

Mull & Iona Guided Walking with Sightseeing

Trip style: Walking with sightseeing

Destination: 📍 Scottish Islands

Trip code: XAX07-LDW11

Grades: 1, 3

Carbon Footprint: 🌳 147kg CO2



HOLIDAY OVERVIEW

Adored for their breathtaking landscapes, rare wildlife, and peaceful feel, the stunning islands of Mull and Iona are located amongst the Inner Hebrides off the west coast of Scotland. As well as enjoying rugged coastal walks, crossing white sand beaches, and marvelling at towering mountains, you'll get the chance to spot sea eagles, whales, sea otters, seals, and much more.

WHAT YOU'LL LOVE

- Visiting four Scottish islands in one holiday
- Experiencing Iona after the day-trippers have left
- Admiring Staffa's towering basalt columns by boat
- Spotting eagles, whales, sea otters, and more
- Exploring the community-owned Ulva Island
- A more personalised experience thanks to small group sizes (maximum 13 people)

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 an experienced HF Holidays Leader
- All transport to and from walks where necessary
- Luggage transfers

TRIP SUITABILITY

It is your responsibility to ensure you have the relevant fitness required to join this holiday. A sustained effort is required to complete the walks and provision cannot be made for anyone who opts out. Please be sure you can manage the daily mileage and ascent as listed. The walking day is normally 6-7 hours, most walks/hikes will be on paths, although these can be faint, rough, boggy and rocky at times. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace. It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.

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

Park Lodge Hotel - Mull - Days 1-4

The family owned Park Lodge Hotel, is our accommodation for our stay in Tobermory, Mull. The hotel is in a quiet location, just a short 5 minute walk down to the harbour. The rooms are basic but comfortable en-suites, 2-3* standard, equipped with tea/coffee making facilities, flat screen TVs, and hairdryers. There's free internet access and parking at the hotel too. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

Argyll Hotel - Iona - Days 5-7

In the heart of the village, and overlooking the Sound of Iona, you'll find the Argyll Hotel. Rooms are not the biggest in terms of size, but are well kept comfortable en-suites, all equipped with tea/coffee making facilities and hair-dryers. There's also free internet access. The hotel focuses on locally sourced food and prides itself with using plenty of ingredients from its own hotel garden. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.