

4 Night Southern Lake District Family Walking Adventure

Trip style: Family walking holidays

Destination: 📍 Lake District

Trip code: CNN04-FAM01

Grades: ul 1, 2, 4 & 5

Carbon Footprint: 🌳 122kg CO2



HOLIDAY OVERVIEW

The Southern Lake District is always a winner when it comes to family days out; not least because it gets the kids active and away from their screens. Walk through the woods to marvel at Tarn Hows, or hike to fell tops for the most stunning of views. And when you're not busy bonding with your brood in the great outdoors, relax at Monk Coniston – our Gothic-style country house just a skip away from the sparkling shores of Coniston Water and its namesake

village.

WHAT YOU'LL LOVE

- Under 11s GO FREE
- Enjoying gentle valley strolls or conquering Wainwright's summits
- Spotting Herdwick sheep
- Discovering places that inspired children's author Beatrix Potter
- Exploring the dramatic landscapes of the Southern Lake District
- Meeting families who share your love of walking

WHAT'S INCLUDED

- Family rooms available subject to availability
- 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 tailored towards families, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders
- Choice of up to four 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 holiday is ideal for families with children 8+yrs. Please check you can manage the daily walks distance and ascents, detailed in your itinerary. The walking day is normally 6 to 8 hours.

This trip is graded Activity Level 1, Level 2, Level 4 and Level 5 Our Family and Easier Walks are generally on well-graded valley, fell and lakeside paths, but can be occasionally rough. Medium Walks are on good, but sometimes rocky paths, to lower summits and moorland fells; you might occasionally feel the need to use your hands. Harder Walks use steep and rough paths to mountain summits and some walks need a head for heights. Our family holidays offer the choice of up to 4 guided walks each day – you can choose an Easier Walk one day and switch to a Harder Walk the next. Our routes range from short lakeside strolls that are ideal for little legs, to challenging mountain ascents that will appeal to active teenagers.

- Adventure: each day there are opportunities to climb some of the Lake District's best peaks; ideal for active teenagers and adults
- Peace of mind: only families can book on our dedicated Family holidays - the kids get the run of the Country

House in a safe environment

- Free day: on our 7 night holidays, enjoy a day without walks to get out and make the most of the nearby family-friendly attractions

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: Tarn Hows and Wetherlam

Day 3: Langdale

Day 4: Coniston Fells

Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

Monk Coniston

With a desirable address overlooking Coniston Water (the inspiration for Arthur Ransome's 1930 novel, *Swallows and Amazons*), this characterful Grade II-listed house delights with lakeside and woodland walks from the doorstep, décor that stays true to the period feel, and plenty of Beatrix Potter references. While the children's author and illustrator did not live at the Monk Coniston estate (her beloved home was Hill Top, bought in 1905 with the royalties from *The Tale of Peter Rabbit*), she campaigned with the National Trust to save it from development. She then purchased the entire estate in 1930 and as the new owner she immediately sold half to the organisation, bequeathing them the other half in her will.

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.

Safety information - SHARED WITH ALL (Family walking)

Who's the boss? Please note that parents are responsible for their children at all times; our leaders are not permitted to run activities without other adults present. All leaders undergo a thorough assessment so you can relax and enjoy your holiday knowing that you are in safe hands. On the first evening of your holiday, your leaders give a short talk about safety on walks which we would like you to attend. Walks may be changed for safety reasons and are subject to a maximum and a 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 while 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. Kids on their own: Any teenager aged 14 years or over can leave

you at the starting line and join a walk unaccompanied on the basis they can look after themselves. Children under 14 will need to be accompanied by an adult on walks; however, this does not need to be a parent or legal guardian. Please note, coaches used on this holiday all comply with UK law, and may not have seat belts suitable for children. Where children are under 3yrs of age, they must not travel in the front seat on coaches, nor on the back seat of coaches. For more information please visit: <https://www.gov.uk/child-car-seats-the-rules/when-a-child-can-travel-without-a-car-seat>

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 (hydrostatic 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
