

# 7 Night Isle of Wight Family Walking Adventure

**Trip style:** Family walking holidays

**Destination:** 📍 Isle of Wight

**Trip code:** FRW07-FAM01

**Grades:** 1 & 2

**Carbon Footprint:** 🌳 153kg CO2



## HOLIDAY OVERVIEW

A firm favourite with families seeking a seaside escape, our holidays on the Isle of Wight will keep both kids and grown-ups happy. Hunt for fossils on the sands of Compton Bay, discover a secret rocket-testing range, and explore Carisbrooke Castle – the mighty fortress that held King Charles I prior to his execution in 1649. Further area attractions include Tennyson Down, Alum Bay, Ventnor Botanical Gardens, and Osborne House.

## WHAT YOU'LL LOVE

- Under 11s GO FREE
- Meeting other families
- Optional guided walks with an experienced HF Holidays Leader
- Exploring beaches, caves, and coastline
- Staying in our seafront country house
- Swimming in the pool at Freshwater Bay

## WHAT'S INCLUDED

- Ride on the Isle of Wight Steam Railway
- 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
- Get 15% off car travel and 20% off foot travel via [www.wightlink.co.uk/HFHolidays](http://www.wightlink.co.uk/HFHolidays)
- 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 4+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.

There are four different length guided walks to choose from each walking day.

Level 1 - Slow-paced 3-4 mile walks with up to 650 feet of ascent.

Level 3 - Mid-range walks are 5-7 miles with up to 1,250 feet of ascent and 7-9 miles with up to 1,300 feet of ascent.

Level 5 - Longest walks are 10-13 miles with up to 1,750 feet 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 in 2026. Enjoy a complimentary cream tea at 16:30 and meet other guests

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### **Day 2:** Carisbrooke Castle or The Three Trails

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### **Day 3:** Tennyson Down & the Needles

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### **Day 4:** Explore independently

Explore independently Each week there's a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, play in the pool, or visit local places of interest. Here's our pick of the very best things to see and do within easy travelling distance of Freshwater Bay House.

**Freshwater Bay** Just a skip away from Freshwater Bay House, this semi-circular namesake bay surrounded by gleaming white cliffs is a magical spot for rock pooling, watersports, swimming, boating, walking, and more. While mostly pebbles, there are some sandy parts on its eastern side.

**National Poo Museum** No mucking around – this is a real place. Housed in the historic Sandown Barrack Battery, the weird and wonderful National Poo Museum aims to turn the subject of endless juvenile jokes into a fascinating exhibition about a substance that is essential to life on earth. Through a quirky collection of artefacts and interactive exhibits, this most unusual of museums introduces kids and grown-ups alike to the incredible recycling process that takes place in almost every single living organism on the planet.

**Blackgang Chine** This family-run fantasy theme park dating back to 1843 is the oldest in the UK. Highlights include life-sized pirate ships, fairy castles, an underwater kingdom, and a cowboy town where kids can choose to be chosen to be an outlaw or sheriff.

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### **Day 5:** Ventnor, Steephill Cove and Godshill

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### **Day 6:** Steam Trains & Dinosaurs

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### **Day 7:** The Yar Valley or Tennyson Trail

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### **Day 8:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Freshwater Bay House

Chalky white cliffs and eyebrow-arching sea views set the tone for the delights that follow at this county house on the Isle of Wight - Queen Victoria's favourite island that's just a ferry hop from the South Coast. The location is as gorgeous as it gets; to the south of the village of Freshwater, within pebble-throwing distance of its namesake bay, and just a skip from Tennyson Down. You'll also be within easy reach of the area's showstoppers, including the imposing Stag and Mermaid rocks, the multi-coloured sands of Alum Bay, the remarkable Ventnor Botanic Gardens, and the 125-million-year-old dinosaur footprints at Compton Bay. And then, of course, there's the Needles Old Battery for the ubiquitous photo opportunity and the best views of The Needles.

### 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 or 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>

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### **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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