

# Thames Path Guided Trail

**Tour Style:** Guided Trails

**Destinations:** Cotswolds & England

**Trip code:** BNLTT

**Trip Walking Grade:** 2



## HOLIDAY OVERVIEW

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The Thames Path National Trail follows the course of the River Thames from the Thames Barrier below London to its source near Kemble in Gloucestershire, a distance of some 180 miles. Our holiday covers the stretch from Oxford with its dreaming spires to its source in the Cotswolds. There is rich historical interest and peaceful riverside paths, teeming with birds and wildlife interspersed with pretty honey coloured Cotswold villages on the way.

## WHAT'S INCLUDED

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- 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

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- Walk the beautiful upper reaches of the River Thames
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- From Oxford's dreaming spires to Cotswold villages
- Stay at Harrington House in Bourton-on-the-Water

## TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 2 which involves walks/hikes on good paths, though often quite a distance each day. On the Thames Path we follow a good footpath for most of the way, though occasionally this becomes a track faintly trodden into the riverbank. There are a number of stiles and gates to negotiate. It is your responsibility to ensure you have the relevant fitness required to join this holiday

### 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 mileage 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 a number of 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

You're welcome to check in from 4pm onwards.

Enjoy a complimentary Afternoon Tea on arrival.

### Day 2: Osney Bridge To Bablock Hythe

We quickly lose sight of the dreaming spires and suburbs of Oxford and enter lush water meadows. We will see Port Meadow, ancient common grazing land presented to the Burgesses of Oxford by William the Conqueror and the remains of the Benedictine nunnery at Godstow; founded in 1139. We continue to Swinford Bridge,

one of the two remaining toll bridges across the Thames. At Pinkhill Lock the path leaves the river and crosses fields to reach Bablock Hythe.

12 miles (19km) with 250 feet (75m) of ascent.

### **Day 3: Bablock Hythe To Tadpole Bridge**

We follow the river to the remote lock at Northmoor. We look at one of the weirs which retain the paddle construction of earlier times and continue to Newbridge, the second oldest of the Thames bridges. A remote meandering section of our walk follows with few signs of habitation. We see an isolated chapel in fields at Shifford, once an important town where a thousand years ago King Alfred held a meeting of the English Parliament. We follow Shifford Lock Cut, before rejoining the river to Tadpole Bridge, which was built to carry the turnpike road to Bampton.

9½ miles (16km) with 200 feet (60m) of ascent.

### **Day 4: Rest Day**

A day without any walks programmed, giving you the opportunity to explore the local area independently.

### **Day 5: Tadpole Bridge To Lechlade**

We follow a towpath all the way to Lechlade. At Rushey Lock we shall see another paddleweir and, over a side channel at Radcot, the oldest bridge on the Thames. We pass close to Kelmscott Manor; a house lived in by William Morris and his family for 25 years, before coming to Buscot Lock, where the National Trust has restored the lock-keeper's cottage. After St John's Lock, we continue to Lechlade.

10½ miles (17km) with 200 feet (60m) of ascent.

### **Day 6: Lechlade To Cricklade**

Leaving Lechlade at Halfpenny Bridge, we follow the towpath to Inglesham Round House, the point where the Thames and Severn Canal once joined the river, and cross fields to visit the 13th century church at Inglesham. Inspired by William Morris, the Society for the Protection of Ancient Buildings carefully restored the church in the 1880s. There is a section of minor road walking. We rejoin the river for the final section into Cricklade.

11 miles (17.5km) with 230 feet (70m) of ascent.

### **Day 7: Cricklade To The Source**

We cross the River Churn and enter the North Meadow Nature Reserve. After passing the Latton Aqueduct, a relic of the North Wiltshire Canal, we follow paths through the Cotswold Water Park, created by the flooding of old gravel pits. Frequent glimpses of the Thames headwaters lead us on to Ashton Keynes where the path will bring us to the last bridge where water can sometimes be seen. Near Upper Mill Farm, once a water mill, a windpump marks a spot where water used to rise vigorously but thereafter it is only just possible to discern the line of the river. We continue across open fields to reach the simple marble slab in Trewsbury Mead that marks the official source of the river and the end of our journey.

12½ miles (20.5km) with 400 feet (120m) of ascent.

### **Day 8: Departure Day**

Enjoy a leisurely breakfast before making your way home.

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## ACCOMMODATION

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### Harrington House

In one of the prettiest spots in the Cotswolds, Harrington House provides a stylish escape in the form of a traditional country retreat, with the trimmings and flourishes you'd expect. All set in a stately Georgian house that mirrors the mellow architectural styles of the Cotswolds and retains many of its original features; the most breathtaking is the sunny walled garden, surrounded by attractive landscaped gardens. As well as 29 bedrooms, two lounges, a cosy bar and pleasant dining room, there are further feathers in this handsome house's hat. Quintessential English countryside, described by JB Priestly as, 'the most English and least spoiled of all our countryside', is just a short stroll away with pretty villages such as Chipping Campden and the Slaughters, rolling landscapes and classic trails from the Cotswold Way to the Gloucestershire Way and Monarch Way waiting for you to discover them.

