

AVAILABLE THROUGH

OUTDOOR TRAVEL



THE ACTIVE HOLIDAY COMPANY

IN ASSOCIATION WITH

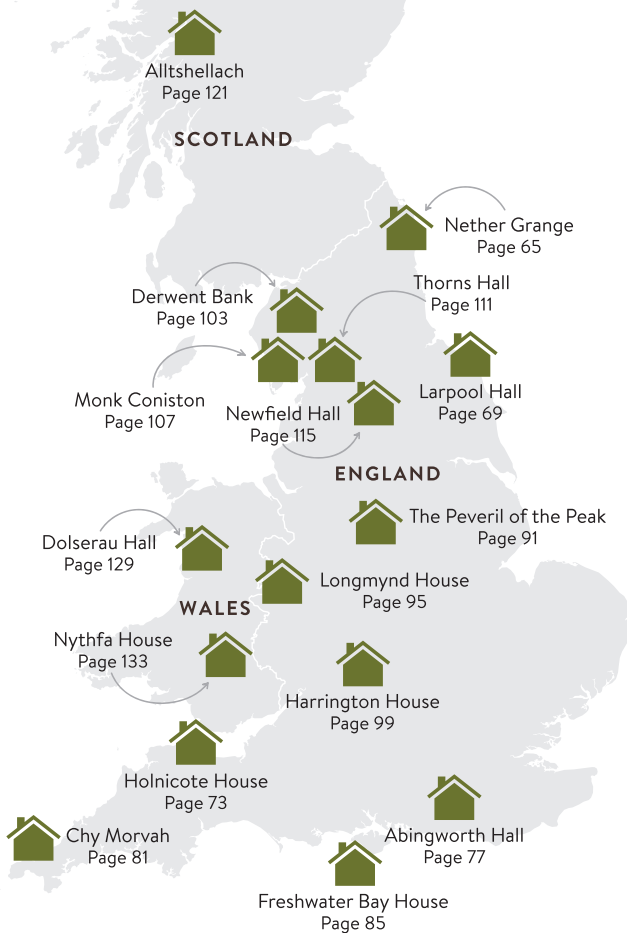


WALK YOUR WAY

WALKING HOLIDAYS
UK & EUROPE 2023

OUR CHARACTERFUL UK COUNTRY HOUSES

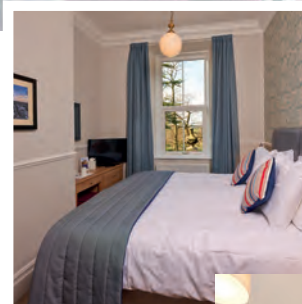
Cherished for their one-of-a-kind charm and sense of warmth, our 16 country houses set the tone for the walking delights that follow.



16 STUNNING LOCATIONS

We have cosy Victorian manors, elegant Georgian mansions, lovingly-converted farmhouses, lakeside hideaways, and much more.

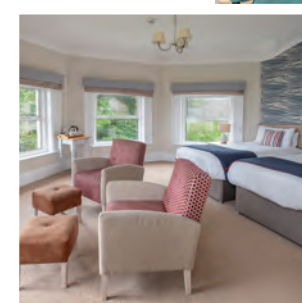
All come with desirable addresses just a skip away from some of the UK's best-loved national parks and Areas of Outstanding Natural Beauty where the countryside or coastline takes centre stage.



Example of a Classic Room



Example of a Premium Room



Example of a Superior Room

DESIGNED WITH COMFORT IN MIND

While our guest rooms differ in terms of size, design, and layout, all are perfect for stealing relaxation time.

CLASSIC ROOM

Comfortable en-suite guest room, ideal for a peaceful night's sleep

- Check in from 4:00pm
- Free Wi-Fi
- Tea and coffee-making facilities
- TV (23 inch)
- Comfortable mattress
- Hand wash, shampoo, and shower gel
- Hairdryer

PREMIUM ROOM

More spacious en-suite guest room offering upgraded views

- Check in from 4:00pm
- Free Wi-Fi
- Tea and coffee-making facilities
- TV (32 inch)
- Comfortable mattress
- Hand wash, body lotion, shampoo and shower gel
- Hairdryer
- Bathrobe and slippers

SUPERIOR ROOM

Larger en-suite guest room offering more space and upgraded views

- Check in from 4:00pm
- Stunning views of the surrounds
- Free Wi-Fi
- Tea and coffee-making facilities
- TV (32 inch)
- Comfortable mattress
- Hand wash, body lotion, shampoo and shower gel
- Hairdryer
- Bathrobe and slippers

WALK YOUR WAY

Choose from over 260 guided and self-guided tours that come with walks to suit all paces and experience levels.



CHOICE OF WALKS

For the majority of our holidays we offer not only a wide range of walks but a daily choice, too. Look out for the 1, 2, or 3 symbols to show you how many daily walks you can choose from. For maximum choice, choose from our Signature, Gentle or Tread Lightly Guided Walking holidays, all offering up to 3 walk choices daily.

WALKS PER DAY



Our country houses offer different graded walks depending on the house location; from the easiest of ambles, to more intense mountain challenges and famous long-distance trails. Each walking day we offer a choice of up to three walks where you can choose your preferred grade. Our UK house-based Guided Trails have one walk a day. Further afield our European holidays accommodate you in carefully selected hotels with a choice of up to two walks each day accompanied by local HF Holidays Leaders. Worldwide we offer a well-planned mix of guided walks and sightseeing.

WALKING GRADES



Walk at a relaxed pace, often spending time at places of interest en-route. Walking experience isn't necessary as distances are quite short and gradients generally easy.



Good paths but walks are a bit longer. Some walks, particularly in mountain areas, may have sections over rough or steeper terrain.



Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.



Long distances in remote countryside and on rough terrain. You can expect some sustained ascents and descents; there may be occasional sections of scree and steep ground.



Good fitness and stamina required. Expect rocky terrain with sustained ascents and descents. Walks may include high summits and ridges.



Our most challenging walks where high levels of fitness and stamina are required. Walks will be long and strenuous in difficult mountain terrain.

FITNESS LEVELS

Please take into consideration the fitness level of every member of your group to ensure you book a walking break that is suitable for everyone travelling.

WELCOME TO THE UNITED KINGDOM

Our UK walking holidays put you in easy reach of the best-loved national parks and Areas of Outstanding Natural Beauty. From John O'Groats to Land's End and beyond, we line-up wow-worthy walks to suit all experience levels and interests.

HOW VERY BRITISH

We're spoilt for choice when it comes to walking in the UK. We've got wild Scottish Highlands, footprint-free Welsh beaches, and secluded Cornish coves – and that's before we even mention the untamed Yorkshire Moors, much-loved fells of the Lake District, or the timeless Cotswold countryside.

The walking thrills don't end on the mainland, either. Head across the English Channel to admire the Isle of Wight's sonnet-inspiring scenery and hop between the Channel Islands, or go west to discover Northern Ireland. And if dramatic shifts in scenery weren't enough, these storied isles have no end of ancient history, local legends, and food that's as varied and interesting as the ever-changing accents.

ENGLAND'S COAST



ENGLAND'S COUNTRYSIDE



SCOTLAND



WALES



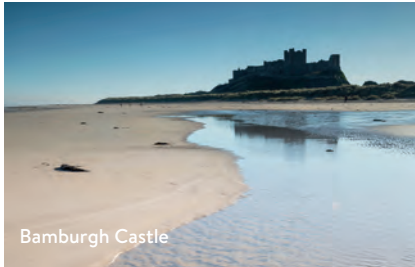
NORTHERN IRELAND



WELCOME TO NORTHUMBERLAND

CANNY COASTLINE

The Northumberland Coast Path is a 62-mile stretch that connects the village of Cresswell in the south to the town of Berwick-upon-Tweed in the north. Our Northumberland walking holidays showcase the very best of this magnificent trail.



Bamburgh Castle

One of the most spectacular walking routes in the region is St. Oswalds Way. Follow in the footsteps of the early 7th century King of Northumbria – later venerated as a saint – who made it his mission to bring Christianity to the kingdom. Highlights include the gorgeous fishing village of Craster, the impressive sea-facing remains of Bamburgh Castle, and the chance to walk across a narrow isthmus of sand to the tidal island of Lindisfarne.

And if the weather's nice, a boat trip to the Farne Islands that lie just offshore between the villages of Seahouses and Bamburgh rewards with sightings of England's largest grey seal colonies.

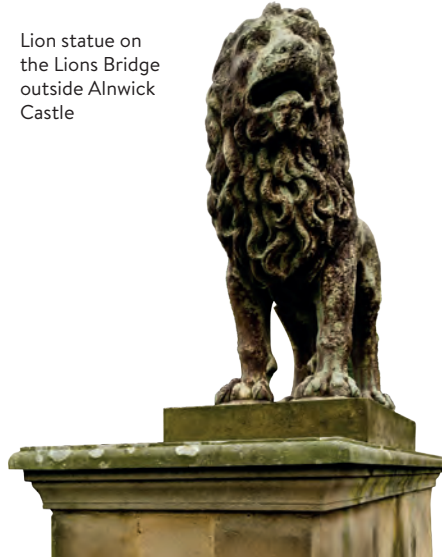


DAYTRIPPING TIPS

Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, Nether Grange – our characterful country house in Alnmouth – makes an ideal base for exploring Northumberland.

- › Find out why Northumberland's coast has earned Area of Outstanding Natural Beauty status
- › Spend sunny days at the giant sandy bay that is Alnmouth Beach
- › Head into the Cheviots and walk the border between England and Scotland
- › Trek a section of Hadrian's Wall and visit nearby Alnmouth Castle
- › Go wildlife-spotting around the Farne Islands

Lion statue on the Lions Bridge outside Alnmouth Castle



A TOUCH OF MAGIC

There's some spellbinding scenery to be found at Alnmouth. It's a showstopping market town home to Alnmouth Castle – the residence of the 12th Duke of Northumberland that doubled as Hogwarts in two *Harry Potter* movies. Here you can shop for second-hand books, visit Bailliffgate Museum & Gallery, and relax at Alnmouth Gardens, even braving the infamous Poison Garden.

Equally visit-worthy is Northumberland National Park, cherished for its remote footpaths, clear waters, dark skies, and Sycamore Gap – one of the most photographed trees in the country.



Sycamore Gap



WE LOVE...

I've got a real soft spot for the route from Craster to Low Newton along the Northumberland coast. Fuel up with a hearty breakfast then set out on a path that takes you to the top of the highest dune above Embleton Bay – in my opinion it's the best viewpoint in the region.

Northumberland also has an added edge of mystery compared to other parts of the UK. Rambles around Rothbury and the Simonside Hills provide some of the best examples of Neolithic cup and ring rock carvings left behind by the prehistoric people that lived and worked this landscape. Despite years of study, experts are still puzzled by the meaning of these ancient artworks today.

Top tip if you're visiting Lindisfarne, listen out for the singing seals. In summer, thousands of seals haul onto sandbars in the bay and call their mournful song. In Northumberland's timeless landscape, it's both magical and wonderful.



Patrick Norris
HF Holidays
Field Advisor





MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE NORTHUMBERLAND | NETHER GRANGE

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



All our holidays have been carbon measured by ecollective. For more information visit our website.



You can tell that you're in for something special at Nether Grange. This former 18th century granary is in the heart of Alnmouth – the postcard-pretty coastal village treasured for its colourful cottages, superb walking routes, and peaceful beach where the River Aln meets the North Sea. You'll be a 40-minute drive from Northumberland National Park and in easy reach of the Simonside Hills for soul-stirring views across the Cheviot Hills and the North Sea.

HOUSE FACILITIES

- > 36 comfortable en-suite bedrooms, some with sea views
- > Peaceful coastal location
- > Lounge, dining room and bar with local ales
- > Conservatory seating area
- > Boot room, drying room, and Discovery Point
- > Ideal for groups of up to 52 guests
- > Free Wi-Fi



UPGRADE TO A 'PREMIUM' ROOM

Walk, talk, laugh, eat, play at HF

"Great locations, varied walks, excellent leaders, tasty food, and helpful hard-working staff."

Jennie



YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

1 Easier walks: Up to 7½ miles with up to 1,100 feet of ascent. Bamburgh, St Cuthbert's Way, and the Northumberland coast.

2 Medium walks: Up to 10½ miles with up to 1,450 feet of ascent. Dunstanburgh Castle, Simonside Ridge, and foothills of the Cheviots.

3 Harder walks: Up to 12½ miles with up to 1,900 feet of ascent. Cheviot Hills, Simonside Hills, and the Northumberland coast including Warkworth and Bamburgh.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GENTLE GUIDED WALKING

Enjoy walks that are easier on the muscles with a Gentle Guided Walking Holiday. You'll still have a choice of up to three walks a day but at an easy pace that allows you ample time to soak up the scenery.

GUIDED WALKING WITH SIGHTSEEING

1 Up to 4½ miles with up to 800 feet of ascent in a day. Includes visits to Alnmouth, Bamburgh, Warkworth and Dunstanburgh Castle, the Holy Island of Lindisfarne, plus walks exploring Northumberland National Park and the glorious coast and castles route.

TREAD LIGHTLY

1 Easier walks: Up to 8 miles with up to 500 feet of ascent. The Lesbury Estate, Spy Law, and Foxton Bends.

2 Medium walks: Up to 10.5 miles with up to 800 feet of ascent. The Northumberland Estate, High Buston, and Boulmer.

3 Harder walks: Up to 11.5 miles with up to 900 feet of ascent. The Waterside Estate, Hight Buston, Lesbury, and the River Aln Nature Reserve.

DISCOVERY TOURS

Our Northumberland Discovery Tours see you explore the mighty castles of Bamburgh and Warkworth and find out about Roman Britain at visitor attractions along Hadrian's Wall. You'll also get to follow in the footsteps of England's first Christian pilgrims with a journey to Lindisfarne, also known as Holy Island.

See the next page for all our walking holidays at Nether Grange.



NETHER GRANGE HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN ALMOUTH



“Northumberland has an added edge of mystery compared to other parts of the UK.”

Patrick Norris

Dunstanburgh Castle

ST OSWALD'S WAY COASTAL SECTION



GUIDED TRAIL

HIGHLIGHTS

› Stunning Northumberland coast from Holy Island to Warkworth

WALKS GRADE AND PARAMETERS

46½ miles over 5 walking days with a maximum daily ascent of 575 feet.

Dates	Nts
Jun 23	Fri 2 7
Jul 23	Fri 21 7
Sep 23	Fri 15 7

ST OSWALD'S WAY COMPLETE



GUIDED TRAIL

HIGHLIGHTS

› Complete trail including both coastal and inland sections

WALKS GRADE AND PARAMETERS

97 miles over 6 walking days with a maximum daily ascent of 1,075 feet.

Dates	Nts
May 23	Fri 5 7
Sep 23	Fri 1 7

Dates	Nts
GUIDED WALKING	
	Fri 3, 17 3
	Fri 31 3
Mar 23	Mon 6 4
	Fri 3 7
	Fri 31 7
Apr 23	Fri 7, 21 3
	Mon 3, 10, 24 4
	Fri 7, 21 7
	Fri 19 3
May 23	Mon 22 4
	Fri 5, 19, 26 7
	Fri 23 3
Jun 23	Mon 26 4
	Fri 2, 9, 23, 30 7
	Fri 7, 21 3
Jul 23	Mon 10, 24 4
	Fri 7, 14, 21, 28 7
	Fri 4, 18 3
Aug 23	Mon 7, 21 4
	Fri 4, 11, 18, 25 7
	Fri 22 3
Sep 23	Mon 25 4
	Fri 1, 15, 22 4
	Fri 13 3
Oct 23	Mon 16 4
	Fri 13 7
	Fri 10, 17 3
Nov 23	Mon 13, 20 4
	Fri 10, 17 7
TREAD LIGHTLY GUIDED WALKING	
Feb 23	Fri 24 3
Mar 23	Mon 13 4
Nov 23	Mon 6 4

Dates	Nts
GENTLE GUIDED WALKING	
	Fri 12 3
May 23	Mon 15 4
	Fri 12 7
	Fri 8 3
Sep 23	Mon 11 4
	Fri 8 7
	Fri 6 3
Oct 23	Mon 9 4
	Fri 6 7
SELF-GUIDED WALKING	
Dates (3, 4 & 7nts)	
Fri 24 Feb to Thur 30 Mar 2023	
Fri 31 Mar to Thur 27 Apr 2023	
Fri 28 Apr to Thur 5 Oct 2023	
Fri 6 Oct to Thur 26 Oct 2023	
Fri 27 Oct to Fri 24 Nov 2023	

Dates	Nts
GUIDED WALKING WITH SIGHTSEEING	
	Fri 12 3 Guided Walking with Sightseeing
May 23	Mon 15 4 Guided Walking with Sightseeing
	Fri 12 7 Guided Walking with Sightseeing
	Fri 8 3 Guided Walking with Sightseeing
Sep 23	Mon 11 4 Guided Walking with Sightseeing
	Fri 8 7 Guided Walking with Sightseeing
	Fri 6 3 Guided Walking with Sightseeing
Oct 23	Mon 9 4 Guided Walking with Sightseeing
	Fri 6 7 Guided Walking with Sightseeing

Dates	Nts
DISCOVERY TOURS	
	Fri 14 3 Discovery Tour
Apr 23	Mon 17 4 Discovery Tour
	Fri 14 7 Discovery Tour
Jun 23	Fri 16 7 Discovery Tour
	Fri 20 3 Discovery Tour
Oct 23	Mon 23 4 Discovery Tour
	Fri 20 7 Discovery Tour

WELCOME TO THE NORTH YORK MOORS

YORKSHIRE'S NOVEL COASTLINE

The Yorkshire coast never loses its capacity to enchant. And for many, Whitby is the region's showstopper. Straddling the slopes of the River Esk, it's home to the abbey that inspired Bram Stoker's gothic novel, *Dracula*, and the house where Captain James Cook served his seaman's apprenticeship. Elsewhere, you'll find beautiful beaches, a pretty harbour, and a maze of charming narrow streets packed with quirky pubs and seriously good fish and chip shops.



Robin Hood's Bay

Little compares with a coastal walk to the village of Ravenscar and onto Robin Hood's Bay – the final stop on the legendary Coast to Coast route made famous by British fell walker and author, Alfred Wainwright. Must-dos in this former smuggling haunt include spending time at the Old Coastguards Station, visiting Old St Stephen's Church, and fossil-hunting at Boggle Hole.



Whitby Abbey

DAYTRIPPING TIPS

Our characterful country house at Larpool Hall puts you just a skip away from sightseeing greats in the North York Moors. Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, its location means you're well placed to explore.

- › Get some fresh air in the ever-changing landscape of the North York Moors
- › Explore windswept headlands and smuggler's haunts on the Yorkshire coast
- › Go full steam ahead on North Yorkshire Moors Railway
- › Discover the resort of Whitby or visit Whitby Abbey which famously inspired Bram Stoker's *Dracula*

GO THE DISTANCE

Walks in the North York Moors National Park don't get better than the Cleveland Way, a 109-mile-long trail that winds through heather-clad moorlands and dramatic coastline. Highlights include Rievaulx Abbey, Whitby Abbey, Captain Cook's Monument, and the villages of Great Ayton and Robin Hood's Bay.

Equally worthwhile is walking the steep ascent to the summit of Roseberry Topping, North Yorkshire's most famous hill. The views of Newton Wood are fabulous, especially when the springtime bluebells burst into bloom.



WE LOVE...

I love feeling the solitude of walking on the North York Moors before returning to the hustle and bustle of a busy British seaside resort like Whitby. The walks around Whitby are packed with natural history and cultural highlights, too.

It's great fun searching for fossils on the beach, and if you're lucky, you might even find some of the famous Whitby jet. This semi-precious stone is found all over the Yorkshire coast and gift shops here come well-stocked with quality handmade jewellery pieces made with it.

And you can't beat a takeaway fish and chips to fuel your exploring – you'll need the energy just to climb the famous 99 steps that lead to Whitby Abbey. But the steps are nothing in comparison to Roseberry Topping – the Matterhorn of the North York Moors. On a clear day this rocky peak offers great views over the moors and the coast.



Jennifer Morrison

HF Holidays
Product
Operations
Executive



Roseberry Topping



MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE NORTH YORK MOORS | LARPOOL HALL

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



It's easy to see the appeal of Larpool Hall. Overlooking the Esk Valley and the North Sea, this Grade II-listed Georgian mansion sits in the town of Whitby – best known for its fish and chips, quaint harbour, and Dracula connections. Nowadays, Larpool's got no shortage of period grandeur to marvel at, mostly the grand mahogany staircase, open-arched porch, original doorway, and Venetian window.

HOUSE FACILITIES

- > 29 comfortable en-suite bedrooms
- > Sweeping views over the Esk Valley
- > Two lounges and bar
- > 14 acres of grounds
- > Boot room, drying room, and Discovery Point
- > Ideal for groups of up to 49 guests
- > Free Wi-Fi



UPGRADE TO A 'PREMIUM' ROOM OR A 'SUPERIOR' ROOM

Brilliantly balanced experience

"Terrific all round break. Well put together."

Pauline



YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

1 Easier walks: Up to 7½ miles with up to 1,150 feet of ascent. Coast path to Robin Hood's Bay, Ravenscar, and Staithes.

2 Medium walks: Up to 10 miles with up to 1,800 feet of ascent. Hayburn Wyke and Runswick Bay.

3 Harder walks: Up to 12½ miles with up to 2,250 feet of ascent. Roseberry Topping and Boulby Cliff.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

TREAD LIGHTLY

1 Easier Walks: Up to 8 miles with up to 1,000 feet of ascent. Raithwaite Hall, Ruswarp, and The Cinder Track.

2 Medium Walks: Up to 10 miles with up to 1,400 feet of ascent. The Esk valley, Sandsend, and Whitby.

3 Harder Walks: Up to 13 miles with up to 1,950 feet of ascent. Sandsend, Robin Hood's Bay, and the coastal village of Stainsacre.

GUIDED WALKING WITH SIGHTSEEING

2 Walks up to 5 miles per day with 850ft ascent Our North York Moors Walking with Sightseeing holidays tick-off standout highlights on the Yorkshire Coast. There'll be a ride on the North York Moors Steam Railway, a visit to the grand 12th century ruins of Rievaulx Abbey, and a chance to discover the history of Robin Hood's Bay.

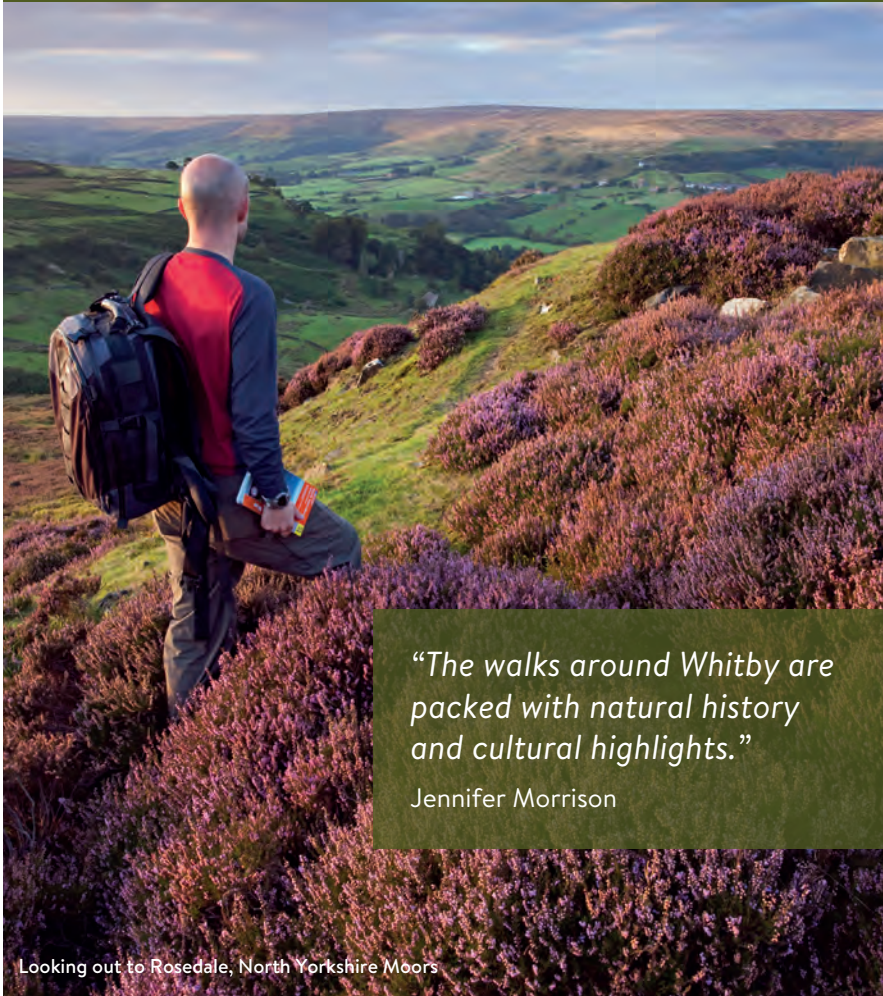


Whitby Lighthouse, High Hawsker

See the next page for all our walking holidays at Larpool Hall.



LARPOOL HALL HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN WHITBY



“The walks around Whitby are packed with natural history and cultural highlights.”

Jennifer Morrison

Looking out to Rosedale, North Yorkshire Moors

THE CLEVELAND WAY



GUIDED TRAIL

HIGHLIGHTS

- > Hiking the 109 mile walk through the North Yorkshire Moors
- > View the iconic ruins of Whitby and Rievaulx abbeys
- > Walking the dramatic coastline to Filey, passing old fishing villages and coastal towns

WALKS GRADE AND PARAMETERS

109 miles over 6 walking days with a maximum daily ascent of 3,750 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All transport to and from the walks
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts
Jul 23	Fri 7
Sep 23	Fri 22

Dates	Nts
GUIDED WALKING	
Feb 23	Mon 27 4
	Fri 3, 10 3
Mar 23	Mon 6, 13 4
	Sun 19 5
	Fri 10 7
	Tue 11 3
	Fri 21 3
	Mon 3, 17 4
Apr 23	Fri 7 4
	Fri 28 4
	Fri 7 7
	Fri 28 7
	Tue 2 3
May 23	Fri 26 3
	Fri 12, 19 7
	Fri 9 3
Jun 23	Tue 27 3
	Fri 16, 23, 30 7
Jul 23	Tue 25 3
	Fri 21, 28 7
Aug 23	Tue 22 3
	Fri 18 7
	Fri 1, 8 3
Sep 23	Mon 4, 11 4
	Fri 1, 8, 22 7
	Fri 6, 13 3
Oct 23	Mon 16 4
	Mon 30 4
	Fri 13 7
	Fri 10, 17 3
Nov 23	Mon 13 4
	Fri 10 7

Dates	Nts
TREAD LIGHTLY GUIDED WALKING	
Feb 23	Fri 24 3
	Fri 14 3
Apr 23	Mon 24 4
Jun 23	Mon 12 4
	Fri 3 3
Nov 23	Mon 20 4
Dec 23	Fri 1 3
GENTLE GUIDED WALKING	
Jun 23	Mon 5 4
Sep 23	Tue 19 3
	Fri 15 7
SELF-GUIDED WALKING	
Dates (2, 3, 4, 5 & 7 Nts)	
Fri 24 Feb to Thur 30 Mar 2023	
Fri 31 Mar to Thur 27 Apr 2023	
Fri 28 Apr to Thur 5 Oct 2023	
Fri 6 Oct to Thur 26 Oct 2023	
Fri 27 Oct to Fri 1 Dec 2023	
Dates	Nts
GUIDED WALKING WITH SIGHTSEEING	
Jul 23	Fri 14 7 Guided Walking with Sightseeing
Sep 23	Fri 29 7 Guided Walking with Sightseeing
FAMILY WALKING ADVENTURES - Under 11s go free	
May 23	Mon 29 4 Family Walking Adventure
Aug 23	Mon 7 4 Family Walking Adventure
	Fri 11 7 Family Walking Adventure
Oct 23	Mon 23 4 Family Walking Adventure

Dates	Nts
FESTIVE WALKING	
Dec 23	Sat 23 4
	Sat 23 7
	Wed 27 3
	Wed 27 7
	Sat 30 4

WELCOME TO EXMOOR

WILDLIFE & COASTLINE

Yellow gorse-clad hills and purple carpets of heather add a splash of colour to summer walks along Somerset and North Devon's coastal paths. And in the autumn, the whole place is bathed in golden-bronze tones. On top of Exmoor National Park's good looks, it's a haven for some of Britain's rarest wildlife, too. Be on the lookout for buzzards flying overhead, plus Exmoor ponies and red deer roaming free across the moors.

Reaching a whopping 603 miles long, the South West Coast Path covers Cornwall, North Devon, and West Somerset. The section that runs along the coast of Exmoor is sure to satisfy those that love seafront panoramas and pretty fishing villages.



North Devon Coastline at Lynmouth

DAYTRIPPING TIPS

Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, Holnicote House in Selworthy puts you within rolling-out-of-bed distance from walking opportunities in Exmoor National Park, plus day trips around Somerset and Devon.

- Walk along moorland trails and coastal paths
- Spend time in some of Somerset and North Devon's best-loved villages
- Look out for wildlife roaming Exmoor National Park
- Visit Dunkery Beacon at night and see why Exmoor is an International Dark Sky Reserve
- Ride on the West Somerset Railway or stop by National Trust properties like Dunster Castle, Watersmeet, and Coleridge Cottage



Exmoor Ponies



REWARDING WALKS

The coastal route from Culbone to Lynmouth unfurls along some of the highest sea cliffs in Britain. Don't miss a ride on the Victorian-era Cliff Railway. The highest and steepest water-powered funicular in the world, it climbs 500ft up the rock face to Lynton, Lynmouth's sister town.

You can also pop into Porlock Weir for a harbourside stroll, visit Bossington Beach – one of Somerset's best stretches of shingle coastline – or head up to Selworthy Beacon for brilliant views of the Bristol Channel.

Equally attention-worthy is the gentle riverside walk to Watersmeet that skirts along a dramatic river gorge flanked by ancient woodland before rounding off in a National Trust tearoom. And then there's the scenic rewards of a hike over Grabbist Hill to visit medieval Dunster – a valley-nestled village crowned with an impressive red sandstone castle.



Lynton & Lynmouth
Cliff Railway



Exmoor's contrasting scenery is why I love it so much. The wooded hills and valleys, the tumbling streams, the wild coastline, and remote moorland are beautiful year-round.

A much-loved walk of mine is from my home in Minehead and up onto North Hill. It follows a good track along a ridge which in summer is covered in golden-coloured gorse and purple heather. On a clear day there are incredible views all the way across to Wales. I like to treat myself to a cream tea in Selworthy – Periwinkle Tea Room's lemon scones with lemon curd are my favourite – before heading back over the old, cobbled bridge and the path along the stream. Woods, moorland, waterside strolls, and a delicious cream tea – what more do you need from a walk?



Lena Bond
HF Holidays
Field Advisor



Dunkery Beacon



MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE EXMOOR | HOLNICOTE HOUSE

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



There's plenty to look forward to at Holnicote House. This beacon of Somerset hospitality is in strolling range of the impossibly pretty village of Selworthy. The walking opportunities further afield are stand out, too, not least the trails around the Quantock Hills, Dunkery Beacon, Bossington, and a section of the England Coast Path that takes you on a glorious journey along the county's coastline.

HOUSE FACILITIES

- > 32 comfortable en-suite bedrooms, some in a thatched cottage
- > Extensive gardens, croquet lawn and putting green
- > Two lounges
- > Boot room, drying room and Discovery Point
- > Ideal for groups of up to 50 guests
- > Free Wi-Fi



UPGRADE TO A 'PREMIUM' ROOM R A 'SUPERIOR' ROOM

Fab food, great professional service all round

"5-star + professional service. Food at Holnicote House is amazing. All the staff are lovely and ensure everything runs like clockwork."

Diane



YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

2 Easier walks: Up to 7½ miles with up to 1,550 feet of ascent. Lynton and the Valley of Rocks, Selworthy village and Dunster.

2 Medium walks: Up to 9½ miles with up to 1,900 feet of ascent. Valley of Rocks, Selworthy Beacon, Doone Valley, Luccombe, Withypool, Dunster and Lynmouth.

3 Harder walks: Up to 12½ miles with up to 3,200 feet of ascent. Dunkery Beacon, Quantock Hills, Valley of Rocks and the coastal path.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GENTLE GUIDED WALKING

Enjoy walks that are easier on the muscles with a Gentle Guided Walking Holiday. You'll still have a choice of up to three walks a day but at an easy pace that allows you ample time to soak up the scenery.

TREAD LIGHTLY

2 Easier walks: Up to 5½ miles with up to 1,100 feet of ascent. Selworthy village and its Beacon, Porlock, Bossington, and Horner Hill.

2 Medium walks: Up to 9 miles with up to 1,900 feet of ascent. Dunkery Beacon, Porlock & the coast, and Selworthy Beacon.

3 Harder walks: Up to 11 miles with up to 2,050 feet of ascent. Hurlstone Point, Dunkery Beacon & Great Rowbarrow, Periton Hill, Selworthy Beacon, and the coast path.

GUIDED WALKING WITH SIGHTSEEING

2 Walks up to 5 miles with up to 1,100 feet of ascent in a day. Walk both short and long routes in Exmoor National Park that let sightseeing take centre stage. Stroll along stretches of the scenic South West Coast Path, visit the easy-on-the-eye towns of Lynmouth and Lynton, and spend a full day discovering medieval Dunster with its castle and deer park. There's also a walk in the Quantock Hills which ends at Coleridge Cottage - former home of lauded English poet, Samuel Taylor Coleridge.

See the next page for all our walking holidays at Holnicote House.



HOLNICOTE HOUSE HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN SELWORTHY



“Woods, moorland, waterside strolls, and a delicious cream tea – what more do you need from a walk?”

Lena Bond

Exmoor National Park

SOMERSET & NORTH DEVON COAST PATH



South West Coast Path near Combe Martin



GUIDED TRAIL

HIGHLIGHTS

- › Traversing the downs of Exmoor to the wild cliffs of north Devon
- › Enjoying one of the best sections of the South West Coast Path
- › Discovering the many gems of this National Heritage Coast

WALKS GRADE AND PARAMETERS

4 54 miles over 5 walking days with a maximum daily ascent of 1,800 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All transport to and from the walks
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Croyde Bay



Date		Nts
Jun 23	Fri 23	7
Sep 23	Fri 1	7

Dates		Nts
GUIDED WALKING		
	Fri 24	3
Feb 23	Mon 27	4
	Fri 24	7
	Fri 10, 24	3
Mar 23	Mon 13, 27	4
	Fri 10, 24	7
	Mon 3, 17	4
	Fri 7	4
Apr 23	Fri 7, 14	7
	Tue 11	3
	Fri 14	3
May 23	Mon 22	4
	Fri 12, 26	7
	Fri 9, 30	3
Jun 23	Mon 5	4
	Fri 2, 23, 30	7
	Fri 21	3
Jul 23	Mon 3, 24	4
	Fri 7, 14, 21, 28	7
	Fri 11	3
Aug 23	Mon 14, 28	4
	Fri 4, 11, 18	7
	Fri 1, 22	7
Sep 23	Fri 22	3
	Mon 25	4
	Fri 6, 20	3
Oct 23	Mon 9, 23	4
	Fri 6, 20	7
	Fri 3	3
Nov 23	Mon 6	4
	Fri 3	7

Dates		Nts
TREAD LIGHTLY GUIDED WALKING		
Mar 23	Mon 6	4
Apr 23	Fri 21	3
	Fri 13	3
	Fri 27	3
Oct 23	Mon 16	4
	Mon 30	4

Dates		Nts
SELF-GUIDED WALKING		
Dates 3, 4 & 7 Nts		
Fri 24 Feb to Thur 30 Mar 2023		
Fri 31 Mar to Thur 27 Apr 2023		
Fri 28 Apr to Thur 5 Oct 2023		
Fri 6 Oct to Thur 26 Oct 2023		
Fri 27 Oct to Mon 13 Nov 2023		

Dates		Nts
GUIDED WALKING WITH SIGHTSEEING		
Mar 23	Fri 31	7 Guided Walking with Sightseeing
Jun 23	Fri 16	7 Guided Walking with Sightseeing
Sep 23	Fri 8	7 Guided Walking with Sightseeing

Dates		Nts
GENTLE GUIDED WALKING		
Mar 23	Fri 31	3
	Fri 31	7
Apr 23	Mon 3	4
	Fri 16	3
Jun 23	Fri 16	7
Sep 23	Fri 8	7

Dates		Nts
FESTIVE WALKING		
	Sat 23	4
	Sat 23	7
Dec 23	Wed 27	3
	Wed 27	7
	Sat 30	4

WELCOME TO THE SOUTH DOWNS

GATEWAY TO ENGLAND

Walking opportunities around the South Downs National Park are wow-worthy to say the least. Ancient woodland, hidden valleys, chalky cliffs, and high-backed hills welcome visitors to what's fondly known as the gateway to England.

