

South Downs Way Guided Trail

Tour Style: Guided Trails

Destinations: South Downs & England

Trip code: AWLSD

Trip Walking Grade: 3



HOLIDAY OVERVIEW

The South Downs Way provides a challenging route of 100 miles between Winchester, the Saxon capital of England and Eastbourne, the Edwardian leisure resort. It follows the crest of the South Downs escarpment reaching the high point at Butser Hill and culminating in the exhilarating switchback of the Seven Sisters leading to Beachy Head and Eastbourne. Sections have been trading routes as far back as the Bronze Age. There is much of interest along the way.

WHAT'S INCLUDED

- High quality en-suite accommodation in our country house
- Full board from dinner upon arrival to breakfast on departure day
- The services of an HF Holidays' walks leader
- All transport on walking days

HOLIDAYS HIGHLIGHTS

- Follow the crest of the South Downs, with panoramic views over the coast and the weald
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- Explore Devil's Dyke and Iron Age forts
- Spend a day walking along the Seven Sisters to Beachy Head

TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 3 which involves walks/hikes on generally good paths and tracks, but there are some sections over rough and/or steep terrain. You will require a good level of fitness as there will be some long walking days and, except for day 7, you will be walking an average of 11½ miles (18.5 km) with 1,400 feet (430 m) of ascent every day of your holiday. It is your responsibility to ensure you have the relevant fitness and equipment required to join this holiday. The Downs landscape is open and exposed to the elements. Although situated in the relatively mild south of England, it can be windy and cold.

Fitness

We want you to be confident that you can meet the demands of each walking day and get the most out of your holiday. Please be sure you can manage the distance and ascent detailed in the daily itineraries. 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 several longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.

ITINERARY

Day 1: Arrival Day

Day 2: Winchester To Exton

We commence our journey at the Mill House, the official starting point of the SDW in Winchester, initially following the River Itchen before leaving the city and crossing fields to Chilcomb village. Sadly, there is insufficient time to explore Winchester. Leaving Chilcomb, we ascend our first summit, Telegraph Hill, from where there are good views to Winchester and over the natural amphitheatre below Cheesefoot Head. As the views begin to open up to the south, we meander across rolling countryside of mixed woodlands and arable lands passing Mill Barrows and the lost medieval village of Lomer. Nearing Beacon Hill, we gain a view over the Meon valley, before descending to the village of Exton.

12½ miles (20.5km) with 1,170 feet (360m) of ascent and 1,100 feet (330m) of descent.

Day 3: Exton To Queen Elizabeth Forest

From the village of Exton, we cross the River Meon and continue east to ascend Old Winchester Hill, a national nature reserve topped by an Iron Age fort and a Bronze Age cemetery. The strategic importance of this site is self-evident and the views are inspiring. We descend over open rolling downland with superb views, then on to Wether Down. From here the Downs begin as a ridge, stretching to the coast at Eastbourne and pierced by river valleys and roads. We now begin to experience the chalk ridge landscape of the Downs as we approach Butser Hill (883ft: 270m), the highest point on the South Downs and formerly the starting point of the SDW. It is well-regarded for its butterfly populations, including the Chalkhill Blue. Having admired the views, we descend to the Queen Elizabeth Country Park for refreshment.

11 miles (17½km) with 1,370 feet (420m) of ascent and 1,120 feet (340m) of descent.

Day 4: Queen Elizabeth Forest To Cocking

Continuing eastwards, we see more forested landscape on the gentler southern slopes of the Downs. At Hundred Acres we cross over the county border from Hampshire into Sussex and continue along Forty Acre Lane to Harting Downs. Our next ascent takes us around (our second) Beacon Hill, the site of an Iron Age fort, and onto Pen Hill. We soon pass the Devil's Jumps, a curious group of large tumuli. Some pleasant downland ridge walking rounds off our day as we traverse Cocking Down to our pickup point on the A286.

13 miles (21km) with 1,830 feet (560m) of ascent and 1,930 feet (590m) of descent.

