

# Mind & Body Retreat in the Southern Yorkshire Dales

**Destinations:** Yorkshire Dales & England  
**Trip code:** MDKMB



## HOLIDAY OVERVIEW

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Join us for a special weekend devoted to the mind and body. Soothe your mind and nurture your body in a variety of well-being taster sessions, led by professional instructors. Each day you'll be able to enjoy different activities such as Yoga, Tai Chi, and guided walks.

## 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 qualified leaders, to ensure you get the most from your holiday

## HOLIDAYS HIGHLIGHTS

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- Take time to focus on you
- Enjoy a variety of Mind & Body taster sessions so that you try something new, or enjoy your favourite activity
- Includes guided walking in the stunning local area
- Enjoy an evening local gin tasting to ensure a holistic approach to relaxation!

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## ITINERARY

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### Day 1: Arrival Day

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

### Day 2 - 3: Time For You

Prepare to focus on you! Throughout your break you'll have time to unwind and relax your body and soul. Our professional leaders will guide you through a variety of taster sessions based indoors and outside in the stunning location.

Your sessions will be published soon but will be a mixture of well-being activities.

Of course you'll also be treated to our usual excellent food along with a local gin tasting (we're sure botanicals are good for you!)

### Day 4: Departure Day

Enjoy a leisurely breakfast before making your way home.

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## ACCOMMODATION

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### Newfield Hall

Situated close to Malham in South Yorkshire's portion of the famous Dales, Newfield Hall offers country-pile atmosphere amid beautiful rural surroundings. A grand country house, this stately, storied property retains many of its original nineteenth century features, from the grand entrance to the sweeping staircase inside. The Hall has 48 bedrooms, as well as two cosy lounges and an elegant bar, providing guests with a laid-back and unstuffy retreat with a generous sprinkling of style. The Dales and countryside on the doorstep are a rambler's paradise, with easy access to Malham Cove and its deeply indented limestone pavement, Gordale Scar and Pen y Ghent as well as the pretty villages of Grassington and Kettlewell.

## 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 one of the main building's beautifully presented rooms or in the tastefully converted Courtyard rooms, which have been reimagined as pretty bedrooms, where pops of mustard contrast with the blue and teal furnishings. With 48 bright and well-appointed rooms, Newfield Hall is one of our largest properties and there's a range of Good, Better and Best rooms to choose from: we love rooms 3 and 6, both of which are large corner rooms containing original features, with large bay windows overlooking the gardens and beyond the pristine farmland, hills, and yes, dales, of this picturesque pocket of Yorkshire: make use of the telescope trained through the window of Room 6 to scour the countryside for trails to explore.

*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 and larger television – 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, walled garden, putting green, heated indoor swimming pool, multi-purpose activity room, ballroom, library and board games to borrow*

After a day exploring, return to the house and its specially tailored walkers' facilities. Once settled, stroll the large gardens and gaze out over the Yorkshire Dales, or try your hand on the putting green. Slip in to the heated indoor swimming pool to soak while still being able to look out over the gardens. Make use of the activity room or simply retreat to one of the lounges: grab a book and curl up in the stylish Ingleborough Lounge or pull up a chair and challenge someone to cards and board games in the smart Pen-y-Ghent Lounge. Stop in the Heritage Room for inspiration at our helpful Discovery Point and look out for our founder T A Leonard's boots, long since retired and sat on the mantelpiece. Pop in to the stylish bar before dinner for a pint of excellent local ale or a favourite gin, pausing to admire the maps set into the bar itself, and retire there later to strike up conversation with other guests and swap stories of your adventures in the Dales.

## 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 Newfield Hall 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 locally sourced river trout, served with wild garlic oil and sautéed samphire, enjoy Yorkshire lamb three ways or try the Yorkshire tea and smoked Wensleydale soufflé with wild

mushrooms. Cap it all with a trio of Yorkshire parkin, Yorkshire pudding and Yorvdale dairy ice cream for a 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: Newfield Hall, Airton, Skipton, North Yorkshire BD23 4AA  
Tel: [01729 830235](tel:01729830235)

### By Train:

The most convenient train station is at Skipton. Gargrave station is closer, but there is no taxi service from this station. 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:

The 8½ mile journey from Skipton to Newfield Hall can be made by taxi. You can pre-book a taxi from our recommended taxi company, Station Taxis. As a guide price, it cost £14 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:

Station Taxis\*  
Tel: +44 (0) 1756 700777  
Email: [stationtaxis@hotmail.co.uk](mailto:stationtaxis@hotmail.co.uk)

The return taxi journey can be arranged on your behalf by the Newfield Hall Manager.

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

### By Car:

From the south, follow the A65 from Skipton to Gargrave. Leave the A65 by Eshton Road, signposted to Malham and pass Eshton Hall on the right. Newfield Hall is approx 2½ miles further on, on the right and before the village of Airton. Look out for our sign.

From the north, exit the M6 at junction 36 and take the A65 towards Skipton. In Coniston Cold village take a sharp left into a narrow road between houses, signposted to St Peters Church and Bell Busk and Malham. Pass under a railway viaduct, then after a mile bear right over a small bridge. After a further mile turn right at the junction, cross the narrow bridge then shortly after turn left through the gateway onto the drive of Newfield Hall. Look out for our sign.

There is free parking with the grounds of Newfield Hall.

## Travelling From Overseas

There is a local airport at Leeds/Bradford which is served by European flights. From here take the airport bus to Leeds station, then on by train to Skipton.

