

4-Night Shropshire Hills Family Walking Adventure

Tour Style: Self-Guided Walking

Destinations: Shropshire Hills & England

Trip code: CSFAM-4

1, 2, 3 & 4



HOLIDAY OVERVIEW

The Shropshire Hills are full of wonderful walking trails, history and heritage. Heather-covered hills, wooded valleys and rocky ridges lead to Iron Age forts, historic castles and bustling market towns. The area is also renowned for its many spooky myths and legends; find out what happened to Wild Edric! The ridge of Long Mynd and the tops of Caer Caradoc and Ragleth Hills provide wonderful elevated views across the Shropshire Hills while routes through the Carding Mill Valley provide a different perspective. Walk amongst the jumbled quartz tors of the Stiperstones, learn about the lost mining village of The Bog and visit a 13th century fortified manor house that was besieged during the English Civil War. The Shropshire Hills have much to intrigue curious minds and satisfy energetic legs.

WHAT'S INCLUDED

- Full Board en-suite accommodation.
- Max guests in house: 132
- Family rooms: 20

- A full programme of walks guided by HF Leaders
- All transport to and from the walks
- Free Wi-Fi

HOLIDAYS HIGHLIGHTS

FAMILY FUN AT LONGMYND HOUSE

- Boat building and race in the pool
- Dam building in Carding Mill Valley
- Fun games such as Bag Beetle
- Family quiz night

THINGS TO DO AND PLACES TO SEE...

- Explore the museums of Ironbridge Gorge
- Ride on the Severn Valley Railway
- Acton Scott Working Farm – a living museum
- Stiperstones
- Stokesay Castle

TRIP SUITABILITY

This trip is graded Activity Level 1, level 3 and level 5.

There are four different length guided walks to choose from each walking day.

Level 1 - Short walks of 3-4 miles with up to 1,000 feet of ascent, mainly undulating but some steep ascents.

Level 3 - Mid range walks are 6-9 miles with up to 2,000 feet of ascent on rougher, more undulating terrain.

Level 5 - Longest walks are 11-12 miles with up to 2,700 feet of ascent and include some steeper sections.



ITINERARY

Day 1: Arrival Day

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

Enjoy a complimentary Afternoon Tea on arrival.

Day 2: Steeped In Myths On The Stiperstones

Option 1 - Stiperstones Superstitions!

Distance: 4 miles (6.5km)

Total ascent: 650 feet (220m)

In Summary: Traverse along the slopes of the Stiperstones, visiting The Bog visitor centre and finishing at Stiperstones village.

Highlight: Mad Jack Mytton and Wild Edric; Brother Cadfael and the Shropshire Lad – meet with them down at The Bog as we walk in the shadows of the Stiperstones.

Option 2 - Over The Stiperstones

Distance: 7½ miles (12km)

Total ascent: 1,000 feet (300m)

In Summary: Follow an undulating route over the rolling Shropshire hills to The Bog visitor centre, then skirt round Stiperstones, a very distinctive hill crowned with quartzite scree.

Highlight: Discover the area's rich history as you explore a Bronze Age stone circle and learn about the area's lead and barytes mines.

Option 3 - Nipstone Rock

Distance: 9 miles (14.5km)

Total ascent: 1,300 feet (390m)

In Summary: Discover the Mitchell's Fold stone circle, then walk over Mucklewick Hill to Nipstone Rock, then traverse the full Stiperstones ridge.

Highlight: Mitchell's Fold is a Bronze Age stone circle set in dramatic moorland. Hear about it's legends as we start this fabulous walk.

Option 4 - Stiperstones & More

Distance: 11 miles (17.5km)

Total ascent: 1,500 feet (450m)

In Summary: A longer route that explores Stapeley Hill and the rolling Shropshire countryside, before traversing the length of the rugged Stiperstones ridge.

Highlight: The final stretch along the spectacular Stiperstones Ridge is most enjoyable with panoramic views over the Shropshire and Welsh countryside.

