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**CLEVELAND WAY**

**STRAPLINE**

A UK National Trail, stretching for 106 miles along the edge of the North York Moors and the North Yorkshire Coast.

**SUMMARY INTRO**

The Cleveland Way was opened in 1969, the second of the UK’s National Trails. The scenery encompasses farming landscapes and forests, some unchanged for many years, dramatic rolling countryside with abrupt scarps and sandstone edges, moorlands, dramatic cliffs and sandy beaches.

**TRAIL SUMMARY MAIN COPY**

The route of the Cleveland Way is punctuated at intervals with interesting market and fishing towns, steeped in history and literary association. The walk must not be underestimated, as there are plenty of ascents and descents, and it traverses over high moorland with some steep climbing.

Highlights of the Cleveland Way include the remains of the Norman Rievaulx Abbey, Whitby Abbey (with its connections to Bram Stoker’s novel, Dracula), the Captain Cook Monument, and Robin Hoods Bay with its cliff-hanging cottages.

**TYPICAL ITINERARY**

**Stage 1: Helmsley to Sutton Bank (10.2 miles / 16.4km)**
After your arrival in Helmsley, if you have not overnighted here, it is certainly worth a look around, and additional information on the walk and the North York Moors National Park can be obtained from the National Park HQ in The Old Vicarage, Bondgate (T: 01439 772700). Today is fairly easy so you could start at lunchtime from Helmsley's Market Square and include a look at Rievaulx Abbey, which is about a half mile detour, and you could also walk another detour to visit The White Horse of Kilburn, a limestone horse created by removing turf from down land. The ‘Big Peak’ of the day is the climb up to Hambleton Hill, about 700 feet of ascent from Nettledale. There are several hamlets at around 10 miles where you could stay for your first night, such as Sutton Bank, Cold Kirby, Hambleton or Kilburn.

**Stage 2: Sutton Bank to Osmotherley (12 miles / 19.3km)**
Today is a walk at around 1,000 feet along the Hambleton Hills from Sutton Bank / Kilburn. If you have stayed the night in Kilburn you will have a steep climb up to regain the height you lost. You travel today along the western edge of the National Park itself on drove roads steeped in history. You will pass by many tumuli (grave mounds) and over moorland, climbing up to Hambleton End at 1,309 feet, the high point of the day. There are great views from the ridge, but little scope for refreshment until you drop down to Osmotherley with its quaint shops, cafés and pubs. So remember to take a packed lunch with you! Osmotherley itself is a fine old market town which grew as a green village at a road junction. There is a Youth Hostel and altogether it is a fine place to stop.

**Stage 3: Osmotherley To Clay Bank Top (11.5 miles / 18.5km)**
This section is said to be the most strenuous of the tour, a rollercoaster of a walk up and down the Cleveland Hills, including the best walking within the park. You should have some excellent views once again to the agricultural plains to the north west, and the moors to the south east. You should bring all your own rations today, as there are few stops en-route. Much of the accommodation is off route and you may want to ask if you can have a lift back to where you can regain the route.

**Stage 4: Clay Bank Top to Kildale/Great Ayton (9.2 miles / 14.8km)**
A shorter day today, but you still have to climb up to the summit of Urra Moor and Round Hill, which, at 1,489 feet, is the high point of this journey. The moors can be pretty windswept and cold on occasion, but there are wide sandy paths worn into the hillsides between the grousey fields of heather to make good progress on. These can be boggy in places, despite the sand, and there have been some counter erosion remedies in place such as flagstones that can be hard on the feet at times. From Tidy Brown Hill you descend into the village of Kildale where you can find accommodation, either there or a couple of miles away.

**Stage 5: Kildale/Great Ayton to Saltburn (14.7 miles / 23.7km)**
An interesting day's walk, as you head down to the coast at Saltburn and the walk begins to take on a different character to the woody scarps and open moors that you have been used to up to now. First the route climbs up Easby Moor to visit Captain Cook's memorial (he was born nearby), with the opportunity to detour by about a mile to climb the eroded sand stone stump of Roseberry Topping, then skirts around the town of Guisborough and through the farming settlements of Slapewath and Skelton, before meandering down with the Skelton Beck to the sandy seaside town of Saltburn-by-the-Sea, and the prospects of a good ice cream and fish and chips. It is a pretty place, thoroughly re-organised by the Victorians, but you can still sense the old days of smuggling and crime rackets. If you are only doing half the walk, there are rail connections from here to Middlesbrough.

**Stage 6: Saltburn-by-the-Sea to Staithes (8.8 miles / 14.2km)**
Today is quite an easy walk along the coast to Staithes (pronounced ‘Stairs’ locally), although there are a couple of stiff climbs up to Hunt Cliff and Micklow Hill at around 1,000 feet. Your second cliff at Boulby is the highest on the east coast of England. In between the hills you drop down once again to sea level, losing all the height you have gained but at least there is the chance of an ice cream stop. Walkers should be aware of the cliff edges where the path largely runs - it may be undercut in places and is prone to erosion. Also, be careful of the cliff edges in strong winds. There is a lot of accommodation en-route today, and some folk might prefer to walk on to Ravenscar to stay the night. However, we do recommend that you spend a substantial amount of time (if not overnight) in the beautiful and largely untouched fishing village of Staithes, and discover the old coastal Yorkshire with its fleet of fishing cobles (flat-hulled, sharp-prowed fishing boats, said to have come from Viking design) in the harbour.

**Stage 7: Staithes to Whitby Bay (11.5 miles / 18.5km)**
A second fine day of coastal walking along the cliff tops over to Runswick Bay and then Sandsend, past more historical mineral workings, until you reach the long sandy Upgang Beach, which stretches over 3 miles to Whitby Sands and probably the most special town along the route - Whitby Bay. This is a popular tourist destination and boasts of having the best fish and chips in the British Isles. The town has some fine buildings, and there is a variety of accommodation, including a Youth Hostel up by the famous Whitby Abbey.

