

Yoga & Mindfulness Meditation Holiday in the North York Moors

Destinations: North York Moors & England
Trip code: WYKYM



HOLIDAY OVERVIEW

In yoga, the practice of postures, breathing exercises, relaxation and meditation promote flexibility, strength and a calmer, more focused mind. Mindfulness Meditation allows you to pay attention to your thoughts and feelings, becoming more aware of them, and therefore better able to manage them. This trip combines both disciplines with optional afternoon guided walks to give both mind and body a gentle workout. No prior experience is necessary; our expert tutors will be on hand to guide you.

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

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

- Small group sizes of 15 people or fewer

ITINERARY

Day 1: Arrival Day

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

Day 2 - 3: 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 4: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Larpool Hall

Escape to Whitby, whose handsome harbour and medieval streets are famously the setting for Bram Stoker's Dracula and home to the world's best fish and chips, for a stay in Larpool Hall. This imposing Grade II listed Georgian mansion has been part of the town for hundreds of years and has evolved to offer an updated take on traditional hospitality. The Hall retains its original grandeur and styling, while offering guests the perfect mix of contemporary comforts to deliver a large amount of atmosphere and character. Sweep up the magnificent staircase, marvel at the impressive fireplaces, watch through the large picture windows and feel yourself transported. With 29 rooms, 14 acres of attractive grounds and views over the Esk Valley, you couldn't be better placed. Step out to explore the coast, Captain Cook country or walk on the Cleveland Way. Discover Robin Hood's Bay and hunt for fossils or head deep into the North York Moors for a contrasting landscape carpeted in sweetly scented heather.

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 Hall's smartly presented rooms, where contemporary design touches complement the original architecture and features. With 29 bedrooms, Larpool Hall has plenty of space and there's a range of Good, Better and Best Rooms to choose from. Choose the very spacious Room 15 on the ground floor for its lemon and grey styling, super-comfy sofa in front of a large fireplace and views across the Esk Valley. Climb to Room 2 on the first floor for similarly expansive vistas from the front of the house, or settle in under the eaves and exposed beams of beautiful Room 30 on the second floor of the house.

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, extensive garden, multi-purpose activity room, three lounges, library

and board games to borrow

After a day exploring the tight and twisty streets of Whitby or the windswept headlands and smugglers' haunts of the Yorkshire coast, come back to the house and its specially tailored walkers' facilities. Relax outside in the pretty courtyard or stroll the 14 acres of grounds and gardens with their manicured lawns and mature trees. Grab a well-thumbed copy of Dracula and hole up in the lounge, or join fellow guests in the large ballroom with its comfy seating and central dance floor to discuss your own adventures. The small, sociable bar provides another great space in which to relax.

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 Larpool Hall 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 local flavours.

Accessibility

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

TRAVEL DETAILS

Our address is: Larpool Hall, Larpool Drive, Whitby, North Yorkshire, YO22 4ND
Tel: [01947 602737](tel:01947602737)

By Train:

The nearest railway station to Larpool Hall is at Whitby. However, you may find that travelling to Scarborough station is more convenient. For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

By Taxi:

The 2 mile journey from Whitby station takes approximately 10 minutes, with a cost of around £6 per 4 seat taxi. The 21 mile journey from Scarborough rail station takes approximately 40 minutes, with a cost of around £30 per 4 seat taxi. Please note these are 2019 prices relevant to a 4-seat taxi and should only be taken as a guide. 8-seat taxis are also available at a higher rate. Abbey Taxis, our current recommended taxi company, can confirm prices on booking. Please pre-book your taxi at least 7 days in advance by contacting:

Abbey Taxis*

Tel: +44 (0) 1947 601212

Email: whitbytaxis2012@gmail.com

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

*Abbey Taxis is not owned or managed by HF Holidays

By Bus:

The 93 bus runs regularly between Scarborough station and Whitby. As you approach Whitby, alight by the Larpool Industrial Estate. From here it is an 800 metre walk to Larpool Hall. See www.traveline.info for bus times.

