

Yoga & Tai Chi in the Brecon Beacons

Destinations: Brecon Beacons & Wales
Trip code: BRKTY



HOLIDAY OVERVIEW

Tai Chi is an ancient form of exercise originating from China combining slow, flowing movements with controlled breathing. The peaceful movement encourages quietness whilst restoring energy and vitality. With Kundalini yoga the practice of postures, breathing exercises, relaxation and meditation promotes flexibility and a calmer and more focused mind.

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

- Linda focuses on the different seasons - on this holiday you'll work on the Water element, to strengthen your kidneys
- Enjoy the slow flowing movements of Tai Chi each morning

- Practice Kundalini yoga postures, breathing and relaxation each afternoon
- Experienced tutor will answer your questions and guide you through the key principles

ACCOMMODATION

Nythfa House

Pretty country pile Nythfa House stands above the traditional mid-Wales market town of Brecon and sits within easy reach of the Brecon Beacons National Park. Having spent its early life as a large private house, the building has been converted into a comfortable country hotel. The interiors look like they've evolved naturally over time, staying rooted in the local area and house architecture while being filled with contemporary furniture and colours. As well as 31 rooms and a range of public spaces and an inviting indoor pool to tempt you, there are pretty grounds and a short walk to the streets of Brecon itself. The contrasting countryside close by provides challenges including sweeping ridges, an ascent of the Black Mountains and scaling Pen-y-Fan as well as more subtle strolls through the river-carved landscapes of the Melte Valley, along the trail of a series of awesome waterfalls, or time spent dawdling through the second-hand bookshops in Hay-on-Wye.

Matchless Country House Accommodation

Accommodation Info

Need To Know

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

Following the relaxation in government guidance on 19 July, we are continuing to take extra steps to keep our guests leaders, and staff safe in our HF country houses. We ask all our guests to respect the measures put in place.

The English, Scottish and Welsh governments are not in sync, so measures in our country houses will vary between the nations. With the relaxation of social distancing in England, from 19 July we will be allowing larger groups to dine and relax in the bar together. However, we will still give guests space e.g. we will seat 6 people at a table where pre-pandemic we may have seated 8. We will ensure our public rooms are well ventilated by opening doors and windows wherever possible. If you have any concerns about distancing, please speak to the House Manager. The government recommendation for England is to wear face coverings in crowded areas. You must wear a face covering by law in public areas in hotels in Scotland. This is mandatory in public spaces; however, face coverings will not be required whilst eating and drinking in the restaurant and bar areas or whilst you are outside our houses. In Wales face coverings will remain a legal requirement indoors, with the exception of hospitality premises.

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 will though be increasing the frequency of cleaning in our public areas providing particular attention to frequently touched items including door handles and handrails.

Menus for the week will be available in your room on arrival. A self-service breakfast will be served from 7.45am – 9am. Picnic lunches will now be pre-ordered the night before from an order form in the room. Evening meals will be table service. A dinner order form will be available in each room for completion. Dinner is served at either 7.15pm or 7.30pm. Please check at the house for details. The bar will be open. We will be offering a table service but guests can also come to the bar to order (depending on local restrictions).

Join our team after dinner on Wednesday evenings for the HF Big Pub Quiz. There will be one other evening of entertainment at the start of the week, which will vary depending on the country house that you are staying

at. Our Walk Leaders will also be on hand in the bar or lounge for individual or small group walks talks briefings, which allow guests to talk through the following day's walk options and ask any questions. All of our swimming pools are open, except for Glen Coe, which will not re-open this year. Swimming Pools will be operated in line with maximum capacities.

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 the eight garden rooms or three single bed pool rooms across the grounds. With 31 rooms - including four on the ground floor - Nythfa House has plenty of space and there's a range of Good, Better and Best Rooms to choose from. Opt for Rooms 6 or 7 in the main house for delightfully decorated, spacious places to stay, each with sumptuous views over the garden and Brecon Beacons. Room 21 is a quirky 'Better' room up in the eaves, with a separate sitting space and cosy bedroom - just mind your head on the low ceiling! Look out for the fresh floral designs in the pretty garden rooms too, which have their own small deck from which to enjoy views of the gardens.

All 'Good' rooms are en-suite 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 and drying room, indoor swimming pool, extensive garden, conservatory, lounge, library and board games to borrow

After a day exploring waterfall country or the Beacons, come back to the house and its specially tailored walkers' facilities. At the front of the house there's a pretty garden to pause in, with a putting green and croquet lawn attached. Duck into the conservatory to enjoy views out over the gardens from under the twisting branches of an old vine. Whether you relax in the lounge, or get together with other guests for a board game or great conversation, make sure to make time for the cosy bar, and try a dram of award-winning whisky from the local Penderyn distillery, which uses water from the Brecon Beacons National Park. There's also a Brecon Botanicals gin that's wonderfully well regarded.

