



# HEDONISTIC HIKING

## DERBYSHIRE PEAKS AND YORKSHIRE DALES – 9 days

### Hiking in two of England's best-loved National Parks

This is our very first tour in the UK and it takes us to two of the country's most beautiful National Parks: The Peak District and the Yorkshire Dales. These are parts of the country that we know and love well. Our hikes here explore rolling meadows with their characteristic stone walls, rugged moors, meandering rivers with waterfalls and dramatic peaks and plateaus. Both regions are steeped in history and these wild landscapes have inspired some of England's most celebrated writers and poets. We visit a number of charming villages en route and dine in many of the most picturesque pubs and restaurants. Today the food scene in the north of England is vibrant and diverse, offering an array of award-winning restaurants, artisanal producers, traditional ales and local dishes which reflect the agricultural heritage of the National Parks. For our very first Peaks and Dales tour we have space for twelve guests.

#### What is included?

- **8 nights' accommodation** in a comfortable farmstead and a Manor House Hotel
- **Two experienced and knowledgeable guides** who will look after your every need and bring this stunning area to life
- **All meals** including excellent wines both from England and further afield
- **Gourmet picnic lunches** each day, snacks en route, and a traditional pub lunch
- **Support vehicle**, enabling you to walk as much or as little as you please
- **Transport** in air-conditioned minibus
- **All museum entries, tastings and cultural visits** as per the itinerary
- Comprehensive **pre-trip information**

#### Tour Highlights

Scale the heights of Kinder Scout, Whernside and Ingleborough for breathtaking views

Visit the UNESCO World Heritage site of Fountains Abbey

Enjoy traditional ales and picturesque local pubs and restaurants

#### Accommodation

**Rushop Hall:** A Georgian farmstead converted to comfortable ensuite accommodation, with stunning views of the Peak District National Park.

**The Falcon Manor:** An elegant manor house on the edge of the bustling market town of Settle, in the heart of the Yorkshire Dales.

### Day 1: Wednesday 9th July

10.00am We meet in the centre of the Yorkshire city of Sheffield. We make our way along the River Don to Kelham Island to meet our local guide for a private tour, learning about the history of the buzzing industrial heart of the city, and visiting the local museum. We have lunch in a restaurant on Kelham Island. After lunch we drive out into the rolling hills of the Peak District National Park. We check into our B&B accommodation at Rushop Hall, a Georgian farmstead which has been converted into charming ensuite accommodation. We stay here for four nights. Time to settle in before a welcome drink and an in-house dinner matched to delicious wines.



### Day 2: Thursday 10th July



After breakfast a short drive takes us to the start of our hike in the White Peak. We follow pretty paths through scenic limestone dales, passing old mining sites and charming villages to arrive at Eyam, known for its self-imposed quarantine during the 1665 plague. After exploring the village's poignant past, we enjoy a picnic lunch of delicious local produce. We climb up to Eyam Moor, where we are rewarded with stunning views of the Derwent Valley, before descending into the quaint village of Grindelford where we have a local ale before returning

to Rushop Hall. Dinner tonight in a small village nearby. **(15km/9.3 miles)**

### Day 3: Friday 11th July

Our hike starts at the enchanting Haddon Hall, a stunning medieval manor where we have a private guided tour of the house and gardens. We set off along the pretty Wye River, winding through peaceful woodlands and open fields, before arriving in the historic town of Bakewell, home of the famous Bakewell pudding. After a light lunch we return to Rushop Hall. Later in the day we visit the thermal Spa town of Buxton and enjoy a private tour with a local guide. Dinner in an award-winning restaurant in Bakewell this evening. **(10km/6.2 miles)**



#### Day 4: Saturday 12th July



Our final hike in the Peak District takes us onto the stunning Kinder Scout plateau. We drive to Edale, the starting point for the long-distance Pennine Way hike. From the village we ascend via Jacob's Ladder to Kinder Scout's rugged plateau, a site of the historic 1932 mass trespass for access rights. We explore the highlights of the plateau, crossing the wild moorland to reach Kinder Downfall, the Peak District's highest waterfall. This is a challenging hike with dramatic landscapes and panoramic views. We enjoy a refreshing beer in a local pub before

returning to our accommodation to relax before dinner prepared for us in house. **(17km/10.5 miles)**

