

# Southern Lake Small Hills, Big Views Holiday

**Tour Style:** Guided Walking

**Destinations:** Lake District & England

**Trip code:** CNSBV

**Trip Walking Grade:** 2



## HOLIDAY OVERVIEW

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Get your boots on and your cameras ready! HF Holidays leader Howard Matthewson has put together a fantastic set of walks to showcase the best views in the southern Lake District. All of these walks access some of the area's most photogenic locations and enjoy panoramic vistas from a selection of the area's lower level hilltops. For a little effort, these walks offer great rewards. The routes take in the fells, lakes, tarns, waterfalls, and villages that have brought visitors to the Lake District since the time of the romantic poets. This is the ultimate 'grand walking tour' of the Southern Lake District, one which will generate memories of Lakeland beauty for years to come.

## WHAT'S INCLUDED

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- Full board en-suite accommodation, a full programme of walks with all transport to and from the walks, plus evening activities
- Great walking, these walks are relatively easy on effort but big on beauty
- Stay at the beautiful National Trust property, Monk Coniston, overlooking Coniston Water

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## HOLIDAYS HIGHLIGHTS

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- Head out on guided walks to discover the varied beauty of the South Lakes on foot
- Share some of Howard's favourite routes and snap shots of the best of Lakeland's panoramic vistas
- Visit the honeypot sites of Grasmere, Rydal & Ambleside
- Also enjoy an escape from the crowds and get off the beaten track to tackle some of Lakelands finest smaller peaks
- Visit charming Lakeland villages
- A relaxed pace of discovery in a sociable group keen to get some fresh air in one of England's most beautiful walking areas
- Enjoy accommodation in the National Trust's historic Monk Coniston, once owned by Beatrix Potter

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## TRIP SUITABILITY

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This trip is graded level 2 - You will be walking up to 7½ miles (12km) on each day with up to 1,550 feet (480m).

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## ITINERARY

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### Day 1: Arrival Day

### Day 2: Black Fell & Tarn Hows

Distance: 7½ miles (12km)

Total Ascent: 1,300 feet (400m)

We start our journey by walking directly from our door at Monk Coniston, and head through charming Yewdale, to eventually reach Yew Tree Farm – once owned by Beatrix Potter and location for the film. We then ascend via Tom Gill waterfalls, to the classically picturesque Tarn Hows. Walking alongside the west side of the tarn, we then head up through Iron Keld, to reach the summit of Black Fell. From there we're treated to the first of our 360 degree panoramas, with views of lakes and tarns to the south and east, and fells to the west and north. We should get a great view of the Coniston Fells, to the Scafell massif and around to the Langdale Pikes. We descend over open ground from the summit to Oxen Fell Cross and walk on through woodland, to discover the twin falls of Colwith Force. From there, we continue through farmland, to reach Skelwith Force and finish our day at the nearby famed Chesters café in Skelwith Bridge.

### Day 3: Lingmoor Fell & Elterwater

Distance: 6½ miles (10.5km)

Total Ascent: 1,550 feet (480m)

Returning to Skelwith Bridge, we pass Skelwith Force again, then head on to pass Elterwater lake, with the classic view of the Langdale Pikes beyond. We reach Elterwater village and head up on the lane which continues towards Little Langdale. On reaching the col in the lane, we turn up onto the hillside past Bield Crag, to ascend Lingmoor Fell. En-route, we pass through a 'hidden' valley which abounds with orchids in June. We reach the top of Lingmoor Fell at Brown How, to admire the views from the highest summit of our holiday. Continuing along the ridge, we make our way to the subsidiary rocky peak of Side Pike. This is a fantastic vantage point above the head of Little Langdale, looking straight across at the majestic Langdale Pikes. From there, we descend into Great Langdale, making our way via Side House to the Sticklebarn café/pub at New Dungeon Ghyll, for a well-earned drink.

