

7 Night Southern Lake District Gentle Guided Walking Holiday



Trip style:
Gentle guided walking

Destination:
📍 Lake District

Walking Grade
all 2, 3 & 5

Carbon Footprint:
🌳 238kg CO2

Holiday Overview

Perfect for those wanting to explore the Southern Lake District at a more relaxed and leisurely pace, this gentle guided walking holiday rewards with lakeside and wooded trails, big-name historic attractions, and comfortable accommodation at our country house overlooking Coniston Water. Enjoy a mix of short guided walks and time spent sightseeing. You'll also get to follow in the footsteps of Wordsworth, Ruskin, and Beatrix Potter to discover the places that stirred their imaginations.

WHAT YOU'LL LOVE

- Exploring the Coppermines Valley, rich in the Lake District's industrial heritage
- Taking a trip on the restored National Trust Steam Yacht Gondola
- Discovering the impressive Cathedral Caves
- Visiting charming Lakeland villages
- Admiring places that inspired Wordsworth, Ruskin, and Beatrix Potter
- Views of the rugged mountain landscapes and scenic lakes
- Spending time with like-minded people in the great outdoors

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

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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 Around Coniston

Option 1 – Coniston Village and Lakeshore

Distance: 4 miles (6.5km)

Ascent: 420 feet (120m)

In summary: From the doors of Monk Coniston, we follow good tracks along the Cumbria Way to the bustling village of Coniston, where we'll have free time to explore. Why not visit the Ruskin Museum to discover the history of the nearby copper mines, learn about traditional Lake District farming methods or delve into the courage of Donald Campbell as he strove to become the World Water Speed Record holder. Or you may prefer to take a lake cruise on the Steam Yacht Gondola, a rebuilt Victorian, screw-propelled, steam powered vessel. There are also plenty of independent shops and cafes to visit. After our time here, we'll walk along the lake shore and return across fields to the house.

Highlight: Coniston Water, a stunning lake with an interesting history. The late Donald Campbell tried to set world speed records on water here in the 1950s and 1960s and the Venetian style Gondola which cruises daily, has been sailing since Victorian times.

Option 2 – Miners Bridge and Lakeshore

Distance: 5 miles (8 km)

Ascent: 720 feet (220m)

In summary: 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.

Highlight: The jetty on the lake is a fantastic place to appreciate this magnificent setting.

Option 3 - Coppermines Valley and Coniston

Distance: 6 miles (9km)

Ascent: 900 feet (280m)

In summary: We walk from the house and skirt the village of Coniston to ascend into the impressive Coppermines Valley with its fascinating mining history. We then head down over the Miners Bridge, to Coniston village and on to the lakeshore, before walking the final short stretch back to the house. There will be time to explore Coniston village.

Highlight: The fascinating history of copper mining in the area is all around us on this walk.

Day 3 West Shore of Windermere

Option 1 - Hawkshead to Wray Castle

Distance: 2.5 miles (4km)

Ascent: 260 feet (80m)

In summary: Starting in the charming village of Hawkshead, the walk leads north through quiet lanes and woodland paths. We descend gently toward tranquil Blelham Tarn, where reeds fringe the water and distant fells reflect in its still surface. The trail continues through fields and forest, offering glimpses of Windermere. Soon we reach Wray Castle, a striking neo-Gothic building perched above the lake.

Highlight: This peaceful route combines natural beauty, wildlife, and a touch of history.

Option 2 - Claife to Wray Castle

Distance: 4.5 miles (7km)

Ascent: 450 feet (140m)

In summary: **Enjoy this** lakeside route through woodland and along the western shore of Windermere. Starting with stunning views from Claife Viewing Station, the trail winds through shaded paths, past tranquil bays and glimpses of the lake. Wray Castle eventually emerges through the trees—a striking neo-Gothic building surrounded by lawns and sweeping lake views to finish the walk.

Highlight: Stunning views of England's largest natural lake.

Option 3 - Claife, Hill Top and Wray Castle

Distance: 6.5 miles (10km)

Ascent: 1,000 feet (300m)

In summary: We begin at Claife Viewing Station, enjoying stunning views over Windermere before pressing onwards along peaceful lanes towards Near Sawrey. We pass Hill Top, Beatrix Potter's charming farmhouse, before continuing to Moss Eccles Tarn, a quiet, lily-fringed pond she loved to paint. We descend from Claife Heights, eventually joining the western shore of Windermere and follow the lakeside north, through gentle woodland, to reach the Gothic splendour of Wray Castle, nestled above the lake.

Highlight: A rich and varied walk through Beatrix Potter's heartland.

Day 4 FREE DAY – SOUTHERN LAKE DISTRICT

Discover more about [Monk Coniston and the local area](#) for ideas on how to make the most of your free day.

Day 5 The Langdales

Option 1 – Skelwith Bridge to Chapel Stile

Distance: 2.5 miles (4km)

Ascent: 260 feet (80m)

In summary: Our walk begins at Skelwith Bridge, following the Cumbria Way along the River Brathay. We pass the impressive Skelwith Force waterfall and continue through woodlands, enjoying views of Elterwater with the backdrop of the iconic Langdale Pikes. Arriving in Elterwater village, we follow the path through historic slate quarries to reach Chapel Stile, another picturesque village nestled in the Langdale Valley. There will be an early coach back to Monk Coniston on this walk.

Highlight: This gentle, scenic walk offers delightful views of the Langdale Valley throughout.

