



Walkfree
Breakfree 
"outdoor activities for all"

**Enjoy Spring Walks & Yoga a 1600's Manor House
weekend experience on the lovely Isle of Wight
Friday 14th to Sunday 16th March 2014**



Time to forget these dark and dreary winter nights, join us as we help you get a spring in your step on a weekend that combines walks and optional yoga sessions plus the added luxury of being ladies and lords of the manor.

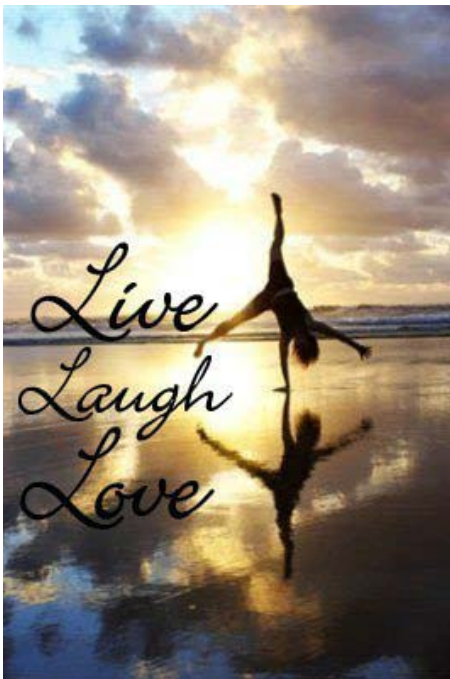
Spring it's adorable and a perfect time to enjoy the escape you deserve, especially one combining walks and yoga on what will be a relaxing weekend on the beautiful Isle of Wight with its gorgeous coastline and down lands.



What's more we will be staying in our very own, unique Jacobean Manor House which we have hired for our exclusive use for this special weekend and on Saturday night you will enjoy a very sociable French style Raclette style dinner in the dining hall. Please note on our Walkfree Breakfree escape weekends to keep the costs as low as possible we will share the chores but these will be well organised and we will make them part of the fun. Yoga, relaxation, exercise, walks, detox its up to you.



Our aim is to offer you a fabulous weekend of excellent walks and optional Yoga sessions delivered by the wonderful Aneta which will be suitable for all levels. It really will be a spring well-being break of walks and yoga, pleasant exercise offering you an opportunity to interact with the world around you, and the people you are with.



We are confident a short few days such as this will help you use your senses more fully, to enjoy and connect with your surroundings, the natural beauty all around us, and appreciate the inner smile that a yoga session and walk can deliver. This weekend is designed to be the perfect antidote to our modern lifestyles that can be so rushed and stressful and help put that spring back into your step!



Our Yoga sessions on Saturday and Sunday will be for all levels, and on Saturday you will have an opportunity for a short walk of 5/6 miles or a longer walk of around 9 miles. On Sunday a short walk including a guided tour of the wonderful Manor gardens and as time allows a tour of the island. Honestly, it is going to be a real ladies and lords of the Manor House experience, a wonderful weekend of walks and Yoga and simply a fantastic social experience.

Do join us if you can.

Our walks are dedicated to get you to places new for discovery and exploration, places that touch the senses with a great bunch of companions – do join us if you can.

Iain ML (Summer) MTA

Any questions or queries please do not hesitate to contact me by email iain@walkfreebreakfree.co.uk or mobile 07889 165278. For yoga related questions please contact Aneta anetagrabiec@hotmail.com

As organiser my promise to you is that on each and every event we will honestly strive at all times to deliver a great community focused experience, to inspire and motivate and be here for you.



