

7 Night North York Moors Family Walking Adventure



Trip style:
Family walking holidays

Destination:
📍 North York Moors

Walking Grade
all 2, 4, 6 & 7

Carbon Footprint:
🌳 161kg CO2

Holiday Overview

It's easy to see the appeal of our family holidays in Whitby. Famous for its showstopping abbey, Dracula connections, and seriously good fish and chips, this seaside stalwart has plenty to please. Hunt for fossils on the sands of West Cliff Beach, explore the ghostly ruins of Whitby Abbey, and climb to the top of Roseberry Topping for epic views over the Yorkshire Coast. There's also the chance to ride a Hogwarts Express-style steam train through the countryside and enjoy tales of smugglers, piracy, and plunder on a clifftop coastal walk to Robin Hood's Bay.

WHAT YOU'LL LOVE

- Under 11s GO FREE
- Playing or relaxing on two beautiful beaches
- Visiting Goathland, the setting of Harry Potter's Hogsmeade Station
- Spending time in the beautiful village of Staithes
- Exploring the Captain Cook museum
- Climbing Roseberry Topping

WHAT'S INCLUDED

- Family rooms available subject to availability
- 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 tailored towards families, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders
- Choice of up to four 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

ITINERARY - FAMILY WALKS

Day 1 Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00 in 2026. Enjoy a complimentary cream tea at 16:30 and meet other guests.

What your kids will love: Exploring the grounds of Larpool Hall, meeting other families and making new friends.

Day 2 The Ravenscar Coast

Option 1 - Ravenscar to Robin Hood's Bay

Distance: 3.5 miles (6km)

Ascent: 400ft (120m)

Today we follow the Cleveland Way as it winds its way along the coastline to the former smugglers' village of Robin Hood's Bay. You'll have plenty of time to explore the beach, rock pools, and look for fossils.

What your kids will love: Searching for fossils on the beach - you might just find an ammonite.

Option 2 - Hawsker to Whitby

Distance: 7 miles (11km)

Ascent: 1,100ft (360m)

After exploring the beach at Robin Hood's Bay, our bus takes us to the village of Hawsker where we'll follow the coastal path to Whitby. We'll pass the ruins of Whitby Abbey, before descending the steps to the harbour.

What your kids will love: Counting the steps down from Whitby Abbey and visiting the place that inspired Bram Stoker to pen his novel about the world's most famous vampire, *Dracula*.

Option 3 – Robin Hood's Bay to Whitby

Distance: 8.5 miles (14km)

Ascent: 1,800ft (560m)

We'll explore the coast path as we walk all the way from Robin Hood's Bay back to Whitby. Keep an eye on the horizon to spot Whitby Abbey.

What your kids will love: Searching the beach at Whitby's East Cliff for fossils and the famous black Whitby Jet stone.

Option 4 – Ravenscar to Whitby

Distance: 11.5 miles (18.5km)

Ascent: 2,000ft (620m)

We start today at the cliffs of Ravenscar before making our way past Boggle Hole, Robin Hood's Bay, and back to Whitby. Here we'll have some time to explore before walking back to the house for a well-earned rest.

What your kids will love: Looking for Boggles. Local legend has it that these hobgoblin-like creatures live in natural sea caves along the Yorkshire coast.

Day 3 Dales of the Esk Way

Option 1 – Castleton to Danby

Distance: 3 miles (4.5km)

Ascent: 400ft (120m)

We start this walk in a playpark near the village of Castleton before walking along part of the Esk Valley Way to Danby Lodge National Park Centre. Here we'll have time to explore the centre and play in the playground.

What your kids will love: Tackling the kids-only climbing wall at Danby Lodge National Park Centre. It's a race to the top.

Option 2 – Castleton Rigg to Danby

Distance: 6 miles (10km)

Ascent: 700ft (220m)

From high on Castleton Rigg, we'll enjoy a downhill stroll to the village of Castleton and onwards past Danby Castle – once home to Catherine Parr, the last of Henry VIII's wives. We'll continue to the Danby Lodge National Park Centre to explore the nature trails and play park.