Trek the 100-mile long South Downs Way and you'll journey from the Saxon capital of Winchester, through wildflower-carpeted lowland heaths, all the way to the chalky ridges of the Seven Sisters and Beachy Head – a wall of gleaming white sea cliffs that look out across the English Channel.



Cuckmere beach

DAYTRIPPING TIPS

Our characterful country house Abingworth Hall is just a walk away from the village of Thakeham at the foot of the South Downs. Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, its location is ideal for exploring the region's sightseeing greats.

- › Walk along the Seven Sisters cliffs
- › Discover Chichester or Arundel
- › Follow sections of the South Downs Way
- › Visit Pulborough Brooks RSPB reserve
- › Hike to the top of Devil's Dyke



Petworth House and Park



FAR-REACHING HISTORY

Around a quarter of the South Downs is woodland, making it the most thickly forested national park in England and Wales. The dense woods of Kingley Vale are home to the oldest trees in the country as well as mysterious Bronze Age burial chambers known as the Devil's Humps.

Alongside thickets of ancient yew trees, you'll also find the well-manicured gardens of Sussex's finest stately homes. Discover the Elizabethan splendour of 16th century Parham House or explore the 700-acre deer park surrounding Petworth House. And if you can tear yourself away from the handsome grounds, Petworth has lavishly decorated drawing rooms, artworks and antique furnishings to admire.



South Downs National Park



WE LOVE...

The South Downs is a beautiful rolling landscape stretching from Winchester in the west to Eastbourne in the east. Halfway between the two and situated just below the South Downs ridge is Abingworth Hall, an ideal centre from which to explore the weald and downland that comprise this part of Sussex.

The peaceful landscape is made up of open hillsides, vineyards, woodland, and farms, as well as parks including Petworth, Cowdray and Parham. Pretty villages and historic buildings are plentiful, too.

There are picturesque views to be had across the Arun Valley from the top of Arundel Park, or the iconic Seven Sisters and Cuckmere Haven. And there's always something new to discover about the area's industrial past. You'll find neolithic flint mines, hammer ponds and furnaces from the 17th and 18th century iron industry, plus remnants of the brick and tile making trade. It's a wonderfully scenic and interesting area in which to enjoy a walk.



Michael Godfrey
HF Holidays
Field Advisor





MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE SOUTH DOWNS | ABINGWORTH HALL

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



Country living just got cosier at this former farmhouse. Abingworth Hall is just a skip away from the village of Thakeham at the foot of the South Downs – a landscape of ancient woodland, hidden valleys, chalky cliffs, and high-backed hills so deserving of its National Park status finally bestowed in 2010.

HOUSE FACILITIES

- > 27 comfortable en-suite bedrooms
- > Putting green and croquet lawn
- > Conservatory, bar and three lounges
- > Boot room, drying room, and Discovery Point
- > Ideal for groups of up to 44 guests
- > Outdoor heated swimming pool (May-Sep)
- > Free Wi-Fi



UPGRADE TO A 'PREMIUM' ROOM



YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

1 **Easier walks: Up to 7 miles with up to 850 feet of ascent.** Arundel, Parham Park, Petworth, and Jack & Jill Windmills.

2 **Medium walks: Up to 10½ miles with up to 1,150 feet of ascent.** Pulborough Brooks, the Seven Sisters, and Ditchling Beacon.

2 **Harder walks: Up to 13½ miles with up to 1,950 feet of ascent.** Pre-historic hill fort of Chanctonbury Ring, the Seven Sisters, and Devil's Dyke.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GUIDED WALKING WITH SIGHTSEEING

1 **Up to 5 miles with up to 650 feet of ascent in a day.** Includes visits to Petworth House, Parham House & Gardens, Charleston Farmhouse, Arundel, and Fishbourne Roman Palace, plus walks exploring both coast and downs, including sections of the South Downs Way.

TREAD LIGHTLY

1 **Easier Walks: Up to 6½ miles with up to 450 feet of ascent.** Warminghurst church, Parham Park, and West Chiltington.

2 **Medium Walks: Up to 10 miles with up to 650 feet of ascent.** The Sanctuary, Storrington, Pulborough Brooks, and Parham Park.

3 **Harder Walks: Up to 13½ miles with up to 1,300 feet of ascent.** Chanctonbury Ring, Parham Park, Storrington and the South Downs Way.

DISCOVERY TOURS

Not only do our South Downs Discovery Tours allow you to explore over 1000 years of history between the walls and well-manicured gardens of Arundel Castle, but they give you ample time in Amberley Museum and the Roman-founded city of Chichester, too. Elsewhere, there are wildlife-spotting opportunities in Petworth Park, plus visits to West Dean Gardens and Parham House to admire grand floral displays.

See the next page for all our walking holidays at Abingworth Hall.

Country Manor amidst stunning scenery

"Lovely environment - garden and house. Excellent walks. Good food. Friendly company."





ABINGWORTH HALL HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN ABINGWORTH



The Seven Sisters

“A wonderfully scenic and interesting area in which to enjoy a walk.”

Michael Godfrey

SOUTH DOWNS WAY



Beachy Head Lighthouse



GUIDED TRAIL

HIGHLIGHTS

- › Following the crest of the South Downs, with panoramic views over the coast and the Weald
- › Exploring Devil's Dyke and Iron Age forts
- › Spending a day walking along the Seven Sisters to Beachy Head

WALKS GRADE AND PARAMETERS

3 109 miles over 9 walking days with a maximum daily ascent of 1,900 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All transport to and from the walks
- Full-board en-suite accommodation – 11 breakfasts, 10 lunches, 11 evening meals



Dates	Nts	
Jun 23	Mon 19	11
Oct 23	Mon 2	11

Dates	Nts
GUIDED WALKING	
Feb 23	Fri 24 3
	Mon 27 4
	Sun 12 5
	Fri 24 7
	Fri 10, 17 3
Mar 23	Mon 13, 20 4
	Fri 10, 17 7
	Fri 26 3
	Mon 29 4
	Fri 5, 12, 26 7
	Fri 9, 16, 23 3
Jun 23	Mon 12, 19, 26 4
	Fri 9, 16, 23 7
	Fri 14, 21, 28 3
	Mon 17, 31 4
Jul 23	Sun 2 5
	Fri 14, 28 7
	Fri 4, 18, 25 3
Aug 23	Mon 7, 21, 28 4
	Fri 4, 18, 25 7
	Fri 1, 15, 22, 29 3
Sep 23	Mon 18, 25 4
	Fri 15, 22 7
	Fri 6, 20 3
Oct 23	Mon 9 4
	Sun 15 5
	Fri 6 7
Nov 23	Fri 10 3

Dates	Nts
TREAD LIGHTLY GUIDED WALKING	
Feb 23	Fri 10 2
	Mon 20 4
Mar 23	Fri 3 3
	Fri 31 3
Apr 23	Mon 3 4
Jun 23	Fri 30 2
Oct 23	Mon 2 4
	Fri 13 2
Nov 23	Fri 3 3
	Mon 6 4

Dates	Nts
SELF-GUIDED WALKING	
Dates 2, 3, 4, 5 7 7 Nts	
Mon 6 Feb to Thur 30 Mar 2023	
Fri 31 Mar to Thur 27 Apr 2023	
Fri 28 Apr to Thur 5 Oct 2023	
Fri 6 Oct to Thur 26 Oct 2023	
Fri 27 Oct to Fri 24 Nov 2023	

Dates	Nts	
GUIDED WALKING WITH SIGHTSEEING		
May 23	Fri 12, 19 3	Guided Walking with Sightseeing
	Mon 15, 22 4	Guided Walking with Sightseeing
	Fri 12, 19 7	Guided Walking with Sightseeing
	Fri 11 3	Guided Walking with Sightseeing
Aug 23	Mon 14 4	Guided Walking with Sightseeing
	Fri 11 7	Guided Walking with Sightseeing

Dates	Nts	
DISCOVERY TOURS		
	Fri 2 3	Discovery Tour
Jun 23	Mon 5 4	Discovery Tour
	Fri 2 7	Discovery Tour
Sep 23	Mon 4 4	Discovery Tour

WELCOME TO CORNWALL

THE EDGE OF ENGLAND

422-miles of breathtaking coastal paths reveal hidden coves and secluded sandy bays awash with stories of smugglers, piracy, and plunder. Add in a treasure trove of charming harbour towns, standout surfing spots, and big-name attractions like the Eden Project, too, and it's no surprise Cornwall keeps us coming back for more.

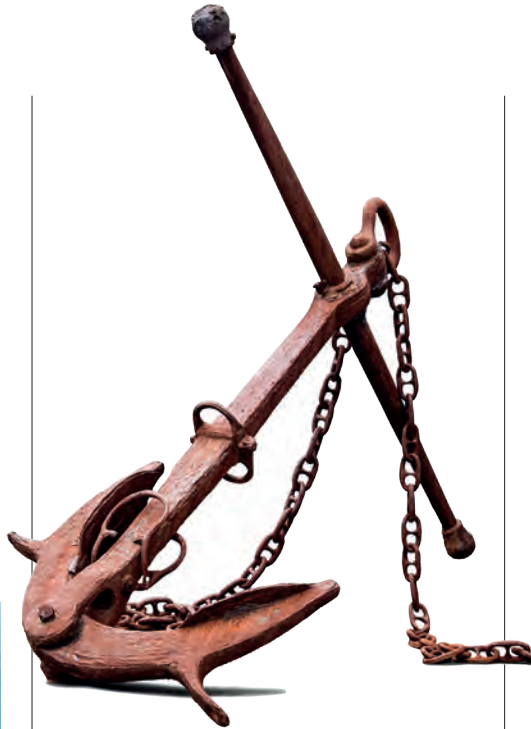
On the South West Coast Path, you can trek around Mount's Bay from the granite ridges of Land's End to Lizard Point – mainland Britain's most southerly peninsula. Along the way, tick-off the notorious smuggling den of Prussia Cove, Minack Theatre's far-reaching Atlantic views, and St. Michael's Mount – a tidal island crowned by a medieval church and castle.



DAYTRIPPING TIPS

Chy Morvah – meaning 'house by the sea' in Cornish – is our country house in St. Ives. Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, it's an ideal base for exploring Cornwall. You'll be in walking distance of the town's cobbled streets, plus four great beaches: Porthmeor, Porthminster, Harbour, and Porthgwidden.

- › Visit St. Michael's Mount
- › Walk a selection of paths along the Cornish coast
- › Try a host of watersports
- › Sample an authentic Cornish ice cream, pasty or cream tea



CORNISH TRAILS & TREATS

The St. Agnes Heritage Coast path allows you to hike over grassy hilltops littered with the ghostly ruins of ancient tin mines. And when it's time to take a break, stop off in one of north Cornwall's clifftop villages for a Cornish ice cream or an afternoon tea complete with scones, jam, and lashings of clotted cream.

The name on everyone's lips though is St. Ives – the seaside hub that has inspired generations of artists with its working harbour, historic fishing communities, white-sand beaches, and surrounding landscape.



WE LOVE...

I'm happiest when out on walks that showcase Cornwall's rich industrial heritage. Along the Tin Coast, the abandoned engine houses of the once thriving mining industry now stand alone against rugged cliffs and sea – it's an iconic Cornish scene.

The panoramas from Knill's Monument above St. Ives are as impressive as the area's smuggling past. John Knill was a town official and reputedly a very successful smuggler. It's the ideal place to look out over the Hayle estuary and St. Ives Bay including Godrevy Lighthouse – the original inspiration for Virginia Woolf's novel *To the Lighthouse*.

If you like wildlife, my top tip is to head to the beaches of Porthgwidden or Bamaluz for the best chance to see seals playing in the shallows. And in my humble opinion, Willy Waller's on the harbour serves the best freshly made ice cream on the north coast. The lemon meringue does not disappoint.



Angie Tiller
HF Holidays
Field Advisor





MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE CORNWALL | CHY MORVAH

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



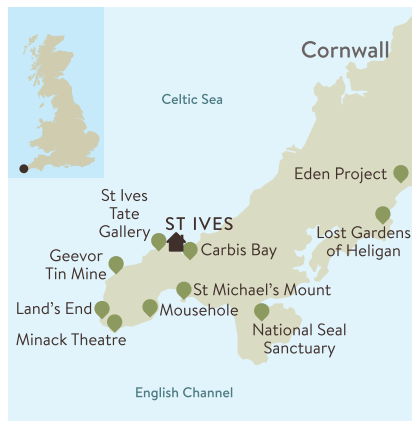
The Penwith peninsula takes centre stage at Chy Morvah, St. Ives. It has a main lounge overlooking St. Ives Bay and a sea-facing dining room, too. What's more, it's just a short walk from St. Ives town centre, and easy driving distance to crowd-pleasers like the Eden Project and St. Michael's Mount.

HOUSE FACILITIES

- > 39 comfortable en-suite bedrooms
- > Lounge with panoramic sea views
- > Sun terrace seating area
- > Boot room, drying room, and Discovery Point
- > Ideal for groups of up to 64 guests
- > Outdoor heated swimming pool (May-Sep)
- > Free Wi-Fi



UPGRADE TO A 'PREMIUM' ROOM OR A 'SUPERIOR' ROOM



YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

2 **Easier walks: Up to 6½ miles with up to 1,100 feet of ascent.** St Ives and Carbis Bay, Kynance Cove, Praa Sands to St Michael's Mount, and Porthleven.

2 **Medium walks: Up to 9 miles with up to 2,050 feet of ascent.** Porthtowan to Perranporth, Mullion to the Lizard Peninsula, and Botallack to Land's End.

3 **Harder walks: Up to 12½ miles with up to 2,900 feet of ascent.** Lamorna, Land's End, the Lizard Peninsula, and Zennor to St Ives.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GUIDED WALKING WITH SIGHTSEEING

2 **Up to 5½ miles with up to 800 feet of ascent in a day.** Includes visits to the Lizard Lighthouse Heritage Centre, Porthcurno, Tremeneheere Sculpture Gardens and Geevor Tin Mine, plus walks along the South West Coast Path.

DISCOVERY TOURS

Our Cornwall Discovery Tour features a selection of hand-picked favourites we think you'll love. Get an insight into Cornwall's tin mining past with walks along the coast and hear tales of its history as a smuggler's den during trips to famous smuggling haunts. What's more, there's the chance to visit highlights like heritage-rich Falmouth, Land's End, Lizard Point, and the world-renowned Eden Project.



See the next page for all our walking holidays at Chy Morvah.

Great guides! Excellent walks

"Yes...I would certainly recommend HF Holidays."

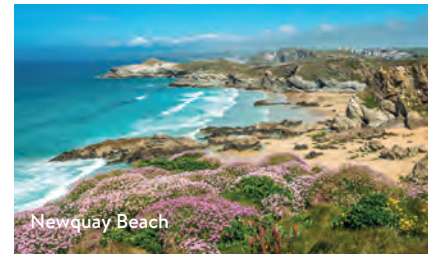
Michael





“If you like wildlife, my top tip is to head to the beaches of Porthgwidden or Bamaluz for the best chance to see seals playing in the shallows.”
Angie Tiller

NORTH CORNWALL COAST PATH



▶ GUIDED TRAIL

HIGHLIGHTS

› Rugged coastal scenery and sandy coves

WALKS GRADE AND PARAMETERS

3 66½ miles over 6 walking days with a maximum daily ascent of 2,800 feet.

Dates		Nts
Apr 23	Sat 15	7
Jul 23	Sat 15	7
Sep 23	Sat 9	7

SOUTH CORNWALL COAST PATH



▶ GUIDED TRAIL

HIGHLIGHTS

› Walking one of the most magnificent sections of the South West Coast Path

WALKS GRADE AND PARAMETERS

3 64½ miles over 6 walking days with a maximum daily ascent of 2,510 feet.

Dates		Nts
Apr 23	Sat 22	7
Jul 23	Sat 22	7
Sep 23	Sat 16	7
Oct 23	Sat 14	7

Dates		Nts
▶ GUIDED WALKING		
Mar 23	Sat 4, 18, 25	3
	Tue 7, 21, 28	4
	Sat 4, 18, 25	7
Apr 23	Sat 1, 8,	3
	Sat 29	3
	Tue 4, 11	4
May 23	Sat 1, 8, 15, 22	7
	Sat 29	7
	Tue 2, 9	4
Jun 23	Sat 20, 27	7
	Sat 3, 17, 24	7
Jul 23	Sat 1, 8, 22	7
Aug 23	Sat 12, 19, 26	7
	Sat 23	3
	Tue 26	4
Sep 23	Sat 9, 16, 23, 30	7
	Sat 14	3
	Sat 28	3
Oct 23	Tue 17	4
	Tue 31	4
	Sat 14	7
Nov 23	Sat 28	7
	Sat 4, 18, 25	3
	Tue 7, 18, 25	4
Dec 23	Sat 4, 21, 28	7
	Sat 2	3
	Tue 5	4
	Sat 2	7

Dates		Nts
▶ FESTIVE WALKING		
Mar 23	Sat 23	4
	Sat 23	7
Dec 23	Wed 27	3
	Wed 27	7
	Sat 30	4

Dates		Nts
▶ GUIDED WALKING WITH SIGHTSEEING		
May 23	Sat 13	7 Guided Walking with Sightseeing
Jul 23	Sat 8	7 Guided Walking with Sightseeing

Dates		Nts
▶ DISCOVERY TOURS		
May 23	Sat 13	7 Discovery Tour
Jun 23	Sat 10	7 Discovery Tour
Sep 23	Sat 2	7 Discovery Tour
Oct 23	Sat 7	7 Discovery Tour

Dates		Nts
▶ FAMILY WALKING ADVENTURES - Under 5's go free		
Jul 23	Sat 29	7 Family Walking Adventure

Dates		Nts
▶ SELF-GUIDED WALKING		
Dates 3, 4 & 7 Nts		
Sat 4 Mar to Thur 30 Mar 2023		
Fri 31 Mar to Thur 27 Apr 2023		
Fri 28 Apr to Thur 5 Oct 2023		
Fri 6 Oct to Thur 26 Oct 2023		
Fri 27 Oct to Sat 9 Dec 2023		

WELCOME TO THE ISLE OF WIGHT

INSPIRED WALKS

If the Isle of Wight's mild climate and scenery weren't enough, holidays here offer gentle walking paths to suit all experience levels.

The 14-mile-long Tennyson Trail is a route named after British poet laureate, Alfred Lord Tennyson who lived on the island. From Tennyson Monument you can take in views that – on a clear day – stretch from coast to coast. A stroll over the windswept grassy meadows of Tennyson Down provide a welcome break for tired legs, and the wooded sections of this trail are one of the best places in England to see native red squirrels.

Other visit-worthy highlights along the way include the poetry-inspiring panoramas from atop Brighstone Down and the Needles Batteries – a pair of 19th century gun emplacements that served to protect Britain's south coast during WWII and as a training ground for the D-Day landings.



Freshwater Bay

DAYTRIPPING TIPS

Freshwater Bay House is our ideally located Isle of Wight accommodation that makes light work of reaching the area's showstoppers. Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, you'll be in pebble-throwing distance of Freshwater's namesake bay and just a skip from Tennyson Downs.

- › Visit Queen Victoria's Osborne House
- › Spend the day at the beach
- › Discover the history of Carisbrooke Castle
- › Spot red squirrels on the Tennyson Trail
- › Explore Ventnor Botanic Gardens



Red Squirrel



Tennyson Monument

HISTORY-RICH SHORES

The Isle of Wight music festival isn't the only thing that makes itself heard here – the island's history and heritage sing loud, too. Follow in the footsteps of long-gone giants with a fossil hunt on the sands of Compton Bay and Yaverland, hear the myths and legends surrounding the 4,000-year-old Neolithic standing stone known as the Longstone, or visit the Renaissance-style Osborne House – the favourite royal residence of Queen Victoria. Elsewhere, Carisbrooke Castle stands as strong and sturdy as it did in its 17th century heyday when it held King Charles I prior to his execution in 1649.



Osborne House



WE LOVE...

As a boy I read Moonfleet by J Meade Faulkner. This swashbuckling tale of smugglers and shipwrecks features the Isle of Wight's Carisbrooke Castle and from my first visit to the island at the age of 11, I was hooked. The West Wight Circuit offers a little bit of everything; the coloured sands below the cliffs of Alum Bay, the chalk sea stacks known as the Needles, the military batteries built to defend the island, and Alfred Lord Tennyson's granite monument.

I'm a big believer in keeping the outdoor spaces we love green and clean. The Isle of Wight's train connections are excellent, so consider leaving the car at home and come across as a foot passenger aboard the ferry. Hop on the bus from Yarmouth and a 30-minute journey will drop you at the door of our HF Holidays country house at Freshwater Bay.



Steve Yeates
HF Holidays
Field Advisor





MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE

ISLE OF WIGHT | FRESHWATER BAY HOUSE

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



Freshwater Bay's location is as gorgeous as it gets. Its lovely gardens are lined with paths that lead down to the beach in one direction and Tennyson Down in the other. For sunny days, there's an outdoor heated pool (open from Easter to September) with a seating area and far-reaching sea views. Nearby highlights include the multi-coloured sands of Alum Bay, Mottistone Gardens, and the 125-million-year-old dinosaur footprints at Compton Bay. And then, of course, there's the best views of the Needles.

HOUSE FACILITIES

- > 43 comfortable en-suite bedrooms
- > Grass tennis court
- > Sea views from many rooms
- > Outdoor heated pool (open Easter to September)
- > Poolside terrace with views across the bay
- > Boot room, drying room, and Discovery Point
- > Ideal for groups of up to 72 guests



Magnificent

"Freshwater Bay Hotel has a magnificent location and excellent staff. The walks and scenery on the island are wonderful. A fantastic holiday."

Ian



UPGRADE TO A 'PREMIUM' ROOM OR A 'SUPERIOR' ROOM

YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

1 Easier walks: Up to 7 miles with up to 1,200 feet of ascent. Tennyson Down, Alum Bay, Calbourne, Shorwell, and Carisbrooke.

2 Medium walks: Up to 10 miles with up to 1,300 feet of ascent. Neolithic Longstone on Mottistone Down, Appuldurcombe House, the Needles, and Culver Down.

3 Harder walks: Up to 13 miles with up to 1,750 feet of ascent. Tennyson Trail, St Boniface Down, and longer coastal routes.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GUIDED WALKING WITH SIGHTSEEING

1 Up to 5½ miles with up to 800 feet of ascent in a day. Includes a trip on the Isle of Wight steam railway, visits to Brading Roman Villa, Godshell, Carisbrooke Castle, and Mottistone Manor, plus walks out over the Downs and looking across to the Needles.

DISCOVERY TOURS

Our Isle of Wight Discovery Tours reveal a selection of island highlights. There'll be visits to timeless English villages as well as ancient Carisbrooke Castle and Osborne House – Queen Victoria's sumptuous summer residence. There are gardens to explore at Ventnor and Mottistone, and a chance to discover Quarr Abbey – home to Benedictine monks. And in Cowes, you can let the pace of life slow to a trickle as you watch yachts sail the Solent.



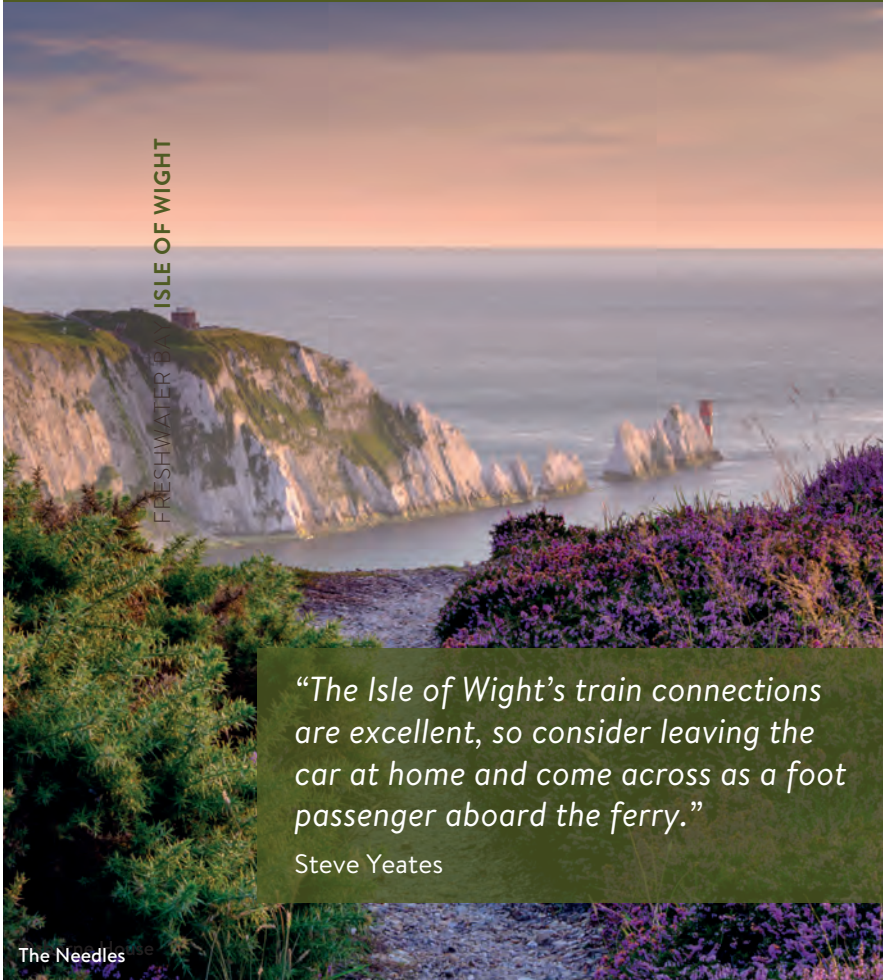
St Catherine's Head

See the next page for all our walking holidays at Freshwater Bay House.



FRESHWATER BAY HOUSE

HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN FRESHWATER BAY



FRESHWATER BAY ISLE OF WIGHT

“The Isle of Wight’s train connections are excellent, so consider leaving the car at home and come across as a foot passenger aboard the ferry.”

Steve Yeates

The Needles

ISLE OF WIGHT COAST PATH



GUIDED TRAIL

HIGHLIGHTS

- › Circumnavigating the entire island on the Isle of Wight Coast Path
- › Admiring the dramatic chalk headlands of the Needles and Culver Cliff
- › Enjoying the golden sands and picturesque coastlines of Sandown and Shanklin

WALKS GRADE AND PARAMETERS

3 69 miles over 6 walking days with a maximum daily ascent of 1,650 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All transport to and from the walks
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts
May 22	Sat 27
Jul 23	Sat 15
Sep 23	Sat 9

Dates	Nts
GUIDED WALKING	
Mar 23	Sat 4, 11, 25
	Tue 7, 14, 28
	Sat 4, 11, 25
Apr 23	Sat 8, 22
	Tue 11, 25
	Sat 8, 22
	Tue 2
May 23	Sat 13, 20, 27
	Tue 9, 16, 23, 30
	Sat 13, 20, 27
	Sat 3, 10
Jun 23	Tue 6, 13
	Sat 3, 10
Jul 23	Sat 1, 8, 15, 22, 29
	Tue 4, 11, 18, 25
	Sat 1, 8, 15, 22, 29
	Sat 19, 26
Aug 23	Tue 1, 22, 29
	Sat 19, 26
	Sat 2, 9, 16, 23, 30
Sep 23	Tue 5, 12, 19, 26
	Sat 2, 9, 16, 23, 30
	Sat 7, 21
	Sat 28
	Tue 3
Oct 23	Tue 10, 24
	Tue 31
	Sat 7, 21
	Sat 28
	Sat 4, 11
Nov 23	Tue 7
	Sat 4, 11

Dates	Nts
TREAD LIGHTLY GUIDED WALKING	
Apr 23	Sat 15
	Tue 18
GENTLE GUIDED WALKING	
May 23	Fri 5
Jun 23	Sat 17
SELF-GUIDED WALKING	
Dates 3, 4, & 7 Nts	
Sat 4 Mar to Thur 30 Mar 2023	
Fri 31 Mar to Thur 27 Apr 2023	
Fri 28 Apr to Thur 5 Oct 2023	
Fri 6 Oct to Thur 26 Oct 2023	
Fri 27 Oct to Tue 14 Nov 2023	

Dates	Nts
GUIDED WALKING FOR SOLOS	
Oct 23	Sat 14
	Tue 17
	Sat 14
FESTIVE WALKING	
Dec 23	Sat 23
	Sat 23
	Wed 27
	Wed 27
	Sat 30

Dates	Nts
GUIDED WALKING WITH SIGHTSEEING	
Apr 23	Sat 15
Aug 23	Sat 26
DISCOVERY TOURS	
Apr 23	Sat 1
Jun 23	Sat 24
FAMILY WALKING ADVENTURES - Under 5's go free	
Aug 23	Sat 5
	Sat 12



BEST OF ISLE OF MAN



GUIDED WALKING

HIGHLIGHTS

- Walking the best sections of the Way of the Gull Trail
- Visiting the island's old capital – Castletown
- Enjoying beautiful coastal scenery and quaint seaside villages

ACCOMMODATION

The Ascot Hotel is a friendly and contemporary hotel just 100 yards off Douglas seafront and promenade. All rooms are en-suite with tea and coffee tray, remote control Flat Screen TV, Wi-Fi, iron and ironing board, in-room safes, and hairdryer.

WALKS GRADE AND PARAMETERS

45 miles over 5 walking days with a maximum daily ascent of 2,500 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All transport to and from the walks
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts
May 23 Sat 6	7
Jul 23 Sat 1	7
Sep 23 Sat 2	7
Sat 16	7

ISLES OF SCILLY



GUIDED WALKING

HIGHLIGHTS

- The sub-tropical gardens of Tresco
- Visiting wild and windswept Bryher
- Discovering the two largest islands - St Mary's and St Martin's

ACCOMMODATION

Staying at the Bell Rock Hotel on St Mary's, a short stroll from the harbour. The hotel has a small heated indoor swimming pool and good Wi-Fi. Rooms have a hairdryer, tea and coffee making facilities, and a boot tray.

WALKS GRADE AND PARAMETERS

32½ miles over 5 walking days with a minimal ascent.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- Island boat transfers on walking days
- Half-board en-suite accommodation – 6 breakfasts, 6 evening meals



Dates	Nts
Apr 23 Fri 21	6
May 23 Wed 10	6
Tue 23	6
Jun 23 Tue 27	6
Jul 23 Fri 7, 21	6
Aug 23 Fri 4, 15	6
Sep 23 Fri 22	6
Oct-23 Fri 13	6

NORFOLK COAST PATH



GUIDED TRAIL

HIGHLIGHTS

- Spotting coastal birds around the area's nature reserves
- Mostly level walking with beautiful coastal views
- Visiting quaint villages and small towns steeped in history

ACCOMMODATION

Caley Hall Hotel is set around the original manor house which dates back to 1648. The stables and outbuildings have been converted to provide 38 comfortable and well-equipped chalet style bedrooms.

WALKS GRADE AND PARAMETERS

48 miles over 5 walking days with a maximum daily ascent of 700 feet; most days there is minimal ascent.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All transport to and from the walks
- Full-board en-suite accommodation – 6 breakfasts, 5 lunches, 6 evening meals



Dates	Nts
May 23 Sat 6, 20	6
Sep 23 Sat 16	6
Sat 30	6
Oct 23 Sat 21	6



CHANNEL ISLANDS



GUIDED WALKING

HIGHLIGHTS

- › Enjoying island life
- › Hopping across four different Channel Islands

ACCOMMODATION

The Moores Hotel is situated in the centre of St. Peter Port, Guernsey and only minutes from the seafront. Rooms include TV, radio alarm, hairdryer, tea and coffee making facilities and Wi-Fi. Drying facilities are available.

WALKS GRADE AND PARAMETERS

64½ miles over 6 days with maximum daily ascent of 2,550 feet, mainly on undulating coastal paths.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All walks transport, including inter-island flights and ferries
- Transfer to and from Guernsey Airport
- 'With flight' holidays include return flights from London
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates		Nts
Apr 23	Sat 15	7
May 23	Sat 6	7
Jun 23	Sat 10	7
Jul 23	Sat 1	7
Sep 23	Sat 9	7

JERSEY



GUIDED WALKING

HIGHLIGHTS

- › Choice of walks each day, exploring the best of Jersey's coast and countryside
- › Chance to see historical sites including Neolithic burial chambers, castles and WWII defences

ACCOMMODATION

The family-owned 4-star Somerville Hotel is a recently refurbished country house hotel, nestled in the hillside overlooking the picturesque yachting village of St Aubin. Rooms include tea and coffee making facilities, hairdryer, bathrobes, toiletries, TV and Wi-Fi.

WALKS GRADE AND PARAMETERS

Walks ranging from 6 miles to 9½ miles on 5 walking days, with a maximum daily ascent of 900 feet.

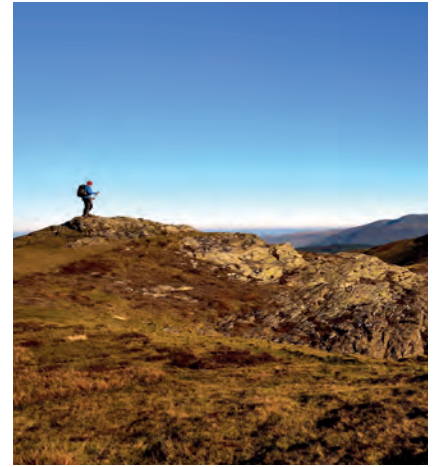
WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All transport to and from the walks
- Transfer to and from Jersey Airport
- 'With flight' holidays include return flights from London
- Half-board en-suite accommodation – 7 breakfasts, 7 evening meals



Dates		Nts
Apr 23	Sat 15	7
Jun 23	Sat 3	7
Sep 23	Sat 2	7

COAST TO COAST



GUIDED WALKING

HIGHLIGHTS

- › Walking across three stunning national parks
- › Crossing England coast to coast on Wainwright's classic trail
- › Surrounded by outstanding high fells, lakes, moors and forest

ACCOMMODATION

11 nights comfortable accommodation at carefully selected partner hotels plus 4 nights at HF Holidays country house, Larpool Hall in Whitby.

WALKS GRADE AND PARAMETERS

189 miles over 14 walking days with a maximum daily ascent of 3,180 feet including one day walking 20 miles.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All walks transport; luggage transfers
- Group transfer from St Bees
- Full-board en-suite accommodation – 15 breakfasts, 14 lunches, 15 evening meals



Dates		Nts
Jun 23	Mon 12	15
Jul 23	Mon 10	15
Aug 23	Mon 7	15
Sep 23	Mon 4	15

WELCOME TO THE PEAK DISTRICT

WALKING THROUGH HISTORY

Rolling out across the southern Pennines, the Peak District National Park is a picture of lonely heather-clad moorland, limestone dales, and rocky gritstone edges. Walks here take you through historic country estates and dramatic scenery in the heart of Britain's Industrial Revolution.

Follow paths along the fast-flowing waters of the River Derwent and find out how it helped fuel Britain's 18th century industrial boom with a visit to the UNESCO-listed Derwent Valley cotton mills. The heritage of the region stretches back even further at Chatsworth House. Owned by the dukes and earls of the Devonshire family for centuries, this opulent country pile was once the gilded cage of Mary, Queen of Scots, on the orders of Elizabeth I in 1569.



Chatsworth House

DAYTRIPPING TIPS

Peveril of the Peak – our characterful country house in Dovedale – makes an ideal base. Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, you'll be less than a mile from the famous Dovedale Stepping Stones and other visit-worthy spots.

