

# 3-Night Western Yorkshire Dales Guided Walking Holiday

**Tour Style:** Guided Walking

**Destinations:** Yorkshire Dales & England

**Trip code:** SDBOB-3

2, 3 & 4



## HOLIDAY OVERVIEW

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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
- 2 days guided walking
- Use of our comprehensive Discovery Point
- Choice of up to three guided walks each walking day
- The services of HF Holidays Walking Leaders
- Any transport to and from the walks

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## 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

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## 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

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## ITINERARY

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### Day 1: Arrival Day

You're welcome to check-in to your room from 2:30 p.m. onwards (upgraded rooms from 1 p.m.) Please join us for afternoon tea.

### Day 2: The Howgill Fells And Sedbergh

#### Option 1 - Rawthey Valley

Distance: 7 miles (11.5km)

Ascent: 750 feet (220m)

**In Summary:** Explore the green valleys around Sedbergh on this circular walk. We'll head through the fields 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 cafe and heritage centre.

#### Option 2 - 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.

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

### Option 3 - The Calf

Distance: 10½ miles (17.5km)

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: Above And Along The River Lune

### Option 1 - Lune Valley

Distance: 7½ miles (11.5km)

Ascent: 400 feet (120m)

**In Summary:** Starting high in the fells beside Barbon Beck we'll descend to the Lune Valley below and visit the villages of Barbon and Casterton on the way to Kirkby Lonsdale.

**Highlight:** The walk ends in the historic market town of Kirkby Lonsdale where you can explore the speciality shops, pubs and tearooms.

### Option 2 - Casterton Fell

Distance: 9 miles (15km)

Ascent: 1,300 feet (400m)

**In Summary:** Walk from Barbon in the Lune Valley over Hogs Hill and Casterton Fell to Kirkby Lonsdale.

**Highlight:** We'll approach Kirkby Lonsdale over the Devil's Bridge where the fine river and fell views inspired Turner's painting and prompted John Ruskin to describe the scenery as some of the loveliest in Europe.

### Option 3 - Middleton Fell

Distance: 10½ miles (16.5km)

Ascent: 2,200 feet (660m)

**In Summary:** Walk over the long grassy ridge of Middleton Fell on our walk from Barbon in the Lune Valley to Sedbergh.

**Highlight:** Enjoy great views over the Lune Valley to the Howgill Fell and the Lake District Mountains as we enjoy this peaceful upland scenery.

## Day 4: 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

#### 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

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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.

### 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](mailto: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 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](http://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](http://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](http://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](http://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](http://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](http://www.windermere-lakecruises.co.uk) or [www.brockhole.co.uk](http://www.brockhole.co.uk)

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## USEFUL HOLIDAY INFORMATION

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### What To Bring

"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

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

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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

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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](http://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](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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