

7 Night Central Peak District Self-Guided Walking Holiday

Trip style: Self-guided walking

Destination: ☺ Peak District

Trip code: BUX07-POA06

Trip Walking Grade: ul 1, 2 & 3



Holiday Overview

The perfect introduction to the Peak District, this self-guided walking holiday gives you the flexibility and freedom to do as much or as little as you please. Sightseeing greats within easy distance include Poole's Cavern, the Buxton Crescent experience, the Edwardian-style Crich Tramway Village and the beautiful village of Castleton located at the head of the Hope Valley.

WHAT YOU'LL LOVE

- Discovering stunning Peak District landscapes on foot
- Being in the spa town of Buxton, exploring its local attractions
- Visiting Chatsworth House, home of the Duke and Duchess of Devonshire
- Making use of our detailed route notes and recommendations
- Staying at the Lee Wood Hotel, our country house in Buxton

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

WALKING GRADES AND OPTIONS

Explore at your own pace and choose the best walk for your pace and ability.

ITINERARY - SELF-GUIDED

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 2–7 Leg Stretcher Walks

These are a selection of longer walks on well-graded paths that allow you to discover local highlights and viewpoints. These routes are often further from the house but still offer walks that start and end on the doorstep of the property, plus options for guests travelling by public transport or car. The walks you'll find in our Discovery Point at Buxton range from 4 to 7 miles and visit popular areas such as Mam Tor, Chatsworth, and the Dovedale Stepping Stones.

Day 2–7 Laid Back Walks

Our easiest selection means walking at a relaxed pace, often stopping and spending time at places of interest along the way. Some are circular walks that start and end on the doorstep of our country house; others make use of local transport whilst remaining close to the property. The walks you'll find in our Discovery Point at Buxton range from 1 to 4 miles and visit popular areas such as Ilam, and Castleton.

Day 2–7 Full on Walks

These walks are ideal for those with more stamina who can push themselves to go that extra mile. Some routes will start from the house, but some may require the use of a car. Public transport may not be possible for every route in this category due to remote locations. The walks you'll find in our Discovery Point at Buxton range from 7 to 12 miles and visit popular areas such as The Roaches, Tissington Trail, and the Derwent Valley.

Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

Daily Walk Options



Easier Walks

Walk at a relaxed pace, often spending time at places of interest en-route. Walking experience isn't necessary as distances are quite short and gradients generally easy.



Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

Accommodation

Lee Wood Hotel

A New HF Country House for 2027 Lee Wood is our 43-bedroom Georgian property in the historic spa town of Buxton, opening 29 January 2027 with a special celebratory launch week. Not only does our newest country house have excellent rail connections, with Buxton station only a short walk away, it also has easy access to a wonderful variety of Peak District walking routes. Surrounded by the Peak District National Park, our Buxton base offers a wealth of walks across the dramatic gritstone edges of the Dark Peak, through the gentle valleys of the White Peak, and routes that delve into the region's industrial past, history, and heritage. Other nearby highlights include the Derbyshire Dales and the Hope Valley, home to picturesque villages such as Hathersage, Eyam, and Castleton, which is famed for its show caves and is crowned by the dramatic ruins of the 11th-century Peveril Castle. When you're not out walking, unwind in the well-kept gardens, or enjoy plenty of space for socialising and activities in the roomy bar and lounge areas. If you want to take it easy or fill a free day, Lee Wood's excellent location puts you steps from Buxton's many highlights. Visit Buxton Opera House to catch a show in an authentic Edwardian theatre, stop by the iconic, Grade I-listed Buxton Crescent building and browse its fascinating museum, or simply stroll through the landscaped parklands of the Pavilion Gardens, which first opened in 1871. Alternatively, take a 25-minute walk to Poole's Cavern, a two-million-year-old natural limestone cave and Site of Special Scientific Interest.

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.

About

- 43 well-appointed guest rooms • Exclusive occupancy: 68 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 • 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 • Lounges • Lawned grounds • Electric vehicle charging point • Please note, you will need to bring your own cables to use this EV charging point

Rooms

Designed with your comfort in mind, Lee Wood Hotel has 43 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.

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](tel:02039748865).

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 walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you 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.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865).

Travel Details

Address

The Park,
Park Rd,
Buxton
SK17 6TQ
Tel: 01298 23002

[Google Maps](#)

By train

The nearest station is Buxton, approximately 0.5 miles from the house.

Check National Rail for train times and routes.

By taxi

You may wish to call one of our local taxi companies on 01298 72123 or 01298 72333 on arrival for transport to and from the train station.

