Mull & Iona Guided Walking with Sightseeing



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Walking with sightseeing	Scottish Islands	5	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

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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 reservations@hfholidays.co.uk 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: 1,100ft (335m)

A ferry ride takes us to the hidden gem of Ulva Island - increasingly popular thanks to the BBC series 'Banjo & Ro's Grand Island Hotel', following an Australian interior designer and his husband, who are restoring the once-derelict Ulva House. This pristine island is community owned and home to more endangered animals than islanders (with just a handful of permanent residents). We stretch our legs with a cracker of a walk around the island, also visiting the church.

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, Maclaine 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 you 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: 7 miles (11km)

Ascent: 625 ft (190m)

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. You'll also pass by Iona's marble quarry; with its distinctive green streaks that come from the mineral serpentine - these pebbles are also found on the beaches and are popular with jewellers - now known as St Columba's tears. Iona's rocks are some of the oldest in the world. The quarry still has machine relics dating from its final active period of the early 1900s.

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



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

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 ensuites, 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 ensuites, 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.

ESSENTIAL INFORMATION

Packing list

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. 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

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 (hyrodstatic 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

JOINING INSTRUCTIONS

Joining instructions for Mull & Iona Island Hopping Holiday

Our group transfer meets the 3:55pm ferry from Oban, which arrives at Craignure at 4:45pm. If you would like to join the group transfer to Park Lodge (a 30-minute journey) which is included in the cost of your holiday, you must contact us on 0208732 1250 or email reservations@hfholidays.co.uk 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.

By ferry

Please visit the Caledonian MacBrayne website for up-to-date ferry timetables and ticket bookings to Mull. **Tickets must be purchased in advance of travel, even if you are a foot passenger.** Regular ferry services (taking less than 1 hour) are available from Oban to Craignure on Mull. The ferry terminal is a short walk from Oban train station. You can also get ferries to Mull from Lochaline, Kilchoan, and Ardnamurchan, and choose to make your own way to the hotel.

By train

The Oban train leaves from Glasgow Queen Street station. For up-to-date timetables, please visit the Scotrail website. Please note, if you intend to travel back to London by train on the day of departure, it is not possible given the timetables currently. Please bear this mind and make independent arrangements for overnight accommodation if required.

By air

There are a number of both national and international flights to Glasgow International. From there, take the regular airport bus to Glasgow Queen Street train station (George Square) a journey time of 30 minutes. And from Glasgow Queen Street train station, you can get the train to Oban, for the ferry to Mull.

By car

If you intend to leave your car in Oban for the duration of the holiday, there are a number of pay and display car parks – they are popular and do fill up. As an alternative, MacQueen Bros. offers car storage a short distance out of town that can be booked in advance. If you wish to take your car over to Mull, please note that cars cannot be taken to Iona, and need to be left at the free overnight car park in Fionnphort village. On the day we travel to Iona, we will be doing a walk on route. We recommend guests follow the coach from Park Lodge Hotel to the start/finish point of the walk. After completion of the walk, guests can then drive to the free Fionnphort car park (post code PA66 6BH) and re-join the group for the ferry crossing to Iona on foot.

On the final day of your holiday, the group will take the ferry from Iona to Fionnphort, where the group is then met for a road transfer to Craignure (for ferries back to the mainland). This (included) group transfer will be in time to meet the ferry that departs Craignure at 11:05 (sailing back to Oban).

USEFUL INFORMATION

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

Your Island Hopping Leader

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your holiday and are delighted to share their knowledge and enthusiasm with you.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

In the event of a problem

If you become separated from your group, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack and call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

If you have any cause for complaints regarding accommodation, you should notify your leader who can then attempt to rectify the problem.

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: 24 November 2026