

Southern Lake District Wainwright Bagging Holiday - the Southern Fells

Tour Style: Adventure Walks

Destinations: Lake District & England

Trip code: CNWAT

Trip Walking Grade: 6



HOLIDAY OVERVIEW

"All Lakeland is exquisitely beautiful, the Southern Fells just happen to be a bit of heaven fallen upon the earth" said Wainwright. The Southern Fells area of the Lake District is centred between the Langdale Valley to the north, Wastwater to the northwest, and Coniston village and Ambleside to the northeast, and includes England's highest mountain, Scafell Pike. Within this area the fells are the highest and grandest in Lakeland, and make for a marvellous week of mountain walking. During the week we will ascend 28 of the 30 Wainwright Southern Fells which feature in Wainwright's "A pictorial guide to the Lakeland fells, Book 4". As well as ascending the fells, the delightful valleys leading to them offer charming approaches and contrast to the rugged heights of the fells.

WHAT'S INCLUDED

- Great value: all prices include Full Board en-suite accommodation, a full programme of walks with all transport to and from the walks, and evening activities
- Great walking: enjoy the challenge of bagging the summits in Wainwright's *Southern Fells Pictorial Guide*,

accompanied by an experienced leader

- Accommodation: enjoy comfortable en-suite rooms at the beautiful National Trust property, Monk Coniston, overlooking Coniston Water

HOLIDAYS HIGHLIGHTS

- Follow in the footsteps of Alfred Wainwright exploring some of his favourite fells
- Bag the summits in his *Southern Fells Pictorial Guide*
- Enjoy challenging walking and a fantastic sense of achievement
- Head out on guided walks to discover the varied beauty of the South Lakes on foot
- Let our experienced leaders bring classic routes and hidden gems to life
- After each walk enjoy fantastic accommodation at Monk Coniston which is beautifully located on the shores of Coniston Water; oozing history and all the home comforts needed after a day adventuring.

TRIP SUITABILITY

This trip is graded walking Activity Level 6. We explore the Southern Fells with long distance walks covering vast amounts of ground. This holiday is designed for experienced walkers who have good fitness to carry out long walks.

ITINERARY

Day 1: Arrival Day

You're welcome to check-in to your room from 2:30 p.m. onwards (upgraded rooms from 1 p.m.) Please join us for afternoon tea where you can meet your leader, take time to settle in at Monk Coniston and discuss the week's programme.

Day 2: Scafell, Eskdale, And Wastwater

Distance: 12 miles (19km)

Total Ascent: 4,400 feet (1,320m)

Total Descent: 4,600 feet (1,400m)

After taking the coach to Eskdale we start our walk just beyond the famous Woolpack Inn. We begin our walk along the mile-long south ridge of Scafell which takes us to the first of our 28 Wainwright fells, Slight Side. Continuing along the ridge, with Eskdale falling away below us, we arrive at England's second highest peak, Scafell. From here we descend steeply towards the delightful Burnmoor Tarn, and then ascend a grassy ridge to walk along the top of the Wastwater screes, taking in our last two peaks of the day, Illgill Head and Whin Rigg. We descend through Miterdale Forest to the charming village of Eskdale Green where we finish our walk for today and take the coach back to Monk Coniston.

Day 3: The Langdale Peaks And More

Distance: 10½ miles (17km)

Total Ascent: 3,700 feet (1,140m)

Total Descent: 4,100 feet (1,260m)

The coach takes us to just above the Old Dungeon Ghyll in Great Langdale. A long day takes us over six peaks across the valley from the Langdale Pikes. We start on an easy ascending path through craggy terrain which takes us to the characterful, shapely peak of Pike O'Blisco. We continue to the three rocky summits of Cold Pike, the lofty, serrated ridge of Crinkle Crag aptly described by its name, on to noble Bowfell loved by all Lakeland walkers. We descend to Ore Gap and ascend the attractive summit of Esk Pike. Retracing our steps to Ore Gap we descend to the beautiful Angle Tarn. We then take in our last peak of the day, Rossett Pike. From here we descend steeply down Rossett Gill and along an easy section of the Cumbria Way to the Old Dungeon Ghyll where the coach picks us up to take us back to the house.

