

# 7 Night Isle of Wight Guided Walking for Solos Holiday

**Tour Style:** Guided walking for solos

**Destinations:** Isle of Wight, United Kingdom & England

**Trip code:** FWBOS-7

1, 2 & 3



## 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 the golden beaches, rolling green hills, dramatic white cliffs, ancient woodland, and charming seaside resorts of the Isle of Wight with a choice of three walks a day led by experienced HF Holidays Leaders. Best of all, you'll be in a group with other solo guests. 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 different-grade daily walks
- 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 stunning landscape of the Isle of Wight on foot
- Soaking up panoramic views of the dramatic coastline
- Visiting golden sand beaches and picturesque villages
- Spending time with like-minded people in the great outdoors
- Finding new routes and places to explore with your HF Holidays Leader
- Staying at Freshwater Bay House, just a skip from Tennyson Down

## TRIP SUITABILITY

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This trip is graded Activity Level 1, 2 and 3. Explore the beautiful Isle of Wight on our guided walks. We offer a great range of walks to suit everyone - Experience classic coastal views as well as discovering hidden gems such as picturesque island villages. Join our friendly and knowledgeable guides who will bring this stunning landscape to life.

Our experienced guides offer the choice of 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 Freshwater Bay House.

## ITINERARY

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### Day 1: Arrival Day

You're welcome to check in from 4pm onwards. Enjoy a complimentary cream tea on arrival.

### Day 2: Shorwell And Carisbrooke Castle

#### Option 1 - To Carisbrooke Castle

**Distance:** 6 miles (9.5km)

**Ascent:** 700ft (220m)

**In summary:** We start in the village of Shorwell before venturing over the downs and entering the village of Carisbrooke, home of Carisbrooke Castle.

**Highlight:** Snapping shots of picturesque Shorwell with its thatched cottages and historic church.

#### Option 2 - Shorwell & Carisbrooke

**Distance:** 9 miles (14km)

**Ascent:** 1,100 feet (340m)

**In summary:** Walk from Brightstone to the village of Shorwell village, then continue over the downs to Carisbrooke Castle.

**Highlight:** Explore picturesque Shorwell with its thatched cottages and historic church.

### Option 3 - The Three Trails

**Distance:** 12½ miles (20.5km)

**Ascent:** 1,600 feet (480m)

**In summary:** Challenge yourself to this fantastic walk along the spine of the island from Carisbrooke Castle to Freshwater Bay. We'll cross the hills to Shorwell then pick up the Tennyson Trail which runs along the top of the chalk downs.

**Highlight:** This is one of our most popular walks. After several ups and downs, your celebratory pint at the end of the walk will be well deserved!

### Day 3: Walks To Ventnor

#### Option 1 - Coastal Path From Gore Down To Ventnor

**Distance:** 7 miles (11km)

**Ascent:** 750 feet (240m)

**In summary:** This walk takes the coast path past St Catherine's Point, before passing through Niton Village, and then rejoining the coast path through the undercliff and into Ventnor.

**Highlight:** Discover the Undercliff; a natural sun trap, rich with verdant vegetation, created by a series of landslips over the centuries.

#### Option 2 - Chale Church To Ventnor Via Whitewell

**Distance:** 8½ miles (13.5km)

**Ascent:** 1100 feet (320m)

**In summary:** This walk starts along the coast path, before diverting inland to Whitewell, before rejoining the coast path at the undercliff and continuing to Ventnor

**Highlight:** Enjoy great coastal views of St Catherine's Point.

#### Option 3 - Chale Green To Ventnor

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

**Ascent:** 1400 feet (440m)

**In summary:** This walk starts inland before reaching the coast path at St Catherine's point, then taking in Whitewell and the undercliff into Ventnor

**Highlight:** A great variety of inland and coastal walking, offering great views.

### Day 4: Free Day

Discover more about [Freshwater Bay House and the local area](#) for ideas on how to fill your free day.

## Day 5: Tennyson Down And Alum Bay

### Option 1 - Over Tennyson Down

Distance: 7 miles (11km)

Ascent: 1,200 feet (360m)

**In summary:** A fabulous walk over the chalk cliffs of Tennyson Down to the Needles and the Alum Bay; one of England's finest coastal walks.

**Highlight:** The commanding view over the Western Solent from the Tennyson Monument. You'll also discover the once secret rocket testing range, and the area's role in the space race.

### Option 2 - Headon Warren & The Needles

Distance: 8½ miles (13.5km)

Ascent: 1,300 feet (400m)

**In summary:** We start by head to the coast at Totland Bay then soak up glorious sea view as you round the Needles headland and return over Tennyson Down.

**Highlight:** The heather-clad headland of Headon Warren is a real delight, and offers the best views of the Needles.

### Option 3 - West Wight Circuit

Distance: 12 miles (19km)

Total ascent: 1,550 feet (480m)

**In summary:** A repeat from earlier in the week for 7 night guests. A circuit of the western tip of the island. We'll follow the Yar Valley to Yarmouth, then follow the coastal path to Alum Bay, before a glorious finale over Tennyson Down.

