

THE GROVE

Winter News 2010/11



October 2010: Getting in shape for the slopes; Cossack dancing; insider tips on creating a designer Christmas at home - and a Babushka hunt.... there's always something unexpected and fun going on at The Grove in Hertfordshire, London's country estate – and this winter is no exception.

Forget Après Ski, this season it's all about Avant Ski

If the thought of flying down the slopes is rather daunting, The Grove has the answer: a series of **Avant Ski Weekends** to help build confidence and prepare the body and mind for the 2010 / 2011 ski season. The first weekend will be held on 5-7 November, followed by three weekends in January, all with specially created exercise classes at Sequoia Spa including a kettle bell workshop and ski circuits, designed to help strengthen the muscles used in skiing.

There's also a day's ski school at The Snow Centre in Hemel Hempstead, followed by an alpine feast with a selection of après ski favourites and plenty of *vin chaud*.

From £495 per person for a two night stay, all meals, fitness classes and a day's ski school at The Snow Centre in Hemel Hempstead.



For more information call 01923 296010

Babushkas, baubles and ballerinas.....

The romance of Russia comes to Hertfordshire this Christmas, as The Grove is transformed into a Russian Winter Palace. With ballet classes, Cossack dancing, KGB bodyguard training and Moscow circus skills workshops, there is truly something for everyone on the menu.

Discover the 300 acre estate with woodlands walks, a mini Moscow Olympics and the 'hunt for Babushka'. For little ones, there will be Father Frost in his Grotto, ballerina tea parties and a pantomime, as well as games, storytelling and arts and crafts. Two night packages start from £415 per person per night including breakfast and all Christmas day meals and entertainment.



For more information go to [The Grove](#) or call 01923 296010

Creating the perfect Christmas - two exclusive pre-Christmas master classes with McQueens florists and Channel 4's 'Cake Boy' Eric Lanlard



In preparation for Christmas, experts from McQueens florists and Channel 4's 'Cake Boy', Eric Lanlard, will reveal insider tips on festive flower arranging and cake decorating at two master classes at The Grove. Inspired by The Grove's Russian Christmas, guests will learn how to recreate the look for their own homes with McQueens, whilst Eric will be sharing his tricks of the trade in decorating the perfect Christmas cake.

The Perfect Christmas master class weekends will take place at The Grove on 26 – 27 November and 3– 4 December. Prices start from £285 per person and includes overnight accommodation and the two master classes. For non-resident guests, master classes will be priced at £85 each per person per workshop.



For more information call 01923 807807

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ABOUT THE GROVE

The Grove- London's Country Estate – is just 18 miles from Central London, with stunning contemporary interiors and relaxed friendly service. Sequoia, the spa, was voted Best Spa in the World at The Telegraph Ultra Awards in 2009. The 18 hole championship golf course hosted the 2006 Amex World Golf Championships. With three restaurants and 300 private acres – including a private OFSTED registered kids club, games room, formal gardens, woodland for walking and cycling and two indoor swimming pools, the options for quality time fun for all the family are endless.
www.thegrove.co.uk