

Wainwright Bagging Eastern Fells Challenge

Trip style: Challenge walks

Destination: 📍 Lake District

Trip code: DBK07-WBJ01

Grades: 1-6



HOLIDAY OVERVIEW

Alfred Wainwright's Pictorial Guide to the Lakeland Fells have inspired many a walker, and on this holiday, you'll bag no less than 35 of the fells the legendary author describes in his Eastern Fells book. Bordered by Thirlmere on one side and Ullswater on the other, the Eastern Fells provide a spectacular backdrop to a week of serious walking. We'll criss-cross the mountains and include a few extensions to make sure we tick off the lot on what promises to be a challenging but immensely rewarding Wainwright bagging experience.

WHAT YOU'LL LOVE

- Exploring some of Alfred Wainwright's favourite fells
- Bagging all 35 summits in his The Eastern Fells walking guide
- Enjoying challenging walking with wonderful views and a great sense of achievement
- Admiring panoramic mountain, lake, and river views from fells and peaks
- Summiting Helvellyn, the third highest mountain in the Lake District

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

This trip is graded walking Activity Level 6. We explore the Northern Fells with long distance walks covering vast amounts of ground. This holiday is designed for experienced long walkers who have good fitness.

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.

Day 2: Hartsop above How, Fairfield, and St Sunday Crag

Distance: 8 miles (13km) Ascent: 3,300 feet (1,000m) We'll tackle our own Deepdale Round, starting at Deepdale bridge to head up onto Hartsop above How and Hart Crag, followed by a stop at Fairfield for stunning views across the Lakes. Fairfield is our high point of the day before heading over to St Sunday Crag, onto Birks, then Arnison Crag and back down to Patterdale for a well-earned drink.

Day 3: Stone Arthur, Great Rigg, Heron Pike, and Nab Scar

Distance: 5.5 miles (8.5km) Ascent: 2,450 feet (1,250m) A steep ascent will take us to Stone Arthur, our first Wainwright of the day with views over Grasmere. From Stone Arthur, we'll follow the path up to the highest point, Great Rigg, where we'll have far-reaching vistas as a reward. We'll then descend to Heron Pike and bag Nab Scar before heading to our final destination, Rydal.

Day 4: Birkhouse Moor, Helvellyn, and Seat Sandal

Distance: 9.5 miles (15km) Total Ascent: 4,050 feet (1,220m) We'll follow Glenridding Beck west, before a steep climb takes us to Birkhouse Moor and on to Hole in the Wall (nowadays a step stile). With Red Tarn to our left, we'll carry on to Catstye Cam before starting our ascent of Helvellyn via Swirral Edge. From the summit of Helvellyn, we'll bag two more Wainwrights - Nethermost Pike and Dollywaggon Pike. After descending steeply to Grisedale Tarn, we'll tackle Seat Sandal, the final summit of today's walk, which gives fantastic views across to Steel Fell. Our final descent takes us to the Travellers Rest for a well-earned refreshment.

Day 5: Kirkstone Pass, Dove Crag, and Ambleside

Distance: 8.5 miles (13.5km) Total Ascent: 3,800 feet (1,160m) We'll start with a steady ascent from Kirkstone Pass, which gradually becomes steeper as we make our way up to Red Screes. Taking a small diversion to Middle Dodd and High Hartsop Dodd, we'll continue along the ridge to Dove Crag – the pinnacle of today's walk. From here we'll begin our descent to Ambleside, passing High Pike and Low Pike as we go.

Day 6: Glenridding Dodd, Raise, and Clough Head

Distance: 13.5 miles (21.5km) Total Ascent: 4,050 feet (1,240m) A steep climb takes us out of Glenridding to Glenridding Dodd, where we'll continue our ascent over Heron Pike and onto Sheffield Pike. As we head along Glencoyne Head, we'll pass Hart Side before heading southwest to Raise, the highest of today's Wainwrights and Whiteside. From here we'll follow the Dodds northwards (Stybarrow, Watson's, and Great Dodd), before reaching Clough Head which offers breathtaking views across to Blencathra. We'll finish with a steady descent along the old coach road to Threlkeld Quarry.

Day 7: Great Mell Fell, Gowbarrow, and Dockray

Distance: 7.5 miles (12km) Total Ascent: 2,450 feet (760m) A short climb takes us to the summit of Great Mell Fell, before we descend and cross the valley to Little Mell Fell. Passing through Swinburn's Park towards Gowbarrow - the final Wainwright of the week - we'll be rewarded with unspoilt views of Ullswater before descending to Dockray where we can celebrate our achievements.

Day 8: Departure Day

Challenge complete, it's time to pack up and enjoy a leisurely breakfast before making your way home.

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.

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
