

Wainwright's Howgills & Dales Guided Trail

Tour Style: Guided Trails

Destinations: Yorkshire Dales & England

Trip code: SDLWH

Trip Walking Grade: 4



HOLIDAY OVERVIEW

Combining part of Wainwright's Walks on the Howgill Fells and Walks in Limestone Country, this trail celebrates the best of these areas. From Kirkby Stephen to Settle, our journey goes through quiet, picturesque countryside and over a number of key peaks, including The Calf - the highest point in the Howgills - Middleton Fell, Ingleborough and Pen-y-ghent. We explore history including iconic railway viaducts, lime kilns and tales of witches and admire waterfalls and the much-photographed Ribbleshead Viaduct.

HOLIDAYS HIGHLIGHTS

- From Kirkby Stephen to Settle
- Celebrate the best of Wainwright's Howgill Walks and Limestone Walks
- Climb The Calf, Ingleborough, Pen-y-ghent and Middleton Fell
- Enjoy quiet, picturesque countryside

TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 4, involving walks/hikes of long distances in remote countryside and rough terrain. Sustained ascents and descents and occasional sections of rocky and steep ground are encountered. You will require a good level of fitness as you will be walking every day. It is your responsibility to ensure you have the relevant fitness and equipment 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

Day 2: Kirkby Stephen To Ravenstonedale

Our first day is a relatively easy start, through farmland and along a disused railway line. We begin in the charming old market town of Kirkby Stephen, then head south around the 'Poetry Path', before heading west past the Settle to Carlisle Railway and into Smardale. We walk above Scandal Beck, passing over the spectacular Smardale Gill Viaduct and on to the old Smardale Bridge to Ravenstonedale. 9 miles (14.5km), with 1,000 feet (300m) of ascent.

Day 3: Ravenstonedale To Sedbergh

Today is more challenging in terms of distance and ascent. We head west on lanes and through farmland to the foot of Bowderdale. We gradually ascend into the heart of the fells, to reach the summit of The Calf - the highest point of the Howgill Fells. We then head across the top of the Howgills and walk down to Sedbergh. 12 miles (19.5km), with 2,000 feet (610m) of ascent.

Day 4: Sedbergh To Barbon

Leaving Sedbergh on foot we wind our way nearby the Rivers Dee, Rawthey and Lune. After a short section of Roman Road to Fellside, we begin our steady ascent of Middleton Fell. From the highest point of Calf Top, on a clear day, there are great views east down into Dentdale and west as far as Morecambe Bay. We continue along this excellent broad ridge above Barbondale to Eskholme Pike and down to Barbon. 11½ miles (18.5km), with 2,100 feet (640m) of ascent.

Day 5: Barbon To Ingleton

Today we enter Limestone Country. Heading up Barbondale, we turn south towards Bull Pot Farm in an area famed for its extensive potholes and underground cave systems. Passing by Ease Gill Kirk (a small limestone ravine) we reach a more pastoral landscape. We meander beside the Leck Beck (a tributary of the River Lune) down to the quaint village of Leck. Passing the hamlets of Ireby and Masongill, we reach Ingleton. 11 miles (17.5km), with 1,250 feet (380m) of ascent.

Day 6: Ingleton To Horton In Ribblesdale

Today we enjoy a section of the Ingleton Waterfalls Walk, beside the River Twiss and up to Twistleton Hall. We then take an old Roman Road, under Twistleton Scar, to Chapel le Dale. We scale one of the famous Yorkshire Three Peaks – Ingleborough. We should be afforded stunning views of the much photographed Ribblesdale Viaduct on the Settle to Carlisle Railway. We cross the limestone pavement of Sulber Nick and on down to Horton in Ribblesdale. 12 miles (19km), with 2,200 feet (660m) of ascent.

Day 7: Horton In Ribblesdale To Settle

We climb the whaleback ascent of our second Yorkshire Peak – Pen-y-ghent. From the summit we head south along a section of the Pennine Way and on to Stainforth, before taking in charming views of the Catrigger Force waterfall. We walk by Jubilee Cave (noted for its prehistoric remains) and under Attermire Scar to reach our journey's end in the picturesque railway town of Settle. 12½ miles (20km), with 2,250 feet (685m) of ascent.

Day 8: Departure Day

ACCOMMODATION

Thorns Hall

Situated in Sedbergh, in West Yorkshire's portion of the famous Dales, at the foot of the Howgill Fells, Thorns Hall offers cosy, country-pile atmosphere amid beautiful rural surroundings. Dating from 1535, the small manor house is home to 25 bedrooms as well as wood-panelled public rooms, open fireplaces and a cobbled courtyard that ooze historic charm. From every aspect the hills can be seen rising around the house and a short hop takes you from the house to the fells and upland scenery. Marvel at the 24 arch Ribblesdale Viaduct, climb the distinctive summit of Ingleborough, one of the Three Peaks, explore classic limestone scenery and stop in at one of Appleby's historic pubs for a well-earned toast.

Matchless Country House Accommodation

Accommodation Info

Rooms

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

Stay in one of the Hall's smartly presented rooms in the main house or cottages across the courtyard. With 25 rooms, Thorns Hall has plenty of space and there's a range of Good, Better and Best Rooms to choose from. Our pick is Room 25, a very spacious escape on the ground floor with a great brick fireplace, comfy seats to sit in and big bed as well as gorgeous views of the gardens. Look out too for large and airy Room 4 and the more intimate Room 13 with its exposed wood ceiling and courtyard view.