**Highlight:** The final section atop the chalk cliffs of Tennyson Down is a fitting conclusion to this splendid walk.

## Day 6: Calbourne And The South

### Option 1 - Wooded Trails & Grassy Downs

Distance: 6½ miles (10.5km)

Ascent: 750 feet (240m)

**In summary:** Starting from Calbourne, the prettiest village on the island, we follow the footpath passing Winkle Street, and then ascending on to Westover Down before crossing countryside following the Tennyson Trail back to Freshwater Bay.

**Highlight:** Visiting the postcard village of Calbourne and enjoying breathtaking views of land and sea while walking along the Downs.

### Option 2 - Over The Downs

Distance: 8½ miles (13.5km)

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

**In summary:** Walk from the charming village of Godshill onto the Stenbury and St Boniface Downs.

**Highlight:** The grand ruins of Appuldurcombe House and its surrounding parkland laid out by 'Capability' Brown.

### Option 3 - Eight Downs Horseshoe

**Distance:** 10½ miles (16.5km)

**Ascent:** 1,500 feet (460m)

**In summary:** Our 'eight Downs horseshoe' is a grand circuit that takes in the tops of Stenbury Down and St Boniface Down; the highest point on the island.

**Highlight:** Walking on top of the Downs is a real delight, with great views across the island, and across the Solent to the mainland.

## Day 7: Yarmouth And Yar Valley

### Option 1 - Yar Valley

**Distance:** 7 miles (11km)

**Ascent:** 350 feet (120m)

**In summary:** Walk beside the tidal River Yar to the historic town of Yarmouth with its bustling harbour and Tudor castle. We'll return on the opposite side of the river back to Freshwater Bay.

**Highlight:** The salt marsh, reedbeds and mud flats of the Yar Estuary are a great place to see wildfowl and waders.

### Option 2 - Yarmouth And The Three Forts

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

**Ascent:** 550 feet (180m)

**In summary:** Walk through Golden Hill Country Park to the coast at Fort Victoria with uninterrupted views across the Solent to Hurst Castle on the mainland. Continue on the Coastal Path into the old port of Yarmouth and return to Freshwater beside the River Yar.

**Highlight:** A walk full of history from the Victorian forts at Golden Hill & Fort Victoria to the remains of Henry VIII's castle at Yarmouth.

### Option 3 - The Hamstead Trail, Bouldnor Forest And Yarmouth

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

**Ascent:** 800 feet (240m)

**In summary:** Enjoy the rolling countryside of the Hamstead trail, crossing the Island from south to north, before joining the Coastal path to the west of Hamstead. The walk continues through Bouldnor Forest into the historic port of Yarmouth with its associated yachting activities. The return to Freshwater is by the River Yar and Afton Nature reserve.

**Highlight:** A variety of landscapes from the open countryside of the Hamstead trail to the beauty of Bouldnor

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Forest and the bustling little port of Yarmouth. Opportunities to see wading birds by the River Yar.

## Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

## ACCOMMODATION

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### Freshwater Bay House

Chalky white cliffs and eyebrow-arching sea views set the tone for the delights that follow at this county house on the Isle of Wight - Queen Victoria's favourite island that's just a ferry hop from the South Coast. The location is as gorgeous as it gets; to the south of the village of Freshwater, within pebble-throwing distance of its namesake bay, and just a skip from Tennyson Down. You'll also be within easy reach of the area's showstoppers, including the imposing Stag and Mermaid rocks, the multi-coloured sands of Alum Bay, the remarkable Ventnor Botanic Gardens, and the 125-million-year-old dinosaur footprints at Compton Bay. And then, of course, there's the Needles Old Battery for the ubiquitous photo opportunity and the best views of The Needles.

## Country House Accommodation

### Rooms

Designed with your comfort in mind, Freshwater Bay House has 43 well-appointed guest rooms available in three categories: Classic, Premium, and Superior.

**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.

**Superior Rooms** are even more spacious en-suite guest rooms offering upgraded views of the surrounds. 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:** Rooms 19 and 20 on the first floor for their lovely sea views. Rooms 18 and 22 are both corner rooms overlooking the bay and Tennyson Downs. The more spacious Room 24 has five large windows overlooking the gardens and bay as well as a private sitting room. Room 39 on the second floor is a corner room with a bathtub.

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

Superior	Premium single	Premium double/twin	Choose your room
£25 pppn	£20 pppn	£20 pppn	£30 per room

## 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 [Freshwater Bay House](#)

## TRAVEL DETAILS

### Address

Freshwater Bay House  
Freshwater Bay  
Isle of Wight PO40 9RB

Tel: [+44 \(0\)1983 753854](tel:+44(0)1983753854)

## By Taxi

From Yarmouth ferry port it's a five-mile taxi journey that takes approximately 15 minutes. We recommend booking your taxi at least seven days in advance as availability may be limited.

For pricing, please contact the taxi company directly.

