

7 Night Southern Lake District Family Walking Adventure

Tour Style: Family walking holidays

Destinations: Lake District, United Kingdom & England

Trip code: CNFAM-7

1, 2, 4 & 5



HOLIDAY OVERVIEW

The Southern Lake District is always a winner when it comes to family days out; not least because it gets the kids active and away from their screens. Walk through the woods to marvel at Tarn Hows, stock up on gingerbread in Grasmere, or hike to the top of the Old Man of Coniston for the most stunning of views. And when you're not busy bonding with your brood in the great outdoors, relax at Monk Coniston – our Gothic-style country house just a skip away from the sparkling shores of Coniston Water and its namesake village.

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

HOLIDAY HIGHLIGHTS

- Under 11s GO FREE
- Enjoying gentle valley strolls or conquering Wainwright's summits
- Spotting Herdwick sheep
- Discovering places that inspired children's author Beatrix Potter
- Exploring the dramatic landscapes of the Southern Lake District
- Meeting families who share your love of walking

TRIP SUITABILITY

This holiday is ideal for families with children 8+yrs. Please check you can manage the daily walks distance and ascents, detailed in your itinerary. The walking day is normally 6 to 8 hours.

This trip is graded Activity Level 1, Level 2, Level 4 and Level 5 Our Family and Easier Walks are generally on well-graded valley, fell and lakeside paths, but can be occasionally rough. Medium Walks are on good, but sometimes rocky paths, to lower summits and moorland fells; you might occasionally feel the need to use your hands. Harder Walks use steep and rough paths to mountain summits and some walks need a head for heights. Our family holidays offer the choice of up to 4 guided walks each day – you can choose an Easier Walk one day and switch to a Harder Walk the next. Our routes range from short lakeside strolls that are ideal for little legs, to challenging mountain ascents that will appeal to active teenagers.

- Adventure: each day there are opportunities to climb some of the Lake District's best peaks; ideal for active teenagers and adults
- Peace of mind: only families can book on our dedicated Family holidays - the kids get the run of the Country House in a safe environment
- Free day: on our 7 night holidays, enjoy a day without walks to get out and make the most of the nearby family-friendly attractions

ITINERARY

Day 1: Arrival Day

Enjoy a complimentary cream tea on arrival, served from 4.30pm.

Day 2: Tarn Hows And Wetherlam

Option 1 - Tarn Hows And Monk Coniston

Distance: 4 miles (7km)

Ascent: 800ft (260m)

We'll ascend through woodland to reach the picturesque Tarn Hows, a famous beauty spot. We'll circuit the tarns, enjoying the full range of majestic mountain views on offer, before descending through countryside back to Monk Coniston.

What your kids will love: Looking out for Belted Galloway cattle – their distinctive markings might just remind you of an Oreo cookie.

Option 2 - Tarn Hows And Yew Tree Farm

Distance: 6.5 miles (10km)

Ascent: 800ft (260m)

This option follows the same route to Tarn Hows, but we'll also explore the countryside a little further. Rather than complete a full circuit of the tarn, we head north on the Cumbria Way for a short section, before returning to Monk Coniston. On the way we'll pass by Yew Tree Tarn and Yew Tree Farm.

What your kids will love: Being on a film set. Yew Tree Farm starred as Beatrix Potter's home, 'Hill Top', in the 2006 film *Miss Potter*.

Option 3 - Tarn Hows And Black Crag

Distance: 8.5 miles (14km)

Ascent: 1,750ft (540m)

We'll ascend through woods and walk across open fields to Iron Keld Plantation. Then we'll traverse open fell to reach our high point of the day, the summit of Black Crag, a recognised Wainwright for anyone bagging fells. After enjoying the impressive panoramic views, we'll continue to Hollin Bank, where we join the Cumbria Way and return to Monk Coniston via Tarn Hows.

What your kids will love: Standing proud on the summit of Black Crag where the 360-degree views are breathtaking. What can you see from the top?

Option 4 - Low Tilberthwaite And Wetherlam

Distance: 8.5 miles (13.5km)

Ascent: 2,650ft (800m)

A grand day out in the mountains, our most challenging route reaches the top of Wetherlam, after a mild but exciting scramble up Wetherlam Edge.

What your kids will love: Taking on the challenge of scrambling up 'The Edge'. From the top, imagine the area busy with mining and quarrying activity in complete contrast to today's total serenity.

