

# 7 Night Discover More of the Western Yorkshire Dales

**Trip style:** Small group holidays

**Destination:**  Yorkshire Dales

**Trip code:** SDB07-HCH05

**Carbon Footprint:**  182kg CO2



## HOLIDAY OVERVIEW

Discover the places and people that have helped shape the Western Yorkshire Dales through memorable sightseeing stops and unique experiences. Uncover the area's history at the Dales Countryside Museum and get a taste of the region with a trip to Wensleydale Creamery to try Yorkshire's most famous cheese. There'll also be a talk from an expert on Sedbergh's status as England's official book town, and a stroll to Cotter Force waterfall – one of this landscape's many natural wonders. You'll even visit the historic Lake District market town of Kendal, plus a family-run farm in Ravenstondale to find out how local goat's cheese is made.

## WHAT YOU'LL LOVE

- The Cheesemaking Experience at Wensleydale Creamery
- Exploring Kirkby Stephen East Station with a talk by a local train enthusiast
- Visiting Piper Hole Goat Farm, Cumbria's first "Coronation Meadow"
- Admiring Kendal Quaker tapestry's 77 embroidered panels
- Learning about the past at Sedbergh and Dent Heritage Museum
- Spending time in the manicured gardens of Winton Park
- A more personalised experience thanks to small group sizes (maximum 15 people)

## WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked and continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided sightseeing with an experienced HF Holidays leader
- All transport included in the itinerary
- All entrance fees
- Easy-to-follow routes, maps and information in our Discovery Point if you want to explore independently

## TRIP SUITABILITY

This holiday is active and busy with visits throughout the day. You will need to be able to get on and off minibuses with ease, and be able to walk up to 2 miles, across uneven, grassy terrain where the ground can be slippery underfoot. It is important for your own and your fellow guests' enjoyment that you can maintain the pace. We've provided a simple fitness test below, which will help you assess whether this holiday is for you:

You should be able to do the following:

- Walk for one hour at a reasonable pace (2 miles per hour) without needing to take a break to rest
- Climb two flights of stairs at a reasonable pace
- Stand unaided for an hour
- Stand up and sit down ten times in one minute
- Please ensure you are able to fulfil these fitness requirements, to ensure you get the very best from your holiday.

## 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: Hawes

Start the day with a visit to the Dales Countryside Museum for a talk with one of the curators. It's then on to Wensleydale creamery for the full cheese experience where guests will be given a cheesemaking demonstration and tour. In the afternoon, we'll enjoy a short stroll to Cotter Force, a waterfall on Cotterdale Beck which is a minor tributary of the River Ure.

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### Day 3: Kirkby Stephen

Our day begins with a trip to Kirkby Stephen East, a station which served the Kirkby Stephen community for over 100 years. There are historical carriages to view and we'll enjoy a talk from a local train enthusiast who can paint a picture of what life was like when the station was open. Following on from our visit, we'll have time to explore Kirkby Stephen before we head to Winton Park Gardens. Open for only a handful of days each year, Winton Park was created from scratch by Anthony and Janet Kilvington. Spread over five acres the varying aspects of the garden are linked by a series of paths which culminate with a bridge over the stream at the highest part, giving spectacular views of Wild Boar Fell and Mallerstang Edge. In the evening, we will be joined by one of Sedbergh's book shop owners who will talk to us about its status as England's official book town.

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### Day 4: Free Day

Discover more about Thorns Hall and the local area for ideas on how to fill your free day.

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### Day 5: Ravenstonedale

We start the day with a trip to Piper Hole Goat Farm – the farm consists of SSSI meadow land, recognised as Cumbria's first "Coronation Meadow". It is also home to a herd of goats. Milked twice per day their milk is made into soap or pasteurised and made into a range of quality goat's cheese. After a morning with the goats, guests can walk to Smardale Gill Viaduct. Designed by Cumbrian Engineer Sir Thomas Bouch the viaduct was built wide enough for double track, but never carried more than a single line of rails. Your guide will introduce you to the area's unique geology, too. On our way home, we'll will stop by the Fat Lamb Inn for some refreshments. The pub boasts an award-winning restaurant and is as much famous for its food as it is its motoring memorabilia adorning the walls.

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### Day 6: Kendal

Today begins with a trip to the quaker meeting house at Brigflatts before heading to Kendal, where we'll visit the Quaker Tapestry. This tells the story of quakers over 77 embroidered panels. Once in Kendal, there'll be a tour of the town before free time to explore. In the afternoon, we'll visit a farm in Garsdale to learn about regenerative farming and bogs, and have the option to stop by a neighbouring farm which focusses on sustainable livestock farming.

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**Day 7:** Sedbergh and Dent

Our final day starts with a visit to the heritage museum in Dent, where we'll learn about the terrible knitters and life in the village over the years. Following the museum, there will be a chance to walk part of the Sedgwick trail before we travel to Kirkby Lonsdale to visit Laura's Loom, an independent supplier of beautiful blankets woven from fully traceable British wool sourced directly from farms in the Yorkshire Dales and Cumbria. From here, we'll visit Farfield Mill for an introductory talk about this art craft & heritage gallery set on the edge of the Yorkshire Dales.

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**Day 8:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Thorns Hall

Delivering on all fronts for countryside lovers, this cosy Grade II-listed manor house is just a skip away from Sedbergh – the Cumbrian market town treasured for its cobbled streets, public school, artisan shops, and bookshops (it's known as England's official book town for good reason). You'll also have the Yorkshire Dales National Park on your doorstep as well as the Howgill Fells - the small group of hills adored by legendary fellwalker, illustrator, and guidebook author Alfred Wainwright. The walking opportunities here are outstanding, but if you fancy travelling further afield there's Kendal (home of the mint cake), Hawes, Wensleydale, Appleby-in-Westmorland, and Lake Windemere all within easy driving distance.

### **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.