

Helvellyn via the Edges Challenge

Tour Style: Challenge walks

Destinations: Lake District, United Kingdom & England

Trip code: DBCHH

Trip Walking Grade: 6



HOLIDAY OVERVIEW

Conquer Helvellyn on a holiday that will challenge and test your stamina amongst one of the Lake District's most captivating landscapes. Under the guidance of an experienced HF Holidays Leader, you'll walk and scramble your way up to the summit of England's third highest mountain via Striding Edge and descend along Swirral Edge, leaving you with a massive sense of achievement.

WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cooked or continental breakfast every morning
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary

HOLIDAY HIGHLIGHTS

- Taking on the Edges to reach England's third highest summit

- Bagging one of the Wainwrights
- Soaking up far-reaching views over the Lake District, including Red Tarn and Ullswater
- Enjoying the sense of achievement from completing one of our most challenging walks
- Exploring Newlands Valley on your warm-up walk
- Relaxing and reliving the adventure with your fellow walkers in our country house

TRIP SUITABILITY

Your fitness

This holiday has been designed for experienced walkers with a good level of fitness. Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking – whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance

Time training will help ensure you enjoy your holiday to the max.

ITINERARY

Day 1: Arrival Day

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

Day 2: Warm-up Walk - Barrow And Outerside

Distance: 9 miles (14.5km)

Ascent: 2,200 feet (680m)

We'll cross Newlands Valley to climb the neighbouring fells of Outerside and Barrow in the Coledale Valley. These delightful lower fells offer great views over Bassenthwaite Lake and Derwentwater.

Day 3: Helvellyn

Distance: 8.5 miles (13.5km)

Ascent: 3,050 feet (1,000m)

We'll take on the famous ascent of Helvellyn, England's third highest peak by following the narrow Striding Edge ridge to the summit. We'll return via the equally impressive Swirral Edge.

Striding Edge isn't for the faint-hearted, however it's one of the Lake District's classic walks. Savour a great sense of achievement as you climb the final rocky steps onto the summit.

Day 4: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Derwent Bank

Adored by poets, painters, and literary giants for centuries, the Lake District has always had an irresistible pull. It's no surprise, then, that this country house near the market town of Keswick holds such appeal, not least for its setting in lovely grounds that slope down to the shores of Derwentwater. The location couldn't be more perfect; to the west is Cat Bells, to the east is Keswick, Walla Crag, and Latrigg, and to the south is the entrance to the Borrowdale valley. There's a wealth of big-name attractions within easy travelling distance, including Blencathra, Helvellyn, and Ullswater. Also visit-worthy for walkers is Scafell Pike for its well-trodden routes and trails and the 73-mile-long Cumbria Way for its mist-shrouded peaks, glacial valleys, and many excuses for pit-stops and picnics.

Country House Accommodation

Rooms

Designed with your comfort in mind, Derwent Bank has 40 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 surroundings*. 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: Room 12 for its extra space and lovely views across the gardens and Derwentwater. Rooms 46, 47, 48, and 49 are first-floor garden rooms, each with their own balcony.

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

*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 [Derwent Bank](#)

TRAVEL DETAILS

Address

Derwent Bank
Portinscale
Nr Keswick

Cumbria CA12 5TY

Tel: [+44 \(0\)1768 773667](tel:+44(0)1768773667)

By Train

The nearest station is Penrith, on the main line between London and Glasgow.

Check National Rail for train times and routes.

By Shared Transfer

If you're travelling to or from Derwent Bank on Mondays or Fridays or over the festive period, you can join our group transfer from Penrith Railway Station.

2024 prices are £50 per person for a return transfer or £25 per person for a single transfer. 2025 prices are £64 per person for a return transfer or £32 per person for a single transfer.

Outward journey: Depart Penrith Railway Station at 16:50; arrive at Derwent Bank at 17:30.

Return journey: Depart Derwent Bank at 09:15; arrive at Penrith Railway Station at 10:00.

Places are limited so booking is essential. We recommend booking at least 14 days in advance by contacting:

HF Holidays Sales and Support Team

Tel: [+44 \(0\)203 974 8865](tel:+44(0)2039748865)

Email: reservations@hfholidays.co.uk

By Taxi

The 20-mile journey from Penrith railway station to Derwent Bank takes about 40 minutes by taxi in normal traffic conditions.

