

# 3 Night Yoga & Walking Holiday in the South Downs

**Trip style:**

**Destination:** 📍 South Downs

**Trip code:** ABW03-KYW05

**Grades:** 1, 2



## HOLIDAY OVERVIEW

The perfect way to nourish your mind, body, and soul, this holiday combines walking in the peaceful countryside with yoga - the holistic discipline that improves breathing, balance, flexibility, and meditation processes. Spend your time working on simple exercises, techniques, and key poses with an expert yoga teacher and also exploring the stunning surrounds with an experienced HF Holidays Leader. This holiday suits all levels of yoga experience; from beginners to the more advanced.

## WHAT YOU'LL LOVE

- Enjoying both yoga and walking every day
- Guidance and tuition from an expert yoga teacher
- Learning and practicing easy-to-follow yoga 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:** Mind and Body

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. After dinner, you may wish to partake in an optional relaxation session or join in with the in-house activities. **WALKS INFO:** Day 2 - Thakeham and Warminghurst Distance: 5 miles (8km) Total ascent: 350 feet (120m) In summary: From the house we ascend to the ridge and then make our way to Thakeham. We continue through open fields join a woodland track which takes us to Warminghurst. We return to the house via the outskirts of Thakeham. Highlight: The peace and quiet of the woodland tracks. Day 3 - Perrett's Copse and Wantley Distance: 4 miles (6.5km) Ascent: 200 feet (60m) In summary: We walk along the ridge to the west of the House and then turn south for a short distance before turning eastwards to Wantley, just north of Storrington. From here we walk northwards to complete our circuit, re-joining the outward route for our return to the House. Highlight: Views from the ridge are stunning.

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

Enjoy a leisurely breakfast before making your way home.

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## Abingworth Hall

Country living just got cosier at this former farmhouse. Abingworth Hall is just a skip away from the village of Thakeham at the foot of the South Downs – a landscape of ancient woodland, hidden valleys, chalky cliffs, and high-backed hills so deserving of its national park status finally bestowed in 2010. While the views from the doorstep are as wow-worthy as you'd expect, the walking opportunities around the sightseeing greats such as Devil's Dyke, Seven Sisters Country Park, Kingley Vale, Parham House, and the Clayton Windmills (known locally as Jack and Jill) are equally standout. You'll also be within easy driving distance of several historic towns and cities, most fabulously Arundel, Chichester, and Brighton.

### 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.

## Packing list - Yoga & 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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