**Stage 8: Whitby Bay To Robin Hood's Bay (6.5 miles / 10.5km).**
A shorter day is recommended here today because there is so much to see and enjoy in these two famous towns. They are both steeped in history, not just the fishing and the smuggling, but in Whitby you have a religious background, and at Robin Hood’s Bay you have a slightly obscure historical legend concerning a particular man who the town is named after! In between the towns there is walking over the brooding hill cliffs of Whitestone Point, with little beaches and even some small waterfalls approaching Robin Hood’s Bay. For the last part of the walk you may meet up with some Coast to Coast walkers, and can compare the two walks. The towns are very busy during the holiday season, but there is quite a lot of accommodation about.

**Stage 9: Robin Hood's Bay to Scarborough (15 miles / 24.1km).**
To make up for the fairly short walks of the previous 2 days, today is real hike into the major Yorkshire resort of Scarborough. Like it or not, all the funfair and ice cream kitsch is an important part of British holiday life and has been exported all over the world in various guises. The walking involves a coastal rollercoaster of sea cliff paths, staying very close to the edge for much of the time. Altogether there is about 1,300 feet of total ascent over the 15 miles. There are limited refreshments en-route, and some interesting coastal feature names, such as Dab Dumps, Boggle Hole, Beast Cliff and Sailor's Grave. Today's is a brooding, lonely, lovely walk.

**Stage 10: Scarborough To Filey (10 miles / 16.1km).**
The final stage, with only about 500 feet of ascent to go. Out of the bustle of Scarborough the route takes you out along the esplanade and the golf course to Cayton Bay. You should have time to visit the old castle and the spa complex. The walk then hugs the cliff quite closely before reaching its official end at a style at milepost 103. Most people carry onto Filey and end at the North Cliff Country Park, Filey Brigg. Congratulations – you’ve completed the Cleveland Way!

**GETTING TO AND FROM THE AREA**

**Rail**

Helmsley, at the start of the route has no railway station. The closest station is Malton, 16 miles away, which is also convenient as it has a reasonable bus service to Helmsley. There is also Thirsk station 17 miles away, and a limited bus service. At the end of the tour you can leave from either Filey station or from Scarborough, which has good connections via York. For details of timings and connections, visit [National Rail Enquiries](http://www.nationalrail.co.uk/).

**Bus**

Bus services run to Helmsley from Malton, via a change at Pickering. At the end of the walk there are bus services from Filey to Scarborough. Timetables available at [www.traveline.info](http://www.traveline.info)

**Road**

Helmsley is close to York on the A170, and is well sign-posted from York's large ring road. At Helmsley there is a car park on the north side of the town, at the start of the Cleveland Way and a weekly parking ticket is available from Helmsley Tourist Information Centre in the market place. You will be able to return to your car in Helmsley using the bus from Filey via Scarborough. If you are leaving the car for more than a week, then contact Helmsley Police Station on 01439 70310 if you cannot get through then please contact the larger Malton constabulary on 01653 692424. They will need your vehicle's particular details, so that they are aware of it.

**Air**

Leeds Bradford is the closest airport, with a bus to Leeds, and rail connections to York and onwards. But if you are travelling from a London airport, you can take the train from London Kings Cross to York, and from there you can take a bus to Helmsley. You can also fly to Manchester Airport. From where you can take a train to York.

**COAST TO COAST**

**STRAPLINE**

A classic route, spanning three National Parks, from the Irish Sea coast of Cumbria to the North Sea coast of the North York moors.

**SUMMARY INTRO**

The Coast to Coast was first described in 1973 by Alfred Wainwright, author of a well-known series of walking guide books. Starting near the red sandstone cliffs of St.Bees Head in Cumbria, it winds across the north of England for 190 miles before finishing in the pretty fishing village of Robin Hood’s Bay on the North Sea coast.

**TRAIL SUMMARY MAIN COPY**

The Coast to Coast route is renowned for the variety of its beautiful scenery. Particular highlights include the idyllic lakeland valley of Borrowdale, Helvellyn (recently voted the UK’s favourite place to walk), the historic cobbled streets and market square of Richmond, and the marvellous heather-covered plateaux of the North York Moors.

The route is 190 miles long, which works out at an average of 14.5 miles per day if you are taking 2 weeks to do the walk, which is the norm. Shorter days occur early in the tour, where steep gradients and rough going are encountered during the crossing of several high passes in the Lake District. The days get longer towards the end of the tour, with 24 miles, mostly on level ground, between Richmond and Osmotherley being followed by a day of 21 miles over the Cleveland Hills and North York Moors. For a sustained walking tour such as this, with often rough going underfoot, steep gradients and long days, a good standard of fitness is required before starting.

**TYPICAL ITINERARY**

**Stage 1: St. Bees to Ennerdale (14 miles / 22.5km)**
The Coast to Coast trail starts with a day of varied scenery. The first three miles are along the red cliffs of St. Bees Head, a nature reserve for sea birds. The route then strikes inland across farmland and a former coal mining area around Cleator. There are fine all-round views from the summit of Dent, before you descend to Ennerdale Bridge at the edge of the Lake District National Park.

**Stage 2:  Ennerdale Bridge to Rosthwaite (14 miles / 22.5km)**
Today there is nowhere en route to obtain lunch or any other refreshments until you arrive in Borrowdale, almost at the end of the day. So you should be equipped with a picnic or packed lunch before leaving. The best place for a picnic in fair weather is shortly after the steep ascent of Loft Beck (milepost 24). Where the gradient eases above Loft Beck there is a grassy slope with good views of Ennerdale and Buttermere. In poor weather it is more comfortable to picnic on lower ground either by Black Sail Hut (mile 23) or further on by the youth hostel at Honister Hause (mile 25.5).