#### Day 5: Sunday 13th July

We depart the Peak District after breakfast and head towards the Yorkshire Dales. En route we visit the small Cathedral City of Ripon. Time to visit the famous cathedral before a light lunch in the town. In the afternoon we make our way to Fountains Abbey, the largest monastic ruin in the country and a UNESCO World Heritage site. Set in a stunning valley, the abbey was founded in 1132, and abruptly closed in 1539 during the Dissolution of the Monasteries ordered by Henry VIII. After the visit, a beautiful drive takes us through the heart of the Dales to Settle. We check into our hotel, the Falcon Manor, and have dinner tonight in the hotel. We stay here for the remaining four nights.



#### Day 6: Monday 14th July



An early start today as we climb the highest of Yorkshire's three peaks, Wharfedale (736m). We drive to Ribbleshead, from where we head out on a well-trodden trail alongside the spectacular Ribbleshead viaduct. We climb steadily, ascending 530 metres, through open moorland with expansive views across the Dales. On a clear day the view stretches to the Lake District and Morecambe Bay. We descend on stone steps and through farmland to return to Ribbleshead for a well-deserved lunch in the pub. We return by van to our hotel, stopping along the way to visit an award-winning local cheesemonger. Dinner this evening in an authentic pizzeria with stunning views of the Dales. **(13.5km/8.3 miles)**



### Day 7: Tuesday 15th July

We head out from the hotel on foot, passing through Settle to potter around the weekly market and characterful shops. Time for a coffee before we set off on our hike, heading up into the hills above the town to take in the views across the Dales, with the iconic three peaks of Whernside, Pen-y-Ghent and Ingleborough clearly visible. We enjoy our picnic at a scenic spot overlooking the town before continuing our hike to arrive back at Falcon Manor in the afternoon. Time to relax in the afternoon before dinner in the hotel this evening. **(14km/8.6 miles)**



### Day 8: Wednesday 16th July



Our final hike, challenging yet rewarding, takes in another of the 3 Peaks, Ingleborough with a height of 723m. We set out from a small village and climb steadily towards the flat-topped summit, shaped by ancient glacial activity. Just below the summit there are the remains of an iron age fort. The trail passes several cave openings - this region is home to the longest cave systems in England. From the summit we take an alternative route to return to the valley. Our final dinner is in a fabulous local pub. **(18km/11.2 miles)**

### Day 9: Thursday 17th July

We return to Sheffield train station for 12pm

For guests who don't wish to return to Sheffield, there is a good train service from Settle which is on the Leeds-Carlisle line. The Settle to Carlisle train journey is renowned as one of the most scenic rail routes in the United Kingdom. Spanning approximately 72 miles, this historic line traverses the dramatic landscapes of the Yorkshire Dales, offering breathtaking views and a glimpse into the engineering marvels of the Victorian era.

#### Walking

Shortest day: **10km/6.2 miles**

Longest day: **18km/11.2 miles**

There are 6 days of walking on the trip. We generally walk on good paths, which can be muddy after rain, and trails which can be rocky in places. There are many stiles to be crossed along the way. There are some steady ascents and descents, steep in sections, climbing/descending up to 600m on some days, and on Day 4 and Day 8 there will be no van access at lunchtime and both guides will carry the picnic lunch. This is English summertime so be prepared for very varied weather conditions! The temperatures however are ideal for hiking. Sturdy walking boots, with good grip and ankle support, are essential. Walking poles are highly recommended, especially on steeper sections. We have rated this a Level 4 hike.

## **Weather**

Average temperatures in Yorkshire in July range from 12° to 21°, and average rainfall in July is 64 mm. These are perfect temperatures for hiking compared to the heat in wider Europe in this month.

See all our [Tour Dates](#) for this and other tours

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