Day 3: Darnford Valley & Betchcott Hills

Option 1 - Shrovsbury Or Shroosbury?

Distance: 3 miles (4.5km)

Total ascent: 150 feet (50m)

In Summary: Explore the medieval and Georgian town of Shrewsbury captured in the loop of the river Severn. We finish at the beautiful quarry with the floral legacy of Percy Thrower, an extensive grass play area sloping to the river and a variety of play areas.

Highlight: "Cross ancient bridge from west or east to savour Salop's tasty feast." There's plenty to discover including the town's links with Charles Darwin, Clive of India, Scrooge and Brother Cadfael.

Option 2 - Trek Home From Bridges

Distance: 7 miles (11km)

Total ascent: 1,100 feet (330m)

In Summary: Our route follows the beautiful Darnford Valley, then heads over Betchcott and Bodbury hills to cross Long Mynd and return to the house.

Highlight: The tranquil Darnford Valley provides an attractive route onto the heather-clad slopes of the Long Mynd and Golden Valley with its dwarf gorse bushes.

Option 3 - Ratlinghope

Distance: 9 miles (15km)

Total ascent: 2,000 feet (600m)

In Summary: Starting in the upper East Onny valley we cross the Gatten hills in view of the Stiperstones ridge and turn to reach Ratlinghope in the Darnford Valley. Thereafter we follow the Easier Walk route back to the Longmynd.

Highlight: The heather-clad ridge of the Long Mynd dominates the skyline above Church Stretton. Enjoy the extensive views as you cross the ridge and descend towards Church Stretton.

Option 4 - In Search Of Wild Eric

Distance: 12 miles (20km)

Total ascent: 2,200 feet (660m)

In Summary: We start in the village Pulverbatch and follow the Shropshire Way over Wilderley Hill to Thresholds. Our route then turns west to the upper East Onny valley. We then follow the Option 3 route.

Highlight: On a clear day you'll enjoy sweeping views across Shropshire and the Welsh hills.

Day 4: The Stretton Hills

Option 1 - Conquering Caer Caradoc

Distance: 4 miles (6km)

Total ascent: 1,000 feet (300m)

In Summary: A short, but steep ascent onto the summit of Caer Caradoc, followed by a descent to the village of All Stretton.

Highlight: Our brave band of trekkers will scale the grassy bank and breach the earthwork ramparts of this iron-age fort which has watched over us all week.

Option 2 - Circling Caer Caradoc

Distance: 6 miles (9.5km)

Total ascent: 1,200 feet (360m)

In Summary: A lovely route around Church Stretton. Head across the valley and along a scenic path which runs along the slopes of Caer Caradoc hill.

Highlight: Enjoy views over Church Stretton and the Long Mynd as we follow the balcony path around Caer Caradoc.

Option 3 - Two Hills

Distance: 9 miles (15km)

Total ascent: 2,000 feet (600m)

In Summary: We cross the valley to ascend the long ridge of Hope Bowdler Hill. Our second summit is the shapely Caer Caradoc Hill.

Highlight: Look out for the Iron Age hillfort on the summit of Caer Caradoc; said to be the site of King Caractacus's final stand against the Roman invasion.

Option 4 - Make That Three!

Distance: 11 miles (18km)

Total ascent: 2,700 feet (810m)

In Summary: You'll now be fit enough to tackle three summits in one walk! Climb the three iconic hills that dominate the eastern skyline above Church Stretton. We walk via Little Stretton onto Ragleth Hill then on via Hope Bowdler Hill and Caer Caradoc.

Highlight: The satisfaction of bagging 3 hills with outstanding views.

Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Longmynd House

Hidden in plain sight, there's a well-kept countryside secret in the heart of England that might just surprise you with its wonderful upland walking, trails, history and heritage. Discover the heart of Shropshire from striking Longmynd House, stood on a wooded hillside above Church Stretton, on the border of England and Wales. Wake early to watch the sunrise from your balcony; take a dip in the heated outdoor pool and gear up for a great day in the hills on walks full of rich variety. Stride out on the Long Mynd itself, a dramatic, isolated whaleback hill with an expanse of heather wilderness and deeply cut valleys, explore the Stiperstones and climb to the Iron Age fort on top of Caer Caradoc, or surround yourself with historic castles, market towns and

trails of all kinds.

