4 Night Yoga & Walking Holiday in the Southern Yorkshire Dales



Trip style:	Destination:	Walking Grade	Carbon Footprint:
	Yorkshire Dales	2	65kg CO2

HOLIDAY OVERVIEW

The perfect way to nourish your mind, body, and soul, this holiday combines walking in the peaceful countryside with yoga - the holistic discipline that improves breathing, balance, flexibility, and meditation processes. Spend your time working on simple exercises, techniques, and key poses with an expert yoga teacher and also exploring the stunning surrounds with an experienced HF Holidays Leader. This holiday suits all levels of yoga experience; from beginners to the more advanced.

WHAT YOU'LL LOVE

- Enjoying both yoga and walking every day
- Guidance and tuition from an expert yoga teacher
- Learning and practicing easy-to-follow yoga 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

WHAT'S INCLUDED

- 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

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

Day 2–4 **Your Mind and Body Sessions**

On our Mind & Body holidays, your day will be divided into morning Mind & Body sessions and optional guided walks in the afternoon. Occasionally, your morning 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 Information

Day 2

Eshton Moor And Haw Crag

Distance: 4 miles (6.5km)

Ascent: 500 feet (140m)

In summary: This circular walk explores the Pennine Way south before going over Eshton Moor and descending fields to the River Aire, then field paths ascend gently to Haw Crag before the return to Newfield Hall.

Highlight: Good views of the local area, including Newfield Hall, from the top of Haw Crag (677 feet).

Day 3

Airton & the Pennine Way

Distance: 4 miles (6.5km)

Ascent: 330 feet (100m)

In summary: After following lanes to Calton, we cross fields to the Pennine Way and pick up the old mill leat to Airton. After exploring the village we return to Newfield Hall via Kirk Syke Lane.

Highlight: Visit the 17th-century village of Airton and spend time looking for dippers on the River Aire

Day 4

Calton

Distance: 4 miles (6.5km)

Ascent: 400 feet (120m)

In summary: After walking along a quiet country lane, we pass Calton Hall and visit the hamlet of Calton. We then have the chance to cross open fields near Cowper Cote with views to the south, before returning to Newfield Hall.

Highlight: Enjoy fine views and learn of the areas links to Oliver Cromwell

Day 5 Departure Day

Enjoy a leisurely breakfast before making your way home.

DAILY WALK OPTIONS



Gentle walking grade 2

Full or half-day gentle walks on good paths, with plenty of time for rest stops, views, and places of interest. Typically, 3-5 miles (5-8km) with around 350ft (100m) of ascent with few or no stiles.

ACCOMMODATION

Newfield Hall, Malham

Looking every inch the baronial mansion, Newfield Hall sits in two acres of grounds near the village of Malham at the southern base of Yorkshire Dales National Park. Given it was this very landscape which inspired Wordsworth to write a sonnet and Charles Kingsley to pen The Water Babies, the countryside views are as gorgeous as you'd imagine. You'll also have plenty of sightseeing greats within easy travelling distance, most notably Malham Tarn, Janet's Foss, Gordale Scar, Malham Cove, and The Dry Valley of the Watlowes. And then, of course, there's Yorkshire's famous trio of summits: Pen-y-ghent, Whernside, and Ingleborough, collectively known as the three peaks. Stay at Newfield Hall and experience the exceptional service of a VisitEngland ROSE award winner. Find out more about the latest accolade awarded to our country house in the Southern Yorkshire Dales by reading our latest blog.

