

09 June 2010

## **Worldwide walking holidays proving popular in 2010**

**HF Holidays**, the UK's largest walking and leisure activity holidays company, is highlighting the success – despite recession, BA strikes and ash-clouds – of its expanded Worldwide programme, reporting sales up 9.4% on 2009, making this the best year ever for walking holidays in destinations as diverse as Bhutan and Patagonia.

The 16-day [Colours of Brazil](#) guided walking and sightseeing holiday - an example of a new itinerary for 2010 - combines easy city walks with part-day coastal, gorge and rainforest walks.

Highlights include Rio de Janeiro – taking in Sugar Loaf mountain, Tijuca Forest National Park and Copacabana beach – the amazing Iguazu Falls and the gorges and canyons of the Chapada Diamantina National Park.

There's also a walking tour of the city of Salvador – which fuses African, European and native Brazilian cultures – as well as walking on the Marau Peninsula taking in its rainforest, outstanding beaches and the islands of Camamu Bay.

Available with departures on 9 September and 14 October, the land-only costs are £2550 per person and £2450 respectively or £3275 and £3175 inclusive of return Heathrow flights.

These twin-share prices include 13 nights' mainly half-board hotel accommodation, a full programme of guided walks and excursions, internal flights, travel by coach/minivan, jeep and ferry, sightseeing and entrance fees and the services of local guides and an HF Holidays' leader.

**Reservations: 0845 470 7558, [www.hfholidays.co.uk](http://www.hfholidays.co.uk)**

Ends

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Editor's Note:

- HF Holidays features an extensive range of sociable walking and leisure activity holidays in the UK, Europe and Worldwide
- The company owns and operates 17 Country Houses in the UK's National Parks and Areas of Outstanding Natural Beauty
- HF Holidays is a co-operative society founded in 1913
- The company has donated over £250,000 so far to environmental projects around the country through its Pathways Fund
- The company supports local communities, Mountain Rescue Teams, Air Ambulances and many more
- HF Holidays is a member of ABTOT and is ATOL protected