

# COURSE/WORKSHOP

## TRAVEL AND ACCOMODATION

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### ISLE OF WIGHT

#### Cross Solent Ferry Services

If travelling to the Isle of Wight from you will need to use one of the ferry services to get here. There are a number of choices for both foot passengers, cars, caravans and freight. Ferry services run from Lymington, Southampton and Portsmouth.

#### Hovertravel

[Hovertravel](#) run hovercraft services between Ryde Esplanade and Southsea in under 10 minutes. They have a frequent service running 7 days a week for foot passengers. Full information on getting to the Southsea Hoverport is available on their website.

#### Red Funnel Services

[Red Funnel](#) runs services over 2 routes to and from the Island.

- Red Jet Hi-Speed: Southampton to West Cowes (passenger only). Runs every 30 minutes throughout the day, journey time approx. 23 minutes.
- Passenger/Vehicle Ferry: (Southampton to East Cowes). Operates 24 hours a day, journey time approx. one hour.

Both services connect to a free bus service from Southampton Central Rail Station. Full details of getting to the Red Funnel terminals are available on their website.

#### Wightlink Services

[Wightlink](#) runs services over three routes to and from the Island.

- Portsmouth to Ryde Pier Head (Fast Cat Passenger Service). Journey time approx. 22 minutes.
- Portsmouth to Fishbourne (Car and Passenger Service). Journey time approx. 40 minutes.
- Lymington to Yarmouth (Car and Passenger Service). Journey time approx. 30 minutes.

# Getting around the Island

We can arrange to pick you up from a ferry terminal if required. To get around whilst you are here there are other transport options on the Isle of Wight. This includes good road coverage, bus and train public transport services and at only approximately 25 miles by 13 there are good travel options through cycling and walking.

## Public Transport

Bus services on the Island are provided by Southern Vectis. Full information is available at [www.islandbuses.info](http://www.islandbuses.info). There are over 20 standards routes serving the majority of the island as well as having good connections to the main ferry terminals.

Island Line Trains (part of the South West Trains group) operate a train service between Ryde Pier Head (connecting with the WightLink fastcat) and Shanklin. Full details can be found at [www.southwesttrains.co.uk/island-line.aspx](http://www.southwesttrains.co.uk/island-line.aspx)

## Travel by Car

All major towns are connected by a network of A-roads. Typical travel times as an example from Newport, the central town on the Island are:

- Newport - Sandown approx. 20 mins.
- Newport - Ryde approx. 20 mins.
- Newport - East Cowes approx. 15 mins.
- Newport - Freshwater approx. 25 mins.

General advice would be to avoid the main towns during busy / commuting times. [Latest road works information is available on the Isle of Wight Council website.](#)

## Cycling

The many quiet countryside roads on the island make it very good for cycling. As well as the roads there is a considerable network of designated cycle tracks and routes as well as miles of public bridleways for those who like off road cycling.

Current established cycle routes include Cowes to Newport, Sandown to Newport, Wotton to Newport and Yarmouth to Freshwater as well as a shorter route connecting Newport to the Mountbatten Centre. More details on the cycle routes can be found at [www.visitisleofwight.co.uk/things-to-do/cycling](http://www.visitisleofwight.co.uk/things-to-do/cycling)

There is also a well sign posted 'Round the island' road route which can be easily followed by those wanting to cycle right round the Island.

## Walking

The Isle of Wight has a wealth of footpaths and bridleways and is reputed to have more footpaths per square mile than any other English county - from a 60 mile coastal path, to easy circular routes, and short town trails - there are over 500 miles of well-maintained paths on an island that measures 23 by 15 miles

The Coastal Path can be walked in four days at a leisurely pace. The coastline is varied from white chalk cliffs to quiet estuaries. Almost half of the coastline is designated "Heritage Coast", a definition applied only to coastlines of the highest quality and unspoilt nature.

Inland the chalk downlands are the home to many unique wild flowers and fauna, and the Island has some of the most picturesque villages in the country.

There is good information on walking routes and activities [www.visitisleofwight.co.uk/things-to-do/walking](http://www.visitisleofwight.co.uk/things-to-do/walking)

Courses are held in the beautiful quaint village of Brighstone on the West coast of the island – go to <http://www.brighstoneparish.org/> for more detail. This is the beach just ten minutes' walk from the centre of Brighstone



## Accommodation

Please go to <http://www.brighstoneparish.org/visitor-information/places-to-stay/> for details of local accommodation including camping.