What your kids will love: Getting lost in Danby Lodge's labyrinth and following the incredible journey of a salmon travelling upstream to its spawning grounds

Option 3 - Danby Rigg

Distance: 9.5 miles (15.5km)

Ascent: 1,550ft (480m)

This walk takes us over fields and moors, starting with Danby Rigg, where you can spot Bronze Age standing stones and cairns. Crossing the River Esk, we have a bit of a climb on our hands as we ascend onto the moors. There are views in every direction, so the climb is well worth the effort. We end our day with the other groups at Danby Lodge National Park Centre.

What your kids will love: Playing Poohsticks as we make our way over the River Esk.

Option 4 - Atop the Moors

Distance: 10 miles (16.5km)

Ascent: 1,800ft (540m)

You'll need plenty of stamina today as we take in the horseshoe of Westerdale Moor, Castleton Rigg, and Danby Rigg en route to the National Park Centre.

What your kids will love: The bragging rights of completing this challenging walk -there'll be plenty of fun, excitement, and adventure along the way, too.

Day 4 Explore Independently

Each week there's a free day when no guided walks are offered. This is an ideal opportunity to relax around the house, play in the garden, or visit local places of interest. Here's our pick of the best things to see and do within easy reach of Larpool Hall.

Yorkshire Coast Boat Trips

You'll find plenty of boat trips on offer from Whitby. With a two-hour round trip, you'll be in with a chance of spotting seals, dolphins, or even whales.

Cleveland Ironstone Mining Museum

Based in Saltburn-by-the-Sea, this mining museum is built on the site of a former ironstone mine. Take the tour and you can get beneath the surface and find out exactly what life as a miner was like.

Pannett Park

Right in the centre of Whitby, Pannett Park is spread over many hectares and includes a play area for all ages and a Jurassic Garden with plants echoing plant life from the age of the dinosaurs.

North Yorkshire Moors Railway

With steam and diesel engines, the North York Moors Railway offers a wonderful way to see the moors. The route winds its way from Whitby to Goathland and Pickering.

Day 5 Heartbeat Country Around Goathland

Option 1 - Goathland to Grosmont

Distance: 4 miles (6km)

Ascent: 150ft (40m)

Today's walk starts with some mouse spotting (yes, really!) at St Mary's church near Goathland. Afterwards, we'll follow the Esk Valley to the village of Grosmont and end our day with a train ride back to Whitby.

What your kids will love: Searching for mice at St Mary's church – see if you can spot all 10.

Option 2 - Goathland & Grosmont Circuit

Distance: 7 miles (11km)

Ascent: 950ft (280m)

From Goathland station we'll cross moorland and farmland to reach Grosmont. Our return route follows the old railway trail between the two villages.

What your kids will love: The chance to see old-fashioned trains at Goathland Train Station. *Harry Potter* fans may recognise it as Hogsmeade Train Station.

Option 3 - Goathland Circuit

Distance: 8.5 miles (13.5km)

Ascent: 950ft (280m)

We start this circular walk in Goathland following the old railway track to the hamlet of Beck Hole. From here we'll have plenty of adventures as we make our way through woodlands and over moorland to St Mary's church. We'll search for mice at St Mary's church before making our way back to Goathland.

What your kids will love: Spotting trains going in and out of Goathland from high up on the moors.

Option 4 - Moorland above Goathland

Distance: 10.5 miles (17km)

Ascent: 1,160ft (350m)

We'll make our way to the quiet hamlet of Beck Hole before climbing through woodland. Our first stretch of moorland walking leads us to an old Roman Road and on to Hunt House from where we climb to Simon Howe. We'll then follow a high moorland path across Howl Moor back down to Goathland.

What your kids will love: Walking in the footsteps of the Romans and Bronze Age residents of the moors.

Day 6 Along the Smuggler's Coast

Option 1 - Mulgrave Woods and Old Castle

Distance: 4 miles (6km)

Ascent: 400ft (120m)

We'll have a chance to explore the fishing village of Staithes before taking our bus to Sandsend. Walking through the landscaped woods of the Mulgrave Estate, we'll hear about the three castles that have been built here over the centuries and explore the ruins. We'll return by a different route to Sandsend and spend time on the beach or at the beck.

What your kids will love: Hearing tales of when Norman lords built the castle and when Royalists defended it in the Civil War.

Option 2 - Runswick Bay to Sandsend

Distance: 6 miles (9.5km)

Ascent: 1,000ft (300m)

After exploring Staithes, we'll board our bus and head off to enjoy the coast between Runswick Bay and Sandsend. We'll start on the beach, then ascend onto the clifftop path, which takes us around the headland at Kettleness and on to Sandsend.

