



News Release

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HF0165

Plan your Autumn Adventure with HF Holidays

Whether you're planning a staycation or a trip further afield this autumn, walking and activity holiday provider, HF Holidays (www.hfholidays.co.uk), is offering something to suit all tastes and budgets. From idyllic UK retreats to discovery tours in Japan, join friendly and knowledgeable guides who will bring these beautiful landscapes to life as you head off the beaten track.

Highlights of HF Holidays' autumn breaks for 2018 can be found below, with more information available at www.hfholidays.co.uk.

UK Breaks

[Guided walking at Church Stretton](#)

Discover the rolling hills and rugged moorland of Church Stretton as they come alive with colour this autumn. Relax in the cosy surroundings of Longmynd House, a 4 star country house offering spectacular countryside views and great walks right on your door step. Explore the shapely summit of Caer Caradoc and the great moorland ridge of the Long Mynd. Be inspired by the history of 'Little Switzerland' and discover quaint towns, Iron Age forts, castles and medieval market towns on this guided walking adventure.

Price: 3 nights departing 14th September 2018 from £309pp. Price includes full board accommodation and a selection of daily guided walks. To book, visit www.hfholidays.co.uk or call 0345 470 8558.



Mind and Body weekend at Malhamdale

Come out of hibernation this autumn and replenish your soul for a special weekend devoted to Mind & Body in the idyllic Yorkshire Dales. Join the experts as they guide you through a variety of taster sessions including Yoga, Pilates and Tai Chi. Enjoy the peace and tranquillity of Newfield Hall, a 3 star stately country house nestled in the rolling open countryside and enjoy the surrounding scenery of green patchwork fields, drystone walls and wild moorland hills.

Price: 3 nights from 19th October 2018 from £334pp. Price includes full board accommodation and guidance from qualified tutors. To book, visit www.hfholidays.co.uk or call 0345 470 8558.

Ceredigion Coast Path

Enjoy the cool sea breeze, late sunrises and early sunsets on crisp autumn strolls along the beach on this coastal break. Explore the spectacular Welsh coast from Cardigan to Ynys Las and discover pretty fishing villages, isolated beaches and the opportunity to spot dolphins, whales and seals along the way. Stay at the Cliff Top Hotel & Spa on the edge of the coastline, boasting panoramic views over Caridgan Bay and the broad sweep of Poppit Sands.

Price: 7 nights from 1st October 2018 from £870pp. Price includes full board accommodation and all transport to and from walks. To book, visit www.hfholidays.co.uk or call 0345 470 8558.

Worldwide Breaks

South Tyrol

Explore this beautiful region in autumn, when the mild climates make it an ideal destination for walking enthusiasts. Expert guides offer a host of mountain walks and superb trails where the explosion of colour at this time of year will take your breath away. Follow in the steps of royalty as you wander through the beautiful Merano Valley, famed for its spa and art nouveau architecture. The Tirolean-styled village of Schenna offers a charming base, where guests can relax in comfort and enjoy traditional cuisine at the 4 star Hotel Schwefelbad.



Price: 7 nights from 13th October 2018 from £1,549pp. Price includes half board accommodation, return flights from London Gatwick and a choice of daily guided walks. To book, visit www.hfholidays.co.uk or call 0345 470 8558.

Japan: Imperial Discovery

Journey through the ages as you discover the very best Japan has to offer. The colourful autumn leaves draw in just as many visitors this season, as the cherry blossoms do during spring. Explore the gardens at the World Heritage Site of Kyoto, walk the historic Nakasendo Path through the Japan Alps, and discover the lakes and mountains in the shadow of Mt Fuji. Get the authentic Japanese experience by trying delicious national dishes and staying in traditional inns. There is even time to take in the vibrant capital of Tokyo, with walking leaders providing insight on the bustling city.

Price: 12 nights from 16th October 2018 from £4,975pp. Price includes half board accommodation and return flights from London Heathrow. To book, visit www.hfholidays.co.uk or call 0345 470 8558.

Places are limited on these holidays so book now to avoid disappointment. For more information on HF Holidays, please visit www.hfholidays.co.uk or call 0345 470 7558.

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Notes to Editor:

- . Founded in 1913, HF Holidays is a co-operative society that has been organising outdoor holidays for over 100 years.
- . HF Holidays has 18 country houses in the UK's National Parks and Areas of Outstanding Natural Beauty as well as independent hotels for overseas holidays.



- . HF Holidays has a host of accolades under its belt including: Which? Number one Recommended Holiday Provider 2017, Silver Travel Awards Best Activity Tour Operator 2017, Feefo Gold Service Award in 2017
- . HF Holidays is committed to responsible tourism and is a member of ABTOT and ATOL protected.
- . HF Holidays is the only UK holiday provider to hold a Gluten-Free Accreditation from Coeliac UK with all 18 of its country houses officially holding this GF accreditation.
- . Follow @hfholidays on [Facebook](#), [Twitter](#) and [Instagram](#)