

Dartmoor Guided Walking

Trip style: Guided Walking Holidays

Destination: 📍 Dartmoor

Trip code: DBC05-BTB11

Grades: 1, 2 & 3

Carbon Footprint: 🌿 107kg CO2



HOLIDAY OVERVIEW

With its windswept moorland, striking granite tors, and ever-present herds of wild ponies, it's easy to see why walkers find Dartmoor's myth-steeped landscapes so appealing. Discover this much-loved national park's most wow-worthy points and fascinating prehistoric sites with the help of our experienced HF Holidays Leaders.

WHAT YOU'LL LOVE

- Discovering the best of Dartmoor's wild beauty
- Uncovering the area's myths and legends at prehistoric sites
- Spotting wild ponies on the open moorland
- Walking through wildlife havens like Haytor Quarry
- Admiring Lustleigh Cleave, a temperate rain forest
- Having the choice of two walks a day – one easier and one more challenging

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with experienced HF Holidays Leaders
- All transport to and from walks where necessary

TRIP SUITABILITY

This Guided Walking/Hiking Trail has walks graded levels 2 & 3.

Your 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 - whether 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

You're welcome to check in at the hotel from 3pm. Your HF Holidays Leaders will be in reception at 6:30pm to meet the group and give a quick introduction before dinner.

Day 2: Haytor

Day 3: Lustleigh Cleave

Day 4: Into the heart of Dartmoor

Day 5: Castle Drogo and Chagford

Day 6: Departure Day

Enjoy a leisurely breakfast before making your way home.

The Moorland Hotel

The Moorland Hotel is set in the wild landscapes of Dartmoor National Park, just a stone's throw from the iconic granite tor of Haytor with a wealth of walks in close vicinity. It offers comfortable ensuite rooms, all with TV, coffee and tea making facilities, and free Wi-Fi. The hotel is dog-friendly, too, so you may meet four-legged friends in some of the communal areas.

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 (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
