



Wainwright's Howgills and Dales

Combining part of Wainwright's 'Walks on the Howgill Fells' and 'Walks in Limestone Country', this trail celebrates the best of these areas. From Kirkby Stephen to Settle, our 68 miles (109km) journey goes through quiet, picturesque countryside and over a number of key peaks, including The Calf, which is the highest point in the Howgills, Middleton Fell, Ingleborough and Pen-y-ghent.

Trail Grading



This Guided Walking/Hiking Trail is graded 4 involving walks/hikes of long distances in remote countryside and rough terrain. Sustained ascents and descents and occasional sections of rocky and steep ground are encountered. You will require a good level of fitness as you will be walking every day. It is your responsibility to ensure you have the relevant fitness and equipment required to join this holiday.

Fitness

We want you to be confident that you can meet the demands of each walking day and get the most out of your holiday. Please be sure you can manage the mileage and ascent detailed in the daily itineraries. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace.

It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.

All walking days listed below involve minibus or local transport between the walking route

and your accommodation and this is included in your holiday price.

Planned Itinerary

Day 1; Arrival Day

Your leader will give you an introductory talk about your holiday.

Day 2: Kirkby Stephen to Ravenstonedale

Our first day is a relatively easy start, through farmland and along a disused railway line. We begin in the charming old market town of Kirkby Stephen, then head south around the 'Poetry Path', before heading west past the Settle to Carlisle Railway and into Smardale. We walk above Scandal Beck, passing over the spectacular Smardale Gill Viaduct and on to the old Smardale Bridge to Ravenstonedale. 9 miles (14.5km) with 1,000 feet (300m) of ascent.

Day 3: Ravenstonedale to Sedbergh

Today is more challenging in terms of distance and ascent. We head west on lanes and through farmland to the foot of Bowderdale. We gradually ascend into the heart of the fells, to reach the summit of The Calf - the highest point of the Howgill Fells. We then head across the top of the Howgills and walk down to Sedbergh. 12 miles (19.5km) with 2,000 feet (610m) of ascent.

Day 4: Sedbergh to Barbon

Leaving Sedbergh on foot we wind our way nearby the Rivers Dee, Rawthey and Lune. After a short section of Roman Road to Fellside, we begin our steady ascent of Middleton Fell. From the highest point of Calf Top, on a clear day, there are great views east down into Dentdale and west as far as Morecambe Bay. We continue along this excellent broad ridge above Barbondale to Eskholme Pike and down to Barbon. 11.5



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miles (18.5km), with 2,100 feet (640m) of ascent.

Day 5: Barbon to Ingleton

Today we enter Limestone Country. Heading up Barbondale, we turn south towards Bull Pot Farm in an area famed for its extensive potholes and underground cave systems. Passing by Ease Gill Kirk (a small limestone ravine) we reach a more pastoral landscape. We meander beside the Leck Beck (a tributary of the River Lune) down to the quaint village of Leck. Passing the hamlets of Ireby and Masongill, we reach Ingleton. 11 miles (17.5km) with 1,250 feet (380m) of ascent.

Day 6: Ingleton to Horton in Ribblesdale

Today we enjoy a section of the Ingleton Waterfalls Walk, beside the River Twiss and up to Twistleton Hall. We then take an old Roman Road, under Twistleton Scar, to Chapel le Dale. We scale one of the famous Yorkshire Three Peaks – Ingleborough. We should be afforded stunning views of the much photographed Ribblesdale Viaduct on the Settle to Carlisle Railway. We cross the limestone pavement of Sulber Nick and on down to Horton in Ribblesdale. 12 miles (19km) with 2,200 feet (660m) of ascent.

Day 7: Horton in Ribblesdale to Settle

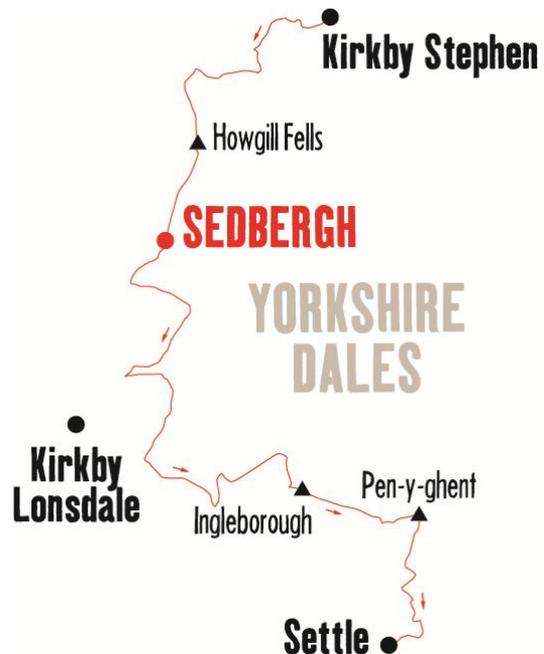
We climb the whaleback ascent of our second Yorkshire Peak – Pen-y-ghent. From the summit we head south along a section of the Pennine Way and on to Stainforth, before taking in charming views of the Catrigger Force waterfall. We walk by Jubilee Cave (noted for its prehistoric remains) and under Attermire Scar to reach our journey's end in the picturesque railway town of Settle. 12.5 miles (20km) with 2,250 feet (685m) of ascent.

Day 8: Departure Day

In the evenings

After a sociable evening meal, you can join in an organised activity such as a quiz or a talk about the local area, relax in the bar or use the Country House facilities.

The itinerary may be subject to change at the discretion of the leader with regard to the weather and other external factors



Trail Leader

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail and will also be delighted to share their knowledge and enthusiasm with you.

