



## St Oswald's Way- Coastal Section

**The St Oswald's Way** explores some of the finest landscapes and fascinating history of Northumberland. You will find castles, coastline, islands, scenic river valleys, hills, attractive villages, forest and farmland on your walk.

The Way links some of the places associated with St Oswald, the 7th century King of Northumbria, on his march south to face and defeat King Cadwallon of Gwynedd at Heavenfield in the name of Christianity.

From Holy Island (Lindisfarne) in the north, our **Coastal Section of the St Oswald's Way** follows the stunning Northumberland coast with its abundant wildlife, as far south as Warkworth.

### Trail Grading



This Guided Walking Hiking Trail is graded 2 which involves walks/hikes on good paths, though often quite a distance each day. It is your responsibility to ensure you have the relevant fitness required to join this holiday.

### Fitness

We want you to be confident that you can meet the demands of each walking day and get the most out of your holiday. Please be sure you can manage the mileage and ascent detailed in the daily itineraries. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace.

It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.

All walking days listed below involve minibus or local transport between the walking route and your accommodation. 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: Holy Island to Swinhoe Farm

Commencing at Lindisfarne Priory on Holy Island, we cross the tide-exposed Causeway. Continuing over farmland with fine views, the Way heads to Fenwick Granary and the small village of Fenwick, then into Shiellow Woods. Our route leads by Dow Crag and Fawcett Hill before entering Virgin Hill Wood. Passing Swinhoe Lake we reach our destination of Swinhoe Farm. 10½ miles (17km) with 575 feet (172m) of ascent.

#### Day 3: Swinhoe Farm to Bamburgh

From Swinhoe Farm we ascend to Weetside Crag and into Belford, passing Westhall, the Norman church and 18th century Belford Hall. We head back towards the coast, pass Spindlestone Heughs, cross the golf course overlooking Budle Bay, and enter the charming village of Bamburgh. 8½ miles (14km) with 350 feet (105m) of ascent.

#### Day 4: Rest Day

A day without any walks programmed, giving you the opportunity to explore the local area independently.

#### Day 5: Bamburgh to Newton by the Sea

Today we take the beach option, heading south on award-winning golden sands with good views of the Farne Islands. The Way leads to Seahouses, a popular tourist centre and point for visits to the Farne Islands. We leave Seahouses at the harbour and head for the small fishing village of Beadnell which has the only west-facing port on the east coast of England. The historic limekilns, now owned by



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the National Trust, can be found near the harbour. We cross the sandy expanse of Beadnell Bay to reach Newton Links, then on to the village of Newton by the Sea. 10 miles (16km) with 125 feet (38m) of ascent.

### Day 6: Newton by the Sea to Alnmouth

Leaving Newton by the Sea, St Oswald's Way continues south, drawn by the spectacular ruins of Dunstanburgh Castle around Embleton Bay. A visit to the castle may be possible on our way to the fishing village of Craster and its harbour. The volcanic Cullernose Point is reached, followed by the geologist's delight that is Howick Bay. Boulmer is the next village; a notorious centre for smuggling activities before we head to Alnmouth. 11½ miles (18.5km) with 300 feet (90m) of ascent.

### Day 7: Alnmouth to Warkworth

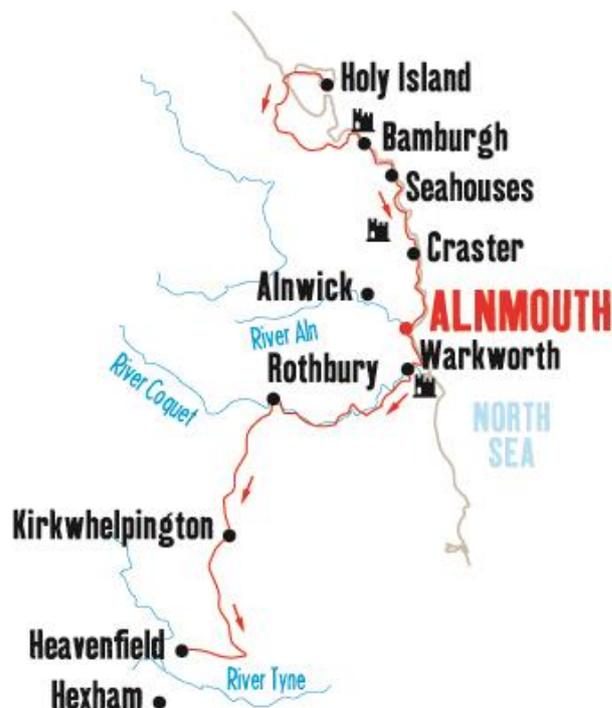
The final stage is a fitting climax to the walk and the least taxing. From Alnmouth we join the cycle track leading all the way to Warkworth. The Way leaves the cycle track to head for Buston Links and the beach. A visit to Church Hill may be possible. The beach or a dune footpath is followed towards Warkworth, with good views of Coquet Island and Amble. We join the River Coquet until we ascend the path leading to Warkworth Castle, former residence of the Percy family, and the end of our week's trail. 6 miles (10km) with 100 feet (30m) of ascent.