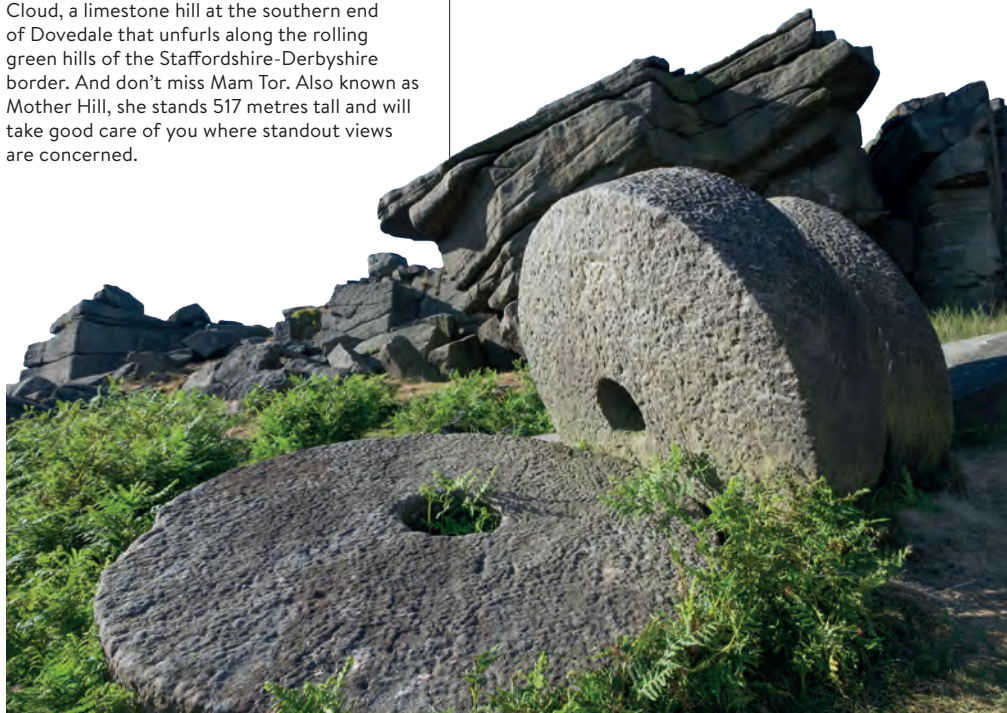
- Walk along the rocky ridge of The Roaches
- Explore the grounds of Chatsworth House
- Hike to the top of Mam Tor
- Visit Bakewell to sample a sweet Bakewell pudding or tart
- Cycle along the nearby Tissington Trail



TRUE GRIT

For walkers looking to test themselves, the Gritstone Way is a winner. One of the Peak District's premier walking routes, it takes in the rugged gritstone ridges around the Roaches and the impressive Stanage Edge – a series of cliff faces and rocky escarpments so formidable, they're often used as a training ground for mountaineers heading to the Himalayas.

Equally spectacular is the cone-shaped Thorpe Cloud, a limestone hill at the southern end of Dovedale that unfurls along the rolling green hills of the Staffordshire-Derbyshire border. And don't miss Mam Tor. Also known as Mother Hill, she stands 517 metres tall and will take good care of you where standout views are concerned.



WE LOVE...

I love the contrasts on walks to Hollinsclough from our HF Holidays country house in Dovedale. The jagged, craggy outline of Chrome Hill and Parkhouse are known as 'the Dragon's Back' by locals and they make me roar loud and proud about my love of the Peak District. Both hills are magnificent Ethels – the Peak District's answer to the famous Lake District Wainwrights – and are one of the first things you'll see on approach to the village.

There are ancient packhorse bridges to cross, plus a ramble through the remote limestone valley carved out by the River Dove. Along the way, we'll pass by the long-gone remains of Pilsbury Castle and visit Hartington Farm shop for tea and cakes – be sure to sample Hartington Stilton or Dovedale Blue cheeses from the creamery, too, they're delicious.



Suzanne Clark
HF Holidays
Field Advisor



MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE PEAK DISTRICT | THE PEVERIL OF THE PEAK

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



If you're easily seduced by the charm of the Peak District, this characterful country house is a winner. There are 46 well-appointed guest rooms, a comfortable lounge with a wood burner for chilly days, plus an outdoor terrace perfect for soaking up beautiful countryside views. What's more, there's plenty of big-name attractions nearby and no shortage of walking thrills, either.

HOUSE FACILITIES

- > 46 comfortable en-suite bedrooms
- > Lounge with wood burning stove and bar
- > Garden with patio seating and countryside views
- > Easy walk to Dovedale stepping stones
- > Boot room, drying room, and Discovery Point
- > Ideal for groups of up to 74 guests
- > Free Wi-Fi



UPGRADE TO A 'PREMIUM' ROOM OR A 'SUPERIOR' ROOM

Excellent Peak District Walking Holiday

"Beautiful setting. Amazing leaders. Accommodation in premium room is very comfortable, food is plentiful and staff go further than the extra mile."

Annette



YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

2 Easier walks: Up to 8 miles with up to 1,300 feet of ascent. Dovedale Gorge, the Roaches, Chatsworth Estate, and Bakewell.

3 Medium walks: Up to 10½ miles with up to 1,600 feet of ascent. Derbyshire Dales, Buxton, Manifold, and Derwent Valleys.

4 Harder walks: Up to 12½ miles with up to 1,900 feet of ascent. The Great Ridge, Froggatt Edge, the Upper Dove, and Shining Tor.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GENTLE GUIDED WALKING

Enjoy walks that are easier on the muscles with a Gentle Guided Walking Holiday. You'll still have a choice of up to three walks a day but at an easy pace that allows you ample time to soak up the scenery.

TREAD LIGHTLY

2 Easier Walks: Up to 8 miles with up to 1,300 feet of ascent. Coldwall Bridge, Tissington, the River Dove, Ilam.

3 Medium Walks: Up to 10½ miles with up to 1,350 feet of ascent. Limestone Way, Blore, Dovedale Gorge, Tissington Trail, Hanging Bridge.

4 Harder Walks: Up to 12½ miles with up to 1,900 feet of ascent. Hanging Bridge, the Mayfields, Narrowdale Hill, the Manifold Way, Blore.

GUIDED WALKING WITH SIGHTSEEING

2 Up to 5½ miles with up to 700 feet of ascent in a day. Includes visits to Chatsworth House, Poole's Cavern, Buxton, Dovedale Gorge, and the Cromford Canal.

DISCOVERY TOURS

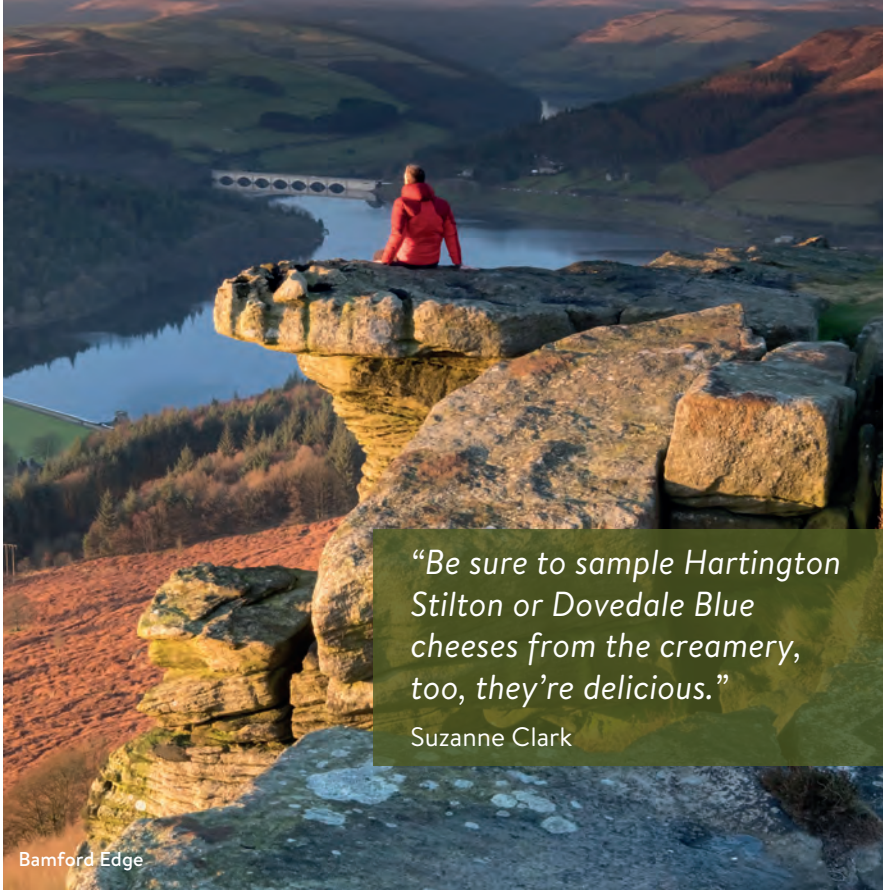
A Peak District Discovery Tour sees you enjoy the Elizabethan splendour of Haddon Hall, find out more about the industrial revolution at Cromford Mills, and uncover the warts-and-all history of Eyam and its battle against the Great Plague in 1665.

See the next page for all our walking holidays at The Peveril of the Peak.



THE PEVERIL OF THE PEAK

HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN DOVEDALE



Bamford Edge

“Be sure to sample Hartington Stilton or Dovedale Blue cheeses from the creamery, too, they’re delicious.”

Suzanne Clark

DERBYSHIRE GRITSTONE WAY



GUIDED TRAIL

HIGHLIGHTS

- › Discovering the Derwent Valley and famous Gritstone Edges
- › Walking the Great Ridge from Lose Hill over Mam Tor to Edale, start of the Pennine Way
- › Experiencing Chatsworth and the World Heritage Site of the Derwent Valley Mills

WALKS GRADE AND PARAMETERS

3 66 miles over 6 walking days with a maximum daily ascent of 2,200 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All transport to and from the walks
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts	
Apr 23	Fri 21	7
May 23	Fri 19	7
Jun 23	Fri 30	7
Aug 23	Fri 18	7

Dates	Nts
GUIDED WALKING	
	Fri 10 3
Feb 23	Mon 13 4
	Fri 10 7
	Fri 3, 24 3
Mar 23	Mon 6, 20, 27 4
	Fri 3, 24 7
Apr 23	Fri 7 3
	Mon 3 4
	Fri 5, 12, 26 3
May 23	Mon 1, 8, 15, 29 4
	Fri 5, 12, 26 7
	Fri 2, 16, 30 3
Jun 23	Mon 5 4
	Fri 2, 30 7
	Fri 14, 21 3
Jul 23	Mon 3, 17 4
	Fri 14 7
	Fri 11, 18 3
Aug 23	Mon 21 4
	Fri 18 7
	Fri 1, 8, 22, 29 3
Sep 23	Mon 4, 11, 18, 25 4
	Fri 1, 8, 22 7
	Fri 13 3
Oct 23	Mon 16 4
	Mon 30 4
	Fri 13 7
	Fri 10 3
Nov 23	Mon 13 4
	Fri 10 7
	Fri 1 3
Dec 23	Mon 4 4
	Fri 1 7

Dates	Nts
TREAD LIGHTLY GUIDED WALKING	
	Fri 17 3
Feb 23	Mon 20 4
Mar 23	Mon 13 4
Apr 23	Fri 14 3
Jun 23	Fri 9 3
	Mon 12 4
	Fri 7 3
Jul 23	Mon 10 4
Oct 23	Mon 9 4
Nov 23	Mon 6, 27 4
SELF-GUIDED WALKING	
Dates 3, 4 & 7 Nots	
Fri 10 Feb to Thur 30 Mar 2023	
Fri 31 Mar to Thur 27 Apr 2023	
Fri 28 Apr to Thur 5 Oct 2023	
Fri 6 Oct to Thur 26 Oct 2023	
Fri 27 Oct to Fri 8 Dec 2023	

Dates	Nts
GUIDED WALKING WITH SIGHTSEEING	
Jun 23	Fri 9 7 Guided Walking with Sightseeing
Jul 23	Fri 7 7 Guided Walking with Sightseeing

Dates	Nts
DISCOVERY TOURS	
Jun 23	Fri 2 7 Discovery Tour
Sep 23	Fri 22 7 Discovery Tour

Dates	Nts
FAMILY WALKING ADVENTURES - Under 5's go free	
Apr 23	Mon 10 4 Family Walking Adventure
Jul 23	Fri 28 7 Family Walking Adventure
Aug 23	Fri 4 7 Family Walking Adventure
Oct 23	Mon 23 4 Family Walking Adventure

Dates	Nts
GENTLE GUIDED WALKING	
Apr 23	Fri 28 3
Jun 23	Mon 19 4
Jul 23	Mon 24 4
GUIDED WALKING FOR SOLOS	
	Fri 3 3
Feb 23	Mon 6 4
	Fri 3 7
FESTIVE WALKING	
	Sat 23 4
	Sat 23 7
Dec 23	Wed 27 3
	Wed 27 7
	Sat 30 4

WELCOME TO THE SHROPSHIRE HILLS

A TRIO OF PEAKS

Straddling the Welsh border, the V-shaped volcanic peaks of Shropshire's Stretton Hills have been awarded Area of Outstanding Natural Beauty status. Walk-wise, Shropshire's favourite walking trilogy is The Three Stretton Hills – a trail that lets you conquer a trio of peaks in a single day.

The ascent up Ragleth Hill is all bracken-lined tracks and broad, grassy paths that open out above charming Church Stretton, while Hope Bowdler Hill enjoys north-south views across the county, putting Caer Caradoc in sight – the final instalment of this blockbuster walking route. Like a balcony built by nature, this shapely hill provides knockout views over Carding Mill Valley and the Long Mynd – a heather-clad plateau that's been home to grazing ponies and bleating sheep for centuries.



Stiperstones

DAYTRIPPING TIPS

Longmynd House lends itself perfectly to exploring Shropshire. It's just a 10-minute stroll from the market town of Church Stretton and within driving distance of the Stiperstones, Shrewsbury, Ironbridge Valley of Invention, and the Long Mynd itself.

- Spend time in Church Stretton, nicknamed Little Switzerland for its picturesque landscape
- Walk across the Long Mynd
- Visit the excellent museums at UNESCO World Heritage Site Ironbridge Gorge
- Take the train to historic Ludlow and visit Ludlow Castle
- Stop by Attingham Park or Powis Castle

The legend of King Arthur's sword Excalibur



INTO THE MARCHES

The rocky, mineral-rich landscapes of the Marches helped make it a powerhouse of Britain's mining industry. Our walks take you through a roughhewn region steeped in mining history that still bears the scars of being the Industrial Revolution's engine room.

Dig deep into the past at the Bog Visitor Centre – a former mining village turned heritage museum – and see how this part of Shropshire was shaped by miners with a trek along the quartz ridges of the Stiperstones. And don't miss Mitchell's Fold, a Bronze Age stone circle where local legend says King Arthur pulled the sword from the stone.



Powis castle



WE LOVE...

The geology of Shropshire never fails to fascinate me. Nowhere else in the UK has so much going on in such a small area. Walks here can be challenging but never extreme and are readily accessible from our HF Holidays base at Longmynd House.

If you're after an adventure, try a scramble on the craggy outcrop of the Gaerstone rock on Hope Bowdler Hill. Or, for something less taxing, wander the meadows by the River Onny and finish with refreshments at the Shropshire Hills Discovery Centre.

A little further afield, our walks visit the UNESCO World Heritage Site at Ironbridge and the beautiful town of Ludlow – ideal destinations if like me, you're a history fan. And as far as views are concerned, little beats the 360° scenes from the rocky hill fort on the summit of Caer Caradoc.



Julian Barry
HF Holidays
Field Advisor





MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE SHROPSHIRE HILLS | LONGMYND HOUSE

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



For rural calm in the Shropshire Hills, the setting of Longmynd House is hard to top. The extensive grounds include an animal-themed woodland sculpture trail crafted by chainsaw sculptor, Dave Bytheway, while the large dining room and bar area both boast beautiful views across the Stretton Valley. To top it all, you're just minutes from the market town of Church Stretton, too.

HOUSE FACILITIES

- > 51 comfortable en-suite bedrooms plus six lodges
- > Woodland walk and sculpture trail
- > Spacious public rooms, bar and patio seating area
- > Boot room, drying room, and Discovery Point
- > Ideal for groups of up to 85 guests
- > Free Wi-Fi



➤ UPGRADE TO A 'PREMIUM' ROOM

A wonderful holiday. Difficult to see how it could have been better

"Excellent holiday. Brilliant leaders. Nothing was too much trouble."

Mary



Book your group transfer from Church Stretton Station for only £12pp return

YOUR HOLIDAY, YOUR WAY

▶ GUIDED WALKING

2 **Easier walks: Up to 7 miles with up to 1,300 feet of ascent.** Long Mynd, Darnford Valley, and Hope Bowdler.

3 **Medium walks: Up to 9 miles with up to 1,950 feet of ascent.** Mini-mountain ridge along the Stiperstones, and top of the Long Mynd.

4 **Harder walks: Up to 13 miles with up to 2,700 feet of ascent.** Stiperstones Ridge, Caer Caradoc, and Ragleth Hill.

▶ SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

▶ TREAD LIGHTLY

2 **Easier Walks: Up to 7 miles with up to 1,300 feet of ascent.** Slopes of Caer Caradoc, Cardingmill Valley, Hope Bowdler, and Helmeth Wood.

3 **Medium Walks: Up to 9 miles with up to 1,950 feet of ascent.** Hope Bowdler & Caer Caradoc, All Stretton and Long Mynd, Ragleth Hill, and Chelmick.

4 **Harder Walks: Up to 12 miles with up to 2,500 feet of ascent.** The Lawley, Caer Caradoc, Adstone Hill, Ragleth Hill, Chelmick, and Hope Bowdler Hill

▶ GUIDED WALKING WITH SIGHTSEEING

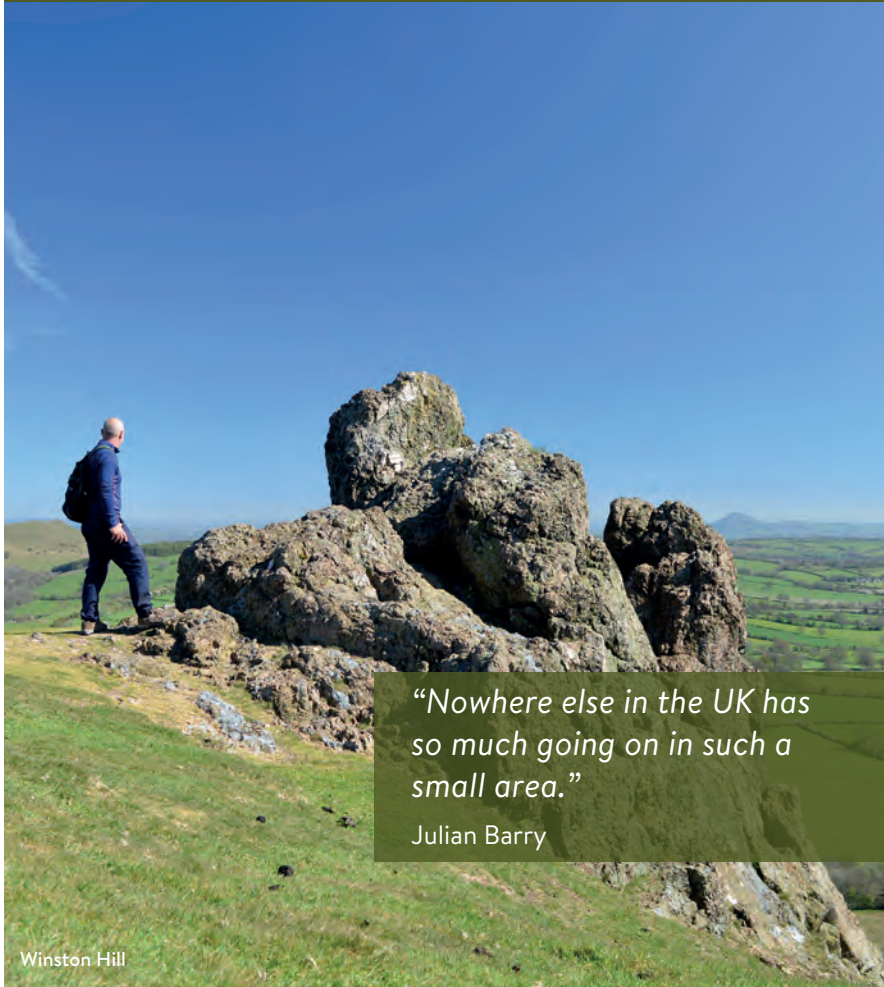
1 **Up to 4 miles with up to 700 feet of ascent in a day.** Includes visits to Ludlow, Shrewsbury, plus walks exploring the Stiperstones, sections of the Shropshire Way, and Ironbridge.

▶ DISCOVERY TOURS

A Shropshire Discovery Tour lets you enjoy rolling scenery around the Shropshire Hills, see the Stiperstones, and visit a selection chocolate-box market towns. Castle-crowned Ludlow is also on the cards, as is a fascinating trip to the UNESCO-listed Ironbridge Gorge.



See the next page for all our walking holidays at Longmynd House.



“Nowhere else in the UK has so much going on in such a small area.”

Julian Barry

Winston Hill

A SHROPSHIRE WAY



GUIDED TRAIL

HIGHLIGHTS

- › Exploring a stunning linear route journeying through the most spectacular sections of the Shropshire Hills AONB
- › Discovering a wealth of wildlife and geology along the way
- › Begin with the myths and legends of the Stiperstones and end in historic Ludlow

WALKS GRADE AND PARAMETERS

61 miles with 11-13½ miles and up to 2,250 feet of ascent in a day.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All transport to and from the walks
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates		Nts
May 23	Fri 19	7
Jun 23	Fri 30	7
Aug 23	Fri 18	7

Dates		Nts
GUIDED WALKING		
	Fri 3, 10, 17	3
	Fri 31	3
Mar 23	Mon 6, 13, 20	4
	Fri 3, 10, 17	7
	Fri 31	7
	Fri 7, 14	3
	Fri 28	3
Apr 23	Mon 3, 10, 17	4
	Fri 7, 14	7
	Fri 28	7
	Fri 5, 12, 19	3
May 23	Mon 1, 8, 15, 22	4
	Fri 5, 12, 19, 26	7
	Fri 2, 16, 23, 30	3
Jun 23	Mon 5, 19, 26	4
	Fri 2, 16, 23, 30	7
	Fri 7, 21, 28	3
Jul 23	Mon 3, 10, 24, 31	4
	Fri 7, 21, 28	7
	Fri 4, 11, 18, 25	3
Aug 23	Mon 7, 14, 21, 28	4
	Fri 4, 11, 18, 25	7
	Fri 15, 22, 29	3
Sep 23	Mon 18, 25	4
	Fri 15, 22, 29	7
	Fri 6, 20	3
	Fri 27	3
	Mon 2	4
Oct 23	Mon 9, 23	4
	Mon 30	4
	Fri 6, 20	7
	Fri 27	7

Dates		Nts
TREAD LIGHTLY GUIDED WALKING		
	Fri 24	3
Mar 23	Mon 27	4
	Fri 9	3
Jun 23	Mon 12	4
	Fri 13	3
Oct 23	Mon 16	4

Dates		Nts
SELF-GUIDED WALKING		
Dates 3, 4 & 7 Nts		
Fri 3 Mar to Thur 30 Mar 2023		
Fri 31 Mar to Thur 27 Apr 2023		
Fri 28 Apr to Thur 5 Oct 2023		
Fri 6 Oct to Thur 26 Oct 2023		
Fri 27 Oct to Thur 2 Nov 2023		

Dates		Nts	
GUIDED WALKING WITH SIGHTSEEING			
Apr 23	Fri 21	7	Guided Walking with Sightseeing
Jul 23	Fri 14	7	Guided Walking with Sightseeing
Sep 23	Fri 1	7	Guided Walking with Sightseeing

Dates		Nts	
DISCOVERY TOURS			
	Fri 21	3	Discovery Tour
Apr 23	Mon 24	4	Discovery Tour
	Fri 21	7	Discovery Tour
	Fri 14	3	Discovery Tour
Jul 23	Mon 17	4	Discovery Tour
	Fri 14	7	Discovery Tour
Sep 23	Fri 15	7	Discovery Tour

WELCOME TO THE COTSWOLDS



THE ENGLAND OF OLD

Our Cotswolds walking holidays put you in Bourton-on-the-Water – the impossibly pretty town complete with chocolate-box cottages, old-fashioned tearooms, and low-arched stone bridges that span the River Windrush.

You'll also be within walking distance of the Cotswold Motoring Museum, the Model Village, and Birdland Wildlife Park & Gardens. What's more, it's an easy drive from village beauties Broadway and Bibury, too.

For walkers and hikers, there's no shortage of thrills, especially for those keen to explore the well-trodden trails and paths around the Windrush Valley, Lower and Upper Slaughter, the Gloucestershire Way, and the Monarch Way.



Roman Baths, Bath

DAYTRIPPING TIPS

Bourton-on-the-Water sits in one of the Cotswold's most eye-catching spots – and Harrington House is at the heart of it. Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, a stay here puts a selection of highlights on your doorstep.

- › Explore the Cotswolds
- › Visit villages big on old English charm, including Chipping Campden, Broadway, Winchcombe, and Stow-on-the-Wold
- › Walk the trails around the Windrush Valley and the Slaughters
- › Spend time in Bourton-on-the-Water
- › Take a drive to Bath, Oxford, or Stratford-upon-Avon



Broadway Tower

LEG-STRETCHING WALKS

Though there are plenty of easy strolls in this corner of England, serious walkers opt for the Cotswold Way – 100 miles of rolling English countryside dotted with medieval churches, timber-framed villages, and historic stately homes. It starts in leafy-laned Chipping Campden and ends in Bath – the English spa town with over 2,000 years of Roman history. Along the way, visit the ghostly ruins of the 13th century Hailes Abbey and Cooper's Hill, home of Gloucestershire's famously weird and wonderful cheese-rolling championships.



WE LOVE...

As a Cotswolds native I know – and love – the place like the back of my hand. I'm most fond of summer walks over Cleeve Hill. After wandering around the old hill fort, look down from the highest point in the Cotswolds over Cheltenham Racecourse – it's a great place to be on Gold Cup day. Picnics by the Washpool on Cleeve Common conjure happy memories for me as I'd often bring my children here when they were growing up.

There's plenty of the region's industrial history to be discovered, too. Follow the tracks around Leckhampton Hill and you'll see the impressive limestone stack known as the Devil's Chimney. The views alone are worth the walk.

If you're following the Cotswold Way or heading towards Winchcombe, you'll pass Hailes Abbey and Hayles Fruit Farm. The fruit farm is well known locally for its tasty apples and cider but also as a great coffee stop before exploring the English Heritage-listed abbey. Don't miss the superb 13th century wall paintings.



Sue Maizonnier
HF Holidays
Field Advisor



MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE COTSWOLDS | HARRINGTON HOUSE

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



Harrington House has all the trappings of a traditional country retreat but with the bonus of being in the centre of bustling village, Bourton-on-the-Water. Outside there's honey-coloured stone, well-groomed gardens, and alfresco seating, ideal for soaking up the sunshine. Inside, it's been lovingly refurbished, but still maintains many a period charm – not least the Rococo ornate ceiling.

HOUSE FACILITIES

- > 28 comfortable en-suite bedrooms
- > Observatory at top of the house
- > Two lounges, dining room and bar
- > Attractive walled garden
- > Boot room, drying room, and Discovery Point
- > Free Wi-Fi



UPGRADE TO A 'PREMIUM' ROOM

Good walking, company and scenery

"Good walk leaders. Great company with other guests. Good evening activities."

Clive



YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

1 **Easier walks: Up to 7 miles with up to 650 feet of ascent.** Windrush Valley, Stow-on-the-Wold, and Chedworth Roman Villa.

1 **Medium walks: Up to 9½ miles with up to 1,000 feet of ascent.** Roman Cirencester, Chipping Campden, and Broadway.

1 **Harder walks: Up to 12 miles with up to 1,450 feet of ascent.** Monarch's Way, Stowell, Gloucestershire Way, the Slaughters, Cleve Hill.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

TREAD LIGHTLY

1 **Easier Walks: Up to 7 miles with up to 270 feet of ascent.** The Slaughters, Salmonsbury Camp, Cold Aston, the Rissingtons.

1 2 **Medium Walks: Up to 9½ miles with up to 850 feet of ascent.** The Slaughters, Lower Harford, Cold Aston, Clapton, and Icomb.

2 **Harder Walks: Up to 12 miles with up to 1,100 feet of ascent.** Naunton, the Windrush Valley, Cold Aston, Notgrove, Turkdean, and Stow.

GUIDED WALKING WITH SIGHTSEEING

1 **Up to 6 miles with up to 600 feet of ascent in a day.** Explore charming honey-coloured stone villages with visits to Sudeley Castle, Broadway Tower, and the intricately designed Arts & Crafts garden at Hidcote.

DISCOVERY TOURS

Our Cotswolds Discovery Tours are a great way to see all the standout attractions. They give you the chance to visit classic Cotswolds towns, explore the Taj Mahal-inspired Sezincote House, and see Blenheim Palace – birthplace of Sir Winston Churchill. There's even the opportunity to stroll through the stately gardens of Sudeley Castle and ride on the Gloucestershire & Warwickshire Steam Railway, too.

See the next page for all our walking holidays at Harrington House.



HARRINGTON HOUSE

HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN BOURTON-ON-THE-WATER



"I'm most fond of summer walks over Cleeve Hill. After wandering around the old hill fort, look down from the highest point in the Cotswolds over Cheltenham Racecourse"

Sue Maizonnier

Broadway

COTSWOLD WAY



GUIDED TRAIL

HIGHLIGHTS

- > Honey coloured villages and market towns
- > Walking field paths, woodland trails, and old drove roads

WALKS GRADE AND PARAMETERS

3 100 miles over 9 walking days with a maximum daily ascent of 2,350 feet.

Dates	Nts
Apr 23	Fri 14 10
Jun 23	Fri 30 10
Jul 23	Fri 14 10
Sep 23	Fri 22 10

THAMES PATH



GUIDED TRAIL

HIGHLIGHTS

- > Walking the beautiful upper reaches of the River Thames

WALKS GRADE AND PARAMETERS

2 56 miles over 5 walking days with a maximum daily ascent of 400 feet.

Dates	Nts
May 23	Fri 12 7
Jul 23	Fri 14 7
Aug 23	Fri 11 7

Dates	Nts
GUIDED WALKING	
Jan 23	Fri 27 3
	Mon 30 4
	Fri 27 7
Feb 23	Fri 17 3
	Mon 20 4
	Fri 17 7
Mar 23	Fri 3, 17 3
	Mon 6, 20 4
	Fri 3, 17 7
	Fri 31 7
Apr 23	Fri 21 3
	Mon 3, 10 4
	Fri 5, 26 3
May 23	Mon 1, 8, 29 4
	Fri 5, 26 7
	Fri 16 3
Jun 23	Mon 19 4
	Fri 2, 16, 30 7
Jul 23	Mon 10, 31 4
	Fri 14, 28 7
	Fri 4 3
Aug 23	Mon 28 4
	Fri 18, 25 7
Sep 23	Fri 1, 29 3
	Mon 2 4
Oct 23	Mon 16 4
	Sun 8 5
	Fri 27 7
	Fri 24 3
Nov 23	Mon 27 4
	Fri 10, 24 7
	Fri 8 3
Dec 23	Mon 11 4
	Fri 8 7
TREAD LIGHTLY GUIDED WALKING	
Jan 23	Mon 23 4
Feb 23	Fri 10 3

Dates	Nts
TREAD LIGHTLY GUIDED WALKING	
Mar 23	Mon 13 4
May 23	Fri 12 3
Oct 23	Fri 6 2
	Fri 13 3
Nov 23	Fri 17 3
	Mon 20 4
Dec 23	Fri 1 3
	Mon 4 4

Dates	Nts
SELF-GUIDED WALKING	
Dates 2, 3, 4, 5 & 7 Nits	
Mon 23 Jan to Thur 30 Mar 2023	
Fri 31 Mar to Thur 27 Apr 2023	
Fri 28 Apr to Thur 5 Oct 2023	
Fri 6 Oct to Thur 26 Oct 2023	
Fri 27 Oct to Fri 15 Dec 2023	

Dates	Nts
FESTIVE BREAKS	
	Wed 27 3 Festive Guided Walking
Dec 23	Wed 27 7 Festive Guided Walking
	Sat 30 4 Festive Guided Walking
	Sat 23 4 Festive Self-Guided Walking
	Sat 23 4 Festive Discovery Tour

Dates	Nts
GUIDED WALKING WITH SIGHTSEEING	
Apr 23	Fri 14 7 Guided Walking with Sightseeing
Jul 23	Fri 21 7 Guided Walking with Sightseeing
Sep 23	Fri 22 7 Guided Walking with Sightseeing

Dates	Nts
DISCOVERY TOURS	
May 23	Fri 19 7 Discovery Tour
Aug 23	Fri 18 7 Discovery Tour

WELCOME TO THE NORTHERN LAKE DISTRICT

BAG A WAINWRIGHT

The northern reaches of the UNESCO-listed Lake District are a magnet for walkers wishing to do some Wainwright bagging. There are 214 fells described in the books of legendary fellwalker, illustrator, and author Alfred Wainwright. Walking routes in the Northern Lake District let you tick-off Blencathra, Cat Bells, and Helvellyn, as well as the far-reaching views into Scotland from Skiddaw. And then there's Scafell Pike, the highest point in England at 978 metres.



Cat Bells

DAYTRIPPING TIPS

Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, the location of Derwent Bank couldn't be more perfect for exploring the Lake District. To the west is Cat Bells, to the east is the charming market town of Keswick, and front and centre are the shores of Derwentwater itself.

- Explore the valleys of Borrowdale and Newlands
- Take in a performance at Keswick's Theatre by the Lake
- Walk around the lake or in nearby Whinlatter Forest
- Enjoy laidback strolls or leg-stretching hikes
- Conquer Scafell Pike – England's highest peak



Wild Ospreys

A CUMBRIAN CLASSIC

The Lake District is sliced through by a section of the Cumbria Way, which despite its 73-mile length, is a relatively low-level walk - but the scenic rewards are huge. Tackle some of its finest sections with us and you'll find mist-shrouded peaks, peaceful picnic spots, and woodlands bristling with red squirrels, kestrels, otters, ospreys, and deer.

Alternatively, take a relaxing ride across a lake aboard the famous Keswick Launch Ferry, a great way to get a different view of the surrounding fells. Why not stop by the quirky Derwent Pencil Museum or pay a visit to Mirehouse – a tranquil Cumbrian mansion complete with well-manicured gardens that sits on the shores of Bassenthwaite Lake.



Ashness Bridge



WE LOVE...

Whether you're looking for beautiful valley walks or full-on challenges bagging as many Wainwrights as possible in one day, the Northern Lake District has so much to offer. There are many fells to choose from, but one of my favourites is Helvellyn. From relatively straightforward paths to exciting scrambles over Striding Edge and Swirral Edge, it's got plenty of routes available to the summit. The views are spectacular not to mention the sense of achievement.

If the high fells aren't for you then hike along the much quieter Langstrath Valley where you can reward yourself with a dip in one of the gorgeous pools along the river. Wherever you decide to walk there's always a country pub waiting at the end, ready to pour you a well-deserved pint of local ale. After a long day on the fells, try a drop of Loweswater Gold at the Kirkstall Inn.



Kim Brown
HF Holidays
Operations
Executive





MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE NORTHERN LAKE DISTRICT | DERWENT BANK

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



Derwent Bank is a country house that holds plenty of appeal. Lovely grounds slope down to the shores of Derwentwater and the market town of Keswick is less than two miles away.

You'll find 40 stylish guest rooms, with some overlooking the lake or facing Cat Bells and Grizedale Pike.

HOUSE FACILITIES

- 32 comfortable en-suite bedrooms in the main house, 8 adjoining garden rooms
- Extensive gardens down to Derwentwater with jetty
- Orangery with bi-fold doors and lake views
- Putting green and croquet lawn
- Boot room, drying room, and Discovery Point
- Ideal for groups of up to 65 guests
- Free Wi-Fi



Book your group transfer from Penrith Station for only £30pp return

UPGRADE TO A 'PREMIUM' ROOM OR A 'SUPERIOR' ROOM

YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

Easier walks: Up to 7½ miles with up to 1,250 feet of ascent. Derwentwater, Buttermere, Ullswater and the Newlands Valley.

Medium walks: Up to 10½ miles with up to 2,300 feet of ascent. Cat Bells, Whinlatter, Barrow and Sheffield Pike.

Harder walks: Up to 12½ miles with up to 3,350 feet of ascent. Skiddaw, Blencathra, and Helvellyn via Striding Edge.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

TREAD LIGHTLY

Easier Walks: Up to 7 miles with up to 1,200 feet of ascent. Cat Bells Terrace, above Braithwaite, and Newlands Valley.

Medium Walks: Up to 9½ miles with up to 2,200 feet of ascent. Cat Bells, Whinlatter Forest, Barrow, and Outerside.

Harder Walks: Up to 12 miles with up to 2,900 feet of ascent. Cat Bells, High Spy, Grisedale Pike, and Causey Pike.

GUIDED WALKING WITH SIGHTSEEING

Up to 6 miles with up to 1,200 feet of ascent in a day. Includes boat trips on Derwentwater and Ullswater, walks around Buttermere and along Cat Bells Terrace, and visits to Mirehouse and Dalemain Mansion and Garden.



See the next page for all our walking holidays at Derwent Bank.

