

Activities, adrenaline experiences and wellness opportunities in Hampshire

Hayling Island in Hampshire is, famously, the place where windsurfing was invented. The Kitesurfing Armada held there each year is a great focal point for some of the activity and wellness opportunities available on the Island, and in various other areas of the county.

So here, we have taken away the hard work in researching all of the opportunities, and have provided a round-up of just some of the activities, adrenaline experiences and wellness opportunities that are on offer in Hampshire to anyone looking for a shortbreak, 'staycation', or a 'microgap'...with a difference.

Kitesurfing Armada and water sports long weekend

Attend Europe's biggest kitesurfing and live music event at the Kitesurfing Armada Festival over the weekend of June 19-21. Soak up the atmosphere, have a go at Stand Up Paddle-boarding <https://www.armadaevents.co.uk/kitesurfing-armada>. Days before or after the Festival can also be spent kitesurfing and windsurfing in one of the UK centres for wind and watersports.

Adrenaline experiences in the South Downs National Park using Campervantastic

Think about travelling down to Hayling Island from London in a top of the range, modern 4 berth VW California campervan hired through London-based Campervantastic (<https://www.campervantastic.com>); which opens-up all kinds of activities in Queen Elizabeth Country Park, in the South Downs National Park – including learning how to mountain bike. For those preferring pedal power, there is a surfaced bike route from Petersfield Train Station.

Wellness activities

There are many opportunities for wellness activities in Queen Elizabeth Country Park including:

Yoga Brunch Sundays

Wake up to a rejuvenating woodland yoga practice and nutritious brunch, hosted by Kathryn Coates.

Forest Bathing

Take a magical, meditative journey using the healing power of nature to boost your mood and reduce stress. Hosted by Sonya Dibbin of Adore Your Outdoors.

Hawk Walks

Stroll along forest trails while a hawk follows you from the tree-tops, returning to your gloved fist on command. Expect plenty of photo opportunities. Hosted by Urban Wings.

Wellbeing Dog Walks

Walk the South Downs with your faithful companion. Includes the Park's dog activity course and a scavenger hunt. Bring your pet or come alone and make new friends. Hosted by The Walkabout Way.

Wild Foraging

From beech leaves to wild garlic, learn about the gourmet ingredients growing all round us. Finish with a seasonal wild food meal. Hosted by Wild Food UK.

Camping at QECP

Make a mini-break of it. Take time to discover this ancient landscape: book an experience, hike the South Downs Trail, try the park's assault course or gather friends for an outdoor pizza-oven party.

Mountain biking weekend

Fast-track your skills with expert guides who will improve your trail flow, then show you the best single tracks in the South Downs. Hosted by Hannah Attenburrow of Beyond the Mud.

Mountain Biking Experience

Learn the basics of confident, safe trail riding with an expert guide. Perfect for lapsed or new mountain bikers. Hosted by Hannah Attenburrow of Beyond the Mud.

Pizza Oven Party

Gather your tribe and fire-up the outdoor pizza oven. All wood and other equipment is provided. Come for the day or book overnight camping. Remember, there's a surfaced cycle track from Petersfield Station.

Pilates and Fizz

Improve posture, boost core strength and reduce stress levels, followed by a locally-sourced lunch with wine. Hosted by Hannah Attenburrow of Beyond the Mud.

Mindful Photography

Improve your wellbeing through sound therapy, mindfulness and creative photography in the South Downs landscape. Suitable for everyone, regardless of camera skills. Hosted by Nada Sound Therapy.

BBQs at the Park

After a morning of experiences, gather friends and family for frisbee, rounders and eating al fresco. Don't forget camping is also available and there is a surfaced bike route from Petersfield Station.

Summer Solstice

Celebrate the longest day with a night-time walk through this ancient landscape. Culminates in drumming, ritual and sunrise at Butser Hill: the highest point on the South Downs.

Further details can be found at

<https://www.hants.gov.uk/thingstodo/countryparks/experiences>

Elsewhere in the county, look out for the opportunities on offer at:

The Andrew Simpson Sailing Centre where it's possible to learn to sail, windsurf, kitesurf, SUP or kayak at Langstone Harbour, Portsmouth.

<https://www.visit-hampshire.co.uk/things-to-do/andrew-simpson-centres-portsmouth-watersports-centre-p1455451>.

And at Butser Ancient Farm in the South Downs National Park, just two miles from Queen Elizabeth Country Park. The farm features archaeological reconstructions of ancient buildings from the Stone Age, Iron Age, Roman Britain and the Anglo-Saxon period. Its buildings are internationally famous and appear frequently in documentaries and feature films. They also grow crops from prehistory and keep rare breeds of animals, such as goats and sheep.

<https://www.butserancientfarm.co.uk/>

And if you're looking for suitable places to stay on your shortbreak, staycation, or microgap, then what about...

Southern Bell on Hayling Island, a self-catering property with a great beach side location, <https://www.southernbell.co.uk>.

Langstone Quay Resort on Hayling Island is a 4-star hotel, located on Langstone Harbour 4 Star hotel, located on Langstone Harbour, <https://www.langstonequays.co.uk>.

Adhurst Yurts in Sheet, near to Petersfield – and a 15 minute drive from Queen Elizabeth Country Park. Glamping in yurts, and also offering on site activities such as bushcraft (plant identification, whittling, spoon carving, fire masterclass, bread making, cooking with one pot, slow cooking in a Dutch oven), and fly-fishing <https://adhurst.co.uk/>.

Broad Half Penny Barn

A luxury cottage, near *Horndean* – and a 14 minute drive from Queen Elizabeth Country Park <https://www.mulberrycottages.com/cottages/broadhalfpenny-barn-m208076>.

And the Mercer Collection

A collection of six boutique B&Bs in Southsea, Portsmouth
<https://www.themercercollection.co.uk>

For all tourist information from Hampshire, visit <https://www.visit-hampshire.co.uk>.