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HECKFIELD  
PLACE

ACTIVITIES GUIDE





## EXPERIENCES AT HECKFIELD PLACE

Welcome to Heckfield Place. As a Georgian family home lovingly restored from its classic origins and rewoven into 400 acres of secluded Hampshire landscape, there's plenty of room to roam.

Explore the gardens, farm and woodlands as well as the surrounding countryside. We'd be over the moon to help you connect with all that our home and the area have to offer - naturally, we have a few favourites as well as some hidden secrets we'd be happy to share.

As with many good things, our experiences are worth the wait and tend to book up quickly. We recommend booking well in advance to avoid any disappointment and to ensure your stay is exactly how you imagine.

Please do not hesitate to ask us if we can be of any assistance. Have a wonderful stay.





## EXPERIENCES AT HECKFIELD PLACE

### DISCOVER THE GARDENS & PLEASURE GROUNDS

First, you must get lost.

Put on your wellies, head out from the Boot Room and start wandering. It really doesn't matter which way you go. There is beauty in all directions.

If you really do need to know which path leads where, then the Upper Walled Garden is to the north of the House. The woodland paths wind to the south and east to the lakes, the Market Garden and the river.

If you need a map, please ask your guest assistant and follow the trails for walks from 15 minutes to 2 hours.





## EXPERIENCES AT HECKFIELD PLACE

### PICNICS

We are happy to arrange a picnic to enjoy on the Pleasure Grounds on a sunny day, as a part of your planned activities. Please ask the Study for today's menu and place your order.

Please allow three hours for preparation and collect your basket from the Study.

Head out to the Lake or the woods or wherever takes your fancy for a relaxing afternoon.





## EXPERIENCES AT HECKFIELD PLACE

### HEAD TO THE MARKET GARDEN & FARM

Our bio-dynamic Market Garden and organic Home Farm are a 15-minute walk down past the lakes heading east past the end of the Lower Lake and across Top Thumper field.

If the House is the heart of Heckfield, the bio-dynamic garden and certified-organic farm is its soul. Overseen by the Heckfield team, the farm provides everything for the House: from flowers to rotating arable crops and honey.





## EXPERIENCES AT HECKFIELD PLACE

### JOIN OUR ESTATE EXPERTS FOR AN ESTATE WALK

Morning Tour 11:00am - 12:30pm

Monday: Woodland Walk

Tuesday: Farm Tour

Wednesday: Wildlife Tour

Thursday: Market Garden Tour

Friday: Ornamental Garden Walk

Saturday: Estate Tour

Sunday: Estate Tour

Afternoon Tour 2:30pm - 4:00pm

Daily: Estate Tour





## EXPERIENCES AT HECKFIELD PLACE

### CYCLING & HIKING

Cycle or hike across the Estate and out into the little lanes to Farley Hill, or around the forestry tracks of Bramshill Forest to discover the peace and quiet of the Hampshire countryside. There are several country pubs that you can cycle or hike to.

### HECKFIELD GUIDED BIKE TOUR

Discover the surrounding countryside by bike with one of our team showing the way.



## EXPERIENCES AT HECKFIELD PLACE

### BADMINTON, CROQUET & PETANQUE

Wander the grounds and find different garden games to join in with.

Badminton available April to end of September.

Croquet available April to end of September.





## EXPERIENCES AT HECKFIELD PLACE

### FISHING

The Lower Lake is stocked with Carp, Perch, Tench & Rudd. All levels of fishing are welcome, whether it's introducing you to the lake, setting you up, teaching for the first time or just guiding.

Available mid June to end of October.





## EXPERIENCES AT HECKFIELD PLACE

### BOATING ON THE LOWER LAKE

Take one of our rowing boats out onto the Lower Lake to enjoy the peace and calm of the nature of the Heckfield Estate.

Add a picnic and make a day of it.

Available May to end of September.





## EXPERIENCES AT HECKFIELD PLACE

### WILD SWIMMING ON THE LOWER LAKE

The Lower Lake is a wonderful spot to enjoy a dip in nature. Take one of our waffle towels and head to the eastern end of the Lake where the water is deep and clear. Find our wooden pontoon and step ladder to ease your way in and out.





## EXPERIENCES AT HECKFIELD PLACE

### BIRD WATCHING

Join the birdwatching team for a peaceful walk through the woods to discover the birds and wildlife that have made this gently wilding estate their home.





## EXPERIENCES AT HECKFIELD PLACE

### FALCONRY

Behold the majesty of these Birds of Prey. Under the supervision of our professional falconer, guests are invited to handle and fly these magnificent birds. It is an unforgettable moment when a hawk swoops out of the sky and lands on your gloved fist.

