# 7 Night Shropshire Hills Guided Walking Holiday



| Trip style: | Destination: | Walking Grade | Carbon Footprint: |
|---|---|---|---|
| Guided Walking Holidays | Shropshire Hills | 4, 6 & 7 | 175kg CO2 |

## HOLIDAY OVERVIEW

There's something enchanting about the Shropshire Hills, the so-called 'Little Switzerland' covering almost a quarter of the county. Every footstep on this guided walking holiday rewards with stunning views; think ruined castles folded into hillsides, rare wildlife roaming the upland heaths, and a selection of postcard-worthy market towns and villages perched on the River Severn.

## WHAT YOU'LL LOVE

- Discovering the immense beauty of the Shropshire Hills on foot
- Visiting picturesque market towns and villages
- Learning more about this National Landscape
- Making the most of the V-shaped valleys and countryside
- Spending time with like-minded people in the great outdoors
- Staying at Longmynd House in Church Stretton

## WHAT'S INCLUDED

- En-suite accommodation in our 4-star country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders
- Choice of three guided walks (each walking day) from March to October, and two from November to February.
- 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 VERSION 1

### 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 **LONG MYND**

#### Option 1 - Townbrook & Cardingmill Valley

**Distance:** 6.7 miles (10.7km)

**Ascent:** 1,350 feet (410m)

**In summary:** Leaving Longmynd House we make our way through Rectory Woods and up the beautiful Townbrook Valley to reach the Long Mynd plateau and its highest point at Pole Bank. We then make our way north along the historic Port Way before descending into the scenic Carding Mill Valley and back to Longmynd House.

**Highlight:** Panoramic views from Pole Bank across Shropshire, mid Wales and beyond.

#### Option 2 - Along the Long Mynd

**Distance:** 8½ miles (13.5km)

**Ascent:** 1,450 feet (440m)

**In summary:** Head to the top of the Long Mynd via Townbrook Valley. We then head south along the ridge to Minton Hill, before returning to our country house via the village of Little Stretton.

**Highlight:** The beautiful Townbrook Valley and Long Mynd plateau with its 360 degree panoramic views.

### Option 3 - Callow Hill, Pole Bank & Adstone Hill

**Distance:** 12 miles (19km)

**Ascent:** 2,450 feet (740m)

**In summary:** Our walks heads out towards Little Stretton before ascending Long Mynd via Callow Hill to reach its highest point at Pole Bank. We then descend the western slopes to Adstone Hill before returning over the Long Mynd and down Townbrook Valley to Church Stretton.

**Highlight:** The ascent via Callow Hill to Pole Bank is less frequented and gives extensive far reaching views.

## Day 3 HOPESAY, STOKESAY AND CRAVEN ARMS

### Option 1 - Three Woods and Stokesay Castle

**Distance:** 5 miles (8.5km)

**Ascent:** 600 feet (180m)

**In summary:** This walk leaves from the village of Craven arms, taking in the surrounding Shropshire countryside and the river Onny. There is also chance to see Stokesay Castle before returning to allow time to explore the Shropshire Hills Discovery Centre.

**Highlight:** Discover Stokesay Castle and the Shropshire Hills Discovery centre

### Option 2 - Aston on Clun & Stokesay

**Distance:** 7½ miles (12km)

**Ascent:** 900 feet (280m)

**In summary:** Walk from the village of Aston on Clun to Craven Arms. On the way we'll discover the historic 13th Century church at Hopesay, soak up the views from Hopesay Hill, and visit Stokesay Castle.

**Highlight:** Stokesay Castle is a real gem; a 13th Century fortifed manor house that was beseiged during the English Civil War.

### Option 3 - Bury Ditches Fort, Hopesay, Craven Arms

**Distance**: 11½ miles (18km)

**Ascent:** 1,900 feet (575m)

**In summary:** From Clunton walk through Steppleknoll Wood and then on to Bury Ditches Hill Fort. We continue past the pretty village of Hopesay to Stokesay and the Craven Arms.

**Highlight:** Explore the tranquil landscape of the Clun Valley and Bury Ditches Hill Fort.

## Day 4 Free Day - Shropshire Hills

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

## Day 5 STRETTON HILLS

### Option 1 - Hope Bowdler & Helmeth Wood

**Distance:** 6½ miles (10.5km)

**Ascent:** 1,300 feet (400m)

**In summary:** Starting from Longmynd House, we walk through the wooded lower slopes of Hazler Hill before a moderately steep ascent to the Gaer Stone and Hope Bowdler Hill. Heading down to the valley between Hope Bowdler and Caer Caradoc we make our way back along the old Cwms Lane, through Helmeth Wood and Church Stretton.

