

# 7 Night Shropshire Hills Guided Walking for Solos Holiday

**Tour Style:** Guided walking for solos

**Destinations:** Shropshire Hills, United Kingdom & England

**Trip code:** CSBOS-7

2, 3 & 4



## HOLIDAY OVERVIEW

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A solo holiday is less about going it alone and more about embracing adventure and forming new friendships. Discover ruined castles folded into hillsides, rare wildlife roaming the upland heaths, and a selection of the best market towns and villages Shropshire has to offer. Joining a group of other solo guests, you'll have a choice of three walks a day led by experienced HF Holidays Leaders. So even if you start off alone, you'll find that people are easily brought together by a shared love of the great outdoors.

## WHAT'S INCLUDED

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- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders

- Choice of up to three guided walks (on walking days)
- All transport to and from walks where necessary
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

## HOLIDAY HIGHLIGHTS

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- Discovering the immense beauty of the Shropshire Hills on foot
- Visiting picturesque market towns and villages
- Learning more about this National Landscape
- Making the most of the V-shaped valleys and countryside
- Spending time with like-minded people in the great outdoors
- Staying at Longmynd House in Church Stretton

## ITINERARY

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### Day 1: Arrival Day

Enjoy a complimentary cream tea on arrival, served from 4.30pm.

### Day 2: LONG MYND

#### Option 1 - Townbrook & Cardingmill Valley

**Distance:** 6.7 miles (10.7km)

**Ascent:** 1,350 feet (410m)

**In summary:** Leaving Longmynd House we make our way through Rectory Woods and up the beautiful Townbrook Valley to reach the Long Mynd plateau and its highest point at Pole Bank. We then make our way north along the historic Port Way before descending into the scenic Carding Mill Valley and back to Longmynd House.

**Highlight:** Panoramic views from Pole Bank across Shropshire, mid Wales and beyond.

#### Option 2 - Along The Long Mynd

**Distance:** 8½ miles (13.5km)

**Ascent:** 1,450 feet (440m)

**In summary:** Head to the top of the Long Mynd via Townbrook Valley. We then head south along the ridge to Minton Hill, before returning to our country house via the village of Little Stretton.

**Highlight:** The beautiful Townbrook Valley and Long Mynd plateau with its 360 degree panoramic views.

#### Option 3 - Callow Hill, Pole Bank & Adstone Hill

**Distance:** 12 miles (19km)

**Ascent:** 2,450 feet (740m)

**In summary:** Our walks heads out towards Little Stretton before ascending Long Mynd via Callow Hill to reach its highest point at Pole Bank. We then descend the western slopes to Adstone Hill before returning over the Long Mynd and down Townbrook Valley to Church Stretton.

**Highlight:** The ascent via Callow Hill to Pole Bank is less frequented and gives extensive far reaching views.

## Day 3: HOPESAY, STOKESAY AND CRAVEN ARMS

### Option 1 - Three Woods And Stokesay Castle

**Distance:** 5 miles (8.5km)

**Total ascent:** 600 feet (180m)

**In summary:** This walk leaves from the village of Craven arms, taking in the surrounding Shropshire countryside and the river Onny. There is also chance to see Stokesay Castle before returning to allow time to explore the Shropshire Hills Discovery Centre.

**Highlight:** Discover Stokesay Castle and the Shropshire Hills Discovery centre

### Option 2 - Aston On Clun & Stokesay

**Distance:** 7½ miles (12km)

**Total ascent:** 900 feet (280m)

**In summary:** Walk from the village of Aston on Clun to Craven Arms. On the way we'll discover the historic 13th Century church at Hopesay, soak up the views from Hopesay Hill, and visit Stokesay Castle.

**Highlight:** Stokesay Castle is a real gem; a 13th Century fortified manor house that was besieged during the English Civil War.

### Option 3 - Bury Ditches Fort, Hopesay, Craven Arms

**Distance:** 11½ miles (18km)

**Ascent:** 1,900 feet (575m)

**In summary:** From Clunton walk through Steppleknoll Wood and then on to Bury Ditches Hill Fort. We continue past the pretty village of Hopesay to Stokesay and the Craven Arms.

**Highlight:** Explore the tranquil landscape of the Clun Valley and Bury Ditches Hill Fort.

## Day 4: Free Day - Shropshire Hills

Discover more about [Longmynd House and the local area](#) for ideas on how to make the most of your free day.