Photo by Zach&Grace





## EXPERIENCES AT HECKFIELD PLACE

### YOGA

The grounding practice of Yoga will bring your body and mind back to balance. This class will calm the nervous system, asanas will help your body realign and mindful breathing will help you unwind while establishing a deeper connection to yourself.

### FOREST BATHING WALK

Embodying the Japanese art and practice of Shinrin-Yoku ('Forest Bathing'), the Forest Bathing experience is an opportunity to reconnect with yourself, and with nature, as you explore the diverse and peaceful trails among Heckfield's natural landscape. This guided walk invites you to learn more about the Forest, take some time to breathe deeply and connect to your senses, contemplate your surroundings, and practice mindfulness and meditation-based exercises. Spending time in Forest spaces offers a wealth of benefits for the mind and body, so be prepared to finish the session feeling refreshed, recharged, and alive.



## EXPERIENCES AT HECKFIELD PLACE

### MEDITATION

Meditation is the practice of training the mind to be more present, focused, and better connected ourselves and the world around us. This powerful practice can offer you a moment to experience mindfulness and a deeper sense of awareness, gain a sense of perspective and understanding of the thinking mind and the body, and finish feeling recharged and refocused. In good weather, we may practice outdoors in some of Heckfield's beautiful natural spaces.

### COLD WATER IMMERSION

A chance to offer yourself an experience to plunge into the benefits of cold water exposure, this session involves a short warm up and a paced walk or jog to our beautiful Lower Lake. Here you will be guided through a series of stretches, breathing exercises and cold water science before taking a dip – a moment to experience a boost of feel-good chemicals in the body and leave feeling energised for the rest of the day.

Available October to end of April.



## EXPERIENCES AT HECKFIELD PLACE

### FARM FIT

A one-of-a-kind exercise experience! Farm fit is a circuit-based training using equipment found on farmland: tyres, weighted milk churns, ropes, hay bales, logs, sandbags. Working as a team or alone this will get your endorphins firing.

### PILATES

This class is a wonderful way to lengthen and strengthen your muscles – particularly your abdominal, back and pelvic areas. The class has been created so that its co-ordination, posture and balance skills can be applied throughout everyday life.

### PILATES REFORMER

The reformer offers all the benefits of pilates including overall strength, flexibility, coordination, and balance. Exercising using Pilates Reformer results better posture enhancing your overall spinal alignment, helps relief from pain associated with physical imbalances such as back pain and enhances breathing.



## EXPERIENCES AT HECKFIELD PLACE

### WOODLAND MOVEMENT

A high intensity body weight interval training, jog and stretching performed around the Heckfield Woodlands. The Woodland circuit class has been carefully designed and refined to lengthen, strengthen, and tone your whole body, while improving your cardiovascular fitness.

### STRETCHING

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints.



## EXPERIENCES AT HECKFIELD PLACE

### SCREENING ROOM

Our beautiful 67-seater, Dolby Atmos Screening room is hidden underground at Heckfield and hosts regular screening of movies as well as special talks and events as part of our Assembly programme. It is also available for private screenings.



## EXPERIENCES AT HECKFIELD PLACE

### HOME FARM COOKING EXPERIENCE WITH LUNCH

Join Head Chef of our Green Michelin-starred Marle Restaurant, Frederick Page to pick farm-fresh ingredients for a cooking demonstration and three-course lunch that celebrates the best of what's in season at Heckfield Home Farm.

You'll walk down to Home Farm where our estate team will share an introduction to biodynamics – the farming principles followed on our certified Market Garden and beyond. From there, you'll head out with Fred to pick ingredients that you'll use for the day.

Once all is gathered, head to the Glass House to enjoy a glass (or two) while Fred cooks lunch and shares cooking techniques and more about our food philosophy at Heckfield.

End the experience with a beautiful, family-style lunch on a long table with more wine and joviality.

Available Saturdays in July and August. 10am – 1pm. £150 per person





## EXPERIENCES AT HECKFIELD PLACE

### COCKTAIL MAKING MASTERCLASS

Join Heckfield Place's cocktail-making maestros in learning how to create the best drinks fresh with ingredients from our 438-acre estate. The skills of balancing botanicals and the perfect shake and stir. With an introduction to our Home Farm, you'll be served an aperitif along with the history, the techniques and creation of classic cocktails – from, say, the Classic Martini, Mojito and Whisky Sour.