### Matchless Country House Accommodation

#### Accommodation Info

#### Need To Know

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

Following the relaxation in government guidance on 19 July, we are continuing to take extra steps to keep our guests leaders, and staff safe in our HF country houses. We ask all our guests to respect the measures put in place.

The English, Scottish and Welsh governments are not in sync, so measures in our country houses will vary between the nations. With the relaxation of social distancing in England, from 19 July we will be allowing larger groups to dine and relax in the bar together. However, we will still give guests space e.g. we will seat 6 people at a table where pre-pandemic we may have seated 8. We will ensure our public rooms are well ventilated by opening doors and windows wherever possible. If you have any concerns about distancing, please speak to the House Manager. The government recommendation for England is to wear face coverings in crowded areas. You must wear a face covering by law in public areas in hotels in Scotland. This is mandatory in public spaces; however, face coverings will not be required whilst eating and drinking in the restaurant and bar areas or whilst you are outside our houses. In Wales face coverings will remain a legal requirement indoors, with the exception of hospitality premises.

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 will though be increasing the frequency of cleaning in our public areas providing particular attention to frequently touched items including door handles and handrails.

Menus for the week will be available in your room on arrival. A self-service breakfast will be served from 7.45am – 9am. Picnic lunches will now be pre-ordered the night before from an order form in the room. Evening meals will be table service. A dinner order form will be available in each room for completion. Dinner is served at either 7.15pm or 7.30pm. Please check at the house for details. The bar will be open. We will be offering a table service but guests can also come to the bar to order (depending on local restrictions).

Join our team after dinner on Wednesday evenings for the HF Big Pub Quiz. There will be one other evening of entertainment at the start of the week, which will vary depending on the country house that you are staying at. Our Walk Leaders will also be on hand in the bar or lounge for individual or small group walks talks briefings, which allow guests to talk through the following day's walk options and ask any questions. All of our swimming pools are open, except for Glen Coe, which will not re-open this year. Swimming Pools will be operated in line

with maximum capacities.

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 main building's beautifully presented rooms or in the adjacent cottages. With 26 bright and airy bedrooms, Harrington House has plenty of space and there's a range of Good, Better and Best Rooms to choose from: for a stylish stay opt for rooms 1 or 2, both large master bedrooms located on the first floor that come complete with some of the original Palladian features dating back to 1730, pretty feature wallpaper and views out of the front of the building of classic Cotswolds scenery. Alternatively, for a romantic hideaway, plump for Room 24 in the Windrush Cottage and toast your good taste in the private garden that adjoins this large twin room.

*All 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' and 'Best' 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, attractive garden, multi-purpose activity room, lounge, library and board games to borrow*

After a day ambling through the Cotswolds, come back to the house and its specially tailored walkers' facilities. Relax by sitting in the gardens or having a game of croquet on the lawn. Retire to either of the two lounges or climb the sweeping stately staircase to the very top of the house where there's an observatory looking out across the rooftops of the village. Then pop in to the snug bar for a pint of local ale and a chin wag with fellow guests about their discoveries.

## 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 Harrington House is hearty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the dining room hosts a Local Food Night, when, over a sociable evening, you might tuck in to Cotswold leg of lamb, Bibury rainbow trout and a selection of Gloucestershire cheeses, accompanied with Harrington House homemade chutneys.

## Accessibility

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

## TRAVEL DETAILS

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Our address is: Harrington House, Sherborne Street, Bourton-on-the-Water, Gloucestershire, GL54 2BY  
Tel: [01451 821213](tel:01451821213)

### By Train:

The nearest railway station is Moreton-in-Marsh. However, the nearest mainline station is at Cheltenham Spa which may be more convenient. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

## By Taxi:

From Moreton-in-Marsh station a taxi takes approximately 20 minutes and costs £22 if pre-booked. From Cheltenham Spa station a taxi takes around 35 minutes and costs £42 if pre-booked. Please note these are 2020 prices relevant to a 4-seat taxi. 8-seater taxis will be more expensive.

Limozena, our current recommended taxi company, can confirm prices on booking and they will arrange shared taxis wherever possible. To book your taxi please phone or email at least 7-days in advance:

Limozena\*

Tel: +44 (0) 1451 820972

Email: [denwalmsley@yahoo.co.uk](mailto:denwalmsley@yahoo.co.uk)

The return taxi journey can be arranged on your behalf by the Harrington House Manager.

\*Limozena is not owned or managed by HF Holidays

## By Bus:

From Moreton-in-Marsh station catch the 801 bus to Bourton-on-the-Water, from where it is a short walk to our Country House. Alight next to the Edinburgh Woollen Mill Shop. Cross the road to the war memorial and continue across the bridge. Follow this road for 150 metres until the road forks. Harrington House is on the left.

## By Car:

From the A429 take the road into the centre of Bourton-on-the-Water. At the war memorial by the village green, turn into Sherborne Street. Cross the narrow bridge and continue for approximately 100yds. Just before the road forks, Harrington House is on the left. Look out for our sign. A car park is available in the grounds with free parking.

