

Mind & Body Retreat on the Isle of Wight

Trip style:

Destination: 📍 Isle of Wight

Trip code: FRW07-KMB05

Grades: 1



HOLIDAY OVERVIEW

The perfect way to nourish your mind, body, and soul, this holiday combines walking in the peaceful countryside with yoga and Pilates – the holistic disciplines that help improve breathing, balance, flexibility, and meditation processes. Split your time between working on simple exercises, techniques, and key poses with an expert teacher and exploring the stunning surrounds of our country houses with an HF Holidays Leader. This holiday suits people with all levels of experience in yoga and Pilates; from beginners to the more advanced.

WHAT YOU'LL LOVE

- Enjoying guidance and tuition from an expert Mind & Body Leader
- Learning and practicing easy-to-follow yoga and Pilates exercises
- Half day guided 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 country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Expert tuition with a yoga and Pilates instructor
- Guided walks with experienced HF Holidays Leaders
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently
- Get 15% off car travel and 20% off foot travel via www.wightlink.co.uk/HFHolidays

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.

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 Yoga 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: Yar Valley to Golden Hill Distance: 4.5 miles (7.5km) Ascent: 350 feet (120m) 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 are the surrounding area. Day 3: Alum Bay and the Downs Distance: 4 miles (6.5km) Ascent: 800 feet (260m) In summary: Explore Alum Bay and the Needles Old Battery and New Battery before a glorious walk atop the chalk cliffs of Tennyson Down, offering magnificent views over the western half of the island Highlights: Alum Bay with its coloured sands. The sand was once used for sand painting pictures, a popular craft in Victorian times.

Day 4: Free Day - Isle of Wight

Discover more about Freshwater Bay House and the local area for ideas on how to make the most of your free day.

Day 5-7: Your Mind & Body Sessions

On this Mind & Body retreat the last three 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 5: The Long Stone & Brightstone Distance: 3.5 miles (5.5km) Ascent: 300 feet (100m) In summary: Walk to the Long Stone, a neolithic long barrow and ancient meeting point, then on over the hills to Brightstone village. Highlights: Legend has it that St Catherine and the Devil had a contest to see who should control the Isle of Wight. The Long Stone's tall iron sandstone pillar was supposedly thrown by St Catherine. Day 6: Yarmouth Distance: 3.5 miles (5.5km) Ascent: 150 feet (60m) In summary: Walk beside the tidal River Yar to the historic town of Yarmouth. Take time to explore the cobbled streets and quaint shops and cafes, before catching the Breezer bus back to Freshwater Bay. Highlights: Opened in 1876, Yarmouth Pier is the UK's longest wooden pier and stretches 186 metres into the Solent. Day 7: Shippards Chine to Brightstone Distance: 4.6 miles (7.4km) Ascent: 315 feet (96m) In summary: A scenic coastal walk from Shippards Chine to Brightstone, offering stunning views of the Isle of Wight's rugged shoreline and countryside. Highlight: Gentle sea views and peaceful rural scenery along the route.

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

Freshwater Bay House

Chalky white cliffs and eyebrow-arching sea views set the tone for the delights that follow at this county house on the Isle of Wight - Queen Victoria's favourite island that's just a ferry hop from the South Coast. The location is as gorgeous as it gets; to the south of the village of Freshwater, within pebble-throwing distance of its namesake bay, and just a skip from Tennyson Down. You'll also be within easy reach of the area's showstoppers, including the imposing Stag and Mermaid rocks, the multi-coloured sands of Alum Bay, the remarkable Ventnor Botanic Gardens, and the 125-million-year-old dinosaur footprints at Compton Bay. And then, of course, there's the Needles Old Battery for the ubiquitous photo opportunity and the best views of The Needles.

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 - Mind & Body Retreat

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
