Thames Path Guided Trail



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided trails	Cotswolds	5	191kg CO2

HOLIDAY OVERVIEW

Measuring up at a whopping 185 miles, the Thames Path National Trail follows the course of England's most famous river from the Thames Barrier in London to its source in rural Gloucestershire. This guided trail holiday covers the stretch that winds its way from the dreaming spires of Oxford to the rolling countryside of the Cotswolds. Walk peaceful riverside paths and country lanes rich in historical interest, rare wildlife, and more.

WHAT YOU'LL LOVE

- Walking the beautiful upper reaches of the River Thames
- Following a trail from Oxford's dreaming spires to the Cotswolds
- Spending time in charming Bourton-on-the-Water
- Wildlife-spotting along Britain's most famous river
- Staying at Grade II-listed Harrington House
- A more personalised experience thanks to small group sizes (maximum 15 people in 2025 and 16 people in 2027)

WHAT'S INCLUDED

- Comfortable en-suite rooms 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
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary

ITINERARY - GUIDED TRAIL

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.

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.

11 miles (17km) 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 (15.5km) 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 200 feet (60m) 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.

Please note this walk is +1 grade higher than the overall grade of the holiday as a whole.

Day 8 Departure Day

Enjoy a leisurely breakfast before making your way home.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

ACCOMMODATION

Harrington House

You get the best of all worlds at this Grade II-listed retreat just a skip away from the heart of Bourton-on-the-Water – the impossibly pretty Cotswolds town with chocolate-box cottages, old-fashioned tearooms, and low-arched stone bridges that span the River Windrush. Not only will you be within walking distance of the Cotswold Motoring Museum, the Model Village, and Birdland Wildlife Park & Gardens, but it's an easy drive from village beauties Broadway and Bibury. For walkers and hikers, there's no shortage of thrills, especially for those keen to explore the well-trodden trails and paths around the Windrush Valley, Lower and Upper Slaughter, Gloucestershire Way, Cotswold Way, and Monarch Way.

About

· 27 well-appointed guest rooms · Exclusive occupancy: 36 guests minimum · Check in from 4:00pm · For members check in from 2:00pm · Full-board (including cream tea on arrival) · 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 · Two lounges · Walled garden and croquet lawn · Landscaped grounds · Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point

Then & now

Showcasing a mix of Tudor, Palladian, and Georgian architectural styles, this stately property was built in 1662 (records show 'there stands a large cottage with mullioned windows' on the present site during this time). The first owner was most likely Anthony Collett, whose niece Elizabeth inherited the house and extended it to its current glory with her lawyer husband, William Moore. In 1776, Moore's second wife (also Elizabeth), married Sir James Harrington, for whom the house is named. The house remained in the family thereafter and was purchased by Mr Hall in the early 19th century. In 1860, the property was sold to a Mr Mills who ran Jubilee Cottage (currently guest accommodation) as the Jubilee Inn, using the premises opposite as a malting house for brewing beer. The subsequent owner, Alfred Hadley, continued to use the house much in the same way and lived here from 1870 until 1922 when it changed hands yet again. It became part of our HF Holidays line-up in 1947.

Following a refurbishment in 2017, there's a pleasing interior design theme throughout. In addition to interesting plasterwork, a grand stairway, and a cupola at the top of the house built in the 1730s and used by William Moore as a lookout, there's an interesting Rococo ornate ceiling decorated with sunflowers, swallows, monkeys, and flowers. You'll also find 27 well-appointed guest rooms in three categories (Classic, Premium, and Superior), two lounges, a licensed bar, and an attractive dining room for a wide range of dishes made with fresh and seasonal ingredients. Elsewhere, there's a handy boot and drying room, books and games to borrow during your stay, a walled garden, a large croquet lawn, and landscaped grounds. The house also has a Discovery Point offering a wide range of local area maps, route guides, and easy-to-follow information for self-guided walks.

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 Harrington House

Designed with your comfort in mind, Harrington House has 27 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: Rooms 1 and 2 on the first floor for their master bedrooms, original Palladian design, and lovely views. Room 24 in the Windrush Cottage is a large twin room with its own private garden.

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 or view the accessibility information online for Harrington 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 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

Harrington House
Sherborne Street
Bourton-on-the-Water
Gloucestershire GL54 2BY

Tel: +44 (0)1451 821213

By train

The nearest station is Moreton-in-Marsh.

However, the nearest mainline station is at Cheltenham Spa.

Check National Rail for train times and routes.

By taxi

From Moreton-in-Marsh, it's a nine-mile journey taking 20 to 30 minutes.

From Cheltenham Spa, it's an 18-mile journey taking 35 to 45 minutes.

For pricing, please contact Limozena taxis directly.

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

Tel: +44 (0)1451 820972
Email: denwalmsley@yahoo.co.uk

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

*Limozena is not owned or managed by HF Holidays.

By bus

The 801 bus goes from Moreton-in-Marsh to Bourton-on-the-Water and takes about 30 minutes. Alight next to the Edinburgh Woollen Mill Shop from where it's a short walk to Harrington House.

