

# Wainwright Bagging Far Eastern Fells

**Trip style:** Challenge walks

**Destination:** 📍 Lake District

**Trip code:** DBK07-WBF01

**Grades:** 1-6



## HOLIDAY OVERVIEW

Test yourself with a challenging week-long walking break that ticks off all 36 of the mountaintops described in Alfred Wainwright's Pictorial Guide to the Far Eastern Fells. Led by an experienced HF Holidays Leader, you and a group of like-minded walkers will tackle the most beautiful and remote mountaintops east of Ullswater, around Haweswater, and south of the Kentmere valley. In six days of serious hiking, we'll criss-cross the mountains and include a few out-and-back extensions to make sure we bag every one of these wonderful Wainwrights. Expect some tough-but-rewarding treks amongst some of Cumbria's finest fells. Please note that due to the remote locations of these walks, transfer time range from between 45 minutes and 1 hour 30 minutes per journey.

## WHAT YOU'LL LOVE

- Follow in the footsteps of Alfred Wainwright exploring some of his favourite fells
- Bag all 36 of the summits in his Far Eastern Fells Pictorial Guide
- Enjoy challenging walking with wonderful views and a great sense of achievement
- Admire panoramic mountain, lake and river views from fells and peaks
- Exploring some of the most remote fells of the Lake District

## WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary

## TRIP SUITABILITY

This trip is graded walking Activity Level 6. We explore the Far Eastern Fells with long distance walks covering vast amounts of ground. This holiday is designed for experienced long walkers who have good fitness and able to maintain a good pace.

### Your fitness

This holiday has been designed for experienced walkers with a good level of fitness. Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking – whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6–8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance

Time training will help ensure you enjoy your holiday to the max.

## 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:** Above Kirkstone Pass

Distance: 9.5 miles (15.5km) Ascent: 2,300 feet (700m) A gentle introduction to the week begins with an ascent from Kirkstone Pass to Cauldale Moor and Hartsop Dodd for some great views into Patterdale. We then retrace our steps for a long descent down the secluded valley of Woundale to reach Wansfell before finishing the day in Troutbeck village.

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### **Day 3:** Troutbeck and Kentmere

Distance: 10 miles (16km) Ascent: 3,100 feet (940m) The day starts from Troutbeck Church with a steep ascent to the first tops of the day, Sour Howes, and Sallows. We then join a section of the Kentmere Round Walk and visit Yoke, Ill Bell, and Froswick in quick succession before returning to the Troutbeck Valley to visit our last peak of the day, Troutbeck Tongue. We'll finish in Troutbeck village.

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### **Day 4:** Longsleddale to Kentmere

Distance: 12 miles (19km) Ascent: 3,500 feet (1,060m) An early start and a fairly long drive are required to get to the start point today. Setting off from the hamlet of Sadgill in remote Longsleddale, a steep ascent takes us to Grey Crag, and then we visit Tarn Crag, Selside, and Branstree on the East side of the valley. We'll then cross the top of the Gatesgarth Pass to take in Harter Fell, Kentmere Pike, and Shipman Knotts before finishing at Kentmere.

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### **Day 5:** Hartsop to High Street

Distance: 10.5 miles (17km) Ascent: 3,000 feet (900m) Today we'll visit High Street, the highest top in the Far Eastern Fells, plus seven other Wainwrights. We'll start in the pretty hamlet of Hartsop before a steep ascent to Gray Crag and then a ridge walk to Thornthwaite Crag with its chimney-like cairn that can be seen from miles away. It's then on to Mardale Ill Bell, High Street, Kidsty Pike, Rampsgill Head and The Knott before a bridle-way descent via Hayeswater back into Hartsop.

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### **Day 6:** Above Ullswater

Distance: 12.5 miles (20km) Ascent: 3,600 feet (1,100m) This tough-but-rewarding day starts on the shores of Ullswater at Martindale House. Short ascents are made to Hallin Fell, Beda Fell and Steel Knotts before we ascend steeply onto the long ridge from High Street where we follow sections of a Roman Road. Then, a long, gradual descent into Pooley Bridge visits Wether Hill, Loadpot Hill, Bonscale Pike, and Arthurs Pike.

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### **Day 7:** Place Fell and Angle Tarn

Distance: 10.5 miles (17km) Ascent: 3,500 feet (1,060m) The final day begins in Patterdale, ready to tick off the final five Wainwrights. We'll visit Place Fell, Angle Tarn Pikes, Brock Crag, and Rest Dodd. The final top is The Nab where we should see the Martindale Red Deer herd before a return to Boredale House and a descent back into Patterdale. Hopefully, we'll have just enough time to celebrate with a drink (or two) at the huge achievement of having bagged all 36 Far Eastern Fells.

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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.