



Hope Cove Devon

8th, 9th, 10th May 2025

A message from Alison.

I am excited to plan a delightful retreat and share the stunning scenery of Hope Cove with you. Below are all the necessary details about the 3-day retreat. Please do not book your stay at this moment, but instead, send an email to me at alison@better-bodies.co.uk to reserve your place.

The Cottage Hotel rooms offer amazing views of the sea, allowing you to enjoy the beautiful scenery from your room. Your stay includes bed, breakfast, and dinner! Should you have any additional requirements or preferences, please let the hotel know. If you want to stay for an extra night, you can do so, and the hotel staff will be happy to help you in any way possible.

Types of Rooms

- Back-facing shower budget room, no view and single occupancy only - £83 per night
- Small double room with a shower, no balcony/terrace but sea views - £137 per night
- Standard double room, no balcony/terrace but sea views - £145 per night
- Double room with a balcony/terrace and a sea view - £163 per night
- Delux double room with a balcony/terrace and a sea view - £176 per night
- Premier double room, no terrace or balcony but sea views - £176 per night

IMPORTANT Booking Information:

- A deposit is required for your stay; the hotel will hold your card details, and the remaining payment will need to be made with reception on the morning of your departure. (The Cottage Hotel does not accept American Express Cards)
- Cancellation Policy: If you need to cancel your booking, you must do so a month before your stay. Otherwise, the hotel has the right to charge you the full amount.
- If cancellation is out of your control, I will try to fill your space with someone from the waiting list, but this cannot be guaranteed. You may wish to consider holiday insurance.

Directions: <https://hopecove.com/the-cottage-hotel/how-to-find-us>

If you don't want to drive, the nearest railway station is Totnes (19 miles/31 kilometres). It is advisable to take a taxi from Totnes. I also recommend driving via Totnes as it will mean you will miss some of the lanes. Some of you are local to each other, and you may want to car-share. I have set up a WhatsApp group; let me know if you'd like to be added.

Activities Supplement

The activities will consist of one gentle class each day, a guided walk, and a guest teacher who will offer something new to you. You can participate in these activities as much or as little as you like. Alternatively, you are welcome to spend your time relaxing on the beach, reading a book or using my 2 kayaks. Please note that the activities may be subject to change depending on the weather conditions in Hope Cove.

Essential Items to Bring:

- **Comfortable walking shoes:** Trainers or walking boots suitable for both beach and SW Coastal path walks. Good walking socks add extra comfort.
- **Waterproof jacket and layers:** Be prepared for different weather conditions.
- **Reusable water bottle:** Staying hydrated is important, especially during our activities.
- **Small rucksack or bag:** Useful for carrying water, snacks, and other essentials while out and about.
- **Walking poles:** Helpful on some terrain if you use them, but they are not essential.
- **Fitness mat:** This is important for our morning stretch classes.
- **Blanket:** Handy for comfort during our relaxation session.
- **Sunscreen and lip balm:** Protect your skin from sun exposure, even on cloudy days.
- **Hat and sunglasses:** Essential for keeping cool and shielding yourself from the sun during walks.
- **Casual and comfy clothes:** Perfect for downtime and relaxation.
- **Smart casual attire for dinner:** Something comfortable yet appropriate for evening meals.
- **Swimwear/swim towel:** If you'd like to enjoy the sea!
- **Favourite snacks:** Convenient for between meals, although the breakfast and evening meals are hearty!



The Beautiful Cove

The retreat itinerary is subject to change based on weather conditions, but here is a preview of what you can anticipate.

Day 1: Thursday

- Check-in time is at 3 pm. I will be there to meet you. If you want to arrive a little earlier, the hotel can store your luggage. Please settle into your room and take some time to explore the hotel.*
- Join us at 3.45 pm in the **Cove Room** for a meet-and-greet session with other retreat participants. There will be a few health and safety formalities to complete, but after this, we will take a short stroll around the village and through the inner hope valley/or a gentle class (it depends on the weather)*
- Dinner is served between 6.30-8.30 pm - As we are a big group, the hotel has asked us to be down in the bar at 6.30 pm. We have a dedicated area in the restaurant just for us.*

Day 2: Friday

- Breakfast is served between 8:00 am -9:30 am*
- At 10 am, you are welcome to join a 30-minute gentle yoga-inspired stretch and mobility class.*
- At 11 am, we will be taking a guided walk along the SW coastal path.*
- **Packed Lunch Option: Sandwich & Flapjack.** The hotel can provide packed lunches for the walkers. The cost is £8.95. I will explain more during our meet and greet.*
- At 4.45 pm, join in for a soothing mindfulness session with Helen's Sound Meditation. Immerse yourself in a wonderful experience featuring the calming sounds of sound bowls, gongs, chimes, and other beautiful instruments.*

- Dinner will be served between 6:30- 8:30 pm.
- After dinner, you can relax in one of the lounges or on the terrace.

Day 3: Saturday

- Breakfast will be served between 8:00-9:30 am.
- At 10 am, we will have a gentle warm-up and stretch session.
- At 11 am, we will be taking another more challenging walk along the SW coastal path.
- **Packed Lunch Option:** For £8.95, the hotel can provide a packed lunch (a sandwich and a flapjack)
- In the afternoon, you can enjoy some free time relaxing or exploring the area. Maybe a dip in the sea!
- Dinner will be served between 6:30-8.30 pm
- After dinner, you can relax in one of the lounges or on the terrace.

Day 4:

- Breakfast will be served between 8:00- 9.30 am.
- At 10 am, we will have our last gentle class of the retreat.
- Farewell and check-out time is at 11 am

I know you will fall in love with Hope Cove, and I hope you feel refreshed and rejuvenated!

Alison Bailey

Email: alison@better-bodies.co.uk

**Supplement Retreat
Activities Payment**

A payment of £35 is now due. Please make your payment
before 28th February
Alison Bailey NATWEST
sort code - 60-11-01
account 15695093