## Travelling From Overseas

For most guests, travelling to London Heathrow airport is the most convenient option.

From Heathrow first take the train to London Paddington station. From here there are direct trains to Moreton-in-Marsh. It's a relatively straightforward journey - just over 2 hours. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

From Moreton-in-Marsh you can travel on to Bourton-on-the-Water by bus or taxi (see above).

## LOCAL AREA

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Bourton-on-the-Water is situated at the heart of the Cotswolds, a beautiful area of rolling green hills and attractive stone towns and villages.

Harrington House is located in a quiet street, just 100 metres from the centre of Bourton. This is one of the most popular villages in the Cotswolds, frequently busy with visitors. The River Windrush winds its way through the central village green and is crossed by a series of attractive stone bridges.

Bourton-on-the-Water is a popular destination in its own right with its specialist shops and attractive village green. Local attractions include the [Cotswold Motoring Museum](#), [Model Village](#) and [Birdland Wildlife Park](#), all within easy walking distance.

The village has a good range of facilities including a small supermarket, post office, newsagent, pubs and bank.

During your stay at Harrington House you may enjoy visiting the following places of interest:

## Chipping Campden

The mellow market town of Chipping Campden, about 30 minutes' drive north of Bourton-on-the-Water, is one of the most visited towns in the Cotswolds.

## Hidcote Manor Gardens

Owned by the National Trust, [Hidcote](#) is a small manor house with an exceptional garden designed in the Arts and Crafts style. Around 35 minutes' north from Bourton-on-the-Water.

## Bibury

William Morris – one of the key figures in the Arts & Craft Movement – once described [Bibury](#) as 'the most beautiful village in England'. Its most famous part is the row of stone weavers' cottages in Arlington Row next to the River Coln which date back to 1380; a more attractive set of buildings is hard to imagine. Bibury is 12 miles from Harrington House.

## Broadway

Considered as one of the most beautiful villages in Britain, it is easy to see why so many visitors are attracted to Broadway. Take a walk to [Broadway Tower](#) for stunning views of the Vale of Evesham. Around 30 minutes' drive from Bourton.

## Cotswold Farm Park - Adam Henson's Farm

[Cotswold Farm Park](#) was set up in 1971 by Joe Henson – father of Adam Henson, one of the presenters of the BBC's Countryfile programme. The park is a centre for rare breeds which can be seen in the animal barns and on the rare breed trail. The park is about 5 miles from Harrington House – a ten-minute drive by car.

## Stratford-upon-Avon

Famous for its Shakespeare connections, Stratford is an attractive town spanning the River Avon. Of particular interest are the [Royal Shakespeare Theatre](#) and the [Shakespeare's Birthplace Museum](#). Around 40 minutes' drive from Bourton.

## Blenheim Palace

[Blenheim Palace](#) is one of the grandest and best-known stately homes in Britain. It sits in extensive parkland and is also famous as being the ancestral home of Winston Churchill.

## Cotswold Wildlife Park And Gardens

Set in 160 acres of beautiful parklands, the [Cotswold Wildlife Park](#) is home to an astonishing array of animals from large mammals and primates to birds and reptiles. It is one of the UK's largest zoological collections. The park is divided into four sections, each with its own team of keepers. The park is about 12 miles from Harrington House and can be reached in about 22 minutes by car.

## Cheltenham

The fine Regency spa town of Cheltenham has an excellent range of shops and facilities. Cheltenham is around 25 minutes' drive from Bourton, and can also be reached by an hourly local bus.

## Gloucester

The Cathedral city of Gloucester is about 35 minutes' drive to the west of Bourton. The fine [Norman cathedral](#) is well worth visiting, as is the [National Waterways Museum](#).

## Gloucestershire Warwickshire Steam Railway

Ride the [GWSR steam railway](#) through attractive Cotswold countryside from Cheltenham to Toddington about 30 minutes' drive from Bourton. Now restored, this was once the Great Western main line to Birmingham.

## Oxford

The famous university city of Oxford is about an hour's drive from Bourton-on-the-Water. You may wish to stroll through the historic colleges or visit the [Ashmolean Museum](#), the University of Oxford's museum of art and archaeology founded in 1683.

## USEFUL HOLIDAY INFORMATION

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### 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

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.

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

Website: [www.nationaltrail.co.uk/thamespath](http://www.nationaltrail.co.uk/thamespath)

Explorers Maps: 168, 169, 170, 180

OS National Trail Guide - The Thames Path by David Sharp.

Cicerone Guide – A Thames Path by Leigh Hatts

## 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.

## HOW TO BOOK

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

Our office is open: Monday to Friday: 9am – 7pm Saturday: 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

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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](http://hfholidays.co.uk/membership) for details.

### **BACS PAYMENTS**

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

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

### **MANAGE MY BOOKINGS**

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

### **YOUR FINAL BALANCE**

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

### **TRAVEL INSURANCE**

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

### **PEACE OF MIND**

#### **ATOL:**

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

#### **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

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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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