7 Night Exmoor Family Walking Adventure



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Family walking holidays	Exmoor	3, 4, 5 & 7	127kg CO2

HOLIDAY OVERVIEW

Exmoor's heather-clad moorland, wooded combes, and coastline provide an ideal outdoor playground for this family walking holiday. With wild ponies to spot grazing on the hillsides, old-fashioned trains to hop aboard, and wow-worthy walks to embark on, there's plenty to keep everyone entertained. And when you're not busy exploring the great outdoors, spend time exploring a selection of charming villages and picture-postcard towns, or relaxing in the comfort of our country house.

WHAT YOU'LL LOVE

- Meeting other families
- Exploring Dunster Castle
- Travelling on the West Somerset Railway
- Walking to Exmoor's highest point, Dunkery Beacon
- Riding the Lynton and Lynmouth Cliff Railway
- Spotting wildlife such as red deer and Exmoor ponies

WHAT'S INCLUDED

- Family rooms available subject to availability

- Comfortable 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 tailored towards families, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders
- Choice of up to four guided walks (on walking days)
- All transport to and from walks where necessary
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

ITINERARY - FAMILY WALKS

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 **Porlock**

Option 1 - Porlock and Porlock Weir

Distance: 4.5 miles (7.5km)

Ascent: 600ft (180m)

Today we walk through woods and over streams from the village of Porlock to Porlock Weir. Here we'll be able to spot fishing boats and yachts bobbing up and down in the harbour. The second half of our day takes us past Porlock Marsh, home to lots of birdlife, including oystercatchers, curlews, and lapwings.

What your kids will love: Spotting lots of different birds on Porlock Marsh. Listen out for oystercatchers - they're a very noisy wading bird with a loud call.

Option 2 - Porlock

Distance: 5.5 miles (8.5km)

Ascent: 750ft (230m)

We'll set off on a circular walk from the house, visiting the village of Porlock and the coastal hamlet of Bossington. There are thatched cottages to spot, Saxon history to discover, and even a tale about Danish Pirates.

What your kids will love: Stopping for a quick game of Poohsticks at the packhorse bridge near Allerford.

Option 3 - Hawkcombe and Porlock

Distance: 8 miles (13km)

Ascent: 1,050ft (320m)

From a starting place high on the moors, we'll make our way through Hawkcombe Woods Nature Reserve to the village of Porlock. Next, we'll walk to Hurlstone Point to check out the old Coastguard station and take in the views, before finally heading inland and back to the house so you can share stories of your adventure with your friends.

What your kids will love: Once you catch your breath at Hurlstone Point, you might just be able to spot Wales across the Bristol Channel.

Option 4 - Hills and wooded valleys

Distance: 9½ miles (15km)

Ascent: 1300ft (400m)

From high on the heather-clad moorland we'll meander through woods and over fields as we make our way back to Holnicote House. Keep your eyes peeled for red deer, there are approximately 3,000 living on Exmoor.

What your kids will love: The ancient oak trees in Horner Wood. Fun fact: some trees are 500 years old, which means they were standing when Henry VIII was also alive.

Day 3 Over the cliffs to Lynmouth

Option 1 - Watersmeet and Lynmouth

Distance: 3.5 miles (5.5km)

Ascent: 400ft (120m)

We'll start high on the cliffs overlooking Lynmouth Bay at Barna Barrow before descending through woodland to the old fishing lodge at Watersmeet. There's plenty to do here – grab some refreshments at the National Trust café, stop to play hide and seek, or paddle in the stream. We'll then follow the East Lyn River into Lynmouth with ample time to explore the village before heading back to the house.

What your kids will love: Searching for wildflowers and finding the purple-blue Devil's-bit scabious flower. The origins of its name are fascinating - the devil was so angry that this plant could cure all types of illnesses (including the plague), he bit away part of the roots.

Option 2 - Valley of the Rocks

Distance: 7 miles (11km)

Ascent: 1,100ft (340m)

The first section of today's route follows the option 1 walk to Lynmouth. From here we'll take a ride on the funicular cliff railway, ascending 500ft to explore Lynton and the Valley of Rocks.

What your kids will love: Riding the world's steepest and highest water-powered railway.

Option 3 - Around Lynton

Distance: 8.5 miles (13.5km)

Ascent: 1,800ft (540m)

We'll take the zig-zag path down from Countisbury Hill to Watersmeet before continuing along the hillside to the Victorian town of Lynton. We'll climb to a panoramic viewpoint above the Valley of Rocks, a local beauty spot with its own herd of wild goats who roam the hillsides.

What your kids will love: Looking out for the wild goats roaming freely (and often hair-raisingly) on the cliff edges.

