

**NEWS**  
**GROUND & GROW**

**THE PIG-at Harlyn Bay joins forces with Cabilla Cornwall to offer wholesome coastal retreats**

NEW - From November 2023, THE PIG-at Harlyn Bay will be joining forces with Cabilla Cornwall to offer guests Ground & Grow, truly nourishing two- or three-night weekend retreats. This is the first time THE PIGs have dipped their toe into a deeper restorative offering with the purpose of helping retreat guests slow down and take time to restore amid the Cornish countryside.

**The retreat details**

Ground & Grow offers the perfect hybrid of staying in the comfort and joy of THE PIG and spending time at nearby Cabilla, with their ancient and wild surroundings.

Rest in the cosy rooms at THE PIG-at Harlyn Bay and feel nourished with seasonally inspired 25 mile menus. Be entertained by fireside stories from fascinating guest speakers then rest, enjoy golden slumbers and reset for a new dawn, a new day. Absorb the magic and wild ruggedness of Cabilla with a gentle yoga, movement and meditation class, set to enriching classical music, with Cabilla's retreat lead Pippa Richardson (formerly at Bamford). Take an inspiring temperate rainforest tour with Cabilla founders, Merlin and Lizzie Hanbury-Tenison, and plant a tree as part of their Thousand Year project. Go wild swimming from Harlyn Bay, warm up in the beach sauna, unwind with signature PIG Potting Shed treatments and spend the evening curled up by the fire engrossed in a book. Round off each day with a botanical Kitchen Garden cocktail, a soothing bubble bath and a deep night's sleep. This is a weekend escape like no other, expect relaxation, nourishment (for mind, body and soul), grounding and growth.

**Ground & Grow retreat dates:-**

- Friday 24th to Sunday 26th November (2 nights)
  - Guest speaker Sophie Pavelle, author of Forget Me Not
- Friday 19th to Sunday 21st January (2 nights)
  - Guest speaker Lucy Jones, journalist and author of four titles including Losing Eden; Why Our Minds Need The Wild and Matrescence
- Thursday 7th to Sunday 10th March (3 nights)
  - Guest speaker Emma Lucy Knowles, author, coach and meditation guide.

Prices start from £865pp for double occupancy or £1,250pp for single occupancy for the two-night retreats in November and January. March's three-night retreat starts from £1,125pp for double occupancy and £1,695pp for single occupancy. This includes accommodation at THE PIG-at Harlyn Bay, all meals, talks, tours, meditation, swimming and sauna. Potting Shed treatments are offered to retreaters with a 20% discount.

<https://www.thepighotel.com/events/the-pig-x-cabilla-cornwall/>

Images for the retreat can be found [here](#)

## **NOTES TO EDITORS**

### **About The Pig at Harlyn Bay**

THE PIG-at Harlyn Bay, on the north coast of Cornwall, is a buzzing restaurant with rooms, just a short stroll from Harlyn beach and Constantine Bay beaches, and a 10-minute drive to the picturesque port of Padstow. With an obsessive commitment to home grown produce and a serious love of all-things local, the garden and kitchen teams work hand-in-hand to create the restaurant's 25 mile menu, which is supported by Cornwall's passionate local farmers and small producers. They supply anything that the team cannot grow or produce themselves in the Kitchen Garden, Greenhouse and polytunnels. Simple and unfussy British Kitchen Garden food that is naturally seasonal and entirely influenced by the hotel's location.

Stunning far-reaching views over Harlyn Bay and the headland can be seen from bedrooms in the main house, and the characterful and eclectic interiors found throughout the cosy lounges, restaurant and outhouses. And then there's the unmissable Lobster Shed, an outdoor eating terrace serving the freshest seafood and local Camel Valley vineyard fizz.

### **About Cabilla Cornwall**

Merlin and Lizzie Hanbury-Tenison both experienced mental illness that affected them deeply, Merlin as a British Army Major who had a nervous breakdown due to PTSD in 2017 and Lizzie as a corporate executive and entrepreneur who suffered burnout in 2015 and post-natal anxiety after the birth of their first daughter. Getting outside and being in nature was a life-changing part of their journey. On moving to Cornwall in 2019, as their restoration efforts there were gaining momentum, the couple realised that they didn't just want Cabilla to be a place of ecological balance. They wanted people to stay and find balance in their minds and bodies too, sharing their guardianship of this once private land.

At Cabilla, Merlin and Lizzie are dedicated to connecting people with the restorative powers of nature. The space they have created is an embodiment of this ethos; with an ancient and rare Temperate Rainforest and peaceful wildflower meadows - paired with contemporary spaces and quiet luxuries - all amid wild and undisturbed nature. At their heart, the retreat concepts have been designed to enable deep human connections between people and nature.

Emma Cripwell  
Publicist for THE PIG Hotels  
Consultant for Roxhill Media  
07775 440143

Each UK adult sending one less email a day would save over 16,433 tonnes of carbon a year - the same as 81,522 flights to Madrid or taking 3,334 diesel cars off the road.