Day 4: The Lower Fells Of Lingmoor, Holme Fell And Black Fell

Distance: 11 miles (17.5km)

Total Ascent: 2,400 feet (720m)

Total Descent: 2,900 feet (870m)

Today we return to the Old Dungeon Ghyll. We start with a short, steep ascent and then take a charming path to the varied and delectable, heather-clad Lingmoor Fell which sits at the heart of the Langdale area. We descend to the peaceful Little Langdale valley. Walking over easy, craggy terrain we continue to two of Lakeland's lesser fells, Holme Fell and Black Fell, where their charming ruggedness makes up for what they lack in elevation. We finish our day by walking back to Monk Coniston via one of Lakeland's famous landmarks, Tarn Hows.

Day 5: The Borrowdale Peaks And Scafell Pike

Distance: 9½ miles (15.5km)

Total Ascent: 4,050 feet (1,240m)

Total Descent: 4,150 feet (1,280m)

The coach takes us to Strand's Bridge near Rosthwaite in Borrowdale, where we begin our walk along a pleasant path through the green pastures of the valley for a short distance. We then ascend on a delightful path to the craggy-topped fell of Glaramara. A broad, grassy, undulating ridge continues over our next peak, Allen Crag. From here we descend to Esk Hause. A well-maintained path takes us to towards our next fell, Great End. A short distance from the main path brings us to the summit of Great End where we can hopefully admire the stunning views. We then retrace our steps and continue on an increasingly rocky path to ascend England's highest mountain, Scafell Pike. Our next target is Lingmell, so we descend the rocky path from Scafell Pike and take a lovely grassy path to the summit of our final peak for today, Lingmell. We retrace our steps to the main path and descend, steeply in places, crossing over a small stream, to the beautiful grassy pastures of Wasdale to Wasdale Head, where we take the coach back to the house.

Day 6: Harter Fell And The Outlying Peaks

Distance: 10 miles (16km)

Total Ascent: 2,650 feet (820m)

Total Descent: 3,650 feet (1120m)

We take the coach to the top of Hardknott Pass. A short walk and ascent over a grassy path and short scree run takes us to the summit of Hardknott, most notable for its fine views of the Scafells in clear weather. We

retrace our steps to Hardknott Pass and continue along the ridge to the beautiful, craggy, pyramidal summit of Harter Fell, with its glorious views of Eskdale and the Duddon valley. After descending from the summit we follow the Eskdale to Duddon path before continuing over heather moorland to the rocky summit of Green Crag. We retrace our steps to the main path, and follow a grassy path by Grassguards Farm, and walking beneath the towering Wallowbarrow Crag to reach the Duddon Valley. A short distance over farmland and through woodland takes us to Seathwaite in the Duddon Valley where we take the coach back to the house.

Day 7: The Grand Finale - The Coniston Peaks

Distance: 13½ miles (22km)

Total Ascent: 4,450 feet (1,360m)

Total Descent: 4,550 feet (1,400m)

As the Coniston fells are almost entirely separate from the other mountainous parts of Lakeland, they afford a wonderful day's walk, taking in all the fells which comprise the group. We start our day at Torver walking up the delightful Walna Scar Road to Walna Scar Pass. From here we ascend our first peak, Dow Crag, with its magnificent rock architecture towering above Goat's Water. We continue to Goat's Hause and the Old Man of Coniston, our highest point of the day. It's then on to the whale-backed ridge leading over Brim Fell, up and over Grey Friar, Great Carrs and Swirl How. We descend to Swirl Hause, a fine mountain pass, and then ascend our last peak of the day, Wetherlam, a prominent peak in the area and which, according to Wainwright, 'rises above the Brathay valley like a giant whale surfacing above waves of lesser hills'. From the summit of Wetherlam we descend along the Lad Stones ridge to the Coppermines valley and Coniston village, from where it is a short walk back to our Country House.

Day 8: Departure Day

Enjoy a final breakfast before making your way home.