Taxi companies in the area include:

### Bay Taxi

Tel: [+44 \(0\)7475 662350](tel:+44(0)7475662350)

Email: [info@baytaxi.co.uk](mailto:info@baytaxi.co.uk) (Please provide your phone number when emailing)

### Rayner's Taxis

Tel: [+44 \(0\)1983 752784](tel:+44(0)1983752784)

### I Cabs

Tel: [+44 \(0\)7553 567567](tel:+44(0)7553567567)

A return journey can be arranged on your behalf by the HF Holidays House Manager at Freshwater Bay.

\*HF Holidays does not own or manage any of the above taxi companies.

## By Train

The nearest station is Lymington Pier on the mainland which is adjacent to the ferry terminal.

Check National Rail for train times and routes.

## By Ferry

You have two ferry options. The Wightlink Lymington to Yarmouth ferry is the most convenient for Freshwater Bay. Alternatively, the Red Funnel Southampton to East Cowes ferry is often the cheapest option if you want to take your car to the Isle of Wight.

### HF Holidays member discount

If you're a member, you can get 15% off car travel and 20% off foot travel with Wightlink Ferry. For full details visit [www.wightlink.co.uk/HFHolidays](http://www.wightlink.co.uk/HFHolidays).

## By Car

### From Yarmouth

Turn right out of the ferry terminal onto the A3054 and cross the bridge. After one mile, turn left down Pixley Hill, signposted Freshwater Bay. Turn left at Freshwater Garage and continue along Afton Road. At the lifeboat station turn right and follow the road round. Freshwater Bay House is on your left.

### From East Cowes

Follow signs for Newport, taking the A3021 and then A3054. Continue through Newport and Carisbrooke. Turn left onto the B3401 through Calbourne. At the junction with Afton Road (A3055), turn left and then right by the lifeboat station, and follow the road round to Freshwater Bay House.

Or you can leave your car on the mainland (there's a pay and display car park at Lymington Pier) and travel on the ferry as a foot passenger.



## By Air

The nearest airport is Southampton Airport.

From Southampton Airport Parkway station (adjacent to the airport terminal) there are regular trains to Lymington Pier, taking about 40 minutes. From here, you'll need to catch the ferry over to the Isle of Wight.

Otherwise, the best options are London Heathrow or London Gatwick airports for connecting trains to Lymington Pier.

Check National Rail for the best 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 Freshwater Bay House.

### Freshwater Bay

Just a skip away from Freshwater Bay House, this semi-circular namesake bay surrounded by gleaming white cliffs is a magical spot for rock pooling, watersports, swimming, boating, walking, and more. While mostly pebbles, there are some sandy parts on its eastern side.

### The Needles

Named for their pointy shape, this iconic trio of brilliant white chalk rocks are located on the island's western tip. They lead out to what is easily Britain's most photographed lighthouse – a red-and-white-striped tower built in 1859 on the outermost of the chalk rocks.

### Yarmouth

An hour's walk away, this historic seaside town is set at the mouth of the River Yar. The highlight is the 16th century Yarmouth Castle – one of Henry VIII's most sophisticated coastal fortresses built to guard the western entrance to the Solent.

### Osborne House

Just a 40-minute drive away, this former royal retreat was purchased by Queen Victoria and Prince Albert in 1845 and used to escape court life. Now managed by English Heritage, it charms with glorious gardens and rooms filled with original furniture and works of art.

### Carisbrooke Castle

What was once an artillery fortress, king's prison, and royal summer residence is located near Newport in the heart of the island. Not-to-be-missed attractions at this medieval stunner include King Charles I's bowling green and the lovely Princess Beatrice Garden.

### Alum Bay

Cherished for its multi-coloured sands and stunning views across the Solent, Alum Bay delights with crystal-clear waters that are perfect for swimming and paddling. Don't leave without buying a souvenir filled with this world-famous sand that comes in 21 shades.

## Isle Of Wight Steam Railway

Following a five-mile countryside route Smallbrook Junction to Wootton, this lovingly restored vintage steam train is an award-winning attraction. Hop off at the rural stations and learn about 150 years of railways history at the Train Story Discovery Centre.

## Blackgang Chine

Perfect for those with children in tow, this family-run fantasy theme park dating back to 1843 is the oldest in the UK. Highlights include life-sized pirate ships, fairy castles, an underwater kingdom, and a cowboy town where kids can choose to be an outlaw or sheriff.

## Ventnor Botanic Gardens

A 30-minute drive away, this botanical wonderland is home to around 6000 species of rare and exotic plants and trees in 22 acres. The warm climate attracts some amazing wildlife, including wall lizards, slow worms, and even Iberian ants.

## Bembridge Windmill

Built in the early 1700s and closed in 1913, the last surviving windmill on the island was famously featured in a 1795 watercolour by JMW Turner. This much-loved local landmark was donated to the National Trust in 1961 still has most of its original machinery intact.

## 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.

#### 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. Fleeeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Spotting scope and/or binoculars
- 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

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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