



News Release

HF0150

Winter Sun with HF Holidays

Dreaming of some sunshine and an exciting adventure? Why not join the leading walking and activity holiday provider, HF Holidays; voted number one Which? Recommended Provider for Holiday Companies, on a journey abroad to escape the cold this winter. Led by expert guides; discover the hidden gems of Grenada, St Lucia, Madeira and La Gomera as you explore each island on foot. Offering guaranteed sunshine and memories to last a lifetime, book now to avoid disappointment.

NEW for 2018: Guided Walking holiday to Grenada

This brand new HF Holidays' walking break provides an excellent opportunity to explore the tranquil volcanic island's rural and urban areas whilst soaking up the sunshine every step of the way. Off the beaten track, the lush protected rainforest hides gems like the Morne LaBaye Trail, Grand Etang Lake and the Seven Sisters Waterfall. Discover everything the island has to offer, from the spectacular sun-soaked white sands of Cabier Beach to the architecture of the historical capital, St George. Tucked away in the hillside, the Blue Horizons Garden Resort provides the ideal base, with deluxe ocean view rooms and an outdoor freshwater pool from which to enjoy the Caribbean sun.

Price: 10 nts dep January 10th 2018 from £3,995pp on a full board basis. Price includes a full programme of guided walks, all sight-seeing and entrance fees and return flights from London Gatwick Airport. To book visit www.hfholidays.co.uk or call 0345 470 8558.

Guided walking & sightseeing holiday to Madeira, Portugal

Offering year-round sunshine, this delightful garden island is a subtropical paradise, famed for its breathtaking landscapes and botanical beauty. Stay in the 4-star Hotel Galosol, on the southeast coast, boasting views of the Atlantic Ocean, the Ilhas Desertas and the rocky Madeiran shore. This tropical treasure is a 'must-see' destination with much to explore. Sunbathe on the golden sands of Porto Santo or discover the diverse walking landscapes,

as you hike through emerald green mountains at the heart of the island. Visit the famous high cliff of Cabo Girao, Europe's second highest sea cliff and test your nerve on the glass floored viewing platform high above the sea below. Follow Madeira's famous levadas to stunning waterfalls and panoramic views of the 'Pearl of the Atlantic' and head to the bustling Funchal to uncover the city's fascinating colonial history. Take some time out to relax with a trip to Blandy's Winery, home of Madeira wine, where you can enjoy a tippie or two. It would be rude not to!

Price: 7 nts dep January 15th for £1,109pp on a half board basis. Price includes return flights from London Gatwick and a full programme of guided walks. To book visit www.hfholidays.co.uk or call 0345 470 8558.

Guided Walking on La Gomera, Canary Islands

A lesser known Canary Island, La Gomera isn't famed for its bustling nightlife and sandy beaches but instead its spectacular scenery and wildlife. Attracting a different kind of holidaymaker, La Gomera offers traditional towns, tangled rainforests and volcanic mountain ridges, perfect for hikers and walkers who want some peace and quiet and guaranteed winter sunshine. Stay in the stylish Parador de la Gomera, perched over the town of San Sebastián (Christopher Columbus' last stop on his voyage to the New World) and its harbour, offering incredible coastal views. This mountainous terrain is a walker's paradise, with exhilarating routes spreading out across the dramatic landscape of this island. Ideal for those with a real head for heights, this small island manages to squeeze in breathtaking barancos, the outstanding Laurisilva forest and the wonderful Garajonay National Park.

Price: 7 nts dep January 27th 2018 for £1,249pp on a half board basis. Price includes return flights from London Gatwick and a full programme of guided walks. To book visit www.hfholidays.co.uk or call 0345 470 8558.

Rainforests, waterfalls, beaches and bays of St Lucia

Beyond the charm of St Lucia's volcanic beaches, reef-diving sites, luxury resorts and fishing villages, lies a host of hidden gems waiting to be discovered. Journey on foot with an expert guide to Pigeon Island and learn about the Creole culture and the Anglo-French maritime history. Marvel at fields of pumpkin and watermelon whilst you explore the Dauphin area, spotting tropical birds along the way. Visit Castries and its busy harbour and enjoy walks in Gros Islet, where trails in the rainforests can lead to spectacular 15m-high waterfalls. A trip here wouldn't be complete without a boat trip to Soufriere where you can walk the iconic peak of Gros Piton, a UNESCO World Heritage Site. Feast on local cuisine and in your spare time; have a treatment or two in your hotel, Bay Gardens Beach Resort & Spa on

Reduit Beach.

Price: 12 nts dep February 5th 2018 for £3,255pp on a full board basis. Price includes a full programme of guided walks, all sight-seeing and entrance fees, travel by air-conditioned coach/minivan and boat. Excludes flights. 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 and 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](#)