ACCOMMODATION

Monk Coniston

Wrapped in manicured gardens with stunning views over Coniston Water, Monk Coniston combines country house grandeur and romantic, gothic-style charm with contemporary touches to great effect among the rugged landscapes of the Lake District. Rocky mountains and grassy fells loom all around this handsome home, once owned by Beatrix Potter, and more latterly turned hikers' hotel and owned by the National Trust. Fell-flecked scenery unfurls from the windows of the bedrooms in the main house, adjoining cottage and counting house. While the setting remains traditional and the grand entrance recalls a traditional era, the interiors have been swept into the present with bold patterns and comfy fabrics. Beyond the house, trails from the doorstep set off to explore the Lake District. Climb famous summits including Bow Fell, the Langdale Pikes and the Old Man of Coniston. Bag a series of Wainwright summits. Alternatively, slip into the beautiful valleys and stroll picturesque lakeside paths in search of secret corners such as Cathedral Cove in Little Langdale.

Matchless Country House Accommodation

Accommodation Info

Rooms

Tea & coffee-making facilities, TV, Hairdryer, Toiletries, Wi-Fi

Stay in the smartly presented rooms in the main house. With 32 rooms, Monk Coniston has plenty of space and there's a range of Good, Better and Best Rooms to choose from. Rooms with a view are well worth the extra spend as you'll be overlooking the gardens or the lake. Our favourite is Room 9 on the first floor, which contains some of the original features from when it was first built in 1885, a striking sailboat-patterned wallpaper and opens on to beautiful views of the gardens and fields that slope down to the shore of Coniston Water.

All 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' Rooms that are either larger or have a desirable view, a more luxurious mattress, larger television, enhanced toiletries and a fluffy bathrobe & slippers – 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, extensive garden, lounge, bar, Lakeland barn for activities, library and board games to borrow

After a day exploring the Lake District, return to the house. Stroll through the extensive grounds with their putting green and croquet lawn and uncover the hidden walled garden on the hill behind the house. Take a turn around the National Trust nature trail and look out for the fabulous, rare mature trees. Stumble on the small secret folly stood quietly among the bluebells when they're out and the lush green grass when they're not. Catch up with fellow guests in the bright and spacious lounge or grab a drink from the airy bar and wander down the garden to the bench overlooking Coniston Water for the perfect place to enjoy a sundowner – you might even spot the restored steam yacht Gondola cruising the five-mile length of the lake. After hours, duck into the converted Lakeland barn with its exposed beams and rustic chandelier for evening activities and skittles.

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 Monk Coniston is varied and tasty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the bright dining room with its giant fireplace and oversized mirror hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of regional flavours. From a cup of Monk Coniston walled garden vegetable soup to a Wabberthwaies Cumberland sausage – the only Cumberland sausage to have a royal warrant and to be served on Concorde – to twelve-hour slow cooked Cumbrian lamb and Ravenglass crab and Morecambe Bay shrimp cakes, the kitchen puts out the best of the Cumbrian countryside. Look out too for the Kendal Mint cheesecake among the assiette of deserts.

Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865

TRAVEL DETAILS

Our address is: Monk Coniston, Coniston, Cumbria LA21 8AQ
Tel: [01539 441566](tel:01539441566)

By Train:

The nearest train station is at Windermere. For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

By Taxi:

The 13-mile journey from Windermere railway station takes approximately 30 minutes. You can pre-book a taxi from our recommended taxi company, Ace Taxi. As a guide price, it cost £25 per 4-seat taxi in 2019. 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

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

The return taxi journey can be arranged on your behalf by the Monk Coniston Manager.
*Ace Taxi is not owned or managed by HF Holidays

By Bus:

From Windermere station you can catch the 505 bus direct to Monk Coniston - the bus stop is right outside our Country House. Journey time is around 50 minutes. For bus times see www.traveline.info

By Car:

From Ambleside take the A593 signposted to Coniston. Turn sharp left over a narrow bridge, then after half a mile turn left onto the B5286, signposted to Hawkshead. About 3 miles along this road, and just before Hawkshead, turn right onto the B5285, signposted to Coniston. Follow this road over Hawkshead Hill. The road descends then goes around a 180° bend to the left. The entrance to Monk Coniston is on the left about 100yds after the bend. There is car parking available within the grounds.