What your kids will love: Trying to fit down Dog Laup, the narrowest street in Staithes. It's a bit of squeeze at 45cm wide.

Option 3 - Staithes to Sandsend

Distance: 9.5 miles (15.5km)

Ascent: 1,750ft (540m)

From Staithes we'll follow the impressive clifftop section of the coast to Runswick Bay. Our walk continues along Cleveland Way to Kettleness and Sandsend where you'll have time to search for fossils.

What your kids will love: Look out for the once-thriving harbour at Port Mulgrave, which was built in the 1850s to transport iron ore. You can see the remains of the one-mile-long tunnel that connected the mine to the harbour.

Option 4 - Boulby to Sandsend

Distance: 12 miles (19.5km)

Ascent: 1,900ft (580m)

From Boulby, we'll follow the coastal path all the way to Sandsend, past the fishing village of Staithes where the children's TV series, Old Jack's Boat was set. Continuing around the sweeping arc of Runswick Bay, we might be lucky enough to spot seals resting on the shore.

What your kids will love: Searching for ammonites at Runswick Bay and along Sandsend Beach.

Day 7 Captain Cook Country

Option 1 - Roseberry Topping

Distance: 4 miles (6.5km)

Ascent: 750ft (240m)

Today we'll conquer Roseberry Topping, sometimes known as 'the Yorkshire Matterhorn'. Grab a picture at the top and then we'll be on our way through Hutton Woods to the Guisborough Forest Visitor Centre.

What your kids will love: Conquering the summit of Roseberry Topping and taking in the views – just like a young Captain Cook did before his adventures at sea.

Option 2 - Captain Cook's Monument

Distance: 7 miles (11km)

Ascent: 1,000ft (300m)

We'll follow the Cleveland Way to the magnificent viewpoint at the Captain Cook monument. We then descend to the foot of Roseberry Topping and on to the village of Great Ayton.

What your kids will love: Walking in the footsteps of the great explorer Captain James Cook who grew up in the village of Great Ayton.

Option 3 - Roseberry Topping & Great Ayton

Distance: 8.5 miles (15km)

Ascent: 1,300ft (400m)

Our route ascends from near Guisborough to the summit of Roseberry Topping, then continues to the equally impressive viewpoint at the Captain Cook Memorial Monument, a tribute to the renowned explorer.

What your kids will love: Searching for Airy Holme Farm from the top of Roseberry topping, James Cook's home from the age of seven.

Option 4 - Cleveland Way Circuit

Distance: 10 miles (16km)

Ascent: 1,700ft (520m)

On this circular walk from Great Ayton, we'll ascend through woodland and past Cliff Rigg Quarry to reach the summit of Roseberry Topping before continuing along Cleveland Way to visit the Captain Cook Memorial Monument.

What your kids will love: Learning about Cliff Rigg Quarry and how it was formed around 59 million years ago by hot magma.

Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

Daily Walk Options



Gentle walking grade 2

Full or half-day gentle walks on good paths, with plenty of time for rest stops, views, and places of interest. Typically, 3-5 miles (5-8km) with around 350ft (100m) of ascent with few or no stiles.



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 6

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9-10 miles (15-16km) with around 1,500ft (460m) of ascent.



Moderate walking grade 7

The most active moderate grade. Longer distances and short but steep ascents and descents possible throughout the day. Hill walking experience desirable. Typically, 11-12 miles (18-19km) with around 1,800ft (560m) of ascent.

Accommodation

Larpool Hall

Given that the Yorkshire coast never loses its capacity to enchant, it's easy to see the appeal of this Grade II-listed house overlooking the Esk Valley and the North Sea. The setting is perfect; in the former fishing town of Whitby that's best known for its fish and chips, quaint harbour, and Dracula connections (Irish author Bram Stoker drew his inspiration for his Gothic novel when holidaying here in 1890). You'll have all the sightseeing greats within walking or driving distance, including the 13th century Whitby Abbey, the wonderful Whitby Sands, and the 199 Steps leading up to the old St. Mary's Church (it's customary to count them as you climb). Not only are the North York Moors right on your doorstep, but the walk along Cleveland Way to Robin Hood's Bay is rather special, too.

