

7 Night Western Yorkshire Dales Guided Walking Holiday

Tour Style: Guided walking

Destinations: Yorkshire Dales, United Kingdom & England

Trip code: SDBOB-7

2, 3 & 4



HOLIDAY OVERVIEW

A superb introduction to the Western Yorkshire Dales, this guided walking holiday rewards with sweeping views, countryside walks, and comfortable accommodation in Sedbergh – the Cumbrian market town treasured for its cobbled streets, public school, artisan shops, and bookshops. You'll have the Yorkshire Dales National Park on your doorstep as well as Howgill Fells - the small group of hills adored by legendary fellwalker, illustrator, and guidebook author Alfred Wainwright.

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

- Exploring the landscape of the Western Yorkshire Dales on foot
- Discovering high peaks, rugged dales, and quaint market towns
- Hunting for second-hand books in Sedbergh's shops and cafés
- Spending time with like-minded people in the great outdoors
- Finding new routes and places to explore with your HF Holidays Leader
- Staying at Thorns Hall, our Grade II-listed manor house

TRIP SUITABILITY

This trip is graded Activity Level 2, 3 and 4,. Explore the beautiful Yorkshire Dales and Howgill Fells on our guided walks. We offer a great range of walks to suit everyone - including gentle walks along the green valleys, as well as opportunities to climb to the summits of Ingleborough, Whernside and the Howgill Fells. Join our friendly and knowledgeable guides who will bring this stunning corner of the national park to life.

Our experienced guides offer the choice of up to three different walks each day. Choose the option which best suits your interests and fitness. We provide flexible holidays. Join our guided walks, explore independently, or relax at Thorns Hall.

ITINERARY VERSION 1

Day 1: Arrival Day

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

Day 2: The Howgill Fells And Sedbergh

Option 1 - Rawthey Valley

Distance: 7 miles (11.5km)

Ascent: 750 feet (220m)

In summary: Explore the green valleys around Sedbergh on this circular walk. We'll head through the fields into Garsdale and then return beside the Clough River and River Rawthey.

Highlight: Towards the end of the walk we'll pass Farfield Mill. This lovingly restored Victorian woollen mill that now hosts a heritage centre.

Option 2 - Over The Howgills

Distance: 9 miles (14.5km)

Ascent: 1,850 feet (580m)

In summary: This circular walk from Sedbergh ascends to the summit of Arant Haw in the Howgill Fells. We then descend over the Nab to join the Dales Way and return to Sedbergh passing the Brigflatts Quaker Meeting House and the River Rawthey.

Highlight: An opportunity to get high onto the Howgill Fells; a beautiful upland area of rolling grassy hills.

Option 3 - The Calf

Distance: 10.5miles (17km)

Ascent: 2750 feet (840m)

In summary: After a valley walk along the Rawthey Valley we'll ascend steeply past the Cautley Spout waterfall onto the Howgill Fells. We'll head to The Calf, the highest point of the Howgills, before a glorious descent along the ridge to Sedbergh.

Highlight: The classic Howgills walk where you'll get to experience this stunning landscape and soak up the views of the Yorkshire Dales and the Lake District.

Day 3: Upper Swaledale

Option 1 - Keld And Muker

Distance: 7 miles (11.5km)

Ascent: 950 feet (300m)

In summary: Discover the delightful upper reaches of Swaledale. We'll follow the valley from Thwaite to Keld, returning past the waterfall of East Gill Force and the centuries-old lead mine at Crackpot Hall.

Highlight: The small villages of Keld and Muker have a timeless quality with their traditional farms and historic churches.

Option 2 - Upper Swaledale

Distance: 8 miles (12.5km)

Ascent: 1,250 feet (380m)

In summary: Walk over Black Hill between Thwaite and Keld, then follow the upper Swale valley to Muker, finishing along a spectacular terrace above the river.

Highlight: The upper reaches of Swaledale are particularly attractive with tranquil scenery and charming sleepy villages.

Option 3 - Great Shunner Fell

Distance: 11 miles (17.5km)

Ascent: 1,800 feet (560m)

In summary: Cross the hills from Wensleydale to Swaledale. Our highest point is the summit of Great Shunner Fell, from where we descend following the Pennine Way to the village of Muker.

Highlight: Choose a clear day and you'll be rewarded with a panoramic view over the Yorkshire Dales to the Lake District fells in the distance.

Day 4: Free Day

Discover more about [Thorns Hall and the local area](#) for ideas on how to fill your free day.

Day 5: Mallerstang Valley & Wild Boar Fell

Option 1 - The Upper Eden Valley

Distance: 7 miles (11km)

Ascent: 450 feet (140m)

In summary: Follow the Upper Eden valley to the market town of Kirkby Stephen. We'll pass the ruins of Pendragon Castle, which according to legend was built by Uther Pendragon, King Arthur's father.

Highlight: The Mallerstang Valley is home to a colony of red squirrels. If you're lucky you may get to spot one of these illusive creatures.

Option 2 - Lady Anne's Way

Distance: 10½ miles (16.5km)

Ascent: 750 feet (240m)

In summary: Descend through the Mallerstang Valley from Aisgill to Kirkby Stephen. We'll follow Lady Anne's Way along the valley side, then alongside the River Eden to Pendragon Castle and Stenkrith Falls.

Highlight: Our walk follows the Settle to Carlisle Railway; England's most scenic line.

Option 3 - Wild Boar Fell

Distance: 11 miles (18km)

Ascent: 1,850 feet (560m)

In summary: Ascend to the high moorland summits of Swarth Fell and Wild Boar Fell, before crossing a patchwork of fields to the village of Ravenstonedale.

Highlight: This is a real 'away from it all' walk through beautiful upland scenery.

Day 6: Rivers Rawthey & Dee With Aye Gill Pike

Option 1 - Shadow Of The Howgills

Distance: 6 miles (10km)

Ascent: 700 feet (220m)

In summary: The walk starts by crossing a patchwork of fields beneath the Howgills, before more fields south of the River Rawthey. This is followed by a good path on the open fell and a short section of The Dales Way back to Sedbergh.

Highlight: A walk which offers the prospect of great views of the Howgills throughout.

Option 2 - Circuit To Dentdale

Distance: 8.5 miles (13.5km)

Ascent: 950 feet (300m)

In summary: The walk goes over the modest Frostrow Fells before descending to delightful Dentdale, and a

section beside the River Dee. Part of The Dales Way is now joined for the return to Sedbergh.

Highlight: The peace and tranquility of Dentdale.

Option 3 - Aye Gill Pike

Distance: 11 miles (17.5km)

Ascent: 1,750 feet (540m)

In summary: A well-graded ascent, albeit with the prospect of some boggy sections, leads to the summit of Aye Gill Pike. The descent is into Garsdale, before walking beside the Rivers Clough & Rawthey back to Thorns Hall.

Highlight: The descent affords fantastic views towards the Howgills and beyond.

Day 7: Smardale, Howgills & Ravenstonedale

Option 1 - Smardale Gill

Distance: 7 miles (11km)

Ascent: 900 feet (280m)

In summary: Head over Smardale Fell to Smardale Hall, then along the valley side and across the viaduct back to Ravenstonedale.

Highlight: The valley of Smardale Gill is an unexpected delight crowned by the majestic viaduct of the old Darlington to Tebay railway.

Option 2 - Potts Valley & Smardale

Distance: 9½ miles (15km)

Ascent: 1,350 feet (400m)

In summary: From Newbiggin-on-Lune we head into Potts valley to Crosby Garrett returning via Smardale Gill and crossing the impressive grade 2 listed viaduct.

Highlight: Smardale Gill is a National Nature Reserve; a classic limestone habitat that is rich with butterflies, wild flowers and birds.

Option 3 - Yarlside & Randygill Top

Distance: 9½ miles (15km)

Ascent: 2,560 feet (780m)

In summary: Journey over Yarlside and Randygill top, these quieter upland sections of the Howgills lead to a gentle descent and through farmlands to finish in Ravenstonedale.

Highlight: The rolling grassy uplands of the Howgill fells.

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Thorns Hall

Delivering on all fronts for countryside lovers, this cosy Grade II-listed manor house is just a skip away from Sedbergh – the Cumbrian market town treasured for its cobbled streets, public school, artisan shops, and bookshops (it's known as England's official book town for good reason). You'll also have the Yorkshire Dales National Park on your doorstep as well as the Howgill Fells - the small group of hills adored by legendary fellwalker, illustrator, and guidebook author Alfred Wainwright. The walking opportunities here are outstanding, but if you fancy travelling further afield there's Kendal (home of the mint cake), Hawes, Wensleydale, Appleby-in-Westmorland, and Lake Windemere all within easy driving distance.

Country House Accommodation

Rooms

Designed with your comfort in mind, Thorns Hall has 25 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 spacious Room 25 for its ground floor setting, brick fireplace, comfy seating, large bed, and gorgeous views of the gardens. Room 4 is large and airy while the cosier Room 13 has an exposed wood ceiling and courtyard view.

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	Choose your room
£25 pppn	£20 pppn	£20 pppn	£30 per room

*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 [Thorns Hall](#)

TRAVEL DETAILS

Address

Thorns Hall
Cautley Road
Sedbergh
Cumbria LA10 5LE

Tel: [+44 \(0\)1539 620973](tel:+44(0)1539620973)

By Train

The nearest station is Oxenholme, Lake District, on the main line between London and Glasgow.

Check National Rail for routes and journey times.

By Shared Transfer

If you're travelling to or from Thorns Hall on Mondays or Fridays or over the festive period, you can join our group transfer from Oxenholme Railway Station.

2024 prices are £40 per person for a return transfer or £20 per person for a single transfer. 2025 prices are £50 per person for a return transfer or £25 per person for a single transfer.

Outward journey: Depart Oxenholme Railway Station at 16:30; arrive at Thorns Hall at 17:10.

Return journey: Depart Thorns Hall at 09:30; arrive at Oxenholme Railway Station at 10:10.

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: [+44 \(0\)203 974 8865](tel:+44(0)2039748865)

Email: reservations@hfholidays.co.uk

By Taxi

The journey from Oxenholme station to Thorns Hall is 10 miles and will take about 20 minutes.

For pricing, please contact Woofs of Sedbergh directly.

Woofs of Sedbergh

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

Tel: [+44 \(0\)1539 620414](tel:+44(0)1539620414)

Email: woofs.sedbergh@outlook.com

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

*Woofs of Sedbergh is not owned or managed by HF Holidays.

By Car

There's a car park available at Thorns Hall if you decide to drive.

Leave the M6 at junction 37 and follow the A684 eastbound for five miles to Sedbergh. At Sedbergh follow the road into Finkle Street (avoiding the main street), then almost immediately turn left at a small roundabout into Back Lane. At the next mini roundabout turn onto the A683 following signs to Kirkby Stephen. Thorns Hall is 100 yards on the left.

By Air

The nearest airport is Manchester International Airport.

There are direct trains every hour to Oxenholme with the journey taking around 90 minutes. From Oxenholme station you can complete the journey to Sedbergh by taxi.

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

Flying to London Heathrow airport is another option, but it'll take you at least four hours to reach Oxenholme. Catch 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 Thorns Hall.

Sedbergh

A few minutes' walk away, this Cumbrian market town is treasured for its cobbled streets, public school, and bookshops (it became England's Book Town in 2003). Just down the road is the Farfield Mill Arts, a crafts and heritage centre housed in a Victorian woollen mill.

Kendal

Home of Romney's Kendal Mint Cake which was made famous on 29 May 1953 when it was carried on the first successful summit of Mount Everest by Sir Edmund Hillary and Sirdar Tenzing, this market town is a 20-minute drive away.

Sizergh Castle

A 25-minute drive away, this 1,600-acre estate delights with ancient woodland, an award-winning limestone rock garden, and a boating lake. Built by the Strickland family in 1350, the house has turrets, battlements, a collection of family paintings, and oak-panelled interiors.

Levens Hall & Garden

A 30-minute drive away, this privately-owned Elizabethan mansion is most 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.

Settle To Carlisle Railway

This 73-mile-long railway route crosses regions of the Yorkshire Dales and the North Pennines. Head south for the Ribbleshead Viaduct as well as Settle, Skipton and Saltaire – or head north for Appleby. The nearest station is Garsdale, a 20-minute drive away.

Hawes & Wensleydale

A 30-minute drive through the Yorkshire Dales takes you to the Hawes, the market town of Upper Wensleydale. From here you can continue through to Wensleydale, the wide open valley famous for its historic villages, traditional markets and crafts, and plentiful cheeses.

Lake District

A 40-minute drive away, the Lake District in the heart of Cumbria has been adored by poets, painters, and literary giants for centuries. It spoils first-timers and returning visitors with charming villages, tumbling waterfalls, impressive peaks, and shimmering bodies of water.

Lake Windemere

An hour's drive away, this watery wonder measures 10.5 miles long, one mile wide, and 220 feet deep.

Whether you start your journey in Bowness, Ambleside, or Lakeside, there are plenty of cruise operators offering old-fashioned steamers or modern sightseeing vessels.

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. 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

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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