THE DEAL

COST: £195 per person

A very limited number of single rooms available: (Supplement £50)

INCLUDES:

2 x nights Manor House Accommodation in double/twin or shared rooms

2x Breakfasts

2x Packed Lunches

1x Raclette Dinner Party on Saturday night

1 x Return Passenger Ferry ticket from Southampton to nominated IOW port and transfers to/from Manor House (at scheduled time to be confirmed)

Yoga sessions on Saturday and Sunday

Guided Walks on Saturday and Sunday

1x Simple snack meal on Friday night (soup/cheese/bread)

Note:

Your payments does not include:

Personal insurance

Travel to Southampton

Optional minibus Travel available from High Wycombe & Oxford area



Booking Arrangements:

To reserve or confirm your place on this fantastic Escape a £50 deposit (non returnable - unless someone else takes your place) is required now. The balance of £145 is due on the 1st February.

Payment method: RSVP now and then a £50 deposit will be payable by internet banking or credit card. Balance must be fully paid by 1/2/14

Internet Banking: Account Number 10111075

Sort Code 162129 or via card Secure payment site

<http://www.walkfreebreakfree.co.uk/payments>

For all payment methods please use as your Transaction reference: IOW14 plus your initials.

Your deposit and payments are protected to comply with the requirements of the Travel Package Regulations.

Further Information is available below on Northcourt Manor, Isle of Wight, Walks & Yoga sessions, Menus & Dining, your safety responsibilities and what to bring.



Isle of Wight & Northcourt Manor

From the moment we board our ferry for the short trip across the Solent we will enjoy a different and slower pace of life and an island perfect for a group yoga and walks. It offers us wonderful cliffs and country walks, splendid beaches, hidden estuaries and 500 miles of way-marked routes. These routes weave over chalk downs, along heather-clad ridges, through woodland, farmland and always, to the sea. More footpaths than roads – plus history and

Although only a small island 23 miles by 13 miles, it really is wonderful walking territory with choice galore in respect of walks and places to visit.

During the weekend we have exclusive use of the enchanting Northcourt, a glorious Jacobean manor surrounded by fifteen acres of beautiful gardens, rising from the stream and walled kitchen gardens to the terraced walks, recognised nationally for their historic importance by English Heritage. It is ideal

for a group such as ours seeking a relaxing break in a historic building surrounded by unspoilt countryside and beautiful coastline.

Northcourt offers us a range of bedrooms including doubles, twins, and shared rooms each of which has its own unique and interesting character with many being ensuite.

NorthCourt is situated on the south-west side of the Isle of Wight on the edge of the rural picturesque village of Shorwell <http://www.wightstay.co.uk/context/shorwell.html> with its local pub The Crown Inn <http://www.crowninnshorwell.co.uk/index.asp> and church only five minutes walk away.



The house itself is ideally located nestling just below the Downs, two and a half miles from the sea and beaches, in an Area of Outstanding Natural Beauty allowing us to walk directly up onto the Downs from the house in all directions and there are single track lanes down to the sea.

NorthCourt, has a fascinating history, it is the largest of the Island's Jacobean manor houses on the Isle of Wight built in 1615 on the site of a monastic building, dating back to the 13th century.

For gardeners amongst us Northcourt is a garden lover's paradise as it enjoys a very special microclimate that gives John and

Christine the opportunity to grow around 4,000 different plant varieties from around the world from subtropical plantings of exotic palms and bananas to bog loving primulas, arums, and Mediterranean plants.



Walks & Yoga

From our Manor House location we have an incredible choice of linear or circular walks direct from our doorstep and it is our intention to offer a choice of guided walks of varying distance or longer independent walks which will allow you to take full advantage of your visit to the Isle of Wight. With the Walkfree Breakfree minibuses available to support us we will be able to offer a flexible range of walks that should appeal to one and all. All this in addition to the excellent Yoga sessions for all levels led by Aneta.

Menus & Dinning

Friday: On arrival Simple snack meal – soup/cheese/bread or similar.

Saturday Dinner: Our French Style Raclette Evening

To Start - Northcourt Fizz & Nibbles (A fruit and sparkling wine fantasy to start our evening with a sparkle)

Our Mains: Tonight we will enjoy a Raclette party which is typically French where we cook our own food at the table. The Raclette will include meat (plus vegetarian friendly alternatives), vegetables and of course cheese, crusty bread, salads, potatoes and a selection of dips and sauces etc. Special menu arrangements can be made for vegans.