**Stage 3: Borrowdale (Rosthwaite) to Patterdale (18.5 miles / 29.8 km)**
Many Coast-to-Coast walkers will opt to divide this stage between two shorter days, with an overnight break at Grasmere. If you do it in two stages you will be in Grasmere (milepost 38) around lunchtime (milepost 38). There is nowhere to buy food and drink en-route, so you should buy lunch before leaving Borrowdale. The picnic spot with the best view is the highest point of the day at Greenup Edge (mile 32). However, you will probably be well past there by lunchtime, so in good weather we suggest Calf Crag (mile 33.5), while in poor weather the first sheltered spot that you will reach is on the low-level Far Easedale (also mile 33.5). Grasmere (milepost 38) to Patterdale (milepost 46.5) is a short day, so you have time to walk into the centre of Grasmere village to shop for a picnic, or to visit Wordsworth's one-time home and museum at Dove Cottage, Town End (1km from Grasmere). There is nowhere to get refreshments before Patterdale, so buy picnic materials before setting out. Picnic near Grisedale Tarn (milepost 42), possibly near the 'Brothers' Parting Stone.

**Stage 4: Patterdale to Shap (15.5 miles / 25km)**
Most Coast-to-Coast walkers, having spent two days on Wainwright's 'Stage 3' between Borrowdale and Patterdale, find the day from Patterdale to Shap one of the longest and hardest of the whole route. It is almost 16 miles and includes the largest daily ascent and descent of the tour, reaching 770m at Kidsty Pike. The 4-mile walk along Haweswater Lake can also be quite tiring. In contrast the last 4 miles of the walk to Shap, along grassy riverbanks, through parkland and across pastures are easy going. There is no pub or cafe en route until you reach your overnight stop either at Shap (mileposts 62 to 63) or, for those who prefer a shorter day, at one of the twin hamlets of Bampton and Bampton Grange (each is 1.5 miles from the route at milepost 58.5). Depending on the weather and cloud conditions and the speed of your progress, possible picnic spots include the 'Straights of Riggindale', a high saddle at 2,500 feet on the High Street ridge offering fine views of the surrounding lakes and mountains, and the peaceful shores of Haweswater Lake. Swimming in the lake is not allowed as it is a drinking water supply.

**Stage 5: Shap to Kirkby Stephen (21 miles / 33.8km)**
This is another longish stage, although much less hilly than Stage 4, and those who start the day at Bampton or Bampton Grange will probably get little further today than Orton. There is isolated farmhouse accommodation on the route between Orton and Kirkby Stephen, and also some accommodation a mile or so off the route, at the hamlets of Newbiggin-on-Lune (milepost 77) and Ravenstonedale (milepost 79). The scenery of limestone escarpments, moorland, pasture and scattered farmsteads is quite different from any other stage of the walk. If you plan to walk from Shap to Kirkby Stephen in one day it is advisable to omit the detour to Orton, in spite of the attractions of that pretty village with its pub serving bar meals and its chocolate factory. The detour adds another 1.5 miles. Apart from Orton there is nowhere else serving refreshments between Shap and Kirkby Stephen. The unfenced land in the vicinity of Sunbiggin Tarn (milepost 74) with its abundant black-headed gulls and other birdlife is a pleasant spot for a picnic at about the half-way point.

**Stage 6: Kirkby Stephen to Keld or Thwaite (12 miles / 19.3km)**
This walk goes over some high and rather boggy ground, with patchy waymarking, so in conditions of low cloud or heavy rain it may be advisable to walk the tarmac B6270 road via Nateby and over the watershed all the way to Keld. This road carries little traffic at any time. If you take the 'normal' route over Nine Standards Rigg, be prepared for substantial seasonal diversions which are not shown or referred to on the published maps and books. These diversions are due to a combination of two factors - excessive erosion of the path on the original Wainwright route, and the presence of grouse-shooting butts close to the public footpath in Ney Gill. The various diversions and periods during which Coast to Coast walkers are asked to follow them over Nine Standards Rigg are indicated on notice boards at Hartley Fell (milepost 87). Up-to-date information should be sought from the Tourist Information Office in Kirkby Stephen. There is no shop or place of refreshment between Kirkby Stephen and Keld so carry a picnic with you. There is a supermarket open daily in Kirkby Stephen. A good place for a picnic on the Ney Gill route is at Coldbergh Edge during the descent from Nine Standards.

**Stage 7: Keld or Thwaite to Reeth (11.5 miles / 18.5km)**
The original Wainwright route keeps to the high ground, passing the evocative remains of former lead mining operations at the head of the Gunnerside Gill and at Old Gang Mine. If the cloud is low you need some ability with map and compass, so in wet or cloudy conditions we advise taking the low-level route following the River Swale. Many walkers prefer this very pretty valley alternative whatever the weather. Note that starting from Thwaite or Muker it is possible to re-join the high-level route at Crackpot Hall (milepost 96) by a scenic path without retracing your steps to Keld. An interesting spot for lunch on the high-level route is by the old mine buildings at Blakethwaite on the Gunnerside Gill (milepost 99). There is no shop in Keld, but if you are staying at Thwaite you can shop for a picnic at Muker. Also at Muker is the famous Swaledale Woollens shop, a visit to which you may find worth some of your time (and money). There are pubs along the valley route (at Gunnerside and Low Row) where you can stop for lunch.