Day 3: Grasmere

Option 1 - Around Rydal To Grasmere

Distance: 4 miles (6km)

Ascent: 600ft (180m)

We'll stroll alongside one of the Lake District's prettiest lakes, Rydal Water, and have time to explore the grounds of Rydal Hall. It's then on to Grasmere following the route of an old coffin trail. Keep an eye out for red squirrels on the way.

What your kids will love: Paddling in Rydal Water and seeking out the grotto in the grounds of Rydal Hall. It was built by Sir Daniel Fleming in 1668 to frame the waterfalls, with Wordsworth even describing the view in his poem *An Evening Walk*.

Option 2 - Above Rydal And Grasmere

Distance: 6.5 miles (11km)

Ascent: 1,050ft (320m)

Starting from the bustling town of Ambleside we'll follow the River Rothay to Rydal passing the impressive Rydal Hall. We continue above the north shore of Rydal Water, following the same section of coffin trail as option one, but take a slightly longer route into Grasmere. This picture-perfect Lakeland village is famous for being the home of William Wordsworth.

What your kids will love: Finding William Wordsworth's grave in the village churchyard and sampling tasty Grasmere Gingerbread.

Option 3 - Helm Crag And Calf Crag

Distance: 8.5 miles (13.5km)

Ascent: 2,000ft (620m)

An opportunity to climb Helm Crag, one of the most distinctive Lakeland fells with the 'Lion and the Lamb' rock formations on the summit. We'll follow the ridge to Gibson Knott and Calf Crag before descending via Far Easedale.

What your kids will love: It's a steep climb to the top of Helm Crag, but the views over the nearby lakes are a worthy reward. Channel your inner artist and draw what you see.

Option 4 - Sergeant Man To Helm Crag

Distance: 10 miles (16km)

Ascent: 2,900ft (900m)

We'll leave the beautiful village of Grasmere and ascend to Easedale Tarn, before taking on the climb to the summit of Sergeant Man. On a clear day we'll be treated to superb views of Langdale. We follow paths across to Calf Crag, and then stride out along on a fantastic ridgeline, ticking off the tops of Gibson Knott and Helm Crag. It's then a steep descent back to Grasmere.

What your kids will love: Reaching the famous summit rock formation, the 'Lion and the Lamb' – see if you can make out their shape.

Day 4: Explore Independently

Explore Independently

Each week there's a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, play in the grounds or visit local places of interest. Here's our pick of the very best things to see and do within easy travelling distance of Monk Coniston.

Coniston Water Boating Centre

Just a skip away from Monk Coniston, the friendly team at Coniston Water Boating Centre can help get your family afloat. They have a whole host of different boats available to hire, including electric motorboats, canoes, kayaks, and paddleboards. During the holidays the centre can get very busy, so it's always best to book in advance.

Grizedale Forest

Set in the heart of the Lake District between Windermere and Coniston, explore this vast forest on two wheels or by foot. There are endless trails to discover. Keep your eyes peeled along the way for unique sculptures dotted throughout the forest. There's also a visitor centre, tearoom, adventure playground and Go Ape course onsite, so plenty to keep everyone happy.

The World of Beatrix Potter

An enchanting Lake District attraction, Beatrix Potter's magical tales of Peter Rabbit and his friends are brought to life in three dimensions. Interactive exhibits tell the story of Potter's writing and her importance to Lakeland conservation. This award-winning family attraction is not to be missed.

Day 5: Langdale

Option 1 - The Langdale Valley

Distance: 4.5 miles (7km)

Ascent: 250ft (80m)

A gentle stroll from Skelwith Bridge. We'll walk along the valley following the Cumbria Way, passing through the villages of Elterwater and Chapel Stile until we arrive at New Dungeon Ghyll.

What your kids will love: Counting the Herdwick sheep grazing in Great Langdale. Fun fact: Beatrix Potter kept and bred her own flock of Herdwicks and won prizes at various shows.

Option 2 - Langdale Waterfalls

Distance: 7 miles (11km)

Ascent: 700ft (220m)

This walk is an extension of option one. We'll join the Cumbria Way at Hollin Bank, and pass Colwith Force on our way to Skelwith Bridge. We then walk down the Langdale Valley and watch the increasingly grand scenery unfold. Keep a look out for Dippers bobbing in Great Langdale Beck.

What your kids will love: Gazing up at the spectacular waterfalls of Colwith Force and Skelwith Force.

