

# Helvellyn via the Edges Challenge

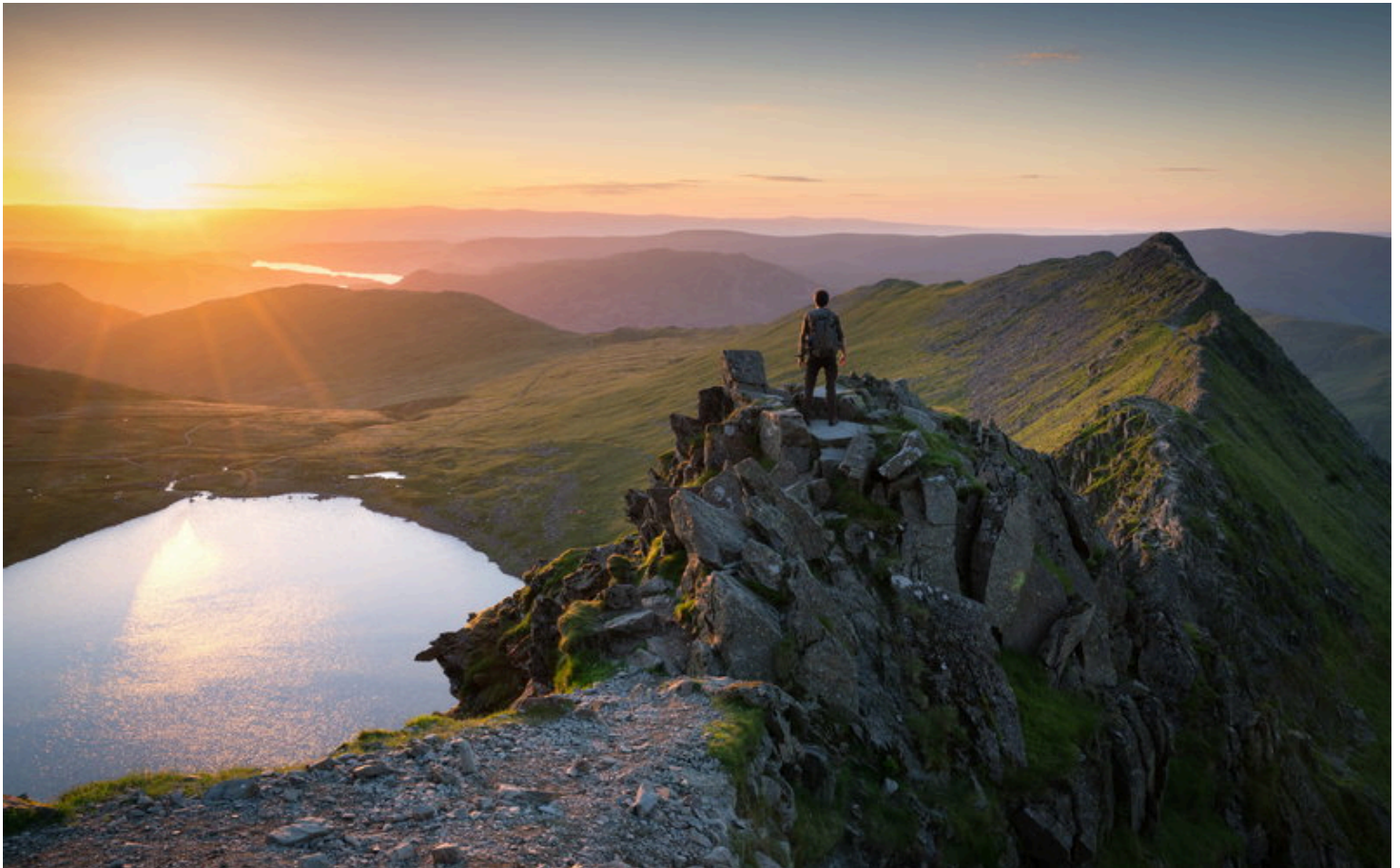
**Trip style:** Challenge walks

**Destination:** 📍 Lake District

**Trip code:** DBK03-CHH01

**Grades:** 1, 6

**Carbon Footprint:** 🌳 50kg CO2



## HOLIDAY OVERVIEW

Conquer Helvellyn on a holiday that will challenge and test your stamina amongst one of the Lake District's most captivating landscapes. Under the guidance of an experienced HF Holidays Leader, you'll walk and scramble your way up to the summit of England's third highest mountain via Striding Edge and descend along Swirral Edge, leaving you with a massive sense of achievement.

## WHAT YOU'LL LOVE

- Taking on the Edges to reach England's third highest summit
- Bagging two of the Wainwrights
- Soaking up far-reaching views over the Lake District, including Red Tarn and Ullswater
- Enjoying the sense of achievement from completing one of our most challenging walks
- Climbing Cat Bells and enjoying views over Derwentwater
- Relaxing and reliving the adventure with your fellow walkers in our country house
- A more personalised experience thanks to small group sizes (maximum 10 people)

## WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cooked or continental breakfast every morning
- 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

### 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:** Warm-up walk - Barrow and Outerside

Distance: 9 miles (14.5km) Ascent: 2,200 feet (680m) We'll cross Newlands Valley to climb the neighbouring fells of Outerside and Barrow in the Coledale Valley. These delightful lower fells offer great views over Bassenthwaite Lake and Derwentwater.

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### **Day 3:** Helvellyn

Distance: 8.5 miles (13.5km) Ascent: 3,050 feet (1,000m) We'll take on the famous ascent of Helvellyn, England's third highest peak by following the narrow Striding Edge ridge to the summit. We'll return via the equally impressive Swirral Edge. Striding Edge isn't for the faint-hearted, however it's one of the Lake District's classic walks. Savour a great sense of achievement as you climb the final rocky steps onto the summit.

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### **Day 4:** 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.