**Stage 8: Reeth to Richmond (10.5 miles / 16.9km)**
This is a short stage and most Coast to Coast walkers will finish it off in a morning. However, we still recommend staying a night in Richmond. There are plenty of places to get lunch and dinner, and lots to see in the town. There is nowhere to obtain refreshments between Reeth and Richmond, and no obvious picnic spot - perhaps the best is below Applegarth Scar (milepost 113). Apart from the first mile to Grinton Bridge, the path stays away from the river, wending its way across fields with fine views across the deep valley of Swaledale.

**Stage 9: Richmond to Ingleby Cross or Osmotherley (23 miles / 37km)**
This is the longest stage of the crossing. The going is a mixture of quiet tarmac lanes, footpaths, often very muddy, and across fields, where the going is slower. So be prepared for lots of mud! Many Coast to Coast walkers opt to divide the stage into two, taking an overnight stop at Danby Wiske (milepost 131). Others prefer to press on across the flat farmland of the Vale of Mowbray. Even such energetic individuals will inevitably stop for lunch at Danby Wiske, where the pub serves food well into the afternoon. The traditional Wainwright route goes via Ingleby Cross, but an alternative used by many walkers diverges at milepost 135 and goes to the pretty village of Osmotherley. There are no shops en route, so go shopping in Richmond before you set off.

**Stage 10: Ingleby Cross or Osmotherley to Clay Bank Top (12 miles / 19.3km)**
Many walkers extend this stage beyond Clay Bank Top to Blakey Ridge (milepost 161), which is the next place on the Coast to Coast route with accommodation. However, the first part of the day is strenuous enough for many people, with numerous ascents and descents on the Cleveland Hills. There is a café at Carlton Bank Top (milepost 148), but otherwise no places for refreshment. At Clay Bank Top there is no accommodation, but some is available a couple of miles downhill walking away at Great Broughton and Chop Gate.

**Stage 11: Clay Bank Top to Glaisdale/Grosmont (23 miles / 37km)**
This is a long stage, but the going is easy after the first ascent from Clay Bank Top to Urra Moor. Walkers who started the day at Ingleby Cross or Osmotherley will not want to go further than Blakey Ridge (milepost 161) in a day, but from Clay Bank Top to Blakey makes a short and rather easy day. You can stop for lunch at the pub in Blakey before continuing to Glaisdale - there is nowhere else to stay or get refreshments before Glaisdale. This is the best day for easy walking combined with long views and, in summer, classic moorland covered with purple heather.

**Stage 12: Glaisdale/Grosmont to Robin Hood's Bay (20 miles / 32.2km)**
A long stage with two long ascents, and many walkers will split it into two, either by continuing past Glaisdale to Egton Bridge or Grosmont the day before, or by stopping off at Littlebeck or High Hawsker and finishing with a short day into Robin Hood's Bay. There is a shop and a café at Grosmont, and pubs at Grosmont and at High Hawsker. In the unlikely event that you might want to cut out walking altogether today there is a train service from Glaisdale, Egton Bridge and Grosmont to Whitby, from where there is a bus service to Robin Hood's Bay. The scenery is more varied than on any other stage of the crossing - the deep, wooded valleys of the Esk and the Little Beck, heather moorlands on either side of the Little Beck Valley, and to finish off the three miles of magnificent cliff-top footpath overlooking the North Sea as you complete your challenge in Robin Hood’s Bay.

**GETTING TO AND FROM THE AREA**

**Rail**

You can get the train to St Bees from Carlisle, which is linked by train from London, Manchester, Birmingham, Leeds and other major UK cities. At the end of the walk you’ll need to take a bus or taxi from Robin Hood’s Bay to Scarborough, where you can get the train to London and other major cities. For details of timings and connections, visit [National Rail Enquiries](http://www.nationalrail.co.uk/).

**Bus**

TBC

**Road**

TBC. Include info about parking service.

**Air**

If you are flying into London, you’ll need to get the tube or train to London Euston, where you can catch the train to Carlisle, and then on to St Bees by train. There are also trains to Carlisle from Manchester and Birmingham airports without having to travel into the city centres. At the end of the walk, make your way from Robin Hood’s Bay to Scarborough by taxi or bus, where you can catch trains to London, Manchester or Birmingham for access to airports.

**COTSWOLD WAY**

**STRAPLINE**

A beautiful, 103-mile long distance path from Chipping Campden to the Roman City of Bath - claimed to be the best way-marked trail in England.

**SUMMARY INTRO**

Designated as an Area of Outstanding Beauty, the Cotswolds are the epitome of picturesque English countryside, complete with green rolling hills and picture-perfect traditional villages. The Cotswold Way will appeal to those who prefer a relatively gentle introduction to walking in the English countryside.

**TRAIL SUMMARY MAIN COPY**

The Cotswolds are hilly rather than mountainous - the highest point being little more than 1,000 feet above sea level. Officially designated as an Area of Outstanding Natural Beauty, the Cotswold landscape is an entrancing mixture of parkland, cultivated fields with dry-stone walls of jurassic limestone, and patches of unspoiled woodland. Stone-built also are almost all of the cottages, farmhouses, villages, and small towns that the route passes. The Cotswold Way is also a walk through English history, passing prehistoric hill forts, ancient burial barrows, Saxon and Civil War battle sites, as well as fine stately homes.

The Cotswolds became wealthy during the 17th century, due to the wool trade, and the fine stone houses and churches are a symbol of that era.  The industrial revolution seemed to bypass the region, and the Cotswolds today are still a very affluent part of Britain.

