

Walks, Yoga & Spa break in the Pyrenees - 22nd to 26th July 2019 Or 26th to 28th July 2019



Description -

This holiday is based in the beautiful montagne village of Bagnères de Bigorre, Hautes Pyrenees at « les dix arches » B&B.

We will collect our guests from Toulouse Blagnac airport and bring them to Bagneres. During this trip we will organize a walk and two yoga sessions and a spa per day. The walks will be in close proximity to Bagnères, no more than a 20 minute drive from the town, and of a duration of between 2 & 3 hours walking. The yoga sessions may either be taken outside 'al frescos' or in a Yoga class. The spa sessions will be at the Aquensis center in the center of Bagnères.

The walks will be led by Jonathan Peat and the Yoga sessions will be instructed by Steve Newton, who is a qualified osteopath and yoga instructor. Be prepared to do a short session of barefoot walking on one of the days.



B&B « les dix arches » at Bagnères de Bigorre.

Suggested itinerary for 5 day holiday -

Arrival day - Guests are picked up in Toulouse and driven taken directly to the hotel in Bagneres de Bigorre. Possibility to have a spa session before meeting up with Jonathan and Steve for a drink and introductory chat. Dinner in a local restaurant.

1st day - after breakfast at the hotel we drive to Beaudean to begin a beautiful circular walk that takes us up to a plateau with wonderful views of the Pic du Midi and the northern side of the Pyrenees. We will eat a picnic lunch in a suitably beautiful spot before descending back to Beaudean(3hours) We drive to meet Steve for a Yoga session, which will last about one hour and half. At the end of this session we will drive or walk to the spa center for a hot bath or sauna. There will be time to wind down and relax before going out for drinks and dinner in town.

2nd day - after breakfast will drive up into the hills to the plateau of Payolle. Here we will do a short walk up to a flat grassy plateau where

there are fantastic views(1hr) there will be a Yoga session with Steve(1hr) we continue walking for another hour to a suitably beautiful lunch spot where we will eat our picnic. After lunch we will return to our vehicle barefooted and mindfully(if you want). Return to Bagneres stopping in a cafe for a drink on the way down. This afternoon it will be possible to do another Yoga session before going to the spa for a hot bath and massage. Time for some down time. Free evening.

3rd day - after breakfast we drive to Bagneres. We walk up into the hills behind the town to reach the spectacular summit of Le Monne. Here we will eat our picnic lunch before descending to Beaudean where we will be picked up and driven back to Bagneres. We meet Steve to do another Yoga session, and then there will be the opportunity for those who wish to soak in a hot bath. Downtime before we meet for drinks and dinner in Bagneres for a last night celebration.

Departure day - Guests will be driven back to Toulouse in the morning after breakfast.