Option 3 - Pike O'Blisco

Distance: 6.5 miles (10.5km)

Ascent: 2,050ft (640m)

Starting at the New Dungeon Ghyll, we head up on a good path beneath Side Pike, to the road col over to Little Langdale. Here we turn and continue our ascent to the rocky summit of Pike o'Blisco. We head down via Oxendale and make our way back past the Old Dungeon Ghyll Hotel.

What your kids will love: It's a steep climb to the summit, but you'll feel on top of the world as you look out from this impressive peak.

Option 4 - Crinkle Craggs And Bow Fell

Distance: 9.5 miles (15km)

Ascent: 3,200ft (980m)

Heading into Oxendale we ascend towards Red Tarn to join the classic Crinkle Craggs ridge – be prepared for rocky and rugged terrain. We then head via the col at Three Tarns to the imposing peak of Bow Fell. Our descent follows 'The Band' down to the valley.

What your kids will love: By the end of this walk, you'll have bagged two of Wainwright's finest fells – an amazing achievement.

Day 6: Windermere And Fairfield

Option 1 - Ambleside To Brockhole

Distance: 4 miles (6km)

Ascent: 840ft (250m)

Starting in Ambleside, we'll climb steadily through Skelghyll Wood, past Jenkins Crag. We'll admire the views over Windermere whilst traversing the open hillside on a good bridleway, before descending to Brockhole, the Lake District Visitor Centre.

What your kids will love: Summiting the Mountain Tower and crossing the rope bridge at Brockholes woodland playground. There's also mini-golf, zip-lining, kayaking, archery and much more. Some attractions incur a charge which is payable locally.

Option 2 - Ambleside And Troutbeck To Brockhole

Distance: 5.5 miles (9km)

Ascent: 1,150ft (350m)

From the centre of Ambleside, we'll first visit Stockghyll Force waterfall, before joining the route taken by option one. Rather than taking the more direct paths to Brockhole, we continue our walk along Robin Lane, passing by the National Trust property, Townend, on our way to the Visitor Centre.

What your kids will love: Guessing how high the water crashes down at Stochghyll Force (hint: it's 70ft).

Option 3 - Ambleside And Wansfell To Brockhole

Distance: 6.5 miles (11km)

Ascent: 1,850ft (550m)

A fabulous walk, again starting in the popular market town of Ambleside. We'll ascend the open fellside to reach the summit of Wansfell before descending gently towards Troutbeck Village. We cross fields and countryside to arrive at Brockhole.

What your kids will love: Spotting boats and swimmers in Windermere from Wansfell summit.

Option 4 - Fairfield Horseshoe

Distance: 10 miles (16km)

Ascent: 3,300ft (1,000m)

The famous Fairfield Horseshoe, one of the finest mountain walks in the Lake District. Tick off eight separate Wainwright Fells on this day of fantastic high-level walking.

What your kids will love: The bragging rights of having bagged eight separate Wainwright's on one very challenging walk.

Day 7: Coniston Fells

Option 1 - Coniston And Coppermines

Distance: 5 miles (8km)

Ascent: 720ft (220m)

We'll walk on good tracks to Miners Bridge in the Coppermines Valley, then gently descend beside Church Beck to Coniston Village. We'll continue down to the jetty on beautiful Coniston Water and have plenty of time to enjoy the lakeshore. From here it's just a short stroll through fields back to the house.

What your kids will love: Paddling on the shores of Coniston Water and seeing who can skim a stone the furthest. Don't forget to keep an eye out for the Steam Yacht Gondola.

Option 2 - Coppermines Valley

Distance: 7 miles (11km)

Ascent: 1,250ft (380m)

We'll follow in the footsteps of miners and walk further into the historic Coppermines Valley. We'll return via the jetty and lakeshore, so we won't miss out on the chance to play by the water's edge or enjoy a well-deserved ice cream.

What your kids will love: Spotting the remains of mining in the Coppermines Valley and imagining what life would have been like working as an ore picker.

Option 3 - Coppermines Valley And Levers Water

Distance: 8.5 miles (13.5km)

Ascent: 1,750ft (540m)

A slightly longer option, we'll start by walking along the shores of Coniston Water before heading up into the Coppermines Valley. We continue the climb to Levers Water and walk through Boulder Valley. Along the way we'll see plenty of mining remains and the gigantic Pudding Stone.