**TYPICAL ITINERARY**

**Stage 1- Chipping Campden to Winchcombe (17.5 miles / 28km), 835m / 2,740 feet of ascent.**
The Cotswold Way begins in one of the area’s finest villages, and then embarks on probably its most challenging section. Impressive views from the top of the escarpment are interspersed with delightful villages at its foot and there is a wealth of history and interest throughout. Refreshments are readily available, with plenty of tea rooms and inns in Broadway, a fine village inn in Stanton serving lunch from 12pm to 2pm and a farm shop tea room at Hailes. There are also several shops in Chipping Campden where you can a picnic lunch, with an official picnic site at Fish Hill, and other good places to stop on each hilltop in fine weather.

**Stage 2: Winchcombe to Dowdesweil (13.7 miles / 22km), 540m / 1,770 feet of ascent.**
A day of contrasts that takes you across the wildest part of the Way on Cleeve Common, then skirts around the largest town along the route, Cheltenham. After a long climb from Winchcombe, the Way stays mostly at high level before crossing the valley of the River Chelt. Refreshments are served at the golf club on Cleeve Hill and at a couple of inns nearby. Winchcombe has plenty of shops for picnic supplies and there are numerous pleasant places to stop in fine weather. There is a good selection of accommodation available on the outskirts of Cheltenham, a short distance from the Way, throughout the last part of this section.

**Stage 3: Dowdeswell to Painswick (18.6 miles / 30km), 550m / 1,800 feet of ascent.**
This section follows the top of the escarpment, with regular shorter hills replacing the long climbs of the earlier stages. It takes you across open grass and farmland and through glorious beech woods, passing an amazing collection of archaeological sites along the way. For lunch the Air Balloon Inn near Barrow Wake serves food all day, as does the Royal William on the way to Painswick Beacon. You will find picnic tables at Crickley Hill and other pleasant spots on Leckhampton Hill, Barrow Wake and in Cranham Woods.

**Stage 4: Painswick to Uley (14.3 miles / 23km), 590m / 1,930 feet of ascent.**
More wide views and longer hills again today as the Way crosses the valley of the River Frome. This, unusually for the Cotswolds, breaks through the escarpment to flow west into the Severn, creating impressive slopes of hanging beech woods. The hills above are rich with hill forts and burial mounds but refreshment stops are rather scarce, with just one inn on the route at Edge and others just off it in Westrip, Kings Stanley and Nympsfield. There are shops for packed lunch supplies in Painswick or, with a short diversion, in Ebley near Rye Ford and Kings Stanley. The only official picnic site is at Coaley Peak but you will find other nice places at Hares Field Beacon, Standish Wood and Stanley Wood.

**Stage 5: Uley to Wotton-under-Edge (9.3 miles / 15km), 430m / 1,415 feet of ascent.**
A short day and a chance for a bit of a breather, although you still have a few hills to negotiate. You can use the extra time to explore the ramparts of Uley Bury and the old cloth-weaving town of Dursley, or pause for thought at the Tyndale Monument. Refreshments and shops are readily available in Dursley and you can get lunch between 12pm and 2pm at the Black Horse in North Nibley. You can get supplies at the start in the Uley, and there are plenty of scenic, though rather exposed, spots to stop for a picnic around Stinchcombe Hill.

**Stage 6: Wotton-under-Edge to Tormarton (14.3 miles / 23km), 570 m / 1,865 feet of ascent.**
After the climb out of Wotton it is generally easier gradients on this stage. There are no inns actually on the Way before Old Sodbury, but short detours will take you to village pubs in Hillesley, just beyond Alderley, and in Hawkesbury Upton. There is also little open ground along this section, with the Way following tracks, lanes and field paths - so opportunities for picnic stops are limited. The best places are probably the woods above Long Coombe on the way to Hawkesbury or by the attractive pond in the village. Old Sodbury Hill Fort is a scenic stop later on in the walk. There are plenty of shops in Wotton at the start, which are a better bet than the few village shops along the route, which have less regular opening hours. It may be worth getting two days supplies, as the opportunities are also limited tomorrow.

**Stage 7: Tormarton to Bath (16.2 miles / 26km), 410 m / 1,345 feet of ascent.**
Shorter climbs are followed by the long descent into Bath. The first part crosses the A46 several times, and the M5, but also takes you off on pleasant field walks along the hillsides below Dyrham Park. The second half takes you up onto Lansdown, site of a Civil War battle and one of the country's highest racecourses, offering wide views over the World Heritage City of Bath. As you walk into the city, beautiful parks and the sweep of Georgian crescents replace the open countryside. After an official picnic site before Dyrham, there are inns at Pennsylvania (where you can also get provisions), and Cold Ashton - and other nice spots to stop at Little Down and Penn Hill.

**GETTING TO THE AREA**

**Rail**

The Cotswolds are well-served by train services from London and other major cities to Cheltenham or Oxford. For details of services visit [nationalrail.co.uk](http://www.nationalrail.co.uk/)

From there, you can take a bus, or a taxi if you prefer, to Chipping Campden where the walk starts.

At the end of the walk, Bath has excellent rail and coach connections to many of the UK’s major cities.

**Bus**

National Express offer coach services from central London, and Heathrow and Gatwick airports, to Cheltenham and Oxford. You can also take the coach from Bath back to London, and other major cities, at the end of the walk.

**Road**

Chipping Campden is north of the A44 between Evesham and Oxford, 12 miles south of Stratford-upon-Avon. Any info on parking to add in here?

**Air**

London Heathrow is the most convenient airport for the Cotswolds, but you can also fly into London Gatwick or Birmingham International.

**CUMBRIA WAY**

**STRAPLINE**

Walk through the heart of the Lake District, one of England’s most famous, romantic and beautiful areas.

**SUMMARY INTRO**

Walking is unquestionably the best way to see this celebrated landscape, which offers incredible variety, from the sea level sands of Morecombe Bay, to the summit of Scarfell Pike, England's highest peak.

