

# Northern Lake District Yoga for Backs & Walking Holiday

**Tour Style:** Guided Walking

**Destinations:** Lake District & England

**Trip code:** DBKBW



## HOLIDAY OVERVIEW

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Yoga for Backs is therapeutic and effective yoga for those who want to get healthier and learn back pain relief through easy, gentle postures, breathing and relaxation. Your leader has been awarded the British Wheel of Yoga Specialist Advisor on Back Care & Therapeutic Research, so you are in expert hands. Combine Yoga for Backs sessions with an energising guided walk in the best of the local countryside for the perfect treat for mind and body.

## 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
- Half-day walks, led by an HF Holidays' Walk Leader
- All transport for the walks, where appropriate

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## HOLIDAYS HIGHLIGHTS

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- Anna Semlyen's yoga style is therapeutic yoga with supported Hatha yoga
- Discover effective back pain relief through yoga
- 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

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## ACCOMMODATION

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### Derwent Bank

Close to Keswick and situated slap bang on the shore of Derwentwater, with the glassy lake on one side and the razor-edged ridges, humpbacked fells and muscular mountains of the Lake District on the other, beautiful Derwent Bank has been entrancing walkers since 1785. Extensive refurbishment and investment have seen this established walkers' retreat transformed into a beautiful country house hotel perfect for people looking to explore the great outdoors. It's also perfect for drinking in the views over a glass of something chilled on the terrace. With 41 bedrooms across the main house and garden rooms as well as a rustic 'pod' to sleep in, there's plenty of space, along with a pretty orangery, large lounge and relaxed vibe. The lakeside land encompasses a formal garden, extensive lawns and mature trees. The emphasis is on enjoying the great outdoors and it's all made super easy with walkers' facilities from an inspiration point equipped with maps and route ideas to a boot room and drying space – this is the Lakes, after all. With views of Cat Bells and Grizedale Pike, the inspiration for adventure is never far away. Venture out from the house to head to the high peaks such as Scafell Pike, Blencathra and Helvellyn or stick to the lower slopes and lakes; Ullswater, arguably the most beautiful of the Cumbrian lakes, Borrowdale and Buttermere are all within easy reach.

## 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 stylish outhouse where there are eight garden rooms with exceptional views for stylish, laid-back Lake District accommodation. In the main house, we'd pick room 12 for the extra space and stunning views over the gardens and Derwentwater. Alternatively, ask for rooms 46, 47, 48 and 49 in the outhouse, all first-floor garden bedrooms with their own glass balcony looking over the ornate formal garden and with views of the lake. There's easy access to the boot room and orangery too, making these rooms a must to stay in. If you're after somewhere a little more unusual to stay overnight, there's a 'pod' in the garden that offers extra privacy, sleeps up to four and gives you a great story to take away!

*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, formal garden, extensive garden, putting green, orangery, lounge and board games to borrow*

After a day exploring the Lake District, settle in at our country house. Walk the pretty gardens, pause on the pier that juts out in to Derwentwater and look for the boats and ferry that sail on the lake. Try your hand on the putting green or at croquet. Grab a drink and sit on the terrace above the sloping lawns. Indoors, the spectacular orangery with its superb views, is the ideal setting for a bit of peace and quiet, or sink into the sofas in the large, comfortable lounge. Head to the bar for a great local ale and a cracking conversation with fellow guests.

## Food & Drink

As at all our country houses, holidays are full board, from afternoon tea and cakes 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 Derwent Bank is varied and eclectic but 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 traditional Cumbrian fare from local river trout with samphire to a duo of local lamb. Look out for Eden Valley brie and red onion tart or Whinlatter Forest wild mushroom risotto. And to cap it all, Cumbrian sticky toffee pudding with English Lakes thunder and lightning ice cream.

## Accessibility

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

## TRAVEL DETAILS

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Our address is: Derwent Bank, Portinscale, Nr Keswick, Cumbria CA12 5TY  
Tel: [01768 773667](tel:01768773667)

### By Train:

The nearest train station is at Penrith on the main line between London and Glasgow. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

### HF Station Transfer - Great Value!

Our station transfer operates every Friday and Monday between Penrith station and Derwent Bank. The pickup is at 4.50pm from Penrith railway station. On departure day the transfer will get you back to Penrith station by 9.50am. This transfer costs just £22 return, however a place must be reserved at least 14 days in advance by calling 020 8732 1220.

### By Taxi:

If you can't meet our station transfer, the journey from Penrith to Derwent Bank can be made by taxi. The 20-mile journey from Penrith railway station takes approximately 40 minutes. You can pre-book a taxi from our recommended taxi company, Davies Taxis. The price of a 4-seat taxi is around £40. 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

Davies Taxis\*  
Tel: +44 (0) 17687 72676  
Email: [info@daviestaxis.co.uk](mailto:info@daviestaxis.co.uk)

The return taxi journey can be arranged on your behalf by the Derwent Bank Manager.

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

## By Bus:

The X5 bus runs approximately every hour from Penrith station. The nearest bus stop is on the A66, about  $\frac{3}{4}$  mile walk from Derwent Bank. Alight at the Portinscale bus stop and take the road on the left (signposted to Portinscale, Grange and the Newlands Valley). Follow this road through Portinscale village - Derwent Bank is on the left-hand side after the Derwentwater Marina.

