

# Yoga & Walking Holiday in the Shropshire Hills

**Tour Style:** Guided Walking

**Destinations:** Shropshire Hills & England

**Trip code:** CSKYW

**Trip Walking Grade:** 2



## HOLIDAY OVERVIEW

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Yoga originated in India some 5,000 years ago. It's a gentle form of exercise with meditation which focuses on strength, flexibility and breathing. Morning yoga sessions will be followed by energising guided walks in the countryside.

## 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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- Expert tuition and advice from our experienced Leaders
- Relaxed and friendly environment

- Small group sizes of 15 people or fewer

## ITINERARY

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### Day 1: Arrival Day

You're welcome to check in from 4pm onwards.

### Day 2 - 5: Your Mind & Body Sessions

#### Mornings

In the mornings, you'll indulge in your first Mind & Body session of the day, led by your HF Holidays Instructor.

#### Afternoons

After lunch, there is free time for you to join a guided walk, explore the area independently or perhaps relax at the country house. The choice is yours!

In the late afternoon, there will be another Mind & Body session for you to join.

#### Evenings

After dinner, you may wish to partake in an optional relaxation session or join in with the in-house activities.

### Day 6: Departure Day

Enjoy a leisurely breakfast before making your way home.

## ACCOMMODATION

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### Longmynd House

Hidden in plain sight, there's a well-kept countryside secret in the heart of England that might just surprise you with its wonderful upland walking, trails, history and heritage. Discover the heart of Shropshire from striking Longmynd House, stood on a wooded hillside above Church Stretton, on the border of England and Wales. Wake early to watch the sunrise from your balcony; take a dip in the heated outdoor pool and gear up for a great day in the hills on walks full of rich variety. Stride out on the Long Mynd itself, a dramatic, isolated whaleback hill with an expanse of heather wilderness and deeply cut valleys, explore the Stiperstones and climb to the Iron Age fort on top of Caer Caradoc, or surround yourself with historic castles, market towns and trails of all kinds.

## Matchless Country House Accommodation

### Accommodation Info

### Need To Know

### Important Covid-19 Steps We Have Taken For Guest Safety: Please Read

As we slowly reopen in the wake of the Coronavirus lockdown, our country house stays are set to be organised a little differently; extra steps have been taken to keep our guests, house teams and leaders safe while we return to action. We ask all our guests to respect the measures put in place.

Initially the overall capacity of the houses has been reduced. Guests must wear face coverings in public spaces. To adhere to social distancing guidelines, we have taken the necessary steps to space out furniture and seating in public areas. In addition, a one-way system will be in place around the house. Adequate signage will be displayed to support the direction of travel to be followed by guests and house teams.

As a temporary measure, we will not be servicing rooms during a stay. Extra tea, coffee, milk, and toiletries will be made available on request for all guests. It is recommended that guests bring their own toiletries for the duration of their stay. We have removed all non-essential and reusable items from our rooms for the meantime including cushions, hairdryers, bathrobes, bed throws, and printed materials to reduce the number of items that need to be disinfected. Hairdryers will be available on request. Clean towels will be available on request. We will though be increasing the frequency of cleaning in our public areas providing particular attention to frequently touched items including door handles and handrails.

For now, there is no cream tea on arrival day. We have also adapted our food offering to remove all buffets and open food items. Different sittings may be required for breakfast and dinner due to the occupancy and size of the house. Picnic lunches will now be pre-ordered the night before from an order form in the room. The bar in each country house will be open, and we will be offering a table service for drinks. At this time there is no, or only a very limited, evening social programme available. Outdoor swimming pools at those houses that have them will re-open throughout August, except at Freshwater Bay House, where the pool will remain closed for 2020. Indoor swimming pools will remain closed.

For more information and to see all the steps taken, [visit our page on how house stays will be adapted](#).

### Rooms

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

Stay in the smartly presented rooms in the main house or in one of 8 brick-built lodges in the grounds. With 54 rooms, Longmynd House has plenty of space and there's a range of Good and Better Rooms to choose from. Chose Room 16 for the four poster bed and separate sitting area, with green leafy views or Room 44 with its compact balcony and outdoor eating area overlooking the heather-clad rise on the far side of the valley. The lodges away from the house offer a little more privacy and their own terrace looking out over the gardens.

*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 and larger television – 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 exploring the Shropshire Hills, return to the house. Stroll through the extensive grounds and discover the woodland sculpture trail that threads through the trees, looking out for 'deer' and 'bears'. Dip into the heated outdoor pool to swim below the trees. Head to the long lounge with its wall of glass giving on to the view outside, or for a more intimate space, sit at the smart bar with its crouching lions and attractive jug lamps or surrender to the leather sofas around the fireplace and enjoy a local pint of Shropshire Lad or Lass with a lively conversation among your fellow guests.

## 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 Longmynd House is varied and tasty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the bright dining room with its wrap around windows hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of regional flavours.

## Accessibility

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

## TRAVEL DETAILS

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Our address is: Longmynd House, Cunnery Road, Church Stretton, Shropshire SY6 6AG  
Tel: [01694 722244](tel:01694722244)

### By Train:

The nearest train station is Church Stretton, which is less than a mile from Longmynd House. However the house is at the top of a steep hill (it has great views!) so a taxi is recommended.

