

Yoga & Walking Holiday in the Isle of Wight

Tour Style: Guided Walking

Destinations: Isle of Wight, United Kingdom & England

Trip code: FWKYW

Trip Walking Grade: 1



HOLIDAY OVERVIEW

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

- 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 to your room from 2:30 p.m. onwards (upgraded rooms from 1 p.m.) Please join us for afternoon tea.

Day 2 - 4: 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 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Freshwater Bay House

Holidaying on the picturesque Isle of Wight doesn't get any better than at Freshwater Bay House. Stood atop the island's classic white cliffs and dominating the bay that it is named after, Freshwater Bay House has a gorgeous location. As well as 43 bedrooms, many decked out in blue and white printed wallpaper featuring foam-tipped waves breaking softly across the walls that act as a promise of the coastal scenery to come, there are three lounges and a friendly bar. Extensive gardens give on to the coast path, with a staircase that drops to the beach one way, while a path leads away across Tennyson Down towards the Needles in the other direction. If you're experiencing some of the island's plentiful sunshine (it averages around 2,000 hours a year), head to Alum Bay for coloured sands or Compton Bay for dinosaur footprints. Explore Carisbrooke Castle, stroll through Ventnor Botanic Gardens and keep an eye out for red squirrels in Borthwood Copse and America Wood.

Matchless Country House Accommodation

Accommodation Info

Rooms

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

Stay in one of the main building's bright, beautifully presented rooms, many that come with sea views. They're mostly spacious and chic, styled to acknowledge the house's nautical connections but with a modern twist of dove greys, clean whites and contemporary furniture. With 43 bedrooms, Freshwater Bay House has plenty of space and there's a range of Good, Better and Best Rooms to choose from: Rooms 19 and 20 on the first floor come with spectacular sea views out over the English Channel; Rooms 18 and 22 are sumptuous corner rooms with expansive views over both the bay and Tennyson Downs. If it's a room with a view you're after, ask for Room 24, a superb, spacious corner space with five large windows all overlooking the gardens and bay, with its own private sitting room to relax in. Request Room 39 on the second floor and you'll get an attractive corner room complete with a bath to soak in after a day of coastal walking.

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, 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, outdoor swimming pool, multi-purpose activity room, lounges, library and board games to borrow

After a day walking on the coast, come back to the house and its specially tailored walkers' facilities. Relax by sitting in the extensive gardens or challenge a fellow guest to a game of croquet. If you're visiting with children, turn them loose in the outdoor playground area or watch them splash in the large heated alfresco pool – there's seating with sea views for you to enjoy a drink in too on a hot English summer's day. For something less strenuous, snag a comfy chair in one of the three cosy lounges to read a book, play a board game or just hideaway; there's a grand piano in one if you're feeling musical. Head to the bar before dinner to perch on a tall stool with a perfect gin and tonic made with the Isle of Wight's very own Mermaids Gin and a chance to catch up with your companions.

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 Freshwater Bay House is hearty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the light-filled 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: Freshwater Bay House, Freshwater Bay, Isle of Wight PO40 9RB

By Ferry & Transfer - Great Value!

We offer a reduced price ferry and transfer ticket - just £23 return for adults and £13 for children. This includes a foot passenger ticket for the Wightlink Lymington to Yarmouth ferry, plus a connecting taxi / coach transfer to Freshwater Bay.

Our transfers operate every Saturday and Tuesday (Friday and Monday in the low season). These connect with the 1500 or 1600 ferries from Lymington. On departure day the transfer will get you back to Yarmouth in time to catch the 0845 or 1005 ferries to the mainland.

Book your tickets at least 14 days in advance by calling our Reservations team on 020 8732 1220.

By Train:

The nearest train station is Lymington Pier on the mainland. This is immediately adjacent to the ferry terminal. For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

By Ferry:

The Wightlink Lymington to Yarmouth ferry is the most convenient for Freshwater Bay - see www.wightlink.co.uk

Alternatively the Red Funnel Southampton to East Cowes ferry is often the cheapest option if you want to take your car to the Isle of Wight - see www.redfunnel.co.uk

By Car:

From Yarmouth turn right out of the ferry terminal onto the A3054 and over the bridge across the River Yar. After 1 mile turn left down Pixley Hill, signposted to Freshwater Bay. Turn left at Freshwater Garage and continue along Afton road. At the Lifeboat station turn right and follow the road round passing the Albion Hotel on the left. The entrance to Freshwater Bay House is the next driveway on your left.