Option 4 - Lynmouth Coastline

Distance: 11 miles (17.5km)

Ascent: 3,200ft (980m)

We'll follow the magnificent coastal path down Countisbury Hill to Lynmouth, then on to the Valley of Rocks and Lee Bay. We'll return along an elevated path to Lynton and Watersmeet.

What your kids will love: The bragging rights of being tough enough to take on the challenge. Although this is our longest walking option of the day, there'll be plenty of fun, excitement, and adventure along the way.

Day 4 **Free Day - Exmoor**

Discover more about Holnicote House and the local area for ideas on how to make the most of your free day.

Day 5 **Selworthy Village**

Option 1 - Two Villages

Distance: 3 miles (5km)

Ascent: 700ft (220m)

Today we'll embark on a delightful circular walk exploring the charming villages of Allerford and Selworthy. There'll be streams, woods, an ancient packhorse bridge and a church with great views of Exmoor.

What your kids will love: Stopping off at the thatch-roofed Periwinkle Tearooms in Selworthy for a well-earned cake.

Option 2 - Selworthy

Distance: 6 miles (10km)

Ascent: 1,550ft (460m)

We'll walk to the enchanting villages of Allerford and Bossington, then continue to the coast at Hurlstone Point. Return via the wooded slopes to Selworthy village. Explore the Holnicote Estate and the charming, thatched cottages of Selworthy.

What your kids will love: Feeling the sea breeze on their faces and spotting the waves crashing below at Hurlstone Point. It's the perfect place to take a breath and enjoy the view!

Option 3 - Selworthy Beacon

Distance: 7.5 miles (12km)

Ascent: 1,350ft (420m)

Today we'll climb through the woods to the Iron Age hillfort and the wonderful viewpoint of Selworthy Beacon. We'll soak up the views of the Bristol Channel and Exmoor hills before descending through fields to Selworthy village.

What your kids will love: Seeing the sparkling Bristol Channel, the rolling Exmoor hills, and miles of countryside - perfect for a wow moment!

Option 4 - Somerset Coast Path

Distance: 10 miles (16km)

Ascent: 2,050ft (620m)

Today's walk takes us through woods and along coastal paths as we meander our way to the top of Selworthy Beacon. This section of the coast path has a real away-from-it-all feel as we traverse around three deep combes (valleys) above the sea.

What your kids will love: Enjoying the great views from the top of Selworthy Beacon - on a clear day you can see across the Bristol Channel to the Brecon Beacons.

Day 6 **Dunster Castle, the beach, and a railway ride**

Option 1 - Steam train, seaside, and scenic Dunster

Distance: 3 miles (5km)

Ascent: 400ft (120m)

We'll ride an old-fashioned train from Minehead to Blue Anchor Bay to take in some of Britain's wonderful coastline. A short walk across fields leads us to the medieval village of Dunster where there's plenty of time to explore.

What your kids will love: Imagining the Norman lords who built the original castle, and the Royalists who defended it in the Civil War.

Option 2 - Headon Cross to Dunster

Distance: 5.5 miles (9km)

Ascent: 700ft (220m)

We'll embark on a steady climb and ridge walk through the woods of Wootton Common before descending down to the Saxon village of Dunster, home to a magnificent castle.

What your kids will love: With cobbled streets, ancient buildings, and a magnificent castle sitting high on the hill. Your child will feel like a knight, a princess, or a time traveller exploring Dunster's hidden corners.

Option 3 - Selworthy to Dunster

Distance: 7 miles (11km)

Ascent: 1,200ft (360m)

Heading straight out from Holnicote House, we'll follow the track and road to Headon Cross where we'll see the pretty colours of Tivington Heights hamlet.

We'll then head up through a mixed broadleaf wood onto the ridge line of Wootton Common before going down Grabbist Hill to the medieval village of Dunster.

What your kids will love: Wootton Common is the perfect place for a nature-spotting adventure. Can you find a tree that's wider than your arms? Hear a woodpecker? Or spot a squirrel racing through the branches.

Option 4 - Over the hill to Dunster

Distance: 9.5 miles (15km)
Ascent: 1,650ft (500m)

Today's walk takes us from Holnicote House to the medieval village of Dunster. Our route takes us through Horner woods to a superb viewpoint, before following the same route as option 2 and 3 along the ridge over Wootton Common.

What your kids will love: Playing 'I spy' from the viewpoint at Webber's Post.

Day 7 **Local villages or Dunkery Beacon**

Option 1 - Luccombe and Horner

Distance: 4 miles (6.5km)

Ascent: 550ft (180m)

Local estate roads and lanes will lead us to the pretty villages of Luccombe and Horner with its tea gardens. We'll return to Holnicote House after visiting Piles Mill, an old 17th century corn mill, with plenty of time to relax when we return to the house.

