

4-Night Northern Lake District Family Walking Adventure

Tour Style: Family Walking Holidays

Destinations: Lake District & England

Trip code: DBFAM-4

2, 3, 4 & 5



HOLIDAY OVERVIEW

England's largest national park protects wonderful Cumbrian mountain upland areas and large expanses of water. From the top of Cat Bells, see how tiny Derwent Water looks or take on the challenge of reaching the summit of Grisedale Pike or Causey Pike towering over the Newlands Valley. Less challenging options include walking through the beautiful Newlands Valley and along the beautiful shores of Derwent Water. No matter how much – or how little – walking you wish to do, you'll get to enjoy the best of the local scenery.

WHAT'S INCLUDED

- Full Board en-suite accommodation.
- Max guests in house: 68
- Family rooms: 11
- A full programme of walks guided by HF Leaders
- All transport to and from the walks
- Free Wi-Fi

HOLIDAYS HIGHLIGHTS

FAMILY FUN AT DERWENT BANK: UNDER 18s GO FREE

- Bedtime stories
- Campfire – fire lighting practice
- Make and float a boat competition
- Fun games such as Bag Beetle

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 3-5 miles with up to 700 feet of ascent or 4-6 miles with up to 1,500 feet of ascent on easy terrain.

Level 3 - Mid-range walks are 6 ½ - 10 miles with up to 2,250 feet of ascent.

Level 5 - Longest walks are 8 ½ - 12 ½ miles with up to 3,550 feet of ascent and may include reaching summits by traversing narrow ridges and are on steep undulating paths.



ITINERARY

Day 1: Arrival Day

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

Day 2: Catbells

Option 1 - Derwentwater Shore

Distance: 3.5 miles (6km)

Ascent: 500 feet (160m)

In summary: Whilst we do retrace our steps on this walk it is a delight in either direction. Initially following woodland track we first come to the water at Derwent Bay and from here continue on a more uneven path along the shoreline. On the return you may wish to view the lovely walled garden on the Lingholm estate.

Highlight: Take in the view of imposing Skiddaw above Keswick and across the water to the islands.

Option 2 - Catbells Terrace

Distance: 6½ miles (11km)

Total ascent: 320 feet (100m)

In Summary: Follow the elevated path along Catbells terrace, then return along the beautiful lakeshore path.

Highlight: This stunning route is right on our doorstep. Throughout the walk you'll enjoy glorious views over Derwentwater and the surrounding Lakeland fells.

Option 3 - Cat Bells

Distance: 5½ miles (9km)

Total ascent: 1,500 feet (460m)

In Summary: Today we walk from our front door to the top of one the Lake District's most popular fells – Cat Bells. You'll need your hands to get up a short rocky scramble just before the top. Then back down to the lake shore for a short walk to meet our coach at Lodore.

Highlight: Being ruler of all you survey at the top of Cat Bells!

Option 4 - Cat Bells & High Spy

Distance: 12 miles (19km)

Total ascent: 2,900 feet (880m)

In Summary: A fantastic high-level walk over the summits of Cat Bells, Maiden Moor and High Spy. We descend to the Borrowdale Valley, then return along the shores of Derwentwater. Be ready for some steep rocky sections.

Highlight: This enjoyable high-level walk commands great views over Borrowdale and the Newlands Valley

Day 3: Ullswater And Helvellyn

Option 1 - Glenridding & Lanty's Tarn

Distance: 3½ miles (5½km)

Total Ascent: : 650 feet (200m)

In Summary: From Glenridding we head through the wood to delightful Lanty's Tarn. On to Grisedale, and down the valley before we walk round the head of Ullswater to Side Farm and its café. We retrace our steps back to main road, and return to Glenridding, which has cafés and shops.

Highlight: Ice cream at Side Farm and spotting the boats on Ullswater.

Option 2 - Brothers Water To Ullswater

Distance: 4½ miles (7½km)

Total ascent: 750 feet (240m)

In Summary: From near the hamlet of Hartsop with its traditional Lakeland houses, we head towards Patterdale and pause for a drink and maybe an ice cream at Side Farm. Walking up into Grizedale, we'll take a short steep path up to the pretty Lanty's Tarn, then back down into Glenridding.

Highlight: Lanty's Tarn is a beautiful spot in the heart of Lakeland.

Option 3 - Place Fell

Distance: 8 miles (13km)

Total ascent: 2,250 feet (700m)

In Summary: Make the moderately steep ascent to the top of Place Fell that commands an excellent view at the head of Ullswater. We descend to follow the attractive lakeside path to Glenridding.

