

Wellbeing Holiday in South West France

Factbox	
Prices start from :	£ 2,299
Travel between :	29 Aug 24 and 29 Aug 24
Board Basis :	Full Board
Duration :	7 nights
Book by :	30 Jun 24
Includes :	Direct Flights from Heathrow with British Airways 7 nights accommodation in a private twin/double room on Full board basis Treatments of massage and Reflexotherapy with Walk, Gourmet Restaurant and Spa Visit Vineyard visit, Armagnac distillery visit and wine-tasting session E-cycling, Canoeing and Treatments by the Pool All refreshments (including wine etc) Transport to and from all excursions Train to and from Agen Station with Pick up and drop off from Agen train station



Detailed Itinerary

Highlights: Agen France

Hotel Featured:

Farmhouse in South West France

Itinerary:

Thu 29 Aug 2024: Arrival

Arrive at Agen train station to be greeted by your hosts before being driven to the farmhouse where your holiday will begin. Airport collections can be arranged upon request. Settle into your charming room before getting to know your fellow guests over delicious aperitifs. Enjoy a social evening with a 3-course gourmet dinner served in the farmhouse kitchen along with a short introduction from your hosts about what to expect over the next few days.

Fri 30 Aug 2024: Walking, Spa Treatments and Wine Tasting

This morning you will walk 11km to a local village market for coffee and croissants to discuss your activities with the rest of the group and your host Caroline.  
Lunch will be served by the pool or in the farmhouse kitchen, with views of the countryside all around which will not disappoint!  
The afternoon will be spent relaxing and enjoying treatments of massage and reflexotherapy. There will be free time to use all the on-site facilities before aperitifs are served by the pool.  
A 3-course gourmet meal will then be served on the grounds of the farmhouse kitchen accompanied by local delicious wines.

Sat 31 Aug 2024: Cycling, Spa Visit and Armagnac

After a delicious breakfast, get ready for your first activity of the day! Enjoy a lovely cycling ride using electric bikes into the stunning French countryside visiting French market towns.  
In the afternoon you will be able to enjoy a visit to the spa following your morning of cycling. You will be able to unwind, relax, and enjoy all that the spa has to offer.  
In the early evening, you will visit a family-run Armagnac distillery (which Gascony is famous for). There you will learn how the Armagnac is made, the history behind it, and, most importantly, enjoy an Armagnac tasting before returning for dinner back at the farmhouse

Sun 01 Sep 2024: Free day and wine tasting

You will have the morning after breakfast to enjoy the farmhouse, or explore the local town if you wish! Lunch will be served by the pool or in the farmhouse kitchen, depending on the weather conditions. Late afternoon you will visit a beautiful chateau, famous for its aperitifs and wines for an afternoon of wine tasting.  
Dinner will be served back at the farmhouse giving you time to either relax in the lounge, make use of the swimming pool, or enjoy one of the many onsite activities such as table tennis or cycling.

Mon 02 Sep 2024: Walk, Gourmet Restaurant and Spa Visit

Today you will be guided for a lovely morning walk to enjoy the French countryside and your surroundings. Following this, you will be able to enjoy lunch at a local gourmet restaurant where you will be able to taste the fresh and local produce in traditional French meals. This afternoon you will have another spa visit.  
In the evening you will be treated with a 3-course gourmet meal which will be served in the grounds or the farmhouse kitchen, depending on the weather and season.

Tue 03 Sep 2024: Canoeing and Treatments by the Pool

In the morning you will be able to enjoy an exciting canoe trip to a lovely local village. You will want to take your camera, as some amazing photo opportunities are guaranteed! Lunch will then be served by the pool or in the Farmhouse kitchen. This will be followed by relaxing and enjoying some spa treatments by the pool in the blissful French sun.  
To round off the day, you will be treated to a 3 course gourmet dinner at the Farmhouse, made using fresh and local produce so you will get an authentic taste of the French cuisine.

Wed 04 Sep 2024: Day Excursion

Relax with a delicious breakfast this morning before heading out on a fun excursion for the day. Today youll enjoy an excursion to a location of your choice! Your hosts will take you to visit further afield depending on the group's preferences. Explore the stunning scenery relax on your final day, and

enjoy lunch while you are out. This evening you'll return home for your final dinner, where you'll reflect on the week and how much fun you have had

**Thu 05 Sep 2024: Departure**

After breakfast, guests are asked to check out by 10 am. You are welcome to relax and enjoy some free time if your flight is not until later in the day, before being taken to the airport or train station for your return journey. You will return home feeling relaxed, and refreshed, with unforgettable memories!

## Prices & Departures:

Deposit £400pp

Y42723 London Heathrow from 2299pp

Other departures with one stopover on request

## Terms & Conditions:

Based on 2 adults sharing a basis