Day 5: Cocking To Amberley

At the start of the day we ascend back onto the ridge and passing Heyshott Down archaeological site, a group of Bronze Age burial mounds, we enter the woodlands of Charlton Forest. We continue to Graffham Down before passing to the north of the highest point of the Sussex Downs, Crown Tegleaze (830ft: 253m), covered by woodland. Further east, having crossed the A285, we ascend Bignor Hill (736ft: 225m). The nearby Roman Villa, a large excavated Roman house with extensive, coloured mosaics and Roman road (Stane Street) are evidence of Roman occupation. The road was constructed in 50 AD to connect London to the port at Chichester (Naviomagus) whose cathedral can be seen to the south-west. We now descend from the Downs to the floodplain of the tidal River Arun which we cross to reach Amberley and refreshment.

11½ miles (18.5km) with 1,250 feet (380m) of ascent and 1,570 feet (480m) of descent.

Day 6: Amberley To Botolphs

Starting with a relatively steep ascent back onto the ridge of the Downs, we reach the summit of Rackham Hill with views over the flood plain of Amberley Wild Brooks, site of an RSPB reserve. Beyond here we experience undulating, ridge-top walking with fine views. Descending to cross the A24 (London to Worthing) by footbridge into Washington village, we ascend back to the ridge to reach Chanctonbury Ring, a site famous for both the Iron Age fort and its clump of beech trees. The site offers a panoramic view, including to Cissbury Ring, just a few miles to the south. We progress over a mixed landscape of arable and pasture lands with wooded slopes below. The tops of the Downs themselves are on the whole bare and give a feeling of isolation. Passing Steyning Bowl and, for a short distance joining the Monarch's Way, we make our way to the River Adur and our pick up just south of Upper Beeding.

14½ miles (23.5km) with 1,570 feet (480m) of ascent and 1,600 feet (490m) of descent.

Day 7: Botolphs To Ditchling Beacon

We first have a gradual ascent to reach the ridge top near Truleigh Hill (706ft: 216m) and continue to the spectacular, and popular, landmark of Devil's Dyke, a Victorian leisure centre. Through a mixed arable landscape, we descend to cross another busy route through the Downs (A23 London to Brighton) to reach Pyecombe church with its unusual Tapsell gate. Ascending back on to the ridge through Pyecombe golf course, we can make a short detour to reach the Clayton Windmills (Jack & Jill), before heading on to another famous landmark, Ditchling Beacon (811ft: 248m): the third highest point on the South Downs. 10 miles (16.5km) with 1,860 feet (570m) of ascent and 1,140 feet (350m) of descent.

Day 8: Rest Day

A day without any scheduled walks, providing the opportunity to relax and recuperate, perhaps exploring the local area independently or enjoying Abingworth Hall's facilities: swimming pool, putting green and croquet

lawn.

Day 9: Ditchling Beacon To Southease

We continue along the ridge of the Downs until, just before the summit of Blackcap, our route turns south across open downland and descending to cross the A27 Lewes road. A gradual ascent, partly along Juggs Road (an ancient route), takes us back on to the Downs. At White Way, another old route into Lewes, we pass from the western to the eastern hemisphere as we cross the Greenwich Meridian. Descending into the Ouse valley, we pass through the village of Southease. Rodmell, once the home of Virginia Woolf, is just up the valley. Much of this area became famous having been frequented by the artists and writers of the unconventional bohemian 'Bloomsbury Group' in the early part of the last century. After crossing the River Ouse, we reach our destination for the day.

12 miles (19.5km) with 1,040 feet (320m) of ascent and 1,750 feet (530m) of descent.

Day 10: Southease To Exceat

Starting from the Ouse valley, we ascend Ifford Hill, but the effort is rewarded by several miles of open ridge-top walking with accompanying views. Firlie Beacon (710ft: 217m) provides one of the finest panoramic views from the Downs. We next follow a chalk track that used to be a sheep drove road, and descend into Alfriston. The Old Clergy House is one of the first buildings to have been owned by the National Trust. After crossing the River Cuckmere, we turn south, following the valley seawards, meandering past Litlington and West Dean to reach Exceat and its tea rooms for refreshment.

10 miles (16km) with 1,310 feet (400m) of ascent and 1,310 feet (400m) of descent.

