

# 4-Night Western Yorkshire Dales Guided Walking Holiday

**Tour Style:** Guided Walking

**Destinations:** Yorkshire Dales & England

**Trip code:** SDBOB-4

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
- 3 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

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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 from 4pm onwards.

Enjoy a complimentary Afternoon Tea on arrival.

### Day 2: Dentdale

#### Option 1 - 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.

**Highlight:** 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 2 - Above Dentdale & Aye Gill Pike

Distance: 9.5 miles (15km)

Ascent: 1,250 feet (380m)

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

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

### Option 3 - Wherside

Distance: 10½ miles (16.5km)

Ascent: 1950 feet (600m)

**In Summary:** Ascend from Dentdale onto the lofty summit of Wherside. We descend by Deepdale and follow the River Dee into Dent.

**Highlight:** Wherside is the highest of the Yorkshire Three Peaks with excellent views of the Pennines, the Lake District and the Ribbleshead Viaduct.

## Day 3: Duffton, High Cup Nick And Appleby

### Option 1 - Eden Valley

Distance: 7.5 miles (11.5km)

Ascent: 650 feet (200m)

**In Summary:** Walk through the rich green pastures of Cumbria's Eden Valley on this walk from Duffton to Appleby. Our route includes the magical wooded valley of Duffton Ghyll.

**Highlight:** Our walk connects the charming fell side village of Duffton, with the historic market town of Appleby-in-Westmorland.

### Option 2 - Around Duffton Pike

Distance: 10 miles (16.5km)

Ascent: 1,050 feet (320m)

**In Summary:** Head onto the lower slopes of the North Pennines on our walk around the shapely summit of Duffton Pike. We then head through the fields of the Eden Valley to Appleby.

**Highlight:** Enjoy great views back to High Cup Nick, then celebrate the completion of your walk with a pint in one of Appleby's historic pubs.

### Option 3 - High Cup Nick

Distance: 9½ miles (15km)

Ascent: 1,850 feet (560m)

**In Summary:** Follow the Pennine Way from Duffton to the magnificent High Cup Nick. Our route takes us around the rim of this deep cut valley before a descent back to Duffton via Duffton Ghyll.

**Highlight:** High Cup Nick is an immense 'U-shaped' valley carved into the slopes of the North Pennines - a dramatic natural feature.

## Day 4: River Dee And Bram Rigg

### Option 1 - River Dee And Briggflatts

Distance: 7 miles (11km)

Ascent: 600 feet (200m)

**In summary:** Via the village of Millthorp we head into Dentedale to walk beside the River Dee. We then cross the River Rawthey to visit the Quaker Meeting House at Brigflatts and the return to Sedbergh.

**Highlight:** The Quaker Meeting House is not only of historic interest, but coupled with its garden, is a place for quiet reflection.

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

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

**Ascent:** 1,000 feet (320m)

**In summary:** Walk along the base of Winder, before descending towards the River Lune and The Dales Way, which is followed to Millthorp Bridge. From here it is a short walk back to Thorns Hall.

**Highlight:** Views of the Lune Valley, followed by beautiful walking beside the River Rawthey.

### **Option 3 - Bram Rigg Top And Great Dummocks**

**Distance:** 10.5 miles (17km)

**Ascent:** 2,700 feet (820m)

**In summary:** An unusual West-East traverse of the Howgills, which includes a steep ascent to Bram Rigg Top. The descent is via the attractive Fawcett Bank Rigg, where the gradient steepens shortly before reaching the Rawthey Valley en route to Thorns Hall.

**Highlight:** The descent offers wonderful views south towards Sedbergh and beyond.

## **Day 5: 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.

## **Country House Accommodation**

### **Accommodation Info**

### **Need To Know**

We appreciate that COVID-19 continues to impact the nations. The English, Scottish and Welsh governments

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are not always in sync, so measures in our country houses may vary between the nations. We thank all guests for adhering to the measures we have introduced to keep our guests, leaders and team members safe.

You can see our latest FAQs and guarantees at <https://www.hfholidays.co.uk/coronavirus-travel-advice>

### **Ventilation, Physical Distancing Measures and Group Sizes around the Houses**

We will keep our public areas well ventilated; for your comfort you might want to pack an extra layer to keep you comfortable.

With the relaxation of physical distancing, we will be allowing larger groups to dine and relax in the bar together.

Hand sanitiser stations will be made available in frequently used public areas for guests and staff use. It is advisable to bring additional hand sanitiser for whilst you are out walking.

We always follow the latest regional government advice, but our one recommendation is don't forget your face mask! There is no requirement to wear a face covering in communal areas, but you may of course choose to. Some places throughout the UK may still require you to wear a mask even if the government legislation does not. With this in mind we suggest you bring a personal supply of face coverings for the duration of your stay.

### **Servicing Bedrooms:**

At this stage we are not reintroducing our daily room servicing. Extra tea, coffee, milk, towels and toiletries will be available on request from our team. Bins can be left outside your door for emptying.

### **COVID-19 Symptoms or Cases**

If a guest has symptoms of COVID-19 then they should inform the house team and immediately self-isolate to minimise any risk of transmission and make arrangements to request a COVID test. If a guest receives a positive test result, they should return home if they reasonably can. They should where possible use private transport but only drive themselves if they can do so safely. If a guest cannot reasonably return home, they should discuss their circumstances with the House Manager. Additional charges may be levied if a guest needs to self-isolate for longer than their planned holiday.

