



## News Release

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HF0148

### Explore the world on foot with HF Holidays

Take a trip like no other and walk your way around the world next year, experiencing some of the most inspiring destinations whilst on foot. Whether you want to trek through the landscapes of the Namib Desert or scale the heights of the Canadian Rockies, HF Holidays has trips to inspire those not just looking for a walking break but an experience of a lifetime. With world-class leaders and well-researched itineraries, there's no better way to discover the culture and hidden gems of the world.

Highlights of HF Holidays' Worldwide Journeys are below, with more information available at: [www.hfholidays.co.uk](http://www.hfholidays.co.uk)

#### [Passage to Patagonia](#)

One of the most remote places on earth, Patagonia is home to two of the world's most beautiful natural reserves, 'Torres del Paine' (Chile) and 'Los Glaciares' (Argentina). With towering peaks, glistening lakes, imposing glaciers and vast wilderness, explore the best of both national parks, enjoying outstanding walks that meander through meadows and woodland, completely off the beaten track.

Price: 16 nights including flights from £6,525pp departing 22<sup>nd</sup> February 2018 from London Heathrow.<sup>1</sup>

#### [Iceland: Wonders](#)

This is the land of fire and ice, a kaleidoscope of landscapes with glaciers, waterfalls, volcanoes and geysers. The ever changing scenery hosts a wealth of spectacular wildlife



and the long summer days make for perfect walking weather. During your stay, walk to the stunning double waterfall of Gullfoss, explore the Strokkur geyser which is known for its frequent eruptions or take a boat trip across the Jökulsárlón glacier lagoon.

Price: 10 nights including flights from £4,789pp departing 3<sup>rd</sup> July 2018 from London Heathrow.<sup>ii</sup>

### [Azores Island Hopping](#)

A lush green archipelago in the mid-Atlantic, the stunning Azores welcome a peaceful pace of life. Perfect for those looking for a gentle walking break, these walks are not route marches but a relaxed exploration. Soak up the history and culture of the places you pass, with ample time for photography and observation of wildlife. Walks range from two to eight miles and are mixed with sightseeing each day. There's also the opportunity to take a boat trip to spot whales and dolphins as the Azores is one of the world's premier destinations for whale watching.

Price: 14 nights from £2,699pp including flights departing 19<sup>th</sup> May 2018 from London Gatwick.<sup>iii</sup>

### [Canadian Rockies](#)

The Canadian Rockies are one of the world's greatest mountain destinations. Snow-capped peaks tower above shining lakes, waterfalls cascade down cliffs, whilst elk and moose roam freely in green alpine valleys. Head to the heart of this beautiful landscape and walk your way through the lesser explored tracks of Banff National Park, Lake Louise, and Jasper National Park. Walks range from easy to difficult at both high and low levels so there is something to suit everyone.

Price: 14 nights from £4,995pp including flights departing 15<sup>th</sup> June 2018 from London Heathrow.<sup>iv</sup>

### [Namibia](#)

Rugged, natural, soulful and liberating, Namibia has sights, sounds, aromas, tastes and emotions in abundance waiting for you to experience. See pelicans and flamingos at the Walvis Bay Lagoon, take a boat ride at Swakopmund and search for the big marine 5 and



sleep under the stars experiencing the early morning light as the sun rises over the vast landscapes.

Price: 15 nights from £3,995 including flights departing 12<sup>th</sup> September 2018 from London Heathrow.<sup>v</sup>

Places are limited on these holidays so book now to avoid disappointment. For more information on HF Holidays, please visit [www.hfholidays.co.uk](http://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, Which? Recommended Provider status for 2012 - 2017; voted Best Large Tour Operator by Guardian and Observer readers 2010-2014; and Best Large Short Break Operator 2011-2014.
- . 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](#)

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<sup>i</sup> Price includes full board from dinner on arrival to breakfast on departure, except five lunches and one dinner, travel by air conditioned coach, internal flights, all sightseeing and entrance fees and a full programme of guided walks led by local tour directors, local guides and an HF Holidays' leader.



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<sup>ii</sup> Price includes full board from dinner on arrival to breakfast on departure, a full programme of guided walks, led by an experienced local tour leader plus sightseeing, entrance fees and travel in a private minivan.

<sup>iii</sup> Price includes half board, from breakfast on day two to breakfast on final morning, a full programme of guided walks and sightseeing with expert local guides, travel by minibus, taxi or coach around the islands and all travel between the islands by plane or ferry.

<sup>iv</sup> Price includes full board from dinner on arrival to lunch on departure, a full programme of guided walks led by two expert local leaders, all sightseeing and park entrance fees and travel by coach or minibus.

<sup>v</sup> Price includes full board from dinner on day two to breakfast on day 16, a full holiday programme of walks, sightseeing and game drives led by local guides and a specialist local leader plus all national park entry fees, and transport.