

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

**Tour Style:** Tread Lightly

**Destinations:** Lake District & England

**Trip code:** CNSUS-4

2, 3 & 5



## HOLIDAY OVERVIEW

---

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 Southern 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. Relax and admire magnificent mountain views from our Country House on the shores of Conistowater. Walk in the footsteps of Wordsworth, Ruskin and Beatrix Potter, as you discover the places that stirred their imaginations. Enjoy the stunning mountain scenes with lakeside strolls or enjoy getting nose-to-nose with the high peaks as you explore their heights. Whatever your passion, you'll be struck with awe as you explore this much-loved area of the Lake District.

## WHAT'S INCLUDED

---

- 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

---

- Enjoy breath-taking walks from the doors of our country house
- Enjoy the fantastic views from the top of Coniston Old Man
- Explore the village of Hawkshead and discover the landscape that inspired Beatrix Potter
- Discover the history of copper mining in the fells surrounding Coniston

## TRIP SUITABILITY

---

This trip is graded Activity Level 2, 3 and 5.

Our best-selling **Guided Walking** holidays run throughout the year - with their daily choice of up to 3 walks, these breaks are ideal for anyone who enjoys exploring the countryside on foot. Perhaps choose an Easier walk, then build up to something more challenging as your holiday progresses.

## ITINERARY

---

### Day 1: Arrival Day

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

Enjoy a complimentary Afternoon Tea on arrival.

### Day 2: Coniston Water And Swirl How

#### Option 1 - Torver, Lake Shore And Coniston Village

**Distance:** 8 miles (13km)

**Ascent:** 850 feet (260m)

**In Summary:** Join the Cumbria Way to Coniston village, then walk the old Coniston to Broughton railway line. Descend through woods and fields to Coniston Water and walk back to the house along the lake shore.

**Highlight:** The Cumbria Way stretch through meadow and fields with 'the White Lady' (a waterfall so called by locals), tumbling down the Yewdale Fells to your right. Beauty as nature intended.

#### Option 2 - Torver And Coniston Water

**Distance:** 10 miles (16km)

**Ascent:** 1,750 feet (540m)

**In Summary:** Head for Coppermines Valley and walk the lower slopes of Coniston Old Man to reach the old trading route known as Walna Scar. Head on towards Torver then drop down to Coniston Water and walk the shoreline back to the house.

**Highlight:** Hear the water lapping on the shore as you gaze over the water to the mountains beyond.

### Option 3 - Swirl How

**Distance:** 9.5 miles (15km)

**Ascent:** 2700 feet (820m)

**In Summary:** Head off into the fells to Levers Water nestling immediately below the steep slopes of Swirl How. Ascend to the summit via the impressive Prison Band. Walk the summit ridge before descending steeply to the valley below.

**Highlight:** The top of Swirl How, the central point of the Coniston Fells offering 360 degree views.

## Day 3: Coniston Fells

### Option 1 - Wharton Tarn, Grizedale And Brantwood

**Distance:** 7.5 miles (12.5km)

**Ascent:** 1,400 feet (430m)

**In summary:** A wooded walk to Wharton Tarn. Walk around the tarn before entering Grizedale Forest. The forest gives way to open fell affording excellent views of Coniston Water. Continue to Brantwood, the home of John Ruskin.

**Highlight:** The easy descent to Brantwood over open fell with spectacular lake and mountain views.

### Option 2 - Tarn Hows, Carron Crag And Brantwood

**Distance:** 10.5 miles (17km)

**Ascent:** 1,650 feet (500m)

**In Summary:** Walk directly from the house through woods to Tarn Hows. Head to Grizedale Forest and its highest point standing above the trees, Carron Crag at 1025 above sea level. Continue through forest and open fell to Brantwood.

**Highlight:** The view from the summit of Carron Crag suddenly reveals itself and the views are all the more magical.

### Option 3 - Yewdale Fell And Black Crag

**Distance:** 10 miles (16km)

**Ascent:** 2400 feet (730m)

**Summary:** A walk on the Yewdale Fells taking in Goat Crag and Tilberthwaite Gill, continuing to Black Crag for excellent views of the Coniston, Langdale and Troutbeck fells.

