Step Up Your Navigation Course in the Central Peak District



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Small group holidays	Shropshire Hills	6	113kg CO2

HOLIDAY OVERVIEW

Fancy taking your Navigation further then join us on this Step Up Your Navigation holiday. The first day you'll revisit essential skills from the Bronze syllabus before completing the NNAS Silver Navigator Award, you'll learn how to navigate off-path using advanced map skills and compass techniques. This holiday is ideal for those who have some Navigation experience and are interested in going straight to the NNAS Silver Navigator Award.

WHAT YOU'LL LOVE

- Having the chance to complete the NNAS Silver Navigator Award
- Having a refresher day to cover some key elements of the Bronze Award.
- Building on your navigation skills through practical indoor and outdoor exercises
- Learning how to accurately use a compass
- The expertise of a knowledgeable and experience tutor
- Staying at our country house
- A more personalised experience thanks to small group sizes (maximum 8 people to 1 leader)

WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Registration with the NNAS

ITINERARY - NAVIGATION ITINERARY

Day 1 **Arrival Day**

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

At 17:00 meet your leader and fellow guests in reception where you will have a welcome to the course.

Day 2 **Refresher Day**

Our first day will be spent as a refresher day covering some areas of the Bronze Navigator Award syllabus to help prepare you before completing the Silver Navigator Award. Some of the skills you will be covering are:

- Navigate using a variety of maps and scales.
- Use 4 and 6 figure grid references with worded descriptions to define the position of a map feature and to locate a feature on the ground.
- Orientate the map using handrails, obvious point features and major landforms.
- Use linear features (e.g. paths, tracks, clear boundaries) as handrails in simple navigation exercises.
- Relate prominent landforms such as large hills and valleys to corresponding contour information on the map.
- Orientate the map by aligning a compass needle against grid north and be aware that magnetic variation causes an inaccuracy.
- Use an orientated map to confirm the direction of travel.
- Use clearly identifiable features to confirm position along the route and to recognise when the target has been overshot.

Day 3–4 **Navigation Days**

Our days will be spent working through a range of practical indoor and outdoor exercises that will help us cover the Silver Navigator Award Syllabus.

- Utilise the skills and techniques of the Bronze Award in the context of Silver Award navigation strategies.
- Relate small hills, small valleys, prominent re-entrants and prominent spurs to their corresponding map contours. Use prominent hills, ridges, spurs and valleys as a means of navigation in good visibility.
- Use landforms and point features to orientate the map and as collecting and catching features.

- Use a compass to: Accurately follow a bearing; aim off; check the direction of handrails and other linear features.
- Deviate briefly from a compass bearing to avoid obstacles or difficult terrain and accurately regain the original line.
- Use back bearings to check route following accuracy.
- Measure distance on the ground in varied, open terrain using timing and pacing and make practical allowances for any discrepancies.
- Simplify legs using coarse navigation, attack points and fine navigation.
- Recognise dangerous or difficult terrain on map and ground.
- Plan and implement navigational strategies based on the above skills.
- Maintain route finding accuracy in poor visibility or darkness.
- Recognise a navigation error within a few minutes and apply appropriate relocation techniques.
- Understand how personal fitness and nature of terrain affect route choice both at the planning stage and on the ground.
- Understand the potential consequences of fatigue and physical discomfort in demanding terrain and/or extreme weather conditions.
- Select appropriate clothing, equipment and first aid items for walking in open country in all weather conditions.
- Demonstrate an understanding of the Countryside Code, current access legislation and the environmental impact of walkers on the countryside.
- Understand the responsibilities of walkers towards other countryside interests such as farming, forestry and conservation.
- Understand how outdoor activities impact on the environment and how that impact can be minimised and sustainable use promoted.

Assessment for the Silver award is optional.

Pre course reading material:

OS map reading tips

Countryside Code

Mountain Rescue stay safe fact file

You will be outside for parts of the course and there will be some standing around outside so please bring warm clothing with you. You can expect to walk between 7 to 9 miles each day.

The course includes map work exercises and walk planning in the evenings. Maps will be provided for use during the course, but you will need to bring a compass we recommend a compass which has a baseplate, 360-degree protractor, map measuring features, plus scales of 1:25k and 1:50k an example compass is the Silva Expedition 4.

Day 5 **Departure Day**

Enjoy a leisurely breakfast before making your way home.

DAILY WALK OPTIONS



Moderate walking grade 6

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9-10 miles (15-16km) with around 1,500ft (460m) of ascent.