Option 2 – The Langdale Valley

Distance: 4.5 miles (7km)

Ascent: 320 feet (100m)

In summary: From Skelwith Bridge, the walk follows the Cumbria Way along the River Brathay and past the tranquil Elterwater lake. We then pass through the charming villages of Elterwater and Chapel Stile. Following Great Langdale Beck the valley opens up before us as we experience increasingly grand scenery on our way to New Dungeon Ghyll.

Highlight: The walk combines gentle rural paths with stunning Lakeland views, a rewarding journey through classic Lake District landscapes.

Option 3 – Little Langdale to New Dungeon Ghyll

Distance: 6 miles (9km)

Ascent: 580 feet (180m)

In summary: We descend into the beautiful valley of Little Langdale, where we visit striking Cathedral Cave, a dramatic former slate quarry and charming Slater's Bridge, an iconic 17th-century packhorse crossing over the River Brathay. From here, we cross into Great Langdale, joining the Cumbria Way and follow the river upstream, enjoying views of the Langdale Pikes, until we reach the New Dungeon Ghyll Hotel at the foot of the Pikes.

Highlight: The spectacular natural and manmade beauty of Little Langdale.

Day 6 Sizergh Castle and Scout Scar

Option 1 - Sizergh Castle

Distance: 2.5 miles (4km)

Ascent: 260 feet (80m)

In summary: Starting at Sizergh Castle, this peaceful walk winds through lush parkland and ancient woodland before joining a quiet green lane to Helsington Church. This small, secluded church is a perfect resting place, with panoramic vistas over the Lyth Valley to distant Lakeland. We return through woodland and pasture to the castle. We will have time to explore Sizergh Castle gardens (free to NT members) before we will get a coach transfer to Kendal where we spend a couple of hours enjoying sights of the Auld Grey Town.

Highlight: Sizergh Castle is an historic stately home with rich interiors, stunning gardens, and centuries of Strickland family heritage.

Option 2 - Scout Scar

Distance: 5.5 miles (9km)

Ascent: 750 feet (240m)

In summary: From Sizergh Castle, we follow quiet lanes and field paths to Helsington Church. Climb gradually to reach the limestone escarpment of Scout Scar, rewarded with sweeping views over the Lyth Valley, Morecambe Bay, and the distant Lakeland fells. We will pause at "The Mushroom" Shelter for panoramic vistas before descending towards Kendal through open fell and woodland trails, eventually reaching the centre of the Auld Grey town.

Highlight: Magnificent 360-degree views of the Cumbrian Fells from the "Mushroom" Shelter on Scout Scar.

Option 3 - Scout Scar and Cunswick Scar

Distance: 7.5 miles (11.5km)

Ascent: 1,000 feet (300m)

In summary: We walk from Sizergh Castle up to the glorious viewpoint at Helsington Church. Here we will enjoy sweeping views over the Lyth Valley before joining the path up to Scout Scar. A gentle climb brings you to the Mushroom Shelter, a perfect spot to pause and admire the Lake District fells. Follow the escarpment north along the limestone ridge, with panoramic views to the west. We continue over Cunswick Scar, where the open fell offers quiet beauty and glimpses of Kendal in the distance, our final destination.

Highlight: Enjoy expansive views of the Lyth Valley and Lakeland Fells as you wander along the edge of the Scars.

Day 7 Grasmere and Rydal

Option 1 - Grasmere

Distance: 3.5 miles (5.5km)

Ascent: 380 feet (120m)

In summary: Starting at White Moss, the walk to Grasmere follows a peaceful woodland path beside the western shore of Grasmere lake. The trail winds gently through trees, offering occasional views across the water to Loughrigg Fell. As the path opens out near the lake's edge, the scenery becomes more dramatic. Eventually, you emerge near Grasmere village, with its charming cafes and the famous Wordsworth connections.

Highlight: Picture perfect scenery abounds on this quintessential Lakeland amble.

Option 2 - Rydal and Grasmere

Distance: 4 miles (6.5km)

Ascent: 600 feet (180m)

In summary: From White Moss, we cross between the two lakes of Grasmere and Rydal, to enjoy a lovely path along the south shore of Rydal Water. This then brings us to Rydal Village with its Hall and beautiful grounds. After exploring we then take the 'Coffin Route' on to the pretty village of Grasmere. Here we have plenty of time to take in the surrounds and learn more about William Wordsworth, with options (payable locally) including a visit to Dove Cottage and the famous Grasmere Gingerbread shop.

Highlight: The stunning waterfall in the grounds of Rydal Hall. The artists' grotto at the bottom of the falls has a window which frames the falls perfectly.

Option 3 - Grasmere and Rydal Round

Distance: 6 miles (9.5km)

Ascent: 900 feet (280m)

In summary: This walk is a charming loop from Grasmere village of both Grasmere and Rydal Water. We leave the village via the Red Bank road to join the lake path. We follow this route to Rydal village passing the atmospheric Rydal Cave before continuing to Rydal village via Rydal Hall and its grounds. The 'Coffin Route' takes us back to Grasmere.

Highlight: Impressive Rydal Cave, a man made relic of the slate mining history in the area.

Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

Daily Walk Options



Gentle walking grade 2

Full or half-day gentle walks on good paths, with plenty of time for rest stops, views, and places of interest. Typically, 3-5 miles (5-8km) with around 350ft (100m) of ascent with few or no stiles.

**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.

**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.

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.

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

• 30 well-appointed guest rooms • Exclusive occupancy: 40 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 • 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 • Lounge • Garden with putting green and croquet lawn • Activity barn • Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point



Food & drink

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

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.

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 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.

Room supplements

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

*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) or view the accessibility information online for [Monk Coniston](#)

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) 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: This email address is being protected from spambots. You need JavaScript enabled to view it.

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.

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

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. Fleeces 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

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 (hyrostatic 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

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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