## Day 5: STRETTON HILLS

### Option 1 - Hope Bowdler & Helmeth Wood

**Distance:** 6½ miles (10.5km)

**Ascent:** 1,300 feet (400m)

**In summary:** Starting from Longmynd House, we walk through the wooded lower slopes of Hazler Hill before a moderately steep ascent to the Gaer Stone and Hope Bowdler Hill. Heading down to the valley between Hope Bowdler and Caer Caradoc we make our way back along the old Cwms Lane, through Helmeth Wood and Church Stretton.

**Highlight:** Stunning views in all directions from the summit of Hope Bowdler Hill.

### Option 2 - Ragleth Hill & Chelmick

**Distance:** 7½ miles (12km)

**Ascent:** 1,150 feet (360m)

**In summary:** Starting with a visit to the pretty village of Little Stretton, we tackle a sharp ascent to the summit of Ragleth Hill, where we are rewarded with stunning 360 degree views. Following the grassy ridge to its northern end, we head down to Chelmick Valley and the village of Hope Bowdler before returning to Longmynd House via the lower slopes of Hope Bowdler Hill and Helmeth Hill.

**Highlight:** Panoramic 360 degree views from Ragleth Hill (which can be seen clearly from the dining room at Longmynd House) across Shropshire and beyond.

### Option 3 - Ragleth Hill, Chelmick And Hope Bowdler Hill

**Distance:** 10 miles (16km)

**Ascent:** 2,050 feet (620m)

**In summary:** Walking through the pretty village of Little Stretton we cross the valley to make a sharp ascent to the summit of Ragleth Hill. We follow its grassy ridge northwards before descending to Chelmick valley and the village of Hope Bowdler. We then ascend steadily across Hope Bowdler Hill to reach Willstone Hill and the famous Battle Stones from where we return to Longmynd House via the Gaer Stone and lower slopes of Helmeth Hill.

**Highlight:** The much photographed natural rocky outcrops of the Battles Stones and the Gaer Stone.

## Day 6: LUDLOW & MORTIMER FOREST

### Option 1 - Bromfield, Priors Halton & Ludlow

**Distance:** 5½ miles (8.5km)

**Ascent:** 400 feet (120m)

**In summary:** Starting from close to Bromfield, we follow a section of the Shropshire Way trail today as we explore the Shropshire countryside making our way to the town of Ludlow. We should finish with time to explore Ludlow.

**Highlight:** Time to explore Ludlow, described by John Betjeman as "probably the loveliest town in England"

### Option 2 - Bromfield, The Mortimer Trail & Ludlow

**Distance:** 7½ miles (12km)

**Total ascent:** 1,050 feet (320m)

**In summary:** A longer exploration from Bromfield, we head into the lower areas of the Mortimer Forest, along the Mortimer Trail. Before looping around and heading into the town of Ludlow.

**Highlight:** Ludlow is one of England's finest market towns with its array of black and white timbered buildings, overlooked by an impressive castle.

### Option 3 - Downton Castle, Mortimer Forest & Ludlow

**Distance:** 10 miles (16.5km)

**Ascent:** 1650 feet (500m)

**In summary:** Our route follows field paths through rolling countryside before ascending to the Mortimer Forest and its highest point, High Vinnals. Continuing through the forest we descend towards the River Teme. Following the Bread Walk along the riverside, we enter the town via Dinham Bridge.

**Highlight:** Enjoy fine views and Ludlow and its castle.

## Day 7: DARNFORD VALLEY & BETHCOTT HILLS

### Option 1 - Darnford Valley & Betchcott Hills

**Distance:** 7 miles (11.5km)

**Ascent:** 1,050 feet (320m)

**In summary:** Our route follows the beautiful Darnford Valley, then the ancient Port Way heads over the Betchcott Hills to cross the Long Mynd plateau, before descending via Haddon Hill and the golf course, one of the highest in England, and return to the house.

**Highlight:** Enjoy the tranquility of the Darnford and Golden Valleys, the latter aptly named from the vibrant colour of the dwarf gorse bushes lining its slopes.

