

Coast to Coast Guided Trail

Tour Style: Guided Trails

Destination: England

Trip code: ZELDW

Trip Walking Grade: 5



HOLIDAY OVERVIEW

Walking The Coast to Coast walking route is an amazing journey across the north of England devised by Alfred Wainwright. It has become one of the most popular long-distance trails in England. The route weaves its way from the Irish Sea at St Bees to the North Sea at Robin Hood's Bay, traversing the Lake District, Yorkshire Dales and North York Moors national parks. It includes some of Britain's highest fells and largest lakes, beautiful woodland, idyllic valleys, rolling moorland and at each end of the trail, spectacular coastal scenery. There are challenges and rewards in equal measure.

WHAT'S INCLUDED

- Group transfer from St Bees to the hotel on arrival day
- Full Board en-suite accommodation
- Experienced HF Holidays Walking Leader
- All transport to and from walks
- Luggage transfer between accommodation

HOLIDAYS HIGHLIGHTS

- Alfred Wainwright's classic walk across England from the Irish Sea to the North Sea
- Outstanding scenery throughout with high fells, large lakes, beautiful woodland and moorland
- Stay at welcoming hotels and guesthouses along the route
- Cross three stunning national parks

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. It makes sense to spend time getting fit before your holiday. We suggest that you do a number of longer walks, including some on hilly terrain. Cycling, jogging and swimming are also excellent for increasing stamina.



ITINERARY

Day 1: Arrival Day

Check-in is at the Shepherds Arms from 15.00. Your leader will either be on the transfer from St Bees or will join you for a welcome meeting prior to dinner on your arrival evening.

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.

14 miles (22.5km) with 2,300 feet (690m) 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.

13 miles (21km) with 1,650 feet (495m) 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.

9 miles (14.5km) with 1,700 feet (510m) 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.

8½ miles (14km) with 1,650 feet (495m) 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.

16 miles (26km) with 2,400 feet (720m) 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.

21 miles (34km) with 2,000 feet (600m) 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 (21km) with 1,800 feet (540m) 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.

11 miles (18km) with 1,800 feet (540m) 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.

11 miles (18km) with 1,100 feet (330m) 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.

14 miles (22.5km) with 350 feet (105m) 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 (27km) with 2,200 feet (660m) 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.

13 miles (21km) with 1,950 feet (585m) of ascent

Day 14: Blakey 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.

14 miles (22.5km) with 700 feet (210m) 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 1,800 feet (540m) of ascent

Day 16: Departure Day

ACCOMMODATION

Shepherds Arms Hotel, Ennerdale Bridge - Coast To Coast

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.

Lodore Falls Hotel, Borrowdale Valley - Coast To Coast

Situated in the Borrowdale Valley, the Lodore Falls Hotel & Spa aims to provide guests with a home away from home. All rooms are en-suite and include tea and coffee making facilities, Wi-Fi, TV and hairdryer.

Royal Hotel, Dockray - Coast To Coast

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.

Tebay Service Hotel - Coast To Coast

Tebay Service Hotel is in a surprisingly tranquil and secluded location with a lovely lakeside restaurant and excellent facilities. Rooms include TV, WiFi, tea and coffee making facilities, locally sourced toiletries and a hairdryer. Drying facilities are available.

Jolly Farmers Guesthouse, Kirkby Stephen - Coast To Coast

The Jolly Farmers Guesthouse has established itself as a firm favourite with our Coast to Coast groups. A warm

welcome is assured. Situated a few minutes' walk from the centre of Kirkby Stephen, the guesthouse has nine en-suite rooms, with TV, hairdryer and radio. Laundry facilities are also available; convenient, as it lies midway through the holiday.

Holiday Inn, Scotch Corner - Coast To Coast

The Holiday Inn offers comfortable rooms and plenty of facilities. The hotel offers a complimentary fitness centre, with swimming pool and sauna. Rooms include tea and coffee making facilities, hairdryer, flat screen TV, WiFi is available throughout. Please note we will not be staying here on our August departure.

66 Frenchgate, Richmond - August Departure Only – Coast To Coast

Situated on a beautiful cobbled street, 66 Frenchgate boasts amazing views across Richmond and beyond. All rooms have TV, free WiFi and tea and coffee making facilities.

Larpool Hall - Coast To Coast

Escape to Whitby, whose handsome harbour and medieval streets are famously the setting for Bram Stoker's Dracula and home to the world's best fish and chips, for a stay in Larpool Hall. This imposing Grade II listed Georgian mansion has been part of the town for hundreds of years and has evolved to offer an updated take on traditional hospitality. The Hall retains its original grandeur and styling, while offering guests the perfect mix of contemporary comforts to deliver a large amount of atmosphere and character. Sweep up the magnificent staircase, marvel at the impressive fireplaces, watch through the large picture windows and feel yourself transported. With 29 rooms, 14 acres of attractive grounds and views over the Esk Valley, you couldn't be better placed. Step out to explore the coast, Captain Cook country or walk on the Cleveland Way. Discover Robin Hood's Bay and hunt for fossils or head deep into the North York Moors for a contrasting landscape carpeted in sweetly scented heather.

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

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.

Luggage Transfers

When you change from one Hotel to another we will arrange for your luggage to be transferred for you. This is included in the cost of your holiday. Please remember that other people will need to move your suitcase so please pack thoughtfully with a maximum of 20 kilos. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful. Please make sure your bags are clearly labelled with your name and "HF Holidays".

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. The nearest rail station to Ennerdale Bridge is at St Bees.

The transfer from St Bees to your first hotel is included in the price of your holiday. You will be met at St Bees Railway Station car park at 16.30pm (the train from Carlisle usually arrives at this time) for the 30 minute taxi transfer to the Shepherds Arms. If you run into travel problems and may be late, please let us know so we can ask the transfer to wait where possible.

If you will not be using our transfer please let us know by contacting us on 0208 732 1250 or e-mail trails@hfholidays.co.uk, so that the group is aware not to wait for you. If you're not at the station, we'll assume you're travelling independently to our first nights accommodation and we'll see you there for a welcome meeting before dinner.

For train times and route planning visit www.nationalrail.co.uk or call 03457 484950.

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 will arrange a taxi to either station for you, which could be shared. The 2 mile journey to Whitby will cost £5.20 per taxi; the 20 mile journey to Scarborough will cost £30 per taxi. The House manager will arrange shared taxis wherever possible for you.

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Waterproof walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for hot drink
- Water bottle (at least 1 litres)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent and a midge hood is highly recommended for Scotland
- Sun hat
- Sunglasses
- Sun cream
- Camera

Useful Information

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail 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 the party, 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. 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.

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)

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £20 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

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.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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