**TRAIL SUMMARY MAIN COPY**

The Cumbria Way is 68 miles long, and although it is a mainly low-level route, it passes near several mountains, which could be tempting for a diversion.  Most people take 5 days to complete the trail, but you should really allow extra days for sightseeing in places like Coniston and Keswick, or a foray to a mountain summit.

It should be borne in mind that the Lake District is one of the rainiest regions in England, and the going underfoot can be wet as well as rough and rocky – so walkers should come suitably prepared.

**TYPICAL ITINERARY**

**Stage 1:** **Ulverston to Water Yeat / Blawith (10 miles / 16km)**
Many walkers will prefer to reach Torver or Coniston. Buy a picnic lunch before leaving Ulverston as there is little or nothing en route. Some of the farms can be very muddy at any time of year - boots are important even in dry weather. At first there are views back to the shimmering sands of Morecambe Bay and soon the shadowy mountains of the Lake District National Park come into view ahead. At the halfway point, you will cross the park boundary and the scenery becomes wilder and more rugged. If you are turning off the trail towards Blawith or Water Yeat, you should try to get as far as Beacon Tarn, a tiny jewel of a lake amongst steep hills.

**Stage 2: Water Yeat / Blawith to Coniston (8 miles / 13km)**
This is quite a short day, but you will enjoy the chance to linger on the summit of Beacon Hill, only 255m high but still a magnificent viewpoint. The walk along the shores of Coniston Water is also best savoured at a leisurely pace. There are opportunities for swimming along the way. Boots are needed as there are some steep descents in the first part of the day. When you reach Coniston there is a choice between afternoon tea in one of the cafés, or a boat trip on the lake, possibly combined with a visit to the house, rhododendron gardens and nature trail at Brantwood, former home of John Ruskin, or a short walk to the dramatically rugged Coppermines Valley.

**Stage 3: Coniston to Dungeon Ghyll (10 miles / 16km)**
This stage can seem longer than it is; there is an alternation of ascents and descents, and a greater variety of scenery than on any other stage. If you make an early start you can be at Skelwith Bridge or even Elterwater in time for a pub lunch. Otherwise carry a picnic. The first part consists of a walk through parkland and woodland, then a short road section to the tourist honey-pot of Tarn Hows, a shallow and irregularly shaped lake whose shores are planted with spruce. The way then descends to pass the waterfalls of Colwith Force in Little Langdale and Skelwith Force in Great Langdale, and then the placid and secretive lake of Elterwater. There are pub lunch opportunities at Skelwith Bridge and at Elterwater village. From here you follow the Great Langdale Valley into even more dramatic landscape as you approach the famous twin peaks of the Langdale Pikes, which are known as Harrison Stickle (736m) and Pike of Stickle (709m). There is a popular footpath (not part of the Cumbria Way) which leads up from New Dungeon Ghyll to Stickle Tarn, a tiny glacial lake just below the rock face of Harrison Stickle.

**Stage 4: Dungeon Ghyll to Borrowdale (Rosthwaite, Stonethwaite, Seatoller) (7.5 miles / 12km)**
The first stage where you have to cross ground high enough for the route to be possibly confusing if the cloud is low. However the trail is well used and occasionally signposted. After walking along the spectacular valley of Mickleden you ascend to Stake Pass, at 480m the highest point on the Cumbria Way until you get north of Keswick. In clear weather it is possible to make a detour to ascend either or both of the Langdale Pikes. From Stake Pass it is a steep descent into the long, silent and uninhabited valley of Langstrath to the first settlement, Stonethwaite. Beyond Stonethwaite the valley broadens out and there is a choice of paths, bridleways and minor roads to lead you to the other hamlets of Longthwaite, Rosthwaite and Seatoller. If you are combining stages 4 and 5 into one day it is worth knowing that there are cafés and pubs at both Stonethwaite and Rosthwaite.

**Stage 5: Borrowdale (Rosthwaite, Stonethwaite, Seatoller) to Keswick (8.6miles / 14km)**This is a short stage which many walkers will combine with the previous one. The Cumbria Way clings to the valley bottom and the shores of Derwentwater, which is very pretty. On the low level route it is possible to stop for a coffee break or early lunch at a café in Grange. There are places to picnic along Derwentwater. If the hills are clear of cloud it is also possible to take a high-level alternative along the crest of the ridge of hills west of Borrowdale, reaching High Spy (653m) before descending via the sharp summit of Cat Bells Peak, back down the shore of Derwentwater at Hawes End. Those who start off on the valley route can still make a detour later in the day from Hawes End to Cat Bells. Another refreshment possibility on this stage is a late lunch or afternoon tea at Lingholm Gardens, which are on Derwentwater about 2 miles before you reach Keswick.

**Stage 6:** **Keswick to Caldbeck (13 miles / 21km)**
It is possible to divide the stage into two days by spending a night at Skiddaw House (on both low-level and high-level routes - basic hostel accommodation only), at Mosedale (high level route only) or at Bassenthwaite (low level route only). The high-level route crosses some of the wildest and most remote country in England, passing Carrock Fell and reaching 658m at High Pike. The low-level route has its own attractions, including a fine waterfall at Whitewater Dash and a delightful traverse via country lanes and tracks along the base of the bigger hills between Bassenthwaite and Nether Row.

**GETTING TO THE AREA**

**Rail**

**Bus**

**Road**

**Air**

**DALES HIGHWAY**

**STRAPLINE**

Devised as recently as 2007, the Dales Highway is a challenging 90-mile walk across the high country of the Yorkshire Dales.

**SUMMARY INTRO**

The Dales Highway stretches from Saltaire (near Bradford) to Appleby-in-Westmorland. This is a challenging route across the high country of the Yorkshire Dales devised by locals Tony and Chris Grogan in 2007. They followed the packhorse road trade routes across the moorlands, mountains, woodlands and riversides which connect some ancient and picturesque dale villages and small towns. Rich in history, geomorphology and geology, the route is no push over with around 13,900 ft of ascent.

