



HF Holidays News Release – AUGUST 2019

Dance Stars Join HF Holidays Dance Breaks for 2020.

Award-winning holiday tour operator HF Holidays is delighted to be working with professional dancers Karen Hardy and Flavia Cacace as Guest Dancers, on their Special Interest dance breaks for 2020.

HF Holidays already has a great team of expert dance leaders running their immensely popular dance holidays but are extremely excited to add the expertise of glitterball champions Karen Hardy and Flavia Cacace.

Guests can choose to take part in a wide range of dance styles including Ballroom and Latin with options to suit different abilities. Other dance breaks focus on Folk, Circle, Sequence or Line dancing as well as Playford Style – the type of dancing seen in TV series such as *Pride and Prejudice* and *Poldark*.

NEW: DANCE WITH FLAVIA CACACE

Flavia Cacace is known as being one of the UK's leading Ballroom/Latin and Argentine Tango performers. Having spent years making her name in the amateur dancing world, winning numerous titles and championships she went on to star in the BBC's 'Strictly Come Dancing' for over 7 years, capturing the hearts of the nation with showstopping tango routines.

Guests of all abilities can enjoy a weekend of dance with HF Holidays' instructors and then enjoy a small group masterclass with Flavia. The emphasis will be on learning new steps and improving technique in the comfort of their country house in Malham, which comes complete with its own ballroom.

Prices start from £399 per person for 3 nights full board accommodation, at HF Holidays country house Newfield Hall in Malham on Friday 29 May 2020.

NEW: DANCEHIIT WITH FLAVIA

Guests will also be able to join Guest Dancer Flavia Cacace during the HF Holidays Mind & Body Retreat at their country house at Selworthy, Somerset. The Dance High Intensity Interval Training (DanceHIIT) sessions, led by Flavia, are designed to give a high intensity full



body workout to burn fat, build muscle and enhance fitness – all to music! It's a fun and enjoyable way to exercise and burn calories.

Prices for Mind & Body Retreat weekend at HF Holidays country house Holnicote House, Selworthy start from £385 per person, for 3 nights full board accommodation on Friday 10 April 2020 or 4 nights from Monday 13 April 2020 at £549 per person.

NEW: DANCE WITH KAREN HARDY

Karen has won a host of national and international titles during her illustrious professional dance career. She won over the nation when she starred in the BBC's 'Strictly Come Dancing' and lifted the glitterball trophy with Mark Ramprakash. She then delighted us all when she taught living room audiences to dance in 'It Takes Two' from her 'Choreography Corner'.

Guests of all abilities will be able to enjoy a weekend of dance with HF Holidays' instructors and also a small group masterclass led by Guest Dancer Karen. HF Holidays country houses located in Malham, Yorkshire Dales and Church Stretton, Shropshire provide the perfect setting and the space needed to glide across the dancefloor on this fun weekend ! Departures are scheduled for January and October 2020.

Prices start from £399 per person for 3 nights full board accommodation, at HF Holidays country houses Newfield Hall in Malham on Friday 24 January 2020 and Longmynd House, Church Stretton on Friday 2 October 2020.

Rachel Ashburner, Special Interest Product Manager, says, 'We're delighted to introduce new dance professionals to our UK holidays – guests can be taught by former Strictly Come Dancing professionals Karen Hardy and Flavia Cacace on weekend dancing breaks at our country houses. Flavia will also be involved in our new Mind and Body retreats introducing her new DanceHitt sessions at some of our fitness and wellbeing retreats.'

Full details of HF Holidays' full range of Dance Breaks can be found at

<https://www.hfholidays.co.uk/special-interest/activity-breaks/dancing-holidays>



all other Special Interest Holidays can be found at: <https://www.hfholidays.co.uk/special-interest>

A copy of HF Holidays' new Special Interest Brochure can be downloaded from:

<https://www.hfholidays.co.uk/brochures>

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Notes to Editor:

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- . Founded in 1913, HF Holidays is the largest UK Co-operative Society that has been organising outdoor holidays for over 100 years.
- . HF Holidays are suitable for all fit and active adults including solo travellers, couples or small groups. There are also some dedicated UK holidays for families with children. Guests travel as part of larger group, making them a great way to meet and socialise with new people. Larger groups (8 or more people) such as groups of friends, large family groups, members of clubs /societies can enjoy special savings. Guests do not need to be a member of the HF Holidays co-operative in order to join their holidays; all are welcome.
- . The HF Holidays Pathways Fund provides assisted holidays to those who could not otherwise afford one. In addition, since 1998, the fund has helped to protect and improve the countryside where HF Holidays' guests walk. This is achieved through generous donations from HF Holidays' members and guests.
- . HF Holidays has 18 country houses in the UK's National Parks and Areas of Outstanding Natural Beauty as well as independent hotels for overseas holidays.
- . HF Holidays has a host of accolades under its belt including: Which? Number one Recommended Holiday Provider 2019, Silver Travel Awards Best Activity Tour Operator 2019, Feefo Gold Service Award in 2019, Which? Recommended Provider status for 2012 - 2017; voted Best Large Tour Operator by Guardian and Observer readers 2010-2014; and Best Large Short Break Operator 2011-2014.
- . HF Holidays is committed to responsible tourism and is a member of ABTOT and ATOL protected.
- . Follow @hfholidays on [Facebook](#), [Twitter](#) and [Instagram](#)