Yorkshire Dales & Lake District Trek

Trip Itinerary

July 11-24, 2020

Our trip begins with some time in London where we explore some off-the-beaten-path areas. Hampstead Heath, in the north of London, is a large park surrounded by charming neighborhoods that once claimed Aldus Huxley, George Orwell and John Keats among its residents. We’ll take a long walk through the park and take in one of the best views over London. Following lunch at the famous Spaniard’s Inn, we’ll enjoy a private tour of Highgate Cemetery—Victorian cemetery architecture at its finest—and visit the burial places of such notables as Karl Marx and Douglas Adams.

From London, we’ll travel by train to Bath where we will visit the Roman baths. We’ll take a half-day visit out to magical Stonehenge—one of the most intriguing places on Earth. After our brief visit in Bath, we’ll head up to the north of England to start our trek.

From Bath we head to the Yorkshire Dales and Lake District, two of England’s most iconic walking areas. Stunning scenery, friendly locals, and good pubs for food and drink greet us each day. The 7-day trek follows a long distance footpath of 79 miles that passes along mostly riverside paths and through two national parks: Yorkshire Dales National Park and Lake District National Park. The trek is full of diversity, beginning with lush meadows and black-bordered moors of the Yorkshire Dales, to the shore of England's grandest lake, Lake Windermere. It is a remarkably beautiful walk through some of England’s finest scenery. The walking is relatively gentle (with some long days) and affords the opportunity to interact with locals along the way and to experience rural England’s hospitality at its best. We stay at iconic bed and breakfasts, small hotels, and guesthouses along the way. At the end of our trek we’ll head back to London where we say our goodbyes.
Trip Overview

Day 1  Arrive in London. 5:00 p.m. organizational meeting and welcome dinner together. Sleep in hotel.


Day 3  London and Bath: Morning visit to Westminster Abbey. Travel by train to Bath. Afternoon visit to Roman Baths. Dinner together. Sleep in Georgian guest house.

Day 4  In Bath: Morning visit to Stonehenge. Afternoon and evening free. Dinner on your own. Sleep in Georgian guest house.

Day 5  Travel by train to Ilkley (gateway to our trek). Dinner together. Sleep in historic 1860 hotel.

Day 6  Walk Ilkley to Burnsall [13 miles]. Dinner together. Sleep in 16th-century inn.

Day 7  Walk Burnsall to Kettlewell [10 miles]. Short taxi ride to Hubberholme where our historic lodge is located. Dinner together. Sleep in historic lodge.

Day 8  Short taxi ride back to Kettlewell. Walk Kettlewell to Hubberholme [6 miles]. Dinner together. Sleep in historic lodge.

Day 9  Walk Hubberholme to Cowgill [16 miles; no exit this day]. Dinner together. Sleep in historic inn or local B&B.


Day 11  Walk Sedbergh to Bowness-on-Windermere [12 miles]. Short train ride to Kendal. Dinner on your own. Sleep in hotel.

Day 12  Walk Kendal to Bowness-on-Windermere [9 miles]. Dinner together. Sleep in historic hotel.


Day 14  Home or onward travels.
Highlights

London
London is the capital and most populous city of England and the United Kingdom. Standing on the River Thames in the south east of the island of Great Britain, London has been a major settlement for two millennia. It was founded by the Romans, who named it Londinium. Travelers to London will experience London’s steep history and rich cultural experiences.

Bath
Bath is the largest city in the county of Somerset, England and is known for its Roman baths. The city became a spa with the Latin name Aquae Sulis (“the waters of Sulis”) c. 60 AD when the Romans built baths and a temple in the valley of the River Avon, although hot springs were known even before then. Bath is 97 miles west of London and became a World Heritage Site in 1987.

Stonehenge
Stonehenge is a prehistoric monument consisting of a ring of standing stones, with each standing stone around 13 feet high, seven feet wide and weighing around 25 tons. The stones are set within earthworks in the middle of the most dense complex of Neolithic and Bronze Age monuments in England, including several hundred burial mounds. Archaeologists believe it was constructed from 3000 BC to 2000 BC.

The Dales Way
The Dales Way is one of England’s most celebrated walks. It runs for 79 miles from Ilkley in West Yorkshire to Bowness-on-Windermere in the Lake District. Hiking the entire route, the traveler will experience remote moorlands, burbling rivers, and idyllic peaceful valleys dotted with exquisite stone-built villages—some of the loveliest scenery in England.
## Detailed Itinerary

### Day 1
July 11  
Saturday

**Arrive in London, England**

**Group welcome meeting**  
This evening we’ll gather at 5:00 p.m. to review the exciting itinerary we have planned. We’ll have a Welcome dinner together and perhaps a walk around the neighborhood for those not too tired from their travels.