Check-In & Check-Out

You are welcome to check in from 4pm at the earliest. HF Members can check in earlier, from 2pm. 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. Check out 10am.

About

• 29 well-appointed guest rooms • Exclusive occupancy: 42 guests minimum • Check in from 4:00pm • For members check in from 2:00pm • Free Wi-Fi • Free on-site parking • Local launderette available in town • Boot room and drying room • Travel cot & 2 high chairs • Discovery Point offering a wide range of local area maps, route guides, and information for self-guided walks • Books and games to borrow • Licensed bar • Lounge • Garden • Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point



Food & drink

Seasonal dining, tailored for you

Our team of skilled chefs design our dinner menus to showcase the best of each season, from warming winter comfort food to vibrant summer dishes, including vegetarian, vegan and high-protein options. We also source fruit and vegetables within a 40-mile radius of each house, open every break with a Chef's Special menu inspired by dishes and flavours of the local area, and are able to adapt dishes to suit special dietary requirements.

Welcome Cream Tea

What better way to start your stay than with a cream tea, served fresh on arrival to make you feel instantly at home. A quintessentially English tradition, our scones are baked in-house and served with preserves and clotted cream, providing the perfect opportunity to meet fellow walkers.

A hearty breakfast to start the day

Start the day with a freshly-prepared cooked breakfast and a wide choice from our continental buffet, including hot drinks, juices and fresh fruit. Our team offer a quick and friendly service, leaving you fuelled and ready for your day's adventures.

Our famous picnic lunch

Our personalised picnic lunches are perfect for a day out walking, ready to enjoy when hunger strikes. Choose from a large selection of fresh sandwiches and salads, freshly baked cakes and snacks, including the ever-popular Freddos chocolate bar! Everything is designed to fit neatly into your rucksack, and all of the packaging we provide is recyclable or compostable.

3-course evening meals

Our à la carte evening menus feature a wide choice of starters, mains, and desserts, made with seasonal ingredients and, wherever possible, herbs and vegetables from our own gardens. Shared around sociable tables, dinners are relaxed occasions, with drinks available to order at the table or from the bar, and a traditional Sunday roast to round off the week.

Rooms

Designed with your comfort in mind, Larpool Hall has 29 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.

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.

We love: The spacious Room 15 on the ground floor for its lovely décor, comfy sofa, large fireplace, and views across the Esk Valley. Room 2 on the first floor offers fabulous views while Room 30 on the second floor has eaves and exposed beams.

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.

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

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or view the accessibility information online for [Larpool Hall](#)

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, HF Holidays Inter-House Quiz night 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 walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on guided 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.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or view the accessibility information online for [Larpool Hall](#)

Travel Details

Address

Larpool Hall
Larpool Drive
Whitby
North Yorkshire YO22 4ND

Tel: [+44 \(0\)1947 602737](tel:+44(0)1947602737)

By train

The nearest station is Whitby.

However, travelling to Scarborough station may be more convenient. Check National Rail for routes and journey times.

By taxi

The two-mile journey from Whitby station takes approximately 10 minutes.

From Scarborough train station, it's a 21-mile journey, taking 40 minutes.

For pricing, please contact Whitby Taxis directly.

Whitby Taxis

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

Tel: [+44 \(0\)1947 601212](tel:+44(0)1947601212)

Email: This email address is being protected from spambots. You need JavaScript enabled to view it.

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

*Whitby Taxis is not owned or managed by HF Holidays.

By bus

The 93 and 94 buses run regularly between Scarborough station and Whitby taking around an hour. As you approach Whitby, alight by the Larpool Lane Industrial Estate. From here it's an 800m walk up Larpool Lane to Larpool Hall. Please note that Larpool Hall's driveway is not lit.

Check Traveline for up-to-date bus information.

By car

There's a free car park at Larpool Hall if you decide to drive.

The A171 from Teesside and the A169 from Pickering converge at a roundabout about two miles outside Whitby.

After this roundabout and as you approach Whitby, cross another roundabout then turn right at the traffic lights signposted Scarborough. Cross over the River Esk, then immediately turn right into Larpool Lane. Towards the top of the hill, turn into Larpool Drive – you'll see Larpool Hall at the end of this road.

By air

The nearest airport is Leeds Bradford Airport.

