

The Dales High Way Guided Trail

Tour Style: Guided trails

Destinations: Lake District, Yorkshire Dales, United Kingdom & England

Trip code: MDLDA

Trip Walking Grade: 4



HOLIDAY OVERVIEW

Covering 90 miles from Saltaire near Shipley, West Yorkshire to Appleby-in-Westmorland, Cumbria, the Dales High Way takes you across the gloriously high country of the Yorkshire Dales. Highlights along the way include Rombald's Moor for Neolithic rock carvings, Malhamdale for dramatic landscapes, and the Howgill Fell range for stunning scenery. You'll also pass beneath the Ribbleshead Viaduct and spend time in Appleby – the charming market town in the heart of the Eden Valley.

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary
- Luggage transfers

HOLIDAYS HIGHLIGHTS

- Walking the best of this upland trail
- Ascending Ingleborough, one of Yorkshire's Three Peaks
- Keeping your eyes peeled for a variety of wildlife
- Visiting the Victorian model village of Saltaire
- Admiring artworks by David Hockney at Salt's Mill
- Staying at Newfield Hall, our country house near Malham

TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 4 which involves walks /hikes over long distances in remote countryside and rough terrain. Sustained ascents and descents and occasional sections of scree and some steep ground are encountered. You will require a good level of fitness as you will be walking every day. It is your responsibility to ensure you have the relevant fitness required to join this holiday.

Your fitness

This holiday has been designed for experienced walkers with a good level of fitness. Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking – whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance

Time training will help ensure you enjoy your holiday to the max.



ITINERARY

Day 1: Arrival Day

Your leader will give an introductory talk about the holiday.

Day 2: Saltaire To Ilkley

Commencing the 90-mile journey at the Victorian model village of Saltaire gives us the perfect opportunity to visit the iconic building Salt's Mill, a conversion of a textile mill into an Art Gallery containing works by David Hockney, cafes, and exhibitions. We then start the Dales High Way by crossing the River Aire and ascending gently to the high heather-clad Rombald's Moor which lies between Airedale and Wharfedale. It is made up of three local moors, the most famous of which, and our destination today, is Ilkley Moor. Continuing on good paths and just before we reach the highest point for today at Lanshaw Lad, we pass the stone circle known as the Twelve Apostles believed to date from the Bronze Age. After passing the Victorian bath house at White Wells we descend to the spa town of Ilkley.

7½ miles (12km) with 1,020 feet (310m) of ascent and 922 feet (281m) of descent.

Day 3: Ilkley To Skipton

An impressive long craggy escarpment which dominates Ilkley and the Wharfe valley leads us by the Swastika Stone which has greeted travellers passing this way since the Iron Age, and on towards the Neolithic Piper Crag Stone which juts out above the moor edge. After crossing Addingham High Moor the route drops to join an old Turnpike Road (a toll road from 1755 to 1803 and known locally as the 'Roman road') above Addingham. The route ascends to Skipton Moor with its impressive vista, and then descends into Skipton, a busy market town known as the 'Gateway to the Dales' and which lies in the Aire Gap.

11 miles (17.5km) with 1,400 feet (425m) of ascent and 1,450 feet (440m) of descent.

Day 4: Skipton To Malham

We ascend out of Skipton up to the small peak of Sharp Haw on grassy terrain. The route descends to the

village of Flasby backed by the shapely Flasby hills, and then follows the delightful beckside to the small hamlet of Hetton. Continuing over grassy terrain we ascend to Weets Top, where, on a clear day, the panoramic view is magnificent, and where the dramatic and spectacular change in the landscape of Malhamdale will be obvious. We descend to Gordale House and walk into Malham village by the beautiful waterfall of Janet's Foss.

13 miles (20.5km) with 1,654 feet (504m) of ascent and 1,654 feet (415m) of descent.

Day 5: Malham To Stainforth

Today our route takes us through some of the UK's most remarkable limestone scenery. Leaving Gordale Bridge we quickly arrive at Malham Cove which was cut back and formed by glacial melt waters that poured down the impressive dry valley of Watlowes. We pick our way over the limestone pavement at the top of the Cove and ascend gently through Watlowes dry valley before ascending more steeply towards Kirkby Fell. We continue through the limestone scenery via Attermire Scar and Victoria Cave (so named because it was rediscovered on the day of Queen Victoria's accession in 1837), and by Warrendale Knotts into the lovely Dales market town of Settle. From Settle a fine riverside walk along the banks of the Ribble leads to the waterfalls and the 14th century packhorse bridge at Little Stainforth and ascend into the village of Stainforth.

10 miles (16.5kms) with 1,552 feet (473m) of ascent, and 1,647 feet (502m) of descent.

