

St Oswald's Way Complete Guided Trail Holiday

Tour Style: Guided trails

Destinations: Northumberland, United Kingdom & England

Trip code: ALLOW

Trip Walking Grade: 4



HOLIDAY OVERVIEW

Follow in the footsteps of the early 7th century King of Northumbria and walk all 97 miles of St Oswalds Way. Later venerated as a saint, Oswald made it his mission to bring Christianity to the kingdom and his namesake walking trail explores some of the finest landscapes and fascinating history northeast England has to offer. From the UNESCO-listed Hadrian's Wall to the stunning tidal island of Lindisfarne (also known as Holy Island), you'll journey through miles of glorious countryside and along the best of Northumberland's National Landscapes-awarded coastline.

WHAT'S INCLUDED

- Comfortable en-suite rooms in our country house
- Cream tea on arrival day
- 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

HOLIDAY HIGHLIGHTS

- Walking Northumberland's coastline from Heavenfield to Holy Island
- Discovering the story of St Oswald
- Soaking up views of the mighty coastal castle at Bamburgh
- Crossing the causeway between Holy Island and the mainland
- Spending time in fishing villages including Craster and Seahouses
- Staying at a former 18th century granary in Alnmouth

TRIP SUITABILITY

This Guided Walking /Hiking Trail is graded 4 which involves walks /hikes of long distances in remote countryside and rough terrain. Sustained ascents and descents and occasional sections of steep ground are encountered. 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 required to join this holiday.

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

You're welcome to check in from 4pm onwards. Enjoy a complimentary cream tea on arrival.

Day 2: Heavenfield To Kirkwhelpington

Distance: 17.5 miles (28km)

Ascent: 1,330 ft (410m)

Our journey begins at Heavenfield, the site of a decisive victory for Oswald against a combined force of invading Welsh and Mercian armies. We join the Hadrian's Wall Path for a short section before heading north through rolling Northumberland countryside all the way to Kirkwhelpington.

Day 3: Kirkwhelpington To Rothbury

Distance: 14.5 miles (23.5km)

Ascent: 1,300 ft (390m)

Today's walk features farmland, forest, and open moorland, all with far-reaching views over Northumberland and Coquet Cairn - the highest point on the route. On our way down into the riverside town of Rothbury, look out for prehistoric cup and ring marks as we pass through Lordenshaws Iron Age hill fort.

Day 4: Rothbury To Warkworth

Distance: 18 miles (29km)

Ascent: 1,100 ft (340m)

Leaving the pretty market town of Rothbury behind, we steadily ascend a hillside for fantastic views over

Cragside Country Park and the impressive Cragside House – a National Trust-owned property that was the first in the world to be lit by hydroelectric power. In the picturesque Coquet Valley, we'll follow riverside paths and woodland trails all the way to Warkworth with its impressive castle, tearooms, and equally tempting chocolate shop.

Day 5: Warkworth To High Newton

Distance: 18 miles (29km)

Ascent: 1,030 ft (320m)

From Warkworth, St Oswald's Way follows the spectacular Northumberland coast. We'll pass our characterful country house in Alnmouth, stop by the former smugglers haunt at Boulmer, and continue to High Newton. One of the biggest highlights of the day is marvelling at Dunstanburgh Castle – a romantic sea-facing ruin perched high on the rocks overlooking Embleton Bay.

Day 6: High Newton To Belford

Distance: 17.5 miles (28km)

Ascent: 870 ft (270m)

Our coastal walk today rewards with outstanding scenery over Dunstanburgh and out to the Farne Islands Nature Reserve. From Embleton Bay we'll make our way through Beadnell's old harbour and the busy port of Seahouses to Bamburgh – the beautiful village cherished for its historic castle. We'll continue over the golden sands of Budle Bay before rounding off in Belford where there's time for a well-earned cuppa and a cake or a pint of local ale at the 18th century Blue Bell Hotel.

Day 7: Belford To Holy Island

Distance: 11.5 miles (19.5km)

Ascent: 690 ft (210m)

Our final day on this famous trail sees us reach the jewel in Northumberland's crown, the Holy Island of Lindisfarne. We'll cross the tidal causeway to this sacred place where you can learn about the ancient monks who built their priory here nearly 1,400 years ago and the 8th century manuscript known as the Lindisfarne Gospels. Top it all with the chance to try some of the island's famous mead and celebrate your success in completing St Oswalds Way.