What your kids will love: Practicing your best snoring. The name Horner comes from the Saxon 'hwrnwr' or Hernola', meaning snorer.

Option 2 - Exploring Horner Hill

Distance: 5.5 miles (9km)

Ascent: 1,000ft (300m)

A circular walk from the house takes us to the pretty village of Horner before

ascending to the viewpoint of Webber's Post. From here we snake our way down through Horner woods before crossing fields back to Holnicote House.

What your kids will love: Feeling the sea breeze on their faces and spotting the waves crashing below at Hurlstone Point. It's the perfect place to take a breath and enjoy the view!

Option 3 - Dunkery Beacon circuit

Distance: 9 miles (14km)

Ascent: 1,950ft (600m)

We'll climb to the highest point on Exmoor – Dunkery Beacon. We'll walk through woodland and moorland to reach the summit, returning on a meandering path alongside the delightful River Horner.

What your kids will love: Stopping for an ice cream at Horner's lovely tea gardens.

Option 4 - Dunkery Beacon and Great Rowbarrow

Distance: 11 miles (17.5km)

Ascent: 2,050ft (620m)

We'll head for Dunkery Beacon, Exmoor's highest point. We'll follow a similar route to the option 3 walk, however, return over Stoke Pero Common and past the tiny Stoke Pero Church, also the highest church in Exmoor, which dates back to the 13th century.

What your kids will love: Being the highest people in Somerset, even if it's for just a brief moment.

Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

DAILY WALK OPTIONS



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) of ascent.



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.



Moderate walking grade 7

The most active moderate grade. Longer distances and short but steep ascents and descents possible throughout the day. Hill walking experience desirable. Typically, 11-12 miles (18-19km) with around 1,800ft (560m) of ascent.

ACCOMMODATION

Holnicote House

There's plenty to look forward to at this beacon of Somerset hospitality near the impossibly pretty village of Selworthy. The location couldn't be more perfect; within rolling-out-of-bed distance from Exmoor National Park and an easy drive from Dunster Castle, Coleridge Cottage, the twin villages of Lynton and Lynmouth, and the sandy delights at Porlock and Minehead. The walking opportunities here are standout, too, not least for the trails around the Quantock Hills, Dunkery Beacon, Bossington, and a section of the England Coast Path that takes you on a glorious journey along the county's coastline.

About

· 32 well-appointed guest rooms · Exclusive occupancy: 43 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 & high chair · 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 with croquet lawn · Well-behaved dogs welcome on self-guided holidays · Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point

Then & now

Mentioned in the Domesday Book of 1086, there have been at least four successive houses of varying sizes built at the manor of Holnicote over a 500-year period. Until the 20th century, it was owned by the Acland family who saw it though a few fires, rebuilds, and restorations during their almost 200-year occupancy. They built the present Holnicote House in 1861 and it remained in the family thereafter (minus its thatched roof that was destroyed by yet another fire in 1941 and replaced with tiles from another estate building). In 1944, Sir Richard Acland, 15th Baronet, and his wife, Lady Ann, donated the entire Holnicote Estate (along with Killerton, their Devon ancestral home) to the National Trust in a bid to keep them 'safe and unspoiled for all time'. The combined value of both estates was estimated at £250,000, making this the largest single acquisition in the organisation's history.

Used as a nursery and nursery nurse training school during the 1940s, Holnicote House has been part of our HF Holidays line-up since 1952. Set right at the heart of the Holnicote Estate – a 12,500-acre landscape of heather-covered moorland, ancient woodland, and rocky coastline – it comes with 150 miles of footpaths and bridleways and plenty of sublime grounds which offer free rein to wander. You'll find 32 well-appointed guest rooms in three categories (Classic, Premium, and Superior), two comfortable lounges, peaceful gardens, a croquet lawn, books and games to borrow during your stay, plus a handy boot and drying room. 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. Equally worthy of your attention is the licensed bar and the dining room for a wide range of dishes made with fresh and seasonal ingredients.

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 Holnicote House

Designed with your comfort in mind, Holnicote House has 32 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 rooms in the main building or the thatched grounds, especially Rooms 1 and 4. The first floor rooms have fabulous views across Crawter Hill and Dunkery Hill.

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 Holnicote House

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

Holnicote House
Selworthy
Minehead
Somerset TA24 8TJ

Tel: +44 (0)1643 862013

By train

The nearest station is Taunton.

Check National Rail for train times and routes.

By taxi

From Taunton train station it's a 27-mile journey taking 1 hour.

For pricing, please contact Minehead Taxis directly.