What to wear

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities.



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Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents. Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters. Several layers of clothing, which can be added or removed, are better than a single layer (include spares). Fabrics (lightweight and fast drying) designed for the outdoors are recommended. Waterproof jacket and waterproof over trousers are essential and a warm hat and gloves are useful additions. Gaiters are an optional but useful extra. Denim jeans and capes are not suitable on any walks.

What to bring

Rucksack with a waterproof liner, thermos flask for hot drink, water bottle (at least 1 litre) and spare high-energy food such as a chocolate bar. Small torch (particularly in spring, autumn and winter) and first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed). Walking poles are useful, particularly for descents. Insect repellent, sun hat, sunglasses and protection cream and camera are all optional extras you may choose to bring.

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

On the walk

We try to create a relaxed atmosphere on the walk/hike but please listen to safety instructions from your leader. Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

In the event of a problem

If you become separated from the party please stay where you are. Your leader will retrace their steps to find you. All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack. Call the emergency services (call 999 in the UK, or 112 overseas). Please then try to call the hotel where you are staying to let them know there is a problem.

Maps and Guides

Your trail leader will carry all the necessary maps and guides. For your own interest you may consider buying or looking at the following:

Howgills and Limestone Trail book by David & Heather Pitt (2013) with accompanying website:

<http://www.howgillsandlimestonetrail.org.uk/>

Accommodation

Thorns Hall

Cautley Road
Sedbergh
Cumbria
LA10 5LE
Tel: +44 (0)1539 620973



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Fax: +44 (0)1539 621524

Email: sedbergh@hfholidays.co.uk

Grid Reference: SD 663 921

Your room will be ready from 2.30pm onwards (1pm for premium rooms). Afternoon tea will be provided on all arrival days so you can meet with your fellow guests. If you need assistance carrying your luggage to your room, please speak to the House Manager when you arrive for this to be arranged.

Facilities

The bedrooms all have their individual layout and character, as befits a historic building, and are located in the main house and cottages across the courtyard. In your room you'll find a TV with digital radio, hairdryer, towels and tea and coffee making facilities. On your departure day we kindly request that you vacate your bedroom by 10am. The public rooms at Thorns Hall retain many original features of this historic house. There's a wood panelled lounge and licenced bar plus a dining room with a beamed ceiling. The boot and drying room is available to store your boots and to dry wet outdoor clothing. Secure cycle storage is also available. WiFi is accessible in all public areas of the house. Due to the area in which the house is located, the mobile phone signal is patchy.

Fabulous food

All holidays at our Country Houses are full board, from evening meal on arrival to breakfast on the day of your departure. There's a vegetarian option at all meals and we cater for gluten-free diets. For this and any other dietary requirements, please speak to the House Manager on your arrival.

Travel

By rail

The most convenient station to Thorns Hall is Oxenholme station on the mainline. However an alternative is Garsdale station on the Settle (Leeds) to Carlisle line. For train times and general rail enquiries call 03457 484950 (24 hrs) or visit www.nationalrail.co.uk. If phoning from outside the UK call +44 (0)20 7278 5240.

Our station transfer

We offer a reduced price taxi transfer from Oxenholme station to Thorns Hall on a Saturday and Wednesday. The pickup is at 4.30pm from Oxenholme station. On departure day the transfer will get you back to Oxenholme station by 10am. The transfer is £15 return and a place must be reserved at least 7 days in advance by calling our Holiday Services team on 020 8732 1220.

Station transfer by taxi

If you can't meet our station transfer you can arrange your own taxi. We have negotiated a preferential rate with Woofs of Sedbergh for all pre-booked journeys of £26 per 4-seat taxi from either Oxenholme or Garsdale railway stations. They will arrange shared taxis wherever possible. To book a transfer please phone or email, giving at least 7 days notice. The return journey can be arranged on your behalf by the Country House Team

Woofs of Sedbergh

Tel: +44 (0)15396 20414

Email: woofs.sedbergh@outlook.com

Woofs of Sedbergh is not owned or managed by HF Holidays.

Station transfer by bus

For details of bus times contact Traveline at www.traveline.info or phone 0871 200 22 33.



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By car to Thorns Hall

For those with satellite navigation, enter the postcode LA10 5LE and Cautley Road if required.

From the M6 come off at junction 37 and follow the A684 (east) for five miles. On reaching Sedbergh follow the road around to the right into Finkle Street (avoiding the main street), and then almost immediately turn left at a small roundabout into Back Lane. At the next mini roundabout bear left onto the A683 towards Kirkby Stephen. Thorns Hall is a further 100 yards along the road on the left. Look out for our sign.

From the A1 (from the east) leave at Leeming Bar and follow the A684 via Leyburn, Hawes and Garsdale. On reaching Sedbergh turn right at the T junction with the A683 (signposted Kirkby Stephen). Thorns Hall is 100 yards along the road on the left. Look out for our sign.

From the A66 (from the north) leave at Brough and follow the A685 through Kirkby Stephen to where the A683 forks left (signposted Sedbergh). Follow the A683 into Sedbergh. Thorns Hall is on the right about 200 yards beyond Baliol School.

Look out for our sign. Visit your holiday page on our website for a map.

Car parking

Parking is available in the grounds. No responsibility can be accepted for loss or damage to guests' property or vehicles. We advise not to leave valuables in cars.

Travel Insurance

Travel and any other personal insurance relevant to your holiday is recommended to all our guests.

While every effort has been made to ensure accuracy, the information in this guide may change after it has been printed. For the most up-to-date information please see our website or use the contacts below.

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