

# 4-Night Northern Lake District Tread Lightly Guided Walking Holiday

**Tour Style:** Tread Lightly

**Destinations:** Lake District & England

**Trip code:** DBSUS-4

2, 3 & 5



## HOLIDAY OVERVIEW

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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

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- High quality en-suite accommodation in our country house
- Full board from dinner upon arrival to breakfast on departure day
- 3 days guided walking

- 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

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- Enjoy breathtaking walks right from the doors of Derwent Bank - our country house
- Enjoy the fine views over Bassenthwaite Lake from Noble Knott
- Marvel at the panorama of Derwentwater from Walla Crag
- Explore the quaint Newlands Church, which once inspired William Wordsworth
- Take in the ever-changing fell views around Derwentwater

## TRIP SUITABILITY

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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 summit 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

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### Day 1: Arrival Day

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

Enjoy a complimentary Afternoon Tea on arrival.

### Day 2: Newlands Valley

#### Option 1 - Swinside Circuit

Distance: 6 miles (10km)

Ascent: 810 feet (300m)

**In Summary:** This walk takes us into the Newlands valley, a sparsely populated farming area surrounded by high fells. We go through Portinscale and the outskirts of Braithwaite before walking along the bottom of Barrow, arriving at Ghyll Bank. We then pick up part of the Cumbria Way to head back to the house.

**Highlight:** Explore quaint Newlands Church, which once inspired William Wordsworth.

#### Option 2 - Barrow And Outerside

Distance: 9 miles (14.5km)

Ascent: 2,200 feet (670m)

**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 - Causey Pike

Distance: 10 miles (16km)

Ascent: 2,640 feet (800m)

**In Summary:** We use minor roads and tracks to reach the base of Causey Pike. We then follow the ridge along to Sleet Hause and ascend Causey Pike, descending above Scar Craggs and down alongside Stonycroft Ghyll.

**Highlight:** Fine views throughout make this a superb walk of great variety.

## Day 3: Derwentwater

### Option 1 - Friar's Crag And Castle Head

Distance: 6 miles (9.5km)

Ascent: 450 feet (140m)

**In summary:** We follow minor roads and a field path to Keswick. From the centre of town we head for the lake shore and view point. We then ascend to a rocky summit affording views over Derwentwater before returning to the town centre through woodland.

**Highlight:** Delightful views over Derwentwater and beyond from Castle Head.

### Option 2 - Around Derwentwater

Distance: 9 miles (14.5km)

Ascent: 850 feet (260m)

**In summary:** Following footpaths and the lake shore for much of this walk, we will make a complete circuit of stunning Derwentwater. Beginning from the house we first walk through Keswick before heading along the east of the lake then returning through beautiful woodland along the western shores to our country house.

**Highlight:** Spectacular, ever changing views of the all the fells around the lake including the imposing Skiddaw range and famous Cat Bells.

### Option 3 - Bleaberry Fell & High Seat

Distance: 12.5 miles (20km)

Ascent: 2439 feet (739m)

**In Summary:** After a pleasant walk into the centre of Keswick we ascend steadily alongside Brockley Beck to emerge on the open top of Walla Crag. There are superb views over the lake, town and surrounding fells. We continue up to the summits of Bleaberry Fell and High Seat, before descending to the much photographed Ashness Bridge, from where we follow woodland paths to Derwentwater. We follow the shoreline back to Keswick then retrace our steps to the house.

**Highlight:** This picturesque route leaves straight from our house. You will enjoy stunning views of the Lakeland Fells, North Pennines and Scotland. You might even catch a glimpse of Criffel.

## Day 4: Whinlatter And Grisedale Pike

### Option 1 - Words In The Woods Above Braithwaite

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 - Forest Trail Via Comb Beck

Distance: 9.5 miles (15.5km)

Ascent: 1,850 feet (560m)

**In Summary:** We use the minor roads and field paths to Braithwaite and enter the woodland to reach Comb Beck. Tracing the beck's course through the forest we arrive at Whinlatter Visitor Centre. Our descent takes us through the trees emerging on the ridge path from Grisedale Pike where with luck we will have extensive views before returning via Braithwaite.

