

7 Night Southern Lake District Guided Walking Holiday

Tour Style: Guided walking

Destinations: Lake District, United Kingdom & England

Trip code: CNBOB-7

2, 3 & 5



HOLIDAY OVERVIEW

Adored for its magnificent fells, wooded hills, postcard-pretty villages, and stunning views, the Southern Lake District never fails to impress. This guided walking holiday rewards with lakeside and woodland trails, visit-worthy historic attractions, and comfortable accommodation in our country house overlooking Coniston Water. You'll find plenty of sightseeing greats nearby, including Lake Windermere - the largest natural lake in England at 10.5 miles long, one mile wide, and 220 feet deep.

WHAT'S INCLUDED

- 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, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders

- Choice of up to three 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

- Enjoying the dramatic landscapes of the Southern Lake District
- Exploring places that inspired William Wordsworth and Beatrix Potter
- Visiting charming Lakeland villages
- Spending time with like-minded people in the great outdoors
- Finding new routes and places to explore with your HF Holidays Leader
- Staying at Monk Coniston, our Grade II-listed country house

TRIP SUITABILITY

This trip is graded Activity Level 2, 3 and 5.

Our best-selling **Guided Walking** holidays run throughout the year - with their daily choice of up to 3 walks, these breaks are ideal for anyone who enjoys exploring the countryside on foot. Perhaps choose an Easier walk, then build up to something more challenging as your holiday progresses.

ITINERARY VERSION 1

Day 1: Arrival Day

You're welcome to check in from 4pm onwards. Enjoy a complimentary cream tea on arrival.

Day 2: Tarn Hows And Wetherlam

Option 1 - Tarn Hows And Yew Tree Farm

Distance: 6.5 miles (10km)

Total ascent: 800 feet (260m)

In summary: Explore the charming countryside surrounding Monk Coniston and visit the picturesque Tarn Hows, a famous beauty spot.

Highlight: The picturesque views around Tarn Hows look like they are straight out of the pages of a Victorian tourist guide.

Option 2 - Tarn Hows And Hole Rake

Distance: 8 miles (13km)

Ascent: 1,775 feet (540m)

In summary: We head out of the House, up through Hill Fell Plantation, to reach the picturesque Tarn Hows. From above the tarn, we then take a quiet path down to view the iconic Yew Tree Farm. Onto a bridleway and a short section of road, before we cut up across the hillside, over a couple of short rocky sections, on to the deep chasm of Tilberthwaite Gill. We ascend above the gill to near the top, where we turn into the hanging valley of Hole Rake on the flank of Wetherlam. This eventually brings us down into the Coppermines Valley, on down through the village and back to the House.

Highlight: A broad loop taking in the village, impressive mountain scenery, a gorge, waterfalls and 'must-see' local sights of Yew Tree Farm and Tarn Hows.

Option 3 - Wetherlam

Distance: 8½ miles (13.5km)

Ascent: 2,700 feet (820m)

In summary: Ascend via Tilberthwaite Gill and a mild but exiting scramble to the summit of Wetherlam, before descending via the disused workings of the Coppermines Valley.

Highlight: The ascent to the top of Wetherlam is rugged in places; but with luck you'll get to enjoy a view of many of the other peaks visited later in your holiday.

Day 3: Loughrigg And Ambleside Fells

Option 1 - Loughrigg Circular

Distance: 7½ miles (12km)

Ascent: 1,200 feet (360m)

In summary: A delightful contouring circuit of Loughrigg Fell with extensive views of four lakes and the surrounding mountains. This walk finishes in the popular Lake District town of Ambleside.

Highlight: The immense Rydal caves, with their wonderful views over Rydal Water and Nab Scar beyond.

Option 2 - Wansfell Pike And Troutbeck

Distance: 7½ miles (12km)

Ascent: 2,200 feet (680m)

In summary: A circular walk from Ambleside, this walk starts with a steep ascent up the side of Wansfell Pike. From here it is generally downhill to Troutbeck and then back around the corner of the fell to Ambleside via Skelghyll woods and Jenkins Crag.

Highlight: The views on a clear day from the top of Wansfell Pike are stunning. Almost all of the ten miles of lake Windermere are visible to the south, and the ridges of Red Screes and Fairfield extend to the north, a real feeling of being amongst some of the big giants of the Lake District fells.

Option 3 - Red Screes And Dove Crag

Distance: 11½ miles (18km)

Total ascent: 3,600 feet (1,100m)

In summary: A challenging circuit taking in Red Screes and Dove Crag, returning to Ambleside over High Pike and Low Pike. The ascent of Red Screes entails a steep scramble.

