

Coast to Coast Guided Trail

Tour Style: Guided trails

Destinations: England & United Kingdom

Trip code: ZELDW

Trip Walking Grade: 5



HOLIDAY OVERVIEW

Meandering through the stunning countryside of three of England's national parks (Lake District, Yorkshire Dales and the North York Moors), Alfred Wainwright's legendary Coast to Coast walking route was published in his 1973 guidebook. Complete with challenges and rewards in equal measure, you'll journey from the coast of the Irish Sea at St Bees, to the North Sea coast at Robin Hood's Bay. Expect to spot plenty of mountains, fells, lakes, castles, ancient ruins, idyllic valleys, rolling moorland, varied wildlife, and spectacular coastal scenery along the way.

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary
- Luggage transfers

HOLIDAY HIGHLIGHTS

- Following in the footsteps of hillwalker and writer Alfred Wainwright
- Walking across England from the Irish Sea to the North Sea
- Crossing three unique and stunning national parks
- Discovering dramatic rugged mountains and gentle countryside
- Finishing in the quaint fishing village of Robin Hood's Bay
- Staying at welcoming hotels and guesthouses along the route
- A more personalised experience thanks to small group sizes (maximum 12 people)

TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 5. This holiday is recommended for fit and experienced walkers only. You will require a good level of fitness as you will be walking every day. It is your responsibility to ensure you have the relevant fitness and equipment required to join this holiday. The Coast to Coast is a strenuous walk through some of England's most challenging terrain. There are several long days; terrain is at times rough underfoot with many steep and lengthy ascents. A sustained effort is required to complete this trail and provision cannot be made for anyone who opts out. Please be sure you can manage the daily mileage and ascent, detailed in the daily itineraries. The walking day is normally 6 to 8 hours, though there are two consecutive more strenuous days (days 6 and 7). It is important for your own and your fellow guests' enjoyment that you can maintain the pace.

Your fitness

This holiday has been designed for experienced walkers with a good level of fitness. Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking – whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance

Time training will help ensure you enjoy your holiday to the max.



ITINERARY

Day 1: Arrival Day

Check-in is at the Shepherds Arms from 3pm. Your leader will either be on the transfer from St Bees railway station (4:30pm) or will be in the residents lounge at 7pm to meet the group for a quick introduction to the holiday before dinner.

Day 2: St Bees To Ennerdale Bridge

After a ceremonial dipping of the toes in the Irish Sea, our first four miles follow the cliff path past St Bees Lighthouse. The cliffs, about 300 feet high, are nature reserves and important sites for nesting seabirds. Leaving the coast we head inland through the village of Cleator, an old farming village before the advent of iron-ore mining. From the abandoned industrial landscape of West Cumbria we walk east to Dent (1,131 feet), our first ascent. We are rewarded with magnificent views to the Lake District fells, the west Cumbrian coast and on a clear day the Galloway hills. Descending steeply, we continue through the pretty Nannycatch valley to Ennerdale Bridge.

14½ miles (23.5km) with 2,350 feet (700m) of ascent

Day 3: Ennerdale Bridge To Seatoller

A rough path alongside Ennerdale Water, then a forestry track leads us to Black Sail hostel and an amphitheatre of spectacular mountain scenery. The craggy north face of Pillar to the south and the impressive summit of Great Gable dominate the head of the valley. After a rough, steep ascent from Ennerdale we follow Moses Trod. This old packhorse route leads us to Honister Pass with the slate quarry and visitor centre, before we follow a grassy track down to Seatoller.

14½ miles (23km) with 2,250 feet (700m) of ascent

Day 4: Seatoller To Grasmere

We leave the Borrowdale Valley along another packhorse route following Stonethwaite, beneath the imposing

Eagle Crag. Ascending a rough, steep path to Greenup Edge, we usually descend to the shelter of Easdale Gill and down into Wordsworth's village of Grasmere. If time allows we can follow a broad ridge to Helm Crag before a final steep descent leads us into Grasmere.

