Step Up Your Navigation for Women in the Southern Lake District



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Small group holidays	Lake District	6	113kg CO2

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

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 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

Monk Coniston

With a desirable address overlooking Coniston Water (the inspiration for Arthur Ransome's 1930 novel, Swallows and Amazons), this characterful Grade II-listed house delights with lakeside and woodland walks from the doorstep, décor that stays true to the period feel, and plenty of Beatrix Potter references. While the children's author and illustrator did not live at the Monk Coniston estate (her beloved home was Hill Top, bought in 1905 with the royalties from The Tale of Peter Rabbit), she campaigned with the National Trust to save it from development. She then purchased the entire estate in 1930 and as the new owner she immediately sold half to the organisation, bequeathing them the other half in her will.

About

· 30 well-appointed guest rooms · Exclusive occupancy: 40 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 · 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 · Lounge · Garden with putting green and croquet lawn · Activity barn · Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point

Then & now

Known as Waterhead House and later as Monk Coniston Hall, the Gothic-stye property dates from the 1770s. Successively the home of the Harrison, Ford, and Knott families, the 4,000-acre estate was purchased by wealthy Leeds industrialist James Marshall in 1836. Not only did Marshall hugely extend and improve the property, but it was his idea to join three smallish ponds in a boggy valley to create Tarn Hows – now a Lake District classic. He spent much time at Monk Coniston, pursuing his life-long interest in geology and entertaining eminent friends such as Thomas Carlyle, Adam Sedgewick, Alfred Tennyson, John Ruskin, and Lewis Carrol. The house remained in the family thereafter. Leased from the National Trust, it has been part of our HF Holidays line-up since 1945.

Nowadays, it's the perfect base for exploring beauties such as Grasmere, the Langdales, and the Old Man of Coniston. You'll find a hidden walled garden, a putting green and croquet lawn, ornate public rooms, a converted barn with exposed beams, and a Discovery Point offering a wide range of local area maps, route guides, and easy-to-follow information for self-guided walks. There's a minstrels' gallery, a licensed bar, books and games to borrow during your stay, and a dining room for a wide range of dishes made with fresh and seasonal ingredients. Elsewhere, the house has 30 well-appointed guest rooms in three categories (Classic, Premium, and Superior), extensive gardens, and an arboretum with a collection of conifers – some planted in the early 19th century. In the hallway at the bottom of the main stairs, the large oil canvas painted by Beatrix Potter's brother, artist Walter Bertram, is a nice touch.

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.

FOOD & DRINK

Dining

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

Your room at Monk Coniston

Designed with your comfort in mind, Monk Coniston has 30 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 with a garden or lake view. We also love Room 9 on the first floor for its original features and beautiful views across the gardens and fields that slope down to the shores of Coniston Water.

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
£25 pppn	£20 pppn	£20 pppn

*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 or view the accessibility information online for Monk Coniston

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

Monk Coniston
Coniston
Cumbria LA21 8AQ

Tel: +44 (0)1539 441566

By train

The West Coast mainline runs to the east of the Lake District, connecting Oxenholme (which is near Kendal), Penrith and Carlisle with London and Glasgow. A direct train runs from Manchester to Windermere. Local trains from Oxenholme call at Kendal, Staveley and Windermere.

The nearest station to Monk Coniston is Windermere. From Windermere you can take a taxi or bus to Monk Coniston (see below).

Check National Rail for journey times and routes.

By taxi

The journey from Windermere train station to Monk Coniston is 10 miles.

From Oxenholme, it's double that at 23 miles.

For pricing, please contact Ace Taxi directly.

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

Tel: +44 (0)1539 445445
Email: acetaxiwindermere@gmail.com

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

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

By bus

From Windermere station catch the 555 or 599 to Ambleside Kelsick Road. Change here onto the 505 to Monk Coniston. The stop is right outside our country house.

Check Stagecoach for bus times.

National Express also run coaches to Lancaster, Penrith and Carlisle where you can catch an onward bus connection into the Lake District.