**Welcome dinner together included.**

Accommodation:  
**Lily Hotel**  
[https://www.hotellily.co.uk/](https://www.hotellily.co.uk/)  
An unassuming hotel ideally located close to London’s Underground District Line, with links to Earl’s Court, High Street Kensington and London Paddington stations.

### Day 2
July 12  
Sunday

**London**

**Hampstead Heath walk and Highgate Cemetery tour**  
Today we’ll start out bright and early and take public transportation to Hampstead, off the beaten tourist path. Here we’ll walk the neighborhood once occupied by the likes of Aldous Huxley, George Orwell and John Keats. Our walk through the Heath will include one of the most spectacular views over London. We’ll have lunch together at the famous Spaniard’s Inn, then take a short bus ride to Highgate, where we’ll enjoy a private tour of the beautiful Victorian Cemetery that includes the final resting places of Karl Marx and Douglas Adams. Participants are free to find their own way onward for further explorations of London.

**Breakfast and lunch together included; dinner on your own.**

Accommodation:  
**Lily Hotel**
Day 3  
July 13  
Monday

London and Bath

**Westminster Abbey visit, train to Bath, Roman Bath visit**

After a hearty breakfast at our hotel, we’ll leave our bags and head out for a morning visit of Westminster Abbey. The Abbey is steeped in more than a thousand years of history. It is a treasure house of paintings, stained glass, pavements, textiles and other artefacts, and is also the place where some of the most significant people in the nation's history are buried or commemorated. Taken as a whole the tombs and memorials comprise the most significant single collection of monumental sculpture anywhere in the United Kingdom.

After our visit of the Abbey, we’ll collect our luggage for our train ride to Bath. After checking into our Bath accommodation, we will visit the famous Roman baths.

Breakfast and dinner together included; lunch on your own.

Accommodation:

**Henrietta House**

http://henriettahouse.co.uk/

A grand Georgian manor in the heart of Bath.

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Day 4  
July 14  
Tuesday

Bath

**Stonehenge visit**

Today we’ll travel by tour coach to the famous site of Stonehenge, a prehistoric monument that consists of a ring of standing stones, with each standing stone around 13’ high, 6’ 11” wide and weighing around 25 tons. The stones are set within earthworks in the middle of the densest complex of Neolithic and Bronze Age monuments in England. It includes several hundred burial mounds. Archaeologists believe it was constructed from 3000 BC to 2000 BC.

Once back in Bath you’ll have the afternoon and evening free for your own explorations.

Breakfast included; lunch and dinner on your own.

Accommodation:

**Henrietta House**
Day 5
July 15
Wednesday

NOTE!
While on the trek our luggage is transported for us from village to village.

Travel to Ilkley, the start of the trek

Train to Ilkley
After breakfast, we’ll gather up our bags and head out by train to Ilkley in the North of England and the gateway to the Yorkshire Dales. It’s a long train ride; we’ll have lunch and relax on the train before starting our walk tomorrow.

After getting settled in our historic hotel, we’re free to explore Ilkley on our own before our dinner together.

Breakfast and dinner together included; lunch on your own.

Accommodation:
The Crescent Inn
https://thecrescentinn.co.uk/
Boasting pride of place in Ilkley’s town center, the wonderful building of The Crescent Inn dates back to 1860.

Day 6
July 16
Thursday

Dales Way

Walk Ilkley to Burnsall (13 miles)
Starting from the Old Bridge in Ilkley, we’ll begin our trek and make our way North up to Burnsall. We’ll pass lush meadows and visit beautiful Bolton Abbey along the way, where we can purchase and enjoy lunch from Cavendish Pavilion. We pass along Strid Wood where the river we follow becomes feisty and the scenery dramatic. Along the way we’ll pass by stunning bridges and medieval settlements before reaching our accommodation.

Breakfast and dinner together included; lunch on your own.

Accommodation:
The Red Lion
http://www.redlion.co.uk/
Originally a 16th century Ferryman’s inn, the Red Lion offers superb food, fine wines and real ale.
Day 7
July 17
Friday

**Dales Way**

**Walk Burnsall to Kettlewell (10 miles)**
We leave Burnsall by a path along the river. We begin to climb, and soon enjoy amazing views over Wharfedale. Along the way we pass through the charming village of Grassington where we can stop for lunch or a snack and visit some of the local shops. We’ll continue along the Wharfedale valley until we reach Kettlewell. We take a short taxi ride to our accommodation in Hubberholme.

Breakfast and dinner together included; lunch on your own.

**Accommodation:**
**The George Inn**
[www.thegeorge-inn.co.uk](http://www.thegeorge-inn.co.uk)
The George stands in a stunning location overlooking the river Wharfe in the tiny hamlet of Hubberholme. The pub was originally constructed as a farmstead in the 1600's and was once used as the vicarage. When the vicar was at home he would put a lighted candle in the window as a signal to his parishioners. This tradition is carried on today with a candle lit whenever the bar is open.

