

7-Night Western Yorkshire Dales Guided Walking Holiday

Tour Style: Guided Walking

Destinations: Yorkshire Dales, United Kingdom & England

Trip code: SDBOB-7

2, 3 & 4



HOLIDAY OVERVIEW

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

- 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

- 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

TRIP SUITABILITY

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, Whernside 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

ITINERARY

Version 1 (Runs 2019/20)

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: Free Day

Day 5: Wensleydale And Wild Boar Fell

Option 1 - 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 waterfall in England at 100ft (small cost to view).

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

Option 2 - 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.

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

Option 3 - Wild Boar Fell

Distance: 11 miles (18km)

Ascent: 1,850 feet (560m)

In Summary: Ascend to the high moorland summits of Swarth Fell and Wild Boar Fell, before crossing a patchwork of fields to the village of Ravenstonedale.

Highlight: This is a real 'away from it all' walk through beautiful upland scenery.

Day 6: Upper Swaledale

Option 1 - 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.

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

Option 2 - 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.

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

Option 3 - Great Shunner Fell

Distance: 11 miles (17.5km)

Ascent: 1,800 feet (560m)

In Summary: Cross the hills from Wensleydale to Swaledale. Our highest point is the summit of Great Shunner Fell, from where we descend following the Pennine Way to the village of Muker.

Highlight: Choose a clear day and you'll be rewarded with a panoramic view over the Yorkshire Dales to the Lake District fells in the distance.

Day 7: 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 - Aye Gill Pike

Distance: 9 miles (14.5km)

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 - Whernside

Distance: 10½ miles (16.5km)

Ascent: 2,100 feet (640m)

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

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

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

Version 2 (Runs 2019/20)

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 The Lune Valley

Option 1 - Dales Way

Distance: 7 miles (11.5km)

Ascent: 500 feet (160m)

In Summary: A delightful walk alongside the River Lune following the Dales Way. We'll then cross the fields to Brigflatts church and Sedbergh.

Highlight: Discover the attractive and tranquil scenery of the Lune Valley. Our walk ends back in Sedbergh where you might like to visit one of the historic pubs or explore the town's celebrated bookshops.

Option 2 - Above The Lune Valley

Distance: 9½ miles (15.5km)

Ascent: 1,050 feet (320m)

In Summary: Walk above the Lune Valley, visiting Fox's Pulpit and Lily Mere lake. Having descended to the River Lune we'll return along the Dales Way through the fields to Sedbergh.

Highlight: Fox's Pulpit is a rocky outcrop where George Fox, the founder of the Quakers preached. From here there's a beautiful view across the valley to the Howgill Fells.

Option 3 - Howgill Traverse

Distance: 9 miles (14.5km)

Ascent: 2,150 feet (660m)

In Summary: A fantastic north to south traverse across the Howgill Fells. Walking high in the hills for most of the day we'll follow the undulating ridge over Hazelgill Knott to the summit of The Calf, then continue onwards along the ridge to Sedbergh.

Highlight: The Calf is the highest point in the Howgills and enjoys a great view over the Yorkshire Dales and the Lake District mountains.

Day 3: Mallerstang - Myths And Legends

Option 1 - 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.

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

Option 2 - 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.

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

Option 3 - Mallerstang Edge

Distance: 10 miles (16.5km)

Ascent: 1,400 feet (420m)

In Summary: A high-level traverse along Mallerstang Edge including the tops of High Seat and High Pike Hill. Our walk takes us from Aisgill to Kirkby Stephen.

Highlight: Expect some wild and track-less terrain, but also great views over the green Eden Valley.

Day 4: Free Day

Day 5: Duffton, High Cup Nick And Appleby

Option 1 - Eden Valley

Distance: 7 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 6: Smardale, Green Bell And Ravenstonedale

Option 1 - Smardale Gill

Distance: 7 miles (11km)

Ascent: 900 feet (280m)

In Summary: Head over Smardale Fell to Smardale Hall, then along the valley side and across the viaduct back to Ravenstonedale.

Highlight: The valley of Smardale Gill is an unexpected delight crowned by the majestic viaduct of the old Darlington to Tebay railway.

Option 2 - Smardale Circuit

Distance: 9 miles (15km)

Ascent: 1,300 feet (400m)

In Summary: A circuit of the hills above Smardale. Our outward route takes us over Nettle Hill to the village of Crosby Garrett, before crossing the river and returning over Smardale Fell to Ravenstonedale.

Highlight: Smardale Gill is a National Nature Reserve; a classic limestone habitat that is rich with butterflies, wild flowers and birds.

Option 3 - North East Howgills

Distance: 9½ miles (15km)

Ascent: 2,550 feet (780m)

In Summary: A South to North traverse of the Howgill Fells. After a steep ascent to the summit of Yarside we'll take in the summits of Green Bell and Randy Gill Top before a lovely ridge top descent to Ravenstonedale.

Highlight: A classic walk over the long grassy ridges of the Howgill Fells.

Day 7: Ingleborough, Limestone Scars And Waterfalls

Option 1 - Ingleton Waterfalls

Distance: 6 miles (10km)

Ascent: 660 feet (200m)

In Summary: Take a short stroll to view the iconic Ribbleshead Viaduct then travel on to Ingleton for a circular woodland walk alongside the Rivers Twiss and Doe. We use a trail which, although steep in places, benefits from steps and walkways past spectacular waterfalls.

Highlight: Pass a number of stunning waterfalls, the most impressive of which is Thornton Force.