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, larger television, enhanced toiletries and a fluffy bathrobe & slippers – upgrade your stay for just an extra £15-20 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, formal garden, large reception hall, two lounges, library and board games to borrow

After a day exploring the Dales, come back to the house and its specially tailored walkers' facilities. At the front of the house there's a pretty, formal garden that makes a pleasant spot to relax in. Take up residence in the lounge below the exposed wood beams or seek refuge in the small, dark wood-panelled bar with its oversized fireplace and log burner for an atmospheric corner to kick back in and catch up with fellow guests over a local ale or two.

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 Thorns Hall is varied and tasty and has a strong emphasis on ingredients from the area and seasonal produce. Once a week the dining room in the converted barn hosts a Local Food Night, when, over a sociable evening, you might try a five-course feast of regional flavours, from twice baked Wensleydale Cheese Souffle to Lancashire black pudding and Cumbrian rump of lamb.

Accessibility

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

TRAVEL DETAILS

Our address is: Thorns Hall, Cautley Road, Sedbergh, Cumbria, LA10 5LE

By Train:

The nearest train station is Oxenholme, the Lake District, on the main line between London and Glasgow. For train times and route planning by train visit www.nationalrail.co.uk or phone 03457 48 49 50.

HF Station Transfer - Great Value!

Our station transfer operates between Oxenholme railway station and Thorns Hall every Saturday and Tuesday (Friday and Monday in the low season). The pickup is at 4.30pm from Oxenholme station. On departure day the transfer will get you back to Oxenholme station by 10.00am. The transfer is £22 return, but a place must be reserved at least 14 days in advance by calling our Reservations team on 020 8732 1220.

By Taxi:

If you can't meet our station transfer, the 10 mile journey from Oxenholme station to Thorns Hall can be made by taxi. You can pre-book a taxi from our recommended taxi company, Woofs of Sedbergh. As a guide price, it cost £27 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:

Woofs of Sedbergh*
Tel: +44 (0) 1539 620414
Email: woofs.sedbergh@outlook.com

The return taxi journey can be arranged on your behalf by the Thorns Hall Manager.

*Woofs of Sedbergh is not owned or managed by HF Holidays

By Car:

Leave the M6 at junction 37 and follow the A684 east for 5 miles to Sedbergh. On reaching Sedbergh follow the road round to the right into Finkle Street (avoiding the main street), then almost immediately turn left at a small roundabout into Back Lane. At the next mini-roundabout bear left onto the A683 following signs to Kirkby Stephen. Thorns Hall is a further 100 yards along the road 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 the most convenient option is to book a flight to Manchester Airport. There are direct trains every hour from Manchester Airport to Oxenholme - this is straightforward journey - allow 1½ hours to Oxenholme. See www.nationalrail.co.uk for train times.

From Oxenholme station you can complete the journey to Sedbergh using our transfer or by taxi (see above).

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

Sedbergh sits at the foot of the Howgill Fells, a peaceful corner of the Yorkshire Dales National Park.

The centre of Sedbergh is just a few minutes walk from Thorns Hall. The town has a range of facilities including a small supermarket, post office, newsagent, pubs and a bank. Now famed as England's 'book town', Sedbergh has many second-hand book shops and a good range of pubs and cafés. A wider range of facilities are available in the larger town of Kendal, about 10 miles away.

During your visit to Thorns Hall you may enjoy visiting the following places of interest:

Sizergh Castle

Situated near Kendal, about 25 minutes' drive from Sedbergh. Sizergh Castle is a fine medieval house, surrounded by beautiful gardens. www.nationaltrust.org.uk/sizergh

Levens Hall

Visit this stately home, famous for its magnificent formal garden and its topiary displays. Levens Hall is south of Kendal, about 30 minutes' drive from Sedbergh. www.levenshall.co.uk

Settle To Carlisle Railway

Ride England's most scenic railway through the Yorkshire Dales from Garsdale station, about 10 miles from Sedbergh. Heading south you could cross the famous Ribbleshead viaduct and visit Settle, Skipton and Saltaire. Heading north you could head to the small market town of Appleby, or the border city of Carlisle. www.settle-carlisle.co.uk

Hawes & Wensleydale

A 30 minute drive through the Yorkshire Dales will take you to the small town of Hawes. Visit the famous creamery that produces Wensleydale Cheese. You may want to continue through the valley of Wensleydale, well known as the setting for All Creatures Great & Small. www.wensleydale.co.uk

Kendal

The market town of Kendal, about 20 minutes' drive from Thorns Hall has a good range of specialist shops. The excellent Museum of Lakeland Life and Industry is also worth a visit. www.lakelandmuseum.org.uk

Lake District

A 40 minute drive will take you to Lake Windermere, gateway to exploring the beautiful scenery of the Lake District National Park. Here you could take a steamer trip on the lake, or visit the visitors centre at Brockhole. www.windermere-lakecruises.co.uk or www.brockhole.co.uk

USEFUL HOLIDAY INFORMATION

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.

What To Bring

Essential Equipment

- Rucksack with a waterproof liner,
- Thermos flask for hot drink,
- Water bottle (at least 1 litre)
- 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 and
- Camera

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.

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

Howgills and Limestone Trail book by David & Heather Pitt (2013) with accompanying website:

<http://www.howgillsandlimestonetrail.org.uk/>

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

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.

Document produced: 24-01-2020