By Car:

Most guests approach Whitby via the A171 from Teesside or the A169 from Pickering and Malton; these roads

converge at a roundabout about 2 miles outside Whitby. After this roundabout and as you approach Whitby, cross another roundabout then turn right at the traffic lights signposted to Scarborough. Cross the large bridge over the River Esk, then immediately turn right into Larpool Lane. Towards the top of the hill take the narrowing road of Larpool Drive. Larpool Hall is directly ahead at the end of this road. A free car park is available in the grounds.

Travelling From Overseas

Manchester Airport is served by a range of long-haul flights. There are trains every hour from the airport to Scarborough with one change at Manchester Piccadilly. Allow 2hrs 50 minutes to Scarborough - see 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 Scarborough. From Heathrow first take the Piccadilly line Underground train to London Kings Cross station. From here take a train to Scarborough (1 change at York) - see www.nationalrail.co.uk for train times.

From Scarborough you can complete the journey to Whitby by bus or taxi (see above).

LOCAL AREA

During your stay at Larpool Hall you may enjoy visiting the following places of interest, either in your free time, or on your journey to and from Whitby:

Whitby is a bustling harbour town and a popular tourist destination. From Larpool Hall it is a 1½ miles downhill walk, or a short drive to the town centre. The town has a full range of facilities including shops, banks, pubs and cafés. If you don't mind the queue, the Magpie café on the waterfront is said to serve England's best fish and chips!

Whitby Abbey

The iconic ruined abbey commands a wonderful position above the harbour and can be reached by climbing the famous 199 steps. About 10 minutes' drive or a 1½ mile walk. www.english-heritage.org.uk/whitby-abbey

Staithe

The pretty fishing village of Staithe is a pleasant spot to visit. Young children may well recognise the village as the setting for Old Jacks Boat on CBeebies. Around 25 minutes' drive from Whitby.

North Yorkshire Moors Railway

The North Yorkshire Moors Railway operates steam trains over its 18 mile line between Grosmont and Pickering and in the summer some trains continue over the British Rail branch line to Whitby. This is a highly scenic route: one reason why the line has become Britain's most visited steam railway. The well-kept and historic stations are worth seeing for their own sake and you may well recognise Goathland which has doubled as 'Adensfield' on the Heartbeat TV series, and as 'Hogsmeade' in the Harry Potter films. Either join the train at Whitby, or at Grosmont, about 20 minutes' drive away. www.nymr.co.uk

Scarborough & Stephen Joseph Theatre

Scarborough is a quintessential Victorian seaside resort with plenty of attractions for both young and old. The Stephen Joseph Theatre in Scarborough is home to Alan Ayckbourn, the renowned playwright. It has two theatres - the round and the McCarthy which doubles as a cinema, plus a restaurant and shop. www.sjt.uk.com

Whitby To Scarborough Cycle Trail

This superb trail uses the route of disused railway line and offers miles of traffic-free cycling, often with outstanding sea views. The trail passes right next to Larpool Hall and heads south to Robin Hoods Bay, Ravenscar, or if you are feeling keen to Scarborough. Bikes can be hired at nearby Hawsker.

www.trailways.info

Rydale Folk Museum

This museum is located at Hutton-Le-Hole, about 50 minutes' drive from Whitby. This pretty village west of Pickering that has a feel of a Cotswold village, being built of mellow stone and with a stream though the middle. The museum houses exhaustive displays of rural life and crafts in buildings spread over several acres.

www.rydalefolkmuseum.co.uk

Castle Howard

Located near Malton about an hour's drive from Whitby, Castle Howard is one of Britain's grandest stately homes. It is well known as the location for the TV series *Brideshead Revisited*. Today the house is still owned by the Howard family and the building hosts many exhibitions & events throughout the year. Also of interest are the extensive gardens that contain a formal rose garden and elegant ponds and fountains.

www.castlehoward.co.uk

York

One of Britain's most attractive historic cities, York is about a 1 hour 20 minutes drive from Larpool Hall. Attractions include the city walls, Minster, National Railway Museum, and Yorvik Viking Centre.

www.yorkminster.org www.nrm.org.uk or www.jorvik-viking-centre.co.uk

USEFUL HOLIDAY INFORMATION

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. 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

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 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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