



DISCOVERY GUIDE

WELLNESS & MOVEMENT

Move, rest & go outside

The Shepherds Farm

WELLNESS & MOVEMENT
A FIRST LOOK

Find your own rhythm

At The Shepherds Farm, there is no programme to follow. Some mornings begin with a swim or a walk through the hills; others with coffee, a book and no particular plan. You might want to move every day, slow down completely, or find a little of both. There is room for everyone in the group to spend the day differently.

The landscape is part of the pleasure of being here. Woodland paths, quiet roads and the changing views of the Kemmelberg invite you outside. Back at the Farm, the hammam, barrel sauna and quieter corners of the garden offer another pace. You do not need to organise an activity to enjoy them.

If you would like a little more guidance, we can help prepare it before you arrive: a massage at the estate, private yoga for a few friends, a guided walk or bicycles for a day out. This guide gives a first glimpse of what we can explore together. After booking, we share more detailed options and help make the arrangements.

Use of the estate facilities follows the arrangements and seasonal availability described in your confirmed stay. Private treatments, instructors, guides, bicycle hire and off-site activities are optional extras, charged separately unless expressly included. We agree the details and price with you before confirming them.

Water, warmth and time outside

The 14-metre outdoor biopool sits in the Flemish Garden, normally open from April to October, with the exact season depending on the weather. Enjoy a morning swim or an unhurried afternoon beside the water. The private indoor hammam in Provence Lodge and the outdoor barrel sauna offer places to pause before returning to the rest of the day.

Simple pleasures at the Farm

An easy game of pétanque, a stretch on the lawn or a quiet hour in the garden can be enough. Movement does not have to be a workout, and rest does not need an appointment. The Terrain, our future fitness room, is still in development; for now, the landscape is our starting point.

WELLNESS & MOVEMENT
PRIVATE SESSIONS

A little care, brought to you

There is no need to spend your stay searching for a practitioner or arranging a class for the group. Tell us what you have in mind and we can help find suitable guidance, agree a time and prepare an appropriate space at the estate. Sessions can be for one person, a couple or a small group, depending on the activity.

Massage and time to unwind

A massage can be arranged at the Farm, so there is no journey to make afterwards. You might prefer a gentle, relaxing treatment or more focused attention to tired shoulders and legs after a day outdoors. We will discuss the available treatments with you and help match your preferences with a suitable practitioner.

If several guests would like a treatment, we can explore appointments across a morning or afternoon while everyone else enjoys the house and gardens. The number of appointments and whether more than one practitioner is possible are agreed in advance.

Private yoga and gentle movement

A slow morning session, a gentle stretch after a walk or a private class shared with friends can fit naturally into the day. We can help arrange a yoga teacher to come to the estate, with the pace and approach discussed around the group. You do not all need the same experience or confidence to enjoy a session together. For those interested in Pilates, mobility, guided relaxation or breathing exercises, let us know. We can explore suitable instructors and current options. Sessions may take place outdoors when the weather allows, or in a suitable indoor space agreed beforehand.

Personal training and a more active start

If you would enjoy a more energetic session, we can look into personal training or a small-group outdoor workout. Tell us whether you prefer strength, general fitness or simply an enjoyable hour moving together. While The Terrain is being developed, any session is planned around the space and equipment actually available.

The practical things, taken care of

We will agree the setting, duration, group size and any equipment with the practitioner beforehand, and let you know what to wear or bring. Share any relevant requirements when planning so the practitioner can advise on a suitable session. You can book one moment for yourself without involving the whole group.

INTO THE LANDSCAPE

Outside, at your own pace

Walking and running

From a short woodland stroll to a longer walk over the hills, the Kemmelberg offers plenty of ways to spend time outside. We can suggest routes to suit your time and energy, or explore a guided walk if you would enjoy local company. Runners can ask for route ideas too; the hills offer a different kind of morning start.

Cycling, with a little less planning

Quiet lanes, village stops and more demanding climbs make Heuvelland rewarding by bicycle. Whether you would like a relaxed e-bike outing, a road ride or a gravel route, tell us how you like to cycle. We can help explore bicycle hire, route advice and, where available, a guide. Collection or delivery arrangements are checked with the rental provider in advance.

Horse riding, golf and country pursuits

For a different sort of active day, we can look into horse riding or golf with providers in the surrounding area. Riding options depend on experience, and some are suitable only for confident riders. Golf and guided activities are arranged around the provider's requirements and availability. If clay shooting or another particular country pursuit interests your group, please ask. We can investigate suitable specialist venues and dates; these are individual enquiries rather than a standing programme at the Farm. More ideas for outings are introduced in our Beyond the Gate guide.

Make a day of it, or just an hour

An early yoga session can leave the rest of the day open. A longer ride might end with a prepared lunch, while a walk can be followed by a massage and a quiet evening at home. Food, picnics and meals can be discussed alongside your plans through our At the Table options, with any extras agreed separately.

Planning it together, after booking

Once your stay is booked, we will help you explore the current possibilities. Tell us what appeals, who would like to join and how much you want planned. We can help coordinate practitioners, local providers and practical details, whether you want one small addition or several moments across your stay. More information is also available on request before booking. Treatments, private sessions and off-site activities are subject to practitioner or provider availability. Please share requests early so there is time to explore them. Timing, location, equipment, prices and any booking conditions are confirmed before an arrangement is made.