Manchester Airport has a much wider range of long-haul flights. There are direct trains every hour from the airport to Skipton with one change at Leeds. Allow 2 hours to Skipton - see [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow 4½ hours to

reach Skipton. From Heathrow first take the Piccadilly line Underground train to London Kings Cross station. From here take a train to Skipton (1 change at Leeds) - see [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

## LOCAL AREA

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The Yorkshire Dales contains the quintessential landscape of Northern England. Enjoy the surrounding scenery of green patchwork fields, drystone walls and wild moorland hills.

Newfield Hall sits in rolling open countryside. The nearest village with facilities is Gargrave where there is a pub and shop. The market town of Skipton is about seven miles away. Here you'll find a full range of facilities including supermarkets, shops, banks, chemists, pubs and cafes.

During your visit to the Newfield Hall you may enjoy visiting the following places of interest:

### Malham Cove

Just 10 to 15 minutes' drive from Newfield Hall is the dramatic Malham Cove, just one of the iconic limestone sights of the Yorkshire Dales. If you are not visiting the cove as part of your holiday, it's well worth making the short walk from the village.

### Skipton

The market town of Skipton, about 20 minutes' drive from Newfield Hall is a vibrant place to visit. Dominating the town is its well-preserved medieval castle. [www.skiptoncastle.co.uk](http://www.skiptoncastle.co.uk)

### Brontë Parsonage

Visit the parsonage in Haworth, the home of authors Charlotte, Emily and Anne Brontë. Many of their most famous works were written here, including Jane Eyre, Wuthering Heights and the Tenant of Wildfell Hall. Haworth is around 45 minutes' drive from Newfield Hall. [www.bronte.org.uk](http://www.bronte.org.uk)

### Keighley And Worth Valley Railway

This preserved steam railway runs from the centre of Keighley to Oxenhope via the 'Brontë' village of Haworth. The line is still well-known as the setting for the 1970 film 'the Railway Children' and boasts an impressive selection of steam locomotives. Keighley station is around 35 minutes' drive from Newfield Hall. [www.kwvr.co.uk](http://www.kwvr.co.uk)

### Settle To Carlisle Railway

Ride England's most scenic railway through the Yorkshire Dales from Hellifield or Settle station. Heading north over the iconic Ribbleshead viaduct you could head to the small market town of Appleby, or the border city of Carlisle. [www.settle-carlisle.co.uk](http://www.settle-carlisle.co.uk)

### Fountains Abbey

This impressive World Heritage Site contains the dramatic ruins of Fountains Abbey, the largest monastic ruins in the country. There is an exhibition of life in the medieval Abbey. Adjacent to the abbey is Studley Royal water garden – England's most spectacular Georgian water garden.

### White Scar Cave

Located near the village of Ingleton, about 40 minutes' drive from Newfield Hall, White Scar is Britain's longest show cave. The underground tour reveals spectacular caverns, waterfalls and stalactites.

www.whitescarnecave.co.uk

## Brimham Rocks

See the curious formations of Brimham Rocks above the valley of Nidderdale; around an hour's drive from Newfield Hall. [www.nationaltrust.org.uk/brimham-rocks](http://www.nationaltrust.org.uk/brimham-rocks)

## RHS Harlow Carr Garden

Situated near Harrogate, about 50 minutes' from Newfield Hall, are the Royal Horticultural Society's gardens at Harlow Carr. The gardens have been planted to suit the challenging growing conditions of the north. Wander and enjoy the tranquil surroundings. [www.rhs.org.uk/gardens/harlow-carr](http://www.rhs.org.uk/gardens/harlow-carr)

## Harrogate

The spa town of Harrogate has fabulous shopping, fine cuisine and glorious gardens. Visit the Turkish baths & health spa, Royal pump room and museum, Valley gardens and Betty's tearooms.

## Lightwater Valley

Set in 175 acres of parkland near Ripon, just over an hour's drive away, Lightwater Valley has big thrill rides including the 'Ultimate', the longest rollercoaster in Europe. The park has over 40 rides and is fantastic fun for all the family. [www.lightwatervalley.co.uk](http://www.lightwatervalley.co.uk)

## York

One of Britain's most attractive historic cities, York is about a 1½ hours' drive from Newfield Hall. Attractions include the city walls, Minster, National Railway Museum, and Yorvik Viking Centre. [www.yorkminster.org](http://www.yorkminster.org)  
[www.nrm.org.uk](http://www.nrm.org.uk) or [www.jorvik-viking-centre.co.uk](http://www.jorvik-viking-centre.co.uk)

## USEFUL HOLIDAY INFORMATION

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### What To Bring

Please bring a mat for Pilates and yoga, socks and a small blanket to cover you during the relaxation sessions.

It is recommended that you wear

- Loose-fitting clothes to facilitate easy movement for classes such as Pilates and yoga
- Trainers and aerobic type clothing for DANCEHIIT sessions
- For guided walks to enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities.

Footwear with a good grip on the sole (e.g. Vibram sole)

Several layers of clothing, which can be added or removed, are better than a single layer

Fabrics (lightweight and fast drying) designed for the outdoors are recommended

Waterproof jacket and waterproof over trousers

Warm hat and gloves

Denim jeans and capes are not suitable on any walks

Water bottle

### OPTIONAL EQUIPMENT

Insect repellent

Sun hat

Sunglasses  
Sun cream  
Camera

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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: 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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