

Wainwright Bagging Northern Fells Challenge

Trip style: Challenge walks

Destination: 📍 Lake District

Trip code: DBK07-WBC01

Grades: 1-6



HOLIDAY OVERVIEW

Bag the fell tops listed in Alfred Wainwright's legendary guidebook *The Northern Fells*. Led by an experienced HF Holidays Leader, this week-long exploration of the Lake District sees you and a group of like-minded walkers tackle over 10 miles of remote landscapes and four to six Wainwrights each day. Highlights include the trail to the summit of Skiddaw and a ridge walk to High Pike for stunning views towards Scotland.

WHAT YOU'LL LOVE

- Following in the footsteps of Alfred Wainwright on some of his favourite fells
- Bagging all the summits in his The Northern Fells guide
- Enjoying challenging walking with wonderful views and sense of achievement
- Admiring panoramic mountain, lake, and river views from fells and peaks
- Summiting Skiddaw, Blencathra, and Skiddaw Little Man amongst others

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 walkers who have good levels of 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: Skiddaw

Distance: 10½ miles (16.5km) Total ascent: 3,130 feet (950m) Today's challenge takes in five of the Wainwrights. After a short coach ride, we'll begin our walk via Ullock Pike towards the summit of Skiddaw - the highest of the Wainwrights in The Northern Fells pictorial guide. From there we'll continue, bagging Long Side, Carl Side, and Skiddaw on the way. We'll then descend via Bakestall, before dropping down to Bassenthwaite village for a well-earned break.

Day 3: Carrock Fell, High Pike, and Great Calva

Distance: 12 miles (20km) Total ascent: 2,850 feet (860m) We'll explore the quieter side of the Lake District and the most northerly of the Wainwrights today. Our first summit will be Carrock Fell from where we'll continue along the ridge to High Pike to enjoy the best views towards Scotland from the Northern Fells. We'll retrace our steps briefly to take in Knott and Great Calva before descending into the River Caldew valley. We'll return past Carrock Mine to Mosedale, where we'll meet our coach back to Derwent Bank having ticked off four Wainwrights.

Day 4: Free Day

Discover more about Derwent Bank and the local area for ideas on how to make the most of your free day.

Day 5: Bowscale Fell, Blencathra, and Souther Fell

Distance: 10½ miles (17km) Total ascent: 2,920 feet (900m) We'll return to Mosedale this morning and continue our journey to bag five more Wainwrights. Our first summit will be Bowscale Fell via Bowscale Tarn, and then we'll follow the ridgeline to Bannerdale Crags, Mungrisdale Common, and the iconic peak of Blencathra. Our descent takes us onto Souther Fell and down to Mungrisdale village.

Day 6: Binsey, Meal Fell, and Brae Fell

Distance: 11 miles (17.5km) Total ascent: 2,890 feet (880m) On the northern edge of the Lake District, we'll tackle six more Wainwrights. Our first fell will be Binsey before walking via Over Water and Orthwaite to climb Great Cockup, Meal Fell, and Great Sca Fell. Our descent will take in Brae Fell and Longlands Fell before we head back. We'll explore the quietest, lowest, and least rugged part of the Northern Fells range today.

Day 7: Latrigg, Lonscale Fell, and Skiddaw Little Man

Distance: 13½ miles (21.5km) Total ascent: 3,400 feet (1,030m) Our first fell stands proud above Keswick's skyline –

Latrigg. After admiring the views from the top, we'll continue along the Cumbria Way into the Glenderaterra Valley to ascend Lonscale Fell. Our route will take us onto Skiddaw Little Man, Broad End, Carl Side, and on to Dodd. We'll then take the Keswick launch back to Derwent Bank having ticked off the final four, and therefore all, of Wainwright's favourite Northern Fells, ready for a little celebration.

Day 8: Departure Day

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