Please check on Trip Advisor before booking any of the venues listed.

## **Local Places of Interest**

The Isle of Wight has many places of interest to suit all hobbies and tastes.

## **Local Places to Eat and Drink**

There is a wide range of restaurants, cafes and bars right across the island which because it is a small island means most of them is reachable. However, if you want something local to where the course is taking place then go to:

<http://www.brighstoneparish.org/visitor-information/places-to-eat-drink/>

## PORTUGAL

### Quinta Contender. Ribeiro D'Alem, Aldeia Velha, Colmeal, Portugal

You will need to find your own transport to Contender. The following information might help you decide the best route to take.

**Flights:** flights from the UK can be found quite cheaply at times and go to Faro, Porto and Lisbon. Flights to Portugal leave from nearly every major airport in the UK and, depending on where you leave from and fly into, take in the region of around two and half hours flying time.

If you hire a car at the airport it will take you around five hours to drive from Faro and around one and half hours from Porto or Lisbon. Lisbon is slightly closer to Contender than Porto. Contender is on a mountain, so access in a hire care direct to the retreat can be challenging. You might want to leave the car at the bottom of the unmade road up to the retreat and walk the last part.

Alternatively you could take a fast train to Castelo Branco where we can arrange to pick you up from the station. Castelo Branco is around a half hours drive away.

**Driving:** if you would like to bring your own car, motorhome or motorcycle then there are various routes you can take arriving either in France or in Spain. Portsmouth to St Malo brings you closer to Portugal in France, whilst Brittany Ferries do have a direct ferry route to Santander or Bilbao in Spain leaving from either Portsmouth or Plymouth. Please ensure you have the correct European Insurance, break down cover and understand the items you need to carry with you to legally drive. Don't forget to update your sat nav as there are new roads throughout Portugal. This guide to driving by Brittany Ferries might help you start your research into driving in France, Spain and Portugal

<http://www.brittany-ferries.co.uk/guides/driving>

We will provide you with sat nav coordinates before your departure.

Generally it takes a two day drive through France to reach the area. It is around a five hour drive from Santander or Bilbao.

Be aware that access to Contender involves a ten minute drive along an unmade road and then up a very steep incline which not all vehicles will be up to.

[http://www.booking.com/hotel/pt/casa-das-oliveiras-gois.en-gb.html?label=gen173nr-1FCAEoggJCAIhYSDNiBW5vcmVmaLsBiAECmAEuuAEJyAER2AEB6AEB-AELqAID%3Bsid%3D4c903b071a26696c095c78084fad136a%3Bdcid%3D1%3Bcheckin%3D2016-03-11%3Bcheckout%3D2016-03-26%3Broom1%3DA%2CA%3Bm\\_occ%3D2%3Bsoh%3D1](http://www.booking.com/hotel/pt/casa-das-oliveiras-gois.en-gb.html?label=gen173nr-1FCAEoggJCAIhYSDNiBW5vcmVmaLsBiAECmAEuuAEJyAER2AEB6AEB-AELqAID%3Bsid%3D4c903b071a26696c095c78084fad136a%3Bdcid%3D1%3Bcheckin%3D2016-03-11%3Bcheckout%3D2016-03-26%3Broom1%3DA%2CA%3Bm_occ%3D2%3Bsoh%3D1)

Casa das Oliveiras is located in Soito village, 5 minutes' walking from the clear waters of Ceira River. This one-bedroom holiday home features free WiFi access and a secluded location.

The unit has a fireplace in the living room, a sofa and a TV. The outdoor area has a belvedere offering views of the beautiful natural surroundings.

The kitchen is equipped with the necessary utensils to prepare meals, including a stove top and a refrigerator. The area features plenty of hiking trails.

The historical village of Piodão is 15.5 miles away and schist village of Fajão is 6.2 miles away.

The Santa Luzia Dam Lake is 9.3 miles away.

Additional schist villages like Janeiro de Cima and Janeiro de Baixo are within 12.4 miles.

Lousã city is 28 miles away.

They speak English and German.