**TRAIL SUMMARY MAIN COPY**

From Saltaire the route crosses moorlands, speckled with standing stones, some with ancient rock designs, and follows the dramatic limestone scars of Malhamdale. It meanders along the bank of the River Ribble and climbs Ingleborough of ‘Three Peak’ fame. It skirts the flanks of Whernside (optional ascent), dropping into beautiful Dentdale, before reaching Sedbergh and continuing with a breath-taking, six-mile ridge walk across the mossy folds of the Howgill Fells. The route passes isolated Sunbiggin Tarn before dropping into the lush green of the Eden Valley to finish in Appleby. You could return via a breath-taking train ride along the Settle to Carlisle line, which takes you back past some of the landscape highlights that you have been walking through.

**TYPICAL ITINERARY**

**Stage 1: Saltaire to Ilkley (7.5 miles / 12 km)**
The Walk starts from Victoria Hall in Saltaire. This was developed as a model industrial town by the textile industrialist Titus Salt in 1850 and built in the Italianate style, with huge mills and workers’ cottages, bath houses, library, school, but only a soft drinks pub! Today it is now a well-preserved World Heritage Site. There is quite a bit of undulation across the heather moor, with its prehistoric marked stones. Leaving town up through a wooded valley, then across Rombald’s Moor, you are at the southern point of the Yorkshire Dales, by Weecher Reservoir and soon crossing the famous Ilkley Moor. Reaching 380m at the highest point today, there is a stone circle nearby called ‘The Twelve Apostles’. You then come to the Lanshaw Lad boundary stone with vistas over Wharfedale. Finally, dropping off the moors through Ilkley Crags, you reach White Wells Cottage (a Victorian Spa House), where if the flag is flying, you can get a welcome tea. Finally hobble into pretty Ilkley, originally a Roman fort town but really developed by the Anglo-Saxons, whose crosses still adorn the Parish church.

**Stage 2: Ilkley to Skipton (11.4 miles / 18.3 km)**
Heading back to the moors, the route passes a little waterfall (Willy Hall’s Spout), skirting the moor’s edge before gently ascending across Addingham Moor, passing the Bronze Age ‘Swastika Stone’ with its marking. Then pass by another Saxon town, Addingham, where in AD. 867 the Archbishop of York hid to escape the Vikings, and the first successful spinning mill was built in 1789. The route then follows a possibly Roman Road called ‘The Street’ to an interesting old marked milestone at Draughton Height. The way into Skipton follows an old toll road to reach the largest town of the route, known as ‘the Gateway to the Dales’, and one of the best-preserved small towns in Britain. A lot of the building occurred here in the 1650s under Lady Anne Clifford after the English Civil War. There is also an interesting canal basin in the town adjacent to the main street.

**Stage 3: Skipton to Malham (12.9 miles / 20.7 km)**
The first part of today’s route climbs up Park Hill, where the Roundheads placed a canon to pound Skipton into submission during the English Civil War. After crossing a golf course, the trail enters the Yorkshire Dales National Park and upon Flasby Moor to Sharp Haw (357m), with magnificent views. Down from the hill you follow the Hetton Beck to Hetton village. The district’s Women’s Institute was the original inspiration for the film ‘Calendar Girls’. Next it is up via the Winterburn Reservoir, across moors to Weets Top (414m), from where you can appreciate the transition between gritstone moorland and craggy limestone ahead. From here there are views of Gordale Scar and Ingleborough Peak, before descending into attractive Malham Village, or you can bypass it directly heading to Malham Cove. Both this and Gordale Scar, with their limestone cave and waterfalls, are two of the premier Dales attractions.

**Stage 4: Malham to Stainforth (10.3 miles / 16.6km)**
Leaving Malham Cove, you enter a dry limestone valley (a river submerged millennia ago), lined by the Ing Scar Crag and then you climb up a rocky stairway and over Langscar to the restored Nappa Cross at the foot of Grizedales Crags, on the flank of Kirkby Fell. The view back is to Malham Tarn and Pen-y-ghent. You can make a short detour up Kirkby Fell to appreciate the aspect of the Craven Fault – an ancient earthquake zone which was responsible for the crustal shifts that have resulted in today’s landscape. The path swings round under Attermire Scar, where in the 1840s an array of Roman and prehistoric artefacts were found in the local caves. By Warrendale Knotts you look down towards Settle and you may be able to make out the southern lakeland peaks. The trail then heads directly into Settle, another attractive market town with a range of accommodation. Continuing on the way, you cross the River Ribble towards Giggleswick and follows this delightful river all the way to Stainforth Bridge, by an impressive little cataract and then into Stainforth.

**Stage 5: Stainforth to Chapel-le-Dale (11.6 miles / 18.7km)**
Leaving the Ribble, you pass Smearset Scar with its prehistoric walling, possibly marking burial sites, and then descend to the hamlet of Feizor. After a mixture of gates and stiles leading through a number of fields, the way goes through Wharfe, heading out to Crummack on a bridleway, passing the pretty limestone slab-built Clapper Bridge, which is next door to the Wash Dub field, where the stream was dammed on occasion to create a pool for sheep dipping. From Crummack the terrain gets bleaker, and care is needed over limestone pavements and in taking the correct paths, especially in low visibility and bad weather. There is an alternative bad weather route via Selside to Ribble Head and Chapel-Le-Dale. However, the main route joins the famous Three Peaks Track and ascends the breast of Simon Fell, up a steep stone stairway to Ingleborough (724m). This was the site of a vast Brigantes (Iron Age tribe) fortress. Although due to the harsh climate, it is now wondered whether the site was not some older Bronze Age religious site. You need to be careful of the steep stony descent in wet or misty conditions. Walking through the Ingleborough Nature Reserve, with walkways to protect the landscape, you pass a series of limestone scarps to reach the village of Chapel-le-Dale. Here we find St. Leonard’s Church, home to the remains of over 200 labourers and their families who worked upon the Settle to Carlisle Railway from 1870 to 1877. Note that there is an alternative route from Ingleborough Peak to Ribblehead via Park Fell.