Great short break

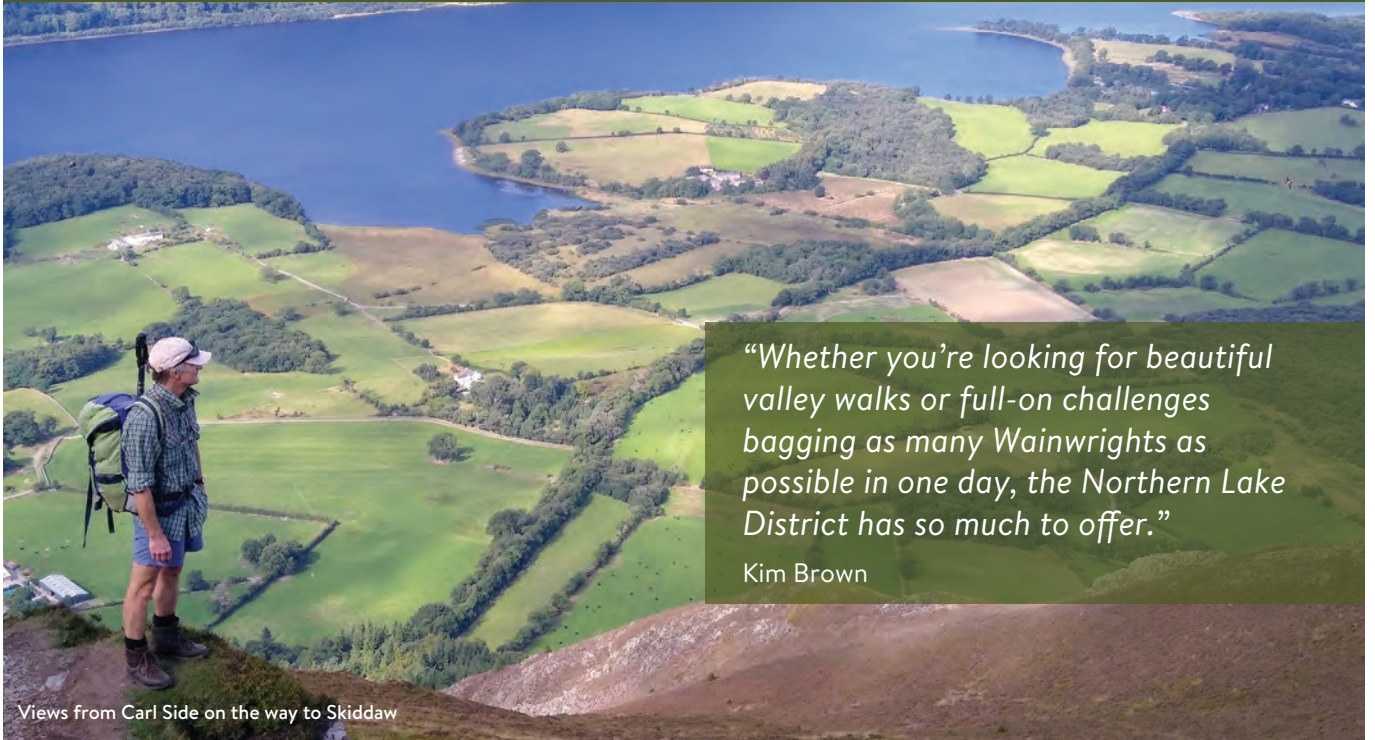
"As always with HF holidays, an excellent walking holiday. Great location right on the edge of Derwentwater to walk from. Walks were varied, friendly company and pleasant evenings."

Lynda





DERWENT BANK HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN KESWICK



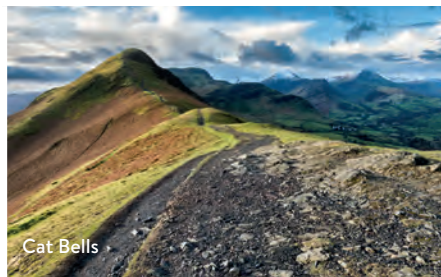
“Whether you’re looking for beautiful valley walks or full-on challenges bagging as many Wainwrights as possible in one day, the Northern Lake District has so much to offer.”

Kim Brown

Views from Carl Side on the way to Skiddaw



Buttermere and Haystacks



Cat Bells



Derwentwater

Dates	Nts
▶ GUIDED WALKING	
Feb 23	Fri 24 3
	Mon 20, 27 4
	Fri 24 7
	Fri 10 3
Mar 23	Mon 6, 20 4
	Sun 26 5
	Fri 7, 14 3
	Fri 28 3
Apr 23	Mon 10 4
	Fri 7 7
	Fri 28 7
	Fri 19 3
May 23	Mon 1, 22 4
	Fri 19, 26 7
	Fri 23 3
Jun 23	Mon 12 4
	Sun 18 5
	Fri 2, 30 7
	Fri 28 3
Jul 23	Mon 31 4
	Fri 7, 21, 28 7
Aug 23	Mon 28 4
	Fri 4, 18 7
	Fri 1, 22, 29 3
Sep 23	Mon 4, 25 4
	Fri 1, 22 7
	Fri 13 3
Oct 23	Mon 9, 16 4
	Fri 13 7
	Fri 3, 17 3
Nov 23	Mon 6, 20 4
	Fri 3, 17 7
Dec 23	Mon 4 4

Dates	Nts
▶ TREAD LIGHTLY GUIDED WALKING	
Mar 23	Fri 3 3
	Fri 23 2
Apr 23	Fri 21 3
May 23	Fri 12 3
Jun 23	Fri 16 2
Aug 23	Fri 11 3
Sep 23	Fri 8 3
Oct 23	Fri 6 3
Nov 23	Fri 10, 24 3
	Fri 15 3
Dec 23	Mon 11 4

▶ SELF-GUIDED WALKING	
Dates 2, 3, 4, 5 & 7 Nts	
Mon 20 Feb to Thur 20 Mar 2023	
Fri 31 Mar to Thur 27 Apr 2023	
Fri 28 Apr to Thur 5 Oct 2023	
Fri 6 Oct to Thur 26 Oct 2023	
Fri 27 Oct to Fri 15 Dec 2023	

Dates	Nts	
▶ GUIDED WALKING WITH SIGHTSEEING		
Jun 23	Fri 30 7	Guided Walking with Sightseeing
Sep 23	Fri 15 7	Guided Walking with Sightseeing

Dates	Nts
▶ GENTLE GUIDED WALKING	
Apr 23	Mon 24 4
May 23	Mon 15 4
Jun 23	Mon 26 4
Jul 23	Mon 17 4
Aug 23	Mon 14 4
Sep 23	Mon 11 4
Oct 23	Mon 23 4
▶ FESTIVE WALKING	
	Sat 23 4
	Sat 23 7
Dec 23	Wed 27 3
	Wed 27 7
	Sat 30 4

WELCOME TO THE SOUTHERN LAKE DISTRICT

LOTS TO SEE IN THE LAKES

For all the charming villages, wildflower meadows, impressive peaks, and shimmering bodies of water you could wish for, the Southern Lake District has it. Aside from an unspoilt and simple beauty, this romantic region offers plenty of fun things to do. You can visit Beatrix Potter's 17th-century home, kayak across Coniston Water, or ride on a lake cruiser at Windermere for views of the English landscape at its most sublime.

Elsewhere, the towns and villages of Grasmere, Hawkshead, Windermere, Ambleside, and Coniston are perfect for those who fancy window shopping, sampling local craft ales, and stocking up on local delicacies such as gingerbread and sticky toffee pudding. As for walking opportunities, fell walks, lakeside rambles and an ascent up The Old Man of Coniston are all possible.



Trail to The Old Man of Coniston

DAYTRIPPING TIPS

Monk Coniston delights guests with lakeside and woodland walks from its doorstep. Just a stone's throw from Coniston Water and the namesake village, it's the perfect base for getting out and about, whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break.

- › Choose a valley stroll or tackle a fell walk
- › Enjoy the great outdoors in one of England's most beautiful walking areas
- › Walk or cycle in nearby Grizedale Forest
- › Take a ride on the Steam Yacht Gondola
- › Visit a National Trust property



Herdwick sheep

A LAKE DISTRICT FAVOURITE

In 1836, wealthy Leeds industrialist James Marshall purchased a 4,000-acre estate that now forms part of the grounds in our characterful country house, Monk Coniston. Not only did Marshall hugely extend and improve the property, but it was his idea to join three smallish ponds in a boggy valley to create Tarn Hows – now a Lake District classic.

Every year, visitors flock to this much-loved beauty spot which was designated a Site of Special Scientific Interest in 1965. Nowadays it's home to a visitor centre and an easy two-mile circular walk that boasts superb views over the lakeland fells.



North over Coniston Water



WE LOVE...

Coniston has so many fantastic walks it's hard to pick just one, but a real favourite is Swirl How and Wetherlam. Whether you've got lofty aspirations to reach the higher fell tops or just fancy a stroll, Coniston's copper mining history makes the whole area fascinating to explore.

If you're in need of a place to pause or enjoy a swim, Levers Water makes a lovely spot. I always feel a wonderful sense of freedom striding out along Swirl Band to the summit of Swirl How – on a clear day the views are magnificent. And then there's the exhilarating descent down the rocky path known as Prison Band. Keep an eye out for Herdwick sheep and listen for the calls of cuckoos in Tilberthwaite Valley to round off a brilliant day.



Samantha Trevett
HF Holidays UK
Product Manager



MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE SOUTHERN LAKE DISTRICT | MONK CONISTON

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



Nestled in the heart of the Lake District, this characterful Grade II-listed house boasts décor that stays true to the period feel, and plenty of references to former owner, Beatrix Potter, who campaigned with the National Trust to save it from development. You'll find a hidden walled garden, a rare tree trail around the estate, plus ornate public rooms that look out over Coniston Water and The Old Man of Coniston.

HOUSE FACILITIES

- > 32 comfortable en-suite bedrooms in the main house, cottages and counting house
- > Ornately decorated lounge
- > Dining room with lake views
- > Traditional Lakeland barn with dance floor
- > Boot room, drying room, and Discovery Point
- > Ideal for groups of up to 51 guests
- > Free Wi-Fi



UPGRADE TO A 'PREMIUM' ROOM OR A 'SUPERIOR' ROOM

Excellent value for money - good food and great walking guides

"Overall a great experience, friendly and helpful team with good food and great walking."



YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

2 Easier walks: Up to 7½ miles with up to 1,300 feet of ascent. Grasmere, Coniston Water, Little Langdale, and Tarn Hows.

3 Medium walks: Up to 10½ miles with up to 2,200 feet of ascent. Pike o'Blisco, Helm Crag, Loughrigg, and the Coniston Fells.

5 Harder walks: Up to 11½ miles with up to 3,600 feet of ascent. Old Man of Coniston, Bowfell, and the Fairfield Horseshoe.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GENTLE GUIDED WALKING

Enjoy walks that are easier on the muscles with a Gentle Guided Walking Holiday. You'll still have a choice of up to three walks a day but at an easy pace that allows you ample time to soak up the scenery.

TREAD LIGHTLY

2 Easier Walks: Up to 8½ miles with up to 1,300 feet of ascent. Coppermines Valley, Hawkshead, Coniston, and Little Langdale.

3 Medium Walks: Up to 9½ miles with up to 1,800 feet of ascent. Holme Fell, Hawkshead, Coniston, and Tarn Hows.

5 Harder Walks: Up to 12 miles with up to 2,800 feet of ascent. Old Man of Coniston, Latterbarrow, and Wetherlam.

GUIDED WALKING WITH SIGHTSEEING

2 Up to 4 miles with up to 650 feet of ascent in a day. Includes visits to Coniston, Grasmere, and Hawkshead, plus beautiful walks around Tarns Hows and Little Langdale.

DISCOVERY TOURS

Our Southern Lake District Discovery Tours have much to offer those who prefer a less strenuous way of exploring. Visits to Muncaster Castle and Gardens, a steam train ride on the Lakeside & Haverthwaite Railway, and a cruise on Lake Windermere are just a few of the highlights.

See the next page for all our walking holidays at Monk Coniston.



MONK CONISTON HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN CONISTON



Coniston Water

“Whether you’ve got lofty aspirations to reach the higher fell tops or just fancy a stroll, the whole area is fascinating to explore.”

Samantha Trevett



Near the summit of Coniston Old Man



The Gondola, Coniston Water



Tarn Hows

▶ GUIDED WALKING

Dates	Nts
Feb 23	Mon 27 4
	Fri 10 3
Mar 23	Fri 31 3
	Mon 13, 27 4
	Fri 10 7
	Fri 21 3
Apr 23	Mon 17, 24 4
	Fri 21 7
	Fri 19 3
May 23	Mon 8, 22 4
	Fri 19 7
	Fri 2, 9, 23 3
Jun 23	Mon 4, 12, 26 4
	Fri 2, 9, 23, 30 7
	Fri 14, 21 3
Jul 23	Mon 17, 24 4
	Fri 14, 21 7
	Tue 29 3
Aug 23	Fri 25 4
	Fri 4, 25 7
	Fri 1, 15, 22 3
Sep 23	Mon 4, 18, 25 4
	Fri 1, 15, 22 7
	Fri 20 3
Oct 23	Mon 23 4
	Fri 20 7
	Fri 3, 17 3
Nov 23	Mon 6, 20 4
	Fri 3, 17 7

▶ TREAD LIGHTLY GUIDED WALKING

Feb 23	Fri 24	3
Apr 23	Mon 3	4
	Fri 26	3
May 23	Mon 1	4
Jul 23	Mon 31	4
Sep 23	Fri 29	3
Oct 23	Mon 16	4
	Fri 10, 24	3
Nov 23	Mon 13	4

Dates	Nts
▶ GENTLE GUIDED WALKING	
	Fri 12 3
May 23	Mon 15 4
	Fri 12 7
	Fri 8 3
Sep 23	Mon 11 4
	Fri 8 7

▶ SELF-GUIDED WALKING

Dates	2, 3, 4 & 7 Nts
Fri 24 Feb to Thur 30 Mar 2023	3
Fri 31 Mar to Thur 27 Apr 2023	3
Fri 28 Apr to Thur 5 Oct 2023	7
Fri 6 Oct to Thur 26 Oct 2023	3
Fri 27 Oct to Mon 27 Nov 2023	7

▶ GUIDED WALKING WITH SIGHTSEEING

Dates	Nts	Description
	Fri 12 3	Guided Walking with Sightseeing
May 23	Mon 15 4	Guided Walking with Sightseeing
	Fri 12 7	Guided Walking with Sightseeing
	Fri 8 3	Guided Walking with Sightseeing
Sep 23	Mon 11 4	Guided Walking with Sightseeing
	Fri 8 7	Guided Walking with Sightseeing

▶ DISCOVERY TOURS

Jun 23	Fri 9	7	Discovery Tour
Jul 23	Fri 7	7	Discovery Tour
Aug 23	Fri 11	7	Discovery Tour

▶ FAMILY WALKING ADVENTURES - Under 11's go free

Feb 23	Mon 20	4	Family Walking Adventure
May 23	Mon 29	4	Family Walking Adventure
Aug 23	Fri 18	7	Family Walking Adventure

WELCOME TO THE WESTERN YORKSHIRE DALES

WATERFALLS & WILDLIFE

Walks in the Western Dales pack a punch in the scenery stakes. Make your way through the flower-carpeted meadows of Muker in Swaledale or explore the Howgill Fells – the small group of hills adored by legendary fellwalker, illustrator, and guidebook author Alfred Wainwright.

Equally visit-worthy is the centuries-old lead mine at Crackpot Hall and the highest cascade waterfall in England, Cautley Spout. Elsewhere, Smardale Gill Nature Reserve is a prime location for spotting rare butterflies and birds.

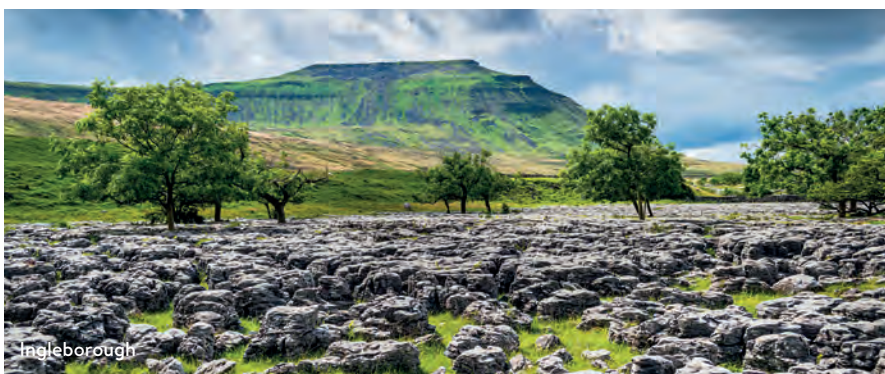


East Gill Force waterfalls

DAYTRIPPING TIPS

Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, Thorns Hall – our characterful country house in Sedbergh – couldn't be better placed. You're steps away from Sedbergh itself, the Cumbrian market town treasured for its cobbled streets, quality eateries, and bookshops (it's known as England's official book town for good reason).

- › Visit charming Dales villages
- › Look out for wildlife in Smardale Gill Nature Reserve
- › Stroll or cycle along the quiet country lanes of Dentdale
- › Browse Sedbergh's numerous book shops
- › Take a ride on the Settle to Carlisle railway



Ingleborough



Small pearl-bordered fritillary butterfly

LEG-STRETCHING WALKS

A Western Dales walking holiday puts you in reach of routes that boast several big-name attractions. Set off from the famous Ribbleshead Viaduct that carries the Settle-Carlisle Railway, and you can work your way to the top of Ingleborough – the second highest mountain in the Yorkshire Dales. On the way back, cross the dramatic landscape created by the Dale's rugged limestone pavements.

And if you're looking to visit three counties with just one walk, try trekking a section of the Dales Way. With our comfortable country house in Sedbergh as a base, you're ideally placed to follow the final 18½-mile section of a 79-mile route that crosses into the Lake District National Park by way of the River Lune in Lancashire.



Sedbergh



WE LOVE...

An overriding sense of tranquillity coupled with a wide variety of landscapes makes the Western Yorkshire Dales a very special area. The Howgill Fells take centre stage here, and who could fail to love them. They offer a wonderful backdrop to Sedbergh, and as a keen geologist, I'm amazed by them. It was here that 19th century geologist and famous son of Sedbergh, Adam Sedgwick, made studies that led to him becoming one of the founders of modern geology.

My favourite walks are those around beautiful Smardale and the Potts Valley, or those that traverse the magnificent Wild Boar Fell and finish with the welcome hospitality of the King's Head pub in Ravenstonedale.

And you can't speak about the Western Dales without mention of the splendid scenery in Upper Swaledale. The dramatic glacial valley of High Cup Nick is one of the most spectacular natural features in England. It's an area often overlooked but promises a pleasant surprise for visitors of all abilities.

Alan Fielder

HF Holidays Field Advisor





MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE WESTERN YORKSHIRE DALES | THORNS HALL

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



Thorns Hall delivers on all fronts for countryside lovers. This cosy Grade II-listed manor house in Sedergh puts the Yorkshire Dales National Park on your doorstep. The walking opportunities here are outstanding, but if you fancy travelling further afield there's Kendal (home of the mint cake), Hawes, Wensleydale, Appleby-in-Westmorland, and Lake Windermere all within easy driving distance.

HOUSE FACILITIES

- 25 comfortable en-suite bedrooms
- Two spacious lounges and bar
- Formal gardens
- Patio seating area
- Boot room, drying room, and Discovery Point
- Ideal for groups of up to 38 guests
- Free Wi-Fi



➤ UPGRADE TO A 'PREMIUM' ROOM OR A 'SUPERIOR' ROOM

A great week, sad to leave

"Very good information before the holiday, comfortable accommodation, friendly and helpful staff, lovely walks, brilliant leaders, good food."

Paul



YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

2 Easier walks: Up to 7½ miles with up to 950 feet of ascent. Dentdale, Swaledale, Wensleydale, Ribbleshead Viaduct, and Hawes.

3 Medium walks: Up to 11 miles with up to 1,850 feet of ascent. Howgill Fells, Dufton Pike, Swaledale, and Wensleydale.

4 Harder walks: Up to 11 miles with up to 2,900 feet of ascent. Howgill Fells, High Cup Nick, Wild Boar Fell, Wharfedale.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GUIDED WALKING WITH SIGHTSEEING

2 Walks of up to 5½ miles (600ft ascent) Enjoy a less strenuous way to explore with a Western Yorkshire Dales sightseeing holiday. For short walks where sightseeing takes centre stage, it fits the bill perfectly. There's a riverside ramble to Cautley Spout – the highest single drop waterfall in England – alongside ample time in the classic Dales village of Muker, much-loved for its slate-roofed cottages made from local stone. A visit to Farfield Mill gives a glimpse into the wool industry which thrived here in Victorian times, while the Wensleydale creamery lets you try some of its famous cheese.

TREAD LIGHTLY

2 Easier Walks: Up to 7 miles with up to 750 feet of ascent. Rawthey Valley, Dales Way, and Shadow of the Howgills to Lune Viaduct

3 Medium Walks: Up to 9 miles with up to 1,900 feet of ascent. Over the Howgills, Dales Way, River Rawthey, and Dentdale.

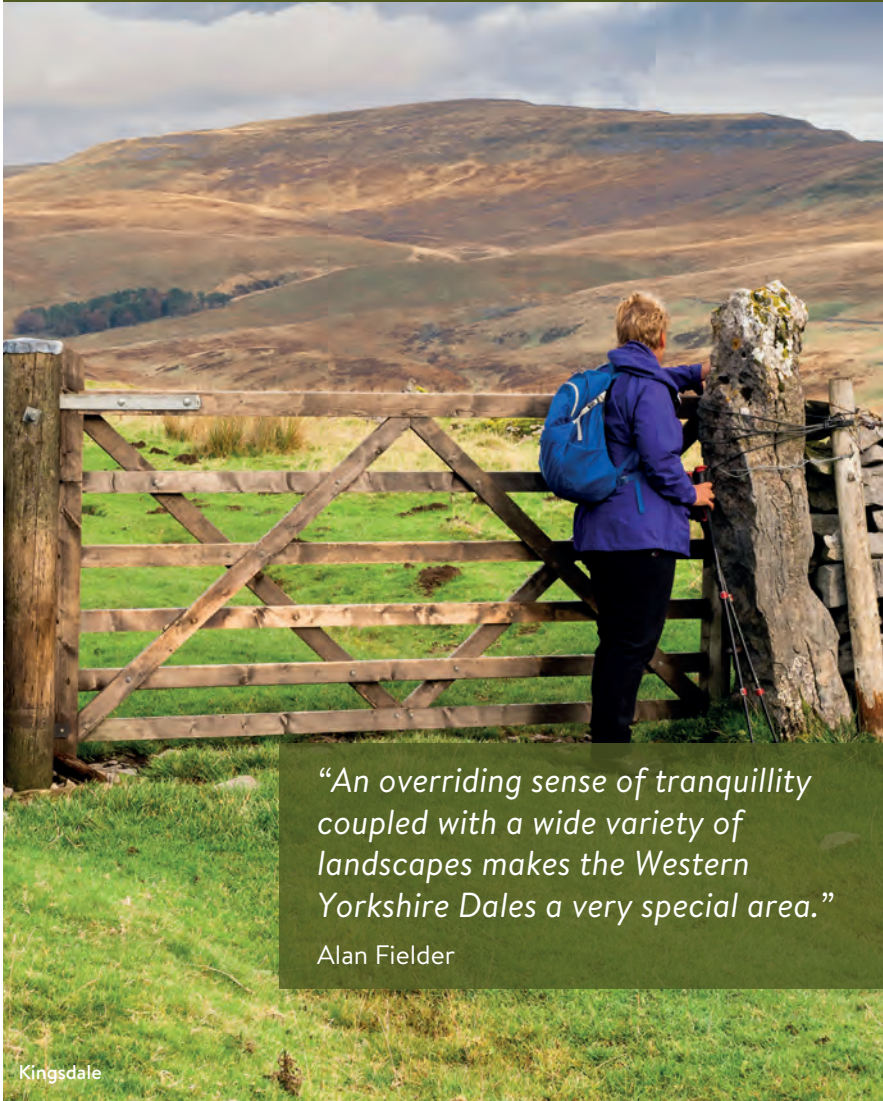
4 Harder Walks: Up to 11 miles with up to 2,750 feet of ascent. The Calf, Bram Rigg Top & Great Dummocks, and Aye Gill Pike.



See the next page for all our walking holidays at Thorns Hall.



THORNS HALL HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN SEDBERGH



“An overriding sense of tranquillity coupled with a wide variety of landscapes makes the Western Yorkshire Dales a very special area.”
Alan Fielder

Kingsdale

THE DALES HIGH WAY



GUIDED TRAIL

HIGHLIGHTS

- Following drovers' ways, packhorse tracks, and green lanes
- Ascending Ingleborough, one of Yorkshire's Three Peaks

WALKS GRADE AND PARAMETERS

90 miles over 9 walking days with a maximum daily ascent of 2,330 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All walks transport; luggage transfers
- Full-board en-suite accommodation – 10 breakfasts, 9 lunches, 10 evening meals



The valley from Arncliffe



Dates	Nts	
Jun 23	Fri 9	10
Aug 23	Fri 25	10

See Dales Way page 116

Dates	Nts	
GUIDED WALKING		
Mar 23	Fri 10, 24	3
	Fri 31	3
	Mon 13	4
	Fri 10	7
	Tue 11	3
	Fri 28	3
Apr 23	Fri 7	4
	Mon 24	4
	Fri 7	7
	Fri 28	7
May 23	Mon 1	4
	Fri 5, 19	7
	Fri 9	3
Jun 23	Mon 12, 19, 26	4
	Fri 2, 9	7
	Fri 7, 28	3
Jul 23	Mon 3, 10, 17, 31	4
	Fri 7, 21, 28	7
	Tue 29	3
Aug 23	Fri 25	4
	Fri 4, 25	7
Sep 23	Mon 11	4
	Fri 22	7
	Fri 13	3
Oct 23	Mon 2	4
	Mon 23	4
	Fri 3	3
Nov 23	Mon 6	4
	Fri 3	7

Dates	Nts	
TREAD LIGHTLY GUIDED WALKING		
Mar 23	Fri 3	3
	Mon 6, 20	4
Apr 23	Mon 17	4
May 23	Mon 15	4
Jun 23	Fri 16	3
Aug 23	Mon 14	4
Sep 23	Fri 1	3
Oct 23	Fri 27	3
Nov 23	Mon 13	4
GENTLE GUIDED WALKING		
Apr 23	Fri 21	3
May 23	Fri 12	3
SELF-GUIDED WALKING		
Dates 2, 3, 4, 5 & 7 Nts		
Fri 3 Mar to Thur 30 Mar 2023		
Fri 31 Mar to Thur 27 Apr 2023		
Fri 28 Apr to Thur 5 Oct 2023		
Fri 6 Oct to Thur 26 Oct 2023		
Fri 27 Oct to Fri 17 Nov 2023		
Dates	Nts	
GUIDED WALKING WITH SIGHTSEEING		
Aug 23	Fri 18	7 Guided Walking with Sightseeing

Dates	Nts	
GENTLE GUIDED WALKING		
Jun 23	Fri 23	3
Jul 23	Fri 14	3
Aug 23	Fri 11	3
Sep 23	Fri 8	3
Oct 23	Fri 20	3
FESTIVE WALKING		
Dec 23	Sat 23	4
	Sat 23	7
	Wed 27	3
	Wed 27	7
	Sat 30	4

WELCOME TO THE SOUTHERN YORKSHIRE DALES

A WEALTH OF WALKS

The Southern Yorkshire Dales give you the choice of gentle riverside strolls, challenging hill climbs, and long-distance trails. There are plenty of sightseeing gems within easy reach, most notably the glacial lake at Malham Tarn, the waterfalls of Janet's Foss and Gordale Scar, plus Malham Cove – the towering white limestone cliffs formed millions of years ago.

Then, of course, you've got Yorkshire's Three Peaks, the well-worn 24-mile trail that allows you to tick-off a trio of summits – Pen-y-ghent, Wharfedale, and Ingleborough. And with its whitewashed cottages and stone bridges spanning the River Aire, the village of Malham at the southern base of the Yorkshire Dales National Park makes a great place for a pitstop.



DAYTRIPPING TIPS

Newfield Hall puts you in prime position for exploring the southern reaches of the Yorkshire Dales National Park. Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, a stay here makes reaching south Yorkshire's wow-worthy walks and standout sights a breeze.

- Walk a section of the Dales Way or the Pennine Way
- Admire green valleys, waterfalls, and a limestone landscape that's geologically fascinating
- Visit charming Dales villages like Linton and Grassington
- Ride on the Settle to Carlisle railway
- Visit the spa town of Harrogate



PEAKS AND VALLEYS

If you're looking to get those muscles moving with a serious walk, The Dales Way is big on both challenge and reward. Unfurling over 79 miles of limestone ridges, flat hilltops, and forested valleys, it's a lengthy route that crosses into the Lake District National Park by way of the River Lune in Lancashire.

There's also the Dry Valley of the Watlowes, a deep and rugged canyon carved out by the melting of the glaciers that helped form Malham Tarn.



WE LOVE...

I've had a love of the Yorkshire Dales ever since visiting Malham on a school field trip. Nowadays it's a delight to lead the classic Southern Dales walk which takes in two spectacular waterfalls – the magical Janet's Foss and the rushing waters of Gordale Scar – as well as the huge, curving amphitheatre-shaped cliff of Malham Cove.

I find it wonderful to escape the crowds, so my favourite walk starts in the pretty village of Linton and passes through Cow Close Wood onto remote Malham Moor.

There's a stroll over the River Wharfe to reach Conistone village and the atmospheric gorge of Conistone Dib. If you're up for a challenge, take the short, exhilarating scramble that joins a grassy track along the Dales Way. The finish line is the cobbled market square in Grassington where I like to round off with a cold drink or a hot cuppa in one of the inviting pubs and cafés.

Linda Skelton
HF Holidays Field Advisor





MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE SOUTHERN YORKSHIRE DALES | NEWFIELD HALL

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



Looking every inch the baronial mansion, Newfield Hall sits in two acres of grounds near the village of Malham in the south of the Yorkshire Dales National Park. Built in 1855 on land once belonging to the Lambert estate, it's been part of our HF Holidays line-up since 1934 and has enjoyed a series of refurbishments over the years. When you can tear yourself away from Newfield Hall's two cosy lounges and well-kept grounds, Malham Tarn, Janet's Foss, Gordale Scar, and Malham Cove are all nearby.

HOUSE FACILITIES

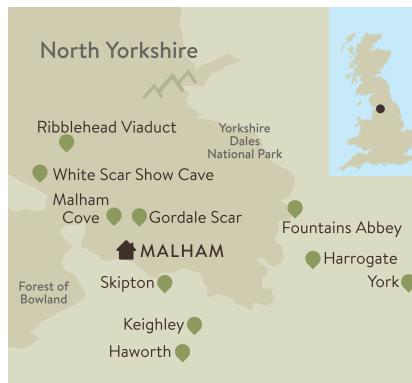
- > 46 comfortable en-suite bedrooms
- > Bar with local ales
- > Putting green and mini golf
- > Boot room, drying room, and Discovery Point
- > Ideal for groups of up to 72 guests
- > Free Wi-Fi



Great service

"HF provides a great service for people who want a walking holiday without any stress. The food on offer was fantastic and walking guides were excellent. They knew the area well and were clued up on all the history and geology. Its a superb option for people who want to get out and see what the countryside has to offer."

Russell



UPGRADE TO A 'PREMIUM' ROOM OR A 'SUPERIOR' ROOM

YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

2 **Easier walks: Up to 8 miles with up to 1,300 feet of ascent.** Malham Cove, Linton, Bolton Abbey, and Grassington.

3 **Medium walks: Up to 10½ miles with up to 1,850 feet of ascent.** Malham, Ribblesdale, Ingleborough Cave, and the pothole of Gaping Gill.

4 **Harder walks: Up to 13 miles with up to 2,300 feet of ascent.** Pen-y-ghent, Ingleborough, Wherside, and Simon's Seat.

See the next page for all our walking holidays at Newfield Hall.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GENTLE GUIDED WALKING

Enjoy walks that are easier on the muscles with a Gentle Guided Walking Holiday. You'll still have a choice of up to three walks a day but at an easy pace that allows you ample time to soak up the scenery.

GUIDED WALKING WITH SIGHTSEEING

1 **Up to 4½ miles with up to 500 feet of ascent in a day.** Includes visits to Fountains Abbey, Saltaire, trips on the Settle to Carlisle railway, plus walks to Gordale Scar, and the famous Malham Cove.

DISCOVERY TOURS

There's a showreel of highlights to look forward to on our Southern Yorkshire Dales Discovery Tours. You'll have the chance to visit the Roman spa town of Harrogate, explore York, including the famous York Minster, and stop by the Brontë Parsonage – former home of literary giants, the Brontë sisters. Elsewhere, you'll admire historic treasures like Harewood House, the 900-year-old Skipton Castle, and the cotton mills of Saltaire village – part of the region's rich industrial heritage.



NEWFIELD HALL HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN MALHAM



“I’ve had a love of the Yorkshire Dales ever since visiting Malham on a school field trip. I find it wonderful to escape the crowds.”

Linda Skelton

Bolton Abbey

THE DALES WAY



GUIDED TRAIL

HIGHLIGHTS

- > The complete Dales Way from Ilkley to Bowness
- > Meandering through beautiful Yorkshire Dales scenery
- > Concluding in the breathtakingly beautiful Lake District National Park

WALKS GRADE AND PARAMETERS

79 miles over 6 walking days with a maximum daily ascent of 1,400 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All transport to and from the walks
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts
May 23	Fri 5
Jun 23	Fri 2
Jul 23	Fri 28
Sep 23	Fri 22

See The Dales High Way page 112

Dates	Nts
GUIDED WALKING	
Feb 23	Mon 6, 13, 27
	Fri 3, 17, 24
	Fri 31
Mar 23	Mon 6, 20, 27
	Fri 3, 17, 24
	Fri 31
Apr 23	Fri 14
	Mon 3, 17, 24
	Fri 14
	Fri 12
May 23	Mon 1, 15, 22
	Fri 12
Jun 23	Mon 5, 12, 19
	Fri 2, 9, 16
	Fri 7, 14
Jul 23	Mon 3, 10, 17, 24
	Fri 7, 14
	Fri 4, 11
	Tue 29
Aug 23	Mon 7, 14
	Fri 25
	Fri 4, 11, 25
Sep 23	Fri 8, 29
	Mon 25
	Fri 6, 20
Oct 23	Mon 9, 23
	Mon 30
	Fri 6, 20
Nov 23	Fri 10
	Mon 6
	Fri 8
Dec 23	Mon 4, 11
	Fri 8
GUIDED WALKING FOR SOLOS	
	Fri 17
Nov 23	Mon 20
	Fri 17

Dates	Nts
TREAD LIGHTLY GUIDED WALKING	
Feb 23	Fri 3, 24
	Mon 20
Nov 23	Fri 24
Dec 23	Fri 1, 15
GENTLE WALKING	
Apr 23	Fri 28
May 23	Fri 19
Jun 23	Fri 30
Jul 23	Fri 21
Aug 23	Fri 18
SELF-GUIDED WALKING	
Dates 2, 3, 4, 5 & 7 Nts	
Mon 30 Jan to Thur 30 Mar 2023	
Fri 31 Mar to Thur 27 Apr 2023	
Fri 28 Apr to Thur 5 Oct 2023	
Fri 6 Oct to Thur 26 Oct 2023	
Fri 27 Oct to Mon 18 Dec 2023	
Dates	Nts
GUIDED WALKING WITH SIGHTSEEING	
	Tue 11
Apr 23	Fri 7
	Fri 7
	Fri 28
Jul 23	Mon 31
	Fri 28
DISCOVERY TOURS	
	Fri 23
Jun 23	Mon 26
	Fri 23
	Fri 8
Sep 23	Mon 11
	Fri 8

Dates	Nts
GENTLE WALKING	
Sep 23	Mon 11
	Fri 15
Oct 23	Mon 2
	Fri 27
FESTIVE WALKING	
	Sat 23
	Sat 23
Dec 23	Wed 27
	Wed 27
	Sat 30



BEST OF HADRIAN'S WALL



GUIDED TRAIL

HIGHLIGHTS

- Walking the best-preserved sections of Hadrian's Wall, admiring its architectural splendour
- Taking your time to enjoy the museums and historical sites along the way

ACCOMMODATION

The Centre of Britain Hotel is Haltwhistle's most historic building. The oldest part of the hotel was a Border Reivers' Pele Tower, dating from the 15th century. The hotel organises a Roman Banquet during your stay.

WALKS GRADE AND PARAMETERS

43½ miles over 5 walking days with a maximum daily ascent of 1,300 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All transport to and from the walks
- Full-board en-suite accommodation – 6 breakfasts, 5 lunches, 6 evening meals



Dates	Nts
Apr 23 Sun 16	6
Jun 23 Sun 11	6
Jul 23 Sun 16	6
Aug 23 Sun 13	6
Sep 23 Sun 3, 24	6
Oct 23 Sun 15	6

HADRIAN'S WALL COMPLETE



GUIDED TRAIL

HIGHLIGHTS

- Crossing the breadth of England coast to coast, on foot
- Seeing Roman turrets, signal towers, the Wall and forts
- Being surrounded by inspiring scenery

ACCOMMODATION

7 nights comfortable en-suite accommodation at carefully selected partner hotels on or very close to the trail, including Quayside location in Newcastle looking over the Tyne.

