

# Contours *Holidays*

The logo for 'Contours Holidays' features the word 'Contours' in a bold, green, sans-serif font. The letter 'o' is replaced by a green location pin icon. Below 'Contours', the word 'Holidays' is written in a green, cursive script. A dashed green line starts from the bottom of the location pin, loops around the word 'Holidays', and ends at the base of a large green stylized 'C' on the right side of the logo.

**Walking Holidays Brochure**



# Welcome to Contours Holidays

Contours Walking Holidays organise self-guided walking holidays in England, Scotland, Wales and Ireland. A self-guided walking holiday is led by you. We organise everything and do all the hard work, enabling you to walk your chosen route at your own pace and with the people you choose to walk with.

We strive to be the best value self-guided walking holiday company in the UK and Ireland. We do this by offering a broad variety of customisable holidays, along with competitive pricing, hand-picked service providers and excellent customer service.

Contours Walking Holidays has been organising walking breaks in Britain since 1996. We have built up an enviable reputation for the quality of our holidays and our outstanding customer service. Our friendly and knowledgeable staff can help you choose the holiday that is right for you and answer any questions you have.

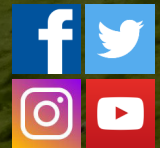
We offer more routes and more options in the UK than any other walking company. Our walking breaks are designed to suit walkers of all ages and abilities. Our holidays are very flexible, starting on any date you want (subject to availability), lasting for as many days as you want and are customisable as required. We cater for solo walkers, groups, families and even walkers with dogs, thanks to our extensive selection of itineraries.



## In this Brochure:

- About Our Holidays
- Holidays in the North of England
- Holidays in the South of England
- Holidays in Scotland
- Holidays in Wales
- Holidays in Ireland

Follow Contours Holidays  
on social media:



## Get the latest news and offers with the Contours Newsletter

Our monthly e-newsletter is packed with interesting stories, helpful advice and tempting recommendations sent straight to your email inbox, helping to inspire you to explore the Great British countryside. By signing up to our newsletter, you will also be among the first to hear about our brand new trails, latest developments, special offers and competitions.

*To subscribe to our newsletter, visit [contours.co.uk/subscribe](https://www.contours.co.uk/subscribe).*



The acorn symbol featured beside certain trails in this brochure denotes a National Trail. For more information, visit [nationaltrail.co.uk](https://nationaltrail.co.uk).



# About Our Holidays

Contours Walking Holidays boasts an unrivalled range of walking trails in the UK and Ireland. Whether you wish to discover England's extensive history, spot rare wildlife off the coast of Wales, conquer the impressive Scottish Highlands or immerse yourself in Irish culture, we can help you find a trail to suit you.

Our range of holiday options allows our customers to walk for any length of time they wish. Our shortest breaks start from three nights and two days of walking, while our longer tours can last for several weeks. Each trail we offer has a selection of itineraries, allowing you to choose how far you wish to walk each day. Our holidays are also customisable to suit your requirements, and can be adjusted to incorporate extra days for resting or sight-seeing.

We happily cater for groups of walkers, including families and friends of all ages, and solo walkers are very welcome to enjoy our holidays too. We also offer a range of dog friendly walks for those wishing to holiday with their canine companions.



*walk at your own pace*



*Discover amazing wildlife*

There are many factors that contribute to the difficulty of a trail, such as the daily mileage or terrain encountered, which should be considered along with your group's personal abilities. Because of this, our holidays are clearly graded to help you choose the best walk for you.

As all of our holidays are self-guided, you can start your holiday on any date that you choose within your chosen trail's season, subject to availability. All of our walking holidays are available from March to October, but many are available during the winter months too.

We understand the importance of providing clear pricing for all of our tours, so we have made every effort to ensure that all of our prices are clear and easy to understand, with no hidden charges. Discounts are available for groups and loyal customers, and we frequently update our selection of special offers on our website.



*Create life-long memories*

## What's included in a Contours Walking Holiday?

**Access to Exclusive Members Area:** Our Members Area contains a wealth of information to help you prepare for your walk, including travel information, downloadable GPS files, an interactive feedback form and much more.

