

## United Kingdom

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**From urban cities to rural, lush countryside, discover the charming culture and wellness opportunities of the UK.**

The United Kingdom has swathes of evergreen countryside, admire the endless rolling hills, a great contrast for its bustling cities. With an abundance of rich history and stunning natural history, the UK is the perfect destination for a transformative wellness retreat.

### Health and Fitness Travel Insider

“The UK offers unrivalled countryside and beautiful coastal settings in which to relax, rejuvenate and work on your wellness however you see fit.”

Paul Joseph, Founder

## Travel Logistics

### Passport

Before flying make sure to check that your passport has plenty of time before it expires. Your passport will need to be valid for the whole time of your stay in the UK. However, we always recommend leaving at least 6 months validity on your passport.

For more information, follow this link: <https://www.gov.uk/uk-border-control/before-you-leave-for-the-uk>

### Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

**EU Citizens:** Citizens of the EU entering UK do not currently need a visa, however it is recommended that you still check, for it can change depending on the reason of your stay.

<https://www.gov.uk/uk-border-control/before-you-leave-for-the-uk>

**Citizens outside the EU:** Those outside the EU, the United Kingdom and Ireland, may need a visa to stay in the UK, you should check what visa is right for your situation.

You can apply for your travel visa here: <https://www.gov.uk/check-uk-visa>

### Flights

**To the UK:** please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).



## Location

Time Difference: GMT +0

Capital City: London

Currency: British Pound

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

## Airport

The six main airports in London to fly into are **Heathrow Airport (LHR)**, **Gatwick Airport (LGW)**, **Stanstead Airport (STN)**, **Luton Airport (LTN)**, **London City Airport (LCY)**, and **Southend Airport (SEN)**. However, there are also airports all over the UK that can be flown into through international travel. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no. Taxi drivers are also likely to offer their services and can be quite persistent. It is best to approach this offer in the same manner.

## Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

## Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/home>

Tourists visiting the UK are eligible for emergency medical treatment from the National Health Service (NHS) free of charge. However, it is only free treatment if the situation is an emergency in comparison to pre-existing medical requirements. You sure ensure that if specific medical treatment is needed that it is covered by your health insurance. In addition, if you would like to seek private medical treatment, which must be paid for, private healthcare should also be covered by your travel insurance.

## Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

Police: 999

Ambulance: 999

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.