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

Tel: +44 (0)1643 704123

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

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

By bus

The number 28 bus runs between Taunton station and Minehead, taking around one and a half hours. At Minehead, change to the number 10 bus to the Selworthy turn (at the end of Holnicote House drive). A two-minute walk along the drive will bring you to the house.

For bus times, check Traveline.

By car

There's free car parking at Holnicote House if you decide to drive.

From Bridgwater take the A39 though the southern outskirts of Minehead towards Porlock. You'll find Holnicote House on the left about four and a half miles out of Minehead.

By air

The nearest airport is London Heathrow.

Take the train to London Paddington station where there are direct trains to Taunton. It's a relatively straightforward journey that'll should take around 2.5 hours.

Bristol Airport is also an option. From here, you can take the bus and train to Taunton.

Check National Rail for routes and train times.

LOCAL AREA

Places to visit in Exmoor

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 Holnicote House.

Selworthy

Less than a mile away, this charming village delights with well-preserved thatched cottages as well as the All Saints church with its painted nave ceiling and 18th century gallery. There are several footpaths leading from the village up to Selworthy Beacon.

West Somerset Railway

As the longest heritage line in England, this true country branch line of the old Great Western Railway has 10 stations on its 20-mile scenic journey from Minehead to Bishops Lydyard. Minehead station is just a 10-minute drive away.

Dunster Castle

A medieval castle transformed into a stately home for the Luttrell family, this characterful dwelling assures fabulous views over Exmoor, Somerset, and the Bristol Channel. Not-to-be-missed interiors include a 17th century carved staircase and rare leather wall hangings.

Lynton & Lynmouth

Located on the spectacular North Devon coast, the small rural town of Lynton and coastal village of Lynmouth are the twin resorts connected by a historic cliff railway. The short walk from Lynton to the Valley of Rocks is a definite highlight.

Coleridge Cottage

A 45-minute drive away, this was the humble home of poet Samuel Coleridge and his wife Sara for three years from 1797. Acquired by the National Trust in 1909, it was here that he wrote The Rime of the Ancient Mariner, Kubla Khan, and Frost at Midnight.

Hestercombe Gardens

An hour's drive away, this 50-acre landscape is home to three historic gardens spanning three centuries of design. Coplestone Warre Bampfylde laid out the Landscape Garden while Sir Edwin Lutyens and Gertrude Jekyll collaborated on the Formal Garden.

Arlington Court

Belonging to the Chichester family for 11 generations until it was bequeathed to the National Trust in 1949, this Regency house is an hour's drive away. In addition to the gardens and grounds, there's a museum in the stables with an interesting collection of over 40 carriages.

Minehead Beach

Also known as The Strand, this mile-long expanse of sand is perfect for sandcastle-building, beach games, and organised activities such as canoeing and paddleboarding. Please note there is a dog ban in force on the entire beach from 1 May to 30 September.

SAFETY ON YOUR HOLIDAY

Safety information

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 a 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 aged 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.

Please note, coaches used on this holiday all comply with UK law, and may not have seat belts suitable for children. Where children are under 3yrs of age, they must not travel in the front seat on coaches, nor or the back seat of coaches. For more information please visit: https://www.gov.uk/child-car-seats-the-rules/when-a-child-can-travel-without-a-car-seat

ESSENTIAL INFORMATION

Packing list

Weather conditions in the UK can vary throughout the day, and conditions in the mountains may be cold and windy even in summer. Use the following list as a guide when preparing for your holiday.

Essentials

- Suitable waterproof walking boots with ankle support and good grip
- Waterproof, wind-resistant jacket with a hood, taped seams and a hydrostatic head rating of at least 10,000 mm
- Waterproof overtrousers
- Spare warm clothing, such as a synthetic insulated jacket
- Comfortable walking clothing (jeans & waterproof capes are not suitable)
- Warm mid-layers, such as fleeces
- Gloves and a warm hat, even in summer
- Rucksack with a waterproof liner
- Water bottle with a capacity of at least 1 litre
- Flask for hot drinks
- Sunscreen
- UV-protective sunglasses
- Spare high-energy food
- Head torch and spare batteries for holidays between October and March
- Passport (if applicable)
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Several base layers, with long or short sleeves
- Cushioned walking socks to avoid blisters
- First-aid kit, including plasters, insect repellent, a midge net and a tick-removal tool
- Sit mat
- Waterproof pouch for valuables
- Rubbish bags
- Wallet or purse

- Camera
- Walking poles
- Sun hat
- Gaiters
- Mobile Phones
- Swimwear (please see accommodation information for hotel facilities)
- Membership cards for English Heritage, the National Trust or similar heritage organisations in Scotland and Wales, if you are a member. These may be useful when visiting attractions during your itinerary or on your free day.

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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