

## ENGLAND – YORKSHIRE DALES - SEDBERGH

8-day / 7-night centre-based at Thorns Hall –Sedbergh one-hotel GUIDED walking tour



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:** \$1750 per person (twin share). Single supplement on request

**Departs:** 15<sup>th</sup>, 29<sup>th</sup> March; 12<sup>th</sup>, 19<sup>th</sup> April; 17<sup>th</sup>, 25<sup>th</sup> May; 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup> June; 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> July; 7<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> September; 11<sup>th</sup>, 25<sup>th</sup> October; 1<sup>st</sup> November, 2019

**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 your 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 – ask for details when booking.



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



### A typical 'Classic Walking Week' suggested itinerary:

**Day 1:** Arrival day – plan to arrive at your accommodation mid-afternoon.

**Days 2 – 4:** A choice of full-day walking options each day. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day and answer questions you may have. After dinner perhaps join in an organised activity such as a quiz or a talk about the area, or relax in the bar.

**Day 5:** 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.

**Days 6 – 7:** A choice of full-day walking options each day, and social activities in the evenings.

**Day 8:** Departure day. Tour arrangements end after breakfast.

### Walks each day are determined by the walk leaders - some possible routes may include:

**Easier Walks:** Follow the Dales Way through lovely Dentdale to the quaint cobbled village of Dent. Ramble in the beautiful Lune Valley, described by John Ruskin as having "one of the loveliest views in England". Walk through the green Eden Valley and the magical wooded valley Dutton Ghyll en route from Dufton to Appleby.

**Medium Walks:** From Sedbergh, we ascend Arant Haw, descend over the Nab to the Dales Way then return along the River Rawthey. We link Barbon in the Lune Valley with Kirkby Lonsdale via Hogs Hill, Casterton Fell and the Devil's Bridge with its fine river and fell views. Descend through the Mallerstang Valley (looking out for elusive red squirrels) from Aisgill Moor along Lady Anne's Way to Kirkby Stephen.

**Harder Walks:** These walks offer ascents of Ingleborough, Whernside and the Howgill Fells, usually including the classic Howgills walk from Sedbergh along the River Rawthey, then up past the Cautley Spout waterfall to the top of the Calf, the highest point in the Howgills, with views over the Dales and the Lake District.

### Footpath information:



**Easier Walks:** Up to 7½ miles (12km), with up to 1000 feet (300m) of ascent in a day.



**Medium Walks:** Up to 10½ miles (16.5km) with up to 1900 feet (580m) of ascent in a day.

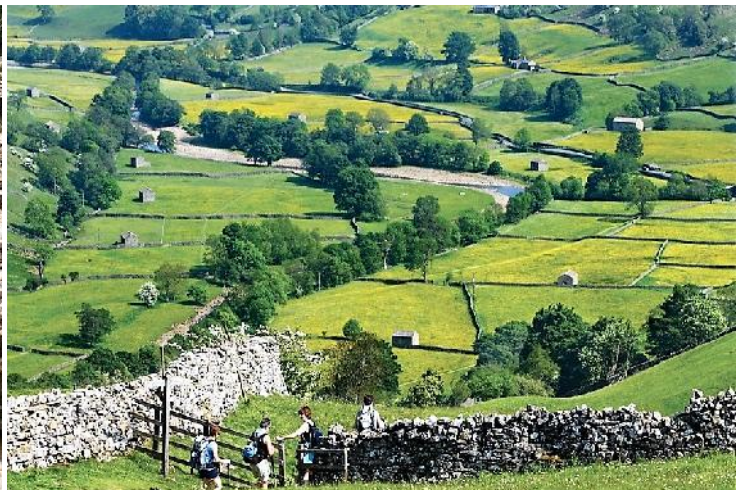


**Harder Walks:** Up to 11 miles (18km) with up to 2800 feet (840m) of ascent in a day.

**Outdoor Travel** walking holidays – guided in small groups or self-guided with inn-to-inn luggage transfers and meals – are available in many parts of the United Kingdom, Ireland and across Europe including the **Coast-to-Coast** trail, the Cotswolds Way, the spectacular coast of Cornwall, the Yorkshire Dales, Exmoor, the **West Highland Way** in Scotland or in **Snowdonia**, Wales or in Ireland on the **Ring of Kerry**. In France see the Dordogne, Alps, Provence or Riviera Coast, walks too in Austria, Spain or Italy. Walk the **Way of St James** from Le Puy in France to Santiago in Spain or the **Via Francigena** – the pilgrims' Road to Rome.

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

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