



## Coastal Hiking & Yoga Escape 28 - 30 July

This summer escape to the beautiful Gower peninsula to discover breathtaking coastal views and ancient monuments along the clifftop trails, with time to relax on award-winning beaches and the chance to unwind with optional yoga sessions.

On the first day there'll be an early morning yoga session for all abilities on the beach before breakfast (or you can lie in if you prefer!). Then we'll set off on a guided walk round the stunning Rhossili headland taking in magnificent panoramic views - on the way you might even see the Helvetia shipwreck. After a picnic on the beach we'll spend the afternoon making our way along the cliffs past Rhossili Down and up past Llangenith to discover more of the northern end of the Gower peninsula, including the famous Blue Pool.

We'll start the second day with another optional outdoor yoga session, before heading off with our guide following the coast round towards Three Cliffs Bay, where we'll see the beautiful Grade II-listed ruins of Pennard Castle. You'll then have the rest of the day to practice your yoga skills on the sands or explore the other beaches around Gower.

In the evenings we'll have exclusive use of cosy group accommodation, nestled in the sand dunes only 100m from the beach. Expect home-cooked meals and lots of space to hang out with like-minded people in the leafy and tranquil grounds. You don't need to have any previous hiking or yoga experience as we'll be accompanied by qualified guides and instructors.

If you've never come on an EC Adventure before, they're informal, friendly and great fun. We generally have singles, couples and small sets of friends coming along, from outdoor enthusiasts to adventure professionals - what we all share is a love for adventure. Ages tend to range between mid 20s and mid 40s but anyone over 18 years old and young at heart is welcome.

### WEEKEND ITINERARY

#### FRIDAY

Please arrive at 19:00 at the accommodation where your host will greet you.

**Address:** Borfa House Activity Centre Port Eynon Swansea SA3 1NN

**Driving directions:** Exit the M4 at Junction 42. Take the A483 to the centre of Swansea and then follow the A4067 to Gower and Mumbles. Approximately 2 miles outside Swansea, turn right onto the B4436 signposted Bishopston. After 4 miles turn right after Kittle and turn left on the A418 at the next junction. Continue on the A4118 until you reach Port Eynon. Turn left signposted Borfa House, the house is the last house on the right. There is parking onsite for up to 5 cars but there is extra car parking available nearby.



**Public transport:** The nearest train station is Swansea, 17 miles away. There are reasonably frequent buses to Port Eynon from Swansea City Bus Station – you can get the 118 bus to Port Eynon approximately every 2 hours from Monday-Saturday with the last bus leaving Swansea at 19:40 (please note there may be connecting buses at specific times). For bus times and more detailed directions have a look at page 8 on this document:

<http://www.swanseabaywithoutacar.co.uk/resources/pdfs/visitorguide/BayTransVisitorTimetable2016%20WEB.pdf>

On page 12 of this same document you can see the bus times returning to Swansea from Port Eynon – please note that the last bus to Swansea on Sunday leaves from Port Eynon at 18:00. You can also use the Traveline Wales website to help plan your journey:

<http://www.traveline.cymru>

## SATURDAY

We'll start the day with an optional early morning yoga session, and after breakfast we'll set off on a guided walk round the stunning Rhossili headland. After lunch on the beach we'll spend the afternoon discovering more of the northern end of the Gower peninsula, including the famous Blue Pool before coming back to the accommodation for a home-cooked meal.

## SUNDAY

In the morning we'll have another optional outdoor yoga session, before heading off with our guide following the coast round towards Three Cliffs Bay. You'll then have the rest of the day to practice your yoga skills on the beaches or explore more of Gower.

Please let us know when you intend on arriving. **Any issues please call your host Alex on 07990 710304.**

**Getting here:** Many people lift share. If you can offer or need a lift (or just want to say "hi" to fellow attendees), then you can do this on the event Facebook page here:

<https://www.facebook.com/events/1816035455391361/>



Closer to the time if you are still struggling then if you let us know where you will be coming from and we will give out your details to others in the group by email. We find this works really well people are often able to find someone to share a lift with, especially coming from Bristol/SW or London/SE.

### **ACCOMMODATION**

If you haven't done 'communal living' for a while it is lots of fun but you might want to bring earplugs just in case!

### **FOOD**

No food is provided on Friday evening as people tend to arrive at different times and eat en-route. Breakfast will be provided on Saturday and Sunday mornings and we'll sit down together for a group dinner on Saturday evening. **Please bring a packed lunch with you for Saturday and Sunday. Please email [alex@explorersconnect.com](mailto:alex@explorersconnect.com) ASAP if you have any dietary requirements.**

### **WHAT TO BRING**

Yoga mat (ESSENTIAL if you are participating in the yoga sessions)  
Sportswear / yoga clothes (ESSENTIAL if you are participating in the yoga sessions)  
Waterproofs (waterproof jacket and trousers ESSENTIAL)  
Walking boots with proper ankle support (NOT trekking trainers/approach shoes)  
Gaiters (non essential)  
Suitable base layers (thermals)  
Fleece/woolly jumper  
Walking trousers (non-cotton preferable, NOT jeans)  
Hat, gloves, scarf/buff  
At least one other full set of dry clothes

Rucksack to carry all your kit  
Rucksack liner or tough bin liners to waterproof all your kit

Sleeping bag/pillow  
Washkit + Towel  
Personal first aid kit (non essential)  
Any medicines you normally take  
Ear plugs  
Water bottle/thermos (at least 2litres)  
Torch (head-torch preferable)  
Map and compass (non essential)  
Cash for parking, drinks, snacks etc over the weekend

**Remember, if you're an EC CLUB member you get discounts off kit and more** with loads of outdoor brands both in-store and online - log in to the discounts section on the membership page with the CLUB password to get the codes you need. And if you're not a CLUB member yet sign up and get access to all discounts and benefits today:  
<http://www.explorersconnect.com/club/>



Please note:

- If you do not have the right kit you may not be able to participate. We do have some equipment to lend out so contact us well in advance if you need anything.
- On arrival you will be asked to sign a medical declaration form and provide us with next of kin/emergency contact details. If you have a medical condition or injury that we should be aware of please let us know in advance. Please contact us ASAP if there is anything you think may affect your participation.

## **PAYMENT SCHEDULE**

### **Price includes:**

- 2 nights shared accommodation
- 2 x breakfasts
- 1 x group dinner
- 2 days of guided walks
- 2 x 1-hour yoga sessions with qualified instructor (mats not included)
- EC Host for the weekend

**If you booked your place by paying a £75 pp deposit for this trip then unless otherwise arranged the remaining balance for this trip is due 16 June 2017.**

Please see below for the details of how much to pay. **If you are unsure of how much you owe please email [alex@explorersconnect.com](mailto:alex@explorersconnect.com).**

- Remaining Earlybird BALANCE (if you booked on/before 28 May) is £89 for non-EC CLUB Members
- Remaining Standard BALANCE (if you booked after 28 May) is £104 for non-EC CLUB Members
- EC CLUB members receive a £15 discount

### **Paying your balance:**

You should have received an email from our booking system with the subject:

Booking confirmed - 'Explorers Connect' Friday, 28 July 2017 19:00

This email will contain a link which you can simply click to pay your balance. You will automatically be taken to a page with the correct details on for your booking where you can pay online. **If you have any problems email [alex@explorersconnect.com](mailto:alex@explorersconnect.com).**

**Please note if we have had neither payment nor contact from you regarding payment by the 28 June 2017 then we will assume you are not coming in which case you will lose your place and your deposit. If you booked before the Earlybird deadline but pay your balance late then you will lose your Earlybird discount.**