**Highlight:** Stunning views in all directions from the summit of Hope Bowdler Hill.

### Option 2 - Ragleth Hill & Chelmick

**Distance:** 7½ miles (12km)

**Ascent:** 1,150 feet (360m)

**In summary:** Starting with a visit to the pretty village of Little Stretton, we tackle a sharp ascent to the summit of Ragleth Hill, where we are rewarded with stunning 360 degree views. Following the grassy ridge to its northern end, we head down to Chelmick Valley and the village of Hope Bowdler before returning to Longmynd House via the lower slopes of Hope Bowdler Hill and Helmeth Hill.

**Highlight:** Panoramic 360 degree views from Ragleth Hill (which can be seen clearly from the dining room at Longmynd House) across Shropshire and beyond.

### Option 3 - Ragleth Hill, Chelmick and Hope Bowdler Hill

**Distance:** 10 miles (16km)

**Ascent:** 2,050 feet (620m)

**In summary:** Walking through the pretty village of Little Stretton we cross the valley to make a sharp ascent to the summit of Ragleth Hill. We follow its grassy ridge northwards before descending to Chelmick valley and the village of Hope Bowdler. We then ascend steadily across Hope Bowdler Hill to reach Willstone Hill and the famous Battle Stones from where we return to Longmynd House via the Gaer Stone and lower slopes of Helmeth Hill.

**Highlight:** The much photographed natural rocky outcrops of the Battles Stones and the Gaer Stone.

## Day 6 THE STIPERSTONES

### Option 1 - Beneath the Stiperstones

**Distance:** 7 miles (11km)

**Ascent:** 850 feet (260m)

**In summary:** We start our walk at the foot of Corndon Hill, with a visit to the Mitchell's Fold Bronze Age Stone Circle. Our route takes us along the border between England and Wales before heading east to reach The Bog. We traverse the lower slopes of the distinctive quartzite Stiperstones ridge before descending to the village of Stiperstones.

**Highlight:** Mitchell's Fold Bronze Age Stone Circle set in dramatic moorland.

### Option 2 - The Stiperstones Ridge

**Distance:** 9 miles (14.5km)

**Ascent:** 1,300 feet (400m)

**In summary:** Our route starts with a visit to Mitchell's Fold Bronze Age Stone Circle. From there we follow paths and tracks eastwards crossing Mucklewick Hill and passing by Nipstone Rock to reach the Stiperstones ridge. We traverse the rugged quartzite ridge and its iconic outcrops before descending steeply to the village of Stiperstones.

**Highlight:** The rocky and spectacular landscape of the Stiperstones ridge.

### Option 3 - Stapeley Hill & The Stiperstones

**Distance:** 10.5 miles (17km)

**Ascent:** 1,500 feet (460m)

**In summary:** A longer route, taking in Mitchell's Fold Bronze Age Stone Circle before crossing Stapeley Hill, Mucklewick Hill and passing by Nipstone rock to reach the geologically significant Stiperstones ridge. We also traverse the rugged quartzite ridge and its iconic outcrops before descending steeply to the village of Stiperstones.

**Highlight:** The Stiperstones summit epitomises the jagged beauty of the ridge.

## Day 7 DARNFORD VALLEY & BETCHCOTT HILLS

### Option 1 - Darnford Valley & Betchcott Hills

**Distance:** 7 miles (11.5km)

**Ascent:** 1,050 feet (320m)

**In summary:** Our route follows the beautiful Darnford Valley, then the ancient Port Way heads over the Betchcott Hills to cross the Long Mynd plateau, before descending via Haddon Hill and the golf course, one of the highest in England, and return to the house.

**Highlight:** Enjoy the tranquility of the Darnford and Golden Valleys, the latter aptly named from the vibrant colour of the dwarf gorse bushes lining its slopes.

### Option 2 - Gatten Hills & Darnford Valley

**Distance:** 9 miles (14.5km)

**Ascent:** 1,350 feet (420m)

**In summary:** Cross Gatten Hill, then ascend steadily along Darnford Valley to reach the ancient Port Way, cross the Long Mynd ridge and head to Church Stretton close to Bodbury Hill.

**Highlight:** The heather-clad ridge of the Long Mynd dominates the skyline. Enjoy the extensive views as you cross the ridge and descend towards Church Stretton.