Alternatively catch the bus to Keswick and then take a short taxi journey to Derwent Bank in Portinscale.

For bus times see [www.traveline.info](http://www.traveline.info)

## By Car:

From Penrith - leave the M6 motorway at junction 40 and take the A66 towards Keswick. After 17 miles you'll reach a roundabout in Keswick - continue ahead following signs to Cockermouth and Workington. One mile beyond the roundabout, and 200yds beyond the B5289 turning to Keswick, turn left off off the A66 signposted to Portinscale, Grange and the Newlands Valley. Derwent Bank is approx  $\frac{3}{4}$  mile along this road on the left after the Derwentwater Marina and before the Nichol End Marina. There is a large car park available at Derwent Bank.

## Travelling From Overseas

For most guests the most convenient option is to book a flight to Manchester Airport. There are direct trains every hour from Manchester Airport to Penrith - this is straightforward journey - allow 2 hours to Penrith. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

From Penrith station you can complete the journey to Derwent Bank using our transfer, by bus, or by taxi (see above).

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow at least 4½ hours to reach Penrith. From Heathrow first take the train to London Paddington station. Next take the Underground train to London Euston. Finally the main line train from London Euston to Penrith takes 3 hours. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

## LOCAL AREA

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### DISCOVER THE LAKE DISTRICT

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The Lake District is England's premier national park with outstanding mountain scenery.

#### Keswick

The nearest town is Keswick, about two miles away. As a popular tourist destination it has a range of facilities including supermarkets, banks, a post office, pubs and cafés. It is also well known for its huge number of outdoor shops where you can buy an array of clothing and equipment for the outdoors.

During your visit to Derwent Bank you may enjoy visiting the following places of interest:

#### Derwentwater Launch

Take a leisurely journey around Derwentwater on the ferry - a great way to see the surrounding mountains from a different perspective. The nearest stop at Nichol End is just a few minutes' walk from Derwent Bank. [www.keswick-launch.co.uk](http://www.keswick-launch.co.uk)

## Theatre By The Lake

Situated by the lakeshore in Keswick, the theatre offers an excellent repertoire of plays in the main house and smaller studio theatre. The theatre's popularity means that advance booking is recommended, especially in the high season. [www.theatrebythelake.com](http://www.theatrebythelake.com)

## Honister Slate Mine

Go underground on the mine tour at this famous Lake District mine which is situated at the top of Honister Pass between Borrowdale and Buttermere. Here you can travel underground and learn about the history of Lake District slate production. Honister is around 30 minutes' drive from Derwent Bank, and can also be reached directly using the Honister Rambler bus. [www.honister.com](http://www.honister.com)

## Whinlatter Forest & Go Ape!

Relax at the visitors centre and cafe, or follow the excellent new mountain bike trail; one of the best in Britain. The high-ropes Go Ape course is great option for active teenagers. [www.forestry.gov.uk/whinlatter](http://www.forestry.gov.uk/whinlatter) or [www.goape.co.uk](http://www.goape.co.uk)

## Derwent Water Marina

Hire a canoe or sailing boat and enjoy one of England's most beautiful lakes. Just five minutes' walk from Derwent Bank. [www.derwentwatermarina.co.uk](http://www.derwentwatermarina.co.uk)

## Grasmere

Grasmere is about 30 minutes' drive from Derwent Bank and is famous with its connections with William Wordsworth. The poet's homes at Dove Cottage and Rydal Mount can be visited, the former of which includes the Wordsworth Museum. Wordsworth's birthplace can also be visited in Cockermouth; a pleasant market town to the north-west of Derwent Bank. Both Grasmere and Cockermouth can be reached by local bus from Keswick. [www.wordsworth.org.uk](http://www.wordsworth.org.uk)

## Ullswater

About 30 minutes' drive from Derwent Bank is Ullswater, arguably the most beautiful of the Cumbrian lakes. Enjoy its glorious scenery either on foot or by steamer. If you are visiting the Ullswater area you could also visit the superb waterfall of Aira Force or the country house and gardens at Dalemain. [www.ullswater-steamers.co.uk](http://www.ullswater-steamers.co.uk) or [www.dalemain.com](http://www.dalemain.com)

## Lake District Wildlife Park

Well worth a visit for the whole family. You can watch the antics of the otters, apes and monkeys and marvel at the flying displays of eagles and vultures. [www.lakedistrictwildlifepark.co.uk](http://www.lakedistrictwildlifepark.co.uk)

## Carlisle

Carlisle, about 45 minutes from Derwent Bank is the historic county town of Cumbria. Here you'll find a good selection of shops, the cathedral, and castle. Of particular interest is the Tullie House Museum which is recognised for its exciting, varied events and exhibitions programme and is full of exciting interactive displays. [www.tulliehouse.co.uk](http://www.tulliehouse.co.uk)

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## USEFUL HOLIDAY INFORMATION

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### 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 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. Please bring a rucksack, a thermos flask for a hot drink, a water bottle (at least 1 litre) and first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).

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## 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.

### 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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