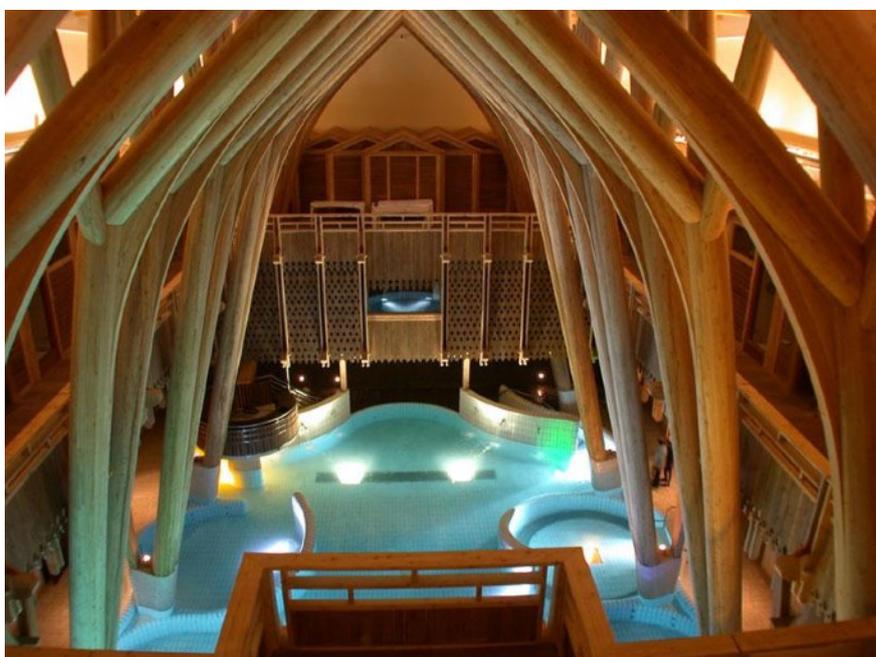
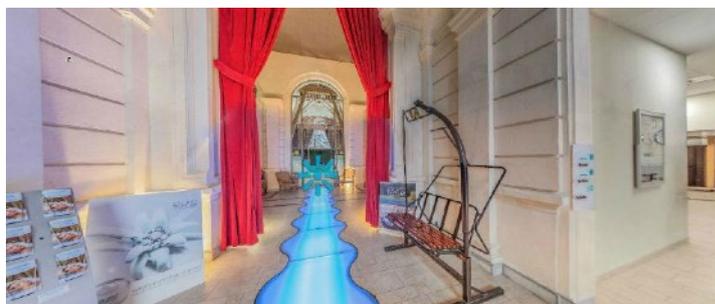
Please note that this is only a rough guide to the itinerary. We reserve the right to make changes due to the weather, the fitness of the group or other circumstances out of our control.

The price of this tour is 520€ for a stay from Monday 22nd to Friday 26th July

Single supplement 120€

Included - Transfers to and from the airport (Tarbes/Lourdes ou Toulouse) and during your stay. 4 nights at the B&B « les dix arches » in Bagnères, 2 evening meals and 3 picnics, two 2 hours sessions at Aquensis, 3 days walking and yoga.

Not included - flight, personal expenses and insurance, 2 meals and lunches on arrival and departure day. The massage is optional.



Short break in the Pyrenees - Walking, Yoga and spa.

Arrival day - Guests are picked up in Toulouse and driven to the accommodation in Bagnères de Bigorre (2 hrs). There will be a yoga session and the possibility to have a spa session before 'meeting up with Jonathan and Steve for drinks and dinner in a local restaurant.

1st day - After breakfast We drive to Beaudean to begin a beautiful circular walk that takes us up to a beautiful plateau with wonderful views of the Pic du Midi and the northern side of the Pyrenees. We will eat a picnic lunch in a suitably beautiful spot before descending back to Beaudean(3hours) We drive to meet Steve to do a Yoga session which will last about one hour and half. At the end of this session we will drive or walk to the spa center for a hot bath or sauna. There will be time to wind down and relax before going out for drinks and supper in town.

2nd day - after breakfast will drive up into the hills to the plateau of Payolle. Here we will do a short walk up to a flat grassy plateau with fantastic views (1hr) we then do a Yoga session with Steve (1hr) we continue walking for another hour to a suitably beautiful lunch spot where we will eat our picnic. After lunch we will return to our vehicle barefooted and mindfully (if you want).

Return to Bagnères stopping in a cafe for a drink on the way down. This afternoon it will be possible to do another Yoga session before going to the spa for a hot bath and massage. Guests are driven to Toulouse to catch the late flight back to London Gatwick.

The price of this tour is 375€ for a stay from Friday 26th July to Sunday 28th July

Single supplement : 65€

Included - Transfers to and from the airport (Tarbes/Lourdes ou Toulouse) and during your stay. 2 nights at the B&B « les dix arches » in Bagnères, 2 evening meals and 2 picnics, two 2 hour sessions at Aquensis, 2 days walking and yoga.

Not included - flight, personal expenses and insurance, lunche on arrival and evening meal on departure day. Optional massage

**FOR A PRIVATE GROUP OF (10 OR +) FRIENDS WE CAN OFFER A DISCOUNT OF 10%.
PLEASE CONTACT US.**