**Stage 6: Chapel-le Dale to Sedbergh (15.7 miles / 25.2 km)**
The whole walk today follows a packhorse trail known as the Craven Way. When you get to Bruntscar farm / hamlet there is an alternative (in good weather) up to Whernside (736m), the highest of the Three Peaks. On the way down you visit the pretty Whernside Tarn. The standard route however, via Ivescar with great views of the famous Ribble Head viaduct, reaches the old signal box at Blea Moor Sidings. The two paths meet again at Wolds End. Then with views opening up of the Howgill range in Cumbria, the trail descends to Deepdale and via numerous stiles to Dent in Dentdale. This was the most important market town of the area, with at least 30 shops in the main street and very much associated with wool and wool knitting. Today it is a much quieter place with quaint cobbled streets, one shop and a couple of pubs. Perhaps only the large 12th century St. Andrews Church hints at the past wealth of the town. This was also the birthplace in 1785 of the famed geologist Adam Sedgwick. One of his students was a certain Charles Darwin. Out of Dent the route follows The Dales Way for a while, across Barth Bridge and across Long Moor towards Longstone fell, alongside the boggy Holebeck Gill. Finally, a walled lane brings you across New Bridge and up into the town centre of Sedbergh at the foot of the Howgills. This attractive 13th century market town, with its old-world atmosphere, has developed at the confluence of four rivers, where ancient trade routes merged - a staging point for commercial routes across the Pennines dating from Saxon times. The town is full of character, from its cobbled streets to its historic houses, some of which show the hallmarks of the old knitting and woollen trades which made the area such a thriving community. It is famous for its public school, set in magnificent parkland on the edge of the town. There is a fine Norman church, George Fox, founder of the Quakers, preached here, and overlooking the town is the site of Castlehaw, an ancient motte and bailey castle built to repel the Scottish hordes. After the 2001 foot & mouth disease outbreak, the Sedbergh booktown project was started in order to encourage visitors to the town. A company was set up in 2003 to develop a community of businesses involved in selling, writing, publishing and designing books and other publications.

**Stage 7: Sedbergh to Newbiggin-on- Lune (10.9 miles / 17.5km)**
Brace yourselves for a 6-mile Howgill ridge walk today, starting with a steep ascent. Hopefully it will be clear so that when you reach ‘The Calf’ (676m) you will be in a position to appreciate the views of the Pennine Hills, such as Wild Boar Fell, Cross Fell, the Orton Fells and Sunbiggen Tarn. Then there’s the Lakeland fell skyline and back towards The Three Peaks, from whence you have come! Watch out for the feral ponies that roam around the hills all year. You will notice that there are no drystone walls up here - The Howgills missed out on the enclosure acts from the 1750s which packaged up a fifth of England for rich landowners away from commoners. There is a poor weather route down to Bowderdale from ‘The Calf’, but the main route continues over Hazelgill Knott then up West Fell and then down to Newbiggen-on-Lune. If the weather is bad when you actually leave Sedbergh there is a bad weather route following the River Rawthey. Newbiggen-on-Lune, set on the northern edge of the Howgill Fells in limestone country, gets its name from the River Lune that runs through the valley on its way to Lancaster. The community’s main activity is farming fell sheep. Stone buildings, a Methodist chapel dating from the early 1800s, the church of St Aidan, a village hall, a plant nursery and a number of accommodations add to the village mix. Fishing for trout in the river is a popular sport.

**Stage 8: Newbiggin-on- Lune to Appleby (12.7miles / 20.4km)**
Following the Great Asby road out of the village, the trail soon turns off across Ravenstonedale and around the bird watcher’s paradise of Sunbiggen Tarn, familiar with anyone who has done The Coast to Coast. From Tarn Moor you follow wall lines up over Great Kinmond with great views, before dropping down through Clockeld Farm onto a lane into Great Asby. Follow a minor road to Howe Slacks then follow Scale Beck to Rutter Force waterfall and associated mill. The trail then follows The Hoff Beck to the hamlet of Hoff and onwards to Bandley Bridge. Crossing over stiles you then climb away from the Beck passing over fields and at the top of a hill you will see Appleby Castle with the Pennines in the background. An enclosed lane brings one out at the walls around Appleby Castle and you enter Appleby by the High Cross at the top of Boroughgate. Appleby is at the heart of the lush Eden Valley and is one of the loveliest towns in the north of England. It was transferred from Scotland to England in 1092, but continued to suffer attacks from the Scots and was all but destroyed in 1388. The picturesque street of Boroughgate, with some interesting old buildings, is at the heart of the town and links the well-preserved Norman Castle with the fine medieval Church of St. Lawrence. The castle is a motte and bailey type of the 12th century, the eastern part was re-built in the mid-fifteenth century by Lord Clifford and later in the seventeenth century, restored by Lady Anne Clifford. You can see Lady Anne's tomb in the parish church of St. Lawrence. Visit Appleby in June and experience the atmosphere of the three-hundred-year-old Horse Fair. Traditionally the fair was an annual event where Gypsies gathered to sell their horses, also a meeting place where they congregated from all over the country.

**GETTING TO THE AREA**

**DALES WAY**

**STRAPLINE**

A much-loved long-distance path that runs for 78 miles right across the beautiful Yorkshire Dