

# 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

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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

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- 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

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- 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

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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 2

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### Day 1: Arrival Day

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

### Day 2: The Howgill Fells And The Lune Valley

#### Option 1 - Dales Way

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

**Ascent:** 500 feet (160m)

**In summary:** A delightful walk alongside the River Lune following the Dales Way. We'll then cross the fields to Brigflatts church and Sedbergh.

**Highlight:** Discover the attractive and tranquil scenery of the Lune Valley. Our walk ends back in Sedbergh where you might like to visit one of the historic pubs or explore the town's celebrated bookshops.

#### Option 2 - Above The Lune Valley

**Distance:** 9½ miles (15.5km)

**Ascent:** 650 feet (200m)

**In summary:** Walk above the Lune Valley and visit Fox's Pulpit. Having descended to the River Lune we'll return to Sedbergh along the Dales Way beside the River Rawthey.

**Highlight:** Fox's Pulpit is a rocky outcrop where George Fox, the founder of the Quakers preached. From here

there's a beautiful view across the valley to the Howgill Fells.

### Option 3 - Howgill Traverse

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

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

**In summary:** A fantastic north to south traverse across the Howgill Fells. Walking high in the hills for most of the day we'll follow the undulating ridge over Hazelgill Knott to the summit of The Calf, then continue onwards along the ridge to Sedbergh.

**Highlight:** The Calf is the highest point in the Howgills and enjoys a great view over the Yorkshire Dales and the Lake District mountains.

## Day 3: Rawthey Valley, Howgills And Middleton Fell

### 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 - Crook And Winder

**Distance:** 5.5 miles (9km)

**Ascent:** 1,750 feet (540m)

**In summary:** Ascending Settlebeck Gill behind Thorns Hall we take a contouring route to the subsidiary top of Crook. We then continue to the summit of Winder, followed by a well tracked descent and return to the House.

**Highlight:** Capped with a trig point Winder is iconic from a Sedbergh perspective, and is included in Sedbergh School cross country runs.

### Option 3 - Middleton Fell

**Distance:** 11 miles (17.5km)

**Ascent:** 2100 feet (640m)

**In summary:** The Dales Way takes us into Dentdale before ascending to Combe Top on the long ridge of Middleton Fell. Looking across to the nearby summits we return by good paths over the open fell to reach Sedbergh.

**Highlight:** The climb up to Combe Top should offer dramatic views of Combe Scar.

## Day 4: Free Day

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

## Day 5: Dentdale

### Option 1 - Along Dentdale

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

**Ascent:** 500 feet (140m)

**In summary:** Follow the Dales Way along Dentdale, through the village of Dent to Sedbergh. Our route follows the River Dee for most of the day before a gentle ascent over the hill to Sedbergh.

**Highlight:** We'll explore the small village of Dent, peacefully situated at the head of the valley, and discover the story of its 'terrible knitters.'

### Option 2 - Above Dentdale & Aye Gill Pike

**Distance:** 9.5 miles (15km)

**Ascent:** 1,250 feet (380m)

**In summary:** Walk high on the moors above above Dentdale to Rise Hill and Aye Gill Pike. Our route then descends gradually along the grassy ridge to Sedbergh.

**Highlight:** Enjoy the panoramic views over Sedbergh and the Howgill Fells as you descend from Aye Gill Pike.

### Option 3 - Whernside

**Distance:** 10½ miles (16.5km)

**Ascent:** 1950 feet (600m)

**In summary:** Ascend from Dentdale onto the lofty summit of Whernside. We descend by Deepdale and follow the River Dee into Dent.

**Highlight:** Whernside is the highest of the Yorkshire Three Peaks with excellent views of the Pennines, the Lake District and the Ribbleshead Viaduct.

## Day 6: Duffton, High Cup Nick And Appleby

### Option 1 - Eden Valley

**Distance:** 7.5 miles (11.5km)

**Ascent:** 650 feet (200m)

**In summary:** Walk through the rich green pastures of Cumbria's Eden Valley on this walk from Duffton to Appleby. Our route includes the magical wooded valley of Duffton Ghyll.

**Highlight:** Our walk connects the charming fell side village of Duffton, with the historic market town of Appleby-in-Westmorland.

### Option 2 - Around Duffton Pike

**Distance:** 10 miles (16.5km)

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

**In summary:** Head onto the lower slopes of the North Pennines on our walk around the shapely summit of Duffton Pike. We then head through the fields of the Eden Valley to Appleby.

**Highlight:** Enjoy great views back to High Cup Nick, then celebrate the completion of your walk with refreshments in one of Appleby's historic pubs or cafes.

### Option 3 - High Cup Nick

**Distance:** 9½ miles (15km)

**Ascent:** 1,850 feet (560m)

**In summary:** Follow the Pennine Way from Duffton to the magnificent High Cup Nick. Our route takes us around the rim of this deep cut valley before a descending back to Duffton.

**Highlight:** High Cup Nick is an immense 'U-shaped' valley carved into the slopes of the North Pennines - a dramatic natural feature.

## Day 7: River Dee And Bram Rigg

### Option 1 - River Dee And Briggflatts

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

**Ascent:** 600 feet (200m)

**In summary:** Via the village of Millthorpe we head into Dentedale to walk beside the River Dee. We then cross the River Rawthey to visit the Quaker Meeting House at Briggflatts and the return to Sedbergh.

**Highlight:** The Quaker Meeting House is not only of historic interest, but coupled with its garden, is a place for quiet reflection.

### Option 2 - The Dales Way And River Rawthey

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

**Ascent:** 1,000 feet (320m)

**In summary:** Walk along the base of Winder, before descending towards the River Lune and The Dales Way, which is followed to Millthorpe Bridge. From here it is a short walk back to Thorns Hall.

**Highlight:** Views of the Lune Valley, followed by beautiful walking beside the River Rawthey.

### Option 3 - Bram Rigg Top And Great Dummocks

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

**Ascent:** 2,700 feet (820m)

**In summary:** An unusual West-East traverse of the Howgills, which includes a steep ascent to Bram Rigg Top. The descent is via the attractive Fawcett Bank Rigg, where the gradient steepens shortly before reaching the Rawthey Valley en route to Thorns Hall.

**Highlight:** The descent offers wonderful views south towards Sedbergh and beyond.

## 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

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### 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](mailto: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](mailto: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

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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

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### 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

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These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be

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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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