Desserts: Choice of Highland Brulee; Pavlova with fresh fruit; Italian Bread & Butter Pudding with cream

Coffee

Breakfast Menu Porridge, home-made muesli and a selection of cereals Orange/Apple Juice & Boiled eggs Toast with jam/marmalade/butter Tea/Coffee

Packed Lunch (Saturday, Sunday) Sandwich Chocolate Biscuit Bag of crisps Piece of fruit

Afternoon: Biscuits and home made cakes on our return from walks or visits. Tea & coffee available for your flasks

Note: Please feel free to bring along wine, beer or soft drinks to accompany the meals Menu may be subject to change and vegetarians including vegans can be catered for but do let me know any special dietary requirements in advance.

Service Style (please note): To optimise the use of our exclusive weekend Manor House and to make the weekend more affordable, the service offered is based on the Walkfree Breakfree Club Experience service style. Participants on the weekend assist with chores such as washing up, setting tables and assisting the chef. However I can assure you the chores are well organised, shared between us and become part of the fun!

It also allows us to bring our own wine and beer for the communal table making this weekend really sociable and great value for money

Your Safety Responsibilities: Walks with a leader will be available but I would ask you to carefully note that participation is on the basis of the BMC statement below and that you are personally responsible for your own safety and have a duty of care to all others in the group as you participate on the basis of a “responsible adult”.

Neither voluntary leaders nor Walkfree Breakfree Ltd (supporting this event) have liability in the event of an incident or accident. A general, informal description of the walk will be given, and if possible this will be related to the Ramblers Association descriptors but it is your own personal responsibility to make the decision to join a particular group taking in account your own physical fitness, medical conditions and general well being. No liability can be accepted.

For those of you who have not yet been on one of our Escape weekends and perhaps are a little wary I can assure you we encourage and welcome new members to achieve that little bit more in respect of walking (pace will be adjusted to suit). So please, take this opportunity to join us, and remember if you have any concerns or general questions please do not hesitate to contact me. I am available on 07889165278 or email me

iain@walkfreebreakfree.co.uk

Walks: Our walks can be enjoyed by anyone who is walking fit or reasonably active. Our aim is to encourage participation and to be active surrounded by amazing scenery.

Weather: We are blessed in the UK with four seasons - wonderful but it is a shame at least two of them can be on the same day! Do check the weather forecast and come prepared with clothing suitable for the day - if you need any advice do not hesitate to contact me.

What to Bring:

Yoga: If you wish to participate in yoga classes you should bring comfortable clothing and a yoga mat. If you do not own a yoga mat, a beach size towel is suitable. For yoga related questions contact Aneta anetagrabiec@hotmail.com.

Walks: Boots suitable for walking on country & mountain paths (remember they might get wet and muddy); Waterproof jacket/trousers & warm clothing; Small rucksack for drinks/snacks; camera; A little money for refreshments; As always your lovely sense of fun, humour and companionship.

TRAVEL: Friday 14th March

You will need to make your own way to Southampton (not included in the costs) but passenger fare on the Ferry is included in the costs. Meetup point is Southampton IOW ferry terminal at 7pm for transfer to Northcourt. Alternatively:

Optional Minibus transfer at £ available early afternoon from Chorleywood/High Wycombe/Oxford area – exact pick up times to be confirmed.

On Friday night a snack meal (soup, bread, cheese) will be available in Northcourt or you can opt for an optional bar meal (not included in costs) in the Crown Inn) a few minutes walk through the lovely gardens of Northcourt.





