

Wainwright Bagging Southern Fells

Trip style: Challenge walks

Destination: 📍 Lake District

Trip code: CNN10DBK-WAT01

Grades: 1-5

Carbon Footprint: 🌳 320kg CO2



HOLIDAY OVERVIEW

Conquer all 30 fell tops from Alfred Wainwright's legendary Southern Fells guidebook on this 11-day adventure. Let one of our experienced leaders guide you through some of the Lake District's most spectacular landscapes, from the tranquil valley of Langdale and sparkling waters of Coniston, to the rugged peak of Scafell Pike - England's highest mountain. Discover this incredible slice of the Lakes which Wainwright once described as, 'a bit of heaven fallen upon the earth'. Experience it for yourself and finish this wonderful walking trip feeling a profound sense of achievement.

WHAT YOU'LL LOVE

- Following in the footsteps of Alfred Wainwright on some of his favourite fells
- Bagging all 30 summits in his The Southern Fells guide
- Challenging walks that provide a huge sense of achievement
- Admiring panoramic mountain, lake, and river views from fells and peaks
- Summiting Scafell Pike, Bowfell, Coniston Old Man, and more
- Staying in the comfort of our two Lakeland country houses
- 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 experienced HF Holidays Leader
- All transport to and from walks where necessary
- Transfer between Monk Coniston and Derwent Bank

TRIP SUITABILITY

This trip is graded walking Activity Level 5. We explore the Southern Fells with long distance walks covering vast amounts of ground. This holiday is designed for experienced walkers who have good fitness to carry out long walks.

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

You're welcome to check in at Monk Coniston from 4pm onwards. Enjoy a complimentary cream tea on arrival.

Day 2: LINGMOOR, HOLME FELL, BLACK FELL

Distance: 11 miles (17.5km) Total ascent: 2460 feet (750m) We'll warm up by linking the three lowest Southern Fells on a scenic and varied walk. Starting from Blea Tarn, we'll ascend the long ridge to Lingmoor with fine views over the Langdale valley. Dropping down into Little Langdale, we'll pass the Hodge Close quarries before gaining Holme Fell. Our final top, Black Crag, will give us fine views over most of the fells that we'll tackle in the coming days. On our descent back to Monk Coniston, we'll pass the picturesque beauty spot of Tarn Hows.

Day 3: SLIGHTSIDE, SCAFELL, WHIN RIGG

Distance: 12.5 miles (20km) Total ascent: 4430 feet (1350m) This long day will start in beautiful Eskdale, Wainwright's favourite valley in the Southern Fells. We'll get plenty of chance to admire it as we make our way up Scafell via Slight Side. After enjoying the awesome views across to Scafell Pike and beyond, we'll descend to Burnmoor Tarn and start another long pull up to Illgill Head. The crags and scree will fall away into Wastwater, but we'll continue along the ridge line to Whin Rigg before finally descending back into Esdale and the King George pub.

Day 4: FREE DAY

We'll enjoy a well-deserved rest day. Discover more about Monk Coniston and the local area for ideas on how to make the most of your free day.

Day 5: PIKE-O-BLISCO, COLD PIKE, CRINKLE CARGS, BOWFELL, ROSSETT PIKE

Distance: 10.5 miles (17km) Total ascent: 3775 feet (1150m) Today, we'll tackle the fells on the southern arm of Langdale. Starting from Blea Tarn, it'll be a long haul up to our first summit, Pike-o-Blisco, from where we'll enjoy views over the Langdale and Coniston Fells. We'll descend via Red Tarn, then up onto Cold Pike, before pressing on to Crinkle Crag. Over unrelenting rocky terrain, we'll make our way to Three Tarns and a steep clamber onto Bowfell. We'll descend to Ore Gap and push up to Esk Pike. Our descent will be via Angle Tarn, and we'll divert to bag Rossett Pike before eventually joining the Cumbria Way path back to the Old Dungeon Ghyll pub – hopefully in time for a well-earned refreshment.

Day 6: HARTER FELL, GREEN CRAG, HARD KNOTT

Distance: 9 miles (14km) Total ascent: 2135 feet (650m) Today's walk will link Hard Knott, Harter Fell, and Green Crag. A quick up and down from Hard Knott Pass will gain us our first summit. Harter Fell will lead us above the Duddon Valley, where the terrain is softer and greener than the rocky fells of the previous days. The route to Green Crag will feel remote as we cross the moorland. Eventually, we'll descend into the Duddon to reach the iconic Newfield Arms.

Day 7: CONISTON FELLS

Distance: 14 miles (22km) Total ascent: 4760 feet (1450m) The main Coniston fells are relatively tightly grouped, and by staying high, we'll knock them off in one continuous round. It'll make for a long but exhilarating last day in Coniston. From Torver, we'll follow old quarry tracks up to the Walna Scar Pass. A fine ridge walk will take us gradually up to the rocky summit of Dow Crag. We'll descend into Goats House and up to the Old Man of Coniston. Following another fine ridge, we'll soon reach Brim Fell, then set our sights on Grey Friar. Looking North, we'll have fine views over the Langdale fells and also the Scafell range. The great views will continue as we reach the lofty summits of Great Carrs and Swirl How at the centre of the Coniston range. A steep and rocky descent of the Prison Band will put us on the path to our final peak, Wetherlam. We'll descend the ridge and miners tracks back to the village, and via the lakeshore path, return to the house.

Day 8: FREE DAY

This morning, we'll transfer from Monk Coniston to Derwent Bank, where we'll be based for the next 3 nights. The afternoon will be another chance to rest our legs before the final two days of walking. Discover more about Derwent Bank and the local area for ideas on how to fill your free time.

Day 9: SEATHWAITE FELL, ALLEN CRAGS, GLARAMARA, ROSTHWAITE FELL

Distance: 8.5 miles (14km) Total Ascent: 2,850 feet (870m) We drive into Borrowdale and set out from Seathwaite on foot, heading steeply up to Seathwaite Fell which dominates the valley. From the top, we'll go around the head of Ruddy Gill and ascend Allen Crag for fine views over the grand central peaks and valleys. We follow the impressive ridge line back over Glaramara and Rosthwaite Fell to reach our final top, Bessyboot, then descend to Seatoller.

Day 10: GREAT END, SCAFELL PIKE, LINGMELL

Distance: 9 miles (14.5km) Total ascent: 3530 feet (1075m) We finish on a high with a horseshoe that includes Scafell Pike – the highest point in England. We'll start out again from Seathwaite but ascend beside Grains Gill and Ruddy Gill, heading directly towards Great End at the head of the valley. We gain the rocky summit via a route to the left of the crags and then press on over boulder fields and scree to Scafell Pike. Descending to the col, we do an out and back to Lingmell. We'll then descend down the famous Corridor Route to Styhead Tarn and follow Styhead Gill back to Seathwaite.

Day 11: DEPARTURE DAY

We'll enjoy a leisurely breakfast before making our way home from Derwent Bank.

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.

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.

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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. Fleeeces 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
