

4 Night Pilates & Walking Holiday in the Peak District

Destinations: Peak District, United Kingdom & England
Trip code: DVKHW-4



HOLIDAY OVERVIEW

For an ideal mind-body connection, this holiday combines walking in the peaceful countryside with Pilates - the method that uses targeted movements to improve posture, strength, flexibility, and muscle tone. Spend half your day working on simple exercises and techniques with an expert Pilates teacher and the other exploring the stunning surrounds with an experienced HF Holidays Leader. This holiday suits all levels of Pilates experience; from beginners to the more advanced.

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

- Enjoying both Pilates and walking every day
- Guidance and tuition from an expert Pilates teacher
- Learning and practicing easy-to-follow Pilates exercises
- Exploring the area on walks with our experienced HF Holidays Leaders
- Relaxing at our comfortable country house
- Spending time with like-minded people in the great outdoors

ITINERARY

Day 1: Arrival Day

Check-in at the hotel is available from 4pm. Enjoy a complimentary cream tea on arrival.

Day 2 - 4: Your Mind & Body Sessions

On our Pilates & Walking holidays, your day will be divided into morning Pilates sessions and optional guided walks in the afternoon. Occasionally, your mornings and afternoon activities may switch to ensure each session maintains its small group size.

Your optional walks will take you out to explore the countryside surrounding your HF country house, and the options are outlined below:

WALK OPTIONS

DAY 2: ILAM

Distance: 4 miles (6.5km)

Ascent: 400 feet (120m)

In Summary: Taking a route round iconic Thorpe Cloud we then cross the River Dove (bridge) and follow pasture land to the unique village of Ilam. There will be plenty of time to explore the grounds of Ilam Hall before returning by the river on the Manifold Way and then ascending back to Thorpe on an old coaching track now the Limestone Way.

Highlight: Beautiful Ilam Park with its Hall and the pseudo Alpine village of Ilam.

DAY 3: TISSINGTON CIRCULAR

Distance: 4.5 miles (7km)

Ascent: 400 feet (120m)

In summary: We walk to Tissington on grassland, through the gates and along the tree lined Avenue. After time to look round the village the walk returns on the Tissington Trail (former London and North Western railway) to the site of Thorpe station

Highlight: The charming estate village of Tissington, home of the FitzHerbert family for over 500 years.

DAY 4: DOVEDALE

Distance: 3.5miles (5.5km)

Ascent: 650 feet (200m)

In summary: We walk out from the house to Gag Lane, from here we descend to Lover's Leap and the beautiful Dovedale Gorge. Our return takes us along the gorge to the famous stepping stones before returning to the country house.

Highlight: Look up to see spectacular rock formations as you meander through the gorge.

Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

The Peveril Of The Peak

For those easily seduced by the charm of the Peak District, this characterful country house is a dealbreaker. Set in the tiny village of Thorpe, you'll be less than a mile from the famous Dovedale Stepping Stones – a series of 16 limestone-capped stones that were laid out in the 19th century to allow for a safe crossing over the River Dove. There's plenty of big-name attractions nearby, most fabulously the Twelve Apostles that is best viewed from the limestone promontory known as Lover's Leap. And there's no shortage of walking thrills, either, especially around the Roaches and the impressive Stanage Edge. Equally fabulous is the cone-shaped Thorpe Cloud, a limestone hill on the southern end of Dovedale and along the rolling green hills of the Staffordshire/ Derbyshire border.

Country House Accommodation

Rooms

Designed with your comfort in mind, The Peveril of the Peak has 46 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: Room 2 on the ground floor for its extra space (it also has a door opening on to the grounds). Also lovely is the Chatsworth Room for its four-poster bed.

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

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

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 [The Peveril of the Peak](#)

TRAVEL DETAILS

Address

The Peveril of the Peak
Thorpe
Dovedale
Ashbourne
Derbyshire DE6 2AW

Tel: [+44 \(0\)1335 350396](tel:+44(0)1335350396)

By Train

The nearest stations are Derby or Buxton.

Check National Rail for train times and routes.

By Taxi

From Buxton railway station a taxi takes approximately 35 minutes.

From Derby railway station the 18-mile journey takes approximately 40 minutes.

For pricing, please contact Ashbourne Taxis directly.

Ashbourne Taxis

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

Tel: [+44 \(0\)1335 345198](tel:+44(0)1335345198) / [+44 \(0\)7398 783706](tel:+44(0)7398783706)

Email: ashbourne-taxis@hotmail.co.uk

A return journey can be arranged on your behalf by the HF Holidays House Manager at The Peveril of the Peak.

*Ashbourne Taxis is not owned or managed by HF Holidays.

By Bus

There is a bus service as far as Ashbourne, about three miles from The Peveril of the Peak. You'll need to take a taxi from Ashbourne, taking around 10 minutes, or use the Derbyshire Connect Service (telephone [+44 \(0\)1335 342951](tel:+44(0)1335342951)).