Day 8
July 18
Saturday

**Dales Way**

**Walk Kettlewell to Hubberholme (6 miles)**
Today we’ll have a short day so we can rest up for the long day tomorrow. We start out by returning by taxi to Kettlewell. Once in Kettlewell, we’ll take an easy walk through gentle countryside and woodlands, much of the way along the river Wharfe. We’ll pass through the town of Starbotton, where we can stop for our lunch or snack before continuing the short distance to our accommodation at Hubberholme.

Breakfast and dinner together included; lunch on your own.

**Accommodation:**
**The George Inn**
Day 9
July 19
Sunday

Dales Way

Walk Hubberholme to Cowgill (16 miles)
Today is our longest and most challenging day of the trek as our walk passes through some of the most remote and dramatic scenery we’ll experience. We’ll grab a packed lunch from our accommodation and start out bright and early. Our path takes us past cascading rivers and through a rugged area where our path climbs and can be a bit muddy (or downright boggy!) from the springs and streams that cascade down the hillside. The views from the top of this climb are awe-inspiring! From there, it’s a gentle road walk into Cowgill and a much-deserved beverage.

Breakfast, lunch and dinner together included.

Accommodation:
Due to the limited accommodations in this area, the group may be split across 3 inns.
The Sportsman’s Inn
www.thesportsmansinn.com
The Garsdale
www.thegarsdale.com
The Moorcock Inn
www.themoorcock.co.uk

Day 10
July 20
Monday

Dales Way

Walk Cowgill to Sedbergh (13 miles)
After passing Dent Station (England’s highest railway station), we’ll wind through meadows and forest where steep hills rise around us. We’ll be leaving the Yorkshire Dales and entering the Lake District.

Sedbergh is a fairly large town where we can do some shopping, laundry, or whatever other services we need.

Breakfast included; lunch and dinner on your own.

Accommodation:
Howgills Apartments
https://www.howgillsaccommodation.co.uk/
Howgills Apartments offers accommodation in the center of Sedbergh. Their central location provides convenient access to the shops, pubs and cafes on the High Street.
**Day 11**  
**July 21**  
**Tuesday**  

**Dales Way**

**Walk Sedbergh to Burneside (12 miles), train to Kendal**

Our walk today passes through more remote countryside, slat-roofed villages, and streams full of fallen rocks and waterfalls. We’ll have ample opportunity to experience a variety of wall and property crossings, from stiles to kissing gates, and perhaps talk to some locals out doing their farm chores. Once arriving in Burneside we’ll take a short train ride to our accommodations in Kendal.

Breakfast included; lunch and dinner on your own.

Accommodation:

**Kendal Premier Inn**  
A great base for visiting the Lake District and the World of Beatrix Potter.

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**Day 12**  
**July 22**  
**Wednesday**

**Walk Kendal to Bowness-on-Windermere (9 miles)**

Our final day of walking takes us along the River Kent and through an area rich in interesting mills. The scenery is rocky as we reach the end of our trek. As we see Lake Windermere in front of us, we’ll be encouraged to make our way there and to our final accommodation of the trek. Windermere is a good-size city and there is plenty to do and see.

Breakfast and dinner together included; lunch on your own.

Accommodation:

**Windermere Hydro Hotel**  
[https://www.thehydrowindermere.com/](https://www.thehydrowindermere.com/)  
The Hydro Hotel is a place of tranquility, relaxation and cultivated *joie de vivre*.

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*Fun fact:*  
Lake Windermere is the only named lake in the Lake District!
Day 13
July 23
Thursday

Travel to London

Train to London
After breakfast, we make our way to the train station in Windermere where we catch our train bound for London. The ride takes about 6 hours, so we’ll be sure to have our lunch along. Our ride back affords us a good opportunity to look back on our fabulous trek!

Breakfast and dinner together included; lunch on your own.

Accommodation:
Hotel Lily

Day 14
July 24
Friday

Home or onward travel
After breakfast together, we bid our farewells as we head home or to onward travel.

What’s Included

- Trip leader who has walked the Dales Way and is familiar with its history, sites and culture
- Pre-trip planning assistance and activities
- 13 nights' accommodation
- 13 breakfasts, 2 lunches, 9 dinners
- All ground transportation (London subway, trains, taxis and bus to Stonehenge)
- Entrance fees to Westminster Abbey, Highgate Cemetery, Roman Baths, and Stonehenge
- Luggage transfer on the Dales Way trek

What’s not Included

- RT airfare to/from London
- Suggested travel insurance (cancellation/interruption/etc., travel medical and/or evacuation)
- Airport transfers
- Beverages aside from those served with meals
- Pharmacy/medical costs
- Activities when on your own
- 10 lunches, 4 dinners
- Alternative transportation on the trek if you take it

Travel Information
Participants need to arrive in London, England no later than 2:00 p.m. on Saturday, July 11 2020. Departures from London should be planned after breakfast on Friday, July 24 2020.

Trip Leaders
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