Day 11: Exceat To Eastbourne

From Exceat, we gradually ascend the Downs beside the classic meanders of the River Cuckmere to reach the first of the Seven Sisters. Our cliff top route takes us along the switchback of the 'bottoms' and 'brows' of this popular section of the South Downs Way to reach Birling Gap – the site of continuous and dramatic coastal erosion, and the NT café. Continuing along the cliff top path, we pass the old lighthouse at Belle Tout to reach Beachy Head. The cliffs here are 530ft (160m) high and tower over the famous 'candy stick' Beachy Head lighthouse on the rocks below.

A gentle descent takes us to the outskirts of Eastbourne and the end of our journey. Following our promenade to the pier, we can deservedly reward ourselves with celebratory refreshment. 9 miles (14.5km) with 1,550 feet (470m) of ascent and 1,550 feet (470m) of descent.

Day 12: Departure Day

ACCOMMODATION

Abingworth Hall

Tucked away in the village of Thakeham at the foot of the South Downs, Abingworth Hall has stood in one form another since the 13th century. Gutted by fire, it was rebuilt in 1910 in its current distinctive style. As well as 27 en-suite rooms the house has all the ingredients you need for the perfect country house stay: three comfortable lounges with squishy sofas to kick back in, the largest of which opens onto an attractive conservatory and bar in which to dally, great food and super-comfy rooms to retire to. You're spoilt for choice when it comes to walking here; go for a lazy amble around the wildlife rich chalk Downlands to discover a colourful tapestry of historic villages, thatched cottages, pastoral landscapes and vibrant market towns.

Highlights of your stay might include the Seven Sisters, the Glorious Goodwood estate, the Devil's Dyke and Chanctonbury Ring, as well as Arundel and the National Trust property at Petworth. Take your pick.

Matchless Country House Accommodation

Accommodation Info

Need To Know

Important Covid-19 Steps We Have Taken For Guest Safety: Please Read

As we reopen in the wake of the latest Coronavirus lockdown, our country house stays are set to be organised a little differently; extra steps have been taken to keep our guests, house teams and leaders safe while we return to action. We ask all our guests to respect the measures put in place.

To adhere to social distancing guidelines, we have taken the necessary steps to space out furniture and seating in public areas. In addition, a one-way system will be in place around the house. Adequate signage will be displayed to support the direction of travel to be followed by guests and house teams. Guests must wear face coverings in public spaces.

As a temporary measure, we will not be servicing rooms during a stay. Extra tea, coffee, milk, and toiletries will be made available on request for all guests. It is recommended that guests bring their own toiletries for the duration of their stay. We have removed all non-essential and reusable items from our rooms for the meantime including cushions, hairdryers, bathrobes, bed throws, and printed materials to reduce the number of items that need to be disinfected. Hairdryers will be available on request. Clean towels will be available on request. We will though be increasing the frequency of cleaning in our public areas providing particular attention to frequently touched items including door handles and handrails.

For now, there is no cream tea on arrival day. We have also adapted our food offering to remove all buffets and open food items. Different sittings may be required for breakfast and dinner due to the occupancy and size of the house. Picnic lunches will now be pre-ordered the night before from an order form in the room. The bar in each country house will be open, and we will be offering a table service for drinks. At this time there is no, or only a very limited, evening social programme available. Swimming pools at Abingworth Hall, Chy Morvah, Holnicote House, Longmynd House and Newfield Hall will reopen on 17 May. Others, including at Alltshellach, Freshwater Bay House, Nythfa House and West Lulworth House will aim to reopen on 21 June.

For more information and to see all the steps taken, [visit our page on how house stays will be adapted](#).

Rooms

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

Stay in one of the Hall's smartly presented rooms, which make use of every nook-and-cranny in the interesting architecture of this characterful house. With 27 bedrooms, Abingworth Hall has plenty of space and there's a range of Good and Better Rooms to choose from. Clean and bright, with accent colours to offset the simple palette, the rooms are airy and light. Better Rooms might have a feature wall or strong print wallpaper as well as pretty tiles in the ensuite bathroom.

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 and larger television – 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, outdoor swimming pool, multi-purpose activity room, three lounges, library and board games to borrow

After a day strolling on the South Downs, come back to the house and its specially tailored walkers' facilities. Relax in the large gardens and sit by the pretty pond, turn your hand to croquet or practice on the putting green. Ease through a couple of lengths of the heated outdoor pool if you've still got energy to burn. Hole up in the light-filled conservatory with pretty views of the gardens or retire to the Drawing Room with its wood-panelled walls, log burner, library of books to browse and comfy seats to sink in to; there's a telescope for you to scour the night sky too. In the evening, take your seat in the bar or join fellow guests in the large ballroom for the evening activity.

