

4 Night Peak District Guided Walking for Solos Holiday

Trip style: Solo Walking Holidays

Destination:  Peak District

Trip code: POP04-BOS01

Grades: ul 2, 3 & 4

Carbon Footprint:  69kg CO2



HOLIDAY OVERVIEW

A solo holiday is less about going it alone and more about embracing adventure and forging new friendships. Discover the dramatic scenery, geological wonders, and rich wildlife that make the Peak District so appealing and enjoy a choice of three walks a day led by experienced HF Holidays Leaders. Best of all, you'll be in a group with other solo guests. So even if you start off alone, you'll find that people are easily brought together by a shared love

of the great outdoors.

WHAT YOU'LL LOVE

- Discovering the best landscapes the Peak District has to offer
- Admiring open moorlands and stunning countryside
- Being close to the famous Dovedale Stepping Stones
- Spending time with like-minded people in the great outdoors
- Finding new routes and places to explore with your HF Holidays Leader
- Staying at The Peveril of the Peak, our country house in Thorpe

WHAT'S INCLUDED

- En-suite accommodation in our 3-star country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders
- Choice of up to three guided walks (on walking days)
- All transport to and from walks where necessary
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

TRIP SUITABILITY

This trip is graded activity level 2 and 3, Explore the beautiful Peak District National Park on our guided walks. We offer a great range of walks to suit everyone - from beautiful limestone valleys, to spectacular scenery on the gritstone edges. We'll take you to all the classic viewpoints, timeless villages and hidden corners. Join our friendly and knowledgeable guides who will bring this stunning national park to life.

Our experienced guides offer the choice of three different walks each day

Choose the option which best suits your interests and fitness

We provide flexible holidays. Join our guided walks, explore independently, or relax at our Country House.

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.

Day 2: The Derwent Valley and Cromford

Day 3: Dovedale

Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

The Peveril of the Peak

Named after Sir Walter Scott's Peak District-set novel, this characterful country house is less than a mile from the famous Dovedale Stepping Stones and on the doorstep of Thorpe Cloud - a cone-shaped limestone hill that offers impressive views over the rolling green landscape that forms the Staffordshire/Derbyshire border. Both are easily accessible from the rear of the property. There are plenty of big-name walking destinations nearby including the Roaches, the impressive Stanage Edge, and the Twelve Apostles - a group of rock spires best viewed from the limestone promontory known as Lover's Leap.

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 - UK Guided Walking

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

For holidays operating October through to the end of March, please also bring the following on your walks: spare warm clothing spare high energy food head torch and spare batteries please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hyrodstatic head - this is the rating given on waterproof jackets) of 10,000mm+ Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- Camera
- Walking poles
