

Art Retreat Una St Ives: Itinerary

| Tuesday 5 November | |
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| 15.00 | Check in at reception, shown to accommodation. Option to use leisure facilities or just relax in lodge or bar area. |
| 17.30 | Introduction: Course overview, group introductions. Sketchbook Journal workshop – inspiration, ideas and approaches. |
| 19.00 | Drinks at Una Kitchen Bar |
| 19.45 | Dinner at Una Kitchen |
| Wednesday 6 Nov | |
| 08.30 | Breakfast in Una Kitchen |
| 10.00 | Taxi to St Ives |
| 10.15 | Guided session watercolour painting in St Ives streets, harbour, gardens. |
| 12.30 | Free Time in St Ives / optional sketchbook work / |
| 15.30 | Tate St Ives Visit |
| 18.00 | Pre- Dinner meet up – share and discuss works made / /sketchbook working |
| 19.15 | Optional Meal at Restaurant in Town – TBC then taxi back to Una |
| Thursday 7 Nov | |
| 08.30 | Breakfast in Una Kitchen |
| 10.00 | Taxi to Tremcrom Hill (alternative arrangements for bad weather) Plein air painting with gouache and mixed media on papers or small canvas. Packed lunch provided |
| 14.45 | Return to Una |
| 15.00 – 16.00 | Choice of 30-minute Spa treatments, use of leisure facilities |
| 19.00 | Meet at Una bar, pre dinner talks, dinner at 17.30,– Followed by after dinner speaker /activity TBC |
| Friday 8 November | |
| 08.30 | Breakfast In Una Kitchen |
| 10.00 | Lodge Checkout |
| 10.30 – 12.00 | Meet at Café Area – Summary of weeks activities, reflect on work made, group crits . 12.00 Course closure - Una Departure |
| 13.30 – 16.00 | Optional activities in St Ives. Map of suggested galleries and attractions to visit. Opportunity for last minute sketchbook work |