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 Abingworth Hall is varied and tasty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the dining room, which has a giant brick fireplace at its heart, hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of local Sussex flavours. Look out for the Sussex Churdle, a traditional, meaty ploughboy lunch, local Chiddingly beef cooked with black olives and Sussex smokies, smoked haddock served in a prawn sauce. Cap it all with a Sussex Pond Pudding, a pud that's part of the honourable tradition of British dishes with names to pique the interest more than the appetite, which is actually bright and zingy, suety and syrupy all at the same time

Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865 or [view the accessibility information online for Abingworth Hall](#)

TRAVEL DETAILS

Our address is: Abingworth Hall, Storrington Road, Thakeham, West Sussex, RH20 3EF
Tel: [01798 813636](tel:01798813636)

BY TRAIN:

The nearest railway station to Abingworth Hall is Pulborough. Please note that Pulborough station has a short platform, check the departure boards for which carriage to sit in. For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

BY TAXI:

The 6-mile journey from Pulborough railway station takes approximately 15 minutes. Please try to avoid arriving at Pulborough station between 2.45pm and 3.20pm, as there may not be taxis available for your onward journey to Abingworth Hall due to school pick-ups. You can pre-book a taxi from our recommended taxi company, MJ Cars. The price for a 4-seat taxi is around £16. 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

MJ Cars*
Tel: +44 (0)1903 745414
Email: mjcars@btconnect.com

The return journey can be arranged on your behalf by the Abingworth Hall Manager.

*MJ Cars is not owned or managed by HF Holidays.

BY CAR:

From the M25 take either the A24 or the M23 and then the A264 towards Horsham. At the Great Daux roundabout go south on the A24 towards Worthing. Go straight over 2 roundabouts and then at the traffic light cross roads turn right onto the A272 signposted to Billingshurst and Petersfield. After 3 miles turn left onto the B2139 (The Selsey Arms on left). After 3.5 miles pass the turning for Thakeham on the left. After half a mile, Abingworth Hall is on the left, directly after the national speed limit signs.

From the M27 continue onto the A27 and around Chichester. At Fontwell Park roundabout take the first exit to continue on the A27 and at the next roundabout take the first exit on to the A29. After approx. 4 miles, at a roundabout, take the 2nd exit on to the B2139 to Storrington. At the mini roundabout in Storrington, take the 2nd exit onto the A283. Continue through Storrington and take the first exit at the mini roundabout by the Anchor Inn on to the B2139 towards Thakeham. Take the 2nd exit at the next mini roundabout and then take the 1st exit at next mini roundabout (by Steyning Grammar School). Continue down this road until you see 30mph signs. Abingworth Hall is just before these signs, on the right

LOCAL AREA

Abingworth Hall is situated amidst gentle rolling farmland at the foot of the South Downs. The nearest facilities are in the village of Storrington, about two miles away. Here you'll find a small supermarket, post office, newsagent, pubs and a bank.

During your stay at Abingworth Hall you may enjoy visiting the following places of interest:

Arundel

The quaint town of Arundel, about 30 minutes' drive away, is dominated by its castle, the home of the Duke and Duchess of Norfolk. During your visit you may enjoy a walk in [Arundel Castle's](#) extensive grounds, or beside the tranquil river Arun.

Arundel Wetlands Centre

This 60-acre nature reserve is run by the Wildfowl and Wetlands Trust and provides a protected habitat for a wide range of swans, geese, ducks and other wetland birds. A network of paths takes visitors to a number of viewing areas to enjoy watching the wildlife. [Arundel Wetlands Centre](#) is just outside Arundel town, about a 30-minute drive from Abingworth Hall.

Bignor Roman Villa

[Bignor Roman Villa](#) was discovered in 1811 by a man ploughing a field. This Roman home clearly belonged to a family of some consequence and features many fine mosaic floors of intricate design. It is located just outside Pulborough, about 10 miles from Abingworth Hall.