**Highlight:** Superb views from below Grisedale Pike.

### 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 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

## ACCOMMODATION

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### Derwent Bank

Close to Keswick and situated slap bang on the shore of Derwentwater, with the glassy lake on one side and the razor-edged ridges, humpbacked fells and muscular mountains of the Lake District on the other, beautiful Derwent Bank has been entrancing walkers since 1785. Extensive refurbishment and investment have seen this established walkers' retreat transformed into a beautiful country house hotel perfect for people looking to explore the great outdoors. It's also perfect for drinking in the views over a glass of something chilled on the terrace. With 41 bedrooms across the main house and garden rooms as well as a rustic 'pod' to sleep in,

there's plenty of space, along with a pretty orangery, large lounge and relaxed vibe. The lakeside land encompasses a formal garden, extensive lawns and mature trees. The emphasis is on enjoying the great outdoors and it's all made super easy with walkers' facilities from an inspiration point equipped with maps and route ideas to a boot room and drying space – this is the Lakes, after all. With views of Cat Bells and Grizedale Pike, the inspiration for adventure is never far away. Venture out from the house to head to the high peaks such as Scafell Pike, Blencathra and Helvellyn or stick to the lower slopes and lakes; Ullswater, arguably the most beautiful of the Cumbrian lakes, Borrowdale and Buttermere are all within easy reach.

## Matchless Country House Accommodation

### Accommodation Info

### Need To Know

### Important Covid-19 Steps We Have Taken For Guest Safety: Please Read

We are continuing to take extra steps to keep our guests leaders, and staff safe in our HF country houses. We ask all our guests to respect the measures put in place.

The English, Scottish and Welsh governments are not in sync, so measures in our country houses will vary between the nations. With the relaxation of social distancing in England, from 19 July we will be allowing larger groups to dine and relax in the bar together. However, we will still give guests space e.g. we will seat 6 people at a table where pre-pandemic we may have seated 8. We will ensure our public rooms are well ventilated by opening doors and windows wherever possible. If you have any concerns about distancing, please speak to the House Manager. The government recommendation for England is to wear face coverings in crowded areas. You must wear a face covering by law in public areas in hotels in Scotland. This is mandatory in public spaces; however, face coverings will not be required whilst eating and drinking in the restaurant and bar areas or whilst you are outside our houses. In Wales face coverings will remain a legal requirement indoors, with the exception of hospitality premises.

As a temporary measure, we will not be servicing rooms during a stay. Extra tea, coffee, milk, and toiletries will be made available on request for all guests. It is recommended that guests bring their own toiletries for the duration of their stay. We will though be increasing the frequency of cleaning in our public areas providing particular attention to frequently touched items including door handles and handrails.

Menus for the week will be available in your room on arrival. A self-service breakfast will be served from 7.45am – 9am. Picnic lunches will now be pre-ordered the night before from an order form in the room. Evening meals will be table service. A dinner order form will be available in each room for completion. Dinner is served at either 7.15pm or 7.30pm. Please check at the house for details. The bar will be open. We will be offering a table service but guests can also come to the bar to order (depending on local restrictions).

Join our team after dinner on Wednesday evenings for the HF Big Pub Quiz. There will be one other evening of entertainment at the start of the week, which will vary depending on the country house that you are staying at. Our Walk Leaders will also be on hand in the bar or lounge for individual or small group walks talks briefings, which allow guests to talk through the following day's walk options and ask any questions. Swimming pools will be operated in line with maximum capacities.

For more information and to see all the steps taken, [visit our page on how house stays will be adapted](#).

## Rooms

*Tea & coffee-making facilities, TV, Hairdryer, Toiletries, Wi-Fi*

Stay in one of the main building's beautifully presented rooms or in the stylish outhouse where there are eight

garden rooms with exceptional views for stylish, laid-back Lake District accommodation. In the main house, we'd pick room 12 for the extra space and stunning views over the gardens and Derwentwater. Alternatively, ask for rooms 46, 47, 48 and 49 in the outhouse, all first-floor garden bedrooms with their own glass balcony looking over the ornate formal garden and with views of the lake. There's easy access to the boot room and orangery too, making these rooms a must to stay in. If you're after somewhere a little more unusual to stay overnight, there's a 'pod' in the garden that offers extra privacy, sleeps up to four and gives you a great story to take away!

*All 'Classic' rooms are ensuite and furnished to a high standard. There are also several 'Premium' and 'Superior' Rooms that are either larger or have a desirable view, a more luxurious mattress and larger television – upgrade your stay for just an extra £15-25 per person per night. You can choose a specific room for an extra £30 per room, subject to availability. Upgrade supplements still apply.*

## Facilities

*Free Wi-Fi, boot room and drying room, formal garden, extensive garden, putting green, orangery, lounge and board games to borrow*

After a day exploring the Lake District, settle in at our country house. Walk the pretty gardens, pause on the pier that juts out in to Derwentwater and look for the boats and ferry that sail on the lake. Try your hand on the putting green or at croquet. Grab a drink and sit on the terrace above the sloping lawns. Indoors, the spectacular orangery with its superb views, is the ideal setting for a bit of peace and quiet, or sink into the sofas in the large, comfortable lounge. Head to the bar for a great local ale and a cracking conversation with fellow guests.

## Food & Drink

As at all our country houses, holidays are full board, from afternoon tea and cakes served as a welcome treat through that evening's meal to a hearty breakfast on the day of departure. Food at Derwent Bank is varied with a strong emphasis on the use of seasonal British produce. Our experienced chefs create each dish using only the freshest ingredients and, when in season, use home grown herbs and vegetables taken from our own gardens to give a true taste of the local area.

## Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865 or view the accessibility information online for [Derwent Bank](#)

## TRAVEL DETAILS

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Our address is: Derwent Bank, Portinscale, Nr Keswick, Cumbria CA12 5TY  
Tel: [01768 773667](tel:01768773667)

### By Train:

The nearest train station is at Penrith on the main line between London and Glasgow. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

### By Taxi:

The journey from Penrith to Derwent Bank can be made by taxi. The 20-mile journey from Penrith railway station takes approximately 40 minutes. You can pre-book a taxi from our recommended taxi company, Davies Taxis. The price of a 4-seat taxi is around £40. 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

Davies Taxis\*

Tel: +44 (0) 17687 72676  
Email: info@daviestaxis.co.uk

The return taxi journey can be arranged on your behalf by the Derwent Bank Manager.  
\*Davies Taxis is not owned or managed by HF Holidays

### **By Bus:**

The X5 bus runs approximately every hour from Penrith station. The nearest bus stop is on the A66, about ¾ mile walk from Derwent Bank. Alight at the Portinscale bus stop and take the road on the left (signposted to Portinscale, Grange and the Newlands Valley). Follow this road through Portinscale village - Derwent Bank is on the left-hand side after the Derwentwater Marina.

Alternatively catch the bus to Keswick and then take a short taxi journey to Derwent Bank in Portinscale.

For bus times see [www.traveline.info](http://www.traveline.info)

### **By Car:**

From Penrith - leave the M6 motorway at junction 40 and take the A66 towards Keswick. After 17 miles you'll reach a roundabout in Keswick - continue ahead following signs to Cockermouth and Workington. One mile beyond the roundabout, and 200yds beyond the B5289 turning to Keswick, turn left off off the A66 signposted to Portinscale, Grange and the Newlands Valley. Derwent Bank is approx ¾ mile along this road on the left after the Derwentwater Marina and before the Nichol End Marina. There is a large car park available at Derwent Bank.

## **Travelling From Overseas**

For most guests the most convenient option is to book a flight to Manchester Airport. There are direct trains every hour from Manchester Airport to Penrith - this is straightforward journey - allow 2 hours to Penrith. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

From Penrith station you can complete the journey to Derwent Bank using our transfer, by bus, or by taxi (see above).

