



## Activities

### **SPA, SAUNA & WILD SWIMMING**

Enjoy the brand new lakeside spa, nestled in perfect rural isolation. Offering a menu of treatments from expert therapists, the estate's new wellness retreat was designed by and for the Ritchie family.

Detox in the fourteen-person bespoke sauna, fired by the estate's own ash trees, before diving into the crystal clear waters of the adjacent lake. Relish the peace and tranquillity, reconnecting with nature before the vibrancy of the evening begins.

There's a yoga session on offer for those looking to restore the equilibrium on Saturday morning. The class is charged as extra, and includes use of the lakeside sauna and wild swimming.

Private sauna sessions, including treatment rooms, will be bookable on Saturday between 10am-4pm.

A full treatment menu is available upon request.

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### **EXPLORING THE ESTATE**

Alternatively, you might like to wander the estate's footpaths, retracing the steps of the Bright Young Things as you stroll past Woodley Down, the old Rifle Range, Secret Valley and then south again from Win Green. Staff will be on hand to help you with maps and routes, and can point you in the direction of local points of interest should you decide to explore the local area further.

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### **DOLCE FAR NIENTE**

With all manner of quiet corners and secluded spots dotted around the farmhouse, the Old Brewery and the surrounding grounds, you could of course revel in doing absolutely nothing. In fact, it's actively encouraged.

Drinks and bar snacks will be available to order throughout the day, and there's a selection of games available to help you while away the hours before we fire up the WildKitchen.