

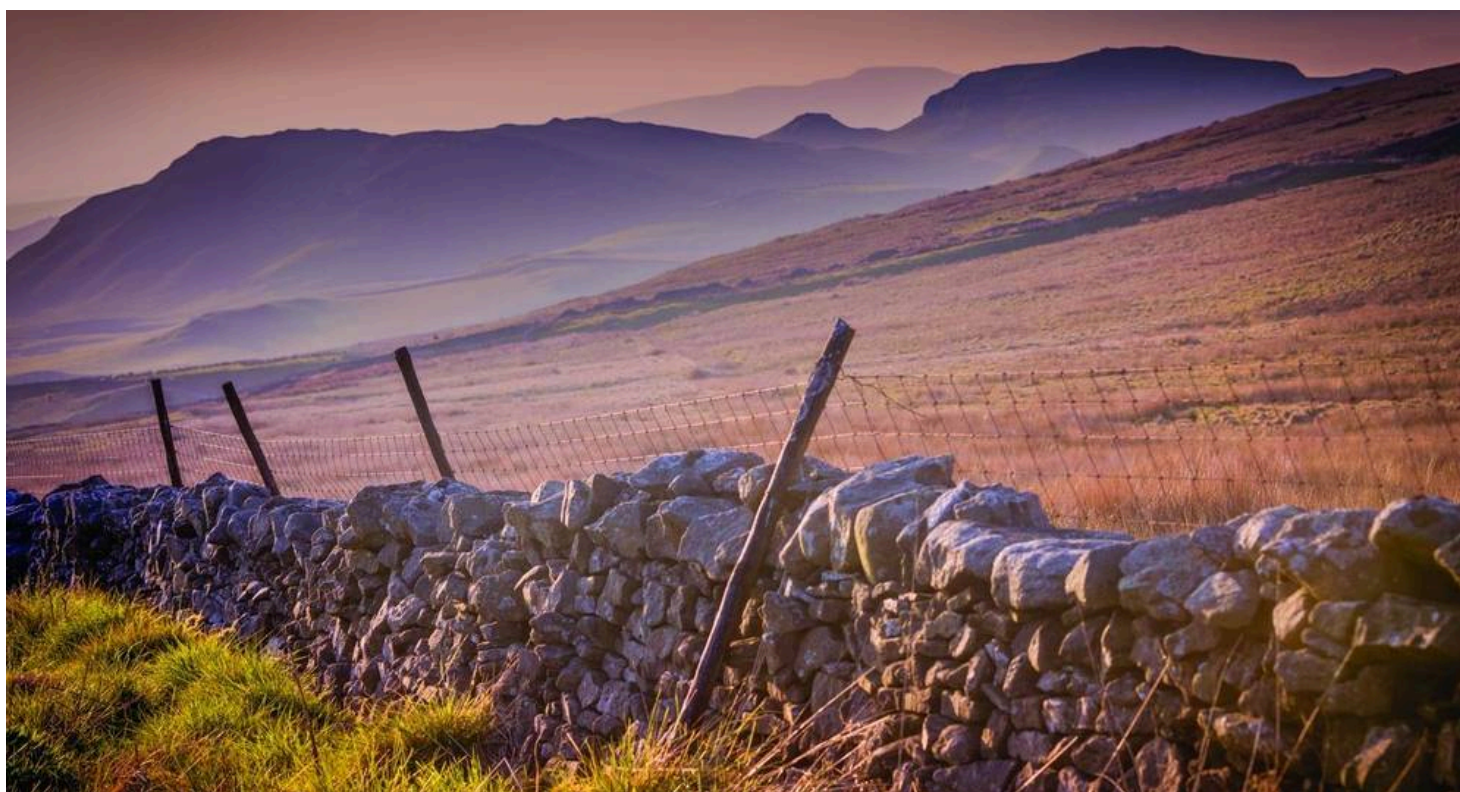
7-Night Western Yorkshire Dales Gentle Walking Holiday

Tour Style: Gentle Walks

Destinations: Yorkshire Dales & England

Trip code: SDBEW-7

1, 2 & 3



HOLIDAY OVERVIEW

Snuggled between the much-loved Lake District and the charming Yorkshire Dales lies the hidden beauty of the Howgills Fells. This corner of the Yorkshire Dales National Park offers high peaks, rugged dales, quaint market towns and sweeping panoramas.

WHAT'S INCLUDED

- 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

- Explore the charming Western Yorkshire Dales and the hidden beauty of the Howgills Fells
- Discover the high peaks, rugged dales, quaint market towns and sweeping panoramas
- Let your leader bring classic routes and offbeat areas to life
- Enjoy the evenings in our country house where you can relax and re-live the days adventures

TRIP SUITABILITY

This trip is graded Activity Level 1,2 and 3, This easier variation of our best-selling Guided Walking holidays is the perfect way to enjoy a gentle exploration of the Yorkshire Dales and Howgills. The choice of three guided walks includes a half-day walk of 3 or 4 miles.

ITINERARY

Day 1: Arrival Day

Day 2: The Howgill Fells And Sedbergh

Option 1 - Along The River Rawthey

Distance: 4 miles (6.5km)

Ascent: 300 feet (80m)

In Summary: A Gentle stroll along the rivery Rawthey to Brigflatts before returning to Thorns Hall via field paths.

Highlights: The sea of colours abundant in the gently grazed meadows surrounding Sedbergh in the summer months.

Option 2 - 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 onto the lower slopes, then return beside the River Rawthey.

Highlights: Towards the end of the walk we'll stop at Farfield Mill. This lovingly restored Victorian woollen mill that now hosts a cafe and heritage centre.

Option 3 - Over The Howgills

Distance: 9 miles (14.5km)

Ascent: 1,900 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.

