

# 7 Night Northern Lake District Walking with Sightseeing Holiday

**Trip style:** Walking with sightseeing

**Destination:** 📍 Lake District

**Trip code:** DBK07-WOD01

**Grades:** 1, 2

**Carbon Footprint:** 🌱 109kg CO2



## HOLIDAY OVERVIEW

These holidays offer a perfect mix of short, guided walks (4-6 miles), combined with time spent sightseeing. Visit a selection of standout highlights in the Northern Lake District with hassle-free coach travel and the help of an HF Holidays Leader.

## WHAT YOU'LL LOVE

- Exploring the beauty spots of Buttermere and Aira Force
- Taking a walk to the summit of Latrigg
- Visiting historic manor houses and statley homes
- A boat trip on Ullswater
- Soaking up views of lakes and mountains
- Staying in the comfort of our country house
- A more personalised experience thanks to small group sizes (maximum 15 people)

## WHAT'S INCLUDED

- Tickets for the Ullswater Steamer & Keswick Launch
- 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
- Guided walks and sightseeing visits with an experienced HF Holidays Leader
- All transport to and from walks and sites of interest
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

**Please note** - Entrance fees are not included. See Essential Info tab for details.

## TRIP SUITABILITY

This trip is graded level 2. Walks are up to 6 miles with up to 1,300ft of ascent.

## 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: The Bowder Stone, Borrowdale and Catbells Terrace

Distance: 6 miles (10km) Ascent: 1,050 feet (320m) In summary: Drive through the Jaws of Borrowdale, where crags close in on both sides and the Iron Age fort of Castle Crag guards the entrance to the dale with a stop for a visit to the 2000 ton Bowder Stone. The coach continues to Rosthwaite to begin a walk along the Cumbria Way. There's a visit Dalton's Cave (once home to the Lakeland legend Millican Dalton) before continuing to the pretty hamlet of Grange for a coffee stop before a walk along Catbells Terrace. Fabulous views all the way back to Derwent Bank.

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### Day 3: Ullswater, Aira Force and Dalemain

Distance: 4½ miles (7km)\* Ascent: 250 feet (80m)\* In summary: From the village of Dockray, follow a good path under Gowbarrow Fell, descending steadily to Aira Force, Lakeland's most magnificent waterfall. A trip on the Ullswater Steamer takes us to Pooley Bridge for a second short walk to Dalemain, with its wealth of Tudor and Medieval rooms and outbuildings, a museum café, and delightful gardens. \* split between two walks

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### Day 4: Free Day

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

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### Day 5: Castlerigg Stone Circle, Ashness Bridge and Derwent Water

Distance: 7 miles (10km)\* Ascent: 900 feet (280m)\* Descent: 1,300 feet (380m)\* In summary: The atmospheric setting of Castlerigg Stone Circle is the first visit today, a prehistoric monument set beautifully between some of Lakeland's highest mountains. From here, walk across farmland and fells to Falcon Crag and then the much photographed Surprise View and Ashness Bridge. Continue to the shores of Derwentwater to catch the Keswick launch sailing round the lake and back to Keswick. The route is rough underfoot in places but the views are superb! \*Split between 2 walks

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### Day 6: Honister and beautiful Buttermere valley

Distance: 4 miles (7km) Ascent: 450 feet (140m) In summary: We enjoy a brief stop at the top of Honister Pass, home of the last working slate mine in England. From here we take a scenic route to Buttermere for a low-level walk following the lake shore. We'll pass by the cascading waters of Sourmilk Gill and Fleetwith Pike - one of the much loved fells featured in the guidebooks of author and walker, Alfred Wainwright. On the way back to the village, we'll cut through an interesting Victorian-era tunnel carved into the rock that's some 15 metres long.

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### Day 7: Latrigg, Dodd Wood and Mirehouse

Distance: 5½ miles (9km) Ascent: 1,160 feet (360m) In summary: Walk from Derwent Bank following a relatively easy ascent route to the summit of Latrigg for far-reaching views over Keswick, Derwentwater and the Borrowdale valley. Transport to Dodd Wood and Mirehouse, a 17th century English manor with links to Tennyson and Wordsworth. At Dodd Wood there may be the chance to spot Ospreys, often seen from the viewpoint here (April-October).

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**Day 8:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Derwent Bank

Adored by poets, painters, and literary giants for centuries, the Lake District has always had an irresistible pull. It's no surprise, then, that this country house near the market town of Keswick holds such appeal, not least for its setting in lovely grounds that slope down to the shores of Derwentwater. The location couldn't be more perfect; to the west is Cat Bells, to the east is Keswick, Walla Crag, and Latrigg, and to the south is the entrance to the Borrowdale valley. There's a wealth of big-name attractions within easy travelling distance, including Blencathra, Helvellyn, and Ullswater. Also visit-worthy for walkers is Scafell Pike for its well-trodden routes and trails and the 73-mile-long Cumbria Way for its mist-shrouded peaks, glacial valleys, and many excuses for pit-stops and picnics.

### 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. Fleeces 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

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