WALKS GRADE AND PARAMETERS

86½ miles over 6 walking days with a maximum daily ascent of 1,850 feet

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All walks transport; luggage transfers
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts
May 23 Fri 26	7
Jul 23 Fri 7, 28	7
Sep 23 Fri 1, 22	7

WYE VALLEY



GUIDED WALKING

HIGHLIGHTS

- Spectacular views from the Devil's Pulpit, overlooking Tintern Abbey, and the River Wye
- Keep a watchful eye out for peregrine falcon
- Discover Tintern's hidden industry
- Choice of walks each day

ACCOMMODATION

The Wild Hare is a charming countryside inn, nestled in the centre of picturesque Tintern and at the heart of the Wye Valley. Perfectly situated for exploring the local countryside and only a stone's throw away from Tintern Abbey.

WALKS GRADE AND PARAMETERS

Walks ranging from 5½ miles to 11 miles, with up to 2,300 feet of ascent.

WHAT'S INCLUDED?

- 2 guided walks per day in the company of an experienced HF Holidays Leader
- All walks transport
- Full-board en-suite accommodation – 4 breakfasts, 3 lunches, 4 evening meals



Dates	Nts
May 23 Mon 22	4
Jun 23 Mon 12	4
Sep 23 Mon 4, 25	4

WELCOME TO SCOTLAND

SCOTLAND HAS IT ALL

Walking in Scotland ticks the boxes for well-defined tracks that are gentle on the muscles and wilder routes that require more stamina. Accompanied by one of our HF Holidays Leaders, you can clamber Highland hills, experience hikes in the Inner Hebrides, bag Munros, and enjoy walks around Loch Lomond and the Trossachs National Park.

If you're up for a challenge, little beats tackling Ben Nevis – the 1,345-metre-high peak towering above glistening lochans and glacial valleys in the northwest Highlands of Scotland. Further thrills include riding the Jacobite steam train as it makes its way to the fishing port of Mallaig.



Jacobite steam train on Glenfinnan Viaduct

DAYTRIPPING TIPS

Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, Alltshellach – our country house on the banks of Loch Leven – makes an ideal base for exploring the Scottish Highlands.

- › Discover the dramatic scenery and history of the Scottish Highlands
- › Climb famous summits and bag Munros
- › Cycle around the island of Lismore
- › Visit Mull and Iona
- › Ride on the Jacobite steam train to Mallaig



Statue of Donald Cameron at Fort William



TAKE THE HIGH ROAD

A real leg-stretcher is our guided trail on the long-distance West Highland Way, which journeys from Milngavie to Fort William. Or try our brand-new Loch Lomond & the Trossachs guided walking holiday. The loch's natural beauty has inspired musicians for generations (the most famous of Scottish folk songs, The Bonnie Banks o' Loch Lomond, was inspired by its setting). A choice of two walks a day gives you ample opportunity to see the best of this national park.

No visit to Scotland is complete without a visit to the far reaches of the north. Our island-hopping holidays to both Orkney and Shetland serve-up striking backdrops for coastal walks.



The Isle of Iona



WE LOVE...

I love the wild and untamed landscape of the Scottish Highlands. Everything feels big, remote, and unexplored. You can walk for days and not encounter anyone.

There are so many noteworthy walks in the Scottish Highlands, but one of the best experiences I can recommend is a hike along the Aonach Eagach Ridge. On a clear, crisp morning, when the skies are blue, and it's covered in snow, the scenery is Scotland to a tee – a perfect photo opportunity. At the end of the walk, a well-earned pint in the Clachaig Inn is worth the wait and goes a long way in soothing sore muscles.

The Highlands have so much to offer and it's great to go wildlife-spotting in the forests and strolling around peaceful lochs. There are plenty of places to go cycling, too. And even when the Scottish weather is less than flattering, there are some fantastic pubs and cafés where you'll be more than happy to just stay put.



Lucy Owen
HF Holidays
Product
Operations
Executive





MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE SCOTTISH HIGHLANDS | ALLTSHELLACH

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



For a combination of mountain views, olde-worlde charm, and somewhere comfortable to sleep, this stately Scottish house in North Ballachulish has an enviable setting right on the shores of Loch Leven. Whether you choose to tackle Munros or enjoy leisurely lowland rambles, the walking opportunities here are as rugged and romantic as you'd expect.

HOUSE FACILITIES

- > 38 comfortable en-suite bedrooms
- > Highland bar
- > Extensive gardens down to Loch Leven
- > Boot room, drying room, and Discovery Point
- > Ideal for groups of up to 63 guests
- > Indoor heated swimming pool
- > Free Wi-Fi



Excellent service

"Pleasant staff providing a high level of customer service and satisfaction. Would readily recommend them to others."

John



UPGRADE TO A 'PREMIUM' ROOM OR A 'SUPERIOR' ROOM

YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

2 **Easier walks: Up to 8½ miles with up to 2,000 feet of ascent.** Glen Coe, Strontian and the Kentallen Peninsula.

5 **Medium walks: Up to 9½ miles with up to 3,900 feet of ascent.** Maclean's Towel, Sgorr Dhearg and Mamores Traverse.

6 **Harder walks: Up to 14½ miles with up to 4,500 feet of ascent.** Stob Ban, Bidean Nam Bian and Ben Nevis.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GUIDED WALKING WITH SIGHTSEEING

2 **Up to 6 miles with up to 800 feet of ascent in a day.** Includes visits to Ben Nevis Distillery, a trip on the Nevis Range Mountain Gondola and a cruise on Loch Shiel, plus superb walks exploring Glenfinnan Viaduct, the Caledonian Canal, Oban and Glen Coe.

DISCOVERY TOURS

On our Scottish Highlands Discovery Tour, you'll enjoy a series of spectacular railway journeys and coastal adventures. Ride the rails through the Scottish Highlands and see the world-famous Jacobite steam train cross the Glenfinnan Viaduct. There's an opportunity to spend time in historic Inveraray, plus a chance to sample catch-of-the-day delights during a trip to Oban – gateway to the Hebridean Islands and Scotland's seafood capital.



Loch Lochy, Lochaber

See the next page for all our walking holidays at Alltshellach.



ALLTSHELLACH

HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN GLEN COE



SCOTLAND

MULL & IONA



GUIDED WALKING

HIGHLIGHTS

- > Visit Mull, Iona, Staffa and Ulva
- > Enjoy coastal walks and breathtaking scenery

ACCOMMODATION

Mull: 4 nights at the family owned Park Lodge Hotel in Tobermory.

Iona: 3 nights at the Argyll Hotel, overlooking the Sound of Iona.

WALKS GRADE AND PARAMETERS

3 Version 1 of the itinerary is grade 3 - 32 ½ miles over 5 walking days with a maximum daily ascent of 1,100 feet.

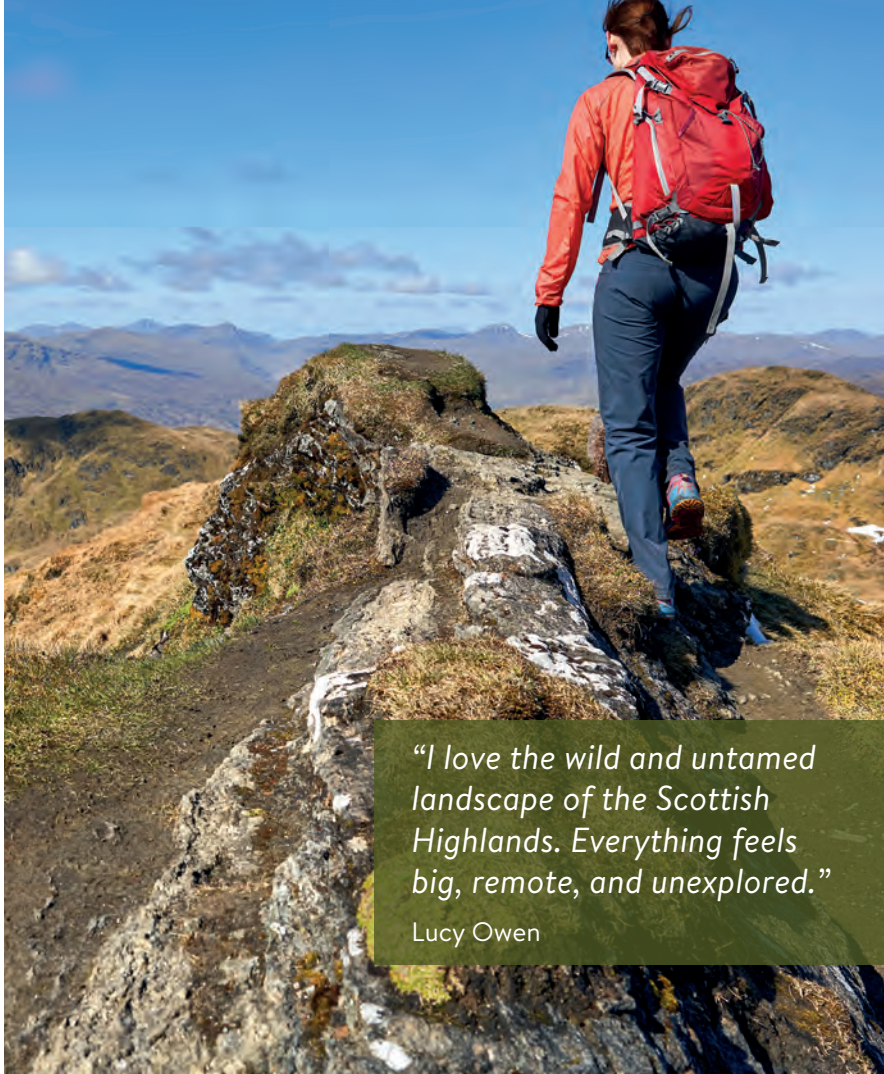
4 Version 2 of the itinerary includes Ben More (Mull's only Munro) and is grade 4 - 32 ½ miles over 5 walking days with a maximum ascent of 3,050 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All walks transport; luggage transfers
- Group transfer to and from Craignure ferry terminal
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Version	Nts
May 23	Sat 20	2 7
Jun 23	Sat 3	1 7
Jul 23	Sat 1	2 7
Sep 23	Sat 9	1 7



"I love the wild and untamed landscape of the Scottish Highlands. Everything feels big, remote, and unexplored."

Lucy Owen

Dates	Nts	Dates	Nts	Dates	Nts
GUIDED WALKING					
Mar 23	Sat 25 3 Tue 28 4 Sat 25 7 Sat 1 3	Oct 23	Tue 17, 24 4 Tue 31 4 Sat 7, 14, 21 7 Sat 28 7	Dec 23	Sat 23 7 Sat 23, 30 4 Wed 27 7 Wed 27 3
Apr 23	Wed 19 3 Tue 4 4 Sat 1, 15 7	SELF-GUIDED WALKING			
May 23	Sat 20, 27 3 Tue 9, 23, 30 4 Sat 13, 20, 27 7	Dates 2, 3, 4, 5 & 7 Nts			
Jun 23	Tue 27 4 Sat 3, 10, 17 7	Sat 18 Mar to Thur 30 Mar 2023			
Jul 23	Sat 8 3 Tue 11 4 Sat 1, 8, 15, 22 7 Sat 26 3	Fri 31 Mar to Thur 27 Apr 2023			
Aug 23	Tue 29 4 Sat 5, 12, 19, 26 7 Sat 2, 30 3	Fri 28 Apr to Thur 5 Oct 2023			
Sep 23	Tue 5, 26 4 Sat 2, 9, 16, 23, 30 7	Fri 6 Oct to Thur 26 Oct 2023			
GUIDED WALKING WITH SIGHTSEEING					
Jun 23	Sat 3 7	Guided Walking with Sightseeing			
Aug 23	Sat 12 7	Guided Walking with Sightseeing			
DISCOVERY TOUR					
Jul 23	Sat 1 7	Discovery Tour			
FAMILY WALKING ADVENTURES - Under 5's go free					
Jul 23	Sat 29 7	Family Walking Adventure			

ORKNEY & SHETLAND



GUIDED WALKING

HIGHLIGHTS

- > Hopping between Orkney and Shetland
- > Experiencing pristine natural landscapes
- > Spotting wildlife on these remote islands

ACCOMMODATION

Orkney: 4 nights at The Merkister Hotel situated on the shores of Harray Loch.

Shetland: 3 nights at Busta House Hotel, nestled at the foot of rolling hills on the shore of Busta Voe.

WALKS GRADE AND PARAMETERS

3 45½ miles over 6 walking days with a maximum daily ascent of 1,360 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All walks transport, luggage transfers, and flight between Orkney and Shetland
- 'With flight' holidays include return flights from Glasgow
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts
Apr 23 Sun 16, 30	7
May 23 Sun 7	7
Aug 23 Sun 6, 20, 27	7
Sep 23 Sun 17	7

ORKNEY ISLAND HOPPING



GUIDED WALKING

HIGHLIGHTS

- > Island hopping around the Orcadian archipelago
- > Stones of Stenness, Ring of Brodgar, Skara Brae, and more
- > Sea cliffs, seals, seabirds and sandy shores

ACCOMMODATION

Situated on the shores of Harray Loch, the Merkister Hotel stands in its own grounds, commanding impressive views of this famous loch and its surroundings. Drying and laundry facilities are available and there is Wi-Fi.

WALKS GRADE AND PARAMETERS

4 32 miles over walking 6 days with a maximum daily ascent of 700 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All transport to and from the walks
- 'With flight' holidays include return flights from Glasgow
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts
May 23 Sun 14	7
Jun 23 Sun 4	7
Jul 23 Sun 23	7
Aug 23 Sun 13	7
Sep 23 Sun 10, 24	7

WEST HIGHLAND WAY



GUIDED TRAIL

HIGHLIGHTS

- > Following ancient routes steeped in Scottish history
- > Spectacular views of Loch Lomond and Ben Nevis
- > Complete Scotland's deservedly, most popular long distance trail

ACCOMMODATION

5 nights comfortable en-suite accommodation at carefully selected partner hotels and 4 nights at HF Holidays country house, Alltshellach, Glen Coe.

WALKS GRADE AND PARAMETERS

4 98 miles over 8 walking days with a maximum daily ascent of 2,250 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All walks transport; luggage transfers
- Full-board en-suite accommodation – 9 breakfasts, 8 lunches, 9 evening meals accommodation



Dates	Nts
Apr 23 Mon 24	9
Jun 23 Mon 5	9
Aug 23 Mon 14	9
Sep 23 Mon 4	9
Oct 23 Mon 2	9



CAPE WRATH CLASSIC



GUIDED TRAIL

ACCOMMODATION

We stay 5 nights at the Rhiconich Hotel, just 13 miles south of Cape Wrath and overlooking Loch Inchar. Our base for the remaining 3 nights is the Inchnadamph Hotel, situated at the foot of the main mountains of Assynt.

WALKS GRADE AND PARAMETERS

64 miles over 7 walking days with a maximum daily ascent of 2,500 feet.

Dates	Nts	
Jun 23	Sat 3 Sat 17	8
Jul 23	Sat 8	8
Aug 23	Sat 5	8

CAIRNGORMS



GUIDED WALKING

ACCOMMODATION

The Boat Inn is located in the popular village of Boat of Garten on the edge of the Cairngorms National Park. It's rural charm and cosy interiors make it the perfect place to relax after a hard day's walk.

WALKS GRADE AND PARAMETERS

Walks ranging from 7 to 11.5 miles, with up to 3,000ft of ascent.

Dates	Nts	
May 23	Sat 20	7
Sep 23	Sat 16	7
Oct 23	Sat 7	7

LEWIS & HARRIS



GUIDED WALKING

HIGHLIGHTS

- > Seeing the Callanish Standing Stones
- > Walking on Great Bernera Island
- > Admiring the white sands of Luskentyre
- > Visiting Garrannan Blackhouse Village

ACCOMMODATION

Lewis: 3 nights at the Doune Braes Hotel in Carloway.

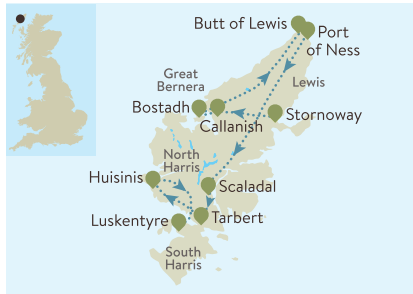
Harris: 4 nights at the Harris Hotel, family owned and run for over 100 years.

WALKS GRADE AND PARAMETERS

45 miles over 6 walking days with a maximum daily ascent of 1,540 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All walks transport; luggage transfers
- 'With flight' holidays include return flights from Glasgow and hotel transfers
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts	
Apr 23	Mon 24	7
Jul 23	Mon 24	7
Aug 23	Mon 14	7
Sep 23	Mon 11, 18	7

BEST OF THE FIFE COAST



GUIDED TRAIL

HIGHLIGHTS

- > Visiting working fishing villages including Anstruther and Pitenweem
- > Walking along Cambo Sands to historic St Andrews
- > Discover geological features and rich history

ACCOMMODATION

We stay at the family owned Old Manor Hotel, in one of the most scenic parts of this glorious corner of Scotland. The hotel is at the gateway to Fife's East Neuk, an attractive area of picturesque fishing villages and countryside.

WALKS GRADE AND PARAMETERS

51.5 miles over 5 walking days with a maximum daily ascent of 1,250 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All transport to and from the walks
- Full-board en-suite accommodation – 6 breakfasts, 5 lunches, 6 evening meals



Dates	Nts	
Jul 23	Sat 1	6
Sep 23	Sat 2	6

BEST OF THE ISLE OF SKYE



GUIDED WALKING

HIGHLIGHTS

- › Superb walking exploring the island
- › Spot a wealth of wildlife
- › Discover an island steeped in mystery & legend
- › Explore the heart of the island discovering both Black and the Red Cuillins

ACCOMMODATION

Hame Hotel offers us the perfect base for our walking holidays – a stunning coastal location overlooking the loch, with panoramas of the Black Cuillins and Macleod's Tables in the background.

WALKS GRADE AND PARAMETERS

35 miles over 5 walking days with a maximum daily ascent of 3,050 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All walks transport
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts
May 23 Sat 20	7
Jun 23 Sat 24	7
Sep 23 Sat 16, 23	7

LOCH LOMOND & THE TROSSACHS



GUIDED WALKING

HIGHLIGHTS

- › Discover the dramatic scenery of the Scottish Highlands and Loch Lomond
- › Climb famous summits and bag 'Munros'
- › Enjoy a boat trip to Inchcailloch
- › Walk some of the best bits of the West Highland Way

ACCOMMODATION

The Winnock Hotel dates back to the late 1700's and throughout history has always offered lodging to travellers. Formerly a coaching inn, it has been lovingly restored to its modern day form.

WALKS GRADE AND PARAMETERS

Walks ranging from 6 ½ miles to 9 miles, with up to 3,800ft of ascent.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- Full-board en-suite accommodation
- All transport to and from the walks



Dates	Nts
May 23 Tue 2	5
Jun 23 Wed 21	5
Jul 23 Sat 29	5
Sep 23 Wed 13	5

BEST OF THE ISLE OF ARRAN



GUIDED WALKING

HIGHLIGHTS

- › Visiting spiritual Holy Island and mystical Machrie Moor
- › Admiring the ancient carvings in King's Cave
- › Climbing Goat Fell – Arran's highest peak

ACCOMMODATION

The multi-award winning, family owned Auchrannie Resort, is our accommodation for the week. Located in the village of Brodick on the Isle of Arran, the Auchrannie offers us a fantastic central base.

WALKS GRADE AND PARAMETERS

42½ miles over 6 walking days with a maximum daily ascent of 2,900 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All transport to and from the walks
- Use of hotel's spa facilities and swimming pool
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts
May 23 Sat 6	7
Sep 23 Sat 9, 16	7

WELCOME TO SNOWDONIA

FANTASY & FAR-REACHING VIEWS

Snowdonia National Park provides a backdrop that's positively Tolkienesque. In fact, it's said that parts of the national park served as the inspiration for the land of Middle Earth in JRR Tolkien's high-fantasy series of books, *The Lord of the Rings*.

Climb Cader Idris, southern Snowdonia's tallest peak, and on a clear day you'll be rewarded with views over fjord-like lakes, hills, and the 1,085-metre summit of Mount Snowdon – the highest mountain in England and Wales.



Cader Idris

DAYTRIPPING TIPS

Exploring the slopes of Snowdonia is made easy with a stay at Dolserau Hall. Our characterful country house in Dolgellau, northwest Wales, puts you just a skip away from Snowdonia National Park and a slew of walking routes.

- › Discover the sweeping valleys and soaring peaks of Snowdonia National Park
- › Learn about Welsh history and the woollen industry in Dolgellau
- › Visit the ruins of the Pandy fulling mills
- › Follow the Mawddach Trail along the edge of the Mawddach Estuary
- › Climb the rugged foothills of Cader Idris – the highest mountain in southern Snowdonia



ESCAPE TO PORTMEIRION

Though it sits on a peninsula in the looming shadow of Snowdonia, very little dulls the sparkle of Portmeirion. Built in the style of an Italian fishing village, its pastel-coloured buildings and enviable coastal position bring a touch of Mediterranean sunshine to North Wales.

Stately mansions border piazzas complete with well-groomed gardens, while exotic plant life unfurls down the hillsides thanks to a healthy micro-climate. So surreal is this quirky Welsh village that it starred as the otherworldly setting for cult 60s TV show *The Prisoner*. Best of all, it's less than a 40-minute drive away from our country house accommodation.



Portmeirion



WE LOVE...

I've lived in Snowdonia for about 30 years, just 12 miles from our HF Holidays country house at Dolserau Hall. I love the rugged, wild Rhinogydd range and the Bryn Cader Faner walk is a favourite of mine – not a hard walk, but it gives a taste of these untamed Welsh mountains and includes a stunning stone circle.

In my opinion, the view from Barmouth Bridge, looking up the Mawddach Estuary, is probably the finest in Wales, whatever the weather. A few miles up the estuary on the Mawddach Trail you'll find the George III pub at Penmaenpool. Not only is it a pleasant place for a drink, but Penmaenpool has bags of history, too. It was a thriving port and ship building centre in the 18th and 19th centuries.

Also worth a visit is Robert's café on Eldon Square in Dolgellau. This former hardware shop once sold everything from candles to dynamite during the region's gold rush of the 1860s. And though it's more into serving espressos than explosives these days, the building still retains many original features.



Rod Edwards
HF Holidays
Field Advisor





MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE SNOWDONIA | DOLSERAU HALL

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



Arresting countryside views dominate at Dolserau Hall. This 17th century manor house boasts an idyllic location. Five acres of gardens and grounds offer views across the valley to the summit of Cader Idris – southern Snowdonia’s highest mountain at 893 metres. There’s no shortage of things to do nearby, either. You can hike the compact range of hills known as the Rhinogs, or spend time in Dolgellau, the small market town best known for its once flourishing woollen industry.

HOUSE FACILITIES

- 23 comfortable en-suite bedrooms – some in the converted coach house
- Spacious lounge bar
- Large garden
- Peaceful rural location with mountain views
- Boot room, drying room, and Discovery Point
- Ideal for groups of up to 39 guests
- Free Wi-Fi



Fantastic week's mountain walking

“Good organisation; good communication. This holiday had been cancelled the year before due to Covid. Everything fell into place. Very impressive.”

David



➤ UPGRADE TO A 'PREMIUM' ROOM

YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

2 **Easier walks: Up to 7½ miles with up to 1,250 feet of ascent.** Harlech Castle, Mawddach Estuary and the Victorian Precipice Walk.

3 **Medium walks: Up to 9 miles with up to 2,750 feet of ascent.** Cader Idris, Arenig Fawr and the Rhinog mountains.

5 **Harder walks: Up to 13 miles with up to 3,150 feet of ascent.** Rhinog Fawr, Aran Fawddwy and Cader Idris.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GUIDED WALKING WITH SIGHTSEEING

2 **Up to 5 miles with up to 1,100 feet of ascent in a day.** Includes visits to the Corris Craft Centre and Dolgoch Falls, a trip on the Tallylyn steam railway, plus walks including the Precipice Walk.

DISCOVERY TOURS

A trip fit for royalty, our Snowdonia Discovery Tour lines-up a trio of UNESCO-listed castles that each played a pivotal role in the history of the British monarchy. Hear about Harlech Castle and the English Civil War, explore the imposing riverside fortress of Caernarfon, and visit Conwy – one of the best-preserved medieval castles in the world. And to cap it all, there'll be a train ride aboard the Snowdon Mountain Railway to the summit of Snowdon itself.



Harlech Castle

See the next page for all our walking holidays at Dolserau Hall.



DOLSERAU HALL HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN DOLGELLAU



“The view from Barmouth Bridge, looking up the Mawddach Estuary, is probably the finest in Wales, whatever the weather.”

Rod Edwards

Mount Snowdon



Rhinogydd Mountains



Mawddach Estuary



The Snowdon Mountain Railway

Dates	Nts
GUIDED WALKING	
	Fri, 3, 17 3
	Fri 31 3
Mar 23	Mon 6, 13, 20 4
	Fri, 3, 17 7
	Fri 31 7
Apr 23	Fri 14, 21 3
	Mon 3, 24 4
	Fri 21 7
May 23	Tue 5, 30 3
	Fri 26 4
	Fri 26 7
Jun 23	Fri 9, 23 3
	Mon 12, 26 4
	Fri 9, 23, 30 7
	Fri 21 3
Jul 23	Mon 3, 10, 24 4
	Fri 21, 28 7
Aug 23	Fri 4 3
	Mon 7 4
	Fri 4, 18 7
Sep 23	Fri 1, 29 3
	Mon 4, 18 4
	Fri 1, 15, 22, 29 7
	Fri 13, 20 3
Oct 23	Mon 2 4
	Mon 2, 16, 23 4
	Fri 13, 20 7

Dates	Nts
GUIDED WALKING	
	Fri 3 3
Nov 23	Mon 6 4
	Fri 3 7
SELF-GUIDED WALKING	
Dates 3, 4 & 7 Nts	
Fri 3 Mar to Thur 30 Mar 2023	
Fri 31 Mar to Thur 27 Apr 2023	
Fri 28 Apr to Thur 5 Oct 2023	
Fri 6 Oct to Thur 26 Oct 2023	
Fri 27 Oct to Fri 10 Nov 2023	

Dates	Nts
FESTIVE WALKING	
	Sat 23 4
	Sat 23 7
Dec 23	Wed 27 3
	Wed 27 7
	Sat 30 4

Dates	Nts
GUIDED WALKING WITH SIGHTSEEING	
	Fri 12 3 Guided Walking with Sightseeing
May 23	Mon 15 4 Guided Walking with Sightseeing
	Fri 12 7 Guided Walking with Sightseeing
	Fri 25 3 Guided Walking with Sightseeing
Aug 23	Mon 28 4 Guided Walking with Sightseeing
	Fri 25 7 Guided Walking with Sightseeing
DISCOVERY TOUR	
Apr 23	Fri 28 7 Discovery Tour
Jun 23	Fri 16 7 Discovery Tour
Jul 23	Fri 28 7 Discovery Tour

WELCOME TO THE BRECON BEACONS

WATERFALL COUNTRY

The mighty cascades of the Mellte Valley are to thank for the Brecon Beacons being nicknamed Waterfall Country. Sgwd yr Eira steals the show here. It means Waterfall of the Snow in Welsh – and you'll soon see why. A curtain of thundering white water falls from heights of up to 50ft and you can even stand behind the torrent.



When it comes to wide open spaces and soul-stirring views though, the myth-steeped slopes of the Black Mountains are tough to beat. Hike up this cluster of grassy, heathland ridges that unfurl along the English border and you'll be greeted by views over the Wye Valley.



DAYTRIPPING TIPS

Whether you've a free day during one of our guided walking holidays or you're doing your own thing on a self-guided break, a stay at Nythfa House makes an ideal base for visiting big-name attractions and walks in the Brecon Beacons National Park.

- Discover the varied beauty of the Brecon Beacons on foot
- Learn about Welsh mining history with a trip to the Big Pit National Coal Museum
- Walk through the Mellte Valley and find out why the Brecon Beacons are known as Waterfall Country
- Visit the bookshops of Hay-on-Wye
- Climb Pen y Fan – the highest mountain in the south of Wales



PEAKS, PITS & PAGE-TURNERS

The Brecon Beacons National Park's most popular route is up to Pen y Fan. At 886 metres, it's the highest point in the national park and the tallest summit in South Wales.

And after a hard day's walking, there's nothing quite like settling down with a good book. Pop into Hay-on-Wye and scour the plentiful supply of bookshops to pick up a well-thumbed copy of a literature classic or your favourite read – it's nothing short of a bibliophile's paradise.

From standing atop a mountain to being inside one, the Big Pit National Coal Museum in Blaenavon explores the history of the Welsh mining industry. Strap on a hard hat and head into this former working colliery turned fascinating museum space and find out what life was like for the tough Welshmen that worked down the pits.



WE LOVE...

We visit so many wonderful places in the Brecon Beacons National Park that it's hard to pick out a number one choice. However, the Nedd Fechan valley in the south of the park provides a delightful woodland walk where the river bubbles along over countless waterfalls and through narrow gorges.

If you prefer something wilder, Llyn y Fan Fawr offers a lovely lunch spot. The lake lies under the Black Mountain and from it you can see for miles across the open moorland. You might, if you're lucky, meet the much-fabled lady of the lake who – local legend says – met and married a shepherd lad here centuries ago. Her promise of good fortune for the shepherd came true and she passed on healing powers to her children; powers which it's said are still possessed by some who live in the nearby village of Myddfai.



Nicky von Benzon
HF Holidays
Leader



MAKE YOURSELF AT HOME IN AN HF HOLIDAYS COUNTRY HOUSE BRECON BEACONS | NYTHFA HOUSE

WHAT YOU GET



Full-board accommodation is included



A choice of up to 3 walks a day are included on Guided Walking holidays



Self-guided walks are available at this house



Special Interest Holidays are available at this house see page 137



Nights available at this house



Electric vehicle charger available



All our holidays have been carbon measured by ecollective. For more information visit our website.



It's easy to see the appeal of Nythfa House. This Grade II-listed property plays a harmonious host to those seeking rural respite but comes with the bonus of being just a 10-minute walk from the Welsh market town of Brecon. You'll also be within reach of some of the area's show-stealing spots, including the Black Mountains, the Mellte Valley, and Pen y Fan.

HOUSE FACILITIES

- > 28 comfortable en-suite bedrooms
- > Garden with putting green and croquet lawn
- > Bar and conservatory
- > Boot room, drying room, and Discovery Point
- > Free Wi-Fi
- > Ideal for groups of up to 48 guests



Good walks and good guides

"It was my first walking holiday with HF and a most enjoyable one too. The guides were polite and pleasant, energetic, responsible and had good knowledge of the area."

Saleha



UPGRADE TO A 'PREMIUM' ROOM OR A 'SUPERIOR' ROOM

YOUR HOLIDAY, YOUR WAY

GUIDED WALKING

2 Up to 6½ miles with up to 850 feet of ascent. Green valleys of the Brecon Beacons, Waterfall Country and Hay-on-Wye.

3 Medium walks: Up to 9½ miles with up to 2,250 feet of ascent. Pen y Fan, the highest point in the national park, Hay Bluff in the Black Mountains and Sgwd yr Eira waterfall.

4 Harder walks: Up to 12 miles with up to 2,850 feet of ascent. Summits of Corn Du, Pen y Fan, Cribyn and Fan y Big, high ridges in the Black Mountains and the Western Fans.

See the next page for all our walking holidays at Nythfa House.

SELF-GUIDED WALKING

If you like to do your own thing, our self-guided walking holidays are just the ticket. We'll provide easy-to-follow routes, guidebooks, and all the advice you'll need.

GUIDED WALKING WITH SIGHTSEEING

2 Up to 5½ miles with up to 1,100 feet of ascent in a day. Includes visits to Tretower Court and Castle, Waterfall Country, Dan yr Ogof Showcaves, and a trip on the Brecon Mountain Railway.

DISCOVERY TOURS

Our Brecon Beacons Discovery Tours pack in plenty of highlights, not least the wow-worthy scenery of the Welsh mountains. History fans will be in their element as they dig deep into the region's mining past, while Hay-on-Wye will delight book lovers. And well-groomed Welsh gardens always prove a big hit with our green-fingered guests. There's ample time to explore a selection of charming market towns, too.





NYTHFA HOUSE HOLIDAYS STAYING AT OUR COUNTRY HOUSE IN BRECON



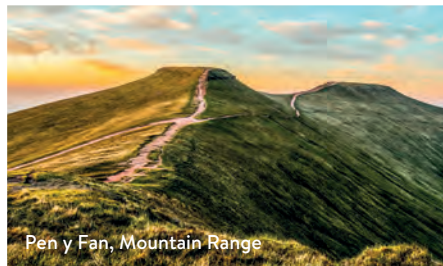
“The Nedd Fechan valley in the south of the park provides a delightful woodland walk.”

Nicky von Benzon

Llyn y Fan Fach lake



Brecon Beacons National Park



Pen y Fan, Mountain Range



Carreg Cennen Castle, near Llandeilo

Dates	Nts
GUIDED WALKING	
Mar 23	Fri 10, 24 3
	Mon 13, 27 4
	Fri 10, 24 7
	Fri 7, 21 3
Apr 23	Mon 10, 17, 24 4
	Fri 7, 21 7
	Fri 19, 26 3
May 23	Mon 1, 8, 22, 29 4
	Fri 19, 26 7
	Fri 30 3
Jun 23	Mon 12, 19 4
	Fri 2, 30 7
	Fri 7, 28 3
Jul 23	Mon 3, 31 4
	Fri 28 7
Aug 23	Fri 11, 25 7
	Fri 8, 15 3
Sep 23	Mon 11, 18 4
	Fri 8, 15 7
Oct 23	Fri 6 3
	Mon 16 4
	Fri 3 3
Nov 23	Mon 6, 13 4
	Fri 3 7

Dates	Nts
GENTLE GUIDED WALKING	
Jun 23	Fri 16 3
	Fri 22 3
Sep 23	Mon 25 4
GUIDED WALKING FOR SOLOS	
Mar 23	Fri 17 7
SELF-GUIDED WALKING	
Dates 3, 4 & 7 Nits	
Fri 10 Mar to Thur 30 Mar 2023	
Fri 31 Mar to Thur 27 Apr 2023	
Fri 28 Apr to Thur 5 Oct 2023	
Fri 6 Oct to Thur 26 Oct 2023	
Fri 27 Oct to Fri 17 Nov 2023	
Dates	Nts
GUIDED WALKING WITH SIGHTSEEING	
Jun 23	Fri 23 7
Aug 23	Fri 18 7
Sep 23	Mon 25 4
DISCOVERY TOUR	
May 23	Fri 12 7
Jul 23	Fri 21 7

Dates	Nts
FESTIVE WALKING	
	Sat 23 4
	Sat 23 7
Dec 23	Wed 27 3
	Wed 27 7
	Sat 30 4



BEST OF ANGLESEY COAST PATH



GUIDED TRAIL

HIGHLIGHTS

- > Visiting Llanddwyn Island, one of the most picturesque locations in the UK
- > Enjoying miles of inspirational coastline
- > Spotting wildlife, with chances to see puffins, porpoises, and seals

WALKS GRADE AND PARAMETERS

63 miles over 6 walking days with a maximum daily ascent of 1,800 feet.



Lighthouse on Llanddwyn Island

The largest island in Wales and England, Anglesey boasts an inspirational coastline that's almost all (95%) a designated Area of Outstanding Natural Beauty. We discover 63 miles of the Anglesey Coast Path, picking out the highlights of the island, including South Stack, Llanddwyn Island, Lligwy Bay, Bwa Gwyn sea arches, and Penmon Point & Priory. You're in with a chance of spotting puffins, porpoise, and seals as you discover the history of this fascinating island.

WHAT'S INCLUDED?

- Experienced HF Holidays Leaders
- All transport to and from the walks
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals

Dates		Nts
May 23	Sat 6, 27	7
Jun 23	Sat 24	7
Jul 23	Sat 8	7
Sep 23	Sat 16, 23	7

ACCOMMODATION

The 4* Bulkeley Hotel is located in the heart of the castle town of Beaumaris. Just a short walk from the beach, the Bulkeley gives us the perfect base for our holiday. Comfortable en-suite rooms, beautiful gardens, and an outdoor terrace.

