

2-Night Northern Lake District Tread Lightly Guided Walking Holiday

Tour Style: Tread Lightly

Destination:

Trip code: DBSUS-2

2, 3 & 5



HOLIDAY OVERVIEW

We are all well-versed in 'leaving no trace' but now we invite you to join us in taking it to the next level with our new Tread Lightly walks. We have pulled together a series of spectacular walks which do not use transport, reducing our carbon footprint while still exploring the best landscapes that the Northern Lake District have to offer. You will still enjoy the choice of three top-quality walks of different grades as well as the warm welcome of a HF country house, all with the added peace of mind that you are doing your part in protecting our incredible British countryside. Known as the 'Queen of the Lakes', Derwent Water's gentle beauty is easy to explore on our Guided Walking holidays. Surrounded by the picture-postcard valleys of Newlands and Borrowdale and lofty mountains, the sheer splendour of these landscapes is guaranteed to inspire you.

WHAT'S INCLUDED

- High quality en-suite accommodation in our country house
- Full board from dinner upon arrival to breakfast on departure day
- Use of our comprehensive Discovery Point

- Choice of up to three guided walks each walking day
- The services of HF Holidays Walking Leaders

HOLIDAYS HIGHLIGHTS

- Enjoy breath-taking walks from the doors of our country house
- Ascend to the lofty summit of Skiddaw - Lakeland's 4th highest peak
- Explore the quaint Newlands Church, which once inspired William Wordsworth
- Marvel at the ever-changing fell views around Derwentwater

TRIP SUITABILITY

This trip is graded Activity Level 2, 3 and 5, explore the beautiful Lake District on our guided walks. We offer a great range of walks to suit everyone - from gentle lakeside walks, to challenging mountain ridges. You may wish to climb famous 'Wainwright' peaks or discover peaceful corners and picturesque valleys. Join our friendly and knowledgeable guides who will bring this stunning national park to life.

ITINERARY

Day 1: Arrival Day

You're welcome to check in from 4pm onwards.

Day 2: Whinlatter And Coledale

Option 1 - Forest Trail Via Mamill Beck

Distance: 7 miles (11.5km)

Ascent: 1,200 feet (380m)

In Summary: We cross the entrance to Newlands Valley where passing through Braithwaite we reach fine deciduous woods and Masmill Beck. The beck is followed into conifer woods and Whinlatter's walking trails. We descend to Noble Knott, a pleasant picnic area. Our return follows easy forest tracks to the open hillside above Braithwaite before we make our way back to the house on lanes and field paths.

Highlight: Fine views over Bassenthwaite Lake from Noble Knott.

Option 2 - Barrow And Outerside

Distance: 8.8 miles (14.1km)

Ascent: 2,132 feet (650m)

In Summary: Cross the Newlands Valley to climb the neighbouring fells of Outerside and Barrow in the Coledale Valley.

Highlight: The grassy slopes of Outerside and Barrow are two delightful lower fells with great views over Bassenthwaite Lake and Derwentwater.

Option 3 - Grisedale Pike

Distance: 11.5 miles (18.5km)

Ascent: 2,560 feet (780m)

In Summary: Grisedale Pike is the prominent and elegant peak seen from the front of Derwent Bank. We cross to Braithwaite and ascend the well used ridge path to the summit. Our descent uses the pleasant heathery Hobcarton ridge which offers views of Whinlatter pass and the west. We return via forest paths and tracks, joining our outward route just above Braithwaite and then take the roads and paths to the house.

Highlight: On a clear day there are views in all directions from the summit of Grisedale Pike including the impressive neighbouring Hopegill Head.

Day 3: Catbells And Departure

Guests will have the option to choose from one of the following walks to partake in before checking out in the afternoon and making their way home after an enjoyable weekend.

Option 1 - Derwentwater Shore

Distance: 3.5 miles (6km)

Ascent: 500 feet (160m)

In summary: Whilst we do retrace our steps on this walk it is a delight in either direction. Initially following woodland track we first come to the water at Derwent Bay and from here continue on a more uneven path along the shoreline. On the return you may wish to view the lovely walled garden on the Lingholm estate.

Highlight: Take in the view of imposing Skiddaw above Keswick and across the water to the islands.

Option 2 - Catbells Terrace

Distance: 6½ miles (11km)

Total ascent: 320 feet (100m)

In Summary: Follow the elevated path along Catbells terrace, then return along the beautiful lakeshore path.

Highlight: This stunning route is right on our doorstep. Throughout the walk you'll enjoy glorious views over Derwentwater and the surrounding Lakeland fells.

Option 3 - Catbells

Distance: 7 miles (11km)

Ascent: 1,600 feet (500m)

In Summary: We begin by heading up the ridge to the summit of Catbells. We then descend to the lakeside path and a beautiful walk along part of the Cumbria Way.

Highlight: Catbells' shapely summit is one of the most popular fells in the Lake District and affords magnificent views of the Northern Fells.

USEFUL HOLIDAY INFORMATION

Essential Information

"There's no such thing as bad weather, just the wrong type of clothing!" goes the adage. Come prepared for

all eventualities and you'll walk in comfort as well as safety. Britain's famous for its changeable weather, so here's our advice on what to wear and bring.

Essentials

- Waterproof walking boots providing ankle support and good grip.
 - A waterproof jacket and over-trousers
 - Gloves and a warm hat (it can be chilly at any time of the year)
 - Rucksack
 - Water bottle (at least 1 litre capacity)
 - A small torch (everywhere in winter, year round in mountains)
 - Sun hat and sunscreen
- Denim jeans and waterproof capes are not suitable on any walks.*

Recommended

- Several layers of clothing, which can be added or removed
- Specialist walking socks to avoid blisters.
- A first aid kit inc plasters– your leader's first aid kit doesn't contain any medication
- Sit mat (insulated pad to sit on when you stop for a break)

You Might Also Want

- Walking poles, particularly useful for descents.
- Insect repellent
- Flask for hot drinks
- Rigid lunch box
- Gaiters
- Blister kit (eg Compeed) just in case
- Waterproof rucksack liner

Safety On Your Holiday

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests. Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest while clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

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TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

Document produced: 07-05-2021