Pulborough Brooks Nature Reserve

Just 4 miles from Abingworth Hall, [Pulborough Brooks](#) is a large nature reserve in the Arun Valley managed by the RSPB. A network of nature trails take visitors into the reserve where there a range of habitats from ponds and ditches to woods and meadow. The site is an important place for over-wintering wildfowl and for nesting waders. The reserve can be reached either by road or on foot from Abingworth Hall.

Uppark House

Completely restored after an extensive fire in 1989, this stately National Trust property has ornate rooms and

lovely gardens with surrounding woodlands. [Uppark House and Garden](#) is around 50 minutes' drive from Abingworth.

Brighton

The cosmopolitan seaside city of Brighton is about 40 minutes' drive from Abingworth Hall and has an excellent range of specialist shops, entertainment, and its famous pier. You may also enjoy a visit to the [Royal Pavilion](#), built in the early 19th century by George IV.

Amberley Working Museum

Just 15 minutes' drive from Abingworth Hall, this large open-air museum tells the industrial story of the downs, complete with a steam railway, vintage buses and restored quarry machinery. [Amberley Museum](#) is just outside Amberley village which is also well worth a visit with its sleepy streets lined with thatched cottages and flower-filled gardens. The village is also home to a small [pottery](#).

Parham House

Just 10 to 15 minutes' drive away, Elizabethan [Parham House](#) is surrounded by an extensive deer park. Some of our guided walks go through the deer park.

Chichester

The historic cathedral city of Chichester, about 45 minutes' drive away, has plenty of interest. Visit the impressive [Chichester Cathedral](#) and take a walk which follows the old city walls.

Fishbourne Roman Palace

Just a couple of miles outside Chichester lies [Fishbourne Roman Palace](#), the largest residential Roman building found in Britain. It was discovered in 1960; excavations revealed many superb mosaics.

Petworth House

A large late 17th century mansion, now run by the National Trust with extensive grounds that were landscaped by 'Capability' Brown. The surrounding deer park is home to a large herd of fallow deer. [Petworth House](#) is around 30 minutes' drive from Abingworth.

Weald & Downland Living Museum

Located on the Downs, near the village of Singleton, this excellent open-air museum contains many restored buildings that bring the history of Sussex to life. These include a working watermill and a re-creation of a typical downland village. The [Weald & Downland Living Museum](#) is also home to the popular BBC TV programme 'The Repair Shop'. The museum is around 45 minutes' drive from Abingworth.

Bluebell Railway

[The Bluebell Railway](#) is one of Britain's premier heritage steam railways with an impressive collection of 50 locomotives, representing the Southern Railway and its predecessors. The line runs through rolling countryside from Sheffield Park to East Grinstead, about 40 minutes' drive from Abingworth.

USEFUL HOLIDAY INFORMATION

Holiday Information

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader.

Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

Essential Information

"There's no such thing as bad weather, just the wrong type of clothing!" goes the adage. Come prepared for all eventualities and you'll walk in comfort as well as safety. Britain's famous for its changeable weather, so here's our advice on what to wear and bring.

Essentials

- Waterproof walking boots providing ankle support and good grip.
- A waterproof jacket and over-trousers
- Gloves and a warm hat (it can be chilly at any time of the year)
- Rucksack
- Water bottle (at least 1 litre capacity)
- A small torch (everywhere in winter, year round in mountains)
- Sun hat and sunscreen

Denim jeans and waterproof capes are not suitable on any walks.

Recommended

- Several layers of clothing, which can be added or removed
- Specialist walking socks to avoid blisters.
- A first aid kit inc plasters– your leader's first aid kit doesn't contain any medication
- Sit mat (insulated pad to sit on when you stop for a break)

You Might Also Want

- Walking poles, particularly useful for descents.
- Insect repellent
- Flask for hot drinks
- Rigid lunch box
- Gaiters
- Blister kit (eg Compeed) just in case
- Waterproof rucksack liner

Useful Information

Your trail leader will carry all the necessary maps and guides. For your own interest you may consider looking at the following:

www.nationaltrail.co.uk/south-downs-way

The South Downs Way Cicereone Guide – Kev Reynolds

Explorer maps 132; 119; 120; 121; 122; 123

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.

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail 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 the party, 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. 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.

HOW TO BOOK

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: 9am – 1pm Sunday & Bank Holiday Monday: closed

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 £30 per person per holiday. Alternatively, full membership is available from £100 – visit 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

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

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

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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