From East Cowes: Follow signs for Newport following A3021 and then A3054. Continue through Newport and Carisbrooke. Turn left onto the B3401 through Calbourne. At the T junction with Afton Road (A3055) turn left and then right by the Lifeboat station and follow the road round passing the Albion Hotel on the left. The entrance to Freshwater Bay House is the next driveway on your left.

Alternatively leave your car on the mainland and travel to the Isle of Wight as a foot passenger. There is a pay and display car park at Lymington Pier - price approximately £8.50 per day.

Travelling From Overseas

If you're travelling from Europe the most convenient airport is at Southampton. From Southampton Airport Parkway station (adjacent to the airport terminal) there are regular trains to Lymington Pier - journey time 40 minutes). See www.nationalrail.co.uk for details.

For most guests, travelling to either London Heathrow or London Gatwick airport is the best option. See www.nationalrail.co.uk for onward connections by train to Lymington Pier.

Local Area

The Isle of Wight is a delightful haven away from the bustle of the mainland, easily reached by ferry. Broadly diamond shaped, the island is 25 miles long and 15 miles wide. This makes it ideally sized for a week's walking and exploration.

Freshwater Bay

Freshwater Bay is a small semi-circular cove at the foot of the garden of Freshwater Bay House. There is a pebble beach here, or better sandy beaches approximately 3 miles away at Totland Bay or Colwell Bay. Shops and banks are located in Freshwater village, about 30 minutes' walk away.

Yarmouth

The small harbour town of Yarmouth is located 3 miles north of Freshwater Bay; either a 10 minutes drive, a pleasant 1 hour walk, or reached using the 'Needles Breezer' open-top bus. Yarmouth has a selection of small shops and pubs, and there's always a bustle of activity around the harbour. Yarmouth's Tudor castle is also worth a visit. www.english-heritage.org.uk/visit/places/yarmouth-castle/

Osborne House

Queen Victoria's island residence, managed by English Heritage, is located near East Cowes at the north of the island. Enjoy the lavish interiors and take time to explore the extensive grounds which slope down to the Solent. Osborne House is about 40 minutes drive from Freshwater Bay. During the main season (May to Sept) we offer an excursion to Osborne on most Wednesdays. www.english-heritage.org.uk/visit/places/osborne/

Carisbrooke Castle

A fine medieval castle situated near Newport in the heart of the island. The castle's most famous 'resident' was King Charles I, who was imprisoned here after the English Civil War. Walk around the impressive walls and visit the castle's famous well where donkeys are used to raise the water using a large treadmill. The castle is around 20 minutes' drive from Freshwater Bay, and can also be reached direct using the number 12 bus. www.english-heritage.org.uk/visit/places/carisbrooke-castle/

Isle Of Wight Steam Railway

Step back in time and ride this vintage steam railway from Wootton to Smallbrook Junction. The railway has a particularly historic collection of locomotives and rolling stock, including many wooden 4-wheeled carriages dating from the the 19th Century. The main station is at Havenstreet where you'll also find a museum and the line's workshops. The steam railway is about 45 minutes' drive away, but can also be reached by local bus, via Newport. www.iwsteamrailway.co.uk

Blackgang Chine

This fantasy theme park is a big hit with children of all ages. Attractions include Cowboy village, 'Fantasyland', maze and the giant snakes and ladders. Adults may also enjoy the maritime exhibition and working sawmill. Blackgang is 20 minutes' drive from Freshwater Bay and in Summer can be reached using the 'Island Coaster' bus. www.blackgangchine.com

Ventnor Botanical Gardens

The island's rich climate enables Mediterranean plants to prosper. Enjoy magnificent floral displays and relaxing gardens. Ventnor is 30 minutes' drive from Freshwater Bay and in Summer can be reached using the 'Island Coaster' bus. www.botanic.co.uk

About

Coastal Country House • 43 Bedrooms • Open March to November & Festive Period • Standard check-in from 2.30pm • Free Parking on site • Free Wi-Fi throughout • Walkers' Facilities including Boot Room & Drying Room • Discovery Point with route guides and maps • Heated Outdoor Swimming Pool

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 & 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.

ASSOCIATE'S FEE

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life 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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