Matchless Country House Accommodation

Accommodation Info

Need To Know

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

Following the relaxation in government guidance on 19 July, 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. All of our swimming pools are open, except for Glen Coe, which will not re-open this year. 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 the smartly presented rooms in the main house or in one of 8 brick-built lodges in the grounds. With 54 rooms, Longmynd House has plenty of space and there's a range of Good and Better Rooms to choose from. Chose Room 16 for the four poster bed and separate sitting area, with green leafy views or Room 44 with its compact balcony and outdoor eating area overlooking the heather-clad rise on the far side of the valley. The lodges away from the house offer a little more privacy and their own terrace looking out over the gardens.

All 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' Rooms that are either larger or have a desirable view, a more luxurious mattress and larger television – upgrade your stay for just an extra £15-20 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, extensive garden, lounge, bar, ballroom, library and board games to borrow

After a day exploring the Shropshire Hills, return to the house. Stroll through the extensive grounds and discover the woodland sculpture trail that threads through the trees, looking out for 'deer' and 'bears'. Dip into the heated outdoor pool to swim below the trees. Head to the long lounge with its wall of glass giving on to the view outside, or for a more intimate space, sit at the smart bar with its crouching lions and attractive jug lamps or surrender to the leather sofas around the fireplace and enjoy a local pint of Shropshire Lad or Lass with a lively conversation among your fellow guests.

Food & Drink

As at all our country houses, holidays are full board, from afternoon tea served as a welcome treat through that evening's meal to a hearty breakfast on the day of departure. Lunch is a chance to stock up on our famous picnic snacks. Food at Longmynd House is varied and tasty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the bright dining room with its wrap around windows hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of regional flavours.

Accessibility

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

TRAVEL DETAILS

Our address is: Longmynd House, Cunnery Road, Church Stretton, Shropshire SY6 6AG

Tel: [01694 722244](tel:01694722244)

By Train:

The nearest train station is Church Stretton, which is less than a mile from Longmynd House. However the house is at the top of a steep hill (it has great views!) so a taxi is recommended.

For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

By Taxi:

It is possible to pre-book a taxi. The journey from Church Stretton railway station takes approximately 15 minutes. You can pre-book a taxi from our recommended taxi company, Alan's Cab. As a guide price, it cost £17 per 4-seat taxi in 2019. 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

Alan's Cab*

Tel: +44 (0) 7970 683126

Email: alanbrough207@btinternet.com

The return taxi journey can be arranged on your behalf by the Longmynd House Manager.

*Alan's Cab is not owned or managed by HF Holidays

IMPORTANT NOTE: All taxi companies in Church Stretton are booked for school runs between 2pm and 4:30pm.

By Car:

Follow the A49 to Church Stretton. At the traffic lights turn off the A49 into the town. At the first T junction turn left into the High Street. Go straight over the mini-roundabout, and then take the next right into Cunnery Road. Follow the road up a steep hill and around a hairpin bend. Longmynd House is at the top of the hill on the left hand side. Look out for our sign. A car park is available in the grounds with free parking.

Travelling From Overseas

Manchester Airport has the quickest onward connections to Church Stretton. Trains from the airport take 2 hours. See www.nationalrail.co.uk for train times. (See **IMPORTANT NOTE** above)

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow at least 4½ hours to reach Church Stretton by train. There are a variety of routes. See www.nationalrail.co.uk for train times. (See **IMPORTANT NOTE** above)

LOCAL AREA

The attractive small town of Church Stretton is around 10 minutes' walk downhill from Longmynd House. After the arrival of the railway, the town grew in the Victorian and Edwardian eras and became known as 'Little Switzerland' due to the dramatic hills on both sides of the valley. Today the town retains its bygone charm and has a range of facilities including a variety of small shops, banks, cafés, pubs and a supermarket.

