

Mental Health Journey to England

OPTIONAL LONDON PRE PROGRAM EXTENSION

4 days | Explore London including a panoramic tour of some of the top sites like Big Ben and Buckingham Palace.

Take advantage of some additional time to explore London prior to the main program—including some free time. You might take in a theater performance one evening, dine at one of thousands of local restaurants and enjoy all that the city has to offer!

DAY-BY-DAY ITINERARY

DAY 1: WEDNESDAY, SEPTEMBER 29, 2021

Depart the U.S. today and make your way London.

DAY 2: THURSDAY, SEPTEMBER 30

📍 London, England

Arrive this morning in London, where your guide will meet you at the airport for your transfer into London City. Early check-in has been confirmed for your convenience today.

Lunch is by individual arrangement this afternoon.

This afternoon the group will depart the hotel on foot with your local guide. Enjoy a **walking tour of Hyde Park**. Amble through one of England's best known parks. You will see Speaker's Corner—and perhaps get to experience a speech of your own. Carry on through the park and stop at the various monuments, such as the **Holocaust Memorial**, the Reformers Tree and the **Peter Pan statue**. For an urban environment, the Serpentine Lake is absolutely flush with wildlife, and boasts ornate Italian gardens at one end.

Head back to the hotel where dinner will be provided at a local restaurant.

Meals: Dinner

Overnight: Mandeville Hotel (or similar)

DAY 3: FRIDAY, OCTOBER 1

📍 London, England

After breakfast at the hotel, continue exploring London with your guide via private transport.

First up, the **Changing of the Guard**! Head onward to lunch at a local restaurant.



Discover the iconic landmarks, architectural and cultural diversity, and fascinating history that makes London the most visited city in the world. Your London sightseeing tour will take you on a non-stop procession of recognizable landmarks, including The **Houses of Parliament**, **Big Ben**, **Westminster Abbey**, **Buckingham Palace**, **Trafalgar Square**, **Nelson's Column**, **Marble Arch**, and much more.

Enjoy some time in Covent Garden this afternoon to explore and shop.

Return to the hotel where dinner is on your own this evening.

Meals: Breakfast & Lunch

Overnight: Mandeville Hotel (or similar)

DAY 4: SATURDAY, OCTOBER 2

📍 London, England

After breakfast at the hotel, the rest of the day is yours to explore independently. Your guide will provide you with an oyster card so you can get around the city.



You might top to go visit **St. Paul's Cathedral**. St Paul's Cathedral, the most recognizable feature of the London skyline, was completed by one of Britain's most accomplished architects Sir Christopher Wren in 1711. The marble floors, expansive dome murals and Victorian mosaics have provided the backdrop in recent times for the state funerals of Winston Churchill and Margaret Thatcher as well as Jubilee celebrations.



You might choose to focus on Art with stops at the Tate Gallery, Tate Modern Museum, National Gallery or Wallace Collection. History of more interest to you? Perhaps go visit Westminster Abbey, Kensington Palace, Hampton Court Palace or Shakespeare's Globe Theater. Love museums? Then you might want to go to the British Museum, V&A Museum, Imperial War Museum or visit Greenwich Village to see the National Maritime Museum, Cutty Sark, Royal Observatory and Old Royal Naval College.

Lunch and dinner are on your own today. Great food is to be had all over London. You might like to visit the Camden Town Brewery, Sipsmith Gin Distillery, or Camden Market.

Meals: Breakfast

Overnight: Mandeville Hotel (or similar)

DAY 4: SUNDAY, OCTOBER 3

After breakfast, head to Windsor Castle to connect with the rest of the group.

PROGRAM INFO

Date & Length: 4 days September 29–October 3, 2021

Extension cost: \$1,699 per person. *Single supplement:* \$699.

Inclusions: Group airport transfers; baggage handling, most gratuities; tours; meals as mentioned; local guide for tours and transfers; and accommodations based on double occupancy.

Not Included: Hotel incidentals and meals not mentioned.

To participate in the optional extension, complete and return the extension registration form. Return no later than 90 days prior to departure or within five days of receiving the information.



Quirky yet elegant, progressive whilst old school, blissfully quiet yet centrally located, The Mandeville Hotel provides the ultimate London experience. At The Mandeville Hotel, we offer the perfect choice for business and leisure travelers alike looking for a luxury boutique hotel in Marylebone.

The Mandeville Hotel's Marylebone location is at the doorstep of Bond Street, Marylebone High Street and Selfridges, surrounded by the best of London's shopping, The West End and London's iconic attractions, arts & culture, food & drink and transport right as you step out the door. Your favorite stop in London if you are on a lookout for luxury hotels in Marylebone.



HOTEL INFORMATION

Mandeville Hotel - 4 Star

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