See Best of Wye Valley page 117

SNOWDONIA WAY



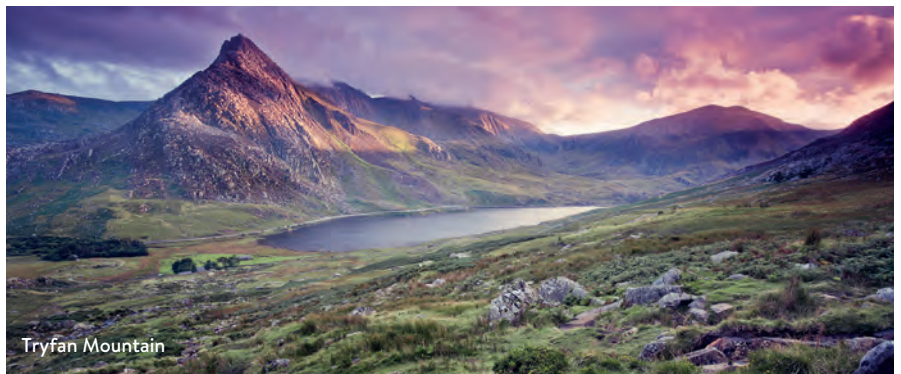
GUIDED TRAIL

HIGHLIGHTS

- > Ticking off the two most popular Welsh mountains – Snowdon and Cader Idris
- > Visiting spectacular Aber Falls
- > Walking the fisherman's path along the Aberglaslyn Gorge

WALKS GRADE AND PARAMETERS

77 miles over 7 days with a maximum daily ascent of 3,350 feet.



Tryfan Mountain

Journey from the very north of Snowdonia National Park to its southern border and tackle the tallest mountain in Wales, plus its second most popular peak, too. You'll visit UNESCO-listed treasures in the town of Conwy and travel to the Welsh heartland of Dolgellau in the south, conquering Snowdon and Cader Idris on the way. Our route follows valley trails, hillside paths, and Roman roads, leading you through a landscape big on both scenery and history throughout.

WHAT'S INCLUDED?

- All walks transport; luggage transfers
- Group transfer to Machynlleth Station
- Full-board en-suite accommodation – 8 breakfasts, 7 lunches, 8 evening meals

Dates		Nts
Jun 23	Sun 25	8
Sep 23	Sun 10	8

ACCOMMODATION

8 nights comfortable en-suite accommodation at carefully selected partner hotels plus 3 nights at HF Holidays country house, Dolserau Hall in Dolgellau.

WELCOME TO NORTHERN IRELAND

Walking holidays in Northern Ireland go big on drama. The north of this pint-sized nation manages to pack in miles of scenery-drenched coastline and even a UNESCO World Heritage site. Ruined castles, otherworldly rock formations, and wild, untamed moorlands provide the backdrop to a break you won't forget in a hurry.

FOLLOW THE LEGENDARY CAUSEWAY COAST

Northern Ireland's rugged coast delivers on far reaching Atlantic views, mist-wreathed headlands and a slew of locations eagle-eyed visitors may recognise as having featured on hit TV show, *Game of Thrones*. But the real star here is undoubtedly the Causeway Coastline.

Learn about long-gone Gaelic kingdoms as you explore the crumbling cliff-top remains of Dunseverick and Dunluce castles and test your mettle crossing the nerve-shredding Carrick-a-Rede rope bridge.

If wildlife spotting is on your walking holiday wish list, Rathlin Island is a designated Area of Outstanding Natural Beauty home to tens of thousands of seabirds.

And as far as geological marvels go, few places measure up to the UNESCO-listed Giant's Causeway. Said to have been created in a fit of rage by much-fabled mythical giant, Fin McCool, the causeway is a hexagonal-shaped carpet of rocky stepping stones, some of which are up to 12 metres tall.



ENJOY THE CRAIC IN BELFAST AND BALLYCASTLE

When you're not busy enjoying Northern Ireland's great outdoors, there's ample time in two of her most visit-worthy spots. Soak up the sea air in the bucket-and-spade resort of Ballycastle or visit Belfast's star-shaped Titanic Museum – an exhibition that pays tribute to the ill-fated megaship.



WE LOVE...

My love for Northern Ireland's Causeway Coast is simple – I find the whole place fascinating. Not only is it a Site of Special Scientific Interest thanks to its flora, fauna, and geology, but the heritage and folklore here are captivating.

Walks along Fairhead cliffs are spectacular and on a clear day the coastal views towards Ballycastle and Rathlin Island are well worthy of a photo or two.

A trip to Rathlin Island itself is like visiting a remote country far from British shores. If you've got luck on your side, the local seal population will show themselves and you may even be fortunate enough to see dolphins racing the ferry to Rathlin.

And then there's the Giant's Causeway. Whether it's the first or fiftieth time you see it, this UNESCO World Heritage Site is always a special experience.



Neil Sutherland
HF Holidays
Field Advisor



NORTHERN IRELAND CAUSEWAY COAST



GUIDED WALKING

HIGHLIGHTS

- Exploring the basalt columns of the Giant's Causeway UNESCO World Heritage Site
- Wildlife galore on Rathlin Island

ACCOMMODATION

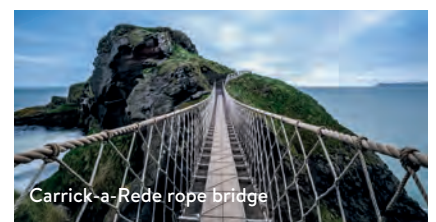
7 nights comfortable en-suite accommodation at carefully selected partner hotels, including a city centre location in Belfast and a seafront location in Ballycastle.

WALKS GRADE AND PARAMETERS

29 miles over 6 walking days with a maximum daily ascent of 1,850 feet.

WHAT'S INCLUDED?

- Experienced HF Holidays Leader
- All walks transport; luggage transfers
- Return group transfer to Belfast
- 'With flight' holidays include return flights from London
- Full-board en-suite accommodation – 7 breakfasts, 6 lunches, 7 evening meals



Dates	Nts
May 23 – Sat 20	7
Sep 23 – Sat 23	7
Oct 23 – Sat 7	7

WELCOME TO EUROPE

Managing to effortlessly pack in a little bit of everything, Europe is the small continent with so much to offer. There's a fabulous selection of national parks and nature reserves, plus a dizzying array of sun-kissed islands, and culture-packed places— each with their own remarkable history.



IRELAND
PAGE 16



NORWAY
PAGE 17



FRANCE
PAGES 18 - 20



POLAND
PAGE 21



SWITZERLAND
PAGE 22



AUSTRIA
PAGES 23 - 26



SLOVENIA
PAGE 27



CROATIA
PAGE 28



GREECE
PAGES 29 - 30



CYPRUS
PAGES 31



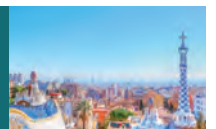
MALTESE ISLANDS
PAGE 32 - 33



ITALY
PAGES 34 - 40



SPAIN
PAGES 41 - 44



PORTUGAL
PAGES 45 - 48



WELCOME TO IRELAND

Ireland packs a punch when it comes to rugged coastlines, pristine lakes, impressive mountains, vibrant cities, fairytale castles, and a landscape in every shade of green. It also offers plenty of well-marked trails for walkers, especially around Cork and Kerry – the counties which are as spectacular for their setting as their character.

CHARACTERFUL COUNTIES



Killarney National Park

While locals will argue over which is best, we can vouch for the fact that both have plenty to please. One of Ireland's most iconic walking routes is the Ring of Kerry – a well-trodden circuit that takes you around the Iveragh Peninsula, beginning and ending in the town of Killarney. There are numerous big-name sights along the way, including the village of Sneem, Torc Waterfall, and Killarney National Park – a huge outdoor playground that includes Ireland's highest mountain range, MacGillycuddy's Reeks.

Walks in Cork are big on scenic rewards. Hike a loop along the Beara Peninsula to Glengarriff Nature Reserve for seriously good lookout points over Bantry Bay or take a boat trip to whimsical Garnish Island where spectacularly colourful tree and shrub displays flourish thanks to a healthy micro-climate.

ENJOY THE CRAIC

Though the big cities boast opera houses, theatres, and nightclubs, after a full day of exploring, few places feel more welcoming than an Irish pub. And western Ireland's towns and villages tend to stay true to their roots. Enjoy a cold pint and a craic with the locals, and even the quietest drink can turn into a full-blown toe-tapping traditional music session in an instant.



A great holiday - it will take some beating!

"A very well organised holiday, very well led by our 2 leaders, in a very good Hotel, in a beautiful area new to me, and in beautiful weather! Oh, and my fellow guests were a great group of people!"

Richard

★★★★★ feefo^{co}



WE LOVE...

Many of the walks in this part of the world make their way through the hills and mountains rather than always seeking the summits. This makes for walks with wonderful views. I particularly enjoy following ridges and crossing passes and a top choice is the coastal section of the Beara Way. Grassy slopes give way to distant mountain skylines that stretch from Dursey to the colourfully painted village of Allihies home to the legendary O'Neil's bar.

Our walks in the Republic of Ireland are all set to a backdrop of mountains on the Beara and Kerry peninsulas with the greatest bearing the evocative name MacGillycuddy's Reeks – a range named after a clan of local Gaelic chieftains.

If you can brave the cold, there's a splendid open water swim spot next to Kenmare harbour. And experiencing the craic in a local pub is a must. Kenmare is said to be best for traditional music but live folk music of all sorts oozes from the walls as you wander through any town in the evening.



Alastair Clark
HF Holidays
Field Advisor

WILD & WONDERFUL WESTERN IRELAND



Uragh Stone Circle



GUIDED WALKING

HIGHLIGHTS

- ▶ Walking amongst the scenic beauty of Killarney National Park
- ▶ Spotting seals during the boat journey to Garnish Island

ACCOMMODATION

Kenmare Bay Hotel: This 3-star hotel has 127 bedrooms, a restaurant, bar with outside seating, indoor swimming pool, sauna and spa pool. Two evening meals will be taken at local restaurants, to enjoy traditional Irish evenings with live music.

WALKS GRADE AND PARAMETERS

2 Easier walks: 4-7 miles with short, steep ascents and sections on quiet country lanes. Up to 1,500 feet of ascent in a day.

3 Harder walks: 7-9 miles with rough terrain and short sections on country lanes. Up to 1,800 feet of ascent in a day.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- "With flight" holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals



Dates of travel		Nts
Jun 23	Sat 3, 10, 17, 24	7
Jul 23	Sat 1	7
Aug 23	Sat 26	7
Sep 23	Sat 2, 9, 16	7



WELCOME TO NORWAY

Norway wows with picturesque landscapes, crystalline fjords and glaciers, Atlantic and Arctic waters, sparkling lakes, magical skies, and plenty of natural wonders.

THE NORTHERN LIGHTSHOW

If you're visiting Norway between late September and late March, you're in with a chance of seeing the aurora borealis, otherwise known as the northern lights. Nature has provided a bonus reward when out on walks in Norway and you're likely to see these swirling ribbons of neon green, pink, purples, red, and white dance their way across the star-filled night sky any time from early afternoon until late morning the following day (they're best seen in the darkness and ideally away from any light pollution).



Aurora Borealis

If you're here between May and July, you can enjoy approximately 76 days of the midnight sun. This natural phenomenon occurring in the Arctic Circle and Antarctic Circle means that the sun does not set so there's an extended period of daylight (usually up to 24 hours of sunlight).



Midnight Sun

SCANDINAVIAN SUPERSTAR

Our Norwegian walking holidays centre around the Lofoten Islands – a far-flung archipelago extending about 70 miles from north to south. Located 800 miles from Oslo and 95 miles north of the Arctic Circle, it rewards with snow-topped mountains, white-sand beaches (including the famous Haukland and Uttakleiv), clear turquoise waters, traditional fishing villages, and well-established walking trails. And did we mention it's one of Norway's most photogenic spots?

As the biggest city on the Lofoten Islands, the town of Svolvær acts as the unofficial capital and main transport hub. Under the shadow of the 150-metre-high pinnacle of rock known as Svolværgeita (also called The Goat) the brightly painted wooden fishermen's rorbuer cabins line the waterfront. The islands are also home to Henningsvær, a fishing made famous by the much-Instagrammed Henningsvaer Stadion – a football pitch spectacularly set overlooking the Norwegian Sea.

Offshore lies the 25-mile Røst Reef – the world's largest known deep-water coral reef first discovered by scientists in 2002.



WE LOVE...

I treasure moments of wonder when walking and the Lofoten Islands provide them in abundance. I love these islands for their majestic mountains, coastal scenery, quiet lakes, and variety of walks.

Although it's hard to choose, my favourite place is Prestvannet where you can nestle below the ridges of Tjeldbergtinden and the outrageously shaped peak of Kongstinden. And if you fancy taking a dip, it's not often you get the chance to swim alongside rare birds like red-throated loon or great northern divers.

My favourite walk circumnavigates Skrova, a tiny island in comparison to the giants surrounding it, but as rugged as the best of them. There are sea eagles to be spotted, a white sandy beach to sit on, and a view from Høgs Krova that never fails to take my breath away. To top it all, the fresh waffles and coffee in Heimbygga Restaurant end a perfect day.



Sandy Franklin
HF Holidays
Field Advisor



HIKE NORWAY'S WILD LOFOTEN ISLANDS



Lofoten Islands

Lofoten Islands



GUIDED WALKING

HIGHLIGHTS

- ▶ Enjoying the staggering natural beauty of this remote archipelago
- ▶ Discovering Uttakleiv with its white sand beaches and turquoise seas

ACCOMMODATION

Scandic Hotel: This classic scandinavian 3-star hotel has 146 bedrooms, a restaurant and bar with panoramic views of Svolvær harbour and magnificent surrounding countryside. Located 150 yards from the town centre of Svolvær.

WALKS GRADE AND PARAMETERS

2 **Easier walks:** 4-7 miles on rugged, pathless terrain. Up to 1,100 feet of ascent in a day.

4 **Harder walks:** 6-10 miles with some steeper ascents on rough terrain. Up to 2,700 feet of ascent in a day.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals



Dates of travel		Nts
Jul 23	Wed 12, 19, 26	7
	Wed 2, 9	7
Aug 23	Wed 16, 23, 30	7
Sep 23	Wed 6	7

WELCOME TO FRANCE

Few places in Europe spark passion for walkers and hikers in the way France does. Complete with snow-capped mountains, rugged hills, glittering lakes, idyllic islands, and chateaux galore, it smoulders with natural beauty. And then, of course, there's the prestigious wine villages and towns – many of which are famous for producing the best reds and whites on the planet.

INSPIRING SCENERY

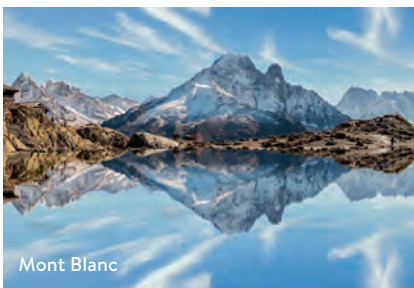
In the Haute-Savoie region is Lake Annecy. This watery wonder with its turquoise waters and spectacular mountain panoramas was formed about 18,000 years ago from large glaciers in the Alps. It's known as Europe's cleanest lake.

Then there's sweet-scented Provence. Loved by the likes of Cézanne, Picasso, Van Gogh, and Matisse, Provence enchants with its sweeping coastlines, chocolate-box towns and villages, and wonderful local markets.



FROM MARTYRS TO MOUNTAINEERS

For unrivalled walks, hikes, and climbs, the 250km Cathar Trail (GR367) stretches from Port la Nouvelle on the Mediterranean to the eastern foothills of the Pyrenees. Following in the footsteps of the persecuted Cathar people, this well-trodden trail rewards with plenty of interesting pitstops, including the villages of Mérens and Ax-les-Thermes, the town of Berga, and Cadí-Moixeró Natural Park – the mountainous wonderland with peaks that reach over 2,500 metres.



The highest mountain in the Alps and the highest in Europe at 4,807 metres, little beats Mont Blanc for eye-popping views. Travelling in a clockwise direction, the Mont Blanc trail winds through France, Switzerland, and Italy to Courmayeur – one of Italy's most popular ski resorts located on Mont Blanc's southern side.



Napoleon Bonaparte,
Ajaccio, Corsica

ISLAND IN THE SUN

As the fourth-largest island in the Mediterranean, the so-called Île de Beauté is a charmer for its crescent-shaped bays, sparkling waters, lofty peaks, wild landscapes, and well-established trails. It also comes with a whole lot of history, not least as the birthplace of Napoleon Bonaparte. Our walking holidays in Corsica focus on the island's northern end, taking in the Revellata Peninsula, Cap Corse, Calvi Bay, and the villages of the Balagne. You'll also get to follow sections of the Grande Randonnée trail (GR20) – the iconic 112-mile trek spanning almost the entire north-south distance of the island.



WE LOVE...

Provence is packed with pretty routes but walking the lower Verdon Gorge is like entering another world. The steep limestone walls contrast with the turquoise waters of the river below, and the path eventually winds gently upwards through a mystical woodland to the ancient and remote chapel of St. Maxime – perfect for a picnic with a view.

Probably built on the site of a pre-Christian place of worship, the chapel is dedicated to the 8th century saint and every year on 15 May, pilgrims carrying branches of yellow broom journey here to pay tribute.

And when it comes to post-walk food, France is tough to beat. You're never far from a well-placed café or a boulangerie well-stocked with freshly baked baguettes, tarte tatin, and quiche. Serious gourmands should make a beeline for the Monday farmer's market in Forcalquier to stock up on quality olives and cheese.



Alastair Clark
HF Holidays
Field Advisor



Excellent Leaders

"Good location, beautiful countryside, super walks (2 to choose from each day) and particularly excellent leaders."

Fran



EXPLORE LAKE ANNECY



GUIDED WALKING

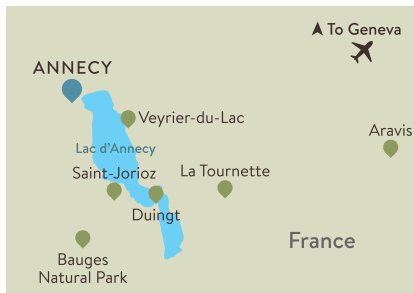
HIGHLIGHTS

- ▶ The magnificent views of La Tournette's peak and of Talloires Bay
- ▶ Walking in the depths of the Fier Gorges with the river gushing past

WALKS GRADE AND PARAMETERS

1 Easier walks: 5-7 miles on good paths through valleys and on plateaus. Up to 1,000 feet of ascent.

2 Harder walks: 7-10 miles on good paths through valleys and on plateaus. Up to 3,000 feet of ascent.



With mighty mountain backdrops and the rich culture of Haute-Savoie, Lake Annecy is the perfect location from which to enjoy a range of walks. There are lakeshore strolls, a walking tour of Annecy's old quarter and walks in both the Angon and Fier Gorges.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel (flights)		Nts
Apr 23	Sat 29	7
May 23	Sat 6, 13	7
Sep 23	Sat 2, 9	7
Sep 23	Sat 16, 23	7
Dates of travel (train)		Nts
Sep 23	Sat 2	7

ACCOMMODATION

Hotel Splendid: This 3-star hotel offers 47 bedrooms, many with views of the lake or old town. There is a cosy bar and evening meals are taken at a local brasserie.

A WEEK IN PROVENCE



GUIDED WALKING

HIGHLIGHTS

- ▶ Discover unspoilt Provence
- ▶ Relax in pretty Gréoux-les-Bains
- ▶ Visit charming hill-top villages including Moustiers-Sainte-Marie

WALKS GRADE AND PARAMETERS

2 Easier walks: 4-8 miles on good paths which are sometimes rocky underfoot. Up to 1,400 feet of ascent in a day.

3 Harder walks: 6-10 miles on good paths, with some steeper, rougher routes. Up to 2,500 feet of ascent in a day.



Walk in a land which has a history of providing inspiration to famous artists such as Van Gogh, Matisse and Cezanne. Grand landscapes of soaring rock faces and the plunging depths of Verdon Gorge (the Grand Canyon of France) are contrasted with traditional hilltop villages surrounded by farmland. Dry stone 'bories' (traditional huts), lavender fields and windmills epitomise this photogenic region. There are fabulous walks along elevated ridges affording sweeping views of the surrounding area and a visit to one of the prettiest villages in France.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel (flights)		Nts
Apr 23	Sat 22	7
	Sat 29	7
May 23	Sat 6, 13	7
	Sat 2, 9	7
Sep 23	Sat 16	7
	Sat 23	7
Dates of travel (train)		Nts
May 23	Sat 13	7
Sep 23	Sat 16	7

ACCOMMODATION

The 4-star Villa Borghese has a fine tradition of service and is a member of the prestigious Chateaux et Demeures de Tradition and the Relais du Silence groups. The hotel has an outdoor pool, tennis courts, fitness centre and spa.

TREK THE CATHAR TRAIL



▶ GUIDED TRAIL

HIGHLIGHTS

- › Walking in the stunning Pyrenees
- › Catching your first sight of the Serra del Cadí mountain range
- › Toasting the life and legend of 'Bon Hommes'

WALKS GRADE AND PARAMETERS

4 58 miles with 7-14 miles and up to 3,300 feet of ascent and 4,000 feet of descent in a day.



Serra del Cadí range seen from Bellver de Cerdanya

Traverse the Pyrenees from France to Spain over 58 miles along the path of the Bon Hommes - used by the Cathars in the 13th Century while fleeing from the perpetrators of the Spanish inquisition. The landscape is made up of beautiful mountains, meadows and gorges with ruined castles providing a stark reminder of the Cathars' tragic history. This enjoyable week of walking gives the chance to discover more about the Cathar's fascinating story as well as enjoy the beauty of the passing scenery.

WHAT'S INCLUDED?

- All walks transport; luggage transfers
- 'With flight' holidays include return flights from London and hotel transfers
- Full-board en-suite accommodation – 7 breakfasts, 7 lunches, 7 evening meals

Dates of travel		Nts
Jun 23	Sat 17	7
Jul 23	Sat 1	7
Sep 23	Sat 9, 23	7

ACCOMMODATION

Stay at hotels and guesthouses, on or near the route. Each has been selected for their character, quality, and warm welcome.

TREK THE CLASSIC TOUR DU MONT BLANC



▶ GUIDED TRAIL

HIGHLIGHTS

- › Soak up the spectacular scenery, flora and fauna on Europe's top trail
- › Circumnavigate the majestic Mont Blanc massif
- › Look out for marmots, ibex and chamois
- › Try delicious dishes and hearty regional food at mountain cafés and farms

WALKS GRADE AND PARAMETERS

5 100 miles with 9-13 miles and up to 3,100 feet of ascent in a day (3,900 feet on one day).



Tour du Mont Blanc near Chamonix

Relish awe-inspiring panoramas of glistening glaciers, snow-covered summits and the majestic Mont Blanc itself. This classic trail traverses the Alpine passes and pastures of France, Italy and Switzerland with stunning views and picturesque villages throughout. Justifiably considered to be the finest long distance trail in Europe, this famous Alpine trek circumnavigates Mont Blanc, Western Europe's highest mountain at 15,781 feet.

WHAT'S INCLUDED?

- All walks transport; luggage transfers*
- Experienced IML Guide; 1 guided walk per day
- 'With flight' holidays include return flights from London and hotel transfers
- Full-board en-suite accommodation** – 10 breakfasts, 9 lunches, 8 evening meals

Dates of travel		Nts
Jun 23	Wed 21	10
Jul 23	Wed 5	10
Aug 23	Wed 2, 23	10

ACCOMMODATION

Stay at hotels and guesthouses, on or near the route. Each has been selected for their character, quality, and warm welcome.

*luggage transfers on 8 days

**non en-suite accommodation on 2 nights

WELCOME TO POLAND

Walking holidays in Poland will please anyone fond of charming medieval cities, time-frozen timber-framed villages, and year-round outdoor pursuits. And where photo-worthy walks, hikes and climbs are concerned, the Tatra Mountains are tough to beat.

TAKE ON THE TATRAS

The impressive Tatra Mountains take centre stage on any Poland walking holiday – and they're one challenge every walker wants to tick-off the list. The crowning glory of the Carpathian Mountain range rises to heights of up to 2,000 metres and over 300 peaks form a formidable – but beautiful – border with neighbouring Slovakia. You'll have the chance to ascend the scenic Boznan Ridge via the rugged Karb Pass and Black Lake, climb the popular summit of Giewont, and take a cable car ride over the borderlands.



Wawel Royal Castle

WALK-FREE DAYS FULL OF OPPORTUNITIES

With the heritage-rich town of Zakopane as a base, you'll be in easy reach of Poland's oldest city and former capital, Krakow. Famed for having the largest medieval market square in Europe, it's in day-tripping distance of Zakopane. Make your way to the UNESCO-listed Old Town to see the majestic Wawel Cathedral and the Royal Castle, before decamping to one of the square's basement beer halls or roomy outdoor terraces for refreshments.

Thrill-seekers may feel their free day is better spent taking on the twists and turns of the Dunajec River during a white-water rafting experience. Or you can pay a moving visit to Auschwitz for a chilling insight into Poland's WWII past.



Tatra mountains



WE LOVE...

I've been visiting the Tatras for several years now. The rugged mountain peaks, isolated lakes, and remote Alps-like valleys are all standouts for me.

My personal walk favourites are many but if I had to make a choice, I'd pick two. The ridge walk from Kasprowy Wierch that follows the border between Poland and Slovakia is simply stunning. It overlooks the remote and seemingly inaccessible Silent Valley on the Slovakian side and the surrounding mountain peaks on the Polish side.

And then there's the ascent of Giewont. Dominated by a huge iron cross, Giewont is said to resemble a sleeping giant, who, according to legend, will awake when Poland is in danger.

If I had to describe the Tatras in three words? Dramatic, beautiful, and unforgettable. Don't forget your camera.



Hugh Evans
HF Holidays
Field Advisor

TREK THE POLISH TATRA MOUNTAINS



GUIDED WALKING

HIGHLIGHTS

- > Walking to the summit of Beskid following a dramatic cable car ride
- > Crossing the border to walk in Slovakia
- > Visiting rustic Polish villages

ACCOMMODATION

Hotel Belvedere: This 4-star hotel in the centre of Zakopane has 172 bedrooms. It has an indoor swimming pool, squash court, bowling alley and wellness centre with spa bath, sauna and steam room.

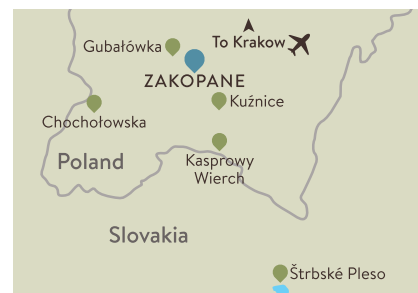
WALKS GRADE AND PARAMETERS

2 Easier walks: 6-9 miles on good but rough paths, with some steeper sections. Up to 1,600 feet of ascent in a day.

5 Harder walks: 9-13 miles crossing rough mountainous terrain with steep gradients. Up to 3,500 feet of ascent in a day.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals



Dates of travel		Nts
Jun 23	Sun 25	7
Jul 23	Sun 2, 9, 16	7
Aug 23	Sun 27	7
Sep 23	Sun 3, 10	7

WELCOME TO SWITZERLAND



Invigorating Alpine air, showstopping scenery, and nothing but the sound of tinkling cowbells for company, Switzerland is music to the ears of any serious walker. The Bernese Oberland region steals the spotlight here thanks to its chocolate-box villages, snow-capped peaks, and glittering lakes and glaciers. Top it all with the prospect of delicious Swiss food and the chance to trek around Europe's highest mountain, and it's no surprise that we're so taken with this handsome corner of Switzerland.

TREK THE MONT BLANC MASSIF



This is the big one. The tallest mountain in the Alps and the highest in Europe at 4,807 metres, Mont Blanc is stocked with eye-popping views and natural beauty on a grand scale. Our walking holidays in Switzerland lead you along the photo-worthy trails and Alpine passes bordering France and Italy that make up the Mont Blanc massif. Expect a mix of challenging ascents and pleasantly flat plains with a raft of highlights along the way.

A definite high point of the tour is a ride on the Flégère gondola – a cable car that soars above Chamonix to Lac Blanc, reaching an altitude of 2,595 metres. There's the opportunity to climb the French mountain of Col de Voza, too.



AMBLE ALONG THE BOVINE ROUTE

All flower-filled meadows, wide-open country and forested paths rustling with marmots, the Bovine Route is Switzerland to a tee. Working its way from Forclaz to Champex, the route winds through gentle Sound of Music-style hills, green pastures dotted with cattle and typical Alpine cottages – the kind of scenes you'll find on the front cover of almost every Swiss postcard and holiday brochure.

And when it's time to take a break there's a stop at a Swiss food is a hearty celebration of gooey cheese, velvety chocolate, and air-dried meats. Be sure to indulge in a traditional meal of pan-fried potatoes, onions and herbs, smothered in melted local cheese, often served with crispy bacon lardons. It's ideal hiking fuel.



WE LOVE...

For me, Switzerland's Adelboden region is in another class when it comes to walking. Hike along the wonderful flowery ridge of Nassberg and you'll often find rare Swallowtail Butterfly dancing ahead of you.

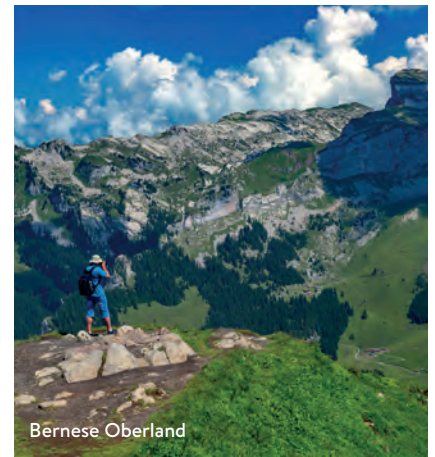
The seating benches along the Oberer Hornli Weg are perfect for quiet contemplation and gazing down onto a patchwork of hay meadows set against spectacular Swiss mountains. And as for views, the Simenfalle Valley seen from Bummer Pass is second to none. Best of all, there are both easy and harder routes to get you there.

In my opinion, Switzerland serves some of the best bakery treats and coffee in the world. Indulge in a slice of cake at Tea Room Schmid or grab a bite to take away from Café Haueter and sit by the beautiful Evangelical Church of Adelboden – it's a match made in heaven.



Winky O'Neale
HF Holidays
Field Advisor

THE BEST OF THE BERNESE OBERLAND



GUIDED WALKING

HIGHLIGHTS

High alpine meadows, tranquil valleys and spectacular waterfalls

ACCOMMODATION

The 4-star Hotel Steinmattli is a modern chalet-style property located in a peaceful part of this charming village. All 63 comfortable bedrooms offer a balcony or terrace, en-suite bathroom and beautiful views. A delicious evening meal is served each day in the hotel's Alpen Chic Restaurant. The shops and bars of Adelboden are just a short walk away.

WALKS GRADE AND PARAMETERS

2 Easier walks: 5-9 miles on good paths through valleys and high meadows. Up to 1,200 feet of ascent in a day.

4 Harder walks: 7-10 miles with some steep and rough ascents. Up to 3,000 feet of ascent in a day.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals



Dates of travel	Nts
Jul 23 Sat 2, 9	7
Aug 23 Sun 23, 30	7
Aug 23 Sat 5	7

WELCOME TO AUSTRIA

It's easy to fall head-over-heels in love with Austria. No country waltzes between urban and outdoors quite like Austria. One day you're cresting alpine summits, the next you're mooching around the streets of regular Winter Olympics host city, Innsbruck.

FALL IN LOVE WITH AUSTRIA



Not only does Austria up the ante for endless mountain climbs and icy lake swims, but it also wows with flower-filled meadows, culture-rich cities, and a dizzying array of season-specific activities. It's clear to see why we're so smitten with this country, not least for the peaks, summits, and long-distance hiking trails that take your right into the thick of the Alpine action.



ON TOP OF THE WORLD

Extending from the provinces of Salzburgerland and Tirol in Austria to South Tyrol in Italy, the Zillertal Alps have well-established routes for every level of walker – from have-a-go hikers to more ambitious mountain climbers. Expect ascents and descents through white-carpeted landscapes, gentle walks through wildflower meadows, and après ski fun in the resort town of Mayrhofen.

South-west of Innsbruck lie the Stubai Alps, the biggest glacier skiing area in Austria. Staying in the village of Neustift – the village closest to the glacier – you'll enjoy year-round snow and spectacular mountain scenery.

Adored by mountain-lovers, the Seefeld Plateau also ticks boxes for foodies who fancy sampling all manner of Tyrolean specialities in small mountain restaurants.



AN AUSTRIAN DIAMOND

As the chic and very walkable capital of Western Austria's Tyrol region, Innsbruck charms with a slew of landmarks beneath its snow-topped peaks. Make your way to the Old Town for its Goldenes Dachl (Golden Roof) and shop-lined Maria Theresien Street before spending time at the gorgeous gardens at the Renaissance-style Ambras Castle which is set high on the hills in the city's outskirts.

You may also visit Swarovski Crystal World, the dazzling attraction created by Austrian artist André Heller to mark the company's 100th anniversary.



WE LOVE...

I love Austria's soaring mountains, wildflower-filled alpine meadows, refreshing air, and chalet-style hotels. What's more, using cable cars and gondolas makes it possible to walk at altitude otherwise reserved for professional mountaineers.

Panoramic paths such as the Berliner Hohenweg take in mountain restaurants with glorious views along the way. It's so remote that I once asked for milk in my coffee at a tiny mountain hut, only to be told that it might take a few minutes while the farmer found the cow.

One of my favourite walks is in the Zillertal Alps. Take the Penken cable car high above Mayrhofen where you can look out over no less than four beautiful valleys below and reach an alpine mountaintop on a good path. And as a keen gardener, the variety of rare orchids that thrive in the lower valley never fail to delight.



Sandy Smith
HF Holidays
Leader



A very well-organised holiday

"Excellent, as holiday was rolled over for 2 years due to Covid and the cost was maintained. HF kept us well informed throughout."

Patricia



DISCOVER AUSTRIA'S SEEFELD PLATEAU



GUIDED WALKING

HIGHLIGHTS

- Walk into neighbouring Germany with its gorge boardwalks
- Discover wildflower meadows

WALKS GRADE AND PARAMETERS

1 Easier walks: 5-7 miles on good paths through valleys and meadows. Up to 1,000 feet of ascent in a day.

2 Harder walks: 7-10 miles on good paths through valleys and meadows. Up to 1,500 feet of ascent in a day.



Enjoy accessible walks in the easy terrain of the Seefeld Plateau, not far from Innsbruck. This tranquil valley offers a variety of gentle walks through flower-filled meadows on wide valley floors surrounded by majestic peaks. The highlight may be the walk amongst the towering sides of the Leutasch Gorge into neighbouring Bavaria visiting charming Alpine hamlets. Along the way you can enjoy classic Tyrolean cuisine in the mountain huts; see if you can resist the temptation of Apple Strudel or Kaiserschmarren (sugared pancakes)!

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel		Nts
Jun 23	Sat 10, 17, 24	7
Jul 23	Sat 1, 8, 15	7
	Sat 29	7
Aug 23	Sat 5, 12, 19	7

ACCOMMODATION

The superb recently refurbished 4-star Hotel Kristall has been welcoming HF Holidays guests for over 10 years. Set in the small hamlet of Weidach in the Leutasch valley the hotel boasts beautiful mountain views on every side.

WALK AUSTRIA'S STUBAI ALPS



GUIDED WALKING

HIGHLIGHTS

- Ascend the spectacular Stubai summits for breathtaking panoramic views
- Enjoy 5-course evening meals and relax in the hotel's extensive wellness area

WALKS GRADE AND PARAMETERS

2 Easier walks: 5-9 miles. Up to 1,800 feet of ascent in a day.

5 Harder walks: 6-11 miles. Up to 3,500 feet of ascent in a day.



Stubai Valley, Austria

The Stubai Supercard; a transport card and much more; a bonus for your free day offering free access on some of the local gondolas, as well as some rail travel, plus free and reduced entries to lots of attractions in the area.

The pretty village of Neustift in the heart of the Austrian Tyrol provides the perfect base from which to reach the beautiful Stubai Mountains using the area's many lifts and to view the broad Stubai Valley – one of the most scenic in the region. The large network of walking trails takes walkers to spectacular panoramic views, through Alpine meadows and past gushing waterfalls and glistening glaciers.

WHAT'S INCLUDED?

- Two guided walking options every walking day
- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

traditional wooden furniture, large bathrooms and balconies.

