

4-Night Brecon Beacons Family Walking Adventure

Tour Style: Family Walking Holidays

Destinations: Brecon Beacons, United Kingdom & Wales

Trip code: BRFAM-4

1, 2 & 3



HOLIDAY OVERVIEW

The Brecon Beacons National Park protects an upland area of moorland, waterfalls and lakes and is designated an International Dark Sky Reserve. The area has a wonderful selection of walking options from level walks on high ridges to more challenging walks ascending the 'Fans' (peaks). There are gushing waterfalls (one of which you can walk behind!), impressive caves and even fossilised seabed, high in the hills. Walks take place in and around the park, ranging from easy strolls alongside rivers and past cascading waterfalls to more serious treks including to the top of Pen-y-Fan, South Wales' highest peak. The Brecon Canal is a reminder of the area's industrial heritage while ruined castles tell of bygone struggles for power.

WHAT'S INCLUDED

- Full Board en-suite accommodation.
- Max guests in house: 57
- Family rooms: 7
- A full programme of walks guided by HF Leaders

- All transport to and from the walks
- Free Wi-Fi

HOLIDAYS HIGHLIGHTS

FAMILY FUN AT NYTHFA HOUSE

- Toast marshmallows around a fire
- Burger & hotdog night
- Walk behind a waterfall
- Play croquet on the lawn

THINGS TO DO AND PLACES TO SEE...

- Visit Big Pit Mining Museum
- Explore Dan yr Ogor Show Caves
- Ride on the Brecon Mountain Railway
- Dinas Rock
- Sgwd yr Eira Waterfall
- Brecon Canal
- Tretower Castle

TRIP SUITABILITY

This trip is graded Activity Level 1, Level 2 and Level 3.

Level 1 - Short walks of 3-4 miles with up to 170 feet of ascent for little legs.

Level 3 - Mid-range walks are 6-9 miles with up to 1,800 feet of ascent on undulating terrain.

Level 5 - Longest walks are 9-12 miles with up to 3,150 feet of ascent in rugged upland areas for families with active teenagers.



ITINERARY

Day 1: Arrival Day

You're welcome to check-in to your room from 2:30 p.m. onwards (upgraded rooms from 1 p.m.) Please join us for afternoon tea.

Day 2: The Central Brecons

Option 1 - Ancient Hill Fort

Distance: 3 miles (5km)

Total ascent: 400 feet (120m)

In Summary: Easy level walking on the high ridge of Illtyd Common takes us up to the ancient hill fort of Twyn y Gaer with amazing views. We return to the Mountain Centre (National Park Visitor Centre) where there's great space to play if you've energy left.

Highlight: Imagining life as a soldier long ago.

Option 2 - Pen-y-Fan

Distance: 7 miles (12km)

Total ascent: 1,800 feet (540m)

In Summary: We head directly to Pen y Fan, Corn Du and the obelisk, but then embark on a more northerly loop into the valley of Cwm Llŵch and on to finish at Libanus.

Highlight: A selfie at the obelisk, and spotting the ripples in the sandstone on top of Pen y Fan, fossils from when these rocks used to be sand under a tropical ocean millions of years ago.

Option 3 - Over The 4 Tops

Distance: 11 miles (18km)

Total ascent: 3,120 feet (950m)

In Summary: This walk goes over the four main tops of Corn Du, Pen y Fan, Cribyn and Fan y Big, then on to the Wellington Memorial and Carn Pica and down the ridge to Talybont. With stunning views the walk traverses the whole of the central part of the Brecon Beacons.

Highlight: The celebration of ascending over 3000 feet over 4 mountains in one walk!

Day 3: Around Crickhowell

Option 1 - Crickhowell By The Canal

Distance: 4 miles (6km)

Total ascent: 170 feet (50m)

In Summary: A gentle circular walk through Crickhowell and along the Monmouthshire and Brecon Canal around Llangattock in the Usk Valley and back to Crickhowell.

Highlight: Watching the barges on the canal.

Option 2 - Tretower & Crickhowell

Distance: 6 miles (10km)

Total ascent: 920 feet (280m)

In Summary: We walk from north of Cwmdru to Tretower, with its renowned medieval court and castle. Then we follow a contouring path across farmland leading to the wooded Cwmbeth Brook valley and Crickhowell

Highlight: Soak up the history of Tretower Court - a fine 14th Century manor house, and its attractive garden.

