic back pain
- Experienced tutor to offer advice, answer your questions and take you through the key principle

- Demonstrations and instruction in the morning is followed by a free afternoon and some late afternoon sessions

## ITINERARY

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### Day 1: Arrival Day

You're welcome to check-in to your room from 2:30 p.m. onwards (upgraded rooms from 1 p.m.) Please join us for afternoon tea.

### Day 2 - 3: Your Mind & Body Sessions - Pilates In Paphos

#### During your stay

Each morning there will be a Pilates session between 9.30am and 12.30pm.

A second, optional Pilates session will be offered in the late afternoon before dinner and a post - dinner Mindful meditation session to relax before bed .

We want you to get the most out of your holiday experience, this is why we offer flexible sessions. So, if you'd rather get out and practice any new skills independently that's fine. Just let our leaders know.

#### Afternoons are for exploring

Your afternoons are free for you to relax at the hotel or the beach or explore more of Paphos, the mythical birthplace of Aphrodite and the surrounding area.

Visit Kato Paphos Archaeology Park where some of the structures go back to prehistory. See the stunningly detailed and well-preserved mosaics in the villas depicting scenes from Roman mythology which date back to the year 100.

Explore the Paphos Archaeological Museum and St Paul's Pillar, some of Cyprus' most significant pilgrimage sites.

Indulge your senses and invigorate your mind at the Elixir Spa.

### Day 4: Departure Day

Enjoy a leisurely breakfast before making your way home.

## ACCOMMODATION

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### Freshwater Bay House

Holidaying on the picturesque Isle of Wight doesn't get any better than at Freshwater Bay House. Stood atop the island's classic white cliffs and dominating the bay that it is named after, Freshwater Bay House has a gorgeous location. As well as 43 bedrooms, many decked out in blue and white printed wallpaper featuring foam-tipped waves breaking softly across the walls that act as a promise of the coastal scenery to come, there are three lounges and a friendly bar. Extensive gardens give on to the coast path, with a staircase that drops to the beach one way, while a path leads away across Tennyson Down towards the Needles in the other direction. If you're experiencing some of the island's plentiful sunshine (it averages around 2,000 hours a year), head to Alum Bay for coloured sands or Compton Bay for dinosaur footprints. Explore Carisbrooke Castle, stroll through Ventnor Botanic Gardens and keep an eye out for red squirrels in Borthwood Copse and

America Wood.

## Matchless Country House Accommodation

### Accommodation Info

### Rooms

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

Stay in one of the main building's bright, beautifully presented rooms, many that come with sea views. They're mostly spacious and chic, styled to acknowledge the house's nautical connections but with a modern twist of dove greys, clean whites and contemporary furniture. With 43 bedrooms, Freshwater Bay House has plenty of space and there's a range of Good, Better and Best Rooms to choose from: Rooms 19 and 20 on the first floor come with spectacular sea views out over the English Channel; Rooms 18 and 22 are sumptuous corner rooms with expansive views over both the bay and Tennyson Downs. If it's a room with a view you're after, ask for Room 24, a superb, spacious corner space with five large windows all overlooking the gardens and bay, with its own private sitting room to relax in. Request Room 39 on the second floor and you'll get an attractive corner room complete with a bath to soak in after a day of coastal walking.

*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, extensive garden, outdoor swimming pool, multi-purpose activity room, lounges, library and board games to borrow*

After a day walking on the coast, come back to the house and its specially tailored walkers' facilities. Relax by sitting in the extensive gardens or challenge a fellow guest to a game of croquet. If you're visiting with children, turn them loose in the outdoor playground area or watch them splash in the large heated alfresco pool – there's seating with sea views for you to enjoy a drink in too on a hot English summer's day. For something less strenuous, snag a comfy chair in one of the three cosy lounges to read a book, play a board game or just hideaway; there's a grand piano in one if you're feeling musical. Head to the bar before dinner to perch on a tall stool with a perfect gin and tonic made with the Isle of Wight's very own Mermaids Gin and a chance to catch up with your companions.

### 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 Freshwater Bay House is hearty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the light-filled dining room hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of local flavours.

### Accessibility

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

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## TRAVEL DETAILS

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Our address is: Freshwater Bay House, Freshwater Bay, Isle of Wight PO40 9RB  
Tel: [01983 753854](tel:01983753854)

### By Ferry & Transfer - Great Value!

We offer a reduced price ferry and transfer ticket - just £29 return for adults and £15 for children. This includes a foot passenger ticket for the Wightlink Lymington to Yarmouth ferry, plus a connecting taxi/coach transfer to Freshwater Bay.

Our transfers operate every Saturday and Tuesday (Friday and Monday in the low season). These connect with the 1500 or 1600 ferries from Lymington. On departure day the transfer will get you back to Yarmouth in time to catch the 0845 or 1005 ferries to the mainland.

Book your tickets at least 14 days in advance by calling our Reservations team on 020 8732 1220.