## Day 4: Free Day

## Day 5: Silver How, Chapel Stile And Grasmere

Distance: 6 miles (10km)

Total Ascent: 1,200 feet (370m)

From the New Dungeon Ghyll, we begin by walking along the valley floor of Great Langdale, an area which has been farmed since Neolithic times. Reaching Chapel Stile, we pass through the village and begin ascending under Raven Crag, onto Dow Bank. Turning northwest, we continue ascending to reach the top of our peak for today, Silver How. From here, there are not only sweeping views of Bowfell and the Langdale Pikes but also across to the Helvellyn range and the west side of the Fairfield Horseshoe. There are lake views of Grasmere and Rydal Water, along with Windermere, seen beyond Loughrigg Tarn. We descend by passing around Lang How and then following the path down to Allan Bank, once home of the poet William Wordsworth. From there, it is a short walk into Grasmere village, where there are numerous sights, pubs and cafés to enjoy.

## Day 6: Loughrigg Fell And The Coffin Route To Rydal

Distance: 6½ miles (10.5km)

Total Ascent: 1,400 feet (430m)

From Grasmere village we head out the old 'coffin route' which takes us up and on to Rydal village. Passing Rydal Mount (the third Wordsworth home we encounter), we go through the churchyard to Dora's Field and then cross over to Rydal Water. Walking above the lakeshore we head on up to the famous Loughrigg Terrace path, with views of Grasmere lake. Before reaching Red Bank we turn up to ascend to the top of Loughrigg Fell. The summit is another superb vantage point, although diminutive in stature to the surrounding more lofty peaks, the location at the junction of five valleys makes it prime for all your panoramic shots. From the summit, we continue east, then descend to reach Miller Brow and on through Rothay Park to reach Ambleside, where we should have time to explore.

## Day 7: Orrest Head, Wansfell & Troutbeck

Distance: 7 miles (11.5km)

Total Ascent: 1,480 feet (450m)

We leave Ambleside through Skelgyll Wood, and take advantage of the viewpoint of Jenkin Crag, to look along the length of Windermere lake and beyond. Our route continues skirting Wansfell, then descends via the Robin Lane to the village of Troutbeck. We head down to Troutbeck Church and then ascend again up to Longmire Road bridleway. Continuing on via Allen Knott, Far and Near Orrest, we eventually reach our final summit of the holiday, at Orrest Head. This is the point that the famous guidebook author Alfred Wainwright first visited in the Lake District. The view inspired him and there is a plaque here dedicated to this moment, showing his panorama sketch of 'Windermere and the High Fells'. This viewpoint is a fitting end to our South Lakeland exploration, looking over towards where we have toured. It is then only a short walk down to our pick-up point at Windermere Station.

## Day 8: Departure Day

Enjoy a final breakfast before making your way home.

## ACCOMMODATION

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### Monk Coniston

Wrapped in manicured gardens with stunning views over Coniston Water, Monk Coniston combines country house grandeur and romantic, gothic-style charm with contemporary touches to great effect among the rugged landscapes of the Lake District. Rocky mountains and grassy fells loom all around this handsome home, once owned by Beatrix Potter, and more latterly turned hikers' hotel and owned by the National Trust. Fell-flecked scenery unfurls from the windows of the bedrooms in the main house, adjoining cottage and counting house. While the setting remains traditional and the grand entrance recalls a traditional era, the interiors have been swept into the present with bold patterns and comfy fabrics. Beyond the house, trails from the doorstep set off to explore the Lake District. Climb famous summits including Bow Fell, the Langdale Pikes and the Old Man of Coniston. Bag a series of Wainwright summits. Alternatively, slip into the beautiful valleys and stroll picturesque lakeside paths in search of secret corners such as Cathedral Cove in Little Langdale.

## Matchless Country House Accommodation

### Accommodation Info

### Rooms

*Tea & coffee-making facilities, TV, Hairdryer, Toiletries, Wi-Fi*

Stay in the smartly presented rooms in the main house. With 32 rooms, Monk Coniston has plenty of space and there's a range of Good, Better and Best Rooms to choose from. Rooms with a view are well worth the extra spend as you'll be overlooking the gardens or the lake. Our favourite is Room 9 on the first floor, which contains some of the original features from when it was first built in 1885, a striking sailboat-patterned wallpaper and opens on to beautiful views of the gardens and fields that slope down to the shore of Coniston Water.