10½ miles (16.5km) with 2,650 feet (800m) of ascent

Day 5: Grasmere To Patterdale

Our low-level route today involves another packhorse track, becoming steeper and reaching its highest point (1,929 feet) at Grisedale Hause. The scenery gets grander by the minute as the fells tower above Grisedale Tarn, St Sunday Crag and Fairfield on the right, and the Helvellyn massif on our left. Our descent to Patterdale is a rocky path. The high level route traverses St Sunday Crag (2,756ft). This involves an additional ascent of about 1,000 feet, and rewards us with excellent views of Lakeland and Ullswater as we descend steeply to Patterdale.

9 miles (14.5km) with 2,700 feet (820m) of ascent

Day 6: Patterdale To Shap

Leaving Patterdale we follow a narrow path up to Angle Tarn at the head of Ullswater. We walk along the Roman road of High Street, and then ascend to the summit of Kidsty Pike, the highest point on the entire walk at 2,560 feet. Descending steeply to the southern end of Haweswater we follow an undulating stony path along the shores of Haweswater to Burnbanks. We leave the Lake District National Park and continue through the wooded valley of the River Lowther to Shap, passing the picturesque ruins of Shap Abbey.

15½ miles (25km) with 3,180 feet (980m) of ascent

Day 7: Shap To Kirkby Stephen

A long day but easier underfoot, we pass through the gentler hills of the limestone plateau in an area little-known to walkers before the Coast to Coast became popular. We visit Sunbiggin Tarn - part of a National Nature Reserve - continuing over Ravenstonedale Moor through Smardale to Kirkby Stephen.

20 miles (32km) with 1,800 feet (550m) of ascent

Day 8: Kirkby Stephen To Keld

Leaving the market town of Kirkby Stephen, we pass through the village of Hartley and ascend the fell road to Hartley Fell. A track leads us to the summit of Nine Standards Rigg, at 2,170 feet the Pennine watershed. From this point we see to the north Cross Fell, the highest point of the Pennines, with the lovely Eden valley below. Westwards are the outline of Lakeland hills in the distance, whilst to the southwest and south lies the Mallerstang valley backed by Wild Boar Fell and the Howgills. From here we descend the wet and peaty moors by way of Whitsundale into Swaledale and down to the tiny village of Keld.

13 miles (20.5km) with 2,050 feet (650m) of ascent

Day 9: Keld To Reeth

We briefly follow the Pennine Way as we cross the Swale near Kisdon Force then continue on a good track to Crackpot Hall. A narrow traversing path takes us along Swinner Gill to the site of an old mine. The valley was an important and busy area of lead mining during the 17th to 19th centuries, and for much of the day we will be walking along good tracks through the fascinating remains of this industrial landscape. Our destination is Reeth, an attractive village where old houses are built around a large rectangular green.

11½ miles (18km) with 2,150 feet (650m) of ascent

Day 10: Reeth To Richmond

Following field paths along the delightful River Swale we reach 12th century Marrick Priory, now an adventure centre. We leave the river to pass the hamlet of Marrick, then the attractive little village of Marske, with its 12th century church. Continuing high above the Swale, we pass Whitcliffe Scar and continue to reach the picturesque and historic town of Richmond, dominated by the dramatic Norman castle.

10½ miles (17km) with 1,250 feet (380m) of ascent

Day 11: Richmond To Danby Wiske

From Swaledale to the Cleveland Hills is the Vale of Mowbray, a fertile plain just above sea level and the only section of our journey that lies entirely over low ground. From the cobbled streets of Richmond we continue along the Swale, passing under the A1 where it crosses the river at Catterick Bridge. At the church in Bolton-on-Swale there is a monument to a local resident who is said to have lived for 169 years. We finish at Danby Wiske, at 110 feet the lowest point on the entire walk.

