

A Journey of Wellness & Curated Experiences

Discover a more restorative side of England's Historic Cities with this carefully curated 5-day itinerary, designed for groups and FITs seeking slow travel, meaningful and high-quality experiences. Blending heritage, wellbeing and restorative encounters, this journey combines elegant accommodation, immersive cultural activities, rejuvenating spas and exclusive access to some of England's most inspiring places.

Day 1 – YORK - Reflection & Riverside Tranquillity

Begin your day with a peaceful visit to **York Minster**, one of the world's most magnificent cathedrals. Admire its exquisite, handcrafted stonework and unrivalled collection of medieval stained glass while soaking up the tranquillity and centuries of history within this iconic landmark.

From here, stroll to the nearby **York Museum Gardens**, an idyllic green oasis established in the 1830s. Wander through beautiful collections of trees, shrubs and seasonal blooms, discover abundant wildlife, and pause among the atmospheric ruins of St Mary's Abbey for a moment of quiet reflection.

In the afternoon, unwind on a **City Cruises York** sightseeing cruise along the River Ouse, passing York's iconic landmarks and peaceful riverside scenery. Relax on the open-top deck or in the comfortable indoor seating while enjoying live commentary from the captain.

Choose from an elegant afternoon on the River Ouse aboard a private sightseeing cruise, a quintessential Fish & Chip Cruise, or enjoy the freedom of a self-drive electric boat, allowing visitors to explore York's peaceful waterways at their own pace.

Overnight at The Grand, York and unwind in the luxurious spa. The hotel also features a dedicated 5-star Cookery School, offering over 40 diverse hands-on cooking classes, full-day masterclasses, half-day 'Taste & Create' sessions, where expert chefs help visitors discover the flavours of Yorkshire using the finest seasonal ingredients.

Travel from York → Stratford-upon-Avon (256 km)

- By Train: 3h 11m (CrossCountry / West Midlands Railway)
- By Car: 2h 48m



York

Day 2 – STRATFORD-UPON-AVON - Creativity & Craftsmanship

Begin your day with a rejuvenating spa treatment at **Billesley Manor Hotel & Spa**, nestled in the peaceful Warwickshire countryside.

Following a restorative spa treatment, embrace the slower pace of the Warwickshire countryside before enjoying a hands-on pottery workshop at **The Old Bank Pottery**, with local artisans, encouraging creativity and mindfulness.

Continue your journey to **Anne Hathaway's Cottage**, **Shakespeare's Birthplace**, and **Shakespeare's Schoolroom & Guildhall** who offer exclusive pre-booked experiences like private after-hours guided tours, themed seasonal cottage tours, interactive Tudor school lessons with quill writing, and customisable pre-theatre or post-dinner group packages.

Later, drift gently along the River Avon and unwind on a relaxing cruise with **Avon Boating** before an evening immersed in world-class theatre with the **Royal Shakespeare Company**.

Overnight at Hotel Indigo Stratford-upon-Avon with dinner in their Woodsman Restaurant. Alternatively, **The Arden Hotel**, **The White Swan Hotel**, **The Swan's Nest Hotel**, or **Billesley Manor Hotel & Spa** are all a world-class experience.

Travel from Stratford-upon-Avon → Cambridge (160 km)

- By Train: 3h 39m (Chiltern /CrossCountry / Avanti West Coast / Thameslink)
- By Car: 1h 55m

Day 3 – CAMBRIDGE - Nature & Mindful Discovery

Discover a more restorative side of **Cambridge**, where centuries of academic heritage are balanced with immersive wellness experiences and exclusive encounters.

Begin the day with a **Cambridge Rowing Experience** taking to the tranquil waters of the River Cam for an unforgettable hands-on session or drift quietly beneath the famous College Backs with **Scudamore's Punting Company** with private chauffeured punts or afternoon tea. Both offer bespoke guided experiences that take in Cambridge's world-renowned architecture from the water.

