**The Coast to Coast**, an amazing journey across the north of England devised by Alfred Wainwright, has become one of the most popular long distance trails in the country. In his original book Wainwright describes the route from the Irish Sea at St Bees to the North Sea at Robin Hood’s Bay. A journey of spectacular contrasts, the Coast to Coast traverses three National Parks, passing through wild and varied landscapes. These include some of Britain’s highest fells and largest lakes, beautiful woodland, idyllic valleys, rolling moorland and at each end of the route spectacular coastal scenery.

**Travel**

**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 here to your first hotel is included in the price of your holiday. Your leader will meet you at St Bees Railway station (outside the main entrance) at 16.30pm (the train from Carlisle usually arrives at this time) for the 30 minute taxi transfer to the Shepherds Arms.

Once you have made your travel arrangements, please contact Sasha Buena on 020 8732 1279 or e mail sashabuena@hfholidays.co.uk with your travel plans and expected time of arrival. If you will not be using our transfer from St Bees please let us know, so that the group is aware not to wait for you.

For train times and general rail enquiries visit www.nationalrail.co.uk or call 0345 484950. For National Rail enquiries from overseas call +44 (0)20 7278 5240

**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 £5.80 per taxi; the 20 mile journey to Scarborough will cost approximately £30 per taxi. The House manager will arrange shared taxis wherever possible for you.

**Baggage 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. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful.

**Accommodation**

You will staying at different hotels and guesthouses, which may vary in size and standard, depending upon what is available. In the hopefully rare event of any cause for complaints regarding accommodation you should notify your leader who can then attempt to rectify the problem.

**Shepherds Arms (2 nights)**

Ennerdale Bridge, Cleator, CA23 3AR
Tel: 01946 861249
Website: www.shepherdsarms.com

**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 have TV, hairdryer, tea and coffee making facilities and toiletries. WiFi and mobile phone coverage is limited.

**Derwent Bank HF House (2 nights)**

Portinscale, Keswick, Cumbria, CA12 5TY
Tel: 017687 73667
Website: www.hfholidays.co.uk/country-houses/derwentwater

**Derwent Bank** is set in large grounds sloping down to the shores of Derwentwater with outstanding views. Rooms include tea and coffee making facilities, TV and hairdryer. It is well equipped with a boot and drying room. WiFi is available in public areas.

**The Royal Hotel (1 night)**

Dockray, Penrith, Cumbria, CA11 0JY
Tel: 017684 82356
Website: www.the-royal-dockray.co.uk

**The Royal** at Dockray is a family run traditional country hotel and nestles amongst the Lake
District Fells, about one mile from the shores of Ullswater. Rooms include TV, tea and coffee making facilities and a hairdryer. WiFi is also available.

**George Hotel (1 night)**  
(May, June and July departures)  
Devonshire Street, Penrith, CA11 7SU  
Tel: 01768 862696  
Website: [www.lakedistricthotels.net/georgehotel](http://www.lakedistricthotels.net/georgehotel)

The George Hotel is a 300 year old Grade I listed building and one of the finest hotels in Penrith, combining old world charm with modern hospitality. Rooms include TV, tea and coffee making facilities, hairdryer and WiFi.

**Tebay Services Hotel (Westmorland Hotel) (1 night)** (August and September departures)  
Near Orton, Penrith, Cumbria, CA10 3SB  
Tel: 01539 624351  
Website: [www.tebayservices.com/hotel](http://www.tebayservices.com/hotel)

Tebay Services 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 Guest House (3 nights)**  
Kirkby Stephen, Cumbria, CA17 4SH  
Tel: 017683 71063  
Website: [www.thejollyfarmers.wordpress.com](http://www.thejollyfarmers.wordpress.com)

A really warm welcome awaits you at The Jolly Farmers Guest House. It was an old coaching inn and used to belong to the local manor house. Rooms include TV, tea and coffee making facilities, toiletries and laundry facilities.

**Black Lion Hotel (2 nights)**  
12 Finkle Street, Richmond, North Yorkshire  
DL10 4QB  
Tel: 01748 826217  
Website: [http://www.blacklionhotelrichmond.co.uk](http://www.blacklionhotelrichmond.co.uk)

The Black Lion Hotel in the historic cobbled market town of Richmond is a family-run hotel in a Georgian coach house. Casual, cosy rooms feature satellite TV, tea and coffee making facilities and free WiFi.

**Larpool Hall (4 nights)**  
Whitby, N. Yorks, YO22 4ND  
Tel: 01947 602737  
Website: [www.hfholidays.co.uk/country-houses/whitby](http://www.hfholidays.co.uk/country-houses/whitby)

Larpool Hall built in classic Georgian style commands wonderful views over the Esk Valley and towards Whitby. Rooms include tea and coffee making facilities, TV and hairdryer. It is well equipped with a boot and drying room. WiFi is available in public areas.

**Trail grading**  
This Guided Walking/Hiking Trail is graded 5. This holiday is recommended for fit and experienced walkers only. It is your responsibility to ensure you have the relevant fitness required to join this holiday.

**Fitness**  
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 and provision cannot be made for anyone who opts out. Please be sure you can manage the daily mileage and ascent, detailed below. The walking day is normally 6-8 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.

All walking days listed below involve minibus or taxi transport between the walking route and your accommodation and this is included in your holiday price.
Planned Itinerary
Day 1: Arrival Day
Your leader will give an introductory talk about the holiday.

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 Crags. Ascending a rough, steep path to Greenup Edge, there are two options depending on the weather. We either descend to the shelter of Easdale Gill, or follow a broad ridge to Helm Crag before a final steep descent leads us to Wordsworth’s village of Grasmere. 9 miles (14.5km) with 1,700 feet (510m) of ascent.

Day 5: Grasmere to Patterdale
Today’s choice of routes may be determined by the weather. The low level route 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 1000 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, 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 Kirby 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 Beggars 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 reascend 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
The itinerary may be subject to change at the discretion of the leader with regard to the weather and other external factors.

Trail Leader
Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking /Hiking Trail and will also be 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.

What to wear
To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, 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. 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 are essential and a warm hat and gloves. Gaiters are an optional but useful extra. Denim jeans and capes are not suitable on any walks.

What to bring
Rucksack with a waterproof liner, thermos flask for hot drink, water bottle (at least 1 litre) and spare high-energy food such as a chocolate bar. Small torch (particularly in spring, autumn and winter) and first aid kit – your leader’s first aid kit doesn’t contain any medication or blister kits (such as Compeed). Walking poles are useful, particularly for descents. Insect repellent, sun hat, sunglasses and protection cream and camera are all optional extras you may choose to bring.

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.

On the walk
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.

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.

Travel Insurance
Travel and any other personal insurance relevant to your holiday is recommended to all our guests.

While every effort has been made to ensure accuracy, the information in this guide may change after it has been printed. For the most up-to-date information please see our website or use the contacts below.

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