About

· 46 well-appointed guest rooms · Exclusive occupancy: 61 guests minimum · Check in from 4:00pm · For members check in from 2:00pm · Free Wi-Fi · Free on-site parking · Boot room and drying room · Travel cot & 2 high chairs · Discovery Point offering a wide range of local area maps, route guides, and information for self-guided walks · Books and games to borrow · Licensed bar · Two lounges · Garden · HF Holidays Heritage Room · Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point	VisitEngland ★★★★ GUEST ACCOMMODATION	Visit England - Rose Award 2023

Then & now

Built in 1855 on land once belonging to the Lambert estate, the first resident of Newfield Hall was retired Skipton lawyer William Nicholson Alcock, whose father was a partner in founding the Craven Bank in 1791 (this later joined the Barclays family by way of Martins Bank in 1968). He moved in the following year, and this remained his home until his death in 1878. The estate then passed to his nephew, William, a captain in the Yorkshire Yeomanry, who immediately advertised for a tenant in the August 1878 edition of The Manchester Guardian. He described the house as 'a commodious family mansion' complete with grounds 'laid out with great taste'. It sparked little rental interest and the hall eventually sold to retired worsted spinner and manufacturer William Illingworth in 1890 and then to JW Morkil, future High Sheriff of the West Riding, in 1901. It has been part of our HF Holidays line-up since 1934 and has enjoyed a series of refurbishments over the years.

Nowadays, there's 46 well-appointed guest rooms in three categories (Classic, Premium, and Superior) spread across the main building and the tastefully converted coach house. You'll find two cosy lounges, a licensed bar, books and games to borrow during your stay, and a light-filled dining room for a wide range of dishes made with fresh and seasonal ingredients. Elsewhere, there's a handy boot and drying room, a multi-purpose activity room used as an artist's studio and games room, plus well-kept grounds perfect for a post-dinner stroll. Many of the original design features remain, including the pillared entrance, impressive hall, and sweeping staircase. There's also a Discovery Point offering a wide range of local area maps, route guides, and easy-to-follow information for self-guided walks as well as a newly refreshed heritage room with displays of old HF Holidays brochures, photographs, walks programmes, and other memorabilia.

Check-In & Check-Out

You are welcome to check in from 4pm at the earliest. HF Members can check in earlier, from 2pm. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team. Check out 10am.

FOOD & DRINK

Dining

Seasonal dining, tailored for you

Our team of skilled chefs design our dinner menus to showcase the best of each season, from warming winter comfort food to vibrant summer dishes, including vegetarian, vegan and high-protein options. We also source fruit and vegetables within a 40-mile radius of each house, open every break with a Chef's Special menu inspired by dishes and flavours of the local area, and are able to adapt dishes to suit special dietary requirements.

Welcome Cream Tea

What better way to start your stay than with a cream tea, served fresh on arrival to make you feel instantly at home. A quintessentially English tradition, our scones are baked in-house and served with preserves and clotted cream, providing the perfect opportunity to meet fellow walkers.

A hearty breakfast to start the day

Start the day with a freshly-prepared cooked breakfast and a wide choice from our continental buffet, including hot drinks, juices and fresh fruit. Our team offer a quick and friendly service, leaving you fuelled and ready for your day's adventures.

Our famous picnic lunch

Our personalised picnic lunches are perfect for a day out walking, ready to enjoy when hunger strikes. Choose from a large selection of fresh sandwiches and salads, freshly baked cakes and snacks, including the ever-popular Freddos chocolate bar! Everything is designed to fit neatly into your rucksack, and all of the packaging we provide is recyclable or compostable.

3-course evening meals

Our à la carte evening menus feature a wide choice of starters, mains, and desserts, made with seasonal ingredients and, wherever possible, herbs and vegetables from our own gardens. Shared around sociable tables, dinners are relaxed occasions, with drinks available to order at the table or from the bar, and a traditional Sunday roast to round off the week.

ROOMS

Your room at Newfield Hall

Designed with your comfort in mind, Newfield Hall 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: The guest rooms spread across the main building and the tastefully converted coach house. Rooms 3 and 6 are both corner rooms offering original features and large bay windows overlooking the gardens and beyond (Room 6 has its own telescope).