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Nether Grange

You can tell that you're in for something special at this former 18th century granary in the heart of Alnmouth – the postcard-pretty coastal village treasured for its colourful cottages, superb walking routes, and peaceful beach where the River Aln meets the North Sea (in its heyday, it was a working river-port, exporting grain, wool, coal, and even the odd pipe of Madeira wine). Not only will you be a 40-minute drive from Northumberland National Park, but also within easy travelling distance of several visit-worthy castles, including Alnwick, Lindisfarne, Dunstanburgh, and Warkworth. If the weather's nice, a boat trip to the Farne Islands that lie just offshore midway between the villages of Seahouses and Bamburgh rewards with sightings of England's largest grey seal colonies.

Country House Accommodation

Rooms

Designed with your comfort in mind, Nether Grange has 36 well-appointed guest rooms available in two categories: Classic and Premium.

Classic Rooms are comfortable en-suite guest rooms, ideal for a peaceful night's sleep. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, and shower gel), and a TV.

Premium Rooms are more spacious en-suite guest rooms. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers, and comfortable mattresses.

We love: The sea-facing rooms are especially lovely.

The Choose Your Room service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

Check in & check out

You are welcome to check in from **4:00pm at the earliest**. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team.

On the day of departure, we kindly ask all guests to check out by **10:00am**. You'll be asked to settle your bill prior to leaving. You may, of course, make a charitable donation to our HF Holidays Pathways Fund if you wish. Please note that we only accept card payments.

Room supplements

Premium single	Premium double/twin	Choose your room
£20 pppn	£20 pppn	£30 per room

About Your Stay

A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, the HF Holidays Big Pub Quiz held after dinner on Wednesdays is a weekly staple. Your HF Holidays Leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays Leaders host guided walking information briefings before dinner on arrival days. This is followed by a group Walks Talk for information on the following day's walking delights (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete

an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Food & Drink

Led by experienced chefs, we serve a wide range of dishes made with fresh and seasonal ingredients. We always aim to source the best produce available and use home-grown herbs and vegetables from our own gardens whenever possible. Additionally, we have a licensed bar with beers, soft drinks, and a superb selection of spirits. Full-board comes as standard and includes a cream tea on arrival and a hearty breakfast on departure day.

HF Holidays understands the importance of managing allergens effectively to ensure food is safe for guests with food allergies. Whilst we are always able to confidently inform guests which allergens are present in our ingredients and dishes, we are unable to guarantee absolute freedom from the 14 main allergens in our kitchens. Vegetarian and vegan menu choices are available. If you have allergies, food intolerances, or any special dietary requirements, please inform our reservation team at the time of booking.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or view the accessibility information online for [Nether Grange](#)

TRAVEL DETAILS

Address

Nether Grange
Alnmouth
Alnwick
Northumberland NE66 2RZ

Tel: [+44 \(0\)1665 830431](tel:+44(0)1665830431)

By Train

The nearest station is Alnmouth, on the main east coast line between Newcastle and Edinburgh.

Check National Rail for train times and routes.

By Taxi

The 1.5-mile journey from Alnmouth railway station to Nether Grange is about five minutes by taxi. Taxis are in limited supply in Alnmouth, so we recommend pre-booking as early as possible.

For pricing, please contact the taxi company directly.

Taxi companies in the area include:

Sovereign Taxis*

Tel: [+44 \(0\)7553 360662](tel:+44(0)7553360662)

Wizard Taxis*

Tel: [+44 \(0\)1665 663709](tel:+44(0)1665663709)

AA Taxis*

Tel: [+44 \(0\)1665 606060](tel:+44(0)1665606060)

Some taxi companies have school runs so taxis may be in short supply between 9:00am and 10:00am. It is advisable to book your return taxi when you book your arrival taxi.

*HF Holidays does not own or manage any of the above taxi companies.

By Car

Before travelling by car, note that there is no car park at Nether Grange and there's very limited on-street parking.

Exit the A1 onto the A1068 towards Alnwick. At the roundabout turn right (it's not well signposted), following the A1068 towards Alnmouth. Go straight ahead at the first roundabout then left at the second roundabout onto the B1338.

