

# WATERGATE BAY

H O T E L

## COASTAL FITNESS WITH MOUNTAIN BEACH FITNESS RETREATS FOUR DAY PROGRAMME

### DAY 1 - Arrival evening

- 3pm Guest check in.  
Feel free to arrive earlier to explore Watergate Bay, including Swim Club. We can look after your bags.
- 5pm Meet and greet.  
Your chance to meet the trainers, go through any questions or discuss and pre-existing injuries.
- 5.15pm Pre-dinner coastal hike, followed by a core strength and stretch session.  
Meet the other guests in a relaxing and non-strenuous environment. A gentle hike on undulating terrain will allow you to shake off any sore muscles from travelling. The session will finish with a full body stretch.
- 7.00pm Enjoy a sunset mocktail made from fresh, seasonal ingredients.  
Dinner to be pre booked depending on your booking terms. Bookings can be made in Zacry's and The Beach Hut, The Living Space is a walk-in restaurant.

### DAY 2

- 8am Pre breakfast energising circuits.  
Start the day the best possible way with fresh sea air. Expect bear crawls, push ups, jumping, skipping, boxing and sprinting. You will kick start your metabolism for the rest of the day and feel transformed as a result.
- 8.30am Breakfast in Zacry's.
- 9.30am Coastal hike.  
We will take in the scenic South West Coast path with breathtaking views. Our 13.8km trail will pass the beaches of Mawgan Porth and end up at Bedruthen Steps. Here the steps will lead you down to hidden coves only accessible at low tide. The focus will be on mindful movement and awareness of posture. Bedruthen Steps is one of the most popular destinations on the Cornish coast and is an absolute must-see. The granite rocks that are dotted across the beach are, according to legend, stepping stones for the Giant Bedruthan. The rugged landscape is synonymous with shipwrecks and smugglers and is the perfect spot to lay down your yoga mat for a core workout. By engaging your core throughout your hike the benefits will be magnified. A gruelling session on the beach will incorporate Pilates techniques and work the deep inner core. You will feel the difference in your core engagement and posture throughout the journey back to Watergate bay.
- 1.45pm A pre-lunch whole body stretch focusing on hips and hamstrings.
- 2.00pm Lunch and free time.  
Soak up the views, read a book, book into Swim Club for treatments or simply relax.  
Lunch is to be arranged by the guest.
- 4.30pm Boxercise.  
Using shadow boxing, this full body workout will increase your strength and cardio capacity. Moves are timed to the beat of the music and this fun session will send those endorphins rocket high.

- 5pm Guided trail running or active recovery session.  
Fitness enthusiasts can finish the day with a trail run, focusing on technique and balance. The brave can reduce inflammation by finishing with a high tide sea dip. Alternatively you can opt to wind down with an active recovery session which will involve a gentle walk and partner based assisted stretching, allowing you to restore and promote recovery for the next day's activities.
- 6pm Swim Club  
Finish the day enjoying everything Swim Club, Watergate's take on a spa, has to offer.
- 7.30pm Dinner to be pre booked depending on your booking terms.

### DAY 3

- 8am Breakfast
- 9am Depart via taxi for Porthcothan.
- 9.30am Beach based systematic stretch based on dynamic movements.  
We will warm the body up from head to toe focusing on hips, hamstrings and shoulder opening. We encourage you to go barefoot for this and connect fully with the elements and the healing properties of the sand and sea. This is a great way to wake up every nerve ending and really good start to the day.
- 10am We walk north on an exploration of the Seven Bays.  
The Seven Bays is a wonderful collection of glorious sandy beaches centred around the village of St Merryn. Each bay has its own unique character from the half mile wide beach at Harlyn, the wild surf of Constantine and the sheltered swim spot of Mother Ivy's. This walk really gives you a comprehensive insight into the sheer wild beauty of each beach. We pass tiny inlets along the way and you can find remote coves away from the crowds to escape to. There are small shops or cafes located at Porthcothan, Treyarnon and Mother Ivy's. This undulating route starts with a climb towards Treyarnon Bay, we then continue past Constantine beach.
- 11am Sand dune hill sprints.  
This expansive beach is framed by rolling sand dunes. We stop here for an interval circuit. These short sharp bursts will work on your explosive power and we vary the recovery time with body weight intervals. Think 30 seconds maximum intensity run uphill, recovery down and then one minute low intensity gentle jog, straight into plank, press ups or start jump and then onto your next. The varied nature of the terrain will help refine your stride and you will learn technique for both up and downhill.
- 11.30am We split the group at this point into runners and non runners.
- Non runners* - we then continue north up past Booby's Bay and towards the Trevone lighthouse. Wild seas crash against the rocks here and it's a known spot to see seals. Our loop then continues around past the lifeboat station and on to the sheltered cove of Mother Ivy's. The calm waters here create a great swim spot. We then cut through Trevone Golf Club back in a loop towards Constantine Bay with the option for a coffee stop before heading south again to Porthcothan.
- Runners* - after warming up in the dunes we continue with this pace for a steady and quite brutal climb up to the Trevone lighthouse. Opposite is a headland that is the perfect hill for a short uphill sprint. The enthusiastic can use this as a time trial. We then continue on this stunning coast path looking down on Mother Ivy's, and then across the flat expansive Harlyn Bay. If time allows we will continue up to Trevone before looping back and round to Porthcothan.
- 2pm Return from Porthcothan to the hotel via taxi for a late lunch.
- 2.30pm Lunch and free time.
- 4.30pm Core strength session.  
Through a series of progressive moves we work on the deep core and balancing muscles. A focus is on balance and alignment and how to perform correct movements in order to get maximum results.

5pm Yin yoga.  
This is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time - for beginners, it may range from 45 seconds to two minutes. Yin yoga poses apply moderate stress to the connective tissues of the body - the tendons, fascia, and ligaments - with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga this is an opportunity for deep relaxation of mind and body after a day in the elements.

#### DAY 4

7.30am Breakfast.

9am A trail run designed for all abilities.  
We bring together hills, sand sprints, gentle jogs and more to ensure every part of your body is worked. The cliffs are faced by the wild Atlantic and you will feel truly immersed in the nature.

10am A guided body weight beach workout.  
Think bear crawls, skips, jumps, agility work and balance. The brave have the option to cool off with a sea dip.

10.30am Assisted stretching using yoga mats on the beach we will work you through a progressive flow series based on yoga that aims to stretch the whole body. Trainers will also help those in need of assistance to really stretch out the muscles that are hard to reach.

11am Debrief with trainers.

11.30am Check out.  
Feel free to stay and enjoy Watergate Bay and all it has to offer. From a surf or kitesurf lesson to a relaxing treatment. Or perhaps curl up with a drink and the papers and restore your tired limbs.