

RELAXING YORK

If you need a break, York is just the place to help unwind, relax and refresh your mind, body and soul. Pamper yourself with spa treatments, good food and fresh air. Enrich your mind with beautiful architecture and inspirational landscapes. Lift your spirits with magical music in serene surroundings.

WHERE TO STAY



With 4 AA Red Stars, **Middlethorpe Hall and Spa** is a National Trust property. A distinguished William III house in 20 acres of peaceful gardens just 5 minutes outside the city centre. Built in 1699, this was the home of the famous diarist Lady Mary Wortley Montagu. High ceilings, huge windows, spacious rooms, elegant and uncluttered furnishings all create a serene feel to Middlethorpe, and the luxurious Spa is available to all residents, with pool, steam rooms, beauty treatments and gymnasium. Once you've settled in here, it would be very easy not to go anywhere else at all for a few days!

If you want to experience the ultimate luxury break, then **The Grand Hotel and Spa** is the place for you. It's Yorkshire's only five star hotel and is right in the heart of York. Constructed on the site of the original North Eastern Railways Headquarters, the hotel revives the splendour of the Golden Age of travel, having been carefully restored to retain all of the original features of this stunning building. Have a relaxing drink in the Whiskey Lounge or take in wonderful ambience and furnishings during dinner. Or why not pamper yourself and visit the Spa, with specially trained therapists who will put together a special treatment package for your individual needs.



DAY ONE

Immerse yourself in the historic architecture of York. The medieval heart of the city is largely traffic-free so exploring on foot is peaceful, relaxing and refreshing. Take time for reflection as you sit and absorb the atmosphere within the cavernous spaces of **York Minster**, Europe's largest Gothic cathedral. Explore the elegant and genteel Fairfax House, one of the country's finest 18th century townhouses, or 17th century **Treasurer's House** and Garden, a National Trust property tucked away behind the Minster.

Take a city stroll through the lovely **Museum Gardens**, **Dean's Park** or along the tree-lined avenue of **New Walk**, on the banks of the River Ouse.

Stop for refreshment at **Betty's Café Tearooms**, or **Café Concerto** or **El Piano** in the Swinegate Quarter.

DAY TWO

To complete your restorative programme, spend a day in the magnificent Yorkshire countryside. Go walking amid the stunning scenery of the **North York Moors** or **Yorkshire Dales National Parks**, or along the cliff tops and sandy bays of **Yorkshire's Heritage Coastline**, for a blast of invigorating sea air. Or visit nearby historic houses and gardens such as **Castle Howard**, **Harewood House** or **Duncombe Park**. You could even take a silent flight over the Vale of York in a 2-seater glider, with **York Gliding Centre**.

IN THE EVENINGS

Evenings in York consist of beautiful music in settings such as **York Minster**, the medieval churches of St Olave's or St Michael le Belfrey, or at the **National Centre for Early Music**, in the historic St Margaret's Church on Walmgate. Or enjoy fine, fresh food in mellow surroundings at the **Star Inn the City** or **Melton's**. End your stay with a moonlit cruise along the River Ouse to the gardens of **Bishopthorpe Palace**, home of the Archbishop of York, or a visit to the stunning York Theatre Royal.

And if you know you need a break but you just can't find the excuse to get around to organising it, have a look at York's cultural event calendar and come for the **Jorvik Viking Festival** in February, **Early Music Festival** in July, the Festival of **Food and Drink** in September or **York Races**, between May and October.

Accommodation:

The Grand Hotel and Spa, Station Rise, York
www.thegrandyork.co.uk

Middlethorpe Hall, Bishopthorpe Road
www.middlethorpe.com

OTHER HOTELS WITH SPA

Aldwark Manor Golf & Spa Hotel (near Alne) – A Victorian Manor House set in 120 acres of beautiful Yorkshire countryside with the River Ure meandering through the grounds, yet is within easy reach of York. The hotel has a large purpose-built leisure centre and spa with luxurious facilities including a heated indoor pool, gym, steam room, sauna, Jacuzzi as well as seven treatment rooms. Aldwark Manor also boasts a challenging 18 hole golf course.

www.ghotels.co.uk/our-locations/aldwark-manor-golf-spa-hotel-york/spa/spa-treatments/

Thorpe Park Hotel and Spa (Thorpe Park, Leeds) – This four star luxury hotel is twenty minutes by car from York racecourse. Extensive spa facilities with 13 metre pool, sauna, steam room, whirlpool and gym. Six spa health and beauty treatment rooms. Choose to eat in the award winning restaurant, stunning courtyard or terrace. www.thorpeparkhotel.com

For more information and to book your stay in York:

Visit www.visitYork.org

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