**Comfortable Accommodation:** We make use of a wide variety of accommodations, including family-run bed and breakfasts, friendly guesthouses, country inns and small hotels, depending on what is available along the trail. Each accommodation has been carefully chosen for the warmth of their welcome, the quality of their accommodation and their accessibility to the trail.

A continental or cooked breakfast is also included at your accommodation each day as standard, however we do not provide any other meals in order to allow you full flexibility during your holiday. Instead, we can provide you with details of where you can obtain lunches and evening meals.

**Luggage Transfers:** We organise for your luggage to be transported for you between each overnight stop, so that every time you arrive at a new accommodation for the evening, your luggage will be waiting for you. With the bulk of your luggage taken care of, all you need to carry each day is a daypack containing whatever you require for that day's walk.

**Transfers between the Trail and your Accommodation:** There may be occasions during your walk where your accommodation is situated more than a mile from the trail, or you may have to spend more than one night in the same place. Where this is the case, we arrange taxi transfers between your accommodation and the trail, included in the cost.

**Personalised Holiday Pack:** Every party who books a Contours Walking Holiday will receive an extensive Holiday Pack tailored specifically for your walk. The pack contains all of the information you need to make your walk worry-free, including official maps and guidebooks, a day-to-day itinerary, details of each night's accommodation and more.

**24-hour Emergency Support:** Our office is manned from 0900 to 1730 local time Monday to Saturday (excluding Bank Holidays). If you require assistance outside of these times, we provide an out-of-hours telephone service, should you require emergency support during your walk.



*Bring your best friend*



*Enjoy complete peace of mind*

**For more details about our holidays, visit [contours.co.uk/about-our-holidays](https://www.contours.co.uk/about-our-holidays).**



# North of England

England's north country is famous for the beauty of its scenery. Here you will find the stunning lake and mountain scenery of the Lake District, the rich green valleys and dry-stone walls of the Yorkshire Dales, the rolling heather moorland of the North York Moors, the craggy limestone dales and gritstone moors of the Peak District, the old Roman frontier of Hadrian's Wall and the golden beaches and imposing castles of Northumberland's unspoilt coastline.

## Lake District

Filled to the brim with a wide range of dramatic scenery, the UNESCO World Heritage Site of the Lake District National Park is known around the world for its remarkable beauty, and is the home of inspiration for countless creative works. The Lake District is a celebrated collection of staggering mountains, mysterious forests and glistening lakes, containing a plethora of intriguing landmarks and tranquil settlements throughout. Our Lake District Short Breaks, for example, are ideal for those looking for a few days away to explore the many unique locations hidden away here.



**Most Popular**  
Cumbria Way

**Our Favourite**  
Lakeland Round

**Hidden Gem**  
St Bega's Way



## Northumberland

England's most northerly county of Northumberland has a fascinating, long-standing history that cannot be found anywhere else. The coastline has endured centuries of invasions - which can be explored in its entirety along the Northumberland Coast Path - while further inland played host to a series of conflicts along the Scottish border. As a result, Northumberland is peppered with fantastic forts and strongholds, along with countless other remnants of turbulent times; many of which can be seen along the ancient

trail of the Reivers Way, for example. Keen historians and walkers alike will thoroughly enjoy discovering this county's past while surrounded by beautiful, diverse scenery.

**Most Popular**  
St Oswald's Way

**Our Favourite**  
Northumberland Coast Path

**Hidden Gem**  
Reivers Way



## Peak District

With its lush green dales, picturesque villages and impressive limestone landscapes, the Peak District National Park is a fabulous haven of calm in northern England. Walkers flock from across the globe to explore the area's many spectacular hidden gems, including centuries-old buildings, incredible natural geology, far-reaching views and a variety of wonderful plant and wildlife. The Peak District is the ideal walking country for those eager for a taste of quintessential English countryside, with trails such as the Peak District

Boundary Walk and the Derwent Valley Heritage Way each offering a comprehensive insight into everything this beautiful region has to offer.

