

# 7-Night Western Yorkshire Dales Tread Lightly Guided Walking Holiday

**Tour Style:** Tread Lightly

**Destinations:** Yorkshire Dales & England

**Trip code:** SDSUS-7

2, 3 & 4



## HOLIDAY OVERVIEW

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We are all well-versed in 'leaving no trace' but now we invite you to join us in taking it to the next level with our new Tread Lightly walks. We have pulled together a series of spectacular walks which do not use transport, reducing our carbon footprint while still exploring the best landscapes that the Western Yorkshire Dales have to offer. You will still enjoy the choice of three top-quality walks of different grades as well as the warm welcome of a HF country house, all with the added peace of mind that you are doing your part in protecting our incredible British countryside. Snuggled between the much-loved Lake District and the charming Yorkshire Dales lies the hidden beauty of the Howgill Fells. This corner of the Yorkshire Dales National Park offers high peaks, rugged dales, quaint market towns and sweeping panoramas, all of which can be enjoyed on our Guided Walking holidays.

## WHAT'S INCLUDED

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- High quality en-suite accommodation in our country house
- Full board from dinner upon arrival to breakfast on departure day
- 5 days guided walking; 1 free day
- Use of our comprehensive Discovery Point
- Choice of up to three guided walks each walking day
- The services of HF Holidays Walking Leaders

## HOLIDAYS HIGHLIGHTS

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- Head out on guided walks to discover the varied beauty of the Yorkshire Dales on foot
- Let an experienced leader bring classic routes and offbeat areas to life
- Visit charming Dales villages
- Look out for wildlife, find secret corners and learn about the Dales' history
- Evenings in our country house where you share a drink and re-live the day's adventures

## 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, Wharfedale 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

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### Day 1: Arrival Day

You're welcome to check in from 4pm onwards.

Enjoy a complimentary Afternoon Tea on arrival.

### Day 2: The Howgill Fells & Sedbergh

#### Option 1 - Rawthey Valley

Distance: 7 miles (11.5km)

Ascent: 700 feet (220m)

**In summary:** Explore the green valleys around Sedbergh on this circular walk. We'll head through the fields onto the lower slopes of the Howgills, then return beside the River Rawthey.

**Highlight:** Towards the end of the walk we'll stop at 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 along 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:** 10.5 miles (17km)

**Ascent:** 2,750 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: The River Lune & Howgills**

### **Option 1 - Along The Dales Way**

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

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

**In summary:** The walk traverses slightly above Sedbergh and continues to reach the River Lune. Here we join The Dales Way to complete our circuit back to Sedbergh.

**Highlight:** Howgill views, and section of The Dales Way alongside the River Rawthey.

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

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

**Ascent:** 1,000 feet (300m)

**In summary:** Walk along the base of Winder, before descending towards the River Lune and The Dales Way, which is followed to Millthrop 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 4: Free Day

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

## Day 5: Rivers Rawthey & Dent With Aye Gill Pike

### Option 1 - Shadow Of The Howgills

Distance: 6.5 miles (10.5km)

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: 1,000 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: 1,700 feet (520m)

**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 6: River Dee, Howgills & Middleton Fell

### Option 1 - River Dee And Briggflatts

Distance: 7 miles (11km)

Ascent: 600 feet (200m)

**In summary:** Via the village of Millthorp we head into Dentdale 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 - Crook And Winder

Distance: 6 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: 10.5 miles (16.5km)

Ascent: 1,850 feet (560m)

**In summary:** The Dales Way takes us into Dentedale before ascending to Combe Top on the long ridge of Middleton Fell. 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 7: Slopes Of Baugh Fell & Howgills

### Option 1 - Dowbiggin And Hebblethwaite

Distance: 6.5 miles (10.5km)

Ascent: 650 feet (200m)

**In summary:** We start by walking on the banks of the Rivers Rawthey & Clough, and then by good paths to Hebblethwaite Hall. The it is back to Straight Bridge and over the fields to Thorns Hall.

**Highlight:** Great riverside walking and a descent into Hebblethwaite Hall Gill.

### Option 2 - River Rawthey (North)

Distance: 8 miles (13.5km)

Ascent: 1065 feet (325m)

**In summary:** he walk heads NE up the Rawthey Valley, before crossing the river and the lower slopes of West Baugh Fell. The return is across Hebblethwaite Hall Gill and Straight Bridge to Thorns Hall.

**Highlight:** Great views of Baugh Fell and The Howgills.

### Option 3 - White Fell Head And The Calf

Distance: 10 miles (16km)

Ascent: 3,000 feet (900m)

**In summary:** The west side of the Howgills are accessed in part along the Lune Valley Roman Road. A steep ascent follows to White Fell Head & The Calf, with an interesting return via Crook.