The **Choose Your Room** service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

Room supplements

Superior	Premium single	Premium double/twin	Choose your room
£25 pppn	£20 pppn	£20 pppn	£30 per room

*Views and layout reflect each properties unique character and location

ACCESSIBILITY

For accessibility and assistance information, please contact our expert team on 020 3974 8865 or view the accessibility information online for Newfield Hall

ABOUT YOUR STAY

A warm welcome
We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided waking routes as well as visit-worthy local attractions.

Helping you enjoy the Great Outdoors - A natural focus on walks

Walks talks and Discovery Points
Our founder, country pastor turned social innovator, Thomas Arthur Leonard, was passionate about encouraging people to explore the countryside. His legacy continues in HF's continued focus on walking. Many guests choose to travel with us on guided or self-guided walking holidays, and as such, evenings at our houses are often busy with walk leaders hosting various briefings and talks. On guided walking holiday arrival days, there are walking information briefings before dinner, and for the duration of any guided walking holiday there will be a Walks Talk before (or on occasion after dinner), to go through the following day's walk options. Self-guided walking guests, and those on special interest holidays (where there is free time to explore independently), are of course welcome to also join in these Walks Talks - please talk to the team locally if you have any queries. Our Discovery Points are filled with handy maps and route notes, designed to ensure everyone, not just those booked on a guided walking holiday, can enjoy the beautiful countryside settings that our HF houses enjoy.

The walking day
Prior to setting off on guided walks, our HF Holidays Leaders run through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure walkers 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.

TRAVEL DETAILS

Address

Newfield Hall
Airton
Skipton
North Yorkshire BD23 4AA

Tel: +44 (0)1729 830235

By train

The most convenient station is Skipton. Gargrave station is closer, but there's no taxi service from here.

Check National Rail for routes and times.

By shared transfer

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

2026
Prices are £30 per person for a return transfer or £15 per person for a single transfer.

Outward journey: Depart Skipton Railway Station at 16:10; arrive at Newfield Hall at 16:35. Return journey: Depart Newfield Hall at 09:15; arrive at Skipton Railway Station at 09:40.

2027
Prices are £40 per person for a return transfer or £20 per person for a single transfer.

Outward journey: Depart Skipton Railway Station at 16:10; arrive at Newfield Hall at 16:35.

Return journey: Depart Newfield Hall at 09:15; arrive at Skipton Railway Station at 09:40.

Places are limited so booking is essential. We recommend booking at least 14 days in advance by contacting:

HF Holidays Sales and Support Team
Tel: +44 (0)203 974 8865
Email: reservations@hfholidays.co.uk

By taxi

Skipton to Newfield Hall is 8 miles, which takes around 25 minutes.

For pricing, please contact Station Taxis directly.

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

Tel: +44 (0)1756 700777
Email: stationtaxis@hotmail.co.uk

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

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

By car

From the south, follow the A65 from Skipton to Gargrave. Leave the A65 by Eshton Road, signposted to Malham and pass Eshton Hall on the right. Newfield Hall is approx. 2½ miles further on, on the right and before the village of Airton. There is a stone pillar and a wooden sign at each side of our driveway. (**Please note: The next right turn has a post box at the bottom of the lane and leads to a private farm access ONLY**.)

From the north, exit the M6 at junction 36 and take the A65 towards Skipton. In Coniston Cold village take a sharp left into a narrow road between houses, signposted to St Peters Church and Bell Busk and Malham. Pass under a railway viaduct, then after a mile bear right over a small bridge. After a further mile turn right at the junction, cross the narrow bridge, pass a left turn with a post box at the bottom of the lane (which leads to a private farm) and then shortly after, turn left through the gateway onto the drive of Newfield Hall. There is a stone pillar and a wooden sign at each side of our driveway.

There is free parking with the grounds of Newfield Hall.

There is a local road closure that could impact your arrival to Newfield Hall. The A59 is currently closed at Blubber Houses, this is the main road coming from Harrogate to Skipton. There are currently diversions in place which follows the A658 via Harrogate, the A660 via Ilkley and the A65 via Otley which will add an additional hour onto your journey. This affects all guests travelling to Newfield Hall from the North East. The road closure could be in place until the end of March, please check before travelling.