Outdoor activities for all"

Booking Information & Form – to be completed by all participants

Please return to: Iain Thomson
 Walkfree Breakfree Ltd , 34 Sunnybank, Widmer End, High Wycombe, Bucks, HP15 6PA
 or email to iain@walkfreebreakfree.co.uk

Dates :	Friday 14 th to Sunday 16th March 2014
Event/trip Reference	Spring Walks + Yoga Isle of Wight Reference: IOW14 Plus your initials
Name of person booking (group leader)	
E Mail address (group leader)	
Address	
Home Tel No	
Mobile No	
Emergency contact information to be used in the event of an emergency arising during the trip:	
Name	
contact number	

Names of others in group (if booking more than one person)

Name	Mobile Number	Emergency contact number

Travel details I wish to use the 2:00pm Minibus Service Yes/NO

Independent travel	My travel arrangements are detailed opposite.	
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Trip/event costs £195 per person Inclusive Package twin/double rooms/shared rooms Number Booked Minibus Travel from Supplement £35 Please note Travel Insurance is not included in the costs		@ £195 per person @ £35 per person	£
<i>Included Free – Your Walkfree Breakfree Club Experience membership – your gateway to great value outdoor walks and activities</i>			NO CHARGE
<i>Total Payable</i> DEPOSIT Required £50 per person with Booking Form Balance payable by 1 st February 2014		TOTAL	£
Payments: Payments protected under the Package Travel Regulations For all transactions please use the reference. IOW14 plus- your initials. Internet banking: Account No:10111075		:	

Sort Code:162129 CREDIT / Debit CARD PAYMENT- via the secure site http://www.walkfreebreakfree.co.uk/payments Or via Cheque made payable to Walkfree Breakfree Ltd			
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Vegetarian Food required: Please indicate number of people requiring vegetarian food in group: Other Dietary Issues you may wish to bring to our attention:	Yes	No
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Health & Fitness
 Note this is a walking holiday and we will at times be walking on a variety of footpaths with gradients. You therefore need to be walking fit but our walks will be suitable for those who walk regularly in the Chilterns – please consider fully prior to booking
 Bookings are accepted on the understanding that all persons participating are normally in good health and physically equally to the minimum demands of the chosen trip. If this is in doubt the Booking Form must be accompanied by a doctor’s certificate stating that it is entirely safe for you to go on the particular trip you have chosen. To assess your level of fitness in relation to the various walks we undertake, completing the quiz available on our website <http://www.walkfreebreakfree.co.uk/fitness-quiz> may be helpful and a useful reference point for your personal use.

Remember we are undertaking physical activity which at times may be in remote locations where assistance may not be readily available or in certain circumstances medical conditions may pose additional risk to activities being undertaken.

If you or a member of your party have medical conditions you wish to be brought to the attention of voluntary leaders please indicate here and include relevant details in confidence with the booking form.

Please sign booking form below confirming you agree to accept and on behalf of all members of your party accept to comply with conditions of membership and fully understand the meaning of “a participating adult” – (further information below) and understand that you participate on walks and activities at your own risk and Walkfree Breakfree Ltd accept no responsibility or liability. You accept our terms and conditions published on our website and below.<http://www.walkfreebreakfree.co.uk/booking-conditions> on behalf of all members of the group (a published copy can be made available on request).

Signature of person booking
 I fully understand and accept membership on the above conditions:

MEMBERSHIP is on the understanding you and everyone in your party agrees participation is on the basis of “a participating adult” which is clearly defined in the British Mountaineering Council Participation Statement and on your acceptance of our terms and conditions. The BMC Participation Statement say that: *The BMC recognises that climbing and mountaineering (which in our context includes walks, hill walking and other outdoor activities) are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.*

To make your participation as simple and easy as possible you should fully understand your relationship with Walkfree Breakfree Ltd. During Club experience weekends and trips we are happy to offer information and opinions on walks and other activities and we will always endeavour to give accurate information and opinions, but we do not take any responsibility for them and if acted upon by you it is at your own risk.

You understand our walking and activity leaders may not be qualified mountain guides and you join them at your own risk and your own free will to participate in club experience activities with like minded people.

During Club Experience trips you may be asked to drive (or accept a lift from) someone who is not in your booking party, to and from an excursion and you accept that Walkfree Breakfree Ltd will not accept any liability in the event of a road accident and that you enter into such an arrangement with another driver/passenger by mutual consent.