### FORAGED COCKTAIL MAKING WORKSHOP

Learn how to create cocktails using freshly foraged ingredients along with our House-made liqueurs and tinctures. Set off from the House to forage through the woodlands to hand-pick plants, herbs and flowers to use in your workshop, while learning about the practical qualities of each along with a view of what's currently growing on our estate. After all is gathered, head back to the Glass House where you'll create and shake seasonal cocktails that use the best of what's growing on our 438 acres and the creative infusions crafted by our bar production team.

Available Fridays in July and August. 3pm – 5pm. £130 per person





## EXPERIENCES AT HECKFIELD PLACE

### SOMMELIER WINE TASTING

Calling all oenophiles... A tutored tasting with our Senior Sommelier.

We show a diverse and unusual selection of wines that can all fall into the 'twists on the classics' category. You will be taken through this by our expert wine team who will tutor you in how to taste wine, explain production techniques and provide you with a whole host of fun and fascinating facts about the world of wine.





## EXPERIENCES AT HECKFIELD PLACE

### WILLOW WEAVING WORKSHOP

Embrace your creativity and try your hand at willow weaving. Using locally grown willow, make either a willow star or a willow bird feeder.





## EXPERIENCES AT HECKFIELD PLACE

### NATURE PHOTOGRAPHY

Do you have an interest in photography and a curiosity in the world around you?

Would you like to grasp some fundamental principles and techniques in photography?

This private tuition session is aimed at doing just that and will lead you to feeling more inspired and confident in taking photos that you will love.





## EXPERIENCES AT HOME FARM

### ALL ABOUT COMPOSTING

Learn about how we use compost at Home Farm and how to make it, care for it and use it in your own garden. Leave with your own compost, gloves and a care sheet.

### JOURNEY OF A PLANT

Learn about the stages of a plant – from seed sowing to planting, weeding to watering and harvesting. Leave with your own gloves and a small plant to continue your journey at home.

### THE NO DIG METHOD

Learn all about the no-dig method and visit our mini no-dig allotment in the Market Garden. Leave knowing what it is, the benefits and how to get started, along with your own gloves and something from our allotment.

### BIRD BOX MAKING

Our wildlife coordinator will give a short talk on the importance of looking after our birds, and show you how to make a bird box for the species of bird you'd like to attract.

### BUG HOTEL MAKING

Our wildlife coordinator will give a short talk on the importance of looking after our insects, as well as how to make a bug hotel using recycled materials.

Available Monday – Friday with at least two weeks notice





## EXPERIENCES NEAR HECKFIELD PLACE

### TENNIS AT RISELEY TENNIS CLUB

Our neighbours at Riseley Tennis Club offer four floodlit hard courts that are open all year round.

If you wish to learn or improve your game, a coach is also available upon request.



## EXPERIENCES OUT AND ABOUT

### WEST GREEN HOUSE – THE OPERA GARDEN

Nestling in the woodlands just ten minutes from Heckfield Place, the gardens of West Green House are amongst the most beautiful in England.

The unique gardens provide a magnificent backdrop to the Opera programme at West Green House, both of which are under the stewardship of renowned garden designer and current owner, Marylyn Abbott.

Visit to discover the modern, neo-classical gardens before enjoying the Opera for an evening of music, food and drink.

The Summer Opera season runs in July–August, with additional performances throughout the year. Our Reservations team is happy to assist with bookings.





## EXPERIENCES OUT AND ABOUT

### THE GRANGE FESTIVAL

A unique summer experience on our doorstep, The Grange Festival is a renowned destination for world-class opera, jazz, dance and theatre performances.

Nestled in the rolling Hampshire countryside, its beautiful location and outstanding productions make for a magical evening.

The Grange Festival have created a special experience just for guests of Heckfield that includes:

- A bottle of The Grange Hampshire, sparkling wine prior to the performance
- Two tickets to your choice of performance
- A three course dinner during the Long Interval
- An invitation to the Artistic Director's post-performance drinks reception with the cast

The Grange Festival runs in June-July. Our Reservations team can also assist with arranging transfers to and from the festival





## EXPERIENCES OUT AND ABOUT

### WELLINGTON RIDING

Wellington Riding is one of the UK's biggest and best-known equestrian centres and our immediate neighbour.

Set in 300 acres of the Duke of Wellington's beautiful Hampshire estate, they are a British Horse Society Approved Riding School, Livery Yard and 'Where to Train' Centre to BHSI. Choose from beginner's class to a hack through the countryside.