15½ miles (25km) with 600 feet (200m) of ascent

Day 12: Danby Wiske To Carlton Bank

As we continue across the Vale of Mowbray, following an assortment of field paths, farm roads and quiet lanes, the Cleveland Hills become visible ahead, the village of Ingleby Arncliffe nestling at the foot. Our first ascent of the day is Beacon Hill, a fine viewpoint despite being only 982 feet high. The Ordnance Survey column on the summit, starting point for the Lyke Wake Walk, marks the start of the North York Moors section of our walk, today a splendid high-level traverse along the escarpment of the Cleveland Hills. We descend steeply into the peaceful wooded valley of Scugdale, and then ascend again towards the open expanse of Carlton Moor and our destination of Carlton Bank.

17 miles (27.5km) with 2,150 feet (650m) of ascent

Day 13: Carlton Bank To Blakey Ridge

We begin the day with a rugged, steeply undulating walk past the dramatic Wainstones to Clay Bank Top, where we ascend Carr Ridge and continue eastwards to Round Hill, at 1,489 feet the highest point on the Cleveland Hills. After Urra Moor we join the old ironstone railway at Bloworth Crossing, following the track to the 16th century Lion Inn, standing alone on Blakey Ridge.

12 miles (19.5km) with 1,950 feet (600m) of ascent

Day 14: Blakey Ridge To Grosmont

Crossing the head of Rosedale, we see a number of ancient crosses and visible scars of the ironstone workings. A good track takes us over Danby Moor to Great Fryup Head and on to Glaisdale Rigg. We descend to the village of Glaisdale with the 17th century Beggar's Bridge. Along the wooded Esk Valley we cross the river at Egton Bridge, and then follow an old toll road to Grosmont.

13 miles (21.5km) with 600 feet (200m) of ascent

Day 15: Grosmont To Robin Hood's Bay

Our final day starts with a steep surfaced road ascent out of Grosmont to Sleights Moor. From the high point of Flat Howe (953 feet) we look ahead to the North Sea, with Whitby and its Abbey. We drop into the pretty wooded valley of Little Beck, and then re-ascend to cross Greystone Hills, the last stretch of moorland. Continuing to the village of Hawsker, we enjoy an invigorating cliff walk along part of the Cleveland Way to our destination at Robin Hood's Bay.

15½ miles (25km) with 1,950 feet (600m) of ascent

Day 16: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Shepherds Arms Hotel, Ennerdale Bridge - Coast To Coast Days 1-2

The Shepherds Arms is a well-known landmark at the centre of Ennerdale Bridge and close to the Coast to Coast. An old village centre farm, the Shepherds Arms Hotel is a comfortable and friendly destination. Rooms include TV, hairdryer, tea and coffee making facilities and toiletries. Wi-Fi and mobile phone coverage are limited. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

Glaramara Hotel, Borrowdale Valley - Coast To Coast Day 3

Situated in the Borrowdale Valley, the Glaramara Hotel is the perfect base for our group. A home away from home with the additional plus of drying facilities, and roaring log fires. All rooms have a hospitality tray which includes tea and coffee, and bathrooms are equipped with toiletries. Free Wifi is available too. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

The Royal Hotel, Dockray - Coast To Coast Days 4-5

The Royal Hotel is a family run traditional country hotel and nestles among the Lake District Fells, about one mile from the shores of Ullswater. Rooms include TV, tea and coffee making facilities and a hairdryer. Wi-Fi is also available. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

Kings Arms Hotel, Shap - Coast To Coast, Days 6-8

Located in the centre of Shap, directly on Wainwrights Coast to Coast path, is the historic Kings Arms Hotel. An old coaching inn, believed to date from the 18th century, it remains a family run hotel. The team are very friendly and well versed in hosting walkers on the trail. They offer hearty, home cooked meals and have a popular beer garden, with extensive views of the local fells. Rooms include TV, tea and coffee making facilities, use of a hairdryer and complimentary Wi-Fi. Please note, although most rooms are ensuite, there is a small possibility you may be allocated a room with a private bathroom. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