**Most Popular**  
Limestone Way

**Our Favourite**  
Derwent Valley Heritage Way

**Hidden Gem**  
White Peak Way

## Yorkshire Dales and Moors

The county of Yorkshire is often pictured filled with neat fields, grazing livestock and thatched cottages; while there is no shortage of these, the Yorkshire Dales and Moors offer much more to see and do, attracting visitors from all over the world. Whether you head for the drystone walls and rolling hills of the dales, or opt to explore the remote expanses of the moors, there is lots to enjoy here. You can choose to uncover the history of the region along Lady Anne's Way, or explore the impressive Victorian engineering along the Settle to Carlisle Way; Yorkshire has plenty to entice and inspire every walker.



**Most Popular**  
Cleveland Way

**Our Favourite**  
Dales Way

**Hidden Gem**  
Yorkshire Wolds Way

We also offer a range of holidays along these cross-region trails in the North of England:

- **Hadrian's Wall Path** - England's iconic coast-to-coast ancient monument celebrating the country's turbulent but fascinating history.
- **Pennine Way** - An abundance of breath-taking views coupled with challenging terrain on an unforgettable trail astride England's sturdy backbone.
- **Wainwright's Coast to Coast** - A diverse and breath-taking journey through the beautiful regions of the Lake District, the Yorkshire Dales and the North York Moors.

View our full range of North England trails at [contours.co.uk/north-of-england](https://contours.co.uk/north-of-england).

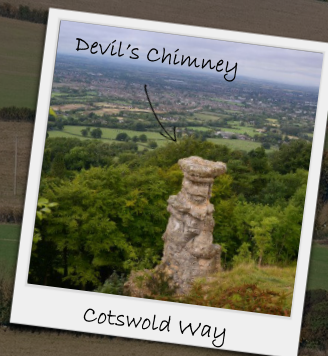


# South of England

The countryside featured in the south of England is noted for its great variety. The landscapes range from rocky coastlines and sandy beaches to wild expanses and rolling green hills, offering views to suit every taste. As well as plenty of Areas of Outstanding Natural Beauty and gorgeous National Parks, this region boasts iconic architecture, Sites of Special Scientific Interest, rare wildlife nature reserves and countless insights into the country's cultural, industrial and territorial history.

## Central Southern

Home to the Cotswolds and England's famous capital city, the central southern region of England has no shortage of excellent walking trails and amazing stories to tell. England's famous bard lived and worked between Stratford-upon-Avon and London, inspiring the route of the Shakespeare's Way, while the Thames Path National Trail showcases how the River Thames was instrumental in the development of the area's industry. Whether you yearn for tranquil greenery, incredible history or thriving towns and cities, the Central Southern region has everything you could hope to discover.



**Most Popular**  
📍 Cotswold Way

**Our Favourite**  
📍 The Ridgeway

**Hidden Gem**  
South Cotswold Walk



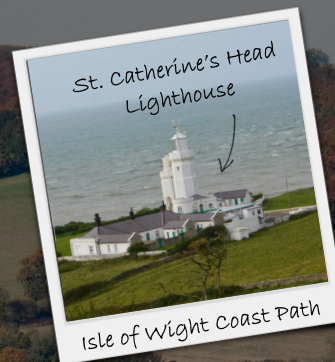
## East Anglia

This region of southern England is perhaps best known for its history, as the area faced plenty of turbulent times during invasions in the past. As a result, East Anglia is littered with castles, priories, earthworks, burial grounds and countless other fascinating remains just waiting to be discovered. The Peddars Way and Norfolk Coast Path National Trail in particular showcases the region's ancient past, whilst also featuring a gorgeous mixture of both inland and coastal scenery. The landscape in East Anglia is also rich in diversity,

from secluded woodland to dramatic coastlines and everything in between, meaning this gorgeous region offers plenty for walkers to enjoy.