### Option 2 - Gatten Hills & Darnford Valley

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

**Ascent:** 1,350 feet (420m)

**In summary:** Cross Gatten Hill, then ascend steadily along Darnford Valley to reach the ancient Port Way, cross the Long Mynd ridge and head to Church Stretton close to Bodbury Hill.

**Highlight:** The heather-clad ridge of the Long Mynd dominates the skyline. Enjoy the extensive views as you cross the ridge and descend towards Church Stretton.

### Option 3 - Pulverbatch, Wilderley Hill & Darnford Valley

**Distance:** 13 miles (20.5km)

**Ascent:** 2,150 feet (660m)

**In summary:** Follow the Shropshire Way from the village of Church Pulverbatch over Wilderley Hill. Our route passes by the village of Ratlinghope and along the Darnford Valley to reach the Port Way and Long Mynd from where we descend via Haddon Hill and the golf course, overlooking the ever popular Carding Mill Valley, to Church Stretton.

**Highlight:** On a clear day you'll enjoy sweeping views across Shropshire and the Welsh hills.

## Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

## ACCOMMODATION

### Longmynd Hotel

For rural calm in the Shropshire Hills Area of Outstanding Natural Beauty, the location of this characterful country house is hard to top. Set in a wooded hillside just a short stroll from the market town of Church Stretton (nicknamed Little Switzerland for its picturesque landscape), you'll be within walking or driving distance of the Stiperstones, Caer Caradoc, Ironbridge Valley of Invention, and the historic towns of Ludlow and Shrewsbury. And then, of course, there's the Long Mynd itself – an area of registered common land that has been cared for by a group of farmers (the self-named commoners) who have grazed sheep and ponies here for generations.

### Country House Accommodation

#### Rooms

Designed with your comfort in mind, Longmynd Hotel has 56 well-appointed guest rooms available in two categories: Classic and Premium.

**Classic Rooms** are comfortable en-suite guest rooms, ideal for a peaceful night's sleep. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, and shower gel), and a TV.

**Premium Rooms** are more spacious en-suite guest rooms\*. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers, and comfortable mattresses.

**We love:** For more privacy, the lodges have their own terrace.

The **Choose Your Room** service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

#### Check in & check out

You are welcome to check in from **4:00pm at the earliest**. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team.

On the day of departure, we kindly ask all guests to check out by **10:00am**. You'll be asked to settle your bill prior to leaving. You may, of course, make a charitable donation to our HF Holidays Pathways Fund if you wish. Please note that we only accept card payments.

#### Room supplements

Premium single	Premium double/twin	Choose your room
£20 pppn	£20 pppn	£30 per room

\*Views and layout reflect each properties unique character and location

### About Your Stay

#### A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with

guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

### **Evening entertainment**

While evening entertainment varies from house to house, the HF Holidays Big Pub Quiz held after dinner on Wednesdays is a weekly staple. Your HF Holidays Leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

### **Walks talks**

Our HF Holidays Leaders host guided walking information briefings before dinner on arrival days. This is followed by a group Walks Talk for information on the following day's walking delights (held before dinner every evening). Self-guided walking guests are, of course, welcome.

### **The walking day**

Prior to setting off on walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

## **Food & Drink**

Led by experienced chefs, we serve a wide range of dishes made with fresh and seasonal ingredients. We always aim to source the best produce available and use home-grown herbs and vegetables from our own gardens whenever possible. Additionally, we have a licensed bar with beers, soft drinks, and a superb selection of spirits. Full-board comes as standard and includes a cream tea on arrival and a hearty breakfast on departure day.

HF Holidays understands the importance of managing allergens effectively to ensure food is safe for guests with food allergies. Whilst we are always able to confidently inform guests which allergens are present in our ingredients and dishes, we are unable to guarantee absolute freedom from the 14 main allergens in our kitchens. Vegetarian and vegan menu choices are available. If you have allergies, food intolerances, or any special dietary requirements, please inform our reservation team at the time of booking.

## **Accessibility**

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

## **TRAVEL DETAILS**

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### **Address**

Longmynd Hotel  
Cunnery Road  
Church Stretton  
Shropshire SY6 6AG

Tel: [+44 \(0\)1694 722244](tel:+44(0)1694722244)

### **By Train**

The nearest station is Church Stretton. Although Longmynd Hotel is less than a mile from the station, it is at the top of a steep hill and there is no taxi rank at the station. Taxis are in extremely limited supply in the Church Stretton area and drivers usually come from further afield which is reflected in fares.