### Day 8: Departure Day

#### In the evenings

After a sociable evening meal, you can join in an organised activity such as a quiz or a talk about the local area, relax in the bar or use the Country House facilities.

*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.

#### 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 are



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useful additions. 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 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.

*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.*

### 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.

### Maps and Guides

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](http://www.stoswaldsway.com)

Explorers Maps 332, 340

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

St Oswald's Way Leaflets (Sections 1-3)

### Accommodation

#### Nether Grange

Alnmouth, Alnwick, Northumberland, NE66 2RZ

Tel: +44 (0)1665 830431

Fax: +44 (0)1665 830903

Email: [alnmouth@hfolidays.co.uk](mailto:alnmouth@hfolidays.co.uk)

Grid reference: NU 247 105

Your room will be ready from 2.30pm onwards (1pm for Better rooms). Afternoon tea will be provided on all arrival days so you can meet with your fellow guests. If you need assistance carrying your luggage to your room, please speak to the House Manager when you arrive for this to be arranged.

### Facilities

The bedrooms all have their individual layout and character, as befits a historic building, and are located in the main house and an adjacent annexe. In your room you'll find a TV with digital radio, hair dryer, towels and tea and coffee making facilities. On your departure day kindly vacate your bedroom by 10am. The public rooms at Nether Grange make excellent use of its seaside location.



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There is a large lounge and the dining room enjoys superb views of the sea, as does the elevated terrace. The boot and drying room is available to store your boots and to dry wet outdoor clothing. Laundry facilities are also available, as is secure cycle storage. WiFi is accessible in all public areas of the house. Due to the area in which the house is located, the mobile phone signal is patchy.

### Fabulous food

All holidays at our Country Houses are full board, from evening meal on arrival to breakfast on the day of your departure. There's a vegetarian option at all meals and we cater for gluten-free diets. For this and any other dietary requirements, please speak to the House Manager on your arrival.

### Travel

#### By car

For those with satellite navigation, enter the postcode NE66 2RZ and Alnmouth if required. Take the A1 to Alnwick. Exit on the A1068 heading towards Alnwick. At the roundabout turn right (not well signed) and follow the A1068 towards Alnmouth. After 2¾ miles go straight ahead at the first roundabout then left at the second roundabout onto the B1338. Cross a bridge as you approach Alnmouth, turning right at the next roundabout, then almost immediately left into The Wynd. Follow the one-way system into Marine Road, passing the golf clubhouse on the left, and round into Northumberland Street. After 100 yards turn right down the narrow Pease Lane. Nether Grange is on the left. Visit your holiday page on our website for a map.

#### Car parking

There is very limited on-street parking available on a first come basis. You can park in available slots on Marine road, Pease Lane and elsewhere in town. There is a pay and display car park at the end of Marine road. No responsibility can be accepted for loss or

damage to guests' property or vehicles. We advise not to leave valuables in cars.

#### By rail

The nearest railway station to Nether Grange is at Alnmouth. For train times and route planning by rail visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

#### Station transfer by taxi

The 1½ mile journey from Alnmouth railway station takes approximately 5 minutes. You can pre-book a taxi from Knights Taxis, which will be £6 per 4 seat taxi. They will arrange shared taxis wherever possible.

#### Knights Taxis\*

Tel: +44 (0)7760 751667

Email: [info@knightstaxi.com](mailto:info@knightstaxi.com)

\*Knights Taxis is not owned or managed by HF Holidays.

#### 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.***

Enquiries

+44 (0)20 8732 1250

[info@hfolidays.co.uk](mailto:info@hfolidays.co.uk)

[www.hfolidays.co.uk](http://www.hfolidays.co.uk)