

FIND PEACE IN THE Country

Escape from the demands of a busy life and relax over a weekend in the Peak District, where the focus is entirely on you

Have you ever tried to arrange what should be a simple weekend in the countryside and given up because of all the work involved? Not only do you have to hire a house and get friends together, but you also have to do all the planning and preparation, not to mention the shopping and cooking!

If you're a busy woman (aren't we all?), then sometimes you just want to pack up and escape from it all. But leaving your work, husband and children behind just isn't that easy... until now. On this new Secret Warrior retreat, exclusively for Red readers, you can do exactly that and not have to worry about a thing. All you have to do is pack your weekend bag and grab a book you never seem to have time to read, then we'll do the rest.

You'll arrive at a beautiful barn conversion near the picturesque village of Monyash, in the Peak District, on a Friday afternoon, and not have to lift a finger until you leave on Sunday. Come with a friend or on your own and enjoy some time out from the stresses and strains of everyday life. You'll leave feeling stronger, happier, healthier and able to face 'real' life again.

Our retreat is fully hosted, with someone on hand to look after all the little details so you don't have to.

More personal than a spa, more homely than a hotel, this unique retreat includes a relaxing treatment, delicious home-cooked food by an expert chef, a group yoga class and, most importantly, free time to explore the local area, go walking or simply unwind and enjoy some time to yourself.



Take part in a group yoga class

OUR TRAVEL PARTNER

TripSmiths partners with leading tour operators and media brands to deliver exclusive travel experiences
Secret Warriors runs tailored retreats to help women feel stronger, happier, healthier and more in control of their lives.



ALWAYS CHECK THE FCO TRAVEL ADVICE BEFORE DEPARTURE, AS IT INCLUDES THE VERY LATEST INFORMATION ON SAFETY, SECURITY, TRAVEL WARNINGS AND HEALTH. FOR MORE INFORMATION, VISIT GOV.UK/FOREIGN-TRAVEL-ADVICE

Unwind in the glorious and beautiful Peak District

EXCLUSIVE
THREE DAY
ALL-INCLUSIVE
RETREAT from
£395pp



Homely bedrooms help you feel relaxed



Join other Red readers in group activities

YOUR ITINERARY

DAY 1 Arrive from 3pm and enjoy dinner
DAY 2 After breakfast, you'll have time to explore the local area, go for a walk, visit Bakewell or explore Chatsworth House. After lunch, you'll enjoy a relaxing treatment and have free time before a group yoga class and dinner
DAY 3 After breakfast, you will say goodbye to the new friends you've made and head home

YOU WILL GET THE CHANCE TO...

- Spend two nights accommodation in a barn conversion in the Peak District.
- Enjoy delicious breakfasts, lunches and dinners, all cooked by a local chef, with drinks included.
- Relax with one spa treatment.
- Take part in a group yoga session.

PRICE: £395pp*
DATES: 13th to 15th Nov 2020
TO BOOK, CALL 0330 173 9110 quoting **RED COUNTRY RETREAT VISIT**
redonline.co.uk/redcountryretreat for more details and to see the full itinerary

*Price based on two sharing. Single traveller rate £595pp. Individual bookings may result in a shared room, but where possible we will endeavour to meet guests' wishes and if individual rooms are available they'll be allocated to them. Subject to availability. This trip is operated by Secret Warriors and is exclusive to Hearst. For full terms and conditions, visit redonline.co.uk/redcountryretreat

Reasons to book RETREAT TO THE ENGLISH COUNTRYSIDE

You'll have a stylish en-suite room in the beautifully renovated Barn at Benty Grange. Designed in a classic country style with a vintage French twist, it feels like a home from home.

TIME FOR YOU

A break from your usual routine will give you space to reflect and realise what you really want from life.

HOME-COOKED MEALS WITH LOCAL PRODUCE

All your food will be prepared by local chefs, and all dietary requirements can be catered for.

EXPLORE THE PEAK DISTRICT

Within minutes, you can walk to the popular Tissington and High Peak

Trails. The charming villages of Buxton and Bakewell are nearby, as is the stunning Chatsworth House.

PERSONALISED STAY

Each retreat is tailored to guests, so you will be contacted beforehand, with any specific needs you have addressed over the weekend.

INCLUDED ACTIVITIES

Enjoy a spa treatment during your stay and choose whether or not you want to join the group activities.



Enjoy healthy home-cooked meals