Continue the journey at the **Cambridge University Botanic Garden**, a tranquil 40-acre oasis home to more than 8,000 plant species. Private guided experiences provide fascinating insight into world-leading botanical research while offering a peaceful setting for mindful exploration.

For those seeking deeper relaxation, enjoy a personalised wellness treatment at **PAUS**, Cambridge's contemporary wellbeing sanctuary, before immersing yourself in one of the UK's finest art collections at the **Fitzwilliam Museum**, where galleries spanning antiquities, fine art and decorative arts invite unhurried discovery.

Overnight at the elegant **University Arms**, where sophisticated interiors, refined dining and cocooning snug room featuring a fire in the winter months, create a sanctuary in the heart of the city. Alternatively, **Graduate Cambridge** offers a tranquil riverside setting with complimentary bicycles for gentle exploration of the city.



Trinity Lane, Cambridge

Travel from Cambridge → Greenwich (92 km)

- By Train: 1h 33m (Great Northern /Thameslink / Southeastern / TfL)
- By Car: 1h 12m

Day 4 – GREENWICH - Open Skies & Riverside Perspectives

Experience a more relaxed side of London in Maritime **Greenwich**, where open spaces, riverside tranquillity and world-famous attractions combine to create an inspiring day of curated experiences. Begin with an exclusive guided tour of the **Old Royal Naval College**, exploring Sir Christopher Wren's magnificent architectural masterpiece and the spectacular Painted Hall, often described as Britain's Sistine Chapel. Behind-the-scenes tours and specialist talks offer a deeper appreciation of this UNESCO World Heritage Site.

Continue to **Royal Museums Greenwich**, where immersive exhibitions reveal Britain's rich maritime heritage, before taking time to enjoy the expansive riverside setting and pause for a leisurely stroll through Greenwich Park, where sweeping views across London offer a moment of calm before continuing your riverside journey.

See London from a different perspective aboard the **IFS Cloud Cable Car**, soaring high above the River Thames with breathtaking views of the city's skyline. For those seeking a more adventurous experience, climb the world-famous roof of **Up at The O₂**, enjoying a guided ascent and unrivalled 360-degree vistas across London.

As the afternoon unfolds, unwind with a leisurely **City Cruises** sailing along the Thames, providing a peaceful journey past many of London's iconic landmarks while avoiding the bustle of the city streets.

Overnight at **DoubleTree by Hilton London Greenwich**, where contemporary comfort, warm hospitality and an excellent location provide the ideal base for relaxation.

Travel from Greenwich → Salisbury (198 km)

- By Train: 2h 15m (South Eastern / South Western Railway / TFL)
- By Car: 2h 15m

Day 5 – Salisbury - Ancient Landscapes & Reconnection

The timeless city of **Salisbury** and its surrounding ancient landscapes provide the perfect setting to slow down and reconnect with England's heritage.

Begin with a specialist guided tour of **Salisbury Cathedral**, home to Britain's tallest spire and one of the best-preserved original copies of Magna Carta. Private tower tours and behind-the-scenes experiences provide unique perspectives on this remarkable medieval masterpiece.

Continue to explore the Cathedral Close, starting with a VIP Curator Tour discovering fascinating collections in **The Salisbury Museum**, which reveal thousands of years of local history, from prehistoric treasures to contemporary exhibitions.

In the afternoon, journey beyond the city with a private excursion with **Heritage & Stone Tours**, travelling through the ancient landscapes of the UNESCO World Heritage Site of Stonehenge.



Salisbury Cathedral



For FIT, book the exclusive **Stonehenge Explorer Tour** where an expert local guide brings to life the mysteries of Stonehenge taking visitors into the inner circle, whilst also carrying out conservation checks and revealing lesser-known prehistoric monuments and hidden corners of the surrounding countryside.

Overnight in Salisbury for an evening of refined dining and relaxation at **Milford Hall Hotel**, the **Mercure White Hart Hotel** or the riverside **Rose & Crown Hotel**, where elegant surroundings provide the perfect conclusion to a restorative journey through England's Historic Cities.