Day 6: Stainforth To Chapel Le Dale

Our walk-through magnificent limestone scenery continues today as we ascend out of Stainforth on to the limestone plateau to pass Smearset Scar. After dropping into the southern end of the lovely and secluded valley of Crummockdale we ascend once more into a dramatic landscape of broad limestone terraces. Following an old drover's road, we continue round the southern flank of Simon Fell, through striking limestone pavements, and ascend by an easy but quite lengthy route to the summit of Ingleborough (724m). The rocky summit is vast and offers excellent views all around. We leave the summit by the same way and descend, initially very steeply but then on a paved path, to Chapel le Dale.

11½ miles (18.7kms) with 2,300 feet (700m) of ascent, and 1,870 feet (570m) of descent.

Day 7: Chapel Le Dale To Dent

The entire path today follows an ancient packhorse route, the Craven Way, which comes up from Ingleton. After leaving Chapel le Dale and passing by Bruntskar and Winterscales it is not long before we come to, and pass beneath, the awesome Ribbleshead Viaduct with its 24 arches, although it is a man-made structure it seems to enhance the natural beauty of the landscape. After passing a lonely signal box the path leaves the railway and ascends steeply around Whernside's northern flank, another delightful section of the walk, to arrive at Wold's End in Dentdale, where the valley opens below in all its stunning beauty. We continue along Deepdale Beck and the River Dee into the delightful village of Dent with its narrow-cobbled streets, founded by Norse settlers.

10 miles (16kms) with 1,100 feet (335m) of ascent, and 1,600 feet (490m) of descent.

Day 8: Dent To Sedbergh

We start our walk in Dent along the riverside for a short distance before ascending over Frostrow, descending to quiet lanes which lead us to Sedbergh. On clear days there are stunning views of the steep-sided rolling hills of the Howgill Fells. With a shorter day today, there will be free time in the afternoon to explore Sedbergh, England's official Book Town.

5½ miles (8.5Kms) with 570 feet (173m) of ascent, and 610 feet (186m) of descent.

Day 9: Sedbergh To Newbiggin On Lune

The route now crosses the whole of the Howgill Fell range in a wonderful six-mile-long and a grassy and wide ridge walk. The Howgills are unique in character and with their steep sided velvety folds in a compact group they could not be more different from the earlier limestone scenery. From Sedbergh we ascend via the charming Settlebeck Gill to the rounded tops of Arant Haw, Calders, and The Calf, the highest summit in the Howgills at 676m. On a clear day the views are magnificent with the Yorkshire Three peaks, the Lakeland Fells and the northern Pennines all visible in the distance. From The Calf the route continues along the ridge above Bowderdale and then drops down to the valley and finally on a short section of a country lane we arrive at the small village of Newbiggin on Lune.

11 miles (18kms) with 2,330 feet (710m) of ascent, and 1,940 feet (590m) of descent.

Day 10: Newbiggin On Lune To Appleby-in-Westmoreland

The final stage of the walk has a relaxed, winding down feel to it. It begins by going over Ravenstonedale Moor to reach the isolated and splendid Sunbiggin Tarn, a Site of Special Scientific Interest. Then just when you were thinking you had left well behind the limestone scenery; a vast expanse of spectacular limestone pavement opens up before you. This is Great Asby Scar, part of the Orton Fell range which sports some of the finest limestone pavements in the UK outside of the Ingleborough and Malham areas. From the top of the scar the views of the Eden Valley are breathtaking. A steady descent takes us to Great Asby, with the last leg of the walk along a lovely beckside to the picturesque Rutter Mill and its delightful waterfall. The route continues alongside Hoff beck, over the ancient crossing at Bandle Bridge, for a final short ascent to the castle in Appleby, an attractive market town.

12½ miles (20 kms) with 706 feet (215m) of ascent, and 1,085 feet (330m) of descent.

Day 11: Departure Day

ACCOMMODATION

Newfield Hall

Looking every inch the baronial mansion, Newfield Hall sits in two acres of grounds near the village of Malham at the southern base of Yorkshire Dales National Park. Given it was this very landscape which inspired Wordsworth to write a sonnet and Charles Kingsley to pen *The Water Babies*, the countryside views are as gorgeous as you'd imagine. You'll also have plenty of sightseeing greats within easy travelling distance, most notably Malham Tarn, Janet's Foss, Gordale Scar, Malham Cove, and The Dry Valley of the Watlowes. And then, of course, there's Yorkshire's famous trio of summits: Pen-y-ghent, Wharfedale, and Ingleborough, collectively known as the three peaks. Stay at Newfield Hall and experience the exceptional service of a VisitEngland ROSE award winner. Find out more about the latest accolade awarded to our country house in the Southern Yorkshire Dales by reading our latest blog.

