

Mull & Iona Guided Walking with Sightseeing

Trip style: Walking with sightseeing

Destination: 📍 Scottish Islands

Trip code: XAX07-LDW11

Trip Walking Grade: ⚙️ 3

Carbon Footprint: 🌳 147kg CO2



Holiday Overview

Adored for their breathtaking landscapes, rare wildlife, and peaceful feel, the stunning islands of Mull and Iona are located amongst the Inner Hebrides off the west coast of Scotland. As well as enjoying rugged coastal walks, crossing white sand beaches, and marvelling at towering mountains, you'll get the chance to spot sea eagles, whales, sea otters, seals, and much more.

WHAT YOU'LL LOVE

- Visiting four Scottish islands in one holiday
- Experiencing Iona after the day-trippers have left
- Admiring Staffa's towering basalt columns by boat
- Spotting eagles, whales, sea otters, and more
- Exploring the community-owned Ulva Island
- A more personalised experience thanks to small group sizes (maximum 13 people)

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary
- Luggage transfers

WALKING GRADES AND OPTIONS

It is your responsibility to ensure you have the relevant fitness required to join this holiday. A sustained effort is required to complete the walks and provision cannot be made for anyone who opts out. Please be sure you can manage the daily mileage and ascent as listed. The walking day is normally 6-7 hours, most walks/hikes will be on paths, although these can be faint, rough, boggy and rocky at times. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace. It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.

Your 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 - whether 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 - ITINERARY

Day 1 Arrival Day

Join us for a late afternoon group transfer from the Craignure ferry terminal to Tobermory. We'll meet the 3:55pm ferry from Oban, which arrives at Craignure for 4:45pm. The transfer to Park Lodge takes approximately 30 minutes.

If you would like to join the group transfer, which is included in the cost of your holiday, you must contact us on 020 8732 1250 or email [This email address is being protected from spambots. You need JavaScript enabled to view it.](#) at least 8 weeks before your holiday start date.

If you do not contact us, we will assume you are making independent travel arrangements to arrive at Park Lodge Hotel. Check in is from 3pm.

At 7pm we'll gather in the hotel reception for a warm welcome, and your HF walk leader will provide a quick run through of the holiday before dinner.

Day 2 Quinish Point

Distance: 6.5 miles (10.5km)

Ascent: 720 ft (220m)

This delightful walk heads out onto the Quinish peninsula. Passing through mature woodland and rolling fields we reach two spectacular rocky headlands on the northern tip of Mull. There are fantastic sea and coastal views across to the Ardnamurchan peninsular and on a clear day the islands of Coll, Tiree, Rum, Skye, and the Outer Hebrides are also visible.

Day 3 Treshnish Peninsula

Distance: 7 miles (11km)

Ascent: 1,100ft (340m)

A fantastic route takes us on an exploration of the beautiful Treshnish peninsular. Superb coastal scenery, abandoned villages, excellent chances to spot wildlife, and the legendary Whisky Cave – where the finest “moonshine” on Mull was produced.

Day 4 The Hidden Gem of Ulva

Distance: 7.5 miles (12km)

Ascent: 1,200ft (360m)

A ferry ride takes us to the hidden gem of Ulva island. This pristine island is community owned and home to more endangered animals than islanders (it has just 6 permanent residents). We stretch our legs with a cracker of a walk exploring the beautiful south coast.

Day 5 Lochbuie Explorer

Distance: 5 miles (8km)

Ascent: 160 ft (50m)

Lochbuie is at the very end of a tiny winding road and enjoys one of the most stunning locations on Mull. This pleasant walk explores the beautiful landscape and is full of interest, taking in St Kilda church, Moy castle, Laggan sands, MacIaine mausoleum and a prehistoric stone circle. This relatively short walk allows us to transfer to Iona in a good time.

Please note that you will need to wheel/carry your luggage onto and off the Iona ferry, and the short distance from the ferry to the hotel.

Day 6 Great Basalt Columns and Caves of Staffa

We embark on a boat trip to cruise along the bottom of the towering basalt columns and caves of Staffa and admire them from their most dramatic angle. And hopefully watch a wealth of wildlife on the way.

If there's time in the afternoon, you may have the option of a walk along the northern coastline of Iona. Take time out to explore the Abbey or relax on the beaches.

Day 7 Exploring Iona

Distance: 6 miles (10km)

Ascent: 460 ft (140m)

Explore the quieter southern end of the island, visiting its beautiful beaches and the bay where St Columba first landed on the Isle of Iona.

Day 8 Departure Day

We've organised a morning group transfer to Craignure ferry terminal to meet the ferry departing Craignure at 11:05am.

Daily Walk Options



Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

Accommodation

Park Lodge Hotel - Mull - Days 1-4

The family owned Park Lodge Hotel, is our accommodation for our stay in Tobermory, Mull. The hotel is in a quiet location, just a short 5 minute walk down to the harbour. The rooms are basic but comfortable ensembles, 2-3* standard, equipped with tea/coffee making facilities, flat screen TVs, and hairdryers. There's free internet access and parking at the hotel too. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

Argyll Hotel - Iona - Days 5-7

In the heart of the village, and overlooking the Sound of Iona, you'll find the Argyll Hotel. Rooms are not the biggest in terms of size, but are well kept comfortable ensembles, all equipped with tea/coffee making facilities and hair-dryers. There's also free internet access. The hotel focuses on locally sourced food and prides itself with using plenty of ingredients from its own hotel garden. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

Useful Holiday 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. Fleece(s) 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

For holidays operating October through to the end of March, please also bring the following on your walks:

- spare warm clothing
- spare high energy food
- head torch and spare batteries
- please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hydrostatic head - this is the rating given on waterproof jackets) of 10,000mm+

Recommended

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

Tripnote validity

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: 23 July 2026