What your kids will love: Playing the role of a history hunter. We'll have lots of fun exploring the fells, uncovering finds, and learning facts about the Coniston copper mines.

Option 4 - Coniston Old Man And Dow Crag

Distance: 11 miles (17.5km)

Ascent: 3,250ft (980m)

Challenge yourself on this high-level route taking in two iconic mountains. It's a tough climb to the summit of the Old Man of Coniston, but there'll be lots of interest and fun along the way. We'll pass through old slate quarries and admire Low Water, a spectacular corrie tarn. After snapping a photo at the top, we'll continue to Dow Crag and descend back to the village along the Walna Scar Road.

What your kids will love: The incredible sense of accomplishment looking back towards the Old Man of Coniston, knowing you stood at the very top.

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Monk Coniston

With a desirable address overlooking Coniston Water (the inspiration for Arthur Ransome's 1930 novel, *Swallows and Amazons*), this characterful Grade II-listed house delights with lakeside and woodland walks from the doorstep, décor that stays true to the period feel, and plenty of Beatrix Potter references. While the children's author and illustrator did not live at the Monk Coniston estate (her beloved home was Hill Top, bought in 1905 with the royalties from *The Tale of Peter Rabbit*), she campaigned with the National Trust to save it from development. She then purchased the entire estate in 1930 and as the new owner she immediately sold half to the organisation, bequeathing them the other half in her will.

Country House Accommodation

Rooms

Designed with your comfort in mind, Monk Coniston has 30 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, and comfortable mattresses.

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, and comfortable mattresses.

We love: The rooms with a garden or lake view. We also love Room 9 on the first floor for its original features and beautiful views across the gardens and fields that slope down to the shores of Coniston Water.

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.

Check in & check out

You are welcome to check in from **4:00pm at the earliest**. 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.

On the day of departure, we kindly ask all guests to check out by **10:00am**. You'll be asked to settle your bill prior to leaving. You may, of course, make a charitable donation to our HF Holidays Pathways Fund if you wish. Please note that we only accept card payments.

Room supplements

Superior	Premium single	Premium double/twin
£25 pppn	£20 pppn	£20 pppn

*Views and layout reflect each properties unique character and location

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

The walking day

Prior to setting off on 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.

Food & Drink

Led by experienced chefs, we serve a wide range of dishes made with fresh and seasonal ingredients. We always aim to source the best produce available and use home-grown herbs and vegetables from our own gardens whenever possible. Additionally, we have a licensed bar with beers, soft drinks, and a superb selection of spirits. Full-board comes as standard and includes a cream tea on arrival and a hearty breakfast on departure day.

HF Holidays understands the importance of managing allergens effectively to ensure food is safe for guests with food allergies. Whilst we are always able to confidently inform guests which allergens are present in our ingredients and dishes, we are unable to guarantee absolute freedom from the 14 main allergens in our kitchens. Vegetarian and vegan menu choices are available. If you have allergies, food intolerances, or any special dietary requirements, please inform our reservation team at the time of booking.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or view the accessibility information online for [Monk Coniston](#)

TRAVEL DETAILS

Address

Monk Coniston
Coniston
Cumbria LA21 8AQ

Tel: [+44 \(0\)1539 441566](tel:+44(0)1539441566)

By Train

The West Coast mainline runs to the east of the Lake District, connecting Oxenholme (which is near Kendal),

Penrith and Carlisle with London and Glasgow. A direct train runs from Manchester to Windermere. Local trains from Oxenholme call at Kendal, Staveley and Windermere.

The nearest station to Monk Coniston is Windermere. From Windermere you can take a taxi or bus to Monk Coniston (see below).

Check National Rail for journey times and routes.

By Taxi

The journey from Windermere train station to Monk Coniston is 10 miles.

From Oxenholme, it's double that at 23 miles.

For pricing, please contact Ace Taxi directly.

Ace Taxi

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

Tel: [+44 \(0\)1539 445445](tel:+44(0)1539445445)

Email: acetaxiwindermere@gmail.com

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

*Ace Taxi is not owned or managed by HF Holidays.

By Bus

From Windermere station catch the 555 or 599 to Ambleside Kelsick Road. Change here onto the 505 to Monk Coniston. The stop is right outside our country house.

Check Stagecoach for bus times.

National Express also run coaches to Lancaster, Penrith and Carlisle where you can catch an onward bus connection into the Lake District.

By Car

Car parking is available at Monk Coniston.