### Option 3 - Pulverbatch, Wilderley Hill & Darnford Valley

**Distance:** 13 miles (20.5km)

**Ascent:** 2,150 feet (660m)

**In summary:** Follow the Shropshire Way from the village of Church Pulverbatch over Wilderley Hill. Our route passes by the village of Ratlinghope and along the Darnford Valley to reach the Port Way and Long Mynd from where we descend via Haddon Hill and the golf course, overlooking the ever popular Carding Mill Valley, to Church Stretton.

**Highlight:** On a clear day you'll enjoy sweeping views across Shropshire and the Welsh hills.

## Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

## DAILY WALK OPTIONS




**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 6**

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9-10 miles (15-16km) with around 1,500ft (460m) 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

### Longmynd Hotel

For rural calm in the Shropshire Hills National Landscape, the location of this characterful country house is hard to top. Set in a wooded hillside just a short stroll from the market town of Church Stretton (nicknamed Little Switzerland for its picturesque landscape), you'll be within walking or driving distance of the Stiperstones, Caer Caradoc, Ironbridge Valley of Invention, and the historic towns of Ludlow and Shrewsbury. And then, of course, there's the Long Mynd itself – an area of registered common land that has been cared for by a group of farmers (the self-named commoners) who have grazed sheep and ponies here for generations.

## About

· 56 well-appointed guest rooms · Exclusive occupancy: 89 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 · 2 travel cots & 2 high chairs · 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 · Garden · 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

Built in 1900, this Church Stretton landmark opened as The Hydropathic Hotel in July 1901 at a cost of £20,000. It was hyped as a glamorous addition to the town, not least for its nine acres of land, dormer windows, fine pitched roof (since replaced), healing waters from the saline spring five miles away, and interior furnishings by Heal's (then known as Heal and Son Limited). Sadly, the venture was not a success. Renamed the Longmynd Hotel, it became the headquarters of St Dunstan's, a charity for blinded ex-service personnel, in the 1940s (now known as Blind Veterans UK). Approximately 700 men and women learnt new manufacturing skills here in the hope of finding employment after WWII. You'll notice a blue plaque commemorating this historic period at the entrance, installed during the charity's centennial year in 2015. Longmynd Hotel has been part of our HF Holidays line-up since 2017.

Nowadays, you'll find 56 well-appointed guest rooms in two categories (Classic and Premium), some of which have balconies overlooking the wooded surrounds. There's also a large dining room for a wide range of dishes made with fresh and seasonal ingredients and a licensed bar – both with beautiful views across the Stretton Valley. Elsewhere, there's several comfortable lounges, a handy boot and drying room, books and games to borrow during your stay, and a Discovery Point offering a wide range of local area maps, route guides, and easy-to-follow information for self-guided walks.

## 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

Since 2022, the £3 million invested so far has established a flagship HF property. A full upgrade of all rooms is expected to be complete by April 2027 with 65% of guest rooms upgraded. Designed with your comfort in mind, Longmynd Hotel has 56 well-appointed guest rooms available in two categories: Classic and Premium.

**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.

**We love:** For more privacy, the lodges have their own terrace.

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**

| Premium single | Premium double/twin | Choose your room |
|---|---|---|
| £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 Longmynd Hotel

## 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

Longmynd Hotel
Cunnery Road
Church Stretton
Shropshire SY6 6AG

**Tel:** +44 (0)1694 722244

**GROUP TRANSFERS**

If you're travelling to or from Longmynd Hotel, Church Stretton on **Mondays** or **Fridays**, you can join our group transfer from Shrewsbury or Church Stretton train station.

If you are arriving at **Shrewsbury Train Station**, our 2027 prices are £44 per person for a return transfer or £22 per person for a single transfer.

or

If you are arriving at **Church Stretton Train Station**, our 2027 prices are £16 per person for a return transfer or £8 per person for a single transfer.

**Shrewsbury Train Station Group Transfers (Mondays or Fridays):**

Depart Shrewsbury Train Station at 3pm; arrive at Longmynd House at 3.50pm.

Depart Longmynd Hotel at 9.30am; arrive at Shrewsbury Train Station at 10.15am

**Church Stretton Train Station Group Transfers (Mondays or Fridays):**

Depart from Church Stretton Train Station at 3.40pm and arrive at Longmynd Hotel at 3.50pm.

Depart Longmynd Hotel at 9.30am and arrive at Church Stretton Train Station at 09.40am.