### **What can you do to help keep everyone safe?**

- Wear a face mask/covering where required and please bring plenty of face coverings for the duration of your stay
- Carry/use hand sanitiser
- Wash your hands frequently with soap and water when possible
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze
- Avoid passing round objects such as cameras & phones
- If you are displaying symptoms of Coronavirus, please do not travel to an HF Holidays House

## **Rooms**

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

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

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

**Check in:**

Check in opens at **4pm** for all guests. Guests will be unable to access any of the Country House facilities, including leaving luggage before 4pm.

We are delighted to invite you to enjoy a complimentary Afternoon Tea on arrival. Relax and meet your fellow guests and leaders.

**Check out:**

Check out time: **10am**

Please note, you will need to settle your bill before departure and payment will only be possible by card. Gratuities and donations to the Pathway Fund can also be made by card.

**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.

**Welcome Information**

A Welcome Information Pack providing details about the Country House and your holiday will be available in each bedroom. This personal pack of information will detail what to expect during your stay in the house, the menu for the duration of your stay, dinner & picnic lunch order forms and the guest registration form for completion.

Our houses are locked at night-time and accessible with a door code which is available in the Welcome Pack. However, we also recommend making a note of the Duty Manager number on arrival, in case of an emergency or getting locked out.

**Evenings**

Join our team after dinner on Wednesday evenings to see if you've got the knowledge to triumph in the HF Big Pub Quiz! There will also be another evening of entertainment at the beginning of the week which will vary depending on the house you are visiting.

If there are leaders resident, they will be available to chat to guests about self-guided walks. You can borrow walking route notes and maps from our Discovery Point.

**Walks Talks – Guided Walking Information Briefings**

Self-Guided guests are always welcome to join our Guided Walking briefings to hear about the local conditions.

Our leaders will deliver a Guided Walking Information Briefing on each arrival day before and after dinner followed by a group Walks Talk to let guests know about the following day's walks. Walks Talks are usually before and after dinner prior to each walking day. The information is repeated so you can join whichever time suits you.

If you are undecided which walk to do, our leaders will be available in the bar or lounge to answer any questions you might have. Our website contains up-to-date information about the walks for each holiday.

Before you leave for your walk your leader will run through a short safety briefing for the day.

Each day, the latest weather forecast will be displayed for all guests to check to ensure appropriate clothing is worn for the walks.

Please note, if you decide to do your own walks, or you are on a self-guided walking holiday, you must complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

## Food & Drink

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

Along with many hospitality business across the UK we are presently experiencing disruption to our food and drink supply chain. COVID continues to limit the ability of suppliers to deliver and the war in Ukraine (along with several other global challenges) is impacting availability of many basic products. We are working hard to ensure that these challenges do not negatively impact your holiday but ask for your understanding should we need to make last minute changes to dishes or menus.

## Accessibility

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

## TRAVEL DETAILS

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

### By Train:

The nearest railway station to Thorns Hall is Oxenholme, Lake District, on the main line between London and Glasgow. For train times and route planning by train visit the [national rail website](#) or phone [03457 48 49 50](tel:03457484950).

### By Taxi:

The 10-mile journey from Oxenholme station to Thorns Hall can be made by taxi. You can pre-book a taxi from our recommended taxi company, Woofs of Sedbergh. As a guide price, it costs £29 per 4-seat taxi in 2022. 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](tel:+4401539620414)  
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 a straightforward journey - allow 1½ hours to Oxenholme. See the [national rail website](#) for train times.

From Oxenholme station you can complete the journey to Sedbergh 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 approximately 2½ hours. See the [national rail website](#) for train times.

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## 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, cafés and a bank. Now famed as England's 'book town', Sedbergh has many second-hand book shops. A wider range of facilities are available in the larger town of Kendal, about 10 miles away.

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

### Sizergh Medieval House

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

### Levens Hall

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

### Settle To Carlisle Railway

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

### Hawes & Wensleydale

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

### Kendal

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

### Lake District

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



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## USEFUL HOLIDAY INFORMATION

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### Essential Information

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

#### Essentials

- Waterproof walking boots providing ankle support and good grip.
  - A waterproof jacket and over-trousers
  - Gloves and a warm hat (it can be chilly at any time of the year)
  - Rucksack
  - Water bottle (at least 1 litre capacity)
  - A small torch (everywhere in winter, year round in mountains)
  - Sun hat and sunscreen
- Denim jeans and waterproof capes are not suitable on any walks.*

#### Recommended

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

#### You Might Also Want

- Walking poles, particularly useful for descents.
- Insect repellent
- Flask for hot drinks
- Rigid lunch box
- Gaiters
- Blister kit (eg Compeed) just in case
- Waterproof rucksack liner

### Safety On Your Holiday

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest while clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

**Please note:** If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

## 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

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online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

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

### **PAYING YOUR DEPOSIT**

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

### **NON-MEMBER FEE**

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

### **BACS PAYMENTS**

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

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

### **MANAGE MY BOOKINGS**

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

### **YOUR FINAL BALANCE**

Your final balance payment is due 6 weeks before departure if you are staying in an HF Holidays UK country house, 8 weeks before departure if you are travelling on one of our holidays in Europe and 10 weeks before departure if you are on a Guided Trail staying in one of our partner hotels or are travelling on a Worldwide holiday. 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](tel:01702427236) 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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