**Highlight:** Tilberthwaite Gill is the most impressive water filled ravine in the Lake District.

## Day 4: Tarn Hows & Tilberthwaite

### Option 1 - Little Langdale And High Tilberthwaite

**Distance:** 7.5 miles (12.5km)

**Ascent:** 1,300 feet (400m)

**In Summary:** A walk past Yew Tree Tarn to the picturesque valley of Little Langdale. Pass the impressive Cathedral Cave hewn out of the hillside and an ancient quarryman's bridge known as Slater Bridge. Return to the house via High Tilberthwaite. An abundance of riches!

**Highlight:** The juxtaposition of soft, Lake District valley with the relics of an industrial past.

### Option 2 - Tom Heights And Tarn Hows

**Distance:** 7 miles (11km)

**Ascent:** 1150 feet (350m)

**In Summary:** Walk all the way around Tarn Hows before heading over Tom Heights. An oft overlooked summit, the views straight down Coniston water and the surrounding fells are amazing.

**Highlight:** The views from the top of Tom Heights (Note; although the distance and height gained is less than today's option 1, the terrain over Tom Heights merits the Option 2 category).

### Option 3 - Low Tilberthwaite And Wetherlam

**Distance:** 8.5 miles (13.5km)

**Ascent:** 2650 feet (810m)

**In Summary:** A grand day out in the mountains, reaching the top of Wetherlam after a mild but exciting scramble up Wetherlam Edge.

**Highlight:** The sense of achievement on reaching the top having scrambled up 'The Edge'.

## Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

## ACCOMMODATION

---

### Monk Coniston

Wrapped in manicured gardens with stunning views over Coniston Water, Monk Coniston combines country house grandeur and romantic, gothic-style charm with contemporary touches to great effect among the rugged landscapes of the Lake District. Rocky mountains and grassy fells loom all around this handsome home, once owned by Beatrix Potter, and more latterly turned hikers' hotel and owned by the National Trust. Fell-flecked scenery unfurls from the windows of the bedrooms in the main house, adjoining cottage and counting house. While the setting remains traditional and the grand entrance recalls a traditional era, the interiors have been swept into the present with bold patterns and comfy fabrics. Beyond the house, trails from the doorstep set off to explore the Lake District. Climb famous summits including Bow Fell, the Langdale Pikes and the Old Man of Coniston. Bag a series of Wainwright summits. Alternatively, slip into the beautiful valleys and stroll picturesque lakeside paths in search of secret corners such as Cathedral Cove in Little Langdale.

## 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 the smartly presented rooms in the main house. With 32 rooms, Monk Coniston has plenty of space and there's a range of Classic, Premium and Superior Rooms to choose from. Rooms with a view are well worth the extra spend as you'll be overlooking the gardens or the lake. Our favourite is Room 9 on the first floor, which contains some of the original features from when it was first built in 1885, a striking sailboat-patterned wallpaper and opens on to beautiful views of the gardens and fields that slope down to the shore of Coniston Water.

*All 'Classic' rooms are ensuite and furnished to a high standard. There are also several 'Premium' 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, extensive garden, lounge, bar, Lakeland barn for activities, library and board games to borrow*

After a day exploring the Lake District, return to the house. Stroll through the extensive grounds with their putting green and croquet lawn and uncover the hidden walled garden on the hill behind the house. Take a turn around the National Trust nature trail and look out for the fabulous, rare mature trees. Stumble on the small secret folly stood quietly among the bluebells when they're out and the lush green grass when they're not. Catch up with fellow guests in the bright and spacious lounge or grab a drink from the airy bar and wander down the garden to the bench overlooking Coniston Water for the perfect place to enjoy a sundowner – you might even spot the restored steam yacht Gondola cruising the five-mile length of the lake. After hours, duck into the converted Lakeland barn with its exposed beams and rustic chandelier for evening activities and skittles.

## 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. Food at Monk Coniston 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 [Monk Coniston](#)

## TRAVEL DETAILS

---

Our address is: Monk Coniston, Coniston, Cumbria LA21 8AQ  
Tel: [01539 441566](tel:01539441566)

### By Train:

The nearest train station is at Windermere. 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 13-mile journey from Windermere railway station takes approximately 30 minutes. You can pre-book a taxi from our recommended taxi company, Ace Taxi. As a guide price, it cost £25 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:

Ace Taxi\*  
Tel: +44 (0) 1539 445445  
Email: [acetaxiwindermere@gmail.com](mailto:acetaxiwindermere@gmail.com)

The return taxi journey can be arranged on your behalf by the Monk Coniston Manager.  
\*Ace Taxi is not owned or managed by HF Holidays

### By Bus:

From Windermere station you can catch the 505 bus direct to Monk Coniston - the bus stop is right outside our Country House. Journey time is around 50 minutes. For bus times see [www.traveline.info](http://www.traveline.info)

## By Car:

From Ambleside take the A593 signposted to Coniston. Turn sharp left over a narrow bridge, then after half a mile turn left onto the B5286, signposted to Hawkshead. About 3 miles along this road, and just before Hawkshead, turn right onto the B5285, signposted to Coniston. Follow this road over Hawkshead Hill. The road descends then goes around a 180° bend to the left. The entrance to Monk Coniston is on the left about 100yds after the bend. There is car parking available within the grounds.

