

Yoga for Backs Holiday in the Peak District

Destinations: Peak District, United Kingdom & England
Trip code: DVKYB



HOLIDAY OVERVIEW

Therapeutic and effective yoga for those who want to get healthier and learn back pain relief through easy, gentle postures, breathing and relaxation. Breathing techniques enhance energy levels and can benefit our emotional state, while meditation and relaxation techniques calm and replenish us. Your Leader has been awarded the British Wheel of Yoga Specialist Advisor on Back Care & Therapeutic Research, so you are in expert hands.

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

HOLIDAYS HIGHLIGHTS

- Anna Semlyen's yoga style is therapeutic yoga with supported Hatha yoga
- Morning and late-afternoon yoga sessions

- Afternoons free to explore the local area
- Evening relaxation sessions

ACCOMMODATION

The Peveril Of The Peak

The Peveril of the Peak, named after Sir Walter Scott's novel, stands proudly in the Peak District countryside, close to the village of Thorpe. Backed by the cone of Thorpe Cloud, which guards the entrance to Dovedale Gorge and the famous stepping stones at the entrance to the gorge, it's an ideal base for people hoping to explore the Derbyshire countryside. Surrounded by extensive grounds and rolling countryside, it's a picturesque retreat with 46 rooms, large shared spaces and a pleasant bar. Stride out from the house to find Dovedale's wooded ravine, cave-like Dove Holes and of course stepping stones. Upstream lie the heights nicknamed the Dovedale Castle and the Twelve Apostles, best viewed from the grassy spur called Lovers' Leap. While the Peak bit of the area name refers to small English hills rather than great summits, there's superb walking to be had on the Roaches and the gritstone escarpment of Stanage Edge, while Chatsworth, Tissington and Bakewell make attractive places to explore too.

Matchless Country House Accommodation

Accommodation Info

Rooms

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

Stay in the smartly presented rooms in the main house. With 46 rooms, Peveril of the Peak has plenty of space and there's a range of Good and Better Rooms to choose from. Room 2 on the ground floor (accessible via 7 steps down from reception) is spacious and attractively styled with a door opening on to the grounds while the Chatsworth Room has a four-poster bed to recline on.

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, larger television, enhanced toiletries and a fluffy bathrobe & slippers – upgrade your stay for just an extra £15-20 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, ballroom, library and board games to borrow

After a day delving into the Dovedale Gorge or exploring the Peak District, return to the house. Relax on the patio with a coffee or cold drink and soak up the wide-ranging countryside views. Take a turn through the garden and look out for the small canon on one of the lawns. Make your way inside to sit comfortably in the lounge where there's a stash of wood and a log burner for those colder days or snag a seat in the bar with your fellow guests and sip a great local ale by the large windows.

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 Peveril of the Peak 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 five-course feast of regional flavours that might include venison sausage and Derbyshire oatcake, roast rump of Chatsworth lamb and a homemade Bakewell tart with a scoop of decadent Peak Dairy cherry Bakewell ice cream.

Accessibility

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

TRAVEL DETAILS

Our address is: The Peveril of the Peak, Thorpe, Dovedale, Ashbourne, Derbyshire DE6 2AW

By Rail:

The nearest railway stations are Buxton or Derby. For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

By Taxi:

The 19 mile journey from Buxton railway station takes approximately 35 minutes; the 17 mile journey from Derby takes approx 40 minutes. Pre-booked taxis cost £32 per taxi from Derby or £42 from Buxton. Details of our current recommended taxi company and rates will be sent to you with your final dispatch documents, four weeks before departure. The return taxi journey can be arranged on your behalf by the Peveril of the Peak Manager.

By Bus:

There is a bus service as far as Ashbourne, about 3 miles from our country house. From Buxton take the 442 service or from Derby catch the SW1 service. For bus times see www.travelineeastmidlands.co.uk

From Ashbourne complete your journey by taxi, or use the Derbyshire Connect service. This service must be prebooked at least 48 hours in advance by calling 01335 342 951

By Car:

From the south leave the M1 at junction 24 and head to Ashbourne via the A50 and A515. Continue north on the A515 heading towards Buxton. 1 mile north of Ashbourne turn left, signposted to Thorpe, Dovedale and Ilam. After a further 2 miles the road bends sharply left by the Old Dog pub. The Peveril of the Peak lies ahead at the bottom of the hill. Look out for the sign.