**Highlight:** A day which should heighten the appreciation of the Howgills.

## Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

## ACCOMMODATION

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### Thorns Hall

Situated in Sedbergh, in West Yorkshire's portion of the famous Dales, at the foot of the Howgill Fells, Thorns Hall offers cosy, country-pile atmosphere amid beautiful rural surroundings. Dating from 1535, the small manor house is home to 25 bedrooms as well as wood-panelled public rooms, open fireplaces and a cobbled courtyard that ooze historic charm. From every aspect the hills can be seen rising around the house and a short hop takes you from the house to the fells and upland scenery. Marvel at the 24 arch Ribbleshead Viaduct, climb the distinctive summit of Ingleborough, one of the Three Peaks, explore classic limestone scenery and stop in at one of Appleby's historic pubs for a well-earned toast.

## Matchless Country House Accommodation

### Accommodation Info

### Need To Know

## Important Covid-19 Steps We Have Taken For Guest Safety: Please Read

We are continuing to take extra steps to keep our guests leaders, and staff safe in our HF country houses. We ask all our guests to respect the measures put in place.

The English, Scottish and Welsh governments are not in sync, so measures in our country houses will vary between the nations. With the relaxation of social distancing in England, from 19 July we will be allowing larger groups to dine and relax in the bar together. However, we will still give guests space e.g. we will seat 6 people at a table where pre-pandemic we may have seated 8. We will ensure our public rooms are well ventilated by opening doors and windows wherever possible. If you have any concerns about distancing, please speak to the House Manager. The government recommendation for England is to wear face coverings in crowded areas. You must wear a face covering by law in public areas in hotels in Scotland. This is mandatory in public spaces; however, face coverings will not be required whilst eating and drinking in the restaurant and bar areas or whilst you are outside our houses. In Wales face coverings will remain a legal requirement indoors, with the exception of hospitality premises.

As a temporary measure, we will not be servicing rooms during a stay. Extra tea, coffee, milk, and toiletries will be made available on request for all guests. It is recommended that guests bring their own toiletries for the duration of their stay. We will though be increasing the frequency of cleaning in our public areas providing particular attention to frequently touched items including door handles and handrails.

Menus for the week will be available in your room on arrival. A self-service breakfast will be served from 7.45am – 9am. Picnic lunches will now be pre-ordered the night before from an order form in the room. Evening meals will be table service. A dinner order form will be available in each room for completion. Dinner is served at either 7.15pm or 7.30pm. Please check at the house for details. The bar will be open. We will be offering a table service but guests can also come to the bar to order (depending on local restrictions).

Join our team after dinner on Wednesday evenings for the HF Big Pub Quiz. There will be one other evening of entertainment at the start of the week, which will vary depending on the country house that you are staying at. Our Walk Leaders will also be on hand in the bar or lounge for individual or small group walks talks briefings, which allow guests to talk through the following day's walk options and ask any questions. Swimming pools will

be operated in line with maximum capacities.

For more information and to see all the steps taken, [visit our page on how house stays will be adapted](#).

## Rooms

*Tea & coffee-making facilities, TV, Hairdryer, Toiletries, Wi-Fi*

Stay in one of the Hall's smartly presented rooms in the main house or cottages across the courtyard. With 25 rooms, Thorns Hall has plenty of space and there's a range of Classic, Premium and Superior Rooms to choose from. Our pick is Room 25, a very spacious escape on the ground floor with a great brick fireplace, comfy seats to sit in and big bed as well as gorgeous views of the gardens. Look out too for large and airy Room 4 and the more intimate Room 13 with its exposed wood ceiling and courtyard view.

*All 'Classic' rooms are ensuite and furnished to a high standard. There are also several 'Premium' and 'Superior' Rooms that are either larger or have a desirable view, a more luxurious mattress and larger television – upgrade your stay for just an extra £15-25 per person per night. You can choose a specific room for an extra £30 per room, subject to availability. Upgrade supplements still apply*

## Facilities

*Free Wi-Fi, boot room and drying room, formal garden, large reception hall, two lounges, library and board games to borrow*

After a day exploring the Dales, come back to the house and its specially tailored walkers' facilities. At the front of the house there's a pretty, formal garden that makes a pleasant spot to relax in. Take up residence in the lounge below the exposed wood beams or seek refuge in the small, dark wood-panelled bar with its oversized fireplace and log burner for an atmospheric corner to kick back in and catch up with fellow guests over a local ale or two.

## Food & Drink

As at all our country houses, holidays are full board, from afternoon tea served as a welcome treat through that evening's meal to a hearty breakfast on the day of departure. Food at Thorns Hall is varied with a strong emphasis on the use of seasonal British produce. Our experienced chefs create each dish using only the freshest ingredients and, when in season, use home grown herbs and vegetables taken from our own gardens to give a true taste of the local area.

## Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865 or view the accessibility information online for [Thorns Hall](#)

## TRAVEL DETAILS

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Our address is: Thorns Hall, Cautley Road, Sedbergh, Cumbria, LA10 5LE  
Tel: [01539 620973](tel:01539620973)

### By Train:

The nearest train station is Oxenholme, the Lake District, on the main line between London and Glasgow. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

## By Taxi:

The 10 mile journey from Oxenholme station to Thorns Hall can be made by taxi. You can pre-book a taxi from our recommended taxi company, Woofs of Sedbergh. As a guide price, it costs £28 per 4-seat taxi in 2020. 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

Woofs of Sedbergh\*  
Tel: +44 (0) 1539 620414  
Email: woofs.sedbergh@outlook.com

The return taxi journey can be arranged on your behalf by the Thorns Hall Manager.

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

## By Car:

Leave the M6 at junction 37 and follow the A684 east for 5 miles to Sedbergh. On reaching Sedbergh follow the road round to the right into Finkle Street (avoiding the main street), then almost immediately turn left at a small roundabout into Back Lane. At the next mini-roundabout bear left onto the A683 following signs to Kirkby Stephen. Thorns Hall is a further 100 yards along the road on the left. Look out for our sign. A car park is available in the grounds with free parking.

## Travelling From Overseas

For most guests the most convenient option is to book a flight to Manchester Airport. There are direct trains every hour from Manchester Airport to Oxenholme - this is straightforward journey - allow 1½ hours to Oxenholme. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

From Oxenholme station you can complete the journey to Sedbergh using our transfer or by taxi (see above).

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow at least 4 hours to reach Oxenholme. From Heathrow first take the train to London Paddington station. Next take the Underground train to London Euston. Finally the main line train from London Euston to Oxenholme takes 2½ hours. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

## LOCAL AREA

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Sedbergh sits at the foot of the Howgill Fells, a peaceful corner of the Yorkshire Dales National Park.

The centre of Sedbergh is just a few minutes walk from Thorns Hall. The town has a range of facilities including a small supermarket, post office, newsagent, pubs, cafés and a bank. Now famed as England's 'book town', Sedbergh has many second-hand book shops. A wider range of facilities are available in the larger town of Kendal, about 10 miles away.

During your visit to Thorns Hall you may enjoy visiting the following places of interest:

### Sizergh Medieval House

Situated near Kendal, about 25 minutes' drive from Sedbergh. [Sizergh](#) is a fine medieval house, surrounded by beautiful gardens.

### Levens Hall

This stately home is famous for its magnificent formal garden and topiary displays (the world's oldest!). [Levens Hall](#) is south of Kendal, about 30 minutes' drive from Sedbergh.



## Settle To Carlisle Railway

Ride one of [England's most scenic railways](#) through the Yorkshire Dales from Garsdale station, about 10 miles from Sedbergh. Heading south you could cross the famous Ribbleshead Viaduct and visit Settle, Skipton and Saltaire. Heading north you could head to the small market town of Appleby, or the border city of Carlisle.

## Hawes & Wensleydale

A 30-minute drive through the Yorkshire Dales will take you to the small town of Hawes. Visit the famous creamery that produces [Wensleydale Cheese](#). You may want to continue through the valley of Wensleydale, well known as the filming location for the popular 1970s/80s TV series All Creatures Great & Small.

## Kendal

The market town of Kendal (home of the famous mint cake) - about 20 minutes' drive from Thorns Hall - has a good range of specialist shops. The excellent [Lakeland Museum](#) is also worth a visit.

## Lake District

A 40-minute drive will take you to Lake Windermere, gateway to exploring the beautiful scenery of the Lake District National Park. Here you could take a [steamer trip on the lake](#), or visit the visitors' centre at [Brockhole](#).

## USEFUL HOLIDAY INFORMATION

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### Essential Information

*"There's no such thing as bad weather, just the wrong type of clothing!"* goes the adage. Come prepared for all eventualities and you'll walk in comfort as well as safety. Britain's famous for its changeable weather, so here's our advice on what to wear and bring.

#### Essentials

- Waterproof walking boots providing ankle support and good grip.
- A waterproof jacket and over-trousers
- Gloves and a warm hat (it can be chilly at any time of the year)
- Rucksack
- Water bottle (at least 1 litre capacity)
- A small torch (everywhere in winter, year round in mountains)
- Sun hat and sunscreen

*Denim jeans and waterproof capes are not suitable on any walks.*

#### Recommended

- Several layers of clothing, which can be added or removed
- Specialist walking socks to avoid blisters.
- A first aid kit inc plasters- your leader's first aid kit doesn't contain any medication
- Sit mat (insulated pad to sit on when you stop for a break)

#### You Might Also Want

- Walking poles, particularly useful for descents.
- Insect repellent
- Flask for hot drinks
- Rigid lunch box
- Gaiters

- Blister kit (eg Compeed) just in case
- Waterproof rucksack liner

## 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.

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

### PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

### NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

### BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

### MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

### YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

## TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

## PEACE OF MIND

### ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

### MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

## 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.

## PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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