## 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 Oxenholme, change here for Windermere- this is straightforward journey - allow 1½ hours to Oxenholme. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

You can take a taxi from Oxenholme station to Monk Coniston or you may prefer to change trains and continue your journey to Windermere. Please pre book your taxi from Oxenholme as there may not be taxis available at the station.

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow at least 4 hours to reach Oxenholme. 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 Oxenholme takes 2½ hours. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

## LOCAL AREA

---

Monk Coniston is an imposing Gothic property leased from the National Trust and set in 8 acres of grounds, including a restored walled garden and the impressive arboretum. Some particularly impressive specimens, including a giant sequoia (the largest tree in the world) and the wollemi pine can be explored on the Monk Coniston Tree Trail.

Views from the property offer breathtaking glimpses of Coniston Water and the surrounding mountains.

Coniston village is about one mile away – there is a direct path from the house to the village. Here you'll find a small supermarket, post office, newsagent, pubs and a Barclays Bank (open 3 times a week). A wider range of facilities is available in Ambleside, the nearest town, about 8 miles away. The [Ruskin Museum](#) is also well worth a visit - find out more about the lake's connections to Donald Campbell and Swallows and Amazons author Arthur Ransome.

During your visit to Monk Coniston you may enjoy visiting the following places of interest:

### Steam Yacht Gondola

First cruising Coniston Water 150 years ago, the restored [Steam Yacht Gondola](#) is now operated by the National Trust, stopping at the Monk Coniston jetty at the bottom of the meadow below the house before gliding across the lake, calling at Coniston village and Brantwood House.

### Ravenglass & Eskdale Railway

Ride 'L'al Ratty' a [highly scenic narrow gauge railway](#) which runs from the coast at Ravenglass along beautiful Eskdale. You could combine a visit with a walk over Muncaster Fell, or to Stanley Gill waterfall.

### Blackwell House

[Blackwell](#) is a stunning house, completed in 1901 in the Arts & Crafts style. Admire the remarkably preserved

interiors, and soak up the beautiful views over Lake Windermere and the Coniston fells

## Brantwood House

Just a couple of miles from Monk Coniston, [Brantwood House](#) - John Ruskin's former home - commands superb views over the lake. The house's 250-acre estate features 8 distinct gardens which were created by Ruskin with the help of his cousin Joan Severn and head gardener, Sally Beamish.

## Tarn Hows

A short walk from the Country House, [Tarn Hows](#) is a man-made lake created by Monk Coniston's resident owner, James Garth Marshall in 1865, as he continued to develop the estate and expand his pleasure grounds. He built a dam to flood the area, amalgamating several smaller tarns, before planting the shores and islands with new woodlands and specimen trees. There is an accessible 1.75 mile circular walk around the lake.

## Grizedale Forest

Nearby [Grizedale Forest](#) is ideal for walking and mountain biking and also has a popular sculpture trail. You can also experience the [Go Ape](#) high-ropes course and zip wire – a great option for active teenagers - or explore using a Segway.

## Levens Hall

[Levens Hall](#) is a beautiful, privately-owned Elizabethan stately home, famous for its magnificent formal garden and having the world's oldest topiary gardens. Levens Hall is near Kendal and can be reached by car in about 50 minutes from Coniston.

## Grasmere

Grasmere is about 30 minutes' drive from Monk Coniston and is famous for its connections with William Wordsworth. The poet's homes at Dove Cottage and Rydal Mount can be visited, the former of which includes the [Wordsworth Museum](#). Grasmere's famous traditional [gingerbread shop](#) is also well worth a visit.

## Windermere

Take a cruise along the length of [Windermere](#) - England's largest lake. Ferries connect Ambleside in the north to Bowness and Lakeside in the south, where you can connect with the [Lakeside and Haverthwaite Railway](#).

## 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.
  - 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.

## 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 – 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.

**Document produced:** 08-12-2021

