Beginners Navigation for Women Holiday in the Shropshire Hills



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Small group holidays	Shropshire Hills	4	75kg CO2

HOLIDAY OVERVIEW

There's an art to navigating the outdoors that goes beyond mastering a GPS tracking device and loading a smartphone app. The National Navigation Award Scheme (NNAS) Bronze Navigator Award is designed for beginners who are seeking to improve their navigation skills and build confidence in the outdoors. Upon successful completion of the course, you'll be able to plan and follow your own countryside walks, with a good understanding of safety, weather, kit and judgement of time and distance. This holiday is exclusively for women and no previous experience of navigating with a map and compass is required.

WHAT YOU'LL LOVE

- Having the chance to complete the NNAS Bronze Navigator Award
- Learning basic navigation skills through practical indoor and outdoor exercises
- The expertise of a knowledgeable and experienced tutor
- Joining a group of like-minded women
- Staying at our country house

- A more personalised experience thanks to small group sizes (maximum 8 people to 1 leader)

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
- Registration with the NNAS

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

At 17:00 meet your leader and fellow guests in reception where you will have a welcome to the course.

Day 2–3 **Navigation Days**

Our days will be spent working through a range of practical indoor and outdoor exercises that will help us cover the Bronze Navigator Award Syllabus:

- Navigate using a variety of maps and scales.
- Use 4 and 6 figure grid references with worded descriptions to define the position of a map feature and to locate a feature on the ground.
- Orientate the map using handrails, obvious point features and major landforms.
- Use linear features (e.g. paths, tracks, clear boundaries) as handrails in simple navigation exercises.
- Relate prominent landforms such as large hills and valleys to corresponding contour information on the map.
- Orientate the map by aligning a compass needle against grid north and be aware that magnetic variation causes an inaccuracy.
- Use an orientated map to confirm the direction of travel.
- Use clearly identifiable features to confirm position along the route and to recognise when the target has been overshot.
- Measure horizontal distance on the map and estimate distance on the ground using timing, pacing and simple visual judgements e.g.100m.
- Plan and implement simple routes and navigation strategies based on the above skills.
- Recognise a navigation error within a few minutes and apply simple relocation techniques using handrails and prominent features.
- Be aware of the use of mobile phone location apps as a back up to map and compass and in emergencies.
- Demonstrate an awareness of local and national access issues, access legislation, personal responsibilities, the Countryside Code and sustainability.
- Demonstrate appropriate knowledge of walking equipment, safety equipment and emergency procedures.

If you would like more information about what you will learn on a Bronze course please read these Participant Notes.

Assessment for the Bronze award is optional.

Pre course reading material:

OS map reading tips

Countryside Code

Mountain Rescue stay safe fact file

You will be outside for parts of the course and there will be some standing around outside so please bring plenty of warm clothing with you.

You can expect to walk between 5 to 7 miles each day.

The course includes map work exercises and walk planning in the evenings. Maps will be provided for use during the course, if you have a compass please bring one with you to help with orientating the map.

Day 4 **Departure Day**

Enjoy a leisurely breakfast before making your way home.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.

ACCOMMODATION

Longmynd Hotel

For rural calm in the Shropshire Hills National Landscape, 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.

About

· 56 well-appointed guest rooms · Exclusive occupancy: 89 guests minimum · Check in from 4:00pm · For members check in from 2:00pm · Free Wi-Fi · Free on-site parking · Boot room and drying room · 2 travel cots & 2 high chairs · Discovery Point offering a wide range of local area maps, route guides, and information for self-guided walks · Books and games to borrow · Licensed bar · Lounges · Garden · Well-behaved dogs welcome on self-guided holidays · Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point

Then & now

Built in 1900, this Church Stretton landmark opened as The Hydropathic Hotel in July 1901 at a cost of £20,000. It was hyped as a glamorous addition to the town, not least for its nine acres of land, dormer windows, fine pitched roof (since replaced), healing waters from the saline spring five miles away, and interior furnishings by Heal's (then known as Heal and Son Limited). Sadly, the venture was not a success. Renamed the Longmynd Hotel, it became the headquarters of St Dunstan's, a charity for blinded ex-service personnel, in the 1940s (now known as Blind Veterans UK). Approximately 700 men and women learnt new manufacturing skills here in the hope of finding employment after WWII. You'll notice a blue plaque commemorating this historic period at the entrance, installed during the charity's centennial year in 2015. Longmynd Hotel has been part of our HF Holidays line-up since 2017.

Nowadays, you'll find 56 well-appointed guest rooms in two categories (Classic and Premium), some of which have balconies overlooking the wooded surrounds. There's also a large dining room for a wide range of dishes made with fresh and seasonal ingredients and a licensed bar – both with beautiful views across the Stretton Valley. Elsewhere, there's several comfortable lounges, a handy boot and drying room, books and games to borrow during your stay, and a Discovery Point offering a wide range of local area maps, route guides, and easy-to-follow information for self-guided walks.

Check-In & Check-Out

You are welcome to check in from 4pm at the earliest. HF Members can check in earlier, from 2pm. 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. Check out 10am.

FOOD & DRINK

Dining

Seasonal dining, tailored for you

Our team of skilled chefs design our dinner menus to showcase the best of each season, from warming winter comfort food to vibrant summer dishes, including vegetarian, vegan and high-protein options. We also source fruit and vegetables within a 40-mile radius of each house, open every break with a Chef's Special menu inspired by dishes and flavours of the local area, and are able to adapt dishes to suit special dietary requirements.