Highlight: Ullswater is one of the area's most attractive lakes. You'll enjoy great views towards Helvellyn and the North Pennines.

Option 4 - Helvellyn & The Edges

Distance: 8½ miles (13½km)

Total ascent: 3,050 feet (920m)

In Summary: A famous ascent of Helvellyn, England's third highest peak. We'll follow the narrow Striding Edge ridge to the summit, returning via the equally impressive Swirral Edge.

Highlight: Striding Edge isn't for the faint hearted; however it is one of the Lake District's classic walks with a great sense of achievement as you climb the final rocky steps onto the summit.

Day 4: Skiddaw & Derwentwater

Option 1 - Keswick And Friar's Crag

Distance: 4.5 miles (7.5km)

Ascent: 250 feet (70m)

In summary: On paths and minor roads we have no uneven ground to contend with on this gentle walk which makes admiring splendid views very easy. Having crossed the level field path we take the main street through attractive Keswick before walking, via formal gardens, to the moorings on the lake. From here we walk to the view point of Friar's Crag before returning the same way.

Highlight: Look out over beautiful Derwent Water and the surrounding fells from Friar's Crag.

Option 2 - Applethwaite And Latrigg

Distance: 7.5 miles (12.5km)

Ascent: 1,000 feet (300m)

In Summary: This walk takes us across flat fields towards the imposing mass of Skiddaw. From the hamlet of Applethwaite we start our gentle climb to the summit of Latrigg. We descend into the market town of Keswick before a level walk across fields and rivers back to the country house.

Highlight: Latrigg packs a real punch for a smaller fell with superb views across Keswick and Derwentwater towards Borrowdale.

Option 3 - Dodd

Distance: 9.5 miles (15.5km)

Ascent: 2,000 feet (600m)

In Summary: This walk follows the same route out and back making the most of the views in both directions. After crossing fields to the hamlet of Applethwaite, the path rises quite steeply through Thornthwaite forest to the summit of Dodd. From the top the views over Bassenthwaite Lake are beautiful.

Highlight: Keep your eyes peeled, if you are lucky you may be able to spot Ospreys.

Option 4 - Skiddaw

Distance: 11.5 miles (18km)

Ascent: 3,200 feet (980m)

In summary: Skiddaw dominates the skyline at the northern end of Derwentwater. This route, via Keswick, takes the Cumbria Way to the back of Latrigg before following a good path up, up, up to the broad summit of Lakeland's 4th highest peak. From here we descend on a loose path to Carl Side before a steep, but steady, descent to the hamlet of Millbeck, with outstanding views of Derwentwater towards Borrowdale. Field paths bring us back to the house.

Highlight: Hopefully we will be rewarded with fantastic views in every direction from the lofty summit of Skiddaw.

Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Derwent Bank

Close to Keswick and situated slap bang on the shore of Derwentwater, with the glassy lake on one side and the razor-edged ridges, humpbacked fells and muscular mountains of the Lake District on the other, beautiful Derwent Bank has been entrancing walkers since 1785. Extensive refurbishment and investment have seen this established walkers' retreat transformed into a beautiful country house hotel perfect for people looking to explore the great outdoors. It's also perfect for drinking in the views over a glass of something chilled on the terrace. With 41 bedrooms across the main house and garden rooms as well as a rustic 'pod' to sleep in, there's plenty of space, along with a pretty orangery, large lounge and relaxed vibe. The lakeside land encompasses a formal garden, extensive lawns and mature trees. The emphasis is on enjoying the great outdoors and it's all made super easy with walkers' facilities from an inspiration point equipped with maps and route ideas to a boot room and drying space – this is the Lakes, after all. With views of Cat Bells and Grizedale Pike, the inspiration for adventure is never far away. Venture out from the house to head to the high peaks such as Scafell Pike, Blencathra and Helvellyn or stick to the lower slopes and lakes; Ullswater, arguably the most beautiful of the Cumbrian lakes, Borrowdale and Buttermere are all within easy reach.

Matchless Country House Accommodation

Accommodation Info

Need To Know

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

As we slowly reopen in the wake of the Coronavirus lockdown, our country house stays are set to be organised a little differently; extra steps have been taken to keep our guests, house teams and leaders safe while we return to action. We ask all our guests to respect the measures put in place.