By car

Car parking is available at Monk Coniston.

Leave the M6 motorway at junction 36. Follow the A590 to Greenodd Roundabout, take the second exit and follow the A5092 before turning right onto the A5084 signposted to Torver. At the T junction turn right onto the A593 and follow into Coniston village. Turn right onto the B5286 and follow for 1.5 miles. The entrance to Monk Coniston will be on your right.

By air

The nearest airport is Manchester International Airport.

There are direct trains every hour to Oxenholme with the journey time around 90 minutes. From here you can change to Windermere or get a taxi (we recommend pre-booking one).

National Rail have up-to-date information on times and routes.

Flying to London Heathrow airport is another option, but it'll take you at least four hours to reach Oxenholme. Take the train to London Paddington station, then the London Underground to London Euston where you can connect to the main line train to Oxenholme. The journey from here is 2.5 hours.

LOCAL AREA

Places to visit in the Lake District

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 Monk Coniston.

Coniston

About a mile from the house and easily accessed from a direct path, this small village charms with a superb position at the foot of the Old Man of Coniston and by the western shore of Coniston Water. The small town of Ambleside is a 20-minute drive away.

The John Ruskin Museum

Coniston's John Ruskin Museum charts the history of the village through exhibits focused on the people who have lived and worked here throughout the ages. It's newest treasure is the restored Bluebird K7, Donald Campbell CBE's world-record breaking Jet Hydroplane. Mr Campbell broke 4 World Water Speed records on Coniston Water and tragically died attempting his 5th when Bluebird somersaulted in January 1967. The wreckage lay at the bottom of the lake for 34 years until it was raised in 2001, finally returning home to Coniston in 2024.

Steam Yacht Gondola

Manged by the National Trust, this restored steam-powered yacht on Coniston Water was built by the Furness Railway Company in 1859. It stops at the Monk Coniston jetty at the bottom of the meadow below the house and calls at Coniston and Brantwood House.

Brantwood House

A couple of miles away, this 250-acre Lakeland estate was once home to English writer, philosopher, art critic, and social revolutionary, John Ruskin. The eight beautiful gardens were created by Ruskin, his cousin Joan Severn, and head gardener Sally Beamish.

Ravenglass & Eskdale Railway

Known locally known as La'al Ratty meaning 'little railway', this is one of England's oldest and longest narrow gauge railways dating back to 1873. A trip here can easily be combined with a walk over Muncaster Fell or to the Stanley Ghyll Waterfall.

Blackwell House

Designed by esteemed architect Mackay Hugh Baillie Scott between 1898 and 1900, this Grade I-listed building is one of the UK's finest examples of Arts & Crafts architecture. Don't miss the well-preserved interiors and the formal terraced garden.

Tarn Hows

Just a short walk away, this man-made lake was created in the mid-19th century by one of Monk Coniston's former owners, James Garth Marshall. The 1.5-mile path around the lake has been well maintained by the National Trust and is suitable for wheelchair users.

Grizedale Forest

Set right in the heart of the Lake District between Windermere and Coniston, this vast woodland is perfect for walking, mountain biking, and swinging through the trees on a Go Ape course. There's also a visitor centre with a gift shop, tearoom, and playground.

Levens Hall & Garden

A 50-minute drive away, this privately-owned Elizabethan mansion is cherished for its award-winning topiary gardens – the oldest in the world. Inside, there's fine oak panelling, ornate plasterwork, leather wall coverings, and the earliest examples of English patchwork.

Grasmere

Best known for its William Wordsworth connections, this impossibly pretty village is a 30-minute drive away. Highlights include Grasmere Lake, Allan Bank, and the 17th century Dove Cottage - home to the Wordsworth Museum.

Windermere

The largest natural lake in England, this watery wonder measures 10.5 miles long, one mile wide, and 220 feet deep. Ferries connect Ambleside in the north to Bowness and Lakeside in the south, where you can board the Lakeside and Haverthwaite Railway.

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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