*All 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' Rooms that are either larger or have a desirable view, a more luxurious mattress, larger television, enhanced toiletries and a fluffy bathrobe & slippers – upgrade your stay for just an extra £15-25 per person per night. You can choose a specific room for an extra £30 per room, subject to availability. Upgrade supplements still apply.*

### Facilities

*Free Wi-Fi, boot room and drying room, extensive garden, lounge, bar, Lakeland barn for activities, library and board games to borrow*

After a day exploring the Lake District, return to the house. Stroll through the extensive grounds with their putting green and croquet lawn and uncover the hidden walled garden on the hill behind the house. Take a turn around the National Trust nature trail and look out for the fabulous, rare mature trees. Stumble on the small secret folly stood quietly among the bluebells when they're out and the lush green grass when they're not. Catch up with fellow guests in the bright and spacious lounge or grab a drink from the airy bar and wander down the garden to the bench overlooking Coniston Water for the perfect place to enjoy a sundowner – you might even spot the restored steam yacht Gondola cruising the five-mile length of the lake. After hours, duck into the converted Lakeland barn with its exposed beams and rustic chandelier for evening activities and skittles.

## Food & Drink

As at all our country houses, holidays are full board, from afternoon tea served as a welcome treat through that evening's meal to a hearty breakfast on the day of departure. Lunch is a chance to stock up on our famous picnic snacks. Food at Monk Coniston is varied and tasty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the bright dining room with its giant fireplace and oversized mirror hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of regional flavours. From a cup of Monk Coniston walled garden vegetable soup to a Wabberthwaies Cumberland sausage – the only Cumberland sausage to have a royal warrant and to be served on Concorde – to twelve-hour slow cooked Cumbrian lamb and Ravenglass crab and Morecambe Bay shrimp cakes, the kitchen puts out the best of the Cumbrian countryside. Look out too for the Kendal Mint cheesecake among the assiette of deserts.

## Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865

## TRAVEL DETAILS

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Our address is: Monk Coniston, Coniston, Cumbria LA21 8AQ  
Tel: [01539 441566](tel:01539441566)

### By Train:

The nearest train station is at Windermere. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

### By Taxi:

The 13-mile journey from Windermere railway station takes approximately 30 minutes. You can pre-book a taxi from our recommended taxi company, Ace Taxi. As a guide price, it cost £25 per 4-seat taxi in 2019. 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

Ace Taxi\*  
Tel: +44 (0) 1539 445445  
Email: [acetaxiwindermere@gmail.com](mailto:acetaxiwindermere@gmail.com)

The return taxi journey can be arranged on your behalf by the Monk Coniston Manager.

\*Ace Taxi is not owned or managed by HF Holidays

### By Bus:

From Windermere station you can catch the 505 bus direct to Monk Coniston - the bus stop is right outside our Country House. Journey time is around 50 minutes. For bus times see [www.traveline.info](http://www.traveline.info)

### By Car:

From Ambleside take the A593 signposted to Coniston. Turn sharp left over a narrow bridge, then after half a mile turn left onto the B5286, signposted to Hawkshead. About 3 miles along this road, and just before Hawkshead, turn right onto the B5285, signposted to Coniston. Follow this road over Hawkshead Hill. The road descends then goes around a 180° bend to the left. The entrance to Monk Coniston is on the left about 100yds after the bend. There is car parking available within the grounds.

## Travelling From Overseas

For most guests the most convenient option is to book a flight to Manchester Airport. There are direct trains every hour from Manchester Airport to Oxenholme, change here for Windermere- this is straightforward journey - allow 1½ hours to Oxenholme. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

You can take a taxi from Oxenholme station to Monk Coniston or you may prefer to change trains and continue your journey to Windermere. Please pre book your taxi from Oxenholme as there may not be taxis available at the station.