**Most Popular**  
📍 Peddars Way & Norfolk Coast Path

**Hidden Gem**  
Icknield Way



## South East

Chalk ridges and hilly terrain dominate the south east region of England, making for excellent walking and breath-taking vistas in abundance. There are countless historical landmarks dotted around the area, each revealing unique insights into England's industrial and territorial history, as well as an array of bustling towns and villages to explore. While the trails in the south east offer a healthy challenge to walkers, any hard work is richly rewarded by the views. The South Downs Way National Trail and the Kent Coast Path are great walking paths that both feature the outstanding white cliffs of Dover and the iconic Seven Sisters, showcasing unforgettable seascapes from the cliff edges.

**Most Popular**  
📍 South Downs Way

**Our Favourite**  
📍 North Downs Way

**Hidden Gem**  
📍 Kent Coast Path

## South West

The south west corner of England is most famed for its dramatic coastal scenery, boasting everything from sandy beaches and rugged clifftops to rare wildlife encounters and bustling resorts. The South West Coast Path National Trail is the most renowned path for exploring this amazing coastline. There are also plenty of scenic landscapes to be discovered further inland, offering plenty of intriguing sights to uncover, particularly along the undulating hills of the Mendip Way. If you're looking for a breath of fresh air and new views at every turn, consider a walk in this magical region.



**Most Popular**  
📍 South West Coast Path

**Our Favourite**  
Two Moors Way

**Hidden Gem**  
📍 Somerset Coast Path

Due to the South West Coast Path stretching 630 miles, we have split the path into ten walking sections and also offer a number of short break itineraries to enjoy. Here are a few of our favourite walks along this iconic National Trail:

- **North Devon** - From Minehead to Westward Ho! across the highest point on the Path.
- **South Cornwall** - From Falmouth to Plymouth along a gentle, tranquil coastal trail.
- **Dorset** - From Lyme Regis to Poole showcasing the dramatic Jurassic coastline.
- **Land's End Round** - A circular walk touring the varied sights of the Land's End Peninsula.

View our full range of South England trails at [contours.co.uk/south-of-england](https://www.contours.co.uk/south-of-england).



# Scotland

With its magnificent mountains, heather-clad hills, remote glens, sparkling lochs, rugged coastline, magical islands and rich wildlife, Scotland offers so much to walkers of all interests. The variety of scenery found in Scotland is renowned worldwide for its breath-taking beauty, with far-reaching panoramas just waiting to be discovered. Brimming with a hearty mixture of industrial and cultural history, Scotland also has plenty to offer those keen to explore the country's past.

## Scottish Highlands

The highlands of Scotland are what most people think of when they imagine what the Scottish countryside is like. The staggering mountains, open moorlands, sparkling lochs and remote expanses often spring to mind, along with intriguing tales of mystery that attract thousands of curious walkers from across the globe. While the demanding terrain of the Scottish Highlands makes for challenging walking - such as along the fantastic Speyside Way, for example - the views and experiences along the way serve as their own grand reward.



### Most Popular

West Highland Way

### Our Favourite

Great Glen Way

### Hidden Gem

Rob Roy Way

## Scottish Lowlands

Filled to the brim with lochs, glens, forests and hills, the Scottish Lowlands present a gentler, though no less stunning, alternative to the highlands. There is plenty to satisfy outdoor enthusiasts from all walks of life, including examples of impressive Victorian engineering, mighty castles, spectacular waterfalls, mountainous backdrops and wonderful wildlife just waiting to be discovered, all of which can be found along the epic Scottish Coast to Coast trail, for example. The walking trails in the lowlands proudly showcase the very best this region has to offer.



### Most Popular

John Muir Way

### Our Favourite

Mary Queen of Scots Way

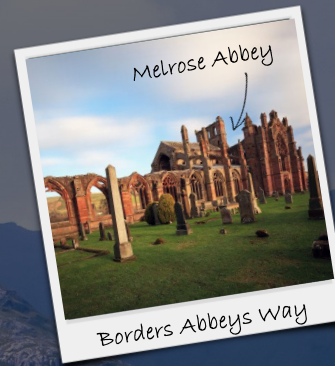
### Hidden Gem

Cowal Way

View our full range of Scottish trails at [contours.co.uk/scotland](https://contours.co.uk/scotland).