ACCOMMODATION

Lee Wood Hotel

A New HF Country House for 2027 Lee Wood is our 43-bedroom Georgian property in the historic spa town of Buxton, opening 29 January 2027 with a special celebratory launch week. Not only does our newest country house have excellent rail connections, with Buxton station only a short walk away, it also has easy access to a wonderful variety of Peak District walking routes. Surrounded by the Peak District National Park, our Buxton base offers a wealth of walks across the dramatic gritstone edges of the Dark Peak, through the gentle valleys of the White Peak, and routes that delve into the region's industrial past, history, and heritage. Other nearby highlights include the Derbyshire Dales and the Hope Valley, home to picturesque villages such as Hathersage, Eyam, and Castleton, which is famed for its show caves and is crowned by the dramatic ruins of the 11th-century Peveril Castle. When you're not out walking, unwind in the well-kept gardens, or enjoy plenty of space for socialising and activities in the roomy bar and lounge areas. If you want to take it easy or fill a free day, Lee Wood's excellent location puts you steps from Buxton's many highlights. Visit Buxton Opera House to catch a show in an authentic Edwardian theatre, stop by the iconic, Grade I-listed Buxton Crescent building and browse its fascinating museum, or simply stroll through the landscaped parklands of the Pavilion Gardens, which first opened in 1871. Alternatively, take a 25-minute walk to Poole's Cavern, a two-million-year-old natural limestone cave and Site of Special Scientific Interest.

About

· 43 well-appointed guest rooms · Exclusive occupancy: 68 guests minimum · Check in from 4:00pm · For members check in from 2:00pm · Free Wi-Fi · Free on-site parking · Boot room and drying room · Discovery Point offering a wide range of local area maps, route guides, and information for self-guided walks · Books and games to borrow · Licensed bar · Lounges · Lawned grounds · Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point

Then & now

The Lee Wood Hotel was originally built in 1830 as three houses by William Canendish, the 6th Duke of Devonshire. The so-called “Bachelor Duke" was one of the biggest landowners in the United Kingdom, as well as an ambassador to Tsarist Russia, and a renowned horticultural enthusiast who owned over 200,000 acres of land. Cavendish transformed the three houses into a hotel in 1860, to capitalise on the growing influx of visitors arriving via the newly built Derby–Manchester railway line. At the time, the town was beginning to prosper as a Victorian spa resort, drawing people keen to enjoy the therapeutic properties of its thermal spring waters.

Acquired by Margaret and Derwent Millican in 1957, the hotel reopened the following year after a brief renovation. It remained in the care of the Millican family for almost 70 years, becoming a much-loved hotel known for its warm welcome, friendly atmosphere and excellent customer service, attracting many returning guests.

In 2026, HF Holidays purchased the property and, in the spirit of our member-owned co-operative, hopes to carry that legacy forward when Lee Wood opens as an HF Country House in 2027.

Check-In & Check-Out

You are welcome to check in from 4pm at the earliest. HF Members can check in earlier, from 2pm. 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. Check out 10am.

ROOMS

Your room at Lee Wood Hotel

Designed with your comfort in mind, Lee Wood Hotel has 43 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.

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.

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.

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

ACCESSIBILITY

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

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, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided waking routes as well as visit-worthy local attractions.

Helping you enjoy the Great Outdoors - A natural focus on walks

Walks talks and Discovery Points
Our founder, country pastor turned social innovator, Thomas Arthur Leonard, was passionate about encouraging people to explore the countryside. His legacy continues in HF's continued focus on walking. Many guests choose to travel with us on guided or self-guided walking holidays, and as such, evenings at our houses are often busy with walk leaders hosting various briefings and talks. On guided walking holiday arrival days, there are walking information briefings before dinner, and for the duration of any guided walking holiday there will be a Walks Talk before (or on occasion after dinner), to go through the following day's walk options. Self-guided walking guests, and those on special interest holidays (where there is free time to explore independently), are of course welcome to also join in these Walks Talks - please talk to the team locally if you have any queries. Our Discovery Points are filled with handy maps and route notes, designed to ensure everyone, not just those booked on a guided walking holiday, can enjoy the beautiful countryside settings that our HF houses enjoy.

The walking day
Prior to setting off on guided walks, our HF Holidays Leaders run through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure walkers 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.

TRAVEL DETAILS

Address

The Park,
Park Rd,
Buxton
SK17 6TQ
Tel: 01298 23002

Google Maps

By train

The nearest station is Buxton, approximately 0.5 miles from the house.

Check National Rail for train times and routes.

By taxi

You may wish to call one of our local taxi companies on 01298 72123 or 01298 72333 on arrival for transport to and from the train station.

By car & parking

Lee Wood Hotel can be approached either via The Park or to the rear via Manchester Road (A5004 Long Hill to Whaley Bridge). If you are using SatNav, our postcode is SK17 6TQ. Parking is available around the hotel, and there is additional unrestricted parking on The Park, to the south side of the premises.

