

# Going off grid? 5 properties you NEED to stay in this Autumn

- Stunning remote properties in the Scottish Highlands, North Wales and Dorset
- Top Mental Health & Wellbeing Psychologist shares advice on disconnecting and the benefits of 'getting away from it all'

With international travel rules changing by the day and back-to-work anxiety at an all time high post-lockdown, getting away from the daily grind never sounded so sweet.

So, whether it's as simple as a Wi-Fi-free night away, or getting fully 'off the grid' in a carbon neutral retreat, [Snaptrip](#) and [Big Cottages](#) have teamed up with top Psychologist and Wellbeing Consultant, [Lee Chambers](#) to explain **why remote holidays can be so valuable for our mental health and wellbeing.**

Lee shares: "The Danish concept of 'pyt' is ever so topical after a challenging start to the decade, and it sits nicely alongside another Nordic concept, friluftsliv, in helping us get the benefits of disconnection and outdoors after a period of restriction and anxiety. When we slow down, we are likely to feel the regenerative power of being disconnected, and step away from the negative media, continual comparison and constant expectations that form many of the challenges of modern life."

If an Autumnal escape is on the cards, check out these idyllic properties...

### Solar-Powered Shepherd Huts, Dorset



How does a cosy 'Eco friendly' holiday in rural Dorset complete with a wood-fired hot tub sound? Middle Acre has an Eco Friendly Ethos; Shepherd huts lend themselves to off-grid living thanks to their natural compactness and reducing reliance on mains power.

Not only do you reduce your carbon footprint by holidaying in the UK, these shepherd huts have some great energy-saving features too, including solar-power, sustainable rustic interiors, environmentally friendly cleaning and washing products, and shower water is reused to irrigate the wild flower meadow and plants.

The [Samphire](#) and [Keets](#) at Middle Acre Shepherds Huts have availability this October from £564-£624 for 5 nights, 3rd-8th October 2021.

## Eco-Friendly Forest Retreat, Snowdonia National Park



Nestled in several hundred acres of forest, this tranquil eco-friendly reverse-level barn conversion is ideal for a couple or small family looking to escape to an isolated and off-grid get away from everyday life. The property boasts magnificent views over the surrounding forest, woodlands and over to the sheep farms and mountains across the valley, while being conveniently located within the Snowdonia National Park.

The [Brythgwm Canol cottage](#) is available for 5 nights in October starting from £656 and sleeps 6 across 2 bedrooms.

### Sundowners at the Safari Tent, Norfolk



This wonderful safari tent is situated in rural Norfolk and is nestled discreetly in the grounds of the owners house. Furnished to a high standard, Muntjac has all the essentials you need for a special glamping break, including electricity for those who don't want to go completely off-grid!

This fabulous social space, with plenty of log seating, a timber veranda and fire pit, is the perfect spot to unwind - just don't forget your marshmallows!

The [Muntjac safari tent](#) is available from £700 for 5 nights and sleeps 6.



### Hattie the Horsebox, Tunbridge Wells



Now this is what you call #vanlife! Hattie the horse box is a unique experience for couples looking to escape to the countryside and enjoy something just a little bit different.

Relax in a truly lovely location and enjoy the rural views across the fields from your prime location in the hot tub. Hattie has been very cleverly designed and offers an en-suite shower room and a galley kitchen, sofa, dining table and a TV for watching DVDs - giving you the feeling of being 'off grid' without any of the sacrifices.

[Hattie the Horsebox](#) is an affordable and unique experience at just £500 for 7 nights in October.

## A Highland Romance, Mallaig Lochaber



Perched in an idyllic, elevated location and close to the charming fishing village of Mallaig, this single-storey cottage is the perfect relaxing retreat. With comfortable open-plan living in a wonderfully secluded location, couples and friends seeking a break away from the hustle and bustle can come together and enjoy a much-deserved holiday.

[SandHolm House](#) is available from £735 for 5 nights, sleeping 4 guests.

### **With back-to-work anxiety at an all-time high, Lee offers some advice on how to switch off when at home or away...**

“One of the biggest challenges of easing back into the workplace is the fact it seems to be happening so quickly. Taking a break not only helps us to slow down, but also helps us to identify how we can ease our way back at our own pace. Taking a break also gives us the space to plan and prepare based on how we are currently feeling, and can give us a stable platform to gradually progress from.

Sometimes physically going away isn’t always an option, but there are things you can do to create some psychological separation from work and home life...

#### **1. Do something active**

“I find that so much advice to switch off relies on silence and stillness. But for many people, switching off can be achieved by being active and doing something they enjoy, especially things that have

rhythmic movements and repetitive actions. For some people it's walking, and especially in nature our senses switch on and our minds switch off."

## **2. Get creative**

"Creative activities like knitting, drawing and gardening can provide this mindful disconnection while being able to express ourselves and feeling grounded. Writing is also really powerful, silencing your mind by putting it down onto paper and even puzzles can switch us off and cognitively slow us down."

## **3. Self-care and nutrition**

"Cooking is an interesting one, as it is either all-consuming or a rhythmic flow. Don't underestimate how powerful washing and grooming ourselves is, as we activate parts of our brain which express self-compassion and lessen anxiety and worries."

## **4. Don't underestimate the power of Mother Nature**

"The beauty of nature is that no matter what season we are in, a new season is never far away, and even though trees may lose their leaves, they will return, just like the positive times in our lives. And when we step away from the news, social media and the endless stimulation of life, we slow down and can see just how precious life is, and just how everything runs in cycles, giving us hope and optimism that a new season is never too far away.

And don't underestimate the power of getting out into nature under the sun or the stars; we will always feel at home there."

## **5. Change your clothes**

"One of the biggest challenges of easing back into the workplace in this post-lockdown era, is the fact it seems to be happening so quickly. Taking a break not only helps us to slow down, but also helps us to identify how we can ease our way back at our own pace.

Finally, the simple concept of changing your clothing to something that you feel is a switched off uniform, can have huge mental benefits and create a form of physical separation which encourages the mind to follow."

**ENDS**

### **Notes to Editor:**

Please find imagery in this Google Drive:

<https://drive.google.com/drive/folders/1u0DBFrqy2VPuKoJfUDFj6V8YovOKtw2K?usp=sharing>

Additional commentary from our Psychologist Lee Chambers:

*How does getting away from the daily grind help with our mental health and wellbeing?*

“While routines and targets in our everyday lives provide valuable anchors and structures that ensure we don’t feel aimless, the ability to create psychological separation and find a place to disconnect and embrace solitude are increasingly important.

“Getting away provides us with the space to reflect and identify things we have done well, lessons we have learned and gain clarity on how we progress and grow, outside of the noise and expectations of others. Cognitively we can slow down and explore creative ideas, getting bored and enjoying the mental benefits of not having a list of tasks to achieve and outcomes to meet. We can be more present with ourselves and with others, and find space for some self-care and compassion that we rarely get in the speed of the fast lane.

*Why is Autumn a great time to get out in nature / book a rural or off-grid holiday?*

“Autumn is always an absorbent time to get out into nature and enjoy the world evolving around us. This solitude can be more challenging to find in the height of summer, where we can sometimes try and force relaxation due to the focus of the holiday season. Beaches are quiet, forests are alive with earthy hues and mild temperatures still appeal to our thermal comfort.

“Even kicking and crunching through fallen leaves can bring back positive nostalgic memories of Autumns gone by, and bring a real appreciation and focus on what we have achieved and gratitude for what we have in all aspects of life.”

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