

## ENGLAND – YORKSHIRE DALES - SEDBERGH

8-day / 7-night one-hotel GUIDED walking holiday based at Sedbergh



Join a group of like-minded walkers based in the small Cumbrian market town of Sedbergh. This walking holiday is the ideal way to explore the mellow valleys or spectacular and rugged hills of the Yorkshire Dales and the untamed Cumbrian and North Pennine fells. With its picturesque valleys, villages and hills, Yorkshire Dales simply exudes serenity and relaxation. We stay at the foot of the Howgill Fells and have the chance to explore the towns of Wensleydale and Swaledale, made famous by the James Herriot books and TV series.

A typical **Classic Walking** day offers a choice of up to three guided walks of varying length and ascent. If you are new to walking, start at the easier level, where the pace is the gentlest; we have plenty of stops to enjoy the views and to rest. As your holiday progresses you may feel confident to try a more challenging level – it's entirely your choice. Walks leaders make the final decision on which routes are offered each day.

**Cost from:**                 **\$2655** per person (twin share).                 Single supplement on request.

**2024 Departures:**   1, 22 March,   5, 26 April,   17, 31 May,   21 June,   5, 26 July,  
16, 23 August,   6 September,   11, 25 October,   8 November

**Includes:**                 7 nights in comfortable hotel room with ensuite bathrooms, full board (breakfast, picnic lunch and dinner) experienced walks leader, 5 guided walks, transport associated with the walks, evening social activities.

**Not Included:**           Transport to/from the house, drinks, personal expenses, transport/activities on free day.

**Accommodation:**       Stay in the small manor house **Thorns Hall**, with just 25 bedrooms in the main building and cottages. Dating from 1535, Thorns Hall retains its historic charm with wood-panelled public rooms, fireplaces and a cobbled courtyard. A few minutes' walk from the centre of Sedbergh, it offers incredible views and great walking from the doorstep. Premium rooms (larger, more luxurious, or with superior views) are available at extra cost – please ask for details when booking.



**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

**Trip Grading:** Moderate to long distances, mostly on well-defined paths, though some routes are over rough, rocky terrain in remote countryside. Most walks will have sections over steeper terrain, and some may require sustained ascents and descents. Easier walks 10-13km with up to 400m of ascent, medium walks 11-17km with up to 580m of ascent, harder walks 16-22km with up to 900m of ascent in a day.

**Suggested itinerary (routes are determined each day by walk leaders – subject to change):**

#### **Day 1: Arrival day**

Plan to arrive at your accommodation mid-afternoon. Ask about transfer options from Oxenholme railway station.

#### **Day 2: The Howgill Fells and Sedbergh**

The easier walk explores the green valleys around Sedbergh, heading through the fields into Garsdale, then walking alongside the Clough and Rawthey rivers. Towards the end of the walk, we pass Farfield Mill, a restored Victorian wool mill. The medium and harder routes ascend high onto the Howgill Fells, a beautiful upland area of rolling grassy hills. Weather permitting there are views over the Yorkshire Dales and Lake District.

#### **Day 3: Upper Swaledale**

Discover the delightful upper reaches of Swaledale, a particularly attractive landscape with several charming sleepy villages. We may visit Thwaite, Keld, or Muker, all with traditional farms and historic churches.

#### **Day 4: Free day**

Free day – no organised walks. Explore the area independently or just relax at Thorns Hall. Perhaps ride 'England's most scenic railway', the Settle to Carlisle railway through the Yorkshire Dales.

#### **Day 5: Dentdale**

Follow the Dales Way along Dentdale, where the routes diverge: the easier walk follows the River Dee before a gentle ascent over the gap to Sedbergh, whilst the medium and harder routes ascend to the moors above Dentdale. Up for a challenge? Walk up to the lofty summit of Whernside, the highest of the Yorkshire Three Peaks, with excellent views of the Pennines, the Lake District and the Ribbleshead Viaduct.

#### **Day 6: Dufton, High Cup Nick and Appleby**

Walk through the rich green pastures of Cumbria's Eden Valley, from the charming fellside village of Dufton to the historic market town of Appleby, with perhaps a detour onto the lower slopes of the North Pennines. Or walk a circular route from Dufton to High Cup Nick, a U-shaped valley carved by glaciers out of the dolerite rock slopes of the North Pennines. We walk around the rim of the valley before descending back to Dufton.

#### **Day 7: River Dee or Bram Rigg**

Various walks alongside the Dee, Lune or Rawthey rivers. We may visit the historic Quaker Meeting House at Brigflatts, follow the Dales Way to the 16<sup>th</sup> century stone Millthrop Bridge, or complete an unusual west-east traverse of the Howgills including a steep ascent to Bram Rigg Top.

#### **Day 8: Departure day**

Tour arrangements end after breakfast.



**Outdoor Travel** walking holidays are available in many parts of the United Kingdom, Ireland and across Europe.

**Contact Outdoor Travel for more details and reservations:**

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