Dates of travel		Nts
Jun 23	Sat 17	7
	Sat 24	7
Jul 23	Sat 1, 8, 15, 22, 29	7
Aug 23	Sat 19, 26	7
Sep 23	Sat 2, 9	7

ACCOMMODATION

The Pfurtscheller Family and their team welcome you to their 4-star hotel: Hotel Sonnhof. Located in the heart of the traditional village of Neustift im Stubaital, this hotel offers easy access to the local transport and shops. The Sonnhof offers an extensive spa area and restaurant with summer terrace with panoramic views. Bedrooms are fitted with

HIKE AUSTRIA'S ZILLERTAL ALPS



GUIDED WALKING

HIGHLIGHTS

- › Enjoying superb walks for all abilities high in the Zillertal Alps
- › Viewing glaciers and snow-capped mountains from the Schlegeis Dam

WALKS GRADE AND PARAMETERS

2 Easier walks: 5-8 miles on good paths. Up to 1,200 feet of ascent in a day.

4 Harder walks: 6-10 miles. Up to 3,100 feet of ascent in a day.



Zillertal

Mayrhofen sits at the junction of four major valleys, close to the Italian border. With beautiful scenery around every turn and an extensive network of lifts to whisk walkers to elevated start points, it's not difficult to understand the draw of this area. There are two different itineraries which operate in alternate weeks.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel		Nts
Jun 23	Sat 17	7
	Sat 24	7
Jul 23	Sat 1, 15, 22	7
	Sat 8	7
Aug 23	Sat 26	7
Sep 23	Sat 2	7

ACCOMMODATION

Comfortable 3-star accommodation provided in Hotel Eckartauerhof and Hotel Jägerhof.

DACHSTEIN MOUNTAINS



GUIDED WALKING

HIGHLIGHTS

- › Visit the UNESCO World Heritage Site of Hallstatt-Dachstein
- › Stay in traditional Alpine huts

WALKS GRADE AND PARAMETERS

6 4-13½ miles. Up to 2,950 feet of ascent in a day.



Dachstein Mountains

Sitting at 2,995m above sea level, the main summit of the Dachstein Mountains is one of the highest elevations in the Northern Alps. This area of Austria is renowned for traditional alpine villages, mountainous landscapes, and glistening lakes – all of which you'll see on this 10-night guided walking holiday. We'll follow the Dachstein trail passing through lush meadows, up ascents with tremendous views, and stay in authentic Alpine huts.

WHAT'S INCLUDED?

- A full programme of guided walks with two options on certain days
- HF Holidays Leader
- All transport to and from the walks
- Luggage transfers
- Return flights from the UK and hotel transfers on 'with flight' holidays
- 10 nights' accommodation in a mix of Alpine huts and hotels
- Half-board

Dachstein Südwanthütte: Serviced Alpine hut
Guttenberghaus: Serviced Alpine hut
Hotel Post: 3-star hotel
Gasthof Bergfried: Guesthouse
Goisererhütte: Serviced Alpine hut
Kirchenwirt: Guesthouse

Dates of travel		Nts
Jul 23	Wed 5	10
Aug 23	Wed 16, 30	10
Sep 23	Wed 6	10

ACCOMMODATION

Cooee Alpine Hotel Dachstein: 3-star hotel
Hofpürglhütte: Serviced Alpine hut

ZILLERTAL & SEEFELD



► GUIDED WALKING

Enjoy two fantastic destinations in one holiday! First up is Mayrhofen, an Alpine resort in the heart of the Zillertal Alps. With beautiful scenery around every turn and an extensive network of lifts to whisk walkers to elevated start points, it's not difficult to understand the draw of this friendly valley. On to the small hamlet of Weidach in the Leutasch Valley, there are a whole new set of paths to explore through flower-filled meadows surrounded by majestic peaks. The highlight will be the walk amongst the towering sides of the Leutasch Gorge into neighbouring Bavaria.

Dates of travel		Nts
Jun 23	Sat 17	14
	Sat 24	14
Jul 23	Sat 1, 8, 22	14

STUBAI & ZILLERTAL



► GUIDED WALKING

Visit the Alpine destinations of Neustift and Mayrhofen on the 14 day holiday. Nestling in the heart of the Austrian Tyrol, Neustift is the perfect base from which to reach the beautiful Stubai Mountains. The network of trails takes visitors through Alpine meadows and past gushing waterfalls and glistening glaciers. We then move in to Mayrhofen, close to the Italian border. The town sits at the junction the broad and flat Ziller Valley to the east and the Stillup Valley to the south. With beautiful scenery around every turn, it's not difficult to understand the draw of this friendly valley.

Dates of travel		Nts
Jun 23	Sat 17	14
	Sat 24	14
Jul 23	Sat 1, 8, 15	14
Aug 23	Sat 26	14

STUBAI & SEEFELD



► GUIDED WALKING

Starting off in Neustift we'll make use of the area's many lifts and to view the broad Stubai Valley. The large network of trails takes allows for walkers of a range of abilities. For the brave there's even a summer toboggan run. From here we travel to Weidach in the Leutasch valley which offers a variety of gentle walks through along wide valley floors. There's a walk amongst the towering sides of the Leutasch Gorge to visit charming Alpine hamlets. Enjoy Tyrolean cuisine in the mountain huts - see if you can resist the temptation of Apple Strudel or Kaiserschmarren (sugared pancakes)!

Dates of travel		Nts
Jun 23	Sat 17	14
	Sat 24	14
Jul 23	Sat 1, 8, 22, 29	14

SEEFELD PLATEAU DISCOVERY TOUR



► DISCOVERY TOUR

HIGHLIGHTS

- › Soak up breathtaking mountain views from the Karwendel Railway to Innsbruck
- › Enjoy a cable car ride up Germany's highest mountain, the Zugspitze
- › Ride the steam-operated rack and pinion railway to Achensee Lake for a lake cruise
- › Explore the mystical and picturesque Leutasch Spirit Gorge
- › Walk around Wildsee Lake to explore the natural beauty of the Seefeld Plateau

WHAT'S INCLUDED?

- Good quality en-suite accommodation in one of our European partner hotels
- Half-board – continental breakfast and evening meal
- Experienced HF Holidays Leaders
- Full day excursions with all essential transport in resort
- 'With flight' holidays include return flights from the UK and hotel transfers



The peaceful hamlet of Weidach in the Leutasch Valley is a classic Austrian settlement where traditional wooden-roofed houses nestle in a green valley backed by soaring mountains. With its excellent transport links, it makes a wonderful base from which to explore the area to enjoy the beautiful Alpine scenery. This guided tour includes a scenic train journey to explore Innsbruck's old town and a ride on a heritage steam-powered rack and pinion railway to reach Achensee for a relaxing boat cruise. There's also a journey into Germany to the picturesque ski resort town of Garmisch Partenkirchen from where it's possible to take the cable car to the top of Zugspitze, Germany's highest mountain. There are gentle walks around the Wildsee Lake and through the beautiful Leutasch Valley to view the impressive Leutasch Gorge.

ACCOMMODATION

The superb recently refurbished 4-star Hotel Kristall is run by the Pfeffel family who have been welcoming HF Holidays' guests for over 10 years. Set in the small hamlet of Weidach in the Leutasch valley the hotel boasts beautiful mountain views on every side. The bedrooms are decorated in a contemporary style but still maintain a traditional alpine charm. Many rooms offer balconies. The recently renovated and extended wellness centre offers two swimming pools, sauna, tepidarium and steam

bath, infrared cabin, roof-top infinity pool, panorama sauna and sun terrace. Winner of Best Food 2018 in the HF Holidays Hotel Awards, the 5 course evening meals are of an exceptional standard.

Dates of travel		Nts
Jul 23	Sat 22	7

WELCOME TO SLOVENIA

Sitting at the crossroads between Italy and Croatia, Slovenia is a Balkan beauty that's got good looks and charm in equal measure. From the glittering shores of Lake Bled to the lofty peaks of the Julian Alps, our Slovenia walking holidays take you through a landscape big on natural treasures.



AWE-INSPIRING WALKING ROUTES

The showpiece of any Slovenia walking holiday is Triglav National Park. And the scenic rewards are huge – not least those to be found in Vintgar Gorge. Almost a mile's worth of wooden walkways crisscross the Radovna River and snake around waterfall-splashed pools that come in every shade of green and blue. The headline-grabber is the 16m-high Šum Waterfall.

Equally standout are the hiking opportunities in the Julian Alps. Walk through the Alpine meadows of the Krma Valley and into the high forests west of Lake Bled and you'll reach Debela Peč – arguably Triglav National Park's best vantage point. Elsewhere, you can take a cable car to the upper reaches of Mount Vogel and cap a seven-mile trail to the summit with views over the snowy 1864-metre peak of Mount Triglav – Slovenia's tallest mountain.



WE LOVE...

There's a lot to love about Lake Bled and the Julian Alps and I've visited on many occasions. It's a corner of Slovenia full of natural beauty, including turquoise lakes and rugged limestone peaks. Each walk here is special and it's hard to choose which would be my favourite – on any given day I might well choose a different one.

The Debela Pec walk is certainly spectacular and gives a real mix of the varying scenery the area offers. You'll pass through woodlands hiding ancient iron works before a high ridge provides great views of the Krma Valley and Mount Triglav, Slovenia's highest peak.

And then there's our walk in the Plisnica Valley which passes white sand beaches washed by the impossibly clear waters of Jasna lake before stopping off at the pretty ski resort of Kranjska Gora – the photo opportunities are incredible.



Calvin Yates
HF Holidays
Senior Overseas
Product Manager

DISCOVERY TOUR THE BEST OF SLOVENIA'S JULIAN ALPS

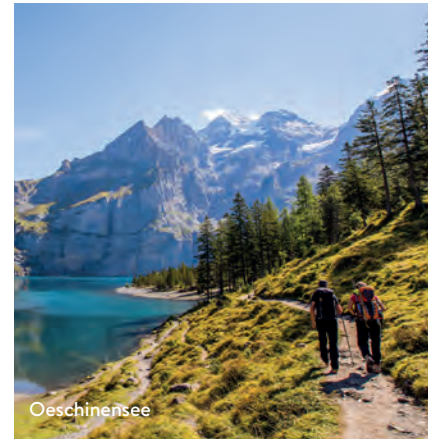
Discover Slovenia's outstanding scenery of crystal-clear lakes bordered by the craggy slopes of the Julian Alps. Staying in a hotel just a few hundred metres from the shore of beautiful Lake Bled, we'll take you on a guided tour of the area's natural and cultural highlights. The itinerary includes visits to several historic towns, the vibrant capital of Ljubljana, Bled Castle, Triglav National Park and the incredibly scenic Jasna Lake.

- Half-board en-suite accommodation at stylish 3-star Hotel Astoria.



Dates of travel	Nts
Oct 23 Tue 3	7

THE BEST OF SLOVENIA'S JULIAN ALPS



GUIDED WALKING

HIGHLIGHTS

- ▶ Exploring Lakes Bled and Bohinj
- ▶ Walking amidst the Julian Alps peaks
- ▶ Climbing to Debela Pec for fantastic views over the Krma Valley

ACCOMMODATION

Hotel Astoria: This stylish 3-star hotel is close to Bled town centre, the lakeshore and castle. It has 72 bedrooms, a wellness centre with sauna and spa pool, plus a gym and lounge bar.

WALKS GRADE AND PARAMETERS

2 Easier walks: 5-9 miles generally on good paths, with some rocky sections. Up to 1,400 feet of ascent in a day.

4 Harder walks: 7-11 miles with some steep ascents and descents. There are also some rocky and exposed sections. Up to 3,100 feet of ascent in a day.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals



Dates of travel	Nts
May 23 Tue 30	7
Jun 23 Tue 6, 13, 20	7
Aug 23 Tue 29	7
Sep 23 Tue 5, 12, 26	7

WELCOME TO CROATIA

Croatia covers all bases with sparkling white sands, the cleanest waters in the Adriatic, and over a thousand sun-bleached islands to its name. This sunny Mediterranean spot is also home to vineyards, stellar national parks, turquoise-tinted lakes, ancient walled cities, and no less than 10 UNESCO World Heritage Sites.



A MEDITERRANEAN GEM

The Dalmatian Coast gets all the love for its beaches, but fans of HBO show Game of Thrones may already be familiar with Split. Croatia's characterful second city is adored for its palm-dotted Riva waterfront, beautiful peninsula, and show-stealing Diocletian's Palace complete with a maze of underground cellars, ancient columns, and 1,700 years of history.

Then there's the heart-shaped Istrian Peninsula in Croatia's northeast. It delights with vineyard-draped hills, pastel-coloured seaside villages, and a lush green landscape that stretches for miles. Both regions are equally visit-worthy and prove a hit with walkers and hikers, thanks to well-maintained trails and easy-to-follow paths of varying lengths along mountains, highlands, and flat plains.



WE LOVE...

My favourite walk in Croatia is on the Kamenjak. It's a narrow strip of land barely 5kms-long that juts out into the Adriatic. The route is full of surprises and it's the only HF Holidays walk I'm aware of which starts with a 300-metre stroll over a pedestrian causeway that leaves your feet just a few centimetres above sea level.

Climbing onto the spine of the peninsula you'll find the remains of heavy artillery emplacements that are a relic of the mighty Austro-Hungarian empire. There's also a military tunnel and an assortment of fossils left behind by a type of shellfish which died out millions of years ago.

Alan Davies
HF Holidays Field Advisor

HIGHLIGHTS OF ISTRIA & THE ADRIATIC COAST



GUIDED WALKING

HIGHLIGHTS

➤ Reaching hilltop towns and waterfalls

ACCOMMODATION

Valamar Crystal Hotel: This modern, spacious 4-star hotel enjoys a seafront location amongst pine trees. It has 223 spacious and bright en-suite rooms, a large terrace, bar and outdoor swimming pool.

WALKS GRADE AND PARAMETERS

2 **Easier walks:** 5-8 miles on good paths with some steep descents and rocky sections. Up to 1,200 feet of ascent in a day.

4 **Harder walks:** 6-10 miles with some steep ascents and descents; some very rocky sections. Up to 1,400 feet of ascent in a day.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation
- 7 breakfasts and 7 evening meals



Dates of travel		Nts
May 23	Sat 6, 13	7
	Sat 20, 27	7
	Sat 9	7
Sep 23	Sat 16	7
	Sat 23	7
	Sat 30	7

THE BEST OF DUBROVNIK & THE DALMATIAN COAST



GUIDED WALKING

HIGHLIGHTS

- Walking in the Cetina Gorge; boat trip to Omis
- Taking a boat to Brač Island
- Evening boat trip to the town of Makarska

ACCOMMODATION

Hotel Bacchus: This popular family-run beachfront 4-star hotel has 27 bedrooms with superb views of the sea or mountains, a spa pool and sauna. The restaurant and terrace also take full advantage of the views.

WALKS GRADE AND PARAMETERS

2 **Easier walks:** 5-7 miles generally on good paths and tracks. Up to 1,100 feet of ascent in a day.

3 **Harder walks:** 7-10 miles on steeper and rougher terrain. Up to 2,200 feet of ascent in a day.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation
- 7 breakfasts and 7 evening meals



Dates of travel		Nts
May 23	Mon 29	7
Jun 23	Mon 5, 12	7
Sep 23	Mon 18, 25	7
Oct 23	Mon 2	7

WELCOME TO GREECE

Greece is on most people's to-do list, not least for its sandy and pebbly beaches, rugged mountains, glittering lakes, lush forests, blissful blue skies, and ancient masterpieces galore. And then, of course, there's the magnificent seas sprinkled with over 200 inhabited islands – the Mediterranean to the south, the Ionian to the west, and the Aegean to the east.

EPIC GREEK ADVENTURES

Our holidays to Greece put a long list of experiences at your fingertips. You can wander along cobbled Byzantine footpaths, hike up volcanoes, watch for dolphins and sea turtles, and cycle through lush forests. There are wine and olive oil tasting sessions to be had, too. Thrill seekers will discover world-class kitesurfing, wreck diving, and rock-climbing locations with dizzying views. Or simply hop on a boat and set sail into the glittering blue beyond.

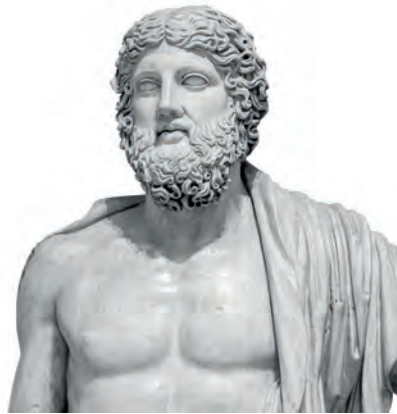


ISLAND PEAKS

Credited as the birthplace of Zeus in Greek mythology, Crete is the largest of all the Greek islands. And while it may get all the love for its hillside villages, cosmopolitan towns, pink-sand beaches, and interesting historical sites, it's the UNESCO-listed Gorge of Samaria Biosphere Reserve in the White Mountains that undeniably steals the show.

Here you'll find eyebrow-arching views of soaring cliffs, wildflowers, and Cretan wild goats known as Kri Kri. You can also spend time in Chania, the fortified Venetian city best known for its harbour, lighthouse, tavernas, mansions, and numerous sandy beaches.

On the south coast of Evia, is Karystos, the perfect base for climbing the 1,398-metre-high Mount Ochi – a rocky stunner towering proudly over the Aegean Sea. Most fascinating here is the drakospita (dragon houses) – over 20 megalithic structures buried deep in the mountains and first discovered by British geologist John Hawkins in 1797 (their origins remain a true archaeological mystery). And don't miss Dimosari Gorge, one of the most beautiful Greek hiking spots, cherished for its waterfalls, rocky ravines, and lush green slopes.



MYTHICAL MAINLAND

When it comes to walking holidays, Greece has earned its credentials. One place of timeless perfection is the Pelion Peninsula – the region located halfway between Athens and Thessaloniki. Sticking out like a finger into the Aegean Sea, it rewards with deserted beaches, wild olive groves, and forests of beech and chestnut – all with the 1,624-metre-high Mount Pelion as a backdrop. Highlights include walking on the network of kalderimi (cobble paths), soaking up views of the Pagasetic Gulf, and spending time in the surrounding villages. Also visit-worthy is Volos for its grand buildings, museums, churches, and links to Jason and the Argonauts (in Greek mythology, the city was the starting point of the expedition to retrieve the Golden Fleece).



Recommend this Crete holiday with HF

"Lovely hotel. Good guides for walking. All went smoothly on transfers. Interesting range of walks."

Eileen



WE LOVE...

Pelion was my first visit to mainland Greece outside of Athens and what a jewel it is. This beautifully rugged peninsula reaches out between the Pagasetic Gulf and the Aegean Sea, and each walk is superb – you couldn't get more off the beaten track.

I'd have to say that it's the western foothills of Mount Pelion that really capture your attention. There's a walk along an ancient railway climbing to the village of Vizitsa with its alpine feel and interesting architecture, before heading down through a mix of forests and olive groves to the charming seaside town of Kala Nera.

A close second is the amazing gorge walk to Tikkeri. The gorge feels like you've entered a different world and at the top you're rewarded with 360-degree views. And what better way is there to round off a walk than a traditional Greek lunch in a family run taverna.



Calvin Yates

HF Holidays
Senior Overseas
Product Manager



CLASSIC AND UNDISCOVERED CRETE



Crete



GUIDED WALKING

HIGHLIGHTS

- > The spectacular Samaria Gorge
- > Visiting traditional villages and enjoying a mezze-style lunch

ACCOMMODATION

Spilia Village: This 4-star hotel is 3km inland from the small village of Kolimbari. The hotel has 30 bedrooms, an outdoor pool set in peaceful gardens and a taverna restaurant that serves local Greek cuisine.

WALKS GRADE AND PARAMETERS

2 Easier walks: 5-7 miles sometimes on rugged paths. Up to 1,300 feet of ascent and 2,000 feet of descent in a day.

3 Harder walks: 7-11 miles over undulating limestone hills and rugged gorges. Up to 2,100 feet of ascent and 4,000 feet of descent in a day.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals



Dates of travel	Nts
May 23	Sat 6, 13 Sat 20 Sat 27
Sep 23	Sat 23, 30
Oct 23	Sat 7, 14 Sat 21

BACK ROADS OF THE PELION PENINSULA



Pelion Peninsula



GUIDED WALKING

HIGHLIGHTS

- > The Pelion Peninsula's charming, untouched villages
- > Discover an area brimming with ancient Greek mythology

ACCOMMODATION

The Leda Village Resort boasts sea view rooms as standard, plus a large swimming pool, tennis courts, mini golf, gym, and a private beach. There's also a restaurant perched above the beach allowing guests to enjoy freshly cooked Mediterranean meals whilst gazing out over the ocean.

WALKS GRADE AND PARAMETERS

2 Easier walks: 5-8 miles on good paths, with some rocky sections. Up to 1,100 feet of ascent in a day.

3 Harder walks: 7-11 miles on good paths, with some rocky sections. Up to 1,500 feet of ascent in a day.

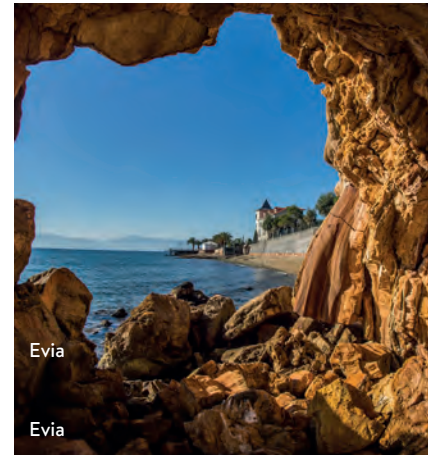
WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals



Dates of travel	Nts
May 23	Sat 6, 13, 20, 27
Sep 23	Sat 9
Sep 23	Sun 16, 23, 30

ON FOOT ON THE ISLAND OF EVIA



Evia

Evia



GUIDED WALKING

HIGHLIGHTS

- > Following ancient trails to reach the top of Mount Ochi
- > Seeing partly-made columns in an old Roman marble quarry

ACCOMMODATION

Hotel Anastasia: This 4-star hotel enjoys a beachfront location. Facilities include a freshwater pool and restaurant with sea views. The 29 spacious bedrooms offer air conditioning, balcony and minibar.

WALKS GRADE AND PARAMETERS

2 Easier walks: 4-8 miles sometimes on rugged paths with some rocky sections. Up to 1,500 feet of ascent in a day.

4 Harder walks: 6-10 miles on rugged paths with some rocky sections. Up to 2,300 feet of ascent in a day.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals



Dates of travel	Nts
May 23	Fri 5, 12, 19 Fri 26
Sep 23	Fri 15, 22 Sun 29
Oct 23	Fri 6

WELCOME TO CYPRUS

Cyprus is a Mediterranean stunner that seduces visitors with the shapely good looks of the Akamas Peninsula, plus a romantic mix of dramatic scenery, traditional villages, and ancient archaeological sites.

A COVETED PRIZE

Strategically placed in the middle of the Mediterranean, control of Cyprus has ping-ponged between competing kingdoms for centuries – and it's still contested today. Consequently, this island has a history that's as dark as it is fascinating and holds the dubious distinction of having the world's only divided capital city, Nicosia.

While Cypriot politics may be complex, the island's good looks are plain to see; think sun-kissed countryside, classy coastal resorts, and grand Venetian architecture all backed by a UNESCO-listed mountain range. It's no wonder this island is so in demand.



Nicosia

LEGENDARY WALKS

Cyprus is steeped in Greek mythology – and walking the Akamas Peninsula is the stuff of legend. With the UNESCO-listed peaks of the Troödos Mountains as a backdrop, walks here take you through landscapes worthy of a Homeric poem. Tree-covered cliffs give way to wide, sandy beaches where both green and loggerhead turtles return year after year to lay their eggs during the summer months. And when it's time to take a break, there's nothing like a mid-walk dip in the Med to soothe muscles and get you moving again.

Our walking holidays put you in the heart of Paphos, so when you're not exploring the great outdoors, you can spend time in this historic harbourside resort adored for its sparkling selection of beaches and ancient ruins.



Paphos



WE LOVE...

Cyprus is known as the island of Aphrodite, the Greek goddess of love and beauty. And it's fair to say that I'm head over heels with the place. The walk I adore most is along the Akamas Peninsula. This pristine nature reserve has rolling hills, a wide range of flora, and no less than two ancient archaeological sites associated with Aphrodite herself.

The sea is a sparkling turquoise colour and the views from the hill of Mouti tis Sotaris at the heart of the park are breathtakingly beautiful. A cool drink at the Baths of Aphrodite café overlooking the Mediterranean completes a wonderful day's outing.

Away from the coast, hidden gems such as the monasteries of Minthis and Ayios Yeoryios Alamanou offer amazing inland views. And then, of course, there's the UNESCO-listed Troodos Mountains where rural villages, photo-worthy scenery and ancient treasures are never far from reach.

Jane Cadman
HF Holidays Field Advisor



WALKING IN WESTERN CYPRUS



GUIDED WALKING

HIGHLIGHTS

► Enjoying walks on the wild and beautiful Akamas Peninsula, whilst learning from our knowledgeable local guide

ACCOMMODATION

Constantinou Bros Hotels: Guests will stay at either the Athena Beach Hotel or Pioneer Beach Hotel which are both 4-star with quiet beachfront locations.

WALKS GRADE AND PARAMETERS

2 **Easier walks:** 5-7 miles on good paths, with some rocky sections. Up to 700 feet of ascent in a day.

3 **Harder walks:** 7-10 miles on good paths with some steep ascents and descents. There are also some rocky sections. Up to 1,800 feet of ascent in a day.

WHAT'S INCLUDED?

- 1 sightseeing day
- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals



Dates of travel	Nts
Feb 23 Sun 12, 19, 26	7
Mar 23 Sun 5, 12	7
Sun 19, 26	7

WELCOME TO MALTA

Malta might possibly be the Mediterranean's most historic island. Not only does this easy-on-the-eye archipelago boast the oldest megalithic temples known to man, but a long list of UNESCO-listed wonders, Roman ruins, and Crusader castles, too.

COASTLINE & CAVES

When it comes to walking opportunities, Malta goes big on coastal strolls and steady hikes where incredible history takes centre stage. Routes along Rabat's cliffs let you look out from the highest point on the island at Dingli Cliffs and explore the Bronze Age Ghar il-Kbir cave dwellings – famous for their mysterious and unexplainable cart tracks cut into the rocks.

Head inland and you'll find Buskett Gardens. This former hunting ground of the Knights Hospitaller is now a haven for rare birds and home to Verdala Palace, the Maltese president's official residence.

Our holidays give you the chance to visit Hagar Qim's UNESCO-listed megalithic temples and – weather permitting – take a boat trip to the impossibly clear waters of the Blue Grotto, too. Or spend time in the silent streets of Mdina where you can stop by the Museum of Roman Antiquities before descending into St. Paul's catacombs.



Valletta

A VISIT-WORTHY CAPITAL

Malta's capital Valetta is like a vast open-air museum – the whole place is a UNESCO World Heritage Site. Wander harbourfront fortified citadels and hear tales of the heroic Knights Hospitaller and their defence of the city during the Great Siege of Malta in 1565.

Between all the island's age-old charms there are sparkling beaches to spread out your towel on and chic harbourside resorts to relax in. On a walk-free day or laidback evening, the stylish restaurants of Sliema and the sea-facing promenade in upmarket St. Julian's are ideal for those that like to take things slow. And when one Mediterranean island isn't enough, you're just a ferry-hop away from Malta's sister isles, Gozo and Comino.



Tuffieha Bay



Gozo



Dingli Cliffs



WE LOVE...

Standing on Dingle Cliffs looking seaward, I imagine all the civilisations that have come to Malta and left their mark. The warmth of the English-speaking Maltese people and my fascination with over 7000 years of history here makes visiting Malta a special treat.

The island is at its greenest in springtime when it's carpeted in wildflowers and ripening crops. Birdsong fills the air and temperatures are great for walking. Autumn is hotter than spring and warm balmy nights make the sea temperature ideal for swimming – a great way to soothe sore muscles if you've racked up the miles.

After a day's walking, I recommend paying a late afternoon visit to the ancient citadel of Mdina. Stroll through the deserted alleys and enjoy the best view in Malta from the Fontanella Tea Garden's terrace as you indulge in a cold drink and a slice of apple pie.

Frank Holden

HF Holidays Field Advisor



COMPLETE MALTA



GUIDED WALKING

HIGHLIGHTS

- › Visiting Neolithic temples & churches built by the Knights of St John
- › Walking on the breathtaking Dingli cliffs past ancient cave dwellings
- › Exploring the island's rich history

WALKS GRADE AND PARAMETERS

1 Easier walks: 5-7 miles on stony inland and coastal paths. Up to 700 feet of ascent in a day.

2 Harder walks: 7-9 miles on stony inland and coastal paths. Up to 1,400 feet of ascent in a day.



Marsaxlokk, Malta

Discover Neolithic temples, dramatic coast and rural inland paths on this warm, colourful and laid-back island. Walks take in the picturesque Dingli cliffs – Malta's highest point plus churches built by the Knights of St John.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel		Nts
Feb 23	Sat 18, 25	7
Mar 23	Sat 4, 11	7
Oct 23	Sat 21, 28	7

ACCOMMODATION

Solana Hotel: This 4-star hotel in the traditional village of Mellieha has 81 bedrooms with a balcony or terrace, two restaurants, a rooftop pool, gym and spa with indoor pool.

COMPLETE GOZO



GUIDED TRAIL

HIGHLIGHTS

- › Don't miss Victoria's cathedral
- › Take a boat ride through the caves into the open sea
- › San Blas Bay the perfect place to stop for a mid-walk swim

WALKS GRADE AND PARAMETERS

1 Easier walks: 7-7 miles. Up to 500 feet of ascent in a day.

3 Harder walks: 7-10 miles. Up to 1,400 feet of ascent in a day.



San Blas Beach, Gozo

Gozo is the second biggest of the three islands which make up the Maltese archipelago. It provides an idyllic place to escape daily life with its laid-back atmosphere, wonderful coastal walks and historical sites. Greener than Malta, much of the land is given over to agriculture; melons, grapes and vegetables are all grown here. The week will be spent exploring the island's coastal paths which lead to secluded coves and rocky headlands all backed by the azure blue waters of the Mediterranean.

WHAT'S INCLUDED?

- All transport to and from walks
- Experienced HF Holidays Leaders
- "With flight" holidays include return flights from the UK and hotel transfers
- 7 nights' accommodation in en-suite rooms
- Half-board – continental breakfast and evening meal

Winner of three HF Hotel Awards in 2018 based on outstanding guest feedback. The hotel features indoor and outdoor swimming pools, a well equipped bar and two restaurants.

Dates of travel		Nts
Mar 23	Sat 25	7
Apr 23	Sat 8	7
	Sat 15	7

ACCOMMODATION

The charming 4-star Grand Hotel with its comfortable accommodation, and friendly efficient service, occupies a commanding location overlooking Mgarr harbour and has views across the straits to Comino and Malta.

WELCOME TO ITALY

Arguably one of the most romantic places on the planet, few places spark wanderlust like Italy. Its sparkling Mediterranean beaches, rolling hills, vineyard-studded countryside, hilltop villages, architectural treasures, and art-rich cities are as popular worldwide as pizza and pasta. Italy also spoils with a much drooled-over landscape for walkers; think steady climbs in the Piedmont, self-guided hikes in the mighty Dolomites, and gentle strolls around some of the big-name watery wonders.

LAKES, COAST & CULTURE

Glistening at the foot of the Dolomites, Lake Garda is the country's largest lake by surface area (143 square miles). Loved by the likes of Goethe, DH Lawrence, and Byron, it rewards with secluded beaches, olive groves, and shoreside towns that take centre stage.



Siena Province

Further south the 30-mile Amalfi Coast ups the ante for sophistication. Unwind in Sorrento and sip limoncello (the Italian digestif made with sugar, water, alcohol, and lemons) at a pavement café, while admiring the frescos of the 15th-century Sedil Dominova. Further thrills include Ferriere Valley Nature Reserve – the lush valley best known for its waterfalls, ancient water mills, ironworks, and splendid hiking trails.

And if history is your thing, then our Essential Tuscany trip ticks all the boxes. Siena is the showstopper here – a Renaissance city best known for its honey-hued streets, incredible artworks, and great shopping around Via Montanini, Banchi di Sopra, and Via di Città. You'll venture to the top of the Torre del Mangia, spend time at the Duomo of Siena, and marvel at the 14th century murals in the Museo Civico.



Cinque Terre

Very well organised, friendly, well communicated. VG options walking

"Thoroughly enjoyed walking and sightseeing. Well explained and communicated, very friendly group that jelled well together."

Maria

★★★★★ feefo^{es}



HIKING IN THE DOLOMITES

Little rivals the dazzling Dolomites – the mountain range in the northern Italian Alps that was bestowed UNESCO World Heritage Site status in 2009. Adored by skiers in winter and walkers and hikers in summer, it offers peaks, meadows, lakes, hundreds of spectacular walking trails, and a huge amount of seasonal-specific outdoor activities.

You'll get to complete a lengthy circuit around both Sassolungo and Sasso Piatto, meander in the meadows above Selva on the north side of the Val Gardena and stop by Bolzano – South Tyrol's characterful capital which charms with interesting Gothic and Romanesque buildings in its medieval centre.



Dolomites



WE LOVE...

A few years ago, I worked in the Dolomite region of Italy – a huge privilege. Having gotten to know the people and place exceptionally well, I've since been back several times on holiday. The walking routes are exceptional, but what I really like is that each region has a character of its own complete with local traditions and dialect.

I particularly enjoy Puglia and Piedmont. A visit to Altamura, in Puglia, is to experience the real Italy and walks take in multiple UNESCO-listed sights including Matera – a medieval town carved out of caves cut into the hillside.

Montelupo is set in the Ligurian Alps, and the walks pass through vineyards around the village of Barolo, famous for its red wine. In Italy where there's wine, there's food; fresh local ingredients, cooked with a minimum of fuss, often to Nonna's (Italian for Grandma's) secret recipe - what's not to love?



Sandra Wharton
Overseas Product Manager



BEST OF THE DOLOMITES



GUIDED WALKING

HIGHLIGHTS

- > Awe-inspiring mountain scenery and flowers
- > Superb network of cable cars, gondola and chair lifts for accessibility to the mountains

WALKS GRADE AND PARAMETERS

2 **Easier walks:** 5-10 miles generally on good paths which can be rough or steep. Up to 1,500 feet of ascent in a day.

5 **Harder walks:** 5-12 miles crossing mountainous terrain with steep gradients. Up to 3,300 feet of ascent in a day.



The craggy limestone tops of the Dolomites provide a dramatic backdrop to miles of superb walking trails on high mountain plateaux and through picturesque flower meadows reached by a lift network. Trails pass traditional mountain huts which offer a wide range of refreshments.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel		Nts
Jun 23	Sat 24	7
Jul 23	Sat 1, 8, 15, 22	7
Aug 23	Sat 19	7
	Sat 26	7
Sep 23	Sat 2	7

ACCOMMODATION

Hotel Somont: This family-run 4-star hotel located in the heart of the UNESCO – listed part of the Dolomites enjoys panoramic views and has 33 bedrooms, a bar, indoor pool, spa and sauna.

PIEDMONT WINE & WALKING



GUIDED WALKING

HIGHLIGHTS

- > Walking in the beautiful rolling countryside
- > Superb 4-star hotel with an excellent restaurant

WALKS GRADE AND PARAMETERS

1 **Easier walks:** 4-7 miles with occasional steeper sections. Up to 1,000 feet of ascent in a day.

2 **Harder walks:** 5-9 miles, with occasional steeper sections. Up to 1,300 feet of ascent in a day.



Be entranced by the landscapes of the Piedmont wine-growing region of Italy. On a clear day, the Matterhorn and Monte Rosa form a breathtaking backdrop. Meander along river paths and ancient trails to hilltop villages. Visit Alba, famous for its gastronomy and 'slow food'. Discover Barolo, Serralunga d'Alba and Cortemilia, which offer a unique insight into the wines for which this region is famous.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

purpose built and designed so that all rooms look out over vineyards towards the hill-top villages of Rodello and Montelupo.

Dates of travel		Nts
Apr 23	Tue 25	7
May 23	Tue 2, 9, 16, 23, 30	7
Jun 23	Tue 6, 13	7
Sep 23	Tue 5, 12, 19, 26	7
Oct 23	Tue 3, 10, 17	7

ACCOMMODATION

The 4-star Hotel Ca'del Lupo is highly regarded by our guests. The hotel is owned and run by two brothers, Savio and Stefano Drocco. The brothers reputation for outstanding food and service has become well established. The hotel enjoys peaceful surroundings and has been

DISCOVER THE CINQUE TERRE



GUIDED WALKING

HIGHLIGHTS

- › Visiting each of the five enchanting Cinque Terre villages
- › Walking along the coastal path
- › Boat trip to view the coast from the sea

WALKS GRADE AND PARAMETERS

2 Easier walks: 4-7 miles; some steep ascents / descents.

4 Harder walks: 5-10 miles on the coastal path; longer ascents to the hills.



Cinque Terre, Liguria

The Cinque Terre or ‘Five Lands’ is the name given to the stretch of coast between five unique villages which are famed for their jumble of colourful houses clinging to steep cliffs. Guided walks will take you to each of them to discover their beauty and charm.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- ‘With flight’ holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel		Nts
Apr 23	Sat 29	7
May 23	Sat 6, 13, 20	7
Sep 23	Sat 2, 9, 16, 23	7

ACCOMMODATION

Hotel Delle Rose: This 3-star family-run hotel is close to the beach and enjoys sea views from the roof terrace bar. It has 25 bedrooms.

