



PRESS RELEASE



LOWER MILL ESTATE PARTNERS WITH COXLESS FOUR LONDON 2012 GOLD MEDALLIST, ALEX GREGORY, IN THE RUN UP TO RIO 2016 OLYMPICS

Alex Gregory to mentally
and physically prepare for
Rio 2016 Olympics at Lower
Mill Estate in the Cotswolds

Alex's family will be joining
him at Lower Mill Estate for

Alex Gregory, a member of the London 2012 Coxless Four gold medal winning team, has become a brand ambassador for the Habitat First Group. Located in the Cotswolds, Lower Mill Estate (part of Habitat First Group) is a friendly environment for families, offering a safe welcoming community and vast outdoor spaces for an active and adventurous family lifestyle.

In the run up to Rio 2016, Alex will spend time at Lower Mill with his family whilst training for this summer's Olympic Games in his quest to become a double Olympic champion. The tranquil environment at Lower Mill Estate provides the perfect spot for Alex to relax and mentally prepare for his Olympic challenges while the acres of nature trails, eight freshwater lakes and two rivers provide ample space for Alex to physically prepare for the busy summer ahead.

Over the coming months residents and guests of Lower Mill Estate will get the chance to spot Alex around the site training or spending time with his family. A lucky few may even catch a glimpse of the other members of the Coxless Four team as they meet prior to the biggest summer of their lives in South America. In 2012 the team became Olympic gold medallists after winning the Coxless Four at Eton Dorney and they hope to retain their champion status this summer in Rio de Janeiro, Brazil. Alex is the last remaining member of the coxless four from London 2012 and is relishing the opportunity to add to his Olympic medal tally.

Located in the Cotswolds, Lower Mill Estate offers 550 acres of countryside with wide-open spaces for walks and outdoor leisure activities for all of the family to enjoy, from paddle boarding and fishing to cycling and tennis. Guests and residents

quality family time prior to Olympics



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can also spot the best of British wildlife in their natural habitat including otters, deers and even beavers, which Lower Mill Estate re-introduced to the UK a few years ago.

Guests staying at Lower Mill can enjoy the many walking and cycling trails, which Alex will also be utilising to gain an advantage over his rivals this August in Brazil. For those looking for a little R&R on-site, the spa offers a variety of treatments and guests also have access to the sauna, steam room, eco-pool and indoor and outdoor heated swimming pools. Guests can also take advantage of a delicious breakfast, lunch and dinner at the on-site restaurant, Ballihoo.

FOR MORE INFORMATION VISIT:

About Habitat First Group:

[Habitat First](#) creates private, vacation home communities that share a love for mother nature. By combining excellence in architecture, interior design, facilities, security and service, homeowners can escape from the rigours of big city living. Habitat First offers an oasis of space where families can holiday comfortably and responsibly, safely explore and re-energise in acres and acres of natural habitat. Habitat First has sites at Lower Mill Estate in the Cotswolds and at Silverlake in Dorset.