

Southern Lake District Skyline Challenge

Trip style: Challenge walks

Destination: 📍 Lake District

Trip code: CNCHF-3-

Grades: 1, 5



HOLIDAY OVERVIEW

Part of our new Skyline series, this weekend walking adventure in the Lake District is tough yet absolutely achievable. Led by one of our experienced leaders, you'll join a group of like-minded mountain enthusiasts for two-days of challenging walks and awe-inspiring scenery. We'll warm up on day one with a walk that includes Tarn Hows and the two lower Wainwrights of Black Crag and Holme Fell. On day two we tackle a circular route that takes in Wetherlam via Steel Edge and then continues to the summits of Swirl How and the Old Man of Conistone. Expect to feel exhausted but exhilarated by the end of your holiday and leave feeling a huge sense of achievement.

WHAT YOU'LL LOVE

- The sense of achievement after completing this Skyline challenge
- Awe-inspiring Lake District views
- Learning about the geology of the area
- Discovering the history of the region
- Walking with a small and friendly group of like-minded walkers
- Taking on two days of challenging mountain walking
- A more personalised experience thanks to small group sizes (maximum 12 people)

WHAT'S INCLUDED

- 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, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

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.

Day 2: Black Crag and Holme Fell

Distance: 8½ miles (13.5km) Ascent: 1,800 feet (560m) A wonderfully scenic and varied circular walk that starts by visiting Tarn Hows. We'll continue to walk through forest, moorland, and old quarry workings to link together the two lower Wainwrights of the Coniston group and enjoy expansive views over Coniston Water, Windermere and the Langdale Fells from the top of Black Crag.

Day 3: Coniston Skyline

Distance: 11 miles (17.5km) Ascent: 3,900 feet (1180m) Today we'll lace up our walking boots and head out towards Wetherlam, ascending via Steel Edge, an exciting and off-the-beaten-track to the summit. We'll immerse ourselves in the rugged beauty of the landscape, traversing the rocky terrain, and taking in panoramic vistas of the surrounding fells and valleys. We'll hit the top of Black Sails then descend to Swirl Hause and face the rocky "Prison Band" up to Swirl How. In the afternoon, we'll continue our journey along the skyline, taking in Brim Fell, surrounded by the grandeur of the Southern Lake District's mountain scenery. Reaching the summit of Coniston Old Man, the highest point of our walk, we can revel in the sense of accomplishment as we gaze upon sweeping views of Lake Coniston and beyond. Although the climbing is behind us, a steep descent remains back to the village. We'll take the old miners track, passing many industrial relics of the slate mining era along the way. Arriving back at Monk Coniston, enjoy an incredible sense of achievement at having taken on this challenging mountain day.

Day 4: Departure Day

Enjoy a leisurely breakfast before making your way home.

Monk Coniston

With a desirable address overlooking Coniston Water (the inspiration for Arthur Ransome's 1930 novel, *Swallows and Amazons*), this characterful Grade II-listed house delights with lakeside and woodland walks from the doorstep, décor that stays true to the period feel, and plenty of Beatrix Potter references. While the children's author and illustrator did not live at the Monk Coniston estate (her beloved home was Hill Top, bought in 1905 with the royalties from *The Tale of Peter Rabbit*), she campaigned with the National Trust to save it from development. She then purchased the entire estate in 1930 and as the new owner she immediately sold half to the organisation, bequeathing them the other half in her will.

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.

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. 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