As you approach Alnmouth, turn right at the next roundabout, then left into The Wynd. Follow to Marine Road into Northumberland Street. After 100 yards turn right into Pease's Lane. You'll find Nether Grange on the left.

By Air

The nearest airport is Newcastle International Airport. Take the metro to Newcastle Central station, then the train to Alnmouth - a straightforward journey taking just over an hour.

LOCAL AREA

Whether you're enjoying a guided or self-guided walking holiday, there's always the opportunity to linger for longer. Here's our pick of the very best things to see and do within easy travelling distance of Nether Grange.

Alnmouth

This pretty coastal village is adored for its colourful cottages, superb walking routes, peaceful bays, and deserted sandy beaches where the River Aln meets the North Sea. There's a small tidal harbour, a handful of small shops, and several pubs and cafés.

Alnwick Castle

A 15-minute drive away, the market town of Alnwick is dominated by the second-largest inhabited castle in the country. Home to the Duke of Northumberland's family for over 700 years, it has featured in *Harry Potter* films and *Downton Abbey* specials.

Alnwick Gardens

The castle's 12-acre garden is home to a collection of over 4,000 plant varieties. Highlights include the world's largest Tai Haku Cherry Orchard, a cascade comprising of 120 water jets, and the world's largest treehouse restaurant set 18 metres above ground level.

Bamburgh Castle

Home of the Armstrong family since 1894 and crowning nine acres of the Great Whin Sill, this so-called king of castles has stood guard above the Northumberland coast for thousands of years. The site is by the seaside village of Bamburgh, a 35-minute drive away.

Farne Islands

Located off Northumberland's coast in the North Sea, this groups of islands is home to a breeding colony of thousands of seabirds and grey seals. Between March and October, regular boat trips run from Seahouses

harbour - a 45-minute drive away.

Lindisfarne (Holy Island)

An hour's drive away, this sacred place is where you can follow in the footsteps of the ancient monks who built their priory here nearly 1,400 years ago. Don't miss the museum for a chance to learn more about the 8th century manuscript known as the Lindisfarne Gospels.

Warkworth Castle

Crowning the hilltop above the River Coquet, Northumberland's hilltop fortress and hermitage was used by William Shakespeare as the setting for several scenes of his *Henry IV* plays. Located in the village of Warkworth, it's just a 10-minute drive away.

Cragside House

A 40-minute drive away, this National Trust-owned house was the first in the world to be lit by hydroelectric power. Highlights include one the largest rock gardens in Europe, a rhododendron-filled garden, and over 40 miles of lovely lakeside and woodland walks.

Seaton Delaval Hall

Designed by acclaimed Baroque architect, Sir John Vanbrugh, this National Trust-owned mansion is a 40-minute drive away. The grounds are gorgeous, especially the formal rose garden that was created in the 1950s and 1960s by Lady Hastings.

Hadrian's Wall

A 90-minute drive away, this World Heritage Site built in AD 122 extends for 73 miles. Don't miss the Roman Vindolanda Fort & Museum for fascinating artefacts, reconstructed turrets and temples, and insight of daily life in a Roman garrison town.

Edinburgh

Scotland's capital is just a one-hour train ride from Alnmouth station and worth the effort for its wealth of attractions. Must-dos include visiting Edinburgh Castle, spending time at the National Museum of Scotland, climbing Arthur's Seat, and strolling through Holyrood Park.

Newcastle-Upon-Tyne

Simply known as Newcastle, this vibrant city is an hour's drive away. Highlights include admiring the iconic Tyne Bridge, relaxing at Newcastle City Baths, crossing the Gateshead Millennium Bridge, and visiting Gateshead's Baltic Centre for Contemporary Art.

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.

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
- Spotting scope and/or binoculars
- 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
- First-aid kit

Useful Information

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.

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.

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

www.stoswaldsway.com

Guide book: St Oswald's Way Official Guide Book – Alnwick D.C.

St Oswald's Way Leaflets (Sections 1-6)

You may wish to download an official St Oswald's Way pack with rubbing sheet from www.stoswaldsway.com/merchandise. The completed sheet can be sent in to receive a certificate.

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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