

3 Night Western Yorkshire Dales Gentle Guided Walking Holiday

Trip style: Gentle guided walking

Destination:  Yorkshire Dales

Trip code: SDB03-BEW01

Trip Walking Grade: 1, 2 & 3

Carbon Footprint:  82kg CO2



Holiday Overview

Ideal for those wanting to discover the Western Yorkshire Dales at a more relaxed pace, this gentle guided walking holiday rewards with sweeping views, countryside walks, and comfortable accommodation in Sedbergh – the Cumbrian market town treasured for its cobbled streets, public school, artisan shops, and bookshops. You'll also enjoy a choice of up to three different-grade daily walks, including a gentle walk of three to four miles.

WHAT YOU'LL LOVE

- Exploring the landscape of the Western Yorkshire Dales on foot
- Discovering dramatic peaks, rugged dales, and quaint market towns
- Hunting for second-hand books in Sedbergh's shops and cafés
- Spending time with like-minded people in the great outdoors
- Finding new routes and places to explore with your HF Holidays Leader
- Staying at Thorns Hall, our Grade II-listed manor house

WHAT'S INCLUDED

- En-suite accommodation in our 4-star country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders
- Choice of three guided walks (each walking day) from March to October, and two from November to February.
- All transport to and from walks where necessary
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

WALKING GRADES AND OPTIONS

This trip is graded Activity Level 1,2 and 3, This easier variation of our best-selling Guided Walking holidays is the perfect way to enjoy a gentle exploration of the Yorkshire Dales and Howgills. The choice of three guided walks includes a half-day walk of 3 or 4 miles.

ITINERARY – ITINERARY 2027

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.

Day 2 Dufton and the Eden Valley to Appleby

Option 1 - Dufton and Hilton to Appleby

Distance: 4 miles (6.5km)

Ascent: 150 feet (50m)

We'll begin with a visit to the former mining village of Dufton, an ancient settlement at the foot of the high Pennine hills with a green surrounded by properties to protect against cattle raiders. From Hilton, we begin our walk, descending very gradually to Appleby on the River Eden with just three short sections of ascent. A track alongside Hilton Beck, with a distinctively wilderness feel, brings us to Langton. Flat field tracks take us to the embankment of an old dam (one easy stile) which leads to woodland paths and the outskirts of Appleby. The descent into the town is on minor roads to the riverside before entering the town centre over the ancient stone bridge.

Option 2 - Dufton and Flakebridge Woods to Appleby

Distance: 6 miles (9.5km)

Ascent: 500 feet (150m)

This walk allows time in Dufton before entering the eastern part of Dufton Ghyll where much of the red sandstone for the older houses was quarried. Nature has taken the ghyll back with a wonderful variety of trees, ferns, and wildflowers. Then it is up a short section of the Pennine Way with extensive views across the Eden Valley. We continue round the hillside and a descent through fields (one stile) to the varied woodland of Flakebridge. Flat field tracks lead to the embankment of an old dam (with one easy stile) and on to woodland paths and the outskirts of Appleby. The descent into the town is on minor roads to the riverside before entering the town centre over the ancient stone bridge.

Option 3 - Dufton Ghyll and Keisley to Appleby

Distance: 7.5 miles (12.5km)

Ascent: 650 feet (200m)

We begin by walking to the western edge of Dufton village before entering Dufton Ghyll. A full west-to-east traverse of the ghyll allows us to join the option 2 route up a section of the Pennine Way and round the hillside. We then continue along a very quiet road to cross the High Cupgill Beck and on to High Cup House. Then it is a very gentle descent of tracks and paths through the fields to reach the woodlands. We join the embankment of the old dam (with one easy stile) for the descent into Appleby.

Day 3 The Lune and Rothay Valleys to Sedbergh

Option 1 – Lincoln's Inn Bridge to Brigflatts and Sedbergh

Distance: 4 miles (6.5km)

Ascent: 250 feet (80m)

Today's walks all start with a short transfer to the Lune Valley. We start the option 1 walk at Lincoln's Inn Bridge and follow farm tracks and field paths via Luneside and Ingmire Hall to Brigflatts Quaker Meeting House. More field paths and a crossing of the former railway line take us eastwards to Birks and alongside the River Rawthey, passing Sedbergh School grounds to Millthrop Bridge. Our walk continues upstream alongside the river to Settlebeck Bridge and back to Thorn's Hall.

Option 2 – The Dales Way, Lune Viaduct and Howgill Lane

Distance: 5.5 miles (9km)

Ascent: 650 feet (200m)

We begin our walk just past Brigflatts, taking a field path to the interesting settlement of High Oaks then on to Luneside and Lincoln's Inn Bridge. We continue up the Lune and pass under the Lune viaduct on the Dales Way. The trail gradually rises up to Bramaskey and eventually reaches Howgill Lane, with excellent views and quiet and enjoyable walking. We follow it into Sedbergh town centre and return on foot to Thorn's Hall.

Option 3 – The Lune Valley and Brigflatts

Distance: 7 miles (11.5km)

Ascent: 450 feet (140m)

Descent: 950 feet (300m)

This area is home to Fox's Pulpit, a fantastic view point with a high rock on the unassuming Firbank Fell. At this place of pilgrimage in 1652, fresh from his vision on Pendle Hill, George Fox addressed a multitude, and thus began the Quaker movement, 'The Society of Friends'. We descend a little-used path into the Lune Valley, crossing the river on a foot bridge to join the Dales Way. We pass under the impressive Lune Viaduct and continue to Lincoln's Inn Bridge and Luneside. Then it is field paths to Ingmire Hall and Brigflatts Quaker Meeting House. We take the path alongside the river Rawthey to Settlebeck Bridge and on to finish at Thorn's Hall.

Day 4 Departure Day

Enjoy a leisurely breakfast before making your way home.

Daily Walk Options



Easier Walks

Walk at a relaxed pace, often spending time at places of interest en-route. Walking experience isn't necessary as distances are quite short and gradients generally easy.



Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

Accommodation

Thorns Hall, Sedbergh

Delivering on all fronts for countryside lovers, this cosy Grade II-listed manor house is just a skip away from Sedbergh – the Cumbrian market town treasured for its cobbled streets, public school, artisan shops, and bookshops (it's known as England's official book town for good reason). You'll also have the Yorkshire Dales National Park on your doorstep as well as the Howgill Fells – the small group of hills adored by legendary fellwalker, illustrator, and guidebook author Alfred Wainwright. The walking opportunities here are outstanding, but if you fancy travelling further afield there's Kendal (home of the mint cake), Hawes, Wensleydale, Appleby-in-Westmorland, and Lake Windemere all within easy driving distance.

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.

About

- 25 well-appointed guest rooms • Exclusive occupancy: 32 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 • Travel cot & high chair • 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
- Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point



Food & drink

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

Designed with your comfort in mind, Thorns Hall has 25 well-appointed guest rooms available in three categories: Classic, Premium, and Superior.

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.

Superior Rooms are even more spacious en-suite guest rooms offering upgraded views of the surroundings*. 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: The spacious Room 25 for its ground floor setting, brick fireplace, comfy seating, large bed, and gorgeous views of the gardens. Room 4 is large and airy while the cosier Room 13 has an exposed wood ceiling and courtyard view.

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

Superior	Premium single	Premium double/twin	Choose your room
£25 pppn	£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](tel:02039748865) or view the accessibility information online for [Thorns Hall](#)

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 walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on guided 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.

Accessibility

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

Travel Details

Address

Thorns Hall
Cautley Road
Sedbergh
Cumbria LA10 5LE

Tel: [+44 \(0\)1539 620973](tel:+44(0)1539620973)

By train

The nearest station is Oxenholme, Lake District, on the main line between London and Glasgow.

Check National Rail for routes and journey times.

By shared transfer

If you're travelling to or from Thorns Hall on Mondays or Fridays or over the festive period, you can join our group transfer from Oxenholme Railway Station.

2026 prices are £50 per person for a return transfer or £25 per person for a single transfer.

Outward journey: Depart Oxenholme Railway Station at 16:30; arrive at Thorns Hall at 17:10.

Return journey: Depart Thorns Hall at 09:30; arrive at Oxenholme Railway Station at 10:10.

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: [+44 \(0\)203 974 8865](tel:+44(0)2039748865)

Email: This email address is being protected from spambots. You need JavaScript enabled to view it.

By taxi

The journey from Oxenholme station to Thorns Hall is 10 miles and will take about 20 minutes.

For pricing, please contact Woofs of Sedbergh directly.

Woofs of Sedbergh

You can pre-book a taxi from our recommended company, Woofs of Sedbergh*. We recommend booking your taxi at least seven days in advance by contacting:

Tel: [+44 \(0\)1539 620414](tel:+44(0)1539620414)

Email: This email address is being protected from spambots. You need JavaScript enabled to view it.

A return journey can be arranged on your behalf by the HF Holidays House Manager at Thorns Hall.

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

By car

There's a car park available at Thorns Hall if you decide to drive.

Leave the M6 at junction 37 and follow the A684 eastbound for five miles to Sedbergh. At Sedbergh follow the road into Finkle Street (avoiding the main street), then almost immediately turn left at a small roundabout into Back Lane. Turn onto the A683 following signs to Kirkby Stephen. Thorns Hall is 100 yards on the left.

By air

The nearest airport is Manchester International Airport.

There are direct trains every hour to Oxenholme with the journey taking around 90 minutes. From Oxenholme station you can complete the journey to Sedbergh by taxi.

National Rail have up-to-date information on train times and routes.

Flying to London Heathrow airport is another option, but it'll take you at least four hours to reach Oxenholme. Catch the train to London Paddington station, then the London Underground to London Euston where you can connect to the main line train to Oxenholme. The journey from here is 2.5 hours.

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 Thorns Hall.

Sedbergh

A few minutes' walk away, this Cumbrian market town is treasured for its cobbled streets, public school, and bookshops (it became England's Book Town in 2003). Just down the road is the Farfield Mill Arts, a crafts and heritage centre housed in a Victorian woollen mill.

Kendal

Home of Romney's Kendal Mint Cake which was made famous on 29 May 1953 when it was carried on the first successful summit of Mount Everest by Sir Edmund Hillary and Sirdar Tenzing, this market town is a 20-minute drive away.

Sizergh Castle

A 25-minute drive away, this 1,600-acre estate delights with ancient woodland, an award-winning limestone rock garden, and a boating lake. Built by the Strickland family in 1350, the house has turrets, battlements, a collection of family paintings, and oak-panelled interiors.

Levens Hall & Garden

A 30-minute drive away, this privately-owned Elizabethan mansion is most cherished for its award-winning topiary gardens – the oldest in the world. Inside, there's fine oak panelling, ornate plasterwork, leather wall coverings, and the earliest examples of English patchwork.

Settle to Carlisle Railway

This 73-mile-long railway route crosses regions of the Yorkshire Dales and the North Pennines. Head south for the Ribbleshead Viaduct as well as Settle, Skipton and Saltaire – or head north for Appleby. The nearest station is Garsdale, a 20-minute drive away.

Hawes & Wensleydale

A 30-minute drive through the Yorkshire Dales takes you to the Hawes, the market town of Upper Wensleydale. From here you can continue through to Wensleydale, the wide open valley famous for its historic villages, traditional markets and crafts, and plentiful cheeses.

Lake District

A 40-minute drive away, the Lake District in the heart of Cumbria has been adored by poets, painters, and literary giants for centuries. It spoils first-timers and returning visitors with charming villages, tumbling waterfalls, impressive peaks, and shimmering bodies of water.

Lake Windemere

An hour's drive away, this watery wonder measures 10.5 miles long, one mile wide, and 220 feet deep. Whether you start your journey in Bowness, Ambleside, or Lakeside, there are plenty of cruise operators offering old-fashioned steamers or modern sightseeing vessels.

Useful Holiday Information

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

For holidays operating October through to the end of March, please also bring the following on your walks:

- spare warm clothing
- spare high energy food
- head torch and spare batteries
- please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hyrodstatic head - this is the rating given on waterproof jackets) of 10,000mm+

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent and tick remover tool
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- Camera
- Walking poles

Trip Information

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 where 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. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

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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