

3 Night Navigation for Women Holiday in the Shropshire Hills

Destinations: Shropshire Hills, United Kingdom & England
Trip code: CSNVW-3



HOLIDAY OVERVIEW

There's an art to navigating the outdoors that goes beyond mastering a GPS tracking device and loading a smartphone app. You'll learn how to read a map, find grid references, work your compass correctly, estimate distances and timings, and plan your own countryside walks. This holiday is exclusively for women and no previous experience of navigating with a map and compass is required.

WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Easy-to-follow routes, maps, and information available in our Discovery Point if you want to explore independently

HOLIDAY HIGHLIGHTS

- Joining a group of like-minded women
- Learning basic navigation skills through practical indoor and outdoor exercises
- The expertise of a knowledgeable and experienced tutor
- Gaining confidence to read a map and use a compass
- Estimating distances and time
- Staying at Longmynd House, our country house in Church Stretton

TRIP SUITABILITY

While these aren't walking holidays as such, it's essential that you have a level of fitness that will allow you to enjoy your experience to the fullest. Please prepare to be on your feet and outdoors for most of the day (usually 6-7hrs). You will cover anything up to 5 miles over the course of a day.

ITINERARY

Day 1: Navigation Arrival Day

You're welcome to check in from 4pm onwards. Enjoy a complimentary cream tea on arrival. After tea enjoy a short walk with an introduction to maps.

Day 2 - 3: Navigation Days

Our friendly trainers will introduce you to the basic principles of map reading and compass work. We give expert tuition and plenty of support, so that when you return home you can put your newly acquired skills into practice in the countryside.

This course is for women only and is suitable for anyone with limited or no experience of navigating with map and compass.

We work through a range of practical indoor and outdoor exercises, which cover relating the map to the ground, estimating distances and timings, and top tips for planning a walk.

The course includes map work exercises and walk planning in the evenings. Maps will be provided for use during the course but you will need to bring a compass we recommend a compass which has a baseplate, 360 degree protractor, map measuring features, plus scales of 1:25k and 1:50k an example compass is the Silva Expedition 4.

Day 4: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Longmynd Hotel

For rural calm in the Shropshire Hills Area of Outstanding Natural Beauty, the location of this characterful country house is hard to top. Set in a wooded hillside just a short stroll from the market town of Church Stretton (nicknamed Little Switzerland for its picturesque landscape), you'll be within walking or driving distance of the Stiperstones, Caer Caradoc, Ironbridge Valley of Invention, and the historic towns of Ludlow and Shrewsbury. And then, of course, there's the Long Mynd itself – an area of registered common land that has been cared

for by a group of farmers (the self-named commoners) who have grazed sheep and ponies here for generations.

Country House Accommodation

Rooms

Designed with your comfort in mind, Longmynd Hotel has 56 well-appointed guest rooms available in two categories: Classic and Premium.

Classic Rooms are comfortable en-suite guest rooms, ideal for a peaceful night's sleep. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, and shower gel), and a TV.

Premium Rooms are more spacious en-suite guest rooms*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers, and comfortable mattresses.

We love: For more privacy, the lodges have their own terrace.

The **Choose Your Room** service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

Check in & check out

You are welcome to check in from **4:00pm at the earliest**. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team.

On the day of departure, we kindly ask all guests to check out by **10:00am**. You'll be asked to settle your bill prior to leaving. You may, of course, make a charitable donation to our HF Holidays Pathways Fund if you wish. Please note that we only accept card payments.

Room supplements

Premium single	Premium double/twin	Choose your room
£20 pppn	£20 pppn	£30 per room

*Views and layout reflect each properties unique character and location

About Your Stay

A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, the HF Holidays Big Pub Quiz held after dinner on Wednesdays is a weekly staple. Your HF Holidays Leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays Leaders host guided walking information briefings before dinner on arrival days. This is followed

by a group Walks Talk for information on the following day's walking delights (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Food & Drink

Led by experienced chefs, we serve a wide range of dishes made with fresh and seasonal ingredients. We always aim to source the best produce available and use home-grown herbs and vegetables from our own gardens whenever possible. Additionally, we have a licensed bar with beers, soft drinks, and a superb selection of spirits. Full-board comes as standard and includes a cream tea on arrival and a hearty breakfast on departure day.