By air

The nearest airport is Leeds Bradford Airport.

From the airport
Take the bus to Leeds train station from where there are direct trains to Skipton taking about one and a half hours. Check Transdev for bus times and National Rail for train times.

From Manchester International Airport there are direct trains every hour to Skipton with one change at Leeds. You'll need to allow 2.5 hours to reach Skipton.

Flying to London Heathrow airport is another option but you'll have a longer onward train journey – about 4.5 hours. From Heathrow, first take the Piccadilly line to London Kings Cross station and from here take a train to Skipton (with one change at Leeds).

LOCAL AREA

Places to visit in the Southern Yorkshire Dales

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 Newfield Hall.

Skipton

A 20-minute drive away, this market town is famous for its ruined priory and cobbled high street. The highlight is Skipton Castle, a 900-year-old fortress that withstood a three-year siege during the Civil War. Don't miss the atmospheric dungeon and watch tower.

Malham Cove

A huge curving amphitheatre shaped cliff formation of limestone rock, this iconic sight is a 15-minute drive away. It's also well worth walking here along the Pennine Way – it takes around 1.5 hours from Newfield Hall in either direction.

Bronte Parsonage Museum

The home of authors Charlotte, Emily, and Anne Brontë this fascinating museum is a 45-minute drive away. The rooms used to write their literary masterpieces are filled with clothes, furniture, and personal possessions. Exhibits change annually.

Keighley and Worth Valley Railway

Running heritage steam and diesel trains from the market town of Keighley to the Brontë Country of Oxenhope, this five-mile branch line railway is a West Yorkshire highlight. Keighley station is a 35-minute drive from Newfield Hall.

Settle to Carlisle Railway

A 20-minute drive from Skipton station, this 73-mile-long railway route crosses regions of the Yorkshire Dales and the North Pennines. British Rail ran the line down in the late 1970s but campaigners finally saved it from closure in 1989.

Fountains Abbey & Studley Royal Water Garden

An hour's drive away, this designated World Heritage Site is home to the country's largest monastic ruins. The adjacent water garden created by John Aislabie in 1718 impresses with ornamental lakes, canals, temples, cascades, and several follies.

White Scar Cave

A 40-minute drive away, Britain's longest show cave was discovered by a Cambridge undergraduate in 1923 and opened to the public two years later. The underground tour reveals spectacular caverns, waterfalls, stalagmites, and stalactites.

Brimham Rocks

Set above the valley of Nidderdale, this astonishing collection of rock formations is an hour's drive away. Manged by the National Trust, many of the rocks have been given apt names such as The Sphinx, The Watchdog, The Camel, The Turtle, and The Dancing Bear.

RHS Garden Harlow Carr

A 50-minute drive away, this 58-acre showcase of horticultural excellence is open year-round. Highlights include the kitchen, streamside, and scented gardens. There's also an excellent shop selling books, gifts, and a large selection of plants and flowers.

Harrogate

Just under an hour's drive away, this charming spa town rewards with fabulous shopping and glorious gardens. Must-dos include spending time at the Royal Pump Room Museum, visiting the Harrogate Turkish Baths, and queuing for tea at Betty's (it's worth the wait),

Lightwater Valley

Ideal for those with kids in tow, this family adventure park is just over an hour's drive away. Thrillseekers can enjoy over 40 rides and attractions tailored for the under 12's, including gentler activities for toddlers and pre-schoolers.

York

A 90-minute drive away, this historic walled city is most famous for its York Minster, National Railway Museum, Jorvik Viking Centre, and York Dungeon. Don't miss the Yorkshire Museum & Gardens for some of Europe's finest archaeological and geological finds.

SAFETY ON YOUR HOLIDAY

Walking safety

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

ESSENTIAL INFORMATION

Packing list

Mind & Body sessions

No special clothing is required for your Mind & Body 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 an exercise mat and a small blanket.

Walking

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

Essentials

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

Recommended

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

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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