Option 3 - Black Mountains

Distance: 11 miles (18km)

Total ascent: 2,900 feet (880m)

In Summary: A fine circular walk from Crickhowell bagging two classic tops, Table Mountain and Sugar Loaf. We descend from Table Mountain to Llanbedr village and follow a pretty stretch of the Grwyne Fechan valley before a gradual ascent of Sugar Loaf. We return to Crickhowell along grassy slopes, quiet tracks and lanes.

Highlight: a double selfie opportunity at these two big summits.

Day 4: High Above Hay On Wye

Option 1 - Hay On Wye Circular

Distance: 3 miles (5km)

Total ascent: very little

In Summary: The famous town has more books than anywhere else, but this doesn't stop us walking down to the river where we can paddle or swim from an excellent pebbly beach. There's also a disused railway line to give this circular walk as much interest as fun in Hay-on-Wye.

Highlight: Getting your feet wet in the river.

Option 2 - Hay Bluff

Distance: 9 miles (15km)

Total ascent: 2,030 feet (620m)

In Summary: This walk heads onto the Black Mountains escarpment to Twmpa or Lord Hereford's Knob. We then cross the road at Gospel pass to Hay Bluff before taking the Offa's Dyke path into Hay-on-Wye.

Highlight: Lord Hereford's Knob!

Option 3 - Black Mountains Ridge

Distance: 11 miles (18km)

Total ascent: 2,200 feet (670m)

In Summary: From Pengenffordd we pass Castell Dinas (12th century castle remains on an Iron Age site) before going up the Dragon's Back ridge and on to the escarpment towards Twmpa. We then follow the route of the Medium Walk into Hay-on-Wye.

Highlight: We'll discover a hidden stone circle on the descent to Hay.

Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Nythfa House

Pretty country pile Nythfa House stands above the traditional mid-Wales market town of Brecon and sits within easy reach of the Brecon Beacons National Park. Having spent its early life as a large private house, the building has been converted into a comfortable country hotel. The interiors look like they've evolved naturally over time, staying rooted in the local area and house architecture while being filled with contemporary furniture and colours. As well as 28 rooms and a range of public spaces and an inviting indoor pool to tempt you, there are pretty grounds and a short walk to the streets of Brecon itself. The contrasting countryside close by provides challenges including sweeping ridges, an ascent of the Black Mountains and scaling Pen-y-Fan as well as more subtle strolls through the river-carved landscapes of the Melte Valley, along the trail of a series of awesome waterfalls, or time dawdling through the second bookshops in Hay-on-Wye.

Matchless Country House Accommodation

Accommodation Info

Rooms

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

Stay in the smartly presented rooms in the main house or in one of the handful of garden rooms across the grounds. With 28 rooms, Nythfa House has plenty of space and there's a range of Good, Better and Best Rooms to choose from. Opt for Rooms 6 or 7 in the main house for delightfully decorated, spacious places to stay, each with sumptuous views over the garden and Brecon Beacons. Room 21 is a quirky 'Better' room up in the eaves, with a separate sitting space and cosy bedroom, just mind your head on the low ceiling. Look out for the fresh floral designs in the pretty garden rooms too, which have their own small deck.

All 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' and 'Best' Rooms that are either larger or have a desirable view, a more luxurious mattress, larger television, enhanced toiletries and a fluffy bathrobe & slippers – 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, indoor swimming pool, lounge, library and board games to borrow

After a day exploring cascade country or the Beacons, come back to the house and its specially tailored walkers' facilities. At the front of the house there's a pretty garden to pause in, with a putting green and croquet lawn attached. Duck into the conservatory to enjoy views out over the gardens from under the twisting branches of an old vine. Across the way in a separate building is a good-sized indoor swimming pool with floor-to-ceiling windows at one end. Whether you relax in the lounge, or get together with other guests for a board game or great conversation, make sure to make time for the cosy bar, and try a dram of award-winning whisky from the local Penderyn distillery, which uses water from the Brecon Beacons National Park. There's also a Welsh gin that's wonderfully well regarded.

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 Nythfa House is varied and tasty and has a strong emphasis on ingredients from

the area and seasonal produce. Once a week the dining room in the converted barn hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of regional flavours. Make a beeline for the big bay window table to try Cawl Cennin, a leek broth, served with a Welsh Rarebit finger, followed by Tatws Pum Munud, a sort of Welsh stew, or double roasted Welsh lamb. The kitchen offers up an Asian influence as well courtesy of the towns Gurkha community, and you might enjoy Nepalese momos (dumplings) or fillet of sea bream marinated with Nepalese spices for an alternative take on local tastes. Whatever, round your evening off with South Wales marmalade sponge with lashings of Penderyn whisky custard.

Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865

TRAVEL DETAILS

Our address is: Nythfa House, Brecon, Powys, LD3 7NN

By Train:

The most convenient railway station is at Abergavenny. For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

By Taxi:

The 20 mile journey from Abergavenny railway station takes approximately 45 minutes. Pre-booked taxis cost approx £35 per taxi. Details of our current recommended taxi company and rates will be sent to you with your final dispatch documents, four weeks before departure. The return taxi journey can be arranged on your behalf by the Nythfa House Manager.

By Bus:

The X43 bus operates from Abergavenny station to Brecon. Alight at the bus interchange in Brecon. Facing the road, head left along Heol Gouesnou to the traffic lights. Turn right heading uphill along Cerrigcochion Road for around 70 yards, and then turn left into Belle Vue Gardens. Head along the road and turn right at the T-junction (still Belle Vue Gardens). Head up the road to another T-junction and turn left into Cerrigcochion Lane. Walk for about 15 yards and you will see the Nythfa House sign on your right. For bus times see www.traveline.info

By Car:

Most guests approach Brecon via the A40 from Abergavenny or the A470 from the northwest. These two roads converge at a roundabout on the Brecon bypass. At the roundabout follow the B4601 for a mile into Brecon. Turn right at the second mini roundabout, then go straight on at the cross roads with traffic lights. After 500yds turn sharp right into Mount Street, then second left into Belle View Road. Stop at the top of the road at the T Junction then go straight ahead up the drive to Nythfa House.

Travelling From Overseas

For most guests, travelling to London Heathrow airport is the most convenient option.

From Heathrow first take the train to London Paddington station. From here there are trains to Abergavenny (1 change at Newport) - allow 3 to 3½ hours. See www.nationalrail.co.uk for train times.

From Abergavenny you can travel on to Brecon by bus or taxi (see above).

LOCAL AREA

During your stay at Nythfa House you may enjoy visiting the following places of interest, either in your free time, or on your journey to and from Brecon:

Brecon is a quaint market town at the foot of the Brecon Beacons; an area of sweeping high moorland, and beautiful green valleys. The town has a good range of facilities including shops, supermarkets, post office, chemists, banks, pubs and cafés. During your stay you may enjoy visiting Brecon Cathedral or take a scenic cruise from Brecon along the Monmouthshire and Brecon canal. www.breconcathedral.org.uk or www.dragonfly-cruises.co.uk

Big Pit Mining Museum

Travel underground at the excellent Big Pit museum in Blaenavon and discover the life of a South Wales coal miner. Blaenavon is around 45 minutes' drive from Brecon. www.museumwales.ac.uk/en/bigpit

Hay-on-Wye

The quaint small town of Hay-on-Wye is about 30 minutes' drive from Brecon, and can also be reached by bus every 2 hours. The town is now famed for its annual literary festival, and extensive selection of second-hand book shops.

Hereford

Hereford is an attractive city, around an hour's drive from Brecon, whose cathedral houses the famous Mappa Mundi, a 12th century map of the world. www.herefordcathedral.org

Dan Yr Orgof Caves

An impressive show-cave, one of the largest in Europe, with fine stalactites and stalagmites. The caves are around 30 minutes' drive from Brecon. www.showcaves.co.uk

Tretower Court

Located near the village of Crickhowell, about 20 minutes' drive from Brecon, Tretower Court is a fine Medieval fortified manor house. www.cadw.wales.gov.uk

Cardiff

The vibrant Welsh capital of Cardiff is also around 40 miles or 1 hour's drive from Brecon. A visit could include the St Fagan's National History Museum, Castell Coch, or the National Museum. www.visitcardiff.com

Tretower Court image © Crown copyright (2016) Welsh Government, Big Pit image ©Big Pit National Coal Museum

USEFUL HOLIDAY INFORMATION

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for hot drink
- Water bottle (at least 1 litre)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent
- Sun hat
- Sunglasses
- Sun cream
- Camera

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 & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

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 £10 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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