

Wellbeing Retreats at LOW BANK GROUND

INFORMATION PACK

FLY AIR
PRUNE
EDITION

Wellbeing Retreats Packed with Adventure

Escape to the shores of Coniston Water for a wellbeing retreat packed with adventure. Nestled in the heart of the Lake District, Low Bank Ground offers a unique lakeside location which serves as the perfect getaway to wind down and soak up some scenic views.

A WEEKEND TO REMEMBER

Our retreats are perfect if you want to completely relax and de-stress as you reconnect with yourself in nature. With a spectacular environment at our disposal, get ready for an outdoor experience to remember as our team of qualified and experienced instructors will guide you through each activity.



12 – 14 April

Overview:



2-night stay with fully catered accommodation



Activities including yoga, open water swimming and hill walking



Fully qualified instructors to guide and teach.



Cost £240 pp



Location: Low Bank Ground Adventure Centre, Coniston, LA21 8AA

Make Yourself at Home

OUR ACCOMMODATION

Our quaint lodges, Highfield House and Rough Close, are the perfect place to nestle down for a short stay where you can take it back to basics with simple living among the picturesque hill and waterside views.

With plenty of room to roam, Highfield House hosts the main sleep spaces with 11 bedrooms, 3 ensuite bathrooms, 3 separate bathrooms and an accessible bathroom. At Rough Close you'll find 4 bedrooms each with their own ensuite.

Both lodges have communal lounge spaces where you can wind down, relax and get to know those who are sharing the experience with you.



Your Weekend Schedule



EXAMPLE ITINERARY

FRIDAY

- 4pm** Arrivals & settle in with a brew
- 5pm** Group welcome
- 5.30pm** Gentle yoga & mindfulness
- 6.45pm** Dinner
- 7.30pm** Swim / campfire / free time

SATURDAY

- 8am** Morning yoga
- 9am** Breakfast
- 10.30am** Relaxation / free time / swim
- 12.15pm** Lunch
- 7.30pm** Hill walk
- 5.30pm** Free time
- 6.30pm** Dinner
- 7.30pm** Campfire / free time

SUNDAY

- 8am** Morning yoga
- 9am** Breakfast
- 10am** Swim
- 12.30pm** Lunch & departures



Catered Breaks

WHOLESOME MEALS
PREPARED FOR YOU

For your catered stay you can tuck into a variety of hearty meals from our on-site chef. We also have vegan and vegetarian options available that will keep your belly happy, ready for a weekend of outdoor activities.



EXAMPLE MENU

	FRIDAY	SATURDAY	SUNDAY
Breakfast		Available Daily: Cereals: Cornflakes, Weetabix, Rice Krispies, Cheerio's Beverages: Orange Juice, Apple Juice, Tea and Coffee Bacon and Scrambled Eggs with Toast	Available Daily: Cereals: Cornflakes, Weetabix, Rice Krispies, Cheerio's Beverages: Orange Juice, Apple Juice, Tea and Coffee Bacon and Sausage Bap
Packed Lunch		Ham, Cheese, Tuna or Egg Sandwich with Fruit, Crisps and Sweet Treat	Ham, Cheese, Tuna or Egg Sandwich with Fruit, Crisps and Sweet Treat
Tea	Vegetable Lasagne with Garlic Bread Lemon and Poppy Seed Cake	Chilli Con Carne with Potato Wedges Banoffee Mess	
Veg/Vegan option	Vegetable Lasagne with Garlic Bread	Veg Chilli Con Carne with Sweet Potato Wedges and Rice	



Frequently Asked Questions

How do I book?

Our team will support with your booking and payment over the phone. You can call us on **01942 489844**.

What do I need to bring with me?

Once you are booked on, we'll provide you with a full kit list suitable for water and land-based activities. It's not necessary to buy new clothes for the trip – old clothes are perfectly suitable. Any specialist equipment including waterproofs, wind proofs, walking boots and rucksacks will be provided by us!

Will I need to share my accommodation?

The accommodation at Low Bank Ground is shared. As there are 10 spaces on this retreat you will have a bedroom to yourself or the option to share with a friend.

What if I'm coming alone?

If you're embarking on this experience alone, not to fear! You can get to know your fellow retreat-goers during all of the activities with common room spaces where you can wind down, chat and get to know one another.

Our friendly team is always on site if you need any assistance during your stay.

Can you cater for dietary requirements?

Yes. If you do have any dietary requirements that we need to be aware of please let us know and we will work to cater to your needs.

Can beginners attend a retreat?

If you've never been to a retreat before then Low Bank Ground is the best place to experience what it's all about - Relaxation, connecting with nature, immersing yourself in the activities and meeting other, likeminded people who want to do the same. Previous experience of the activities on offer is not necessary. Activities include yoga, open water swimming and hill walking. You must be 18+.

Will we have scheduled downtime?

Yes! There will be scheduled downtime over the course of the weekend to wind down, explore the close surroundings, chill by the campfire or read some pages of that book you've been meaning to get stuck into.

Remember, go at your own pace... If you do need to take a minute during any activities we have planned, feel free to do so.

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