Welcome Cream Tea

What better way to start your stay than with a cream tea, served fresh on arrival to make you feel instantly at home. A quintessentially English tradition, our scones are baked in-house and served with preserves and clotted cream, providing the perfect opportunity to meet fellow walkers.

A hearty breakfast to start the day

Start the day with a freshly-prepared cooked breakfast and a wide choice from our continental buffet, including hot drinks, juices and fresh fruit. Our team offer a quick and friendly service, leaving you fuelled and ready for your day's adventures.

Our famous picnic lunch

Our personalised picnic lunches are perfect for a day out walking, ready to enjoy when hunger strikes. Choose from a large selection of fresh sandwiches and salads, freshly baked cakes and snacks, including the ever-popular Freddos chocolate bar! Everything is designed to fit neatly into your rucksack, and all of the packaging we provide is recyclable or compostable.

3-course evening meals

Our à la carte evening menus feature a wide choice of starters, mains, and desserts, made with seasonal ingredients and, wherever possible, herbs and vegetables from our own gardens. Shared around sociable tables, dinners are relaxed occasions, with drinks available to order at the table or from the bar, and a traditional Sunday roast to round off the week.

ROOMS

Since 2022, the £3 million invested so far has established a flagship HF property. A full upgrade of all rooms is expected to be complete by April 2027 with 65% of guest rooms upgraded. 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.

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.

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

ACCESSIBILITY

For accessibility and assistance information, please contact our expert team on 020 3974 8865 or view the accessibility information online for Longmynd Hotel

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, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided waking routes as well as visit-worthy local attractions.

Helping you enjoy the Great Outdoors - A natural focus on walks

Walks talks and Discovery Points
Our founder, country pastor turned social innovator, Thomas Arthur Leonard, was passionate about encouraging people to explore the countryside. His legacy continues in HF's continued focus on walking. Many guests choose to travel with us on guided or self-guided walking holidays, and as such, evenings at our houses are often busy with walk leaders hosting various briefings and talks. On guided walking holiday arrival days, there are walking information briefings before dinner, and for the duration of any guided walking holiday there will be a Walks Talk before (or on occasion after dinner), to go through the following day's walk options. Self-guided walking guests, and those on special interest holidays (where there is free time to explore independently), are of course welcome to also join in these Walks Talks - please talk to the team locally if you have any queries. Our Discovery Points are filled with handy maps and route notes, designed to ensure everyone, not just those booked on a guided walking holiday, can enjoy the beautiful countryside settings that our HF houses enjoy.

The walking day
Prior to setting off on guided walks, our HF Holidays Leaders run through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure walkers 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.

TRAVEL DETAILS

Address

Longmynd Hotel
Cunnery Road
Church Stretton
Shropshire SY6 6AG

Tel: +44 (0)1694 722244

GROUP TRANSFERS

If you're travelling to or from Longmynd Hotel, Church Stretton on **Mondays** or **Fridays**, you can join our group transfer from Shrewsbury or Church Stretton train station.

If you are arriving at **Shrewsbury Train Station**, our 2027 prices are £44 per person for a return transfer or £22 per person for a single transfer.

or

If you are arriving at **Church Stretton Train Station**, our 2027 prices are £16 per person for a return transfer or £8 per person for a single transfer.

Shrewsbury Train Station Group Transfers (Mondays or Fridays):

Depart Shrewsbury Train Station at 3pm; arrive at Longmynd House at 3.50pm.

Depart Longmynd Hotel at 9.30am; arrive at Shrewsbury Train Station at 10.15am

Church Stretton Train Station Group Transfers (Mondays or Fridays):

Depart from Church Stretton Train Station at 3.40pm and arrive at Longmynd Hotel at 3.50pm.

Depart Longmynd Hotel at 9.30am and arrive at Church Stretton Train Station at 09.40am.

Places are limited so booking is essential. We recommend booking at least 14 days in advance by contacting:

HF Holidays Sales and Support Team

Tel: 020 3857 7758

Email: reservations@hfholidays.co.u

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. Please see above regarding pre-booking to join our group transfer.

Shrewsbury has more choice of trains, and you can take a taxi directly to the house from the station (see below) or pre-book to join our group transfer.

Check National Rail for train times and routes.

By taxi

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

Single journeys are approx. £45 each way, but please contact Shropshire Cars directly for confirmation.

You can pre-book a taxi from our recommended Shrewsbury-based company, Shropshire Cars (no affiliation to HF Holidays). We recommend booking any taxis, including your return journey if needed, at least seven days in advance.

Shropshire Cars
https://www.shropshire-cars.co.uk/

Tel: 01743 29 29 23 or WhatsApp 07379 338526
enquiries@shropshire-cars.co.uk

By car

There's plenty of 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 onto 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

Places to visit in Shropshire Hills

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.

ESSENTIAL INFORMATION

Packing list

"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 - any compass is fine but if you plan on completing your Silver award in the future 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.
- Sun hat and sunscreen
- Several layers of clothing, which can be added or removed Denim jeans and waterproof capes are not suitable on any walks.

Recommended

- 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 & pen for taking down learning notes

TRIPNOTE VALIDITY

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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