Shrewsbury has more choice of trains, and you can take a taxi directly to the house from the station (see below).

Check National Rail for train times and routes.

## By Taxi

From Shrewsbury, it's a 15-mile journey taking 30 to 40 minutes.

For pricing, please contact Me2You Cars directly.

### Me2You Cars

You can pre-book a taxi from our recommended Shrewsbury based company, Me2You Cars\*. We recommend booking your taxi, including your return journey if needed, at least seven days in advance by contacting:

Tel: [+44 \(0\)1743 537644](tel:+44(0)1743537644) or [07791 670110](tel:07791670110)

Email: [danielle@me2youcars.com](mailto:danielle@me2youcars.com)

\*Me2You Cars is not owned or managed by HF Holidays.

## By Car

There's free car parking at Longmynd Hotel if you decide to drive.

Follow the A49 to Church Stretton. At the traffic lights turn off into town, then at the first junction turn left onto the High Street. Go straight over the mini-roundabout, and then take the next right into Cunnery Road. Follow the road up the steep hill to Longmynd Hotel.

## By Air

The nearest airport is Manchester International Airport.

Trains take about two hours, with a change in Crewe.

You can also fly into London Heathrow airport, but it'll take at least 4 hours to reach Shrewsbury by train.

National Rail has up-to-date routes and train times.

## LOCAL AREA

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Whether you're enjoying a guided or self-guided walking holiday, there's always the opportunity to linger for longer. Here's our pick of the very best things to see and do within easy travelling distance of Longmynd Hotel.

### Church Stretton

Just a 10-minute walk downhill, this market town lives up to its Little Switzerland moniker for its dramatic hills on both sides of the valley. It has retained much of its Edwardian charm, tempting with independent shops, traditional tea rooms, pubs, and restaurants.

### Ludlow

A 20-minute drive away, this attractive market town rewards with a historic town centre, beautiful period buildings, and a castle dating back to the 11th century. Visit-worthy places include St. Laurence's Church, Ludlow Museum, and Ludlow Millennium Green.



## Ironbridge Valley Of Invention

A 45-minute drive away and within the heart of a UNESCO World Heritage Site, this collection of award-winning museums stretches along the River Severn. All are within six square miles of the Ironbridge Gorge, hailed as the birthplace of the Industrial Revolution.

## Severn Valley Railway

Operating steam-hauled passenger trains between Bridgnorth, Bewdley, and Kidderminster, this 16-mile journey takes you along the beautiful Severn Valley. The nearest station at Bridgnorth is a 40-minute drive from Church Stretton.

## Shrewsbury

A 30-minute drive away, Shropshire's country town charms with an imposing redbrick castle, higgledy-piggledy streets, and quirky buildings. Highlights include visiting Shrewsbury Museum & Art Gallery, relaxing in Shrewsbury Quarry, and following the Darwin Town Trail.

## Much Wenlock

A 30-minute drive away, this small Shropshire town was the birthplace Dr William Penny Brookes – the founder of the modern Olympic Games. Highlights include visiting the remains of Wenlock Priory, the site of an Anglo Saxon monastery founded in about AD 680.

## Hereford

An hour's drive away, this attractive cathedral city is home to the famous Mappa Mundi, a medieval map of the world dating from the 1300s. Further highlights include the Chained Library, the Black and White House Museum, and the life-sized Hereford Bull Statue.

## Attingham Park

A 25-minute drive away, this 18th century estate with 200 acres of parkland is managed by the National Trust. The Mansion has an evolving visitor programme and different areas of the house open throughout the year.

## Powis Castle

A 45-minute drive away, this 13th century castle, world-famous garden, and historic collection has been cared for by the National Trust since 1952. The paintings, sculptures, furniture, and tapestries on display throughout the house are rather impressive.

## Chirk Castle

Occupied as a castle and stately home for over 700 years, this fine medieval hilltop fortress is just under an hour's drive away. Highlights include the military displays, elegant state rooms, and award-winning gardens covering 5.5 acres of manicured lawns.

## USEFUL HOLIDAY INFORMATION

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### Essential Information

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

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## Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

## Recommended

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

## 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.

## TRIP NOTE VALIDITY

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These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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