HIDDEN TREASURES OF PUGLIA & MATERA



GUIDED WALKING

HIGHLIGHTS

- ▢ Walking in Alta Murgia National Park
- ▢ Matera UNESCO – listed cave dwellings
- ▢ Visiting UNESCO – listed Castel de Monte

WALKS GRADE AND PARAMETERS

2 Easier walks: 5-8 miles on good paths. Up to 1,200 feet of ascent in a day.

3 Harder walks: 5-11 miles on good paths; some rocky sections. Up to 1,400 feet of ascent in a day.



Trulli Houses, Puglia

A wonderful exploration of a relatively undiscovered part of Italy. Rural areas are dotted with traditional stone Trulli houses – noted for their cone-shaped roofs - while the Alta Murgia National Park is Italy’s last area of Mediterranean steppe. A day in the unique, partially abandoned town of Matera will be a real highlight, and walks under the cool canopy of the Mercadente Forest.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders and local sightseeing guide on day 3
- ‘With flight’ holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

PRICING		(prices are Per Person from)		
Dates of travel	Nts	Flights included	Flights not included	
May 23	Sat 6	7	£1,475	£1,355
	Sat 13, 20, 27	7	£1,475	£1,365
Sep 23	Sat 16, 23, 30	7	£1,475	£1,365

ACCOMMODATION

Hotel San Nicola: This 4-star hotel, a former palace is located in the heart of old town Altamura. Enjoy dinner at local Puglia restaurants on two evenings.

PUGLIA COOKING & WALKING



▶ COOKING & WALKING

HIGHLIGHTS

- ▶ Learn to cook authentic local dishes at a cookery school using locally-sourced produce
- ▶ Explore Gravina's underground world of tunnels, cellars, granaries, and 17th century ovens
- ▶ Find out more about Apulian cheese production and enjoy a typical farmer's lunch
- ▶ Discover Matera's cave-dwelling district and its fascinating history



Based in the historic Puglian town of Altamura we'll learn to cook delicious, authentic local dishes using hand-picked and locally sourced ingredients. We'll cover a range of courses from antipasti and main courses to desserts and also visit a bakery and cheese farm to see how these regional specialities are made. We will also have the opportunity to explore the labyrinthine underground tunnels of Gravina and spend a full day in UNESCO-listed Matera. Here you'll explore its network of alleyways and staircases which wind past 'Sassi' cave dwellings, hewn from the cliffs. Easy walks give the opportunity to see more of the local area.

WHAT'S INCLUDED?

- Comfortable en-suite accommodation
7 breakfasts, 5 evening meals and 3 lunches
- Experienced HF Holidays Leaders
- Four cooking lessons
- Guided tours of Matera and Gravina with local guide
- All essential transport and entrance fees
'With flight' holidays include return flights from the UK and hotel transfers

palace built in 1741 as the residence of the Cagnazzi family, the hotel has 24 comfortable bedrooms, 24 hour reception, bar and restaurant and free Wi-Fi throughout. Take the opportunity to sample the local Focaccia de Altamura from a nearby bakery which has been producing bread since 1421.

Dates of travel		Nts
Apr 23	Sat 29	7
Oct 23	Sat 7, 14	7

ACCOMMODATION

The 4-star Hotel San Nicola is located in the heart of the old town of Altamura just 150 metres from Federico's Cathedral. A former

ESSENTIAL TUSCANY



▶ GUIDED WALKING

HIGHLIGHTS

- ▶ Exhilarating ridge walk to gain a beautiful view of Rocca
- ▶ Discover the wine and cheese towns of Montepulciano and Montalcino
- ▶ Bathe in the hot springs at Bagno Vignone

WALKS GRADE AND PARAMETERS

1 **Easier walks:** 4-7 miles on good paths, with short but steep ascents.

2 **Harder walks:** 6-10 miles on good paths, with short but steep ascents.



Immerse yourself in classic Tuscan scenery of red terracotta tiled roofs, green rolling hills and sentinel-like cypress trees. There are hot springs to enjoy and historic hilltop towns to discover plus the city of Siena with its magnificent Duomo.

WHAT'S INCLUDED?

- Two guided walking options every walking day
- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation
– 7 breakfasts and 7 evening meals

Dates of travel		Nts
Apr 23	Sat 8, 15, 22, 29,	7
Sep 23	Sat 2, 9, 16, 23	7

ACCOMMODATION

Hotel Albergo Palazuolo: This 42-bedroom 3-star hotel offers views of the d'Orcia hills and San Quirico.

HIGHLIGHTS OF THE AMALFI COAST PATH



GUIDED TRAIL

HIGHLIGHTS

- > Visit Ferriere Natural Park
- > Views over Naples and Mount Vesuvius
- > Traverse the Path of the Gods
- > The services of an experienced and qualified International Mountain Leader (IML)

WALKS GRADE AND PARAMETERS

4 50 miles with 7-10 miles and up to 2,000 feet of ascent in a day.



Amalfi Coast

An east to west coastal trek from Amalfi to Punta Campanella, this trail follows a varied and scenic route along the length of the Amalfi Coast. From the coastal lemon groves and vineyards, we pass through the Valle del Ferriere nature reserve, take in views of Mount Vesuvius and traverse the Path of the Gods.

WHAT'S INCLUDED?

- All walks transport; luggage transfers
- Experienced IML Guide; 1 guided walk per walking day
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation** – 8 breakfasts, 5 lunches, 5 evening meals
- **Except 1 night in an Agriturismo

La Ginestra (Agriturismo) – Cercemaggiore
Grand Hotel Hermitage – Sant'agata
Hotel Punta – Campanella Resort

Dates of travel		Nts
May 23	Sat 25	8
Sep 23	Sat 23	8
Oct 23	Sat 7, 21	8

ACCOMMODATION

Hotel L'antico Convitto – Amalfi
Hotel Risorgimento – Lecce

DOLOMITES TRAVERSE



GUIDED TRAIL

HIGHLIGHTS

- > Hiking to Lake Misurina with views of the Tre Cime di Lavaredo
- > Reaching the summit of Piz Boè at 10,341 feet for 360-degree views
- > Staying 3 nights in traditional mountain huts

WALKS GRADE AND PARAMETERS

6 85 miles with 9-13 miles and up to 4,000 feet of ascent in a day.



Italian Dolomites - Santa Maddalena

Take part in a rewarding trek which crosses the magnificent, craggy Dolomites from west to east taking in three distinctive regions. The trip includes exhilarating ridge walks with outstanding views and staying in family-run refugios high in the mountains for three of the nights. This is a trek which takes you from mountain towns right up to the base of the iconic Tre Cime di Lavaredo rock towers.

WHAT'S INCLUDED?

- All walks transport; luggage transfers
- Experienced IML Guide; 1 guided walk per walking day
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation* – 10 breakfasts, 5 lunches, 9 evening meals
- *Except for 3 nights at refugios in small dorms with bathroom facilities.

ACCOMMODATION

Stay 7 nights at 3-star hotels, many with wellness centres, and 3 nights at carefully chosen, good quality family-run refugios.

Dates of travel		Nts
Jun 23	Sun 18	10
Jul 23	Sun 23	10
Sep 23	Sun 3	10

DISCOVER ABRUZZO, ITALY'S WILD HEART



GUIDED WALKING

HIGHLIGHTS

- › Get to know one of Italy's lesser-known areas
- › Head out on guided walks around the National Park of Abruzzo

WALKS GRADE AND PARAMETERS

2 Easier walks: 5-7½ miles. Up to 1,300 feet of ascent in a day.

4 Harder walks: 5-10 miles. Up to 2,800 feet of ascent in a day.



Castle of Rocca Calascio, Abruzzo, Italy

Known as the wild heart of Italy, Abruzzo is one of Europe's last remaining wildernesses with mountainous forests still home to bears and wolves and wildflower meadows that come to life in spring. Explore the corners of the lesser-known National Park of Abruzzo on this seven-night guided walking holiday led by local, expert nature guides.

WHAT'S INCLUDED?

- Half-board accommodation at Hotel Degli Olmi
- Comfortable en-suite room
- Breakfast, dinner and four picnics
- HF Holidays Tour Manager
- Local qualified and experienced nature guides – 'Guide Ambientali Escursionistiche'
- Flights to Naples
- Transfer to the hotel

home made using organic and local produce and featuring Abruzzese dishes as well as better-known Italian favourites. There's a comfortable lounge and bar to relax in and also a pleasant garden where you can enjoy watching the sun go down with a glass of local Abruzzo wine.

Dates of travel	Nts	
May 23	Mon 15	7
	Mon 22	7
	Mon 29	7
Jun 23	Mon 5	7
Sep 23	Mon 18, 25	7
Oct 23	Mon 9	7

ACCOMMODATION

The Hotel Degli Olmi is a friendly, family-run hotel close to the centre of the village of Villetta Barrea in the heart of the National Park. Dario, who is in charge of the kitchen, trained with the famous Italian chef Niko Romito and the family are justly proud of his cuisine which is all

TRAILS OF MEDIEVAL UMBRIA



GUIDED WALKING

HIGHLIGHTS

- › Discover Assisi, birthplace of St Francis
- › Get a taste for Umbrian wine in Montefalco

WALKS GRADE AND PARAMETERS

2 Easier walks: 4.5 to 7½ miles with up to 2,200ft of ascent.

4 Harder walks: 8½ to 10 miles with up to 3,000ft of ascent.



Spoleto

Between its plentiful medieval, Roman, and Etruscan towns, Umbria's deep green valleys and cloud-shrouded mountains set the scene for some incredible walks. This guided walking holiday blends the region's eye-popping ancient architecture, hilltop towns, and medieval sights with a wholesome mix of scenery for the best of both.

WHAT'S INCLUDED?

- Five nights half-board, one night B&B and 5 packed lunches
- Flights to Rome plus transfer to hotel
- Knowledgeable local guides
- Authentic local food
- Dinner with wine tasting on the final night

a charming hotel complete with subterranean spa and outdoor pool with a view. The rooms are comfortable and well decorated with all modern amenities. The hotel's restaurant is well-known locally and is just a short walk from the main hotel.

Dates of travel	Nts	
May 23	Thur 4, 11	7
Sep 23	Thur 14, 21, 28	7
Oct 23	Thur 5	7

ACCOMMODATION

Located in Spello, at the top of this charming medieval village, Hotel La Bastiglia has been family run for the last 40 years. The hotel's location at the top of the town allows for wonderful views from its tranquil garden, this historic building has been tastefully made into

COOKING & WALKING IN SICILY



DISCOVERY TOUR

Sicily may be a region of Italy, but culture-wise, it's a world of its own. The largest island in the Mediterranean rewards visitors with cultural riches and culinary heritage. There's a lot to love about the food here, too. And on this holiday, we mix a selection of scenic walks with Sicily's finest eating experiences.

HIGHLIGHTS

- › Visit Sicily's capital Palermo and sample its street food
- › Enjoy olive oil and Marsala wine tasting experiences
- › Hike through the coastal Zingaro Nature Reserve
- › Get hands-on with a Sicilian cooking Lesson
- › Expert local guides with unrivalled knowledge of the area

ACCOMMODATION

Looking every bit the Arabian fortress, the 3-star Al Madraig is all honey-coloured stone, coastal views, and alfresco seating, ideal for soaking up the sunshine. Situated in the classy resort of Castellammare del Golfo, this handsome hotel has an enviable setting right on the shores of the Tyrrhenian Sea.

You'll find easy-on-the-eye décor throughout, well-appointed rooms, a bar, and an airy, light filled restaurant where breakfast is served. What's more, you'll be in strolling distance of two sandy beaches, a selection of restaurants, cafes, and gelaterias, plus a Norman-Arab castle, too.

WHAT'S INCLUDED?

- 7-night guided walking holiday with gastronomic visits
- Return flights to Palermo
- Transfers
- 7-nights B&B stay including two dinners and four tasting experiences

Dates of travel		Nts
Apr 23	Sun 16	7
May 23	Sun 14	7
Oct 23	Sun 1	7
Oct 23	Sat 15	7

TUSCANY & CINQUE TERRE HOLIDAYS

TUSCANY & CINQUE TERRE



GUIDED WALKING

Enjoy two contrasting parts of Italy in one holiday. Take in Tuscany's classic scenery of red terracotta tiled roofs, rolling golden hills, and hot springs with walks through the rural landscape leading up to historic hilltop towns and villages including Pienza, Montepulciano, and Montalcino. On the Cinque Terre coast, you'll walk a spectacular coastal path to reach all five of the area's famous villages – a jumble of colourful houses clinging to steep cliffs, littered with narrow, winding streets.

HIGHLIGHTS

TUSCANY

- › Gentle countryside walks through classic Tuscan countryside
- › The beautiful Renaissance city of Siena

CINQUE TERRE

- › Visit the five villages of the Cinque Terre
- › Head away from the coast to peaceful countryside, covered in vineyards and olive groves

WALKS GRADE AND PARAMETERS

5-9 miles with up to 1,800 feet of ascent.

6-11 miles with up to 3,500 feet of ascent.

WHAT'S INCLUDED?

- A full programme of guided walks with 2 options every walking day
- All transport to and from the walks
- The services of Experienced HF Holidays Leaders
- "With flight" holidays include return flights from the UK and hotel transfers
- 14 nights accommodation in en-suite rooms
- Transport between the two destinations
- Half-board - continental breakfast and evening meal

Dates of travel		Nts
Apr 23	Sun 29	14
Sep 23	Sat 2, 9, 16	14

CINQUE TERRE & TUSCANY



GUIDED WALKING

Enjoy two contrasting parts of Italy in one holiday. Take in Tuscany's classic scenery of red terracotta tiled roofs, rolling golden hills, and hot springs with walks through the rural landscape leading up to historic hilltop towns and villages including Pienza, Montepulciano, and Montalcino. On the Cinque Terre coast, you'll walk a spectacular coastal path to reach all five of the area's famous villages – a jumble of colourful houses clinging to steep cliffs, littered with narrow, winding streets.

ACCOMMODATION

TUSCANY - HOTEL ALBERGO PALAZZUOLO

The 3-star Hotel Albergo Palazzuolo is set in a peaceful location in the countryside surrounding the village of San Quirico, and is very convenient for the local amenities. This family-owned hotel was originally an attractive farmhouse, extended on both sides to incorporate the bedrooms. The property has excellent views to the rolling hills of Montalcino and offers good standards of service and comfort with a relaxing atmosphere after your days out walking.

CINQUE TERRE - HOTEL DELLE ROSE

The 3-star Hotel Delle Rose is a charming family-run hotel, owned and run by two brothers, Roberto and Enrico Bernardin. The hotel is located close to the seafront in Bonassola and within easy walking distance of all the local facilities. A handful of cafes and bars can all be found within a couple of minutes' walk from the hotel. Offering a warm welcome and a personal and friendly service, the Hotel Delle Rose has been welcoming HF Holidays' guests for over 15 years.

Dates of travel		Nts
Sep 23	Sat 2, 9, 16	14

WELCOME TO SPAIN

Spain is justifiably famous, not least for its steamy-hot summers, mild winters, lovely beaches, inviting gardens, and big-name cities on its mainland and islands. It also offers evocative landscapes for walkers and hikers.

YEAR-ROUND WALKING

For all the walking thrills you could want, Spain's north-east corner delivers. Catalonia rewards with big beaches, high mountain scenery, cute fishing villages, and architecture-rich cities. Expect heaps of sunny Mediterranean coastal views, both along the GR92 long-distance path and on the Cami de Ronda. There's also time to explore the Roses – the delightful seaside town on the Costa Brava just a couple of hours north of Barcelona. To top things off, you'll navigate the volcanic terrain at La Garrotxa Volcanic Zone Natural Park and follow in the footsteps of Salvador Dali at Cadaqués – the whitewashed town on the Cap de Creus peninsula that was once home to the surrealist master.



Barcelona

BEAUTIFUL BALEARICS

As one of the most enchanting of the Balearics, Mallorca offers a seamless blend of sandy beaches, rugged coastlines, and tasty rural gastronomy. Walk on the peninsula that separates the bays of Pollença and Alcúdia, relax on the sands of Cala Sant Vicenc, and travel to the Tramuntana mountains – a UNESCO World Heritage Site famed for its Lluc Monastery and hilltop village of Deià. The island's capital of Palma is also worth a detour for gazing at the colossal sandstone cathedral, and strolling or cycling on the promenade that stretches for miles along the seafront.



Menorca

More low-key than its larger and louder Balearic neighbours, peaceful Menorca has some of the most beautiful beaches in the Mediterranean. It's also spot-on if you're keen to get up-close with all sorts of wildlife and learn about the island's UNESCO Biosphere Reserve status. You'll get to follow the Cami de Cavalls coastal footpath to Punta Prima, discover tucked-away villages in the rolling hills, and explore the interesting port city of Ciutadella.



CLASSIC TRAILS OF THE CANARIES

The largest of the Canary Islands, Tenerife has no shortage of wildlife, dramatic volcanic landscapes, pine-scented forests, and wide-open spaces. Most standout is Mount Teide. Spain's highest peak is a smoking hotspot with a summit at 12,198 feet above sea level. You can tackle the peak on foot or ride the cable car to the top station of La Rambleta for knockout island views.

Equally scenic is Gran Canaria for sculptural sand dunes, banana plantations, and camel safaris. And in pint-sized La Palma, there are rugged cliffs, black beaches, volcanic craters, and lava rivers.



Tenerife



WE LOVE...

Spain's year-round sunshine and mild climate lends itself perfectly to the outdoor lifestyle. For the last five years I've lived and worked on the island of Mallorca, heading out on hiking adventures whenever possible.

I'm a big fan of the GR221 Dry Stone Route – a long-distance path that strings out across the west of the island, stretching from glamorous Port Andratx in the south to the pretty town of Pollença in the north.

My favourite bit is the section leads to Puig de Massanella – Mallorca's highest climbable peak. As part of the UNESCO-listed Tramuntana mountain range, the scenery is as spectacular as you'd expect. Pine-forested paths open out onto dramatic coastal panoramas, and on a clear day the summit offers incredible views across the island.

It's a tough-but-rewarding climb and after a long day on the trails, there's nothing quite like reaching a mountain refuge where a hot shower, cold beer, and some hearty Majorcan food awaits. And if it gets a little chilly in the Tramuntanas, warm your cockles with a shot of the local liqueur, hierbas (pronounced yeer-bass).



Jamie Langley
HF Holidays
Copywriter



Lovely holiday , great guides , helpful staff in the hotel

"Great holiday but tough walking. Would highly recommend."

Maria

★★★★★ feefo^{es}

TRADITIONAL TRAILS OF CATALONIA



GUIDED WALKING

HIGHLIGHTS

- ▶ Fantastic coastal walking along the GR92 and Cami de Ronda

WALKS GRADE AND PARAMETERS

2 Easier walks: 5-8 miles on good paths, with some rocky sections. Up to 1,100 feet of ascent in a day.

3 Harder walks: 7-10 miles on good paths, with some rocky sections. Up to 2,300 feet of ascent in a day.



Cadaques

Set foot along an unspoilt stretch of the Costa Brava where the pretty, wild coastline is dotted with classic whitewashed villages. Inland, the La Garrotxa region has over 40 extinct volcanoes, the lava flows of which have sculpted the landscape which has been colonised by vegetation to create a walkers' paradise. There are walks on the GR92 long-distance path and on the Cami de Ronda.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

sauna, hammam, and thermal showers. The restaurant produces meals of an exceptional standard and is highly rated by our guests.

Dates of travel		Nts
Apr 23	Sat 15, 22, 29	7
May 23	Sat 6	7
Sep 23	Sat 23	7
	Sat 30	7
Oct 23	Sat 7, 14	7

ACCOMMODATION

The 4-star Hotel Terraza is situated on the Roses seafront, sandwiched between the Mediterranean and Roses' large medieval citadel complex. The hotel has a private area on the beach for their guests. On the roof you will find the wellness centre with a heated pool, Jacuzzi,

WALKING ON GRAN CANARIA



GUIDED WALKING

HIGHLIGHTS

- ▶ Walking among stunning rock formations
- ▶ Visiting San Pedro – Europe's only coffee plantation
- ▶ Wonderful climate for winter escapes

WALKS GRADE AND PARAMETERS

2 Easier walks: 4-9 miles on good but rocky paths. Up to 1,200 feet of ascent in a day.

4 Harder walks: 7-11 miles on rocky paths with some steep sections. Up to 2,600 feet of ascent in a day.



Gran Canaria Island

Enjoy world-class walking and varied scenery as we uncover the island's beautiful mountains and rugged coastline. Our base in Agaete offers great access to trails in the north, tucked away barrancos, the dramatic landscapes of Tejedra and the striking rock formations of Roque Nublo.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel		Nts
Jan 23	Sat 7, 14, 21, 28	7
Feb 23	Sat 4	7
	Sat 11, 18, 25	7
Mar 23	Sat 4, 11	7

ACCOMMODATION

Hotel & Spa Cordial Roca Negra: Enjoying a seafront location, this 140-bedroom hotel has a large swimming pool, wellness centre, and roof terrace.

BEST OF MALLORCA



GUIDED WALKING

HIGHLIGHTS

- Reaching high points to enjoy sweeping views across the island
- Walking in the heart of the Tramuntana Mountains

WALKS GRADE AND PARAMETERS

2 **Easier walks:** 4-8 miles often on rough and stony paths. Up to 1,100 feet of ascent in a day.

4 **Harder walks:** 7-10 miles using steeper and rougher paths. Up to 2,000 feet of ascent in a day.



Mallorca has many wild and beautiful places which can be reached on foot with a varied landscape of spectacular coastline, secluded coves, low-level mountains, and sleepy villages to discover. Follow in the footsteps of pilgrims through the Tramuntana Mountains.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel		Nts
Apr 23	Sat 22	7
	Sat 29	7
May 23	Sat 6, 13	7
Sep 23	Sat 23, 30	7
Oct 23	Sat 7, 14	7

ACCOMMODATION

Hoposa Hotel Uyal: This 116-bedroom 4-star beachfront hotel has a swimming pool, gym, and spa. Some rooms have balconies and sea views.

HIGHLIGHTS OF MENORCA



GUIDED WALKING

HIGHLIGHTS

- Seeing ancient standing stones and burial chambers
- Coastal walking to sleepy fishing villages

WALKS GRADE AND PARAMETERS

1 **Easier walks:** 4-7 miles generally gently graded but sometimes on rocky paths. Up to 600 feet of ascent in a day.

2 **Harder walks:** 7-10 miles sometimes on rocky paths. Up to 900 feet of ascent in a day.



Walks pass some of the island's many Megalithic sites, giving a glimpse into the lives of Menorca's earliest inhabitants. A guided sightseeing day in Ciutadella reveals more of the island's interesting history.

WHAT'S INCLUDED?

- 1 sightseeing day
- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel		Nts
Apr 23	Sat 29	7
May 23	Sat 6, 13, 20	7
Sep 23	Sat 23, 30	7
Oct 23	Sat 7	7

ACCOMMODATION

Hotel Port Mahón: Overlooking the harbour, this modern 82-bedroom 4-star hotel is superbly situated for exploring the island. It has a piano bar, outdoor pool, and terrace.

DISCOVER ANDALUCIA



DISCOVERY TOUR

HIGHLIGHTS

- › UNESCO-listed Heritage Alhambra Palace
- › Visit the whitewashed villages of the Alpujarras
- › Full day in Seville, including a boat ride on the river Gaudalquivir
- › Visit the Great Mosque of Cordoba



Unesco World Heritage Alhambra Palace

Andalucia is famous for beaches, fiestas and tapas. But there is far more to the most southerly region of Spain. Its cities paint the history of the country. We start in Malaga, towered over by the Castle of Gibralfaro. We visit the Alpujarras, a region time has forgotten. Wander the lively streets of Granada and enjoy its tapas bars. We visit the Jewish quarter of Cordoba before heading to Seville and then Cadiz, the oldest city in Western Europe.

WHAT'S INCLUDED?

- A full programme of guided walks and sightseeing with experienced local guides including transport and entrance fees
- 'With flight' holidays include return flights from the UK and hotel transfers
- En-suite accommodation - 7 breakfasts, 3 lunches, 2 dinners

ACCOMMODATION

Hotel Alameda Centro – Malaga
 Hotel Porcel Alixare – Granada
 Hotel Becquer – Seville

Dates of travel		Nts
Mar 23	Mon 6	7
Apr 23	Mon 10	7

WALK THE CAMINO DE SANTIAGO



GUIDED TRAIL

HIGHLIGHTS

- › Discover the extraordinary spirit and hospitality this trail evokes
- › Meander through villages, river valleys and on wooded trails

WALKS GRADE AND PARAMETERS

70 miles over 5 walking days with a maximum daily ascent of 1,100 feet.



Undertake a challenging but exhilarating journey along the final stage of this spectacular 1,000 year old trail, and achieve the pilgrim's goal of reaching the beautiful Santiago de Compostela, a UNESCO World Heritage sight and the final resting place of St James the Apostle.

WHAT'S INCLUDED?

- 7 nights' half-board accommodation
- Experienced local leader
- All transport and luggage transfers on walking days
- Group airport transfers from Santiago airport and returning to La Coruna

Dates of travel		Nts
Apr 23	Sun 16	7
May 23	Sun 21	7
Sep 23	Sun 3, 24	7

ACCOMMODATION

Hotel Alfonso Ix – Sarria
 Hotel Pousada De Portomarin – Portomarin
 Hotel La Cabana – Peñíscola
 Casa Lucas – Viños
 Hotel Alda Bonaval – Santiago de Compostela

WELCOME TO PORTUGAL

Few places in Europe outshine Portugal for enviable wine regions, glittering beaches, medieval castles, botanical wonders, gorgeous little towns, sleepy villages, and rural heartlands. Not only does it delight with a huge coastline bathed by the Atlantic Ocean, but it also guarantees year-round sunshine and diverse landscapes for walking and hiking.

CHARM, CUISINE & CULTURE

A city built on seven hills, Lisbon has so much more appeal than just pastéis de nata (custard tarts). The Portuguese capital has cobbled streets and bougainvillea-filled squares that pack in landmarks such as the 16th-century Jerónimos Monastery, the Belém Tower, St. George's Castle, and Praça do Comércio (Commerce Square). Be sure to ride the Elevador de Santa Justa (also known as the Carmo Lift) for arresting city views.



Pastéis de Nata

ISLANDS IN THE SUN

An island playground located 600 miles from mainland Portugal, Madeira is all vineyard-clad hills, rugged mountains, lush green forests, and cultural sites. It was a favourite haunt of Winston Churchill for good reason; when holidaying here in 1950, he was smitten with this "floating garden" and its sub-tropical climate. Experience a glass-bottomed skywalk over the highest sea cliffs in Europe at Cabo Girão and explore the island's flower-lined waterways and mountain slopes. And then there's Funchal – Madeira's compact capital which charms with a smart marina, centuries-old colonial buildings, and a museum dedicated to the island's football superstar, Cristiano Ronaldo.

Hop across the North Atlantic from Madeira and you'll find yourself in the Azores. The largest and most accessible of the archipelago is São Miguel – a forested wonderland where you can swim in geothermal pools, spot wild whales and dolphins, and conquer the 2,351-metre-high summit of Mount Pico, Portugal's highest mountain.



Praia da Bordeira

THE ATLANTIC'S COASTAL STUNNER

The Algarve is Portugal's south-coast stunner where the lesser-known eastern and western regions are the real stars. Spanning a vast space between Olhão to Vila Real de Santo António and the Spanish border, Eastern Algarve is characterised by its rolling countryside, vineyards, lagoons, white-washed villages, and salt pans of the Ria Formosa Natural Park.

Stretching from Silves to the Atlantic seaboard, Western Algarve is perfect for walkers keen to navigate dramatic cliffs, secluded coves, and golden sands. Highlights include the historical town of Lagos, exploring the forests around the Serra de Monchique, following the coastline to Praia da Bordeira, and visiting Cape St. Vincent – the most south-westerly point in mainland Europe.



Cape St. Vincent



WE LOVE...

Madeira's network of levadas make it a very special place to go walking. These water channels were built to bring irrigation from the mountains down to the thousands of cultivation terraces, and because of their lofty heights they pass by some spectacular scenery.

One of the best is the Levada Castelejo where you can look down into a narrow gorge, across a soaring waterfall, and to the village of Sao Roque perched on a rocky ridge. At the eastern end of the island, the St. Laurence Peninsula provides a great opportunity to see multicoloured volcanic rocks, sea cliffs, and neighbouring Porto Santo in the distance.

A Madeira highlight is the laurisilva cloud forest. Trek the Balcões path from Ribeiro Frio and take in a viewpoint that looks up to the central mountain and down to the impressive Eagle Rock. This walk always finishes at my favourite wayside cafe where there's always coffee and homemade punch awaiting thirsty travellers.

A top tip is to visit the island during the festive period when every village is decorated with outdoor nativity scenes and Funchal's streets are lined with lights.



Jim Hart

HF Holidays
Field Advisor

First but not the last!

"Good walk choices and beautiful scenery. The leaders were excellent and holiday a joy. It was my first walking holiday and I am already poised to book another as enjoyed it so much."

Chris

★★★★★ feefo^{es}

WALKING THE EASTERN ALGARVE COASTAL TRAILS



GUIDED WALKING

HIGHLIGHTS

➤ Viewing the striking graveyard of anchors

WALKS GRADE AND PARAMETERS

2 **Easier walks:** 5-7 miles generally through gently undulating scenery. Up to 700 feet of ascent in a day.

3 **Harder walks:** 8-10 miles with some short but steep ascents. Up to 1,200 feet of ascent in a day.



TAVIRA Island beach

Enjoy gentle guided coastal walks, the rich bird life of the Rio Formosa salt pans, and exploring a ruined Roman villa. Walks pass through pretty fishing harbours and tiny, unspoilt white-washed villages which are home to traditional coastal communities.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 5 breakfasts and 5 evening meals

Dates of travel		Nts
Feb 23	Sat 4	5
Mar 23	Sat 11	5
Apr 23	Sat 1, 15	7
May 23	Sat 6, 13	7

ACCOMMODATION

Hotel Vila Galé Tavira: This friendly 268 - bedroom, 4-star hotel has an outdoor pool, spa pool, Turkish bath and gym. Rooms are decorated in Arabian style.

WALKING THE WESTERN ALGARVE COASTAL TRAILS



GUIDED WALKING

HIGHLIGHTS

➤ Cape St. Vincent with its lighthouse and striking, high sea cliffs

WALKS GRADE AND PARAMETERS

2 **Easier walks:** 4-7 miles sometimes on rough and rocky paths. Up to 700 feet of ascent in a day.

4 **Harder walks:** 6-11 miles sometimes on rough and rocky paths. Up to 1,300 feet of ascent in a day.



Ferragudo village in Algarve

Discover wild Atlantic coast where dramatic cliffs overlook large stretches of golden sand beaches and secluded coves. One walk includes visiting Cape St. Vincent, the most westerly point of the Algarve.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel		Nts
Apr 23	Sat 8, 22	7
Oct 23	Sat 21, 28	7
Nov 23	Sat 4, 11, 18	7

ACCOMMODATION

Hotel Belavista da Luz: This 4-star Hotel enjoys views overlooking the coastal resort of Luz.

PORTUGAL: CAPITAL & COAST



GUIDED WALKING

HIGHLIGHTS

- Coastal walking and the green hills of Estremadura
- Exploring compact and vibrant Lisbon

WALKS GRADE AND PARAMETERS

1 **Easier walks:** 4-6 miles on good paths and tracks. Up to 700 feet of ascent and 1,100 feet of descent in a day.

2 **Harder walks:** 5-9 miles on good paths and tracks. Some rougher sections. Up to 1,200 feet of ascent in a day.



Enjoy coastal walks along dramatic cliffs and riverside walks in scenic countryside. A guided sightseeing day in Lisbon gives a taste of its grand buildings and Moorish quarter while Mafra has an extraordinary former royal palace where deer and wild boar live in the grounds.

WHAT'S INCLUDED?

- Local guide
- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

bedrooms as well as two bars, a well-equipped spa and two outdoor swimming pools.

Dates of travel		Nts
Apr 23	Sat 22, 29	7
May 23	Sat 6, 13, 20, 27	7
Sep 23	Sat 30	7
Oct 23	Sat 7, 14, 21	7

ACCOMMODATION

Hotel Vila Galé Ericeira: This 4-star hotel enjoys a stunning seafront location. It has 202

WILD LANDSCAPES OF MADEIRA



GUIDED WALKING

HIGHLIGHTS

- Walking along the famous levadas surrounded by exuberant plant life

WALKS GRADE AND PARAMETERS

2 **Easier walks:** 5-9 miles on good paths, with some rocky sections. Up to 700 feet of ascent in a day.

4 **Harder walks:** 7-11 miles with some steep ascents and descents. Some rocky sections. Up to 1,300 feet of ascent in a day.



The small volcanic island of Madeira has many paths which follow its famous levadas (water channels) to reach gushing waterfalls and sweeping views across the island. Coastal walks reveal striking views.

WHAT'S INCLUDED?

- All transport to and from the walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 7 breakfasts and 7 evening meals

Dates of travel		Nts
Jan 23	Mon 30	7
Feb 23	Mon 6, 13, 20, 27	7
Mar 23	Mon 6	7
Oct 23	Mon 23, 30	7
Nov 23	Mon 6	7
	Mon 13, 20, 27	7

ACCOMMODATION

Hotel Galosol: This 4-star hotel offers stunning sea views with indoor and outdoor pool and spa.

EAST & WEST ALGARVE



GUIDED WALKING

HIGHLIGHTS

- › Visit the Roman ruins at Milreu
- › See Portugal's famous cork trees

WALKS GRADE AND PARAMETERS

2 **Easier walks:** 4-7 miles sometimes on rough and rocky paths. Up to 700 feet of ascent in a day.

4 **Harder walks:** 6-11 miles sometimes on rough and rocky paths. Up to 1,300 feet of ascent in a day.



Camilo Beach (Praia do Camilo), Algarve

On this two-week guided walking holiday, you'll explore the best parts of Portugal's most eye-pleasing place – the Algarve. You'll start off in the Eastern Algarve where scenic coastal rambles are punctuated by wildlife-rich nature reserves, pretty fishing harbours, and traditional whitewashed villages. Then explore the Western Algarve. Walks here come on a grand scale, not least those to Cape St. Vincent – mainland Europe's most southwestern point. There are hikes through national parks filled with wildflower meadows and rare birdlife, plus a free day to visit the historic walled city of Lagos.

WHAT'S INCLUDED?

- A full programme of guided walks
- Two options every walking day
- All transport to and from walks
- Experienced HF Holidays Leaders
- 'With flight' holidays include return flights from the UK
- Hotel transfers
- Fourteen nights' half-board accommodation
- En-suite room

outdoor pool, wellness centre with an indoor pool, sauna and a range of treatments available. The large dining room serves an extensive buffet with a range of international and traditional Portuguese dishes. A short walk through the narrow alleyways of the town will take you to the centre of Tavira's shops and sidewalk cafes.

Dates of travel		Nts
Apr 23	Sat 1, 15	14

ACCOMMODATION

The 4-star Vila Gale Tavira is a stylish hotel in a fantastic location. Bedrooms are decorated in a contemporary Arabian style to reflect the Moorish history of the area. There is a large

AZORES ISLAND HOPPING



GUIDED WALKING

HIGHLIGHTS

- › Walking the crater rim and lagoons of Sete Cidades, São Miguel
- › Visiting the UNESCO World Heritage areas of Pico and Angra do Heroísmo
- › Sailing from Faial to the mighty Mt Pico

WALKS GRADE AND PARAMETERS

3 **Harder walks:** Walks of 2-8 miles with the option to ascend Mount Pico (7,713 feet).



São Miguel Island, Azores



Explore five of the islands of the Azores. There's the option to climb to the top of Mount Pico (2,351m) – Portugal's highest peak. There are hydrangea-lined paths to explore, crater lakes to admire and a full day with a local geologist.

WHAT'S INCLUDED?

- Expert local guides and an HF Holidays Leader
- All transport, internal flights and tips
- 'With flight' holidays include return flights from London and hotel transfers
- Half-board en-suite accommodation – 14 breakfasts, 1 lunch, 13 evening meals

Dates of travel		Nts
May 23	Sat 20	14
Jun 23	Sat 17	14
Jul 23	Sat 8	14
Sep 23	Sat 23	14

ACCOMMODATION

Stay in comfortable 3 and 4-star hotels all situated in the centre of each island's small capital town.