

UK Three Peaks Plus Guided Trail Holiday

Tour Style: Guided Trails

Destinations: Lake District, Snowdonia, Scottish Highlands, England, Wales & Scotland

Trip code: LLMTC

Trip Walking Grade: 5



HOLIDAY OVERVIEW

The Three Peaks in 24 hours – why would you? Take time to enjoy, not endure these spectacular walks. Let us take you to the tops of England, Scotland, and Wales' highest mountains, with some cracking warm-up walks along the way. Tick off Ben Nevis, Scafell Pike, and Snowdon and unwind in three of our own superbly located Country House Hotels. Begin your holiday in the Scottish Highlands and enjoy two classic mountain walks, before journeying down to the Lake District to tackle another two, then on to Snowdonia for celebrations on the summit of Snowdon. Experience the best of three countries, and their biggest mountains, in one holiday. All your accommodation, transport and meals are taken care of, you just need to put on your boots and enjoy the journey.

WHAT'S INCLUDED

- Full Board en-suite accommodation
- Experienced HF Holidays Walking Leader
- All transport to and from the walks

- Group transfer from Fort William train station at the start of your holiday
- Group transfer to Machynlleth train station at the end of your holiday

HOLIDAYS HIGHLIGHTS

- Tackle the highest peaks in Scotland, England and Wales
- Visit the Scottish Highlands, English Lake District and Welsh Snowdonia
- Stretch your legs with cracking warm-up walks before ticking off each country's highest peak - Ben Nevis, Scafell Pike and Snowdon
- Stay at three of our own HF Holidays country houses.

TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 5. This holiday is recommended for fit walkers only. You will require a good level of fitness as you will be tackling Britain's highest peaks. It is your responsibility to ensure you have the relevant fitness and equipment required to join this holiday. Please be sure you can manage the daily mileage and ascent, detailed in the daily itineraries. The walking day is normally 6 to 8 hours. It is important for your own and your fellow guests' enjoyment that you can maintain the pace. It makes sense to spend time getting fit before your holiday. We suggest that you do a number of walks, including some on hilly terrain. Cycling, jogging and swimming are also excellent for increasing stamina.



ITINERARY

Day 1: Arrival

Meet us for a group transfer from Fort William train station (1630) to the comforts of HF Holidays own country house hotel - Alltshellach. Relax, take dip in the pool, enjoy the start of your holiday.

Day 2: Warm Up - The Pap Of Glen Coe

Enjoy an absolute better of a warm up walk. It may not be Scotland's biggest peak, but the Pap of Glencoe

gives sensational views from it's summit, arguably some of the best in Scotland. End the day with a wee dram in the characterful Clachaig Inn.

Distance: 7 miles (11.5km)

Ascent: 2800 feet (840m)

Day 3: Scotland's Biggest

Ben Nevis.

Enjoy the smug feeling of being the highest person in Britain today. Starting from Glen Nevis we follow the Pony Track which zig-zags up to the summit plateau. We return by the same route, then back to Alltshellach to rest our legs – maybe take a dip in the pool.

Distance: 10 miles (16½km)

Ascent: 4,500 feet (1,380m)

Day 4: Journey To The English Lakes

We journey down to the Lake District today. We've a long journey but we stop along the way. Our first stop is on the shores of Loch Lomond (travel time 2hrs). Relax by the shores of the loch or join us for a walk up Conic Hill for fantastic views over Loch Lomond. Next stop the Lake District (travel time 2hrs 45) and iconic Aira Force, to snap shots of this magnificent waterfall, before continuing to our Country House Hotel overlooking Coniston Water (travel time 50mins).

Day 5: Lakeland Trails

We stretch our legs with a walk to two of the most charming locations in the Lakes - the pretty Lakeland village of Hawkshead, famous for its links to Beatrix Potter, and the idyllic beauty spot of Tarn Hows. Prefer to go your own way today? Borrow one of our self-guided route cards, stroll down to the lake shores, hop on the Gondola, visit Brantwood, or just unwind in the gardens at Monk Coniston Hall.

Distance: 7.5 miles (12km)

Ascent: 360m (1,100ft)

Day 6: England's Biggest

Scafell Pike

Into the heart of the mountains and picture postcard pretty Langdale valley. We take the most direct route, to Great End and the dramatic boulder fields, before the summit of Scafell Pike itself – England's highest peak. We'll return the same way and finish at the famous climber's pub, the Old Dungeon Ghyll.

Distance: 11 miles (17.5km)

Ascent: 3,800 feet (1,150m)

Day 7: The Adventure Heads To Wales

Our final country of our tour today – Wales, and the stunning scenery of Snowdonia. We stretch our legs with a short walk on the way, taking in Scout Scar and ending at picturesque Sizergh Castle with it's gorgeous gardens. If you'd prefer more time to explore the castle and it's gardens, the coach can take you there during the walk. (Travel time to Sizergh 50mins, travel time Sizergh to Dolseu Hall 2hrs 45).

Day 8: Wales' Biggest

Snowdonia

Our final walk today, when we'll be celebrating on the summit of Snowdon – the highest peak in Wales. Our climb to the top is via the Pyg Track, and we'll return down the Miners' track, then it's back to Dolserau Hall for celebrations this evening, after ticking off the UK's highest three peaks.

Distance: 7½ miles (12km)

Ascent: with 2,900 feet (880m)

Day 9: Time To Say Goodbye?

Join our group transfer to Machynllth train station (arriving at the train station 0945) or stay a little longer and extend your holiday with a self guided break. Ask our Reservations team for details if you'd like to extend your stay.

ACCOMMODATION

Our Country House: Dolserau Hall

Stay at HF Holidays very own Dolserau Hall, Country House Hotel in Southern Snowdonia. Offering everything a walker could want, we've drying rooms for your boots and clothes, self-guided routes if you've the time to fit in an extra stroll, and comfortable ensuite rooms. Each room is equipped with WiFi, TV, hair dryer, tea/coffee making facilities, and toiletries.

Our Country House Alltshellach

Stay at HF Holidays very own Alltshellach, Country House Hotel in the Scottish Highlands. Offering everything a walker could want, we've drying rooms for your boots and clothes, self-guided routes if you've the time to fit in an extra stroll, and comfortable ensuite rooms. Each room is equipped with WiFi, TV, hair dryer, tea/coffee making facilities, and toiletries.

Our Country House: Monk Coniston

Stay at HF Holidays very own Monk Coniston, Country House Hotel in the Southern Lake District. Offering everything a walker could want, we've drying rooms for your boots and clothes, self-guided routes if you've the time to fit in an extra stroll, and comfortable ensuite rooms. Each room is equipped with WiFi, TV, hair dryer, tea/coffee making facilities, and toiletries.

USEFUL HOLIDAY INFORMATION

Joining Instructions

Train:

A late afternoon group transfer meets the 1610 train at Fort William train station, for a short transfer to our accommodation. If you'd prefer to make your own way to the accommodation, we'll meet before dinner for an introduction to the holiday.

On our departure day, there's a group transfer to arrive at Machynlleth railway station at 1000.

Essential Information

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Waterproof walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for hot drink
- Water bottle (at least 1 litres)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent
- Sun hat
- Sunglasses
- Sun cream
- Camera

Dietary Requirements

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

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.

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

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 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 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

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

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

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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