### By Taxi:

If you can't meet our transfers it is possible to get a taxi to Freshwater Bay House. The 5-mile journey from Yarmouth ferry port takes approximately 15 minutes. You can pre-book a taxi from our recommended taxi company, Alpha Cars. As a guide price, it cost £20 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:

Alpha Cars\*  
Tel: +44 (0) 1983 280280  
Email: [rogerc@alphaiow.co.uk](mailto:rogerc@alphaiow.co.uk)

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

\*Alpha Cars is not owned or managed by HF Holidays

### By Train:

The nearest train station is Lymington Pier on the mainland. This is immediately adjacent to the ferry terminal. 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 Ferry:

The Wightlink Lymington to Yarmouth ferry is the most convenient for Freshwater Bay - see [www.wightlink.co.uk](http://www.wightlink.co.uk)

Alternatively the Red Funnel Southampton to East Cowes ferry is often the cheapest option if you want to take your car to the Isle of Wight - see [www.redfunnel.co.uk](http://www.redfunnel.co.uk)

### By Car:

From Yarmouth turn right out of the ferry terminal onto the A3054 and over the bridge across the River Yar. After 1 mile turn left down Pixley Hill, signposted to Freshwater Bay. Turn left at Freshwater Garage and continue along Afton road. At the Lifeboat station turn right and follow the road round passing the Albion Hotel on the left. The entrance to Freshwater Bay House is the next driveway on your left.

From East Cowes: Follow signs for Newport following A3021 and then A3054. Continue through Newport and Carisbrooke. Turn left onto the B3401 through Calbourne. At the T junction with Afton Road (A3055) turn left and then right by the Lifeboat station and follow the road round passing the Albion Hotel on the left. The entrance to Freshwater Bay House is the next driveway on your left.

Alternatively leave your car on the mainland and travel to the Isle of Wight as a foot passenger. There is a pay

and display car park at Lymington Pier - price approximately £8.50 per day.

## Travelling From Overseas

If you're travelling from Europe the most convenient airport is at Southampton. From Southampton Airport Parkway station (adjacent to the airport terminal) there are regular trains to Lymington Pier - journey time 40 minutes). See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for details.

For most guests, travelling to either London Heathrow or London Gatwick airport is the best option. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for onward connections by train to Lymington Pier.

## LOCAL AREA

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The Isle of Wight is a delightful haven away from the bustle of the mainland, easily reached by ferry. Broadly diamond shaped, the island is 25 miles long and 15 miles wide. This makes it ideally sized for a week's walking and exploration.

### Freshwater Bay

Freshwater Bay is a small semi-circular cove at the foot of the garden of Freshwater Bay House. There is a pebble beach here, or better sandy beaches approximately 3 miles away at Totland Bay or Colwell Bay. Shops and banks are located in Freshwater village, about 30 minutes' walk away.

### Yarmouth

The small harbour town of Yarmouth is located 3 miles north of Freshwater Bay; either a 10 minutes drive, a pleasant 1 hour walk, or reached using the 'Needles Breezer' open-top bus. Yarmouth has a selection of small shops and pubs, and there's always a bustle of activity around the harbour. Yarmouth's Tudor castle is also worth a visit. [www.english-heritage.org.uk/visit/places/yarmouth-castle/](http://www.english-heritage.org.uk/visit/places/yarmouth-castle/)

### Osborne House

Queen Victoria's island residence, managed by English Heritage, is located near East Cowes at the north of the island. Enjoy the lavish interiors and take time to explore the extensive grounds which slope down to the Solent. Osborne House is about 40 minutes drive from Freshwater Bay. During the main season (May to Sept) we offer an excursion to Osborne on most Wednesdays. [www.english-heritage.org.uk/visit/places/osborne/](http://www.english-heritage.org.uk/visit/places/osborne/)

### Carisbrooke Castle

A fine medieval castle situated near Newport in the heart of the island. The castle's most famous 'resident' was King Charles I, who was imprisoned here after the English Civil War. Walk around the impressive walls and visit the castle's famous well where donkeys are used to raise the water using a large treadmill. The castle is around 20 minutes' drive from freshwater Bay, and can also be reached direct using the number 12 bus. [www.english-heritage.org.uk/visit/places/carisbrooke-castle/](http://www.english-heritage.org.uk/visit/places/carisbrooke-castle/)

### Isle Of Wight Steam Railway

Step back in time and ride this vintage steam railway from Wootton to Smallbrook Junction. The railway has a particularly historic collection of locomotives and rolling stock, including many wooden 4-wheeled carriages dating from the the 19th Century. The main station is at Havenstreet where you'll also find a museum and the line's workshops. The steam railway is about 45 minutes' drive away, but can also be reached by local bus, via Newport. [www.iwsteamrailway.co.uk](http://www.iwsteamrailway.co.uk)

## Blackgang Chine

This fantasy theme park is a big hit with children of all ages. Attractions include Cowboy village, 'Fantasyland', maze and the giant snakes and ladders. Adults may also enjoy the maritime exhibition and working sawmill. Blackgang is 20 minutes' drive from Freshwater Bay and in Summer can be reached using the 'Island Coaster' bus. [www.blackgangchine.com](http://www.blackgangchine.com)

## Ventnor Botanical Gardens

The island's rich climate enables Mediterranean plants to prosper. Enjoy magnificent floral displays and relaxing gardens. Ventnor is 30 minutes' drive from Freshwater Bay and in Summer can be reached using the 'Island Coaster' bus. [www.botanic.co.uk](http://www.botanic.co.uk)

## USEFUL HOLIDAY INFORMATION

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### What To Bring

No special clothing is required for your Pilates holiday, but it is recommended that you wear loose-fitting clothes to facilitate easy movement. There may be some lying down work, so you need to bring a Pilates mat and a small blanket. Please note, a non-slip yoga mat is not suitable.

## 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 & 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](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.



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## 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

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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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