By car & parking

Lee Wood Hotel can be approached either via The Park or to the rear via Manchester Road (A5004 Long Hill to Whaley Bridge). If you are using SatNav, our postcode is SK17 6TQ. Parking is available around the hotel, and there is additional unrestricted parking on The Park, to the south side of the premises.

Local Area

Perfectly placed in the heart of the Peak District, Buxton offers easy access to some of England's most inspiring landscapes, charming villages, and historic landmarks. Whether you're enjoying a guided, self-guided walking or special interest 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 the Lee Wood Hotel in Buxton.

The Peak District's best-loved landscapes

Step straight into the Peak District National Park, where a network of well-maintained trails leads you through dramatic dales, rolling hills and rugged moorland. Discover the limestone valleys of Dovedale and Monsal Dale, with their iconic stepping stones and sweeping views, or explore the wild beauty of the Dark Peak, where gritstone edges like Kinder Scout and Stanage Edge offer a more dramatic backdrop.

Buxton's heritage, gardens & caves

Closer to home, Buxton itself is rich in history. As England's highest market spa town at 1,000 feet above sea level, there's more to this place than water. The town's spa heritage and leafy parks make it an ideal place to relax after a day in the hills. Stroll around the elegant Georgian Crescent, explore the beautiful Pavilion Gardens, or visit the historic Opera House to catch a show in an authentic Edwardian theatre. From musicals and stand-up comedy to operatic performances, including the world-famous [International Gilbert & Sullivan Festival](#) every August, it's one of the Midlands' prime entertainment venues. Poole's Cavern is also well worth a visit – a two-million-year-old natural limestone cave.

Historic houses and stately grandeur - Chatsworth House, Bakewell & Castleton

The surrounding countryside is dotted with picturesque villages, each with its own charm. Home of the Duke and Duchess of Devonshire, this magnificent 17th century mansion is set in over 1,000 acres of stunning parkland and formal gardens. Inside, there are over 30 rooms to explore, including the State Rooms, Sculpture Gallery, and Painted Hall. Castleton, located at the head of the Hope Valley, is known for its caves: Peak Cavern, Blue John Cavern, Speedwell Cavern, and Treak Cliff Cavern – and historic Peveril Castle, while Bakewell offers riverside walks and its famous pudding. Closer to Buxton, villages like Tideswell – home to the impressive “Cathedral of the Peak” – provide welcoming pubs, local history, and a slower pace of life. Haddon Hall, overlooking the River Wye, is a fairytale-like manor house with its fortified exterior dates from the 12th century. Every part of the property is steeped in history, but the banqueting hall, chapel, and kitchens are particularly worth exploring.

Cromford Mills

Part of the UNESCO-listed Derwent Valley Mills, the world's first water-powered cotton spinning mill developed by Richard Arkwright in 1771 is known as the birthplace of the modern factory system. The mill museum and visitor centre are both worth visiting.

Dovedale Stepping Stones

The limestone valley of Dovedale steals the limelight as one of the best-loved – and most visited – beauty spots in the Peak District National Park. Don't miss the famous stepping stones located about half a mile from the car park (check the National Trust website for news of Stepping Stones opening/access due to repairs).

Trails, railways and scenic routes

Enjoy traffic-free walking and cycling along the Monsal Trail, following a former railway line through tunnels and across viaducts with spectacular views. For a nostalgic day out, the Peak Rail heritage railway offers a leisurely journey through the Derwent Valley, while the surrounding area is crisscrossed with gentle routes perfect for guided and self-guided exploration. Crich Tramway Village – a recreated Edwardian-style village and home to the National Tramway Museum is located near the village of Crich. Highlights include the woodland walk, sculpture trail, and collection of over 60 trams built between 1873 and 1982.

Useful Holiday Information

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. Fleece makes 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

For holidays operating October through to the end of March, please also bring the following on your walks:

- spare warm clothing
- spare high energy food
- head torch and spare batteries
- please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hydrostatic head – this is the rating given on waterproof jackets) of 10,000mm+

Recommended

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

Trip Information

- Please complete and hand in your registration card to the House Manager on the first evening of your holiday
- Please complete our Independent Walker Card each day before heading out on your self-guided walks.
- Please note the phone number of the accommodation where you are staying (see Travel details section of your trip notes)
- Check the weather forecast - this is updated regularly and displayed on the Discovery Point. Be prepared for the weather to change during the day and wear appropriate footwear such as walking boots. We would recommend that you wear or carry a waterproof jacket and trousers, a spare warm jumper or fleece, hat and gloves. In addition, we recommend a water bottle, spare food, map, compass, torch, whistle, small first aid kit and survival bag
- Take a copy of a map and a route card
- Be aware of ticks – more information can be found at the Discovery Point

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.

Document produced: 23 July 2026