For pricing, please contact Davies Taxis directly.

Davies Taxis

You can pre-book a taxi from our recommended company, Davies Taxis*. We recommend booking your taxi at least seven days in advance by contacting:

Tel: [+44 \(0\)1768 772676](tel:+44(0)1768772676)

Email: info@daviestaxis.co.uk

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

*Davies Taxis is not owned or managed by HF Holidays.

By Bus

The X5 bus runs approximately every hour from Penrith station and the journey takes around 50 minutes. The nearest bus stop is on the A66, about a three-quarter mile walk from the house.

As you alight the bus at the Portinscale bus stop, turn to your right and go down the road signposted to Portinscale, Grange, and the Newlands Valley. Follow this road through Portinscale village - Derwent Bank is on your left-hand side after the Derwentwater Marina.

Alternatively, catch the X4 or X5 bus to Keswick bus station and take a 10-minute taxi ride to Derwent Bank. As of 2023, this should cost around £6 for a 4-seat taxi if using a pre-booked service with our recommended taxi provider listed above.

By Car

There is a large car park at Derwent Bank if you decide to drive.

From Penrith, you'll need to leave the M6 motorway at junction 40, taking the A66 towards Keswick. After 17 miles you'll reach a roundabout - continue ahead following signs to Cockermouth and Workington. Turn left off the A66 towards Portinscale, Grange, and the Newlands Valley. Derwent Bank is about three quarters of a mile further on the left.

By Air

The nearest airport is Manchester International Airport.

There are direct trains every hour from Manchester Airport to Penrith and the journey time is about two hours.

Flying to London Heathrow airport is another option but you'll have a longer onward train journey – it could take at least 4.5 hours to reach Penrith. From Heathrow, take the train to London Paddington, then the London Underground to London Euston connecting to the main line train to Penrith, which takes three hours.

LOCAL AREA

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 Derwent Bank.

Keswick

Approximately two miles away, this market town is the most northerly of the Lake District's towns. Don't miss the community-run Keswick Museum & Art Gallery for a huge amount of objects and exhibits that reflect life in the local area.

Derwentwater Launch Company

Departing every 30-minutes during the summer and regularly throughout the rest of the year, this 50-minute boat trip round Derwentwater is a must. There are various landing stages to disembark. The nearest stop to Derwent Bank is Hawse End.

Theatre By The Lake

Home to Cumbria's leading professional theatre company, this lottery-funded performance space is located between Hope Park and Derwentwater. The Main House seats 400 while the Studio Theatre is set up for an audience of up to 100. Bookings are recommended.

Honister Slate Mine

A 30-minute drive away, England's last working slate mine is located at the top of the Honister Pass in Borrowdale. You can watch slate being riven (meaning split or torn apart) using 300-year-old processes and learn about the history of underground mining.

Whinlatter Forest

England's only true mountain forest offers nine walking trails, three cycling trails, and unrivalled views across Bassenthwaite Lake, Derwentwater, and Keswick. It's also home to a Go Ape centre with a high ropes course and an all-terrain segway trail.

Derwent Water Marina

Just a five-minute walk away, this is a great spot for hiring canoes, kayaks, stand up paddle boards, rowing boats, and windsurfing equipment. Tuition is also available for individuals and groups.

Grasmere

Best known for its William Wordsworth connections, this impossibly pretty village is a 30-minute drive away. Highlights include Grasmere Lake, Allan Bank, and the 17th century Dove Cottage - home to the Wordsworth Museum.

Ullswater

A 30-minute drive away, this watery wonder is the second-largest in the Lake District. Highlights include exploring the lake on foot or by steamer, marvelling at the Aira Force waterfall, and visiting Dalemmain Mansion and its beautiful gardens.

Lake District Wildlife Park

Just a 10-minute drive from Keswick, this 24-acre park is home to over 100 species of animal including anaconda, zebra, mandrills, meerkats, otters, gibbons, monkeys, and more. There's also bird of prey flying displays, reptile encounters, and keeper talks.

Carlisle

Of all the historic attractions in Cumbria's county city, the 900-year-old castle where Mary Queen of Scots was held prisoner is the most famous. Further must-see spots include Carlisle Cathedral, Tullie House Museum, and Cumbria's Museum of Military Life.

USEFUL HOLIDAY INFORMATION

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
- 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

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.

Document produced: 13-10-2024