## EXPERIENCES OUT AND ABOUT

### ASTON MARTINS

The ultimate car is our neighbour - Chicane Aston Martins are very close by and are home to some iconic DB6s through to the modern super cars. They restore, maintain and look after more than 20 Astons and welcome Heckfield Place's guests to visit.

Please note that visits must be booked in advance through our guest assistants. The Chicane team are not able to accommodate walk-in appointments.



EXPERIENCES OUT AND ABOUT

## DISCOVER JANE AUSTEN



Join our resident Jane Austen expert, visiting the site of her birthplace and her Father's church at Steventon. Explore the picturesque villages that Jane Austen knew, see the country houses where she danced, fell in and out of love and trace the people that she mentions in her letters, in memorials, in village churches and in a landscape remarkably unchanged since the 1770s.



## EXPERIENCES OUT AND ABOUT

### VILLAGE MAID CHEESE TOUR AND TASTING EXPERIENCE

Established in 1986, Village Maid Cheese are award-winning Cheesemakers in Riseley village, just five minutes from Heckfield Place. Village Maid use milk from our pedigree Guernsey herd to produce three of their six award-winning cheeses.

Enjoy a guided tour of the dairy which is home to the 2022/23 Best British Cheese (Spenwood), followed by a tasting session of all six Village Maid cheeses.

Available Monday – Thursday





## EXPERIENCES OUT AND ABOUT

### HATTINGLEY VALLEY WINERY TOUR AND TASTING EXPERIENCE

Enjoy a two hour private tour (for up to six guests) where you'll not only taste the award-winning wines from Hattingley Valley, but will also benefit from their in-depth knowledge, as you are guided through the 600-tonne capacity eco-friendly winery and shown each step of the traditional method sparkling wine-making process.

Available Monday – Friday. Not available during harvest time which is usually mid September to end of October.





## EXPERIENCES OUT AND ABOUT

### CLAY PIGEON SHOOTING AT THE ROYAL BERKSHIRE SHOOTING SCHOOL

Established 30 years ago, The Royal Berkshire Shooting School is internationally recognised as one of the finest facilities of its kind. Set within nearly 100 acres in an area of outstanding natural beauty, facilities include a mixture of towers as well as their famous Purdey Grouse Moor.

Whether you are a complete novice, looking to enjoy your very first experience of shooting, or a seasoned shot looking for a lesson, you will be sure to enjoy this thrilling quintessentially British experience.

Please note the Shooting School is not open on Sunday.





## EXPERIENCES OUT AND ABOUT

### CLAY PIGEON SHOOTING WITH DYLAN WILLIAMS

We are delighted to have a very close partnership with Dylan Williams, who established the world-famous Royal Berkshire Shooting School and has decades of teaching experience. Over the years, Dylan has gained a reputation for providing shooting lessons that are calm, friendly, and always great fun.

During your time with him, you'll be able to experience two hours of the most enjoyable clay pigeon shooting set in the beautiful grounds of The Royal Berkshire.

Should you wish, Dylan can collect you from Heckfield, chauffeur you to the grounds and return you back at the end of the lesson. Everything you require is included in the experience - a great opportunity to see who will be crowned Top Gun!

Dylan was recently recognised as one of the United Kingdom's Best Private Shooting instructors by Tatler Magazine.

Please note the Shooting School is not open on Sunday.





## EXPERIENCES OUT AND ABOUT

### BEARWOOD LAKES GOLF

For the golfers among you Bearwood Lakes is 15 minutes away from Heckfield Place and provides a beautiful, peaceful round of golf in an exclusive private club.





## EXPERIENCES OUT AND ABOUT

### FOR THOSE LOOKING TO VENTURE A LITTLE FURTHER AFIELD

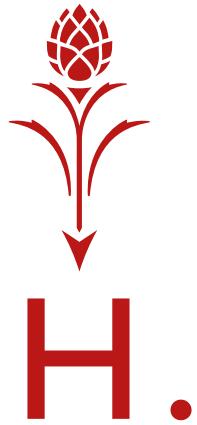
Immerse yourself in our incredible history with a private tour of:

- Windsor Castle
- Blenheim Palace
- Highclere Castle, better known as Downton Abbey
- Winchester
- Stonehenge

All are within an hours drive of Heckfield and can be arranged as a wonderful day out.







# HECKFIELD PLACE

ALL ACTIVITIES ARE CHARGED SEPARATELY AND SUBJECT TO AVAILABILITY

HECKFIELD PLACE

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[heckfieldplace.com](http://heckfieldplace.com)

Check out The Assembly series of films, events and workshops at Heckfield Place.

[heckfieldplace.com/the-assembly/](http://heckfieldplace.com/the-assembly/)