

# 3 Night Bridge & Walking Holiday in the Shropshire Hills

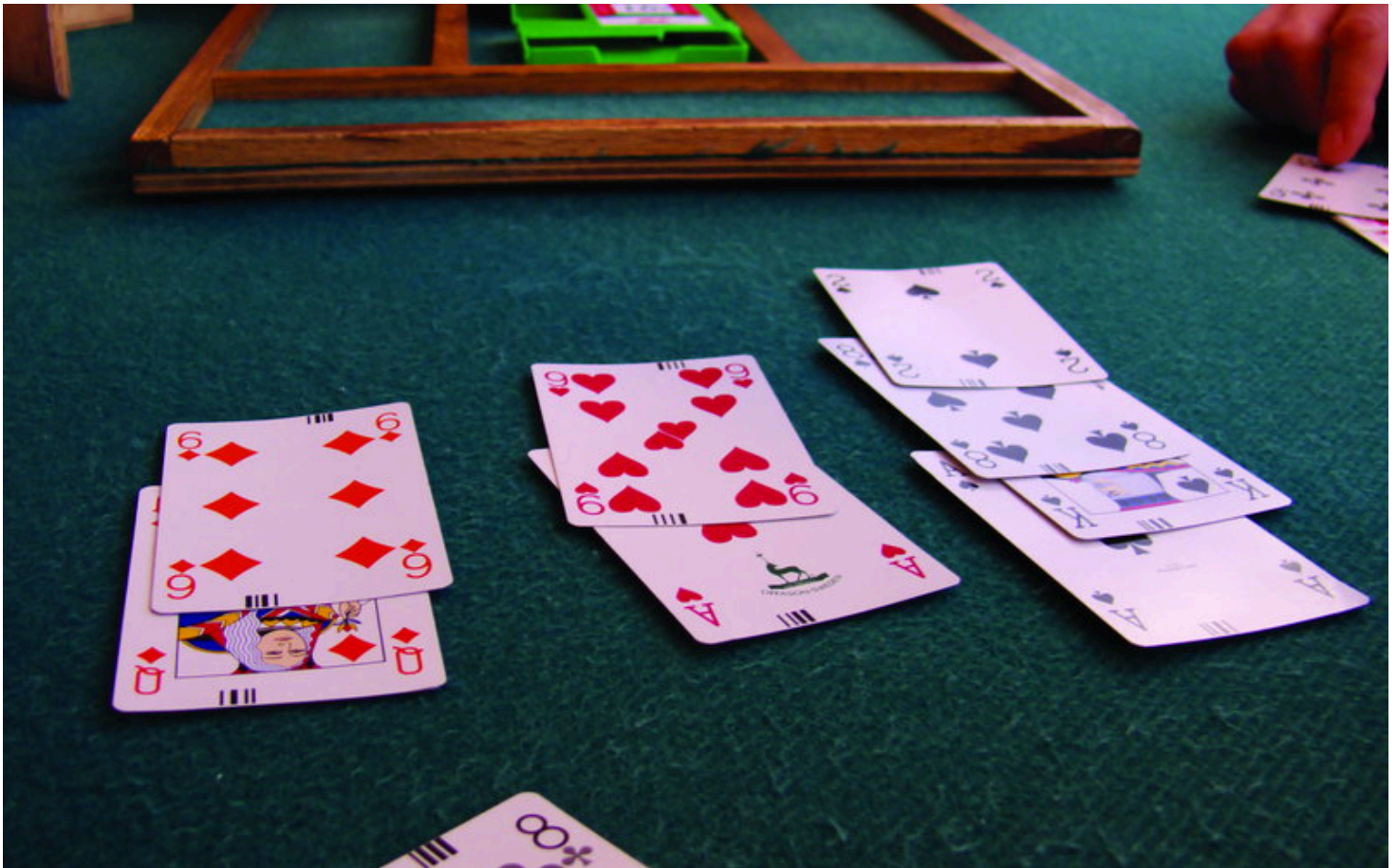
**Trip style:**

**Destination:** 📍 Shropshire Hills

**Trip code:** CHS03-BRW05

**Grades:** 1, 2

**Carbon Footprint:** 🌳 77kg CO2



## HOLIDAY OVERVIEW

Stay in the comfort of our characterful country houses and exercise both mind and body with this classic combination. You'll have a choice of two guided walks a day (one short and one longer) followed by a bridge competition each evening.