By car

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

Directions
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 to just before the road forks. You'll find Harrington House on the left.

By air

The nearest airport is London Heathrow Airport.

From the airport
Take the train to London Paddington station from where there are direct trains to Moreton-in-Marsh, which takes just over two hours. Then you can get the bus or a taxi to Bourton-on-the-Water.

LOCAL AREA

Places to visit in The Cotswolds

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 Harrington House.

Bourton-on-the-Water

For chocolate-box cottages, old-fashioned tearooms, and low-arched stone bridges that span the River Windrush, this Cotswolds town is only 100 metres away. Highlights include the Cotswold Motoring Museum, the Model Village, and Birdland Wildlife Park & Gardens.

Chipping Campden

A 30-minute drive north of Bourton-on-the-Water, this small market town was once at the heart of the Arts and Crafts Movement. A not-to-be missed highlight is the National Trust-owned Hidcote Manor Gardens in the nearby village of Hidcote Bartrim.

Bibury

Described by William Morris as 'the most beautiful village in England' for good reason, this charming town is just a 20-minute drive away. Don't miss the National Trust-owned Arlington Row – England's most photographed street.

Broadway

A 30-minute drive away, this lovely town is best known for its horse chestnut tree-lined High Street, Broadway Tower, Broadway Museum & Art Gallery, and Lygon Arms Hotel where Oliver Cromwell spent the night before the Battle of Worcester in1651.

Cotswold Farm Park - Home of Adam Henson

Established in 1971 by Joe Henson, father of farmer and BBC's Countryfile presenter Adam, this fun-filled park is just a 10-minute drive away. There's over 50 flocks and herds of farm animals, including Gloucestershire Old Spot Pigs and Highland cattle.

Stratford-Upon-Avon

The birthplace of William Shakespeare, this attractive market town is a 40-minute drive away. Highlights include The Swan Theatre and the Royal Shakespeare Theatre, Shakespeare's Birthplace, Shakespeare's Distillery, and Anne Hathaway's Cottage.

Blenheim Palace

Home to the 12th Duke of Marlborough and the birthplace of Sir Winston Churchill, this designated UNESCO World Heritage Site is set in extensive parkland. Don't miss the famous Marlborough Tapestries (the 'Victories Series') in the Green Writing Room.

Cotswold Wildlife Park and Gardens

A 25-minute drive away, this 160-acre park is home to over 260 species of animals. It also has one of the largest reptile collections in the UK; expect to see crocodiles, lizards, frogs, snakes, such as green anacondas, and venomous snakes including black mambas.

Cheltenham

A 25-minute drive away, this Gloucestershire spa town is most famous for its horseracing, festivals and Regency heritage. Highlights include the award-winning Pittville Park for its magnificent pump room and Montpellier for its independent boutiques.

Gloucester

Home to one of the UK's most stunning cathedrals, this lovely city on the River Severn is a 35-minute drive away. Don't miss the Gloucester Docks, Robinswood Hill Country Park, Soldiers of Gloucestershire Museum, and the Gloucester Quays.

Gloucestershire Warwickshire Steam Railway

This volunteer-operated and lovingly-restored steam and diesel heritage railway uses part of the former Great Western Railway's main line route from Birmingham to Cheltenham (it used to run via Stratford-upon-Avon). It is just a 30-minute drive away.

Oxford

An hour's drive away, this famous university city offers a wealth of historic attractions and museums. Some of the city's best vantage points can be found at St. Martin's Tower, the University Church of St. Mary the Virgin, and St. Michael Northgate.

ESSENTIAL INFORMATION

Packing list

Weather conditions in the UK can vary 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, wind-resistant jacket with a hood, taped seams and a hydrostatic head rating of at least 10,000 mm
- Waterproof overtrousers
- Spare warm clothing, such as a synthetic insulated jacket
- Comfortable walking clothing (jeans & waterproof capes are not suitable)
- Warm mid-layers, such as fleeces
- Gloves and a warm hat, even in summer
- Rucksack with a waterproof liner
- Water bottle with a capacity of at least 1 litre
- Flask for hot drinks
- Sunscreen
- UV-protective sunglasses
- Spare high-energy food
- Head torch and spare batteries for holidays between October and March
- Passport (if applicable)
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Several base layers, with long or short sleeves
- Cushioned walking socks to avoid blisters
- First-aid kit, including plasters, insect repellent, a midge net and a tick-removal tool
- Sit mat
- Waterproof pouch for valuables
- Rubbish bags
- Wallet or purse

- Camera
- Walking poles
- Sun hat
- Gaiters
- Mobile Phones
- Swimwear (please see accommodation information for hotel facilities)
- Membership cards for English Heritage, the National Trust or similar heritage organisations in Scotland and Wales, if you are a member. These may be useful when visiting attractions during your itinerary or on your free day.

USEFUL INFORMATION

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.

Maps and Guides for Thames Path

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

Website: 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

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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