

## Devon Nature Connection Retreat – 6 Day Guided



<b>Duration</b>	6 days / 5 nights
<b>Start</b>	Exeter St David's @11.00am
<b>Finish</b>	Exeter St David's @10.00am

Treading gently through Devon's natural landscape, our expert guides will take you on a nurturing journey across Devon's wild Moors and South Coast. Yoga forms a core part of the tours, as does forest bathing and mindfulness as well as more active pursuits including paddling down estuaries, walking across moorland, woodland and coastal trails. We travel with purpose and step into nature, to unwind, tune in and forge a deeper connection with this incredible ecosystem.

With stunning views around every corner, excellent accommodation, wonderful pubs and local, wholesome cuisine, our 6-day 5-night Wellness Connection tour is ready and waiting for anyone looking to relax and find peace in the wilds of Devon on land and in the water – **Join one of our friendly groups, meet like-minded people and rejuvenate Devon and yourself.**

## Itinerary

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**Day 1.** We arrive into Exeter St David's for 11.00am before making a short transfer to Dartmoor for a beautiful walk to Scorhill Stone Circle for a vinyasa yoga session which will be followed by a picnic lunch and in the afternoon we'll walk the Dart river and wild swim in the magical waters at Sharrah Pool – flanked by beautiful woodland, it is a stretch of calm water with granite slabs, and if fairies exist, this would certainly be their watering hole. A mystical spot that sets the scene for your wellbeing tour.

### OPTIONS:

 1 x yoga     wild swim     4 miles

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**Day 2.** We start at sunrise to catch the first light over Hay Tor where we'll run through some breathing exercises to awaken the senses and become tuned in to the magic of Dartmoor. After breakfast, we'll walk and forage as we go, heading to Riverford Field Kitchen for a veg-centric seasonal lunch. Riverford Farmers are leading the way with their veg box scheme, while helping us connect more deeply to the food that should be on our plate. We will continue in the afternoon with a walk around Totnes, a hive of alternative culture and lifestyles and a walk down the wonderful river Dart as it becomes an estuary towards the Sharpham Estate. We return to the hotel for dinner in the evening.

### OPTIONS:

 1 x yoga     up to 6 miles

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**Day 3.** After breakfast we start the day with a gentle stroll up the river Erme for a mindfulness session in the form of forest bathing – the concept is simple, it's all about spending quiet, more mindful time in nature. It's incredibly relaxing and invites you to take notice of the natural world to calm your mind. We will then head higher towards Dartmoor for an extra special yoga session in an ancient Oak Forest followed by a picnic lunch by the side of the river. In the afternoon there's the opportunity for a wild swim in some impossibly beautiful river pools or an early return to the hotel for some R&R!

### OPTIONS:

 1 x wild swim     1 x yoga     4 miles

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**Day 4.** We start the day with a refreshing wild swim and yoga session at Mothecombe Beach before we head to the School House Cafe for a late breakfast / early brunch. We then cross the River Erme on foot (if tides allow) to join the South West Coast path to begin our coastal ramble towards Challaborough and Burgh island, where we will stop for lunch. In the afternoon we will have the opportunity to dip or swim on the beach or float down the estuary (on tow floats) towards the sea.

### OPTIONS:

 2 x dip     1 x yoga     up to 5 miles

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**Day 5.** We start the day at the amazing Hope Cove with a final Yoga session and for those who want to potentially try something new - how about SUP Yoga. We'll then walk along the coast from **Hope Cove** towards

**Salcombe** – coastal air is so good for the mind, body and soul. We will take the time here to ramble slowly and gently along the coast with the option for a final swim at the beautiful Sour Mill Cove. We will end the day with a sunrise picnic dinner around a campfire with food delights from Duke Street Deli.

## OPTIONS:

 1 x dip     1 x SUP     up to 5 miles

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**Day 6.** Following breakfast we will transfer you to Exeter St David's to say our farewells and to help with any ongoing travel arrangements.

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## The Details

**Duration**      6 days / 5 nights  
**Start**            Exeter St David's Railway Station  
**Finish**           Exeter St David's Railway Station

### Level of Activity

This tour is rated 2/5 for difficulty meaning it's appropriate for guests going for a good walk and able to handle an incline or two. You will also need to be able to swim. The terrain we cover is varied. We'll enjoy some gently rolling hills and a few steeper walks which will be a bit more demanding. Your holiday, however, will be tailored by your guide to suit your individual preferences. Rewarding views are guaranteed.

#### WHAT'S INCLUDED

- 5 nights accommodation
- All breakfasts & 2 dinners
- Transport throughout
- Professional local guides for all activities
  - Yoga
  - Mindfulness
  - Foraging
  - Walking
  - Wild Swimming

#### WHAT'S NOT INCLUDED

- International flights
- Cancellation insurance
- Items of a personal nature
- Dinner drinks
- Dinner x 3
- All lunches
- Gratuity for your local guide

For more information please call +44 (0) 333 090 3116 or contact [hello@activeenglandtours.com](mailto:hello@activeenglandtours.com)