## WHAT YOU'LL LOVE

- Guided walking with experienced HF Holidays Leaders
- Playing bridge in a relaxed and friendly environment
- Meeting like-minded people
- Being surrounded by the stunning landscape of Shropshire Hills
- Evening bridge competitions
- Staying in the comfort of our country house

## WHAT'S INCLUDED

- All bridge-related materials
- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Choice of two different-grade daily walks
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

## TRIP SUITABILITY

This holiday is suitable for regular players of Duplicate Bridge at club level.

## ITINERARY

### Day 1: Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

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### Day 2-3: Bridge & Walking

Enjoy a daily choice of two walks each day, with a free day on all 7-night holidays. You can choose either an easier route of around 4-6 miles or a harder route of around 6-8 miles to explore the local area. Your optional walks will take you out to explore the countryside surrounding your HF country house, and sometimes further afield. The walking options are outlined below. We'll return to the house in time to relax before your evening Bridge competition starts at 5pm.

Day 2 Option 1 - Cwmdale Spring & Carding Mill Valley Distance: 4 miles (6.5km) Total ascent: 600 feet (180m) In summary: From Longmynd House we walk through Rectory fields, we pass Montgomery Waters spring, before then exploring the start of the famous Carding Mill Valley. We then walk through the town of Church Stretton, before making our walk back to Longmynd House. Highlight: A tea stop in the National Trust cafe in Carding Mill Valley.

Option 2 - Slopes of Caer Caradoc Distance: 7 miles (11km) Ascent: 1,150 feet (360m) In summary: A lovely route around Church Stretton. Heading across the valley towards the Stretton Hills we wind our way up the Cwms Valley along the scenic path which runs around the slopes of Caer Caradoc Hill. Highlight: Enjoy the panoramic views of Church Stretton, Long Mynd and Stretton Hills.

Day 3 Option 1 - Around Ragleth & Hazler Hills Distance: 5.5 miles (8.5km) Total ascent: 1,050 feet (320m) In summary: A lovely route around Church Stretton. Head across the valley and along a scenic path which runs around Ragleth and the Hazler hills. Highlight: Enjoy views over Church Stretton, Long Mynd and The Gaerstone.

Option 2 - Townbrook and Cardingmill Valley Distance: 6½ miles (10.5km) Ascent: 1,300 feet (400m) In summary: Leaving Longmynd House we make our way through Rectory Woods and up the beautiful Townbrook Valley to reach the Long Mynd plateau and its highest point at Pole Bank. We then make our way north along the historic Port Way before descending into the scenic Carding Mill Valley and back to Longmynd House. Highlight: Relax at the National Trust café in the Carding Mill Valley and enjoy the views of this local beauty spot.

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### Day 4: Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Longmynd Hotel

For rural calm in the Shropshire Hills National Landscape, the location of this characterful country house is hard to top. Set in a wooded hillside just a short stroll from the market town of Church Stretton (nicknamed Little Switzerland for its picturesque landscape), you'll be within walking or driving distance of the Stiperstones, Caer Caradoc, Ironbridge Valley of Invention, and the historic towns of Ludlow and Shrewsbury. And then, of course, there's the Long Mynd itself – an area of registered common land that has been cared for by a group of farmers (the self-named commoners) who have grazed sheep and ponies here for generations.

### A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

### Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

### Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

### The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

### Walking safety - SHARED WITH ALL

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests. Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass. Please note: If you choose to leave the group your leader is no longer responsible for you. If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

## **Packing list - Bridge & Walking**

**Bridge** All your Bridge stationery and equipment will be supplied. You may, however, like to bring a notebook and pen to make your own notes. EBU Members - don't forget to bring your EBU membership number to earn Master Points on this holiday. **Walking** To enjoy your walking comfortably and safely, it is essential that your footwear, clothing and equipment are suitable for the conditions likely to be encountered. Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities. Bring a rucksack, a thermos flask for a hot drink, a water bottle (at least 1 litre) and spare high-energy food such as a chocolate bar, a small torch (in spring, autumn and winter) and first aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed). Many guests find walking poles useful, particularly for descents. Insect repellent, sun hat, sunglasses and protection cream and a camera are all optional extras you may choose to bring.

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