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 Taxi:

It is possible to pre-book a taxi. The journey from Church Stretton railway station takes approximately 15 minutes. You can pre-book a taxi from our recommended taxi company, Alan's Cab. As a guide price, it cost £17 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:

Alan's Cab\*  
Tel: +44 (0) 7970 683126  
Email: [alanbrough207@btinternet.com](mailto:alanbrough207@btinternet.com)

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

\*Alan's Cab is not owned or managed by HF Holidays

**IMPORTANT NOTE:** All taxi companies in Church Stretton are booked for school runs between 2pm and 4:30pm.

### By Car:

Follow the A49 to Church Stretton. At the traffic lights turn off the A49 into the town. At the first T junction turn left into the High Street. Go straight over the mini-roundabout, and then take the next right into Cunnery Road. Follow the road up a steep hill and around a hairpin bend. Longmynd House is at the top of the hill on the left hand side. Look out for our sign. A car park is available in the grounds with free parking.

## Travelling From Overseas

Manchester Airport has the quickest onward connections to Church Stretton. Trains from the airport take 2 hours. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times. (See **IMPORTANT NOTE** above)

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow at least 4½ hours to reach Church Stretton by train. There are a variety of routes. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times. (See **IMPORTANT NOTE** above)

## LOCAL AREA

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The attractive small town of Church Stretton is around 10 minutes' walk downhill from Longmynd House. After the arrival of the railway, the town grew in the Victorian and Edwardian eras and became known as 'Little Switzerland' due to the dramatic hills on both sides of the valley. Today the town retains its bygone charm and has a range of facilities including a variety of small shops, banks, cafés, pubs and a supermarket.

During your stay at Longmynd House you may enjoy visiting the following places of interest, either in your free time, during a self-guided walking holiday or on your journey to and from Shropshire:

### Ludlow

Easily reached by train, or around 20 minutes' drive away, Ludlow is a particularly attractive market town. The historic centre retains many of its medieval buildings, and is towered over by its [well-preserved castle](#). In recent years the town has developed as something of a gastronomic centre, being home to celebrated Michelin-starred restaurants and many acclaimed local food producers.

### Ironbridge Gorge

A little further afield, about 45 minutes' drive from Church Stretton, are the many excellent museums of [Ironbridge Gorge](#). Known as the 'birthplace of the Industrial Revolution' it was here that Abraham Darby perfected the manufacture of cast iron which was later used to build the area's iconic iron bridge across the River Severn. Today there are 10 museums in the gorge including the Museum of Iron, the Coleport China Museum and the excellent Blists Hill Victorian town.

### Severn Valley Railway

The [Severn Valley Railway](#) is one of Britain's premier steam railways. This lovingly recreated Great Western Railway branch line is now run largely by volunteers and is home to an impressive collection of locomotives. As its name suggests, the line follows the rural valley of the River Severn from Bridgnorth to Kidderminster. The nearest station at Bridgnorth is about 40 minutes' drive from Church Stretton.

### Acton Scott Working Farm

Situated just 10 minutes' drive from Church Stretton, the [Acton Scott Working Farm Museum](#) is a living museum based around a restored Victorian farm. In recent years this has featured in the BBC2 series Victorian Farm and Escape in Time.

### Shrewsbury

Also easily reached by train, or a 30-minute drive, Shrewsbury is the county town of Shropshire. The town centre is particularly attractive, featuring many black and white timber houses dating from the 15th and 16th centuries.

## Much Wenlock

The small town of Much Wenlock, about 30 minutes' drive from Church Stretton, is particularly attractive with many black and white timbered houses. Despite its small size, the town can claim to be the birthplace of the modern Olympic Games.

## Hereford

The cathedral city of Hereford, is just under an hour's drive away, and can also be reached by direct train from Church Stretton. [Hereford Cathedral](#) houses a chained library and the famous Mappa Mundi, a 13th century map of the world.

## Attingham Park

[Attingham Park](#) is a grand 18th century house surrounded by an extensive deer park, located outside Shrewsbury, around 25 minutes' drive away. Now managed by the National Trust you can visit the ornate rooms and explore the walled garden and grounds.

## Powis Castle

This former medieval fortress has been re-modelled over more than 400 years – each generation adding to the magnificent collection of paintings, sculpture, furniture and tapestries. The world-famous garden is overhung with clipped yews, and shelters rare and tender plants. [Powis Castle](#) is owned by the National Trust and is located near Welshpool, about 45 minutes' drive from Church Stretton.

## Chirk Castle

Just under an hour's drive north of Church Stretton, [Chirk Castle](#) is a fine medieval fortress completed in 1310. As well as military displays, the castle was also a domestic home for many centuries, and is surrounded by excellent gardens.

## USEFUL HOLIDAY INFORMATION

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### Essential Information

#### Yoga

No special clothing is required for your yoga holiday, but it is recommended that you wear loose-fitting clothes to facilitate easy movement. There may be some work lying down, so it is recommended that you also bring a non-slip Yoga mat and, if possible, 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

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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.

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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 £20 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

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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