Leave the M6 motorway at junction 36. Follow the A590 to Greenodd Roundabout, take the second exit and follow the A5092 before turning right onto the A5084 signposted to Torver. At the T junction turn right onto the A593 and follow into Coniston village. Turn right onto the B5286 and follow for 1.5 miles. The entrance to Monk Coniston will be on your right.

By Air

The nearest airport is Manchester International Airport.

There are direct trains every hour to Oxenholme with the journey time around 90 minutes. From here you can change to Windermere or get a taxi (we recommend pre-booking one).

National Rail have up-to-date information on times and routes.

Flying to London Heathrow airport is another option, but it'll take you at least four hours to reach Oxenholme. Take the train to London Paddington station, then the London Underground to London Euston where you can connect to the main line train to Oxenholme. The journey from here is 2.5 hours.

LOCAL AREA

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 Monk Coniston.

Coniston

About a mile from the house and easily accessed from a direct path, this small village charms with a superb position at the foot of the Old Man of Coniston and by the western shore of Coniston Water. The small town of Ambleside is a 20-minute drive away.

The John Ruskin Museum

Coniston's John Ruskin Museum charts the history of the village through exhibits focused on the people who have lived and worked here throughout the ages. It's newest treasure is the restored Bluebird K7, Donald Campbell CBE's world-record breaking Jet Hydroplane. Mr Campbell broke 4 World Water Speed records on Coniston Water and tragically died attempting his 5th when Bluebird somersaulted in January 1967. The wreckage lay at the bottom of the lake for 34 years until it was raised in 2001, finally returning home to Coniston in 2024.

Steam Yacht Gondola

Manged by the National Trust, this restored steam-powered yacht on Coniston Water was built by the Furness Railway Company in 1859. It stops at the Monk Coniston jetty at the bottom of the meadow below the house and calls at Coniston and Brantwood House.

Brantwood House

A couple of miles away, this 250-acre Lakeland estate was once home to English writer, philosopher, art critic, and social revolutionary, John Ruskin. The eight beautiful gardens were created by Ruskin, his cousin Joan Severn, and head gardener Sally Beamish.

Ravenglass & Eskdale Railway

Known locally known as La'al Ratty meaning 'little railway', this is one of England's oldest and longest narrow gauge railways dating back to 1873. A trip here can easily be combined with a walk over Muncaster Fell or to the Stanley Ghyll Waterfall.

Blackwell House

Designed by esteemed architect Mackay Hugh Baillie Scott between 1898 and 1900, this Grade I-listed building is one of the UK's finest examples of Arts & Crafts architecture. Don't miss the well-preserved interiors and the formal terraced garden.

Tarn Hows

Just a short walk away, this man-made lake was created in the mid-19th century by one of Monk Coniston's former owners, James Garth Marshall. The 1.5-mile path around the lake has been well maintained by the National Trust and is suitable for wheelchair users.

Grizedale Forest

Set right in the heart of the Lake District between Windermere and Coniston, this vast woodland is perfect for walking, mountain biking, and swinging through the trees on a Go Ape course. There's also a visitor centre with

a gift shop, tearoom, and playground.

Levens Hall & Garden

A 50-minute drive away, this privately-owned Elizabethan mansion is cherished for its award-winning topiary gardens – the oldest in the world. Inside, there's fine oak panelling, ornate plasterwork, leather wall coverings, and the earliest examples of English patchwork.

Grasmere

Best known for its William Wordsworth connections, this impossibly pretty village is a 30-minute drive away. Highlights include Grasmere Lake, Allan Bank, and the 17th century Dove Cottage - home to the Wordsworth Museum.

Windermere

The largest natural lake in England, this watery wonder measures 10.5 miles long, one mile wide, and 220 feet deep. Ferries connect Ambleside in the north to Bowness and Lakeside in the south, where you can board the Lakeside and Haverthwaite Railway.

USEFUL HOLIDAY INFORMATION

Essential 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. Fleeeces make 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

Recommended

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

Safety On Your Holiday

Who's the boss? Please note that parents are responsible for their children at all times; our leaders are not

permitted to run activities without other adults present. All leaders undergo a thorough assessment so you can relax and enjoy your holiday knowing that you are in safe hands.

On the first evening of your holiday, your leaders give a short talk about safety on walks which we would like you to attend. Walks may be changed for safety reasons and are subject to a maximum and 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 on 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>

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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