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 Nythfa House 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. Make a beeline for the big bay window table to try Cawl Cennin, a leek broth, served with a Welsh Rarebit finger, followed by Tatws Pum Munud, a speciality Welsh potato dish, or double roasted Welsh lamb. Round your evening off with South Wales marmalade sponge with lashings of Penderyn whisky custard.

Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865 or view the accessibility information online for [Nythfa House](#)

TRAVEL DETAILS

Our address is: Nythfa House, Brecon, Powys, LD3 7NN
Tel: [01874 624287](tel:01874624287)

By Train:

The most convenient railway station is at Abergavenny. For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

By Taxi:

The 20-mile journey from Abergavenny railway station takes approximately 40 minutes. You can pre-book a taxi from our recommended taxi company, A&A Cabs. As a guide price, it cost £35 per 4-seat taxi in 2020. 8-seat taxis are also available at a higher rate. A&A Cabs will arrange shared taxis wherever possible. Please pre-book your taxi at least 7 days in advance by contacting:

A&A Cabs*
Tel: +44 (0) 1874 622288
Email: aandabrecon@yahoo.ie

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

*A&A Cabs is not owned or managed by HF Holidays

By Bus:

The X43 bus operates from Abergavenny station to Brecon. Alight at the bus interchange in Brecon. Facing the road, head left along Heol Gouesnou to the traffic lights. Turn right heading uphill along Cerrigcochion Road for around 70 yards, and then turn left into Belle Vue Gardens. Head along the road and turn right at the T-junction (still Belle Vue Gardens). Head up the road to another T-junction and turn left into Cerrigcochion Lane. Walk for about 15 yards and you will see the Nythfa House sign on your right. For bus times see www.traveline.info

By Car:

Most guests approach Brecon via the A40 from Abergavenny or the A470 from the northwest. These two roads converge at a roundabout on the Brecon bypass. At the roundabout follow the B4601 for a mile into Brecon. Turn right at the second mini roundabout, then go straight on at the cross roads with traffic lights. After 500yds turn sharp right into Mount Street, then second left into Belle View Road. Stop at the top of the road at the T Junction then go straight ahead up the drive to Nythfa House.

Travelling From Overseas

For most guests, travelling to London Heathrow airport is the most convenient option.

From Heathrow first take the train to London Paddington station. From here there are trains to Abergavenny (1 change at Newport) - allow 3 to 3½ hours. See www.nationalrail.co.uk for train times.

From Abergavenny you can travel on to Brecon by bus or taxi (see above).

LOCAL AREA

During your stay at Nythfa House you may enjoy visiting the following places of interest, either in your free time,

on your journey to and from Brecon or if you are travelling on a self-guided holiday:

Brecon is a quaint market town at the foot of the Brecon Beacons; an area of sweeping high moorland, and beautiful green valleys. The town has a good range of facilities including shops, supermarkets, post office, chemists, banks, pubs and cafés. During your stay you may enjoy visiting [Brecon Cathedral](#) or take a scenic cruise from Brecon along the [Monmouthshire and Brecon canal](#).

Big Pit National Coal Museum

Travel underground at the excellent [Big Pit National Coal Museum](#) in Blaenavon and discover the life of a South Wales coal miner. Blaenavon is around 45 minutes' drive from Brecon.

Hay-on-Wye

The quaint small town of [Hay-on-Wye](#) is about 30 minutes' drive from Brecon, and can also be reached by bus every 2 hours. The town is now famed for its annual literary festival, and extensive selection of second-hand book shops.

Hereford

Hereford is an attractive city, around an hour's drive from Brecon. [Hereford Cathedral](#) houses the famous Mappa Mundi, a 12th century map of the world.

National Showcaves Centre For Wales

The [National Showcaves Centre for Wales](#) is home to a series of impressive show-caves, some of the largest in Europe, which house some fine stalactites and stalagmites. The caves are around 30 minutes' drive from Brecon.

Tretower Court

Located near the village of Crickhowell, about 20 minutes' drive from Brecon, [Tretower Court](#) is a fine Medieval fortified manor house.

Cardiff

The vibrant Welsh capital of [Cardiff](#) is around 40 miles or 1 hour's drive from Brecon. A visit could include the St Fagan's National History Museum, Castell Coch, or the National Museum.

Brecon Mountain Railway

The [Brecon Mountain Railway](#) is a narrow-gauge heritage railway which follows part of the route of the original Brecon & Merthyr Railway which closed in 1964. The 90-minute journey heads north from near Merthyr Tydfil into the Brecon Beacons National Park, passing a large reservoir as it climbs up to Torpantau station. On the return journey from Torpantau to Pant, the train stops at Pontsticill station where there is a lakeside café which is a nice spot from which to admire the view. At Pant station there is a workshop where the steam locomotives and carriages are maintained.

USEFUL HOLIDAY INFORMATION

Essential Information

No special clothing is required for your Tai Chi & Yoga holiday, but it is recommended that you wear loose-fitting clothes to facilitate easy movement. Please also 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: 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 £30 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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