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

Day 3: Wensleydale And Semer Water

Option 1 - Cotter Force To Hawes

Distance: 3½ miles (5.5km)

Ascent: 250 feet (80m)

In Summary: A wander around the dales taking in two beautiful and contrasting waterfalls before finishing in the market town of Hawes.

Highlights: The single spout of Hardraw Force pouring out of a fissure in the Limestone is an impressive sight.

Option 2 - Wensleydale Highlights

Distance: 7 miles (11km)

Ascent: 500 feet (160m)

In Summary: Follow the green valley of Wensleydale from Askrigg to Hawes. We'll pass Hardraw Force, the highest single drop in England at 100ft (small cost to view).

Highlights: Askrigg is a quintessential Dales village that found fame as the location of TV's *All Creatures Great and Small*.

Option 3 - Semer Water

Distance: 8 miles (13km)

Ascent: 1,400 feet (420m)

In Summary: Explore the rolling hills to the south of Wensleydale. Our route visits Semer Water, Yorkshire's only true natural lake, then climbs over the ridge to Hawes.

Highlights: The walk ends in Hawes where you can sample the valley's most famous product - delicious Wensleydale cheese.

Day 4: Free Day

Day 5: Upper Swaledale

Option 1 - Wain Wath Force

Distance: 3½ miles (5.5km)

Total ascent: 350 feet (120m)

In Summary: From wain wath force, we follow the River Swale below the summit of Kisdon to Muker, a small village on the site of a settlement dating back to Viking times.

Highlights: Exploring the quaint village of Muker with an art gallery, craft shop as well as a pub and tea rooms.

Option 2 - Keld And Muker

Distance: 7 miles (11.5km)

Ascent: 950 feet (300m)

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

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

Option 3 - Upper Swaledale

Distance: 7½ miles (12.5km)

Ascent: 1,500 feet (460m)

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

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

Day 6: Dentdale

Option 1 - Beside The River Rawthey

Distance: 4 miles (6km)

Ascent: 250 feet (80m)

Descent: 500 feet (160m)

In Summary: A circular walk along the river Rawthey and around field paths with great views and past the arts and heritage craft centre at Farfield Mill.

Highlights: The big views easily obtained across to the Howgills from the hills we skirt above the river Rawthey basin.

Option 2 - Along Dentdale

Distance: 7 miles (11km)

Ascent: 500 feet (140m)

In Summary: Follow the Dales Way along Dentdale from 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.

Highlights: 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 3 - Aye Gill Pike

Distance: 9 miles (14.5km)

Ascent: 1,250 feet (380m)

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

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

Day 7: Mallerstang - Myths And Legends

Option 1 - Kirkby Stephen & The Viaducts

Distance: 3 miles (5km)

Ascent: 300 feet (100m)

In Summary: An exploration of this Cumbrian Market town and the viaducts that surround.

Highlights: The impressive Podgill viaduct, an impressive Victorian engineering feat.

Option 2 - The Upper Eden Valley

Distance: 7 miles (11.5km)

Ascent: 500 feet (140m)

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

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

Option 3 - Lady Anne's Way

Distance: 10½ miles (16.5km)

Ascent: 750 feet (240m)

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

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

Day 8: Departure Day

ACCOMMODATION

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

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 Good, Better and Best 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 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' and 'Best' Rooms that are either larger or have a desirable view, a more luxurious mattress, larger television, enhanced toiletries and a fluffy bathrobe & slippers – upgrade your stay for just an extra £15-20 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. Lunch is a chance to stock up on our famous picnic snacks. Food at Thorns Hall is varied and tasty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the dining room in the converted barn hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of regional flavours, from twice baked Wensleydale Cheese Souffle to Lancashire black pudding and Cumbrian rump of lamb.

Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865

TRAVEL DETAILS

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 or phone 03457 48 49 50.

HF Station Transfer - Great Value!

Our station transfer operates between Oxenholme railway station and Thorns Hall every Saturday and Tuesday (Friday and Monday in the low season). The pickup is at 4.30pm from Oxenholme station. On departure day the transfer will get you back to Oxenholme station by 10.00am. The transfer is £22 return, but a place must be reserved at least 14 days in advance by calling our Reservations team on 020 8732 1220.

By Taxi:

If you can't meet our station transfer, 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 cost £27 per 4-seat taxi in 2019. 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 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 for train times.

LOCAL AREA

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 and a bank. Now famed as England's 'book town', Sedbergh has many second-hand book shops and a good range of pubs and cafés. 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 Castle

Situated near Kendal, about 25 minutes' drive from Sedbergh. Sizergh Castle is a fine medieval house, surrounded by beautiful gardens. www.nationaltrust.org.uk/sizergh

Levens Hall

Visit this stately home, famous for its magnificent formal garden and its topiary displays. Levens Hall is south of Kendal, about 30 minutes' drive from Sedbergh. www.levenshall.co.uk

Settle To Carlisle Railway

Ride England's most scenic railway 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. www.settle-carlisle.co.uk

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 setting for All Creatures Great & Small. www.wensleydale.co.uk

Kendal

The market town of Kendal, about 20 minutes' drive from Thorns Hall has a good range of specialist shops. The excellent Museum of Lakeland Life and Industry is also worth a visit. www.lakelandmuseum.org.uk

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. www.windermere-lakecruises.co.uk or www.brockhole.co.uk

USEFUL HOLIDAY INFORMATION

What To Bring

Essential Equipment

- Rucksack with a waterproof liner,
- Thermos flask for hot drink,
- Water bottle (at least 1 litre)
- Spare high-energy food such as a chocolate bar.
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent,
- Sun hat,
- Sunglasses
- Sun cream
- Camera

Safety On Your Holiday

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 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

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 – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

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 £10 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

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

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

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.

Document produced: 17-02-2020

