THE BODY ATHLETIC – JAN – SEPT 2022

80 Hour Teaching Yoga to Athletes & in Sport Teacher Training

LOCATION, TRAVEL & ACCOMMODATION

LOCATION:

Eccleston Village Hall, Eccleston, Chester, CH4 9HT



http://www.ecclestonvillage.org.uk gives you loads of information.

Getting there. The website has details and the postcode works. Eccleston village is about 3 miles South of Chester.

This is a wonderful huge village hall with loads of space, so there will be a learning area and a practice area for you. There is easy parking and we are right by the river Dee if it gets warm enough to sit in the gardens.

Arriving By Car

You will travel out of Chester on Eaton Road – crossing the river Dee and continuing south out of Chester. You will come to Eccleston village where you will turn to your left, go past St Mary's Church on your left and the village Hall is towards the end of the road on your right. There is loads of parking at the Hall.

Arriving by Train

The Saturday start is at 11:30 to allow for people to get the (at time of writing!) 08:40 out of London Euston arriving in at Chester for 10:49. Open returns are around £95 and can be slightly cheaper if you book specified trains. On Sunday, we will finish in time for you to get the 17:54 arriving London 20:06.

Please let me know if you are arriving by train!! Please be at the station for 10:30 and I will arrange for a taxi to bring you all to Eccleston Hall on the first Saturday as it is a £10 taxi ride. It is about a 15 minute journey from the station to Eccleston. Thereafter you will be able to share taxis with each other. Main taxi firms are Abbey Taxis 01244 318318; and KingKabs 01244 343434. Or Uber. Remember to book in advance as the Black Cabs at the station are much more expensive!

FACILITIES

- There are toilets where you can change.
- There is a kitchen if you need to store / prepare food.
- There is a fridge & microwave.
- There is also a big beautiful garden.

FOOD

- There will be tea / coffee / biscuits at the Hall.
- **There are no shops in Eccleston, so you will need to bring any snacks / lunch with you each day.**

PLACES TO STAY

BOOK AHEAD!! CHESTER CAN GET BOOKED UP ESPECIALLY IN MAY!!

Chester is a tourist city so there is loads of accommodation in every price range.
If you are arriving by train stay within walking distance of the station so you can meet / drop-off at the station for taxi sharing.
Chester is a very small city so anything close to the city is no more than a 20 minute walk from the centre.
Chester itself has all the usual chain hotels – try booking.com for them.
Personally I would use Airbnb – much cheaper and I enjoy staying in peoples' houses / smaller places.

Recommendations from previous groups:

If you are coming by train and want to be closer to the station for taxi sharing:

BABA Guest House, Hoole Road @£55, 10 – 15 mins walk to station
Chester Court Hotel, Hoole Road, @ £80, 10 – 15 mins walk to station
Bowman Lodge, Hoole Road, @£30 - £35, 10 – 15 mins
Brookside Hotel, Brook Lane, @ £55-£60, 15 – 20 mins walk to station
Queen's Hotel, Station Road, @£80 - £200, next to the station
Airbnb Seller Street 'Charming City Centre Home', Host Jane £45 - £50.
Airbnb generally – at least 20 in centre with many less than £50.
Roomzz, Nun's Road @£50 - £99 minimum with discount voucher. 20 mins walk to station

If you are coming by car:

If you want to stay closer to Eccleston the closest accommodation areas south of Chester are Eaton Road, Handbridge and Hough Green. If you are driving, check there is parking where you are staying!
Sycamore Guest House, Handbridge £50 - £75. On the south side of Chester so good to getting to Eccelston.
Mitchells of Chester, Hough Green, £60. On the south side of Chester so good to getting to Eccelston.
Holiday Inn Ellesmere Port. Ellesmere Port is a lot cheaper than Chester but it is a good 30 mins drive and you'll need your sat nav to make the journey across Chester and out to Eccleston.
Holiday Inn, Chester @ £60 on outskirts of Chester

MY CONTACTS

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