From Buxton you can use the 442 service or from Derby catch the SWI service.

Check online for up-to-date bus times.

By Car

From the south

Leave the M1 at junction 24 and head to Ashbourne via the A50 and A515. Continue north on the A515

towards Buxton. One mile north of Ashbourne turn left, signposted to Thorpe, Dovedale, and Ilam. After a further two miles the road bends sharply left by the Old Dog pub. The Peveril of the Peak is at the bottom of the hill.

From Buxton

Take the A515 south towards Ashbourne. After 17 miles turn right at the crossroads following signs to Thorpe. After one mile turn right by the Old Dog pub. You'll find The Peveril of the Peak at the bottom of the hill.

From the west

Leave the M6 at junction 15 and head via the A50, Cheadle (A521), and Oakamoor (A5417) to the A52. At the junction of the A52 and the A523 take the minor road signposted to Ilam. After 1.5 miles turn left and descend the hill. Cross the bridge at Ilam, turn right, and follow the road through Dovedale and Thorpe village. The Peveril of the Peak is on the left-hand side at the end of the village.

By Air

The nearest airport is East Midlands Airport.

We recommend pre-booking a taxi direct to The Peveril of the Peak, which is about 30 minutes away.

From London Luton Airport you'll need to take the shuttle bus to Luton Airport Parkway station, then catch the train to Derby with one change at Leicester.

From Manchester International Airport there are trains every hour to Buxton with one change at Manchester Piccadilly. Allow one hour 40 minutes to Buxton.

Flying to London Heathrow Airport is another option but you'll need to allow three hours to reach Derby. From Heathrow first take the Piccadilly line to London St Pancras. From here take a train direct to Derby.

National Rail has up-to-date train information.

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 The Peveril of the Peak.

Dovedale

Less than a mile away, the limestone valley of Dovedale steals the limelight as one of the best-loved – and most visited – beauty spots in the Peak District National Park. Don't miss the famous stepping stones located about half a mile from the car park.

Ashbourne

Approximately three miles away, this market town charms with cobbled streets, interesting Tudor and Georgian buildings, lovely shops and cafés, and the spectacular St. Oswald's Church – one of Derbyshire's loveliest famed for its 212-foot spire.

Chatsworth House

Home of the Duke and Duchess of Devonshire, this magnificent 17th century mansion is set in over 1,000 acres of stunning parkland and formal gardens. Inside, there's over 30 rooms to explore, including the State Rooms, Sculpture Gallery, and Painted Hall.

Crich Tramway Village

Just a 45-minute drive away, this recreated Edwardian-style village and home to the National Tramway Museum is located near the village of Crich. Highlights include the woodland walk, sculpture trail, and collection of over 60 trams built between 1873 and 1982.

Buxton

As England's highest market spa town at 1,000 feet above sea level, there's more to this place than water. Must-see sights include the Devonshire Dome building, the Edwardian Opera House, and Poole's Cavern – a two-million-year-old natural limestone cave.

Castleton

Located at the head of the Hope Valley in the heart of the Peak District National Park, this beautiful village is as famous for its semi-precious stone, Blue John, as for its show cave superstars: Peak Cavern, Blue John Cavern, Speedwell Cavern, and Treak Cliff Cavern.

Bakewell

There's more to this market town on the banks of the River Wye than jam-filled pastry. The best attractions include the honey-coloured stone houses, specialist markets, Lovelock Bridge, and the famous summer carnival reputed as the biggest in Derbyshire.

Alton Towers

Just a 25-minute drive away, this Staffordshire theme park is perfect for those with adventurous and excitable kids in tow. Thrillseekers can enjoy over 40 rides (including 10 rollercoasters) as well as a water park. There's entertainment for younger children, too.

Cromford Mills

Part of the UNESCO-listed Derwent Valley Mills, the world's first water-powered cotton spinning mill developed by Richard Arkwright in 1771 is known as the birthplace of the modern factory system. The mill museum and visitor centre are both visit-worthy.

Haddon Hall

Overlooking the River Wye, this fairytale-like manor house with its fortified exterior dates from the 12th century. Every part of the property is steeped in history, but the banqueting hall, chapel, and kitchens are particularly worth exploring.

USEFUL HOLIDAY INFORMATION

Essential Information

Pilates

No special clothing is required for your Pilates holiday, but it is recommended that you wear loose-fitting clothes to facilitate easy movement. There may be some lying down work, so you need to bring a Pilates mat and a small blanket. Please note, a non-slip yoga mat is not suitable.

Walking

To enjoy your walking comfortably and safely, it is essential that your footwear, clothing and equipment are suitable for the conditions likely to be encountered. Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities. Please bring a rucksack, a thermos flask for a hot drink, a water bottle (at least one litre) and first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).

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. 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.

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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