HF Holidays understands the importance of managing allergens effectively to ensure food is safe for guests with food allergies. Whilst we are always able to confidently inform guests which allergens are present in our ingredients and dishes, we are unable to guarantee absolute freedom from the 14 main allergens in our kitchens. Vegetarian and vegan menu choices are available. If you have allergies, food intolerances, or any special dietary requirements, please inform our reservation team at the time of booking.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or view the accessibility information online for [Longmynd Hotel](#)

TRAVEL DETAILS

Address

Longmynd Hotel
Cunnery Road
Church Stretton
Shropshire SY6 6AG

Tel: [+44 \(0\)1694 722244](tel:+44(0)1694722244)

By Train

The nearest station is Church Stretton. Although Longmynd Hotel is less than a mile from the station, it is at the top of a steep hill and there is no taxi rank at the station. Taxis are in extremely limited supply in the Church Stretton area and drivers usually come from further afield which is reflected in fares.

Shrewsbury has more choice of trains, and you can take a taxi directly to the house from the station (see below).

Check National Rail for train times and routes.

By Taxi

From Shrewsbury, it's a 15-mile journey taking 30 to 40 minutes.

For pricing, please contact Me2You Cars directly.

Me2You Cars

You can pre-book a taxi from our recommended Shrewsbury based company, Me2You Cars*. We recommend booking your taxi, including your return journey if needed, at least seven days in advance by contacting:

Tel: [+44 \(0\)1743 537644](tel:+441743537644) or [07791 670110](tel:07791670110)

Email: danielle@me2youcars.com

*Me2You Cars is not owned or managed by HF Holidays.

By Car

There's free car parking at Longmynd Hotel if you decide to drive.

Follow the A49 to Church Stretton. At the traffic lights turn off into town, then at the first junction turn left onto the High Street. Go straight over the mini-roundabout, and then take the next right into Cunnery Road. Follow the road up the steep hill to Longmynd Hotel.

By Air

The nearest airport is Manchester International Airport.

Trains take about two hours, with a change in Crewe.

You can also fly into London Heathrow airport, but it'll take at least 4 hours to reach Shrewsbury by train.

National Rail has up-to-date routes and train times.

LOCAL AREA

Whether you're enjoying a guided or self-guided walking holiday, there's always the opportunity to linger for longer. Here's our pick of the very best things to see and do within easy travelling distance of Longmynd Hotel.

Church Stretton

Just a 10-minute walk downhill, this market town lives up to its Little Switzerland moniker for its dramatic hills on both sides of the valley. It has retained much of its Edwardian charm, tempting with independent shops, traditional tea rooms, pubs, and restaurants.

Ludlow

A 20-minute drive away, this attractive market town rewards with a historic town centre, beautiful period buildings, and a castle dating back to the 11th century. Visit-worthy places include St. Laurence's Church, Ludlow Museum, and Ludlow Millennium Green.

Ironbridge Valley Of Invention

A 45-minute drive away and within the heart of a UNESCO World Heritage Site, this collection of award-winning museums stretches along the River Severn. All are within six square miles of the Ironbridge Gorge, hailed as the birthplace of the Industrial Revolution.

Severn Valley Railway

Operating steam-hauled passenger trains between Bridgnorth, Bewdley, and Kidderminster, this 16-mile journey takes you along the beautiful Severn Valley. The nearest station at Bridgnorth is a 40-minute drive from

Church Stretton.

Shrewsbury

A 30-minute drive away, Shropshire's country town charms with an imposing redbrick castle, higgledy-piggledy streets, and quirky buildings. Highlights include visiting Shrewsbury Museum & Art Gallery, relaxing in Shrewsbury Quarry, and following the Darwin Town Trail.

Much Wenlock

A 30-minute drive away, this small Shropshire town was the birthplace Dr William Penny Brookes – the founder of the modern Olympic Games. Highlights include visiting the remains of Wenlock Priory, the site of an Anglo Saxon monastery founded in about AD 680.

Hereford

An hour's drive away, this attractive cathedral city is home to the famous Mappa Mundi, a medieval map of the world dating from the 1300s. Further highlights include the Chained Library, the Black and White House Museum, and the life-sized Hereford Bull Statue.

Attingham Park

A 25-minute drive away, this 18th century estate with 200 acres of parkland is managed by the National Trust. The Mansion has an evolving visitor programme and different areas of the house open throughout the year.

Powis Castle

A 45-minute drive away, this 13th century castle, world-famous garden, and historic collection has been cared for by the National Trust since 1952. The paintings, sculptures, furniture, and tapestries on display throughout the house are rather impressive.

Chirk Castle

Occupied as a castle and stately home for over 700 years, this fine medieval hilltop fortress is just under an hour's drive away. Highlights include the military displays, elegant state rooms, and award-winning gardens covering 5.5 acres of manicured lawns.

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)
- Compass

- 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
- Notebook for taking down learning notes

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.

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