Initially the overall capacity of the houses has been reduced. Guests must wear face coverings in public spaces. To adhere to social distancing guidelines, we have taken the necessary steps to space out furniture and seating in public areas. In addition, a one-way system will be in place around the house. Adequate signage will be displayed to support the direction of travel to be followed by guests and house teams.

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 have removed all non-essential and reusable items from our rooms for the meantime including cushions, hairdryers, bathrobes, bed throws, and printed materials to reduce the number of items that need to be disinfected. Hairdryers will be available on request. Clean towels will be available on request. 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.

For now, there is no cream tea on arrival day. We have also adapted our food offering to remove all buffets and open food items. Different sittings may be required for breakfast and dinner due to the occupancy and size of the house. Picnic lunches will now be pre-ordered the night before from an order form in the room. The bar in each country house will be open, and we will be offering a table service for drinks. At this time there is no, or only a very limited, evening social programme available. Outdoor swimming pools at those houses that have them will re-open throughout May to September. Indoor swimming pools will remain closed.

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 one of the main building's beautifully presented rooms or in the stylish outhouse where there are eight garden rooms with exceptional views for stylish, laid-back Lake District accommodation. In the main house, we'd pick room 12 for the extra space and stunning views over the gardens and Derwentwater. Alternatively, ask for rooms 46, 47, 48 and 49 in the outhouse, all first-floor garden bedrooms with their own glass balcony looking over the ornate formal garden and with views of the lake. There's easy access to the boot room and orangery too, making these rooms a must to stay in. If you're after somewhere a little more unusual to stay overnight, there's a 'pod' in the garden that offers extra privacy, sleeps up to four and gives you a great story to take away!

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 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, formal garden, extensive garden, putting green, orangery, lounge and board games to borrow

After a day exploring the Lake District, settle in at our country house. Walk the pretty gardens, pause on the pier that juts out in to Derwentwater and look for the boats and ferry that sail on the lake. Try your hand on the putting green or at croquet. Grab a drink and sit on the terrace above the sloping lawns. Indoors, the spectacular orangery with its superb views, is the ideal setting for a bit of peace and quiet, or sink into the sofas in the large, comfortable lounge. Head to the bar for a great local ale and a cracking conversation with fellow guests.

Food & Drink

As at all our country houses, holidays are full board, from afternoon tea and cakes 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 Derwent Bank is varied and eclectic but has a strong emphasis on ingredients from the area and seasonal produce. Once a week the dining room hosts a Local Food Night, when, over a sociable evening, you might tuck in to traditional Cumbrian fare from local river trout with samphire to a duo of local lamb. Look out for Eden Valley brie and red onion tart or Whinlatter Forest wild mushroom risotto. And to cap it all, Cumbrian sticky toffee pudding with English Lakes thunder and lightning ice cream.

Accessibility

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

TRAVEL DETAILS

Our address is: Derwent Bank, Portinscale, Nr Keswick, Cumbria CA12 5TY
Tel: [01768 773667](tel:01768773667)

By Train:

The nearest train station is at Penrith on the main line between London and Glasgow. For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

By Taxi:

The journey from Penrith to Derwent Bank can be made by taxi. The 20-mile journey from Penrith railway station takes approximately 40 minutes. You can pre-book a taxi from our recommended taxi company, Davies Taxis. The price of a 4-seat taxi is around £40. 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

Davies Taxis*
Tel: +44 (0) 17687 72676
Email: info@daviestaxis.co.uk

The return taxi journey can be arranged on your behalf by the Derwent Bank Manager.
*Davies Taxis is not owned or managed by HF Holidays

By Bus:

The X5 bus runs approximately every hour from Penrith station. The nearest bus stop is on the A66, about ¾ mile walk from Derwent Bank. Alight at the Portinscale bus stop and take the road on the left (signposted to

Portinscale, Grange and the Newlands Valley). Follow this road through Portinscale village - Derwent Bank is on the left-hand side after the Derwentwater Marina.

Alternatively catch the bus to Keswick and then take a short taxi journey to Derwent Bank in Portinscale.

For bus times see www.traveline.info

By Car:

From Penrith - leave the M6 motorway at junction 40 and take the A66 towards Keswick. After 17 miles you'll reach a roundabout in Keswick - continue ahead following signs to Cockermouth and Workington. One mile beyond the roundabout, and 200yds beyond the B5289 turning to Keswick, turn left off off the A66 signposted to Portinscale, Grange and the Newlands Valley. Derwent Bank is approx $\frac{3}{4}$ mile along this road on the left after the Derwentwater Marina and before the Nichol End Marina. There is a large car park available at Derwent Bank.

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 Penrith - this is straightforward journey - allow 2 hours to Penrith. See www.nationalrail.co.uk for train times.

From Penrith station you can complete the journey to Derwent Bank using our transfer, by bus, or by taxi (see above).

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow at least 4½ hours to reach Penrith. 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 Penrith takes 3 hours. See www.nationalrail.co.uk for train times.

LOCAL AREA

The Lake District is England's premier national park with outstanding mountain scenery.

Keswick

The nearest town to Derwent Bank is Keswick, about two miles away. As a popular tourist destination it has a range of facilities including supermarkets, banks, a post office, pubs and cafés. It is also well known for its huge number of outdoor shops where you can buy an array of clothing and equipment for the outdoors.

During your visit to Derwent Bank you may enjoy visiting the following places of interest:

Derwentwater Launch

Take a leisurely journey around Derwentwater [on the ferry](#) - a great way to see the surrounding mountains from a different perspective. The nearest stop at Nichol End is just a few minutes' walk from Derwent Bank.

Theatre By The Lake

Situated by the lakeshore in Keswick, the [Theatre By The Lake](#) offers an excellent repertoire of plays in the main house and smaller studio theatre. The theatre's popularity means that advance booking is recommended, especially in the high season.

Honister Slate Mine

Go underground on the mine tour at this famous Lake District mine which is situated at the top of Honister Pass between Borrowdale and Buttermere. Here you can travel underground and learn about the history of Lake District slate production. [Honister Slate Mine](#) is around 30 minutes' drive from Derwent Bank, and can also be reached directly using the Honister Rambler bus.

Whinlatter Forest & Go Ape!

[Whinlatter Forest](#) is England's only true mountain forest. Its 9 walking trails and 3 cycling trails reward with views over Bassenthwaite Lake, Derwentwater and Keswick. It is home to the longest purpose-built mountain bike trail in the Lake District. The forest also has a [Go Ape](#) centre with a high ropes course and an all-terrain Segway trail.

Derwent Water Marina

Hire a canoe or sailing boat from [Derwent Water Marina](#) and enjoy one of England's most beautiful lakes from a different perspective. Just five minutes' walk from Derwent Bank.

Grasmere

Grasmere is about 30 minutes' drive from Derwent Bank and is famous for its connections with William Wordsworth as well as its traditional [gingerbread shop](#). The poet's homes at Dove Cottage and Rydal Mount can be visited, the former of which includes the [Wordsworth Museum](#). The house and gardens of [Wordsworth's birthplace](#) can also be visited in Cockermouth; the house is owned by the National Trust. This pleasant market town is to the north-west of Derwent Bank. Both Grasmere and Cockermouth can be reached by local bus from Keswick.

Ullswater

About 30 minutes' drive from Derwent Bank is Ullswater, arguably the most beautiful of the Cumbrian lakes. Enjoy its glorious scenery either on foot or by [steamer](#). If you are visiting the Ullswater area you could also visit the superb waterfall of [Aira Force](#) or the country house and gardens at [Dalemain](#). Dalemain also hosts the annual [marmalade awards](#) and festival.

Lake District Wildlife Park

[The Lake District Wildlife Park](#) is home to over 100 species in its 24-acre site. Watch the antics of the otters, apes, meerkats and monkeys and marvel at the flying displays of eagles and vultures.

Carlisle

Carlisle, about 45 minutes' drive from Derwent Bank is the historic county town of Cumbria. Here you'll find a good selection of shops, the [cathedral](#) and the [900 year old castle](#) where Mary Queen of Scots was held prisoner. Of particular interest is the [Tullie House Museum](#) which is recognised for its exciting, varied events and exhibitions programme and is full of exciting interactive displays.

USEFUL HOLIDAY INFORMATION

Essential Information

Suggested Kit List

- a rucksack,

- a waterproof jacket
- waterproof over trousers,
- a spare jumper or fleece,
- sun protection cream,
- a water bottle (at least 1 litre),
- some spare high-energy food such as a chocolate bar
- a small torch
- first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).

(in spring, autumn and winter)

- a hat and gloves (Britain is famous for its changeable weather after all!)
- You might find walking poles useful, particularly for descents (the kids usually find their own big stick en route!).
- thermos flask for a hot drink
- sun hat
- towel for paddling on hot days

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 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 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 £20 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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