

# 3 Night Pilates & Walking Holiday in Exmoor

**Trip style:**

**Destination:**  Exmoor

**Trip code:** SEL03-KHW05

**Grades:** 1, 2

**Carbon Footprint:**  55kg CO2



## HOLIDAY OVERVIEW

For an ideal mind-body connection, this holiday combines walking in the peaceful countryside with Pilates - the method that uses targeted movements to improve posture, strength, flexibility, and muscle tone. Spend half your day working on simple exercises and techniques with an expert Pilates teacher and the other exploring the stunning surrounds with an experienced HF Holidays Leader. This holiday suits all levels of Pilates experience; from beginners to the more advanced.

## WHAT YOU'LL LOVE

- Enjoying both Pilates and walking every day
- Guidance and tuition from an expert Pilates teacher
- Learning and practicing easy-to-follow Pilates exercises
- Exploring the area on walks with our experienced HF Holidays Leaders
- Relaxing at our comfortable country house
- Spending time with like-minded people in the great outdoors

## WHAT'S INCLUDED

- En-suite accommodation in our 4-star country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Easy-to-follow routes, maps, and information available in our Discovery Point if you want to explore independently

## ITINERARY

### **Day 1:** Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

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### **Day 2-3:** Your Mind & Body Sessions

On this Mind & Body retreat the first two days are outlined below. Your day will be divided into Pilates sessions and optional guided walks in the afternoon. Occasionally, your morning and afternoon activities may switch to ensure each session maintains its small group size. Your optional walks will take you out to explore the countryside surrounding your HF country house, and the options are outlined below. Walks information: Day 2: Above Selworthy Distance: 3 miles (5km) Ascent: 700 feet (220m) In summary: This walk leaves from the house with the opportunity to take in Afton Park and Nature Reserve, before reaching the Golden Hill Country Park and its fort with extensive history. This walk also takes in both sides of the River Yar and a chance to walk part of the Freshwater Way. There may even be the possibility to visit Freshwater parish church on this walk with the grave of Lady Tennyson. Highlight: Golden Hill country park has extensive views of the surrounding area. Day 3: A Stroll around Holnicote Distance: 4 miles (6.5km) Ascent: 550 feet (180m) In summary: We explore the Holnicote Estate, taking in the villages of Allerford, Bossington and West Luccombe before returning back to the country house. Highlights: Exploring the charming village of Bossington

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### **Day 4:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Holnicote House

There's plenty to look forward to at this beacon of Somerset hospitality near the impossibly pretty village of Selworthy. The location couldn't be more perfect; within rolling-out-of-bed distance from Exmoor National Park and an easy drive from Dunster Castle, Coleridge Cottage, the twin villages of Lynton and Lynmouth, and the sandy delights at Porlock and Minehead. The walking opportunities here are standout, too, not least for the trails around the Quantock Hills, Dunkery Beacon, Bossington, and a section of the England Coast Path that takes you on a glorious journey along the county's coastline.

### A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

### Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

### Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

### The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

### Walking safety - SHARED WITH ALL

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests. Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass. Please note: If you choose to leave the group your leader is no longer responsible for you. If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

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### Packing list - Pilates & Walking

Mind & Body sessions No special clothing is required for your Mind & Body holiday, but it is recommended that you

wear loose-fitting clothes to facilitate easy movement. There may be some lying down work, so you need to bring an exercise mat and a small blanket. Walking The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing. Essentials Suitable footwear such as waterproof walking boots that provide ankle support and good grip Waterproof and windproof jacket Comfortable clothing (jeans & waterproof capes are not suitable) Mid-layer(s) to keep you warm. Fleeces make a good choice Waterproof overtrousers Gloves and a warm hat Rucksack with waterproof liner Flask for hot drinks Water bottle (at least 1 litre capacity) Sunscreen UV sunglasses Recommended Several base layers (long-sleeve or short-sleeve) Cushioned walking socks to avoid blisters First aid kit, including plasters and insect repellent Sit mat Waterproof pouch for valuables Rubbish bag (remember to always leave no trace) Wallet/purse Camera First-aid kit

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