Highlight: With four 'Wainwright' summits to bag, this is a great high level route for a keen walker.

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: Hawkshead And Coniston Fells

Option 1 - Hawkshead

Distance: 7.5 miles (12km)

Ascent: 1,200 feet (380m)

In summary: A figure of 8 walk visiting the iconic beauty spot Tarn Hows, then across fields and open fell to the pretty village of Hawkshead.

Highlight: Hawkshead with its myriad of narrow alleyways. The countryside that inspired Beatrix Potter.

Option 2 - Torver And Coniston Water

Distance: 10½ miles (16.5km)

Ascent: 1,750 feet (540m)

In summary: Head for Coppermines Valley and walk the lower slopes of Coniston Old Man to reach the old trading route known as Walna Scar. Head on towards Torver then drop down to Coniston Water and walk the shoreline back to the house.

Highlight: Hear the water lapping on the shore as you gaze over the water to the mountains beyond.

Option 3 - Coniston Old Man And Dow Crag

Distance: 11 miles (17.5km)

Ascent: 3,250 feet (980m)

In summary: A high level route taking in two iconic mountains.

Highlight: From the top of Coniston Old Man, the views across Goats Water take in the magnificent eastern crags of Dow Crag, thought by many to be the second most impressive rock structure in the Lake District.

Day 6: Langdales

Option 1 - The Langdale Valleys

Distance: 7½ miles (12km)

Ascent: 1,300 feet (400m)

In summary: Walk along the peaceful valley of Little Langdale with its waterfalls and iconic Slaters Bridge. We pass Blea Tarn, then descend into the larger neighbouring valley of Great Langdale.

Highlight: Beautiful Blea Tarn, with its impressive views of some of the Lake District's most famous peaks.

Option 2 - Above Langdale

Distance: 8½ miles (14km)

Total ascent: 2,000 feet (600m)

In summary: Ascend to the great viewpoints of Side Pike and Lingmoor on the Langdale skyline. We descend to Elterwater Village to join the Cumbria Way along the base of this immense glacial valley.

Highlight: 'Threading the needle' (squeezing through a narrow fissure) to reach the summit of Lingmoor, and its classic view of the Langdale Pikes.

Option 3 - Crinkle Crag And Bow Fell

Distance: 9½ miles (15km)

Ascent: 3,200 feet (980m)

In summary: Heading into Oxendale we ascend towards Red Tarn to join the classic Crinkle Crag ridge, including the famous 'Bad Step' to our first summit. 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 for a well earned drink.

Highlight: There is a great sense of achievement in scaling two of Wainwrights finest fells, on this challenging but rewarding day.

Day 7: Grasmere Fells

Option 1 - Grasmere And Easedale

Distance: 6½ miles (10.5km)

Ascent: 950 feet (300m)

In summary: Starting from the village of Grasmere we'll walk to Easedale Tarn, an impressive glacial lake.

Highlight: There's time to explore Grasmere, famous as the home of poet William Wordsworth. Don't forget to seek out the poet's grave in the village churchyard, or sample the famous (and very tasty) Grasmere Gingerbread.

Option 2 - Helm Crag And Calf Crag

Distance: 8½ miles (13.5km)

Ascent: 2,000 feet (620m)

In summary: 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.

Highlight: It's a steep climb to the top of Helm Crag, but you'll be rewarded with great views over Grasmere.

Option 3 - Sergeant Man To Helm Crag

Distance: 10 miles (16km)

Ascent: 2,900 feet (900m)

In summary: We leave the beautiful village of Grasmere and start the climb towards Easedale Tarn and then Sergeant Man. From Sergeant Man we follow paths across to Calf Crag, before a fantastic ridge takes us to Gibson Knott and Helm Crag. A steep descent then takes us to a well earned rest in Grasmere.

Highlight: Enjoy the superb views into Langdale from Sergeant Man, as well as exploring several Wainwrights along this great walk.

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

The nearest mainline station is Oxenholme which may be more convenient for you, however there are no direct buses from Oxenholme to Monk Coniston. There are frequent trains from Oxenholme to Windermere.

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

The 505 takes you directly from Windermere station to Monk Coniston, taking about 50 minutes. The stop is right outside Monk Coniston.

Check Stagecoach for bus times.

By Car

Car parking is available at Monk Coniston.

If travelling from the south, you'll need to 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.

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

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 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. 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.

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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