LOCAL AREA

Places to visit in Buxton

Perfectly placed in the heart of the Peak District, Buxton offers easy access to some of England's most inspiring landscapes, charming villages, and historic landmarks. Whether you're enjoying a guided, self-guided walking or special interest 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 the Lee Wood Hotel in Buxton.

The Peak District's best-loved landscapes

Step straight into the Peak District National Park, where a network of well-maintained trails leads you through dramatic dales, rolling hills and rugged moorland. Discover the limestone valleys of Dovedale and Monsal Dale, with their iconic stepping stones and sweeping views, or explore the wild beauty of the Dark Peak, where gritstone edges like Kinder Scout and Stanage Edge offer a more dramatic backdrop.

Buxton's heritage, gardens & caves

Closer to home, Buxton itself is rich in history. As England's highest market spa town at 1,000 feet above sea level, there's more to this place than water. The town's spa heritage and leafy parks make it an ideal place to relax after a day in the hills. Stroll around the elegant Georgian Crescent, explore the beautiful Pavilion Gardens, or visit the historic Opera House to catch a show in an authentic Edwardian theatre. From musicals and stand-up comedy to operatic performances, including the world-famous International Gilbert & Sullivan Festival every August, it's one of the Midlands' prime entertainment venues. Poole's Cavern is also well worth a visit – a two-million-year-old natural limestone cave.

Historic houses and stately grandeur - Chatsworth House, Bakewell & Castleton

The surrounding countryside is dotted with picturesque villages, each with its own charm. Home of the Duke and Duchess of Devonshire, this magnificent 17th century mansion is set in over 1,000 acres of stunning parkland and formal gardens. Inside, there are over 30 rooms to explore, including the State Rooms, Sculpture Gallery, and Painted Hall. Castleton, located at the head of the Hope Valley, is known for its caves: Peak Cavern, Blue John Cavern, Speedwell Cavern, and Treak Cliff Cavern - and historic Peveril Castle, while Bakewell offers riverside walks and its famous pudding. Closer to Buxton, villages like Tideswell – home to the impressive "Cathedral of the Peak" – provide welcoming pubs, local history, and a slower pace of life. Haddon Hall, overlooking the River Wye, is a fairytale-like manor house with its fortified exterior dates from the 12th century. Every part of the property is steeped in history, but the banqueting hall, chapel, and kitchens are particularly worth exploring.

Cromford Mills

Part of the UNESCO-listed Derwent Valley Mills, the world's first water-powered cotton spinning mill developed by Richard Arkwright in 1771 is known as the birthplace of the modern factory system. The mill museum and visitor centre are both worth visiting.

Dovedale Stepping Stones

The limestone valley of Dovedale steals the limelight as one of the best-loved – and most visited – beauty spots in the Peak District National Park. Don't miss the famous stepping stones located about half a mile from the car park (check the National Trust website for news of Stepping Stones opening/access due to repairs).

Trails, railways and scenic routes

Enjoy traffic-free walking and cycling along the Monsal Trail, following a former railway line through tunnels and across viaducts with spectacular views. For a nostalgic day out, the Peak Rail heritage railway offers a leisurely journey through the Derwent Valley, while the surrounding area is crisscrossed with gentle routes perfect for guided and self-guided exploration. Crich Tramway Village - a recreated Edwardian-style village and home to the National Tramway Museum is located near the village of Crich. Highlights include the woodland walk, sculpture trail, and collection of over 60 trams built between 1873 and 1982.

ESSENTIAL INFORMATION

Packing list

Weather conditions can change throughout the day, and conditions in the mountains may be cold and windy even in summer. Use the following list as a guide when preparing for your holiday.

Essentials

- Suitable waterproof walking boots with ankle support and good grip
- Waterproof jacket and waterproof overtrousers
- Gloves and a warm hat, even in summer
- Spare warm clothing, such as a synthetic insulated jacket
- Comfortable walking clothing (jeans & waterproof capes are not suitable)
- Warm mid-layers, such as fleeces
- Rucksack with a waterproof liner
- Water bottle with a capacity of at least 1 litre
- Head torch or small torch for all winter walks and mountain walks throughout the year
- Compass with a baseplate, a 360-degree protractor, map-measuring features and scales of 1:25,000 and 1:50,000, such as the Silva Expedition 4
- Sun hat and sunscreen

Recommended

- Cushioned walking socks to help prevent blisters
- A first-aid kit, including plasters, blister treatments such as Compeed
- Sit mat
- Walking poles, particularly useful for descents
- Insect repellent
- Flask for hot drinks
- Durable lunch box
- Gaiters
- Notebook and pen for taking learning notes

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.

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