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow at least 4½ hours to reach Penrith. From Heathrow first take the train to London Paddington station. Next take the Underground train to London Euston. Finally the main line train from London Euston to Penrith takes 3 hours. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

## **LOCAL AREA**

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The Lake District is England's premier national park with outstanding mountain scenery.

### **Keswick**

The nearest town to Derwent Bank is Keswick, about two miles away. As a popular tourist destination it has a range of facilities including supermarkets, banks, a post office, pubs and cafés. It is also well known for its huge number of outdoor shops where you can buy an array of clothing and equipment for the outdoors.

During your visit to Derwent Bank you may enjoy visiting the following places of interest:

### **Derwentwater Launch**

Take a leisurely journey around Derwentwater [on the ferry](#) - a great way to see the surrounding mountains from a different perspective. The nearest stop at Nichol End is just a few minutes' walk from Derwent Bank.

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## Theatre By The Lake

Situated by the lakeshore in Keswick, the [Theatre By The Lake](#) offers an excellent repertoire of plays in the main house and smaller studio theatre. The theatre's popularity means that advance booking is recommended, especially in the high season.

## Honister Slate Mine

Go underground on the mine tour at this famous Lake District mine which is situated at the top of Honister Pass between Borrowdale and Buttermere. Here you can travel underground and learn about the history of Lake District slate production. [Honister Slate Mine](#) is around 30 minutes' drive from Derwent Bank, and can also be reached directly using the Honister Rambler bus.

## Whinlatter Forest & Go Ape!

[Whinlatter Forest](#) is England's only true mountain forest. Its 9 walking trails and 3 cycling trails reward with views over Bassenthwaite Lake, Derwentwater and Keswick. It is home to the longest purpose-built mountain bike trail in the Lake District. The forest also has a [Go Ape](#) centre with a high ropes course and an all-terrain Segway trail.

## Derwent Water Marina

Hire a canoe or sailing boat from [Derwent Water Marina](#) and enjoy one of England's most beautiful lakes from a different perspective. Just five minutes' walk from Derwent Bank.

## Grasmere

Grasmere is about 30 minutes' drive from Derwent Bank and is famous for its connections with William Wordsworth as well as its traditional [gingerbread shop](#). The poet's homes at Dove Cottage and Rydal Mount can be visited, the former of which includes the [Wordsworth Museum](#). The house and gardens of [Wordsworth's birthplace](#) can also be visited in Cockermouth; the house is owned by the National Trust. This pleasant market town is to the north-west of Derwent Bank. Both Grasmere and Cockermouth can be reached by local bus from Keswick.

## Ullswater

About 30 minutes' drive from Derwent Bank is Ullswater, arguably the most beautiful of the Cumbrian lakes. Enjoy its glorious scenery either on foot or by [steamer](#). If you are visiting the Ullswater area you could also visit the superb waterfall of [Aira Force](#) or the country house and gardens at [Dalemain](#). Dalemain also hosts the annual [marmalade awards](#) and festival.

## Lake District Wildlife Park

[The Lake District Wildlife Park](#) is home to over 100 species in its 24-acre site. Watch the antics of the otters, apes, meerkats and monkeys and marvel at the flying displays of eagles and vultures.

## Carlisle

Carlisle, about 45 minutes' drive from Derwent Bank is the historic county town of Cumbria. Here you'll find a good selection of shops, the [cathedral](#) and the [900 year old castle](#) where Mary Queen of Scots was held prisoner. Of particular interest is the [Tullie House Museum](#) which is recognised for its exciting, varied events and exhibitions programme and is full of exciting interactive displays.



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## USEFUL HOLIDAY INFORMATION

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### 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.

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## HOW TO BOOK

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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.

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Our office is open: Monday to Friday: 9am – 5.30pm, 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](http://hfholidays.co.uk/membership) for details.

### **BACS PAYMENTS**

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

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](http://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](http://atol.org.uk)

#### **MEMBER OF ABTOT:**

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you

have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

### 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.

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