Option 2 - Twistleton Scars

Distance: 8 miles (13km)

Ascent: 550 feet (180m)

In Summary: Walk from the Ribbleshead Viaduct to Ingleton along the lower slopes of Whernside. We'll traverse the magnificent limestone pavements of Twistleton Scars, then descend past the waterfalls into Ingleton.

Highlight: Marvel at the 24 arch Ribbleshead Viaduct then walk through the classic limestone scenery of the Yorkshire Dales.

Option 3 - Ingleborough

Distance: 7½ miles (12.5km)

Ascent: 1,650 feet (500m)

In Summary: Ascend from Ribbleshead onto Simon Fell and the magnificent summit of Ingleborough. We'll descend, steeply at first, to Ingleton.

Highlight: The distinctive shape of Ingleborough, one of the Three Peaks, dominates the landscape. There's a great view from the top over the Yorkshire Dales towards the Lake District.

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

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Day 2: Mallerstang - Myths And Legends

Option 1 - A Pennine Journey

Distance: 5 miles (7.5km)

Ascent: 200 feet (60m)

In Summary: We walk through fields, and cross the River Belah, before following the Wainwright conceived trail 'A Pennine Journey' to the village of Winton where we stop for Lunch. In the afternoon we use another stretch of the trail to reach the market town of Kirkby Stephen.

Highlight: Kirkby Stephen - a traditional market town of historic buildings, cobbled yards, quaint corners and interesting shops.

Option 2 - 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.

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

Option 3 - Mallerstang Edge

Distance: 10 miles (16.5km)

Ascent: 1,400 feet (420m)

In Summary: A high-level traverse along Mallerstang Edge including the tops of High Seat and High Pike Hill. Our walk takes us from Aisgill to Kirkby Stephen.

Highlight: Expect some wild and track-less terrain, but also great views over the green Eden Valley.

Day 3: The Howgills Fells And Lune Valley

Option 1 - Dales Way

Distance: 7 miles (11.5km)

Ascent: 500 feet (160m)

In Summary: A delightful walk alongside the River Lune following the Dales Way. We'll then cross the fields to Brigflatts church and Sedbergh.

Highlight: Discover the attractive and tranquil scenery of the Lune Valley. Our walk ends back in Sedbergh where you might like to visit one of the historic pubs or explore the town's celebrated bookshops.

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Distance: 9½ miles (15.5km)

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Highlight: The Calf is the highest point in the Howgills and enjoys a great view over the Yorkshire Dales and the Lake District mountains.

Day 4: Free Day

Day 5: Wensleydale And Wild Boar Fell

Option 1 - 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).

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

Option 2 - 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.

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

Option 3 - Wild Boar Fell

Distance: 11 miles (18km)

Ascent: 1,850 feet (560m)

In Summary: Ascend to the high moorland summits of Swarth Fell and Wild Boar Fell, before crossing a patchwork of fields to the village of Ravenstonedale.

Highlight: This is a real 'away from it all' walk through beautiful upland scenery.

Day 6: Upper Swaledale

Option 1 - 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.

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

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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.

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

Option 3 - Great Shunner Fell

Distance: 11 miles (17.5km)

Ascent: 1,800 feet (560m)

In Summary: Cross the hills from Wensleydale to Swaledale. Our highest point is the summit of Great Shunner Fell, from where we descend following the Pennine Way to the village of Muker.

Highlight: Choose a clear day and you'll be rewarded with a panoramic view over the Yorkshire Dales to the Lake District fells in the distance.

Day 7: Smardale, Green Bell And Ravenstonedale

Option 1 - Smardale Gill

Distance and Ascent to be confirmed

In Summary: We start our walk at Crosby Garrett and follow Smardale Gill, passing the old viaduct before finishing at the village of Ravenstonedale.

Highlight: The valley of Smardale Gill is an unexpected delight crowned by the majestic viaduct of the old Darlington to Tebay railway.

Option 2 - Smardale Circuit

Distance: 9 miles (15km)

Ascent: 1,300 feet (400m)

In Summary: A circuit of the hills above Smardale. Our outward route takes us over Nettle Hill to the village of Crosby Garrett, before crossing the river and returning over Smardale Fell to Ravenstonedale.

Highlight: Smardale Gill is a National Nature Reserve; a classic limestone habitat that is rich with butterflies, wild flowers and birds.

Option 3 - North East Howgills

Distance: 10½ miles (17km)

Ascent: 2,000 feet (620m)

In Summary: A circular route taking in two prominent Howgill Fells. After a steady ascent to the summit of Green Bell, we head along the tops to Randy Gill Top before a lovely descent of the broad ridgeline to Ravenstonedale.

Highlight: A great loop over the long grassy ridges of the Howgill Fells with huge views on a clear day.

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

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

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. Pre-booked taxis cost approx £27 for a 4 seat taxi per journey. Details of our current recommended taxi company and rates will be sent to you with your final dispatch documents, four weeks before departure. The

taxi company will arrange shared taxis wherever possible. The return taxi journey can be arranged on your behalf by the Thorns Hall Manager.

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

About

Hill/Moorland Country House • 25 Bedrooms • Open March to October & Festive Period • Standard check-in from 2.30pm • Free Parking on site • Free Wi-Fi throughout • Walkers' Facilities including Boot Room & Drying Room • Discovery Point with route guides and maps

USEFUL HOLIDAY INFORMATION

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- 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

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.

ASSOCIATE'S FEE

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life 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.

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