Black Lion Hotel, Richmond – Coast To Coast Days 9-11

Situated in the heart of the historic town of Richmond, the Black Lion Hotel is a family-run, converted Georgian coach house. Featuring open log fires in the bar area, a warm welcome awaits. All rooms have TV, complimentary WiFi and tea and coffee making facilities. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

Larpool Hall - Coast To Coast Days 12-15

Given that the Yorkshire coast never loses its capacity to enchant, it's easy to see the appeal of this Grade II-listed house overlooking the Esk Valley and the North Sea. The setting is perfect; in the former fishing town of Whitby that's best known for its fish and chips, quaint harbour, and Dracula connections (Irish author Bram Stoker drew his inspiration for his Gothic novel when holidaying here in 1890). You'll have all the sightseeing greats within walking or driving distance, including the 13th century Whitby Abbey, the wonderful Whitby Sands, and the 199 Steps leading up to the old St. Mary's Church (it's customary to count them as you climb). Not only are the North York Moors right on your doorstep, but the walk along Cleveland Way to Robin Hood's

Bay is rather special, too.

USEFUL HOLIDAY INFORMATION

Holiday Information

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader.

Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

Food & Transport

Your stay is full-board. This includes daily breakfasts, packed lunch options, and evening meals. Vegetarian choices and dietary requirements can be catered for (please give advance notice when booking).

Packed lunches

Our packed lunches will be too much food for some and not enough for others; if you feel you might need more food during the walk, please bring a supply of snacks to supplement this – it won't always be possible to buy these on the route. Your packed lunches will include: a bread sandwich or roll with a choice of filling; some fresh fruit; fruit cake/flapjack or similar, crisps and/or biscuits. For those of you tackling a level 4 or above holiday, we would highly recommend bringing some trail mix or something similar to ensure you've some fuel in reserve should you need it.

Dietary requirements

Our partner hotels can cater for most dietary requirements, but it is important you advise us of any allergies and dietary restrictions you have at the time of booking.

Joining Instructions

Holiday Start

As this holiday starts and finishes at two different points, travelling by train may be the most convenient method of travel. A group transfer from St Bees railway station to your first hotel is included in the price of your holiday. You will be met at St Bees Railway Station car park at 4.30pm (timed to meet the train from Carlisle) for the 30-minute taxi transfer to the Shepherds Arms Hotel.

If you are not at St Bees Railway Station by 4.30pm, we will assume you are making independent travel arrangements to arrive at the Shepherds Arms Hotel. Check in is from 3pm.

Holiday Finish

Your holiday finishes at Larpool Hall, Whitby. The nearest railway station is in Whitby, but you may find the journey from Scarborough station is more convenient. The House Manager at Larpool Hall can arrange a taxi to either station for you, which could be shared. The 2-mile journey to Whitby will cost approximately £6; the 21-mile journey to Scarborough will cost approximately £40. Please note, all guide prices are for a 4-seater taxi. 8-seater taxis are also available at a higher rate. The House Manager will arrange shared taxis wherever possible for you.

For train times and route planning visit www.nationalrail.co.uk

Essential Information

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- Camera
- Walking poles

Useful Information

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your holiday and are delighted to share their knowledge and enthusiasm with you.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

In The Event Of A Problem

If you become separated from your group, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack and call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

If you have any cause for complaints regarding accommodation, you should notify your leader who can then attempt to rectify the problem.

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your

holiday.

Suggested Reading and Maps

Your leader will carry all the necessary maps and guides. For your own interest you may consider looking at some of the following:

www.wainwright.org.uk/coasttocoast

Chris Jesty's 2010 update to Alfred Wainwright's A Coast to Coast Walk: Second Edition

1:25,000 strip map by A-Z. "Coast to Coast

A-Z Adventure Atlas" (2013 version)

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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