Travelling From Overseas

For most guests the most convenient option is to book a flight to Manchester Airport. There are direct trains every hour from Manchester Airport to Oxenholme, change here for Windermere- this is straightforward journey - allow 1½ hours to Oxenholme. See www.nationalrail.co.uk for train times.

You can take a taxi from Oxenholme station to Monk Coniston or you may prefer to change trains and continue your journey to Windermere. Please pre book your taxi from Oxenholme as there may not be taxis available at the station.

Flying to London Heathrow airport is another option, but has a longer onward train journey - allow at least 4 hours to reach Oxenholme. From Heathrow first take the train to London Paddington station. Next take the Underground train to London Euston. Finally the main line train from London Euston to Oxenholme takes 2½ hours. See www.nationalrail.co.uk for train times.

LOCAL AREA

Monk Coniston is an imposing Gothic property leased from the National Trust and set in 8 acres of grounds, including a restored walled garden and the impressive arboretum. Some particularly impressive specimens, including a giant sequoia (the largest tree in the world) and the wollemi pine can be explored on the Monk Coniston Tree Trail.

Views from the property offer breathtaking glimpses of Coniston Water and the surrounding mountains.

Coniston village is about one mile away – there is a direct path from the house to the village. Here you'll find a small supermarket, post office, newsagent, pubs and a Barclays Bank (open 3 times a week). A wider range of facilities is available in Ambleside, the nearest town, about 8 miles away. The Ruskin Museum is also well worth a visit - find out more about the lake's connections to Donald Campbell and Arthur Ransome. www.ruskinmuseum.com

During your visit to Monk Coniston you may enjoy visiting the following places of interest:

Steam Yacht Gondola

First cruising Coniston Water 150 years ago, the restored gondola is now operated by the National Trust, stopping at the Monk Coniston jetty at the bottom of the meadow below the house before gliding across the lake, calling at Coniston village and Brantwood House. www.nationaltrust.org.uk/steam-yacht-gondola

Ravenglass & Eskdale Railway

Ride 'L'al Ratty' a highly scenic narrow gauge railway which runs from the coast at Ravenglass along beautiful Eskdale. You could combine a visit with a walk over Muncaster Fell, or to Stanley Gill waterfall. www.ravenglass-railway.co.uk

Blackwell House

Blackwell is a stunning house, completed in 1901 in the Arts & Crafts style. Admire the remarkably preserved interiors, and soak up the beautiful views over Lake Windermere and the Coniston fells

Brantwood House

Just a couple of miles from Monk Coniston, John Ruskin's former home commands superb views over the lake. www.brantwood.org.uk

Tarn Hows

A short walk from the Country House, this man-made water was created by Monk Coniston's resident owner, James Garth Marshall in 1865, as he continued to develop the estate and expand his pleasure grounds. He built a dam to flood the area, amalgamating several smaller tarns, before planting the shores and islands with new woodlands and specimen trees.

Grizedale Forest

Nearby Grizedale Forest is ideal for mountain biking and also has a popular sculpture trail. You can also experience the Go Ape! high-ropes course – a great option for active teenagers. www.forestry.gov.uk/grizedale

Levens Hall

Visit this stately home, famous for its magnificent formal garden and topiary displays. www.levenshall.co.uk

Grasmere

Grasmere is about 30 minutes' drive from Monk Coniston and is famous for its connections with William Wordsworth. The poet's homes at Dove Cottage and Rydal Mount can be visited, the former of which includes the Wordsworth Museum. www.wordsworth.org.uk

Windermere

Take a cruise along the length of Windermere - England's largest lake. Ferries connect Ambleside in the north to Bowness and Lakeside in the south, where you can connect with the Lakeside and Haverthwaite Railway. www.windermere-lakecruises.co.uk, www.lakesiderailway.co.uk

USEFUL HOLIDAY INFORMATION

What To Bring

"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

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 & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

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 £10 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

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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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