

Islington u3a Longer Walks Group

Walk Title	Extended Walking Weekend, 2026	Walk No.	588
Area	Sedbergh, Yorkshire Dales	Type	Various
Date	Friday 18 th September until Monday 21 st September, 2026		
General	We will be a big group so we will take over (sole occupancy) hf Holiday's house at Sedbergh. Which means we have some flexibility on how we use the rooms. The final price for the accommodation package will depend on final numbers and room choice. But the base number is £429. This is for 3 nights accommodation and full board. There is a £60 discount if you want a single without en suite. If you want a 'Premium' single there is a +£30 supplement. If you want a double for sole occupancy then there is a +£80 supplement. Not all of these room options will be available (depending on demand). Travel costs are on top. Currently I have an Avanti 'Group' quote for the rail tickets (which again depends on numbers but is in the region of £80 then we need about £15 for taxis from station to hotel.		
Distance	We will select walks when we are there. Could include two main walks of about 14miles (22 km) on Saturday & Sunday, and shorter half day walks for Friday & Monday. Also other shorter walks – may - be available (if another Leader will volunteer) but not guaranteed. The area is generally hilly.		
Meeting up & travel	Outward journey will be Friday 18th September. For those travelling with the Group, meet at Euston by 9:15 latest in the main concourse. We will catch the 9:36 am train to Oxenholme (Lakes). I'll give out the seat reservation tickets at Euston. Arrives Oxenholme 1:23pm. We will then board our own coach for transfer directly to Sedbergh (arriving approx. 2:00pm). Return: We'll leave Sedbergh at 2:00pm (pick up by coach) and return from Oxenholme on Monday 21st on the 3:25pm (arriving Euston at 6:14pm). Group rail tickets (Standard Class) will be purchased. Bring your railcard. Coach to/from the house also booked already. Approx £95 pays for rail ticket & coach transfer. The coach company is: Woofs of Sedbergh, Tel: +44 (0)1539 620414, Email: woofs.sedbergh@outlook.com On arrival at the House we cannot immediately check in. We will leave our luggage (could be just in the porch). We cannot use their facilities. We will immediately go on a walk for the afternoon then return to the house to check in. The earliest we are allowed to check in is 4:00pm. If you are travelling under your own steam, you can arrange your timing to arrive at any stage – for 2:00pm if you want to join the afternoon walk or after 4:00pm for check-in. Please be there by 6:30pm for our evening briefing (& drinks!). They normally do a safety/ welcome talk at 6:15pm.		

	We'll depart on Monday 21st September: The group needs to check out by 10:00am but we will be able to leave the luggage there so we can do a morning short walk. After the walk we'll return to the House to collect luggage and get the coach back to Oxenholme train station. See above for train times. Again, if you are making your own travel arrangements, please ensure you check out by 10:00am. Let me know there if you are leaving earlier (ie not coming on the Monday morning walk).
Route	Will depend on the walks selected. A briefing of the walk will be given the evening beforehand. As there are 31 of us going we will split and do more than one walk type per day. The specific walks offered per day will be determined over the weekend. The long Walk offered for Saturday and Sunday will be up to 14 miles. The shorter walk will probably be more like 8 miles. We will have all day to complete.
Lunch	A picnic lunch is provided by hf Holidays on Saturday & Sunday only (& can be ordered, as an extra, for Monday lunch).
Dropping out	Not relevant.
Suitability	Suitable walking for any reasonably fit regular walker. If you want to come on the longer walk please ensure you are fit enough for a 14 mile walk (for the LWs) or 8 miles (for the SWs), both at a reasonable pace. There are no particular difficulties envisaged. Walks will not be reckied beforehand but hf Holidays provide proven walk routes. Terrain: quite hilly. Max ascent per walk will be 300m. Comfortable waterproof walking shoes/ boots. Check weather forecast for temperature and likelihood of rain.
Facilities / Accommodation	The accommodation is: Thorns Hall, Cautley Road, Sedbergh, Cumbria, LA10 5LE, Tel: 01539 620973 https://www.hfholidays.co.uk/country-houses/locations/sedbergh-yorkshire- dales You will have been allocated a room class already depending on availability. Guest Registration form is required to be completed per member (I will try to arrange for completion during journey up).
Walk source	Will be selected from hf's 'Discovery Room' selection.
Map & other references	OS Explorer: OL02 / 19/ 30 OS Landranger: 98 Links: hf Holidays, see above.
Leader & contact details	<u>Walk Leader</u>: Derek Harwood <u>Phone</u>: 077 5931 4096 <u>e-mail</u>: derek.harwood@live.co.uk