Places are limited so booking is essential. We recommend booking at least 14 days in advance by contacting:

**HF Holidays Sales and Support Team**

Tel: 020 3857 7758

Email: reservations@hfholidays.co.u

### By train

The nearest station is Church Stretton. Although Longmynd Hotel is less than a mile from the station, it is at the top of a steep hill and there is no taxi rank at the station. Taxis are in extremely limited supply in the Church Stretton area and drivers usually come from further afield which is reflected in fares. Please see above regarding pre-booking to join our group transfer.

Shrewsbury has more choice of trains, and you can take a taxi directly to the house from the station (see below) or pre-book to join our group transfer.

Check National Rail for train times and routes.

## By taxi

From Shrewsbury, it's a 15-mile journey taking 30 to 40 minutes.

Single journeys are approx. £45 each way, but please contact Shropshire Cars directly for confirmation.

You can pre-book a taxi from our recommended Shrewsbury-based company, Shropshire Cars (no affiliation to HF Holidays). We recommend booking any taxis, including your return journey if needed, at least seven days in advance.

**Shropshire Cars**
https://www.shropshire-cars.co.uk/

Tel: 01743 29 29 23 or WhatsApp 07379 338526
enquiries@shropshire-cars.co.uk

## By car

There's plenty of free car parking at Longmynd Hotel if you decide to drive.

Follow the A49 to Church Stretton. At the traffic lights turn off into town, then at the first junction turn left onto the High Street. Go straight over the mini-roundabout, and then take the next right onto Cunnery Road. Follow the road up the steep hill to Longmynd Hotel.

## By air

The nearest airport is Manchester International Airport.

Trains take about two hours, with a change in Crewe.

You can also fly into London Heathrow airport, but it'll take at least 4 hours to reach Shrewsbury by train.

National Rail has up-to-date routes and train times.

## LOCAL AREA

Places to visit in Shropshire Hills

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 Longmynd Hotel.

### Church Stretton

Just a 10-minute walk downhill, this market town lives up to its Little Switzerland moniker for its dramatic hills on both sides of the valley. It has retained much of its Edwardian charm, tempting with independent shops, traditional tea rooms, pubs, and restaurants.

### Ludlow

A 20-minute drive away, this attractive market town rewards with a historic town centre, beautiful period buildings, and a castle dating back to the 11th century. Visit-worthy places include St. Laurence's Church, Ludlow Museum, and Ludlow Millennium Green.

### Ironbridge Valley of Invention

A 45-minute drive away and within the heart of a UNESCO World Heritage Site, this collection of award-winning museums stretches along the River Severn. All are within six square miles of the Ironbridge Gorge, hailed as the birthplace of the Industrial Revolution.

### Severn Valley Railway

Operating steam-hauled passenger trains between Bridgnorth, Bewdley, and Kidderminster, this 16-mile journey takes you along the beautiful Severn Valley. The nearest station at Bridgnorth is a 40-minute drive from Church Stretton.

### Shrewsbury

A 30-minute drive away, Shropshire's country town charms with an imposing redbrick castle, higgledy-piggledy streets, and quirky buildings. Highlights include visiting Shrewsbury Museum & Art Gallery, relaxing in Shrewsbury Quarry, and following the Darwin Town Trail.

### Much Wenlock

A 30-minute drive away, this small Shropshire town was the birthplace Dr William Penny Brookes – the founder of the modern Olympic Games. Highlights include visiting the remains of Wenlock Priory, the site of an Anglo Saxon monastery founded in about AD 680.

### Hereford

An hour's drive away, this attractive cathedral city is home to the famous Mappa Mundi, a medieval map of the world dating from the 1300s. Further highlights include the Chained Library, the Black and White House Museum, and the life-sized Hereford Bull Statue.

## Attingham Park

A 25-minute drive away, this 18th century estate with 200 acres of parkland is managed by the National Trust. The Mansion has an evolving visitor programme and different areas of the house open throughout the year.

## Powis Castle

A 45-minute drive away, this 13th century castle, world-famous garden, and historic collection has been cared for by the National Trust since 1952. The paintings, sculptures, furniture, and tapestries on display throughout the house are rather impressive.

## Chirk Castle

Occupied as a castle and stately home for over 700 years, this fine medieval hilltop fortress is just under an hour's drive away. Highlights include the military displays, elegant state rooms, and award-winning gardens covering 5.5 acres of manicured lawns.

# SAFETY ON YOUR HOLIDAY

### Walking safety

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 where 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. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

## 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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