Catch the airport bus to Leeds where there are connecting trains to Scarborough taking about 90 minutes.

There's also Manchester Airport, which is served by a range of long-haul flights. From here, there are trains every hour to Scarborough with one change at Manchester Piccadilly or York. Allow around three hours to reach Scarborough.

Flying to London Heathrow airport is another option but it'll take you around 4.5 hours to reach Scarborough. From Heathrow first take the Piccadilly line to London Kings Cross station, then connect to Scarborough (with one change at York).

Check National Rail for train information.

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 Larpool Hall.

Whitby

Just a 1.5 mile downhill walk away, the former fishing town of Whitby is best known for its fish and chips, quaint harbour, and Dracula connections (Irish author Bram Stoker drew his inspiration for his Gothic novel when holidaying here in 1890).

Whitby Abbey

As one of the most atmospheric attractions along the Yorkshire coastline, this looming clifftop landmark was founded by the Saxon King of Northumbria in AD657. It can be reached by climbing the famous 199 steps and it's well worth the effort for the views.

Whitby Harbour West Lighthouse

Of the two lighthouses at the mouth of the River Esk, this taller of the towers was built in 1831. Open to the public during the summer and warmer months only, there's 81 steps leading all the way up to the lantern room. A small entrance fee applies.

Whitby Whalebone Arch

As a nod to Whitby's whaling industry heritage in the 18th and 19th centuries, a huge whale bone arch was erected on West Cliff in 1853. Nowadays, it's an irresistible photo opportunity although this version is not the original and dates from 1963.

Staites

Only a 20-minute drive away, this pretty fishing village was the home of Royal Navy captain and explorer, Captain James Cook. Must-dos include exploring the cobbled streets, spending time at Staites Gallery, and taking a stroll down to the scenic harbour.

North Yorkshire Moors Railway

Running for 24 miles from Pickering to Whitby, this scenic route takes just under two hours. The historic stations are well worth a visit, especially Goathland which was transformed into Hogsmeade Station in Harry Potter and the Philosopher's Stone.

Scarborough & Stephen Joseph Theatre

As Britain's very first theatre in the round, this iconic performance space was established by stage director Stephen Joseph in 1955 and moved to its current home in 1976. The building has two auditoria: the 404-seater Round and the 165-seater McCarthy.

Rydale Folk Museum

This open-air museum is set in over six acres in Hutton le Hole – a pretty village just under an hour's drive away. There's approximately 40,000 objects on display in over 20 rescued and restored buildings, all of which relate to historic North Yorkshire life.

Castle Howard

Probably best known as the location for the TV series *Brideshead Revisited*, building on this grand stately home started in 1699 and took 100 years to complete. Highlights include the year-round exhibitions and the sumptuous gardens with ponds and fountains.

York

A 90-minute drive away, this historic walled city is most famous for its York Minster, National Railway Museum, Jorvik Viking Centre, and York Dungeon. Don't miss the Yorkshire Museum & Gardens for some of Europe's finest archaeological and geological finds.

Safety on your holiday

Safety information

Who's the boss? Please note that parents are responsible for their children at all times; our leaders are not permitted to run activities without other adults present. All leaders undergo a thorough assessment so you can relax and enjoy your holiday knowing that you are in safe hands.

On the first evening of your holiday, your leaders give a short talk about safety on walks which we would like you to attend. Walks may be changed for safety reasons and are subject to a maximum and a 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.

Kids on their own: Any teenager aged 14 years or over can leave you at the starting line and join a walk unaccompanied on the basis they can look after themselves. Children under 14 will need to be accompanied by an adult on walks; however, this does not need to be a parent or legal guardian.

Please note, coaches used on this holiday all comply with UK law, and may not have seat belts suitable for children. Where children are under 3yrs of age, they must not travel in the front seat on coaches, nor on the back seat of coaches. For more information please visit: <https://www.gov.uk/child-car-seats-the-rules/when-a-child-can-travel-without-a-car-seat>

Essential information

Packing list

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

For holidays operating October through to the end of March, please also bring the following on your walks:

- spare warm clothing
- spare high energy food
- head torch and spare batteries
- please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hyrostatic head - this is the rating given on waterproof jackets) of 10,000mm+

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent and tick remover tool
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- Camera
- Walking poles

Tripnote validity

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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