During your stay at Longmynd House you may enjoy visiting the following places of interest, either in your free time, during a self-guided walking holiday or on your journey to and from Shropshire:

Ludlow

Easily reached by train, or around 20 minutes' drive away, Ludlow is a particularly attractive market town. The historic centre retains many of its medieval buildings, and is towered over by its [well-preserved castle](#). In recent years the town has developed as something of a gastronomic centre, being home to celebrated Michelin-starred restaurants and many acclaimed local food producers.

Ironbridge Gorge

A little further afield, about 45 minutes' drive from Church Stretton, are the many excellent museums of [Ironbridge Gorge](#). Known as the 'birthplace of the Industrial Revolution' it was here that Abraham Darby perfected the manufacture of cast iron which was later used to build the area's iconic iron bridge across the River Severn. Today there are 10 museums in the gorge including the Museum of Iron, the Coleport China Museum and the excellent Blists Hill Victorian town.

Severn Valley Railway

The [Severn Valley Railway](#) is one of Britain's premier steam railways. This lovingly recreated Great Western Railway branch line is now run largely by volunteers and is home to an impressive collection of locomotives. As its name suggests, the line follows the rural valley of the River Severn from Bridgnorth to Kidderminster. The nearest station at Bridgnorth is about 40 minutes' drive from Church Stretton.

Acton Scott Working Farm

Situated just 10 minutes' drive from Church Stretton, the [Acton Scott Working Farm Museum](#) is a living museum based around a restored Victorian farm. In recent years this has featured in the BBC2 series Victorian Farm and Escape in Time.

Shrewsbury

Also easily reached by train, or a 30-minute drive, Shrewsbury is the county town of Shropshire. The town centre is particularly attractive, featuring many black and white timber houses dating from the 15th and 16th centuries.

Much Wenlock

The small town of Much Wenlock, about 30 minutes' drive from Church Stretton, is particularly attractive with many black and white timbered houses. Despite its small size, the town can claim to be the birthplace of the modern Olympic Games.

Hereford

The cathedral city of Hereford, is just under an hour's drive away, and can also be reached by direct train from Church Stretton. [Hereford Cathedral](#) houses a chained library and the famous Mappa Mundi, a 13th century map of the world.

Attingham Park

[Attingham Park](#) is a grand 18th century house surrounded by an extensive deer park, located outside Shrewsbury, around 25 minutes' drive away. Now managed by the National Trust you can visit the ornate rooms and explore the walled garden and grounds.

Powis Castle

This former medieval fortress has been re-modelled over more than 400 years – each generation adding to the magnificent collection of paintings, sculpture, furniture and tapestries. The world-famous garden is overhung with clipped yews, and shelters rare and tender plants. [Powis Castle](#) is owned by the National Trust and is located near Welshpool, about 45 minutes' drive from Church Stretton.

Chirk Castle

Just under an hour's drive north of Church Stretton, [Chirk Castle](#) is a fine medieval fortress completed in 1310. As well as military displays, the castle was also a domestic home for many centuries, and is surrounded by excellent gardens.

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.
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- 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

Who's the boss? Please note that parents are responsible for their children at all times; our leaders are not permitted to run activities without other adults present. All leaders undergo a thorough assessment so you can relax and enjoy your holiday knowing that you are in safe hands.

On the first evening of your holiday, your leaders give a short talk about safety on walks which we would like you to attend. Walks may be changed for safety reasons and are subject to a maximum and a 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.

Kids on their own: Any teenager aged 14 years or over can leave you at the starting line and join a walk unaccompanied on the basis they can look after themselves. Children under 14 will need to be accompanied by an adult on walks; however, this does not need to be a parent or legal guardian.

HOW TO BOOK

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.

Our office is open: Monday to Friday: 9am – 7pm 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 for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

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

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

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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