Country House Accommodation

Accommodation Info

Rooms

Designed with your comfort in mind, Newfield Hall has 46 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 surrounds. 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 guest rooms spread across the main building and the tastefully converted coach house. Rooms 3 and 6 are both corner rooms offering original features and large bay windows overlooking the gardens and beyond (Room 6 has its own telescope).

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

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 [Newfield Hall](#)

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

Accommodation Info

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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.

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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 from 1 March to 18 November 2024, or on Mondays and Fridays 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.

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

Holiday Information

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader.

Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

Joining Instructions

Baggage Transfers

When you change from Newfield Hall to Thorns Hall we will arrange for your luggage to be transferred. This is included in the cost of your holiday. Please remember that other people will need to move your suitcase so please pack thoughtfully. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful.

Your personal transfer to Thorns Hall is also included in the cost of your holiday. You will be taken to Dent by minibus to begin your day's walk to Sedbergh, and your luggage will be taken on to Thorns Hall.

Holiday Start

As this holiday starts and finishes at two different points, travelling by train may be the most convenient method of travel.

The most convenient railway station to **Newfield Hall is at Skipton**. Gargrave station is closer, but there is no taxi service from this station. The 8.5-mile journey from Skipton Station takes approximately 20 minutes.

Our station transfer

We offer a reduced-price transfer between Skipton railway station and Newfield Hall every Friday. The pickup is at 4.10pm from Skipton railway station. The transfer is £7 single, but a place must be reserved at least 14 days in advance by calling our Holiday services team on 020 8732 1220.

Station transfer by taxi to Newfield Hall

If you can't meet our station transfer, you can arrange your own taxi. We have negotiated a preferential rate with Station Taxis for all pre-booked journeys of £14 per taxi. They will arrange shared taxis wherever possible. To book a transfer please phone or email giving at least 7 days notice.

Station Taxis*

Tel: +44 (0)1756 700777

Email: stationtaxis@hotmail.co.uk**Station Taxis is not owned or managed by**HF Holidays.*For train times and route planning by train visit www.nationalrail.co.uk or call 03457484950**Holiday Finish**

Your holiday finishes in Sedbergh. The most convenient station to Thorns Hall is Oxenholme station on the mainline. However, an alternative is Garsdale station (on the same rail line as Skipton railway station).

Our station transfer

We offer a reduced-price taxi transfer from Thorns Hall to Oxenholme on a Monday. The transfer will get you to Oxenholme station by 10am. The transfer is £9 single, and a place must be reserved at least 14 days in advance by calling our Holiday Services team on 020 8732 1220.

Station transfer by taxi from Thorns Hall

If you can't join our station transfer, you can arrange your own taxi. We have negotiated a preferential rate with Woofs of Sedbergh for all pre-booked journeys of £27 per 4-seat taxi to Oxenholme or Garsdale railway stations. They will arrange shared taxis wherever possible. To book a transfer please phone or email, giving at least 14 days notice.

Woofs of Sedbergh*

Tel: +44 (0)15396 20414

Email: woofs.sedbergh@outlook.com**Woofs of Sedbergh is not owned or managed by HF Holidays.***If you wish to travel by car**

Guests who have travelled to Newfield Hall by car can take their cars to Thorns Hall, Sedbergh on the morning of the transfer day. You can follow the coach which will take the other guests and their luggage to Thorns Hall. Once the luggage has been delivered to Thorns Hall, all guests can rejoin the coach to continue to Dent where the day's walk begins.

By car to Newfield Hall**From the south**

Follow the A65 from Skipton to Gargrave. Leave the A65 by Eshton Road, signposted to Malham and pass Eshton Hall on the right. Newfield Hall is approximately 2½ miles further on, on the right and before the village of Airton. Look out for our sign.

From the north

Exit the M6 at junction 36 and take the A65 towards Skipton. In Coniston Cold village take a sharp left into a narrow road between houses, signposted to St Peters Church and Bell Busk and Malham. Pass under a railway viaduct, then after a mile bear right over a small bridge. After a further mile turn right at the junction, cross the narrow bridge then shortly after turn left through the gateway onto the drive of Newfield Hall. Look out for our sign. Visit your holiday page on our website for a map.

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, preferably insulated
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Waterproof overtrousers
- Gloves and a warm hat (or sunhat)
- Rucksack
- Water bottle (at least 1 litre capacity)
- A small torch
- Sunscreen
- Mobile phone and portable charger
- Watch
- 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
- Midge net
- Sit mat
- Spare pair of socks
- Energy snacks
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse

Optional extras

- Walking poles, useful for descents
- Flask for hot drinks
- Durable lunch box
- Gaiters
- Blister kit
- Waterproof rucksack liner
- Head torch
- GPS device
- Swimsuit

Useful Information

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

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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