

Lake Garda Yoga

Destination: Italy
Trip code: TRKYO



HOLIDAY OVERVIEW

There is barely anywhere more suited to relaxation than the shores of Lake Garda. On this yoga holiday, you will stretch and strengthen your body whilst enjoying the spectacular scenery at Italy's largest lake. Your afternoons will be free to explore this marvellous part of the world or relax at the hotel.

WHAT'S INCLUDED

- Half-Board en-suite accommodation.
- Guidance and tuition from a qualified HF Holidays Yoga leader.
- 'With flight' holidays include return flights from the UK and hotel transfers.

HOLIDAYS HIGHLIGHTS

- Improve your suppleness and flexibility; learn how to calm your mind and improve your concentration.
- Sessions will cover postures (asanas), breathing techniques (pranayama), relaxation and meditation.
- Enjoy the facilities at Hotel Du Lac & Wellness Harmony on the shore of Lake Garda.
- Explore the local area in the afternoon or relax by the hotel's pool.

ACCOMMODATION

Hotel Du Lac - Lake Garda

This beautiful 4-star hotel enjoys an outstanding lakefront position, with direct access to the beach, and is just a few minutes' walk from the centre of charming Limone. The hotel is owned and run by the Fessler Family, who offer wonderful hospitality and a relaxing base. The hotel was originally built by the family's grandfather and is low rise to take full advantage of this stunning location. Winner of several HF Hotel Awards in 2018, this hotel offers fantastic cuisine and a warm welcome.

Accommodation Info

Rooms

There are 96 comfortable, well-appointed bedrooms with:

- Television
- Telephone
- Room safe
- Hairdryer
- Complimentary toiletries
- Small fridge

Facilities

As a guest you will be able to enjoy the use of:

- Outdoor pool (not heated) - private access to the lake if you are feeling brave!
- A wellness centre with small gym
- Extensive gardens
- Direct access to the lake
- Well stocked bar with outdoor terrace to enjoy an evening cocktail
- Our guests have free use of the indoor heated pool and Jacuzzi

Food & Drink

Our holidays at Limone are Half Board including breakfast and evening meal.

Breakfast is an extensive buffet consisting of a wide selection of cold and hot options as well as home-made pastries.

A 3-course served evening meal from a menu that is available to view each evening before proceeding down the steps to the restaurant.

Your Evenings

The friendly atmosphere of our Guided Walking holidays continue into the evening. Enjoy a glass of wine or beer whilst listening to your leaders outlining the next day's walks. Or you can just relax in the hotel bar or on the terrace outside chatting with your fellow guests.

TRAVEL DETAILS

THE HASSLE-FREE OPTION

Book your holiday 'with flight' and choose between Gatwick or Manchester flights to Verona airport. **(Please note that on the 10th October Verona airport will be closed. On this date we will fly into and out of Venice airport)**

If you choose this option we automatically include return transfers between the airport and the hotel.

The coach transfer takes approx 1 hour 30 minutes to the Hotel du Lac.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. We recommend independent travellers meet our **HF Holidays' transfer coach** from Verona airport. This is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £20.

Transfers must be pre-booked. Please call 020 8732 1220 for more details

USEFUL HOLIDAY INFORMATION

Essential Information

- Yoga mat (non-slip) and a small towel
- 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: 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: 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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