## Scottish Borders

As with a lot of country borderlines, the Scottish Borders have seen the rise and fall of many conflicts and invasions throughout the centuries, and as such the area is dotted with castles, abbeys and old border towns, each with their own piece of history to uncover. St Cuthbert's Way is an excellent choice of walking trail upon which to visit many of these landmarks. The Scottish Borders are also rich in scenic variety, from quiet forests and rivers to fantastic hilltop vistas.



### Most Popular

St Cuthbert's Way

### Hidden Gem

Borders Abbeys Way

## Scottish Coasts

The coastline of Scotland is famed for its natural beauty, including far-reaching clifftop views to sheltered, sandy coves and everything in between. Sea birds and other rare coastal wildlife can be found in abundance off the Scottish coast, particularly along the Fife Coast Path, for instance. Meanwhile, fascinating remnants of historical conflicts can also be explored and rustic coastal towns wait around each bend, offering a fascinating insight into the turbulent yet prosperous times experienced by this wonderful country.



### Most Popular

Ayrshire Coast Path

### Our Favourite

Fife Coast Path

### Hidden Gem

Moray Coast Trail

## Scottish Islands

The Scottish mainland is surrounded by a collection of beautiful islands, all of which offer their own unique flavour and are ripe for exploration in their own right. Our Scottish Island walking trails showcase some of the best scenery to be found off the mainland, including the astounding natural wonders, rare animal habitats, friendly towns and villages, and intriguing history along the Kintyre Way; ideal for those looking for a taste of Scottish scenery 'in miniature'.



### Most Popular

Arran Coastal Way

### Our Favourite

Kintyre Way



# Wales

With its own wealth of fascinating history, compelling culture and beautiful scenery, Wales offers some of the most exciting walking opportunities in the United Kingdom. Ranging from the jagged mountains of Snowdonia and the rolling hills of the Welsh Borders down to the rugged coastline of Pembrokeshire, the Welsh countryside has been left largely untouched for centuries, and thus boasts a wonderfully tranquil atmosphere that cannot be found anywhere else.

## North Wales

Home to the Clwydian Hills, the Berwyn Mountains and the Snowdonia National Park, the northern region of Wales boasts a range of different landscapes, each with their own unique beauty. The views from atop the hills are staggering and far-reaching, while lower down plays host to tranquil woodland, pleasant riverbanks and lush green countryside. The Dee Way in particular journeys through historic Chester and the stunning Dee Valley; in short, North Wales is a wonderful region that offers plenty to entertain walkers.

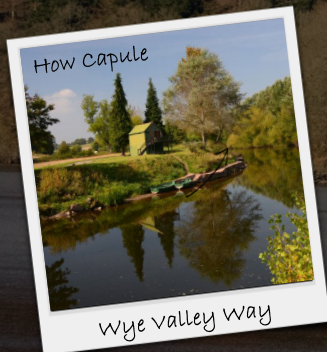


**Our Favourite**  
Snowdon Round

**Hidden Gem**  
North Wales Coast Path

## Mid Wales

The central region of Wales has everything an outdoor enthusiast could wish for due to its range of scenery, history, geology and wildlife. Rare birds of prey can be spotted flying overhead, while the rolling landscape features amazing landmarks that tell stories of the region's past, all linked with beautiful views and welcoming towns and villages. The Glyndŵr's Way National Trail offers all of this in abundance, though there are other wonderful trails to walk here too. The midsection of Wales has an unrivalled sense of intrigue that attracts walkers from all over the world.



**Most Popular**  
Glyndŵr's Way

**Our Favourite**  
Wye Valley Way

**Hidden Gem**  
Severn Way

## South Wales

The southernmost section of Wales is renowned for being home to the Welsh capital city of Cardiff; however the region also showcases the incredible Brecon Beacons, the Black Mountains and the enchanting Usk Valley, offering an exciting challenge to keen walkers. Those interested in history should consider a visit due to its turbulent past, with many castles and monuments still standing to this day. Overall, South Wales is an excellent regional choice, with plenty to discover.

