

Step Up Your Navigation for Women in Exmoor

Trip style: Small group holidays

Destination: 📍 Exmoor

Trip code: SEL04-SWN01



Holiday Overview

Fancy taking your Navigation further then join us on this Step Up Your Navigation holiday for Women. 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 exclusively for Women and 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
- Building on your navigation skills through practical indoor and outdoor exercises
- Learning how to accurately use a compass
- Joining a group of like-minded women
- The expertise of a knowledgeable and experienced 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

WALKING GRADES AND OPTIONS

While these aren't walking holidays as such, it's essential that you have a level of fitness that will allow you to enjoy your experience to the fullest. Please prepare to be on your feet and outdoors for most of the day (usually 6-7hrs). You will cover anything up to 7 to 9 miles over the course of a day.

ITINERARY - 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 overshoot.

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.

Accommodation

Holnicote House

There's plenty to look forward to at this beacon of Somerset hospitality near the impossibly pretty village of Selworthy. The location couldn't be more perfect; within rolling-out-of-bed distance from Exmoor National Park and an easy drive from Dunster Castle, Coleridge Cottage, the twin villages of Lynton and Lynmouth, and the sandy delights at Porlock and Minehead. The walking opportunities here are standout, too, not least for the trails around the Quantock Hills, Dunkery Beacon, Bossington, and a section of the England Coast Path that takes you on a glorious journey along the county's coastline.

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.

About

- 32 well-appointed guest rooms • Exclusive occupancy: 43 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 • Travel cot & high chair • 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 • Two lounges • Garden with croquet lawn • [Well-behaved dogs welcome on self-guided holidays](#) • Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point



Food & drink

Seasonal dining, tailored for you

Our team of skilled chefs design our dinner menus to showcase the best of each season, from warming winter comfort food to vibrant summer dishes, including vegetarian, vegan and high-protein options. We also source fruit and vegetables within a 40-mile radius of each house, open every break with a Chef's Special menu inspired by dishes and flavours of the local area, and are able to adapt dishes to suit special dietary requirements.

Welcome Cream Tea

What better way to start your stay than with a cream tea, served fresh on arrival to make you feel instantly at home. A quintessentially English tradition, our scones are baked in-house and served with preserves and clotted cream, providing the perfect opportunity to meet fellow walkers.

A hearty breakfast to start the day

Start the day with a freshly-prepared cooked breakfast and a wide choice from our continental buffet, including hot drinks, juices and fresh fruit. Our team offer a quick and friendly service, leaving you fuelled and ready for your day's adventures.

Our famous picnic lunch

Our personalised picnic lunches are perfect for a day out walking, ready to enjoy when hunger strikes. Choose from a large selection of fresh sandwiches and salads, freshly baked cakes and snacks, including the ever-popular Freddos chocolate bar! Everything is designed to fit neatly into your rucksack, and all of the packaging we provide is recyclable or compostable.

3-course evening meals

Our à la carte evening menus feature a wide choice of starters, mains, and desserts, made with seasonal ingredients and, wherever possible, herbs and vegetables from our own gardens. Shared around sociable tables, dinners are relaxed occasions, with drinks available to order at the table or from the bar, and a traditional Sunday roast to round off the week.

Rooms

Designed with your comfort in mind, Holnicote House has 32 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.

We love: The rooms in the main building or the thatched grounds, especially Rooms 1 and 4. The first floor rooms have fabulous views across Cawter Hill and Dunkery Hill.

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](tel:02039748865) or view the accessibility information online for [Holnicote House](#)

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 walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you 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.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or view the accessibility information online for [Holnicote House](#)

Travel Details

Address

Holnicote House
Selworthy
Minehead
Somerset TA24 8TJ

Tel: [+44 \(0\)1643 862013](tel:+44(0)1643862013)

By train

The nearest station is Taunton.

Check National Rail for train times and routes.

By taxi

From Taunton train station it's a 27-mile journey taking 1 hour.

For pricing, please contact Minehead Taxis directly.

Minehead Taxis

You can pre-book a taxi from our recommended company, Minehead Taxis*. We recommend booking your taxi at least seven days in advance by contacting:

Tel: [+44 \(0\)1643 704123](tel:+44(0)1643704123)

A return journey can be arranged on your behalf by the HF Holidays House Manager at Holnicote House.

*Minehead Taxis is not owned or managed by HF Holidays.

By bus

The number 28 bus runs between Taunton station and Minehead, taking around one and a half hours. At Minehead, change to the number 10 bus to the Selworthy turn (at the end of Holnicote House drive). A two-minute walk along the drive will bring you to the house.

For bus times, check Traveline.

By car

There's free car parking at Holnicote House if you decide to drive.

From Bridgwater take the A39 though the southern outskirts of Minehead towards Porlock. You'll find Holnicote House on the left about four and a half miles out of Minehead.

By air

The nearest airport is London Heathrow.

Take the train to London Paddington station where there are direct trains to Taunton. It's a relatively straightforward journey that'll should take around 2.5 hours.

Bristol Airport is also an option. From here, you can take the bus and train to Taunton.

Check National Rail for routes and train times.

Local Area

Whether you're enjoying a guided or self-guided walking 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 Holnicote House.

Selworthy

Less than a mile away, this charming village delights with well-preserved thatched cottages as well as the All Saints church with its painted nave ceiling and 18th century gallery. There are several footpaths leading from the village up to Selworthy Beacon.

West Somerset Railway

As the longest heritage line in England, this true country branch line of the old Great Western Railway has 10 stations on its 20-mile scenic journey from Minehead to Bishops Lydney. Minehead station is just a 10-minute drive away.

Dunster Castle

A medieval castle transformed into a stately home for the Luttrell family, this characterful dwelling assures fabulous views over Exmoor, Somerset, and the Bristol Channel. Not-to-be-missed interiors include a 17th century carved staircase and rare leather wall hangings.

Lynton & Lynmouth

Located on the spectacular North Devon coast, the small rural town of Lynton and coastal village of Lynmouth are the twin resorts connected by a historic cliff railway. The short walk from Lynton to the Valley of Rocks is a definite highlight.

Coleridge Cottage

A 45-minute drive away, this was the humble home of poet Samuel Coleridge and his wife Sara for three years from 1797. Acquired by the National Trust in 1909, it was here that he wrote *The Rime of the Ancient Mariner*, *Kubla Khan*, and *Frost at Midnight*.

Hestercombe Gardens

An hour's drive away, this 50-acre landscape is home to three historic gardens spanning three centuries of design. Coplestone Warre Bampfylde laid out the Landscape Garden while Sir Edwin Lutyens and Gertrude Jekyll collaborated on the Formal Garden.

Arlington Court

Belonging to the Chichester family for 11 generations until it was bequeathed to the National Trust in 1949, this Regency house is an hour's drive away. In addition to the gardens and grounds, there's a museum in the stables with an interesting collection of over 40 carriages.

Minehead Beach

Also known as The Strand, this mile-long expanse of sand is perfect for sandcastle-building, beach games, and organised activities such as canoeing and paddleboarding. Please note there is a dog ban in force on the entire beach from 1 May to 30 September.

Useful Holiday 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)
 - 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.
 - Sun hat and sunscreen
 - Several layers of clothing, which can be added or removed
- Denim jeans and waterproof capes are not suitable on any walks.*

Recommended

- 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
- Notebook & pen for taking down 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.

Document produced: 26 July 2026