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow at least 4 hours to reach Oxenholme. From Heathrow first take the train to London Paddington station. Next take the Underground train to London Euston. Finally the main line train from London Euston to Oxenholme takes 2½ hours. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

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## LOCAL AREA

Monk Coniston is an imposing Gothic property leased from the National Trust and set in 8 acres of grounds, including a restored walled garden and the impressive arboretum. Some particularly impressive specimens, including a giant sequoia (the largest tree in the world) and the wollemi pine can be explored on the Monk Coniston Tree Trail.

Views from the property offer breathtaking glimpses of Coniston Water and the surrounding mountains.

Coniston village is about one mile away – there is a direct path from the house to the village. Here you'll find a small supermarket, post office, newsagent, pubs and a Barclays Bank (open 3 times a week). A wider range of facilities is available in Ambleside, the nearest town, about 8 miles away. The Ruskin Museum is also well worth a visit - find out more about the lake's connections to Donald Campbell and Arthur Ransome. [www.ruskinmuseum.com](http://www.ruskinmuseum.com)

During your visit to Monk Coniston you may enjoy visiting the following places of interest:

### Steam Yacht Gondola

First cruising Coniston Water 150 years ago, the restored gondola is now operated by the National Trust, stopping at the Monk Coniston jetty at the bottom of the meadow below the house before gliding across the lake, calling at Coniston village and Brantwood House. [www.nationaltrust.org.uk/steam-yacht-gondola](http://www.nationaltrust.org.uk/steam-yacht-gondola)

### Ravenglass & Eskdale Railway

Ride 'L'al Ratty' a highly scenic narrow gauge railway which runs from the coast at Ravenglass along beautiful Eskdale. You could combine a visit with a walk over Muncaster Fell, or to Stanley Gill waterfall. [www.ravenglass-railway.co.uk](http://www.ravenglass-railway.co.uk)

### Blackwell House

Blackwell is a stunning house, completed in 1901 in the Arts & Crafts style. Admire the remarkably preserved interiors, and soak up the beautiful views over Lake Windermere and the Coniston fells

### Brantwood House

Just a couple of miles from Monk Coniston, John Ruskin's former home commands superb views over the lake. [www.brantwood.org.uk](http://www.brantwood.org.uk)

## Tarn Hows

A short walk from the Country House, this man-made water was created by Monk Coniston's resident owner, James Garth Marshall in 1865, as he continued to develop the estate and expand his pleasure grounds. He built a dam to flood the area, amalgamating several smaller tarns, before planting the shores and islands with new woodlands and specimen trees.

## Grizedale Forest

Nearby Grizedale Forest is ideal for mountain biking and also has a popular sculpture trail. You can also experience the Go Ape! high-ropes course – a great option for active teenagers. [www.forestry.gov.uk/grizedale](http://www.forestry.gov.uk/grizedale)

## Levens Hall

Visit this stately home, famous for its magnificent formal garden and topiary displays. [www.levenshall.co.uk](http://www.levenshall.co.uk)

## Grasmere

Grasmere is about 30 minutes' drive from Monk Coniston and is famous for its connections with William Wordsworth. The poet's homes at Dove Cottage and Rydal Mount can be visited, the former of which includes the Wordsworth Museum. [www.wordsworth.org.uk](http://www.wordsworth.org.uk)

## Windermere

Take a cruise along the length of Windermere - England's largest lake. Ferries connect Ambleside in the north to Bowness and Lakeside in the south, where you can connect with the Lakeside and Haverthwaite Railway. [www.windermere-lakecruises.co.uk](http://www.windermere-lakecruises.co.uk), [www.lakesiderailway.co.uk](http://www.lakesiderailway.co.uk)

## USEFUL HOLIDAY INFORMATION

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### Food & Transport

The cost of all transport to and from the walks is included in the price of your holiday.

### What To Bring

#### Essential Equipment

- Rucksack with a waterproof liner,
- Thermos flask for hot drink,
- Water bottle (at least 1 litre)
- Spare high-energy food such as a chocolate bar.
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

#### Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent,
- Sun hat,
- Sunglasses
- Sun cream
- Camera

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## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

### PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

### NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £10 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

### BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

### MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

### YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

### TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

### PEACE OF MIND

#### ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)



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**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.

**PRICE GUARANTEE**

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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