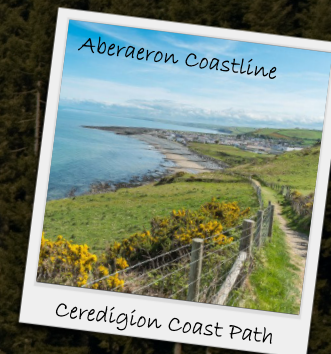


**Most Popular**  
Usk Valley Walk

**Hidden Gem**  
Three Castles Walk

## Wales Coast Path

The beautiful coastline of Wales is home to an abundance of activities and sites of interest, as well as spectacular scenery and amazing wildlife, making it the ideal location for walkers of all ages to visit. Whether you're interested in spotting seals and puffins out to sea in Pembrokeshire, exploring the bustling fishing resorts of Meirionnydd, discovering the area's diverse history on the Llŷn Peninsula or taking in the magnificent clifftop views from Carmarthenshire, the Welsh coast is sure to satisfy every walker's tastes.



**Most Popular**  
Pembrokeshire Coast Path

**Our Favourite**  
Isle of Anglesey Coast Path

**Hidden Gem**  
The Gower Coast Path

## Welsh Borders

The borderline between England and Wales has endured centuries of conflict, and as such features countless fascinating insights into the past. There is an abundance of castles, abbeys, earthworks, burial grounds and fortifications along the border, complemented by wonderful scenery that changes frequently along the way, especially along the Offa's Dyke Path National Trail. To discover the landscapes of both England and Wales, consider a walk along the border.



**Most Popular**  
Offa's Dyke Path

**Our Favourite**  
The Shropshire Hills

**Hidden Gem**  
Mortimer Trail

View our full range of Welsh trails at [contours.co.uk/wales](https://contours.co.uk/wales).



# Ireland

Ireland's natural beauty, rich history, unhurried pace of life and welcoming hospitality gives the country a relaxed atmosphere, ideal for walking and other outdoor pursuits. Dubbed the 'Emerald Isle' in honour of its green countryside, Ireland boasts far more besides its magnificent scenery; the jovial ambience of its towns and villages is guaranteed to make any walker feel at home, while sampling the delicious local fare and listening to tales of mythical folklore.



## Beara Way

This wonderful Irish walk departs from the heart of West Cork and circles the beautiful Beara Peninsula along a coastline surrounded by incredible panoramas over mountains and sea, ideal for spotting an array of wildlife.

## Dingle Way

This trail makes an almost complete circuit of the enchanting Dingle Peninsula, meandering along wild, remote coastline and across imposing, rugged mountains.



## Kerry Way

Described as a walkers' Ring of Kerry, this walk follows a circuit around the spectacular Iveragh Peninsula; a region of wild, natural beauty and steeped in history and folklore.

## Wicklow Way

This walk offers an endless supply of magnificent scenery as it journeys among the mountains, lakes, glacial valleys, forests and farmland that have led to County Wicklow becoming fondly known as 'the Garden of Ireland.'



**All of our Irish walking holidays are organised by an external company based in Ireland, who provide an excellent service thanks to their extensive knowledge of walking in this magical country.**

**View more information about our Irish trails at [contours.co.uk/ireland](https://contours.co.uk/ireland).**



**Cover Image:** West Kennet Long Barrow, as seen along the Ridgeway National Trail.  
**Pages 2-3:** Housesteads Roman Fort, as seen along Hadrian's Wall Path National Trail.  
**Pages 4-5:** The River Usk, as seen along the Usk Valley Walk in Wales.  
**Pages 6-7:** Wasdale Head, as seen along the Bob Graham Round in the Lake District.  
**Pages 8-9:** The Chilterns, as seen along Shakespeare's Way in the South of England.  
**Pages 10-11:** Glenfinnan Viaduct, as seen along the West Highland Way in Scotland.  
**Pages 12-13:** Lake Vyrnwy, as seen along Glyndŵr's Way National Trail.  
**Pages 14-15:** Glendalough, as seen along the Wicklow Way in Ireland.





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