From Buxton take the A515 south towards Ashbourne. After 17 miles turn right at a crossroads, following signs to Thorpe. After 1 mile turn right by the Old Dog pub. The Peveril of the Peak lies ahead at the bottom of the hill. Look out for the sign.

From the west leave the M6 at junction 15 and head via the A50, Cheadle (A521) and Oakamoor (A5417) to the A52. At the junction of the A52 and the A523 take the minor road signposted to Ilam. After 1½ miles turn left and descend the hill. Cross the bridge at Ilam, turn right and follow the road up a steep hill and onwards through Dovedale and Thorpe village. The Peveril of the Peak is on the left hand side at the end of the village.

Travel From Overseas

Dovedale is located in the centre of the UK, with a number of airport options.

East Midlands Airport is about 30 miles away - this is served by short-haul European flights. If you're flying here

we'd recommend pre-booking a taxi direct to the Peveril of the Peak.

London Luton Airport has lots of low-cost European flights. From here take the shuttle bus to Luton Airport Parkway station, then on by train to Derby with 1 change at Leicester. Allow 1 hour 50 minutes to Derby - see www.nationalrail.co.uk for train times. Complete your journey by taxi (see above).

Manchester Airport has a much wider range of long-haul flights. There are trains every hour from the airport to Buxton with one change at Manchester Piccadilly. Allow 1 hour 40 minutes to Buxton - see www.nationalrail.co.uk for train times. Complete your journey by taxi (see above).

Flying to London Heathrow Airport is another option, but has a longer onward train journey - allow 3 hours to reach Derby. From Heathrow first take the Piccadilly line Underground train to London St Pancras. From here take a train to direct to Derby - see www.nationalrail.co.uk for train times. Complete your journey by taxi (see above).

LOCAL AREA

Discover The Peak District

The Peveril of the Peak occupies a wonderfully peaceful location in the village of Thorpe, and is surrounded by the rolling countryside of the Derbyshire Dales.

The nearest facilities are in the small town of Ashbourne, about 3 miles away. Here you'll find a full range of shops plus supermarkets, banks, chemists, pubs and cafés.

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

Dove Dale

One of the natural wonders of the Peak District, the spectacular limestone valley of Dove Dale is less than 1 mile from The Peveril of the Peak – just follow the footpath signs from the car park.

Chatsworth House And FountainChatsworth House

Home to the Duke and Duchess of Devonshire, Chatsworth House is one of Britain's most visited stately homes, which sits at the heart of a huge estate. Throughout the house there are fine displays of furniture, silver, tapestries, porcelain and paintings. The formal gardens cover 105 acres and include fountains, sculptures and a maze. Chatsworth is around 50 minutes' drive from The Peveril of the Peak. www.chatsworth.org

Historic Tram Passing Under A Bridge - Crich Tramways Village

Located near the village of Crich, about 45 minutes' drive away, the National Tramway Museum has an impressive collection of vintage trams which run on a recreated historic street. www.tramway.co.uk

Buxton

The Regency spa town of Buxton is about 19 miles from the Peveril of the Peak. Two key attractions are the town's opera house, and Poole's Cavern show cave. www.poolescavern.co.uk or www.buxtonoperahouse.org.uk

Castleton

The popular village of Castleton is an excellent starting point for walks in the 'Dark Peak'; just under an hour's drive away. Nearby are four extensive show caves: Peak Cavern, Blue John Cavern, Speedwell Cavern and Treak Cliff Cavern. www.castleton.co.uk/caverns

Bakewell

Home to the famous 'Bakewell Pudding', this is one of the most attractive small towns in the national park. Bakewell is around 35 minutes' drive away.

Mine Train rollercoaster at Alton Towers

The huge Alton Towers theme park is only 30 minutes' drive away and is a very popular option for families. www.altontowers.com

Cromford Mill

This historic mill, dating from 1771, is a World Heritage Site, about 35 minutes' drive away. www.cromfordmill.co.uk

Haddon Hall

A fortified medieval manor house, dating from the 12th century. Haddon Hall is located near Bakewell, about 45 minutes' drive away. www.haddonhall.co.uk

Tissington Trail

The Tissington Trail is just half a mile away from The Peveril of the Peak. This offers 13 miles of traffic-free cycling along a disused railway line and connects with the 17 mile High Peak Trail. Cycle hire is available nearby.

USEFUL HOLIDAY INFORMATION

What To Bring

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.

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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