

5-Night Western Yorkshire Dales Tread Lightly Guided Walking Holiday

Tour Style: Tread Lightly

Destination:

Trip code: SDSUS-5

2, 3 & 4



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 Western Yorkshire Dales 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. Snuggled between the much-loved Lake District and the charming Yorkshire Dales lies the hidden beauty of the Howgill Fells. This corner of the Yorkshire Dales National Park offers high peaks, rugged dales, quaint market towns and sweeping panoramas, all of which can be enjoyed on our Guided Walking holidays.

WHAT'S INCLUDED

- High quality en-suite accommodation in our country house
- Full board from dinner upon arrival to breakfast on departure day
- 4 days guided walking
- Choice of up to three guided walks each walking day
- The services of HF Holidays Walking Leaders
- Any transport to and from the walks

HOLIDAYS HIGHLIGHTS

- Enjoy breath-taking walks from the doors of our country house
- Visit Farfield Mill, a lovingly restored Victorian woollen mill
- Explore the Howgill Fells; a beautiful upland area of rolling grassy hills
- Discover the market town of Kirkby Lonsdale where you can explore the speciality shops, pubs and tearooms

TRIP SUITABILITY

This trip is graded Activity Level 2, 3 and 4,. Explore the beautiful Yorkshire Dales and Howgill Fells on our guided walks. We offer a great range of walks to suit everyone - including gentle walks along the green valleys, as well as opportunities to climb to the summits of Ingleborough, Whernside and the Howgill Fells. Join our friendly and knowledgeable guides who will bring this stunning corner of the national park to life.

Our experienced guides offer the choice of up to three different walks each day
Choose the option which best suits your interests and fitness

We provide flexible holidays. Join our guided walks, explore independently, or relax at Thorns Hall

ITINERARY

Day 1: Arrival Day

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

Enjoy a complimentary Afternoon Tea on arrival.

Day 2: Rivers Rawthey And Dent With Aye Gill Pike

Option 1 - Shadow Of The Howgills

Distance: 6.5 miles (10.5km)

Ascent: 700 feet (220m)

In summary: The walk starts by crossing a patchwork of fields beneath the Howgills, before more fields south of the River Rawthey. This is followed by a good path on the open fell and a short section of The Dales Way back to Sedbergh.

Highlight: A walk which offers the prospect of great views of the Howgills throughout.

Option 2 - Circuit Of Dentdale

Distance: 8.5 miles (13.5km)

Ascent: 1,000 feet (300m)

In summary: The walk goes over the modest Frostrow Fells before descending to delightful Dentdale, and a section beside the River Dee. Part of The Dales Way is now joined for the return to Sedbergh.

Highlight: The peace and tranquility of Dentdale.

Option 3 - Aye Gill Pike

Distance: 11 miles (17.5km)

Ascent: 1,700 feet (520m)

In summary: A well-graded ascent, albeit with the prospect of some boggy sections, leads to the summit of Aye Gill Pike. The descent is into Garsdale, before walking beside the Rivers Clough & Rawthey back to Thorns Hall.

Highlight: The descent affords fantastic views towards the Howgills and beyond.

Day 3: River Dee And Middleton Fell

Option 1 - River Dee And Brigg Flatts

Distance: 7 miles (11km)

Ascent: 600 feet (200m)

In summary: Via the village of Millthorpe we head into Dentdale to walk beside the River Dee. We then cross the River Rawthey to visit the Quaker Meeting House at Briggflatts and the return to Sedbergh.

Highlight: The Quaker Meeting House is not only of historic interest, but coupled with its garden, is a place for quiet reflection.

Option 2 - Crook And Winder

Distance: 6 miles (9km)

Ascent: 1,750 feet (540m)

In summary: Ascending Settlebeck Gill behind Thorns Hall we take a contouring route to the subsidiary top of Crook. We then continue to the summit of Winder, followed by a well tracked descent and return to the House.

Highlight: Capped with a trig point Winder is iconic from a Sedbergh perspective, and is included in Sedbergh School cross country runs.

Option 3 - Middleton Fell

Distance: 10.5 miles (16.5km)

Ascent: 1,850 feet (560m)

In summary: The Dales Way takes us into Dentdale before ascending to Combe Top on the long ridge of Middleton Fell. We return by good paths over the open fell to reach Sedbergh.

Highlight: The climb up to Combe Top should offer dramatic views of Combe Scar.

Day 4: Slopes Of Baugh Fell & Howgills

Option 1 - Dowbiggin & Hebblethwaite

Distance: 6.5 miles (10.5km)

Ascent: 650 feet (200m)

In summary: We start by walking on the banks of the Rivers Rawthey & Clough, and then by good paths to Hebblethwaite Hall. The it is back to Straight Bridge and over the fields to Thorns Hall.

Highlight: Great riverside walking and a descent into Hebblethwaite Hall Gill.

Option 2 - River Rawthey

Distance: 8.5 miles (13.5km)

Ascent: 1,050 feet (320m)

In summary: The walk heads NE up the Rawthey Valley, before crossing the river and the lower slopes of West Baugh Fell. The return is across Hebblethwaite Hall Gill and Straight Bridge to Thorns Hall.

Highlight: Great views of Baugh Fell and The Howgills.

Option 3 - White Fell Head And The Calf

Distance: 10 miles (16km)

Ascent: 3,000 feet (900m)

In summary: The west side of the Howgills are accessed in part along the Lune Valley Roman Road. A steep ascent follows to White Fell Head & The Calf, with an interesting return via Crook.

Highlight: A day which should heighten the appreciation of the Howgills.

Day 5: The River Lune And Howgills

Option 1 - Along The Dales Way

Distance: 7 miles (11.5km)

Ascent: 650 feet (200m)

In summary: The walk traverses slightly above Sedbergh and continues to reach the River Lune. Here we join The Dales Way to complete our circuit back to Sedbergh.

Highlight: Howgill views, and section of The Dales Way alongside the River Rawthey.

Option 2 - The Dales Way And River Rawthey

Distance: 9 miles (14.5km)

Ascent: 1,000 feet (300m)

In summary: Walk along the base of Winder, before descending towards the River Lune and The Dales Way, which is followed to Millthrop Bridge. From here it is a short walk back to Thorns Hall.

Highlight: Views of the Lune Valley, followed by beautiful walking beside the River Rawthey.

Option 3 - Bram Rigg Top And Great Dummocks

Distance: 10.5 miles (17km)

Ascent: 2,700 feet (820m)

In summary: An unusual West-East traverse of the Howgills, which includes a steep ascent to Bram Rigg Top. The descent is via the attractive Fawcett Bank Rigg, where the gradient steepens shortly before reaching the Rawthey Valley en route to Thorns Hall.

Highlight: The descent offers wonderful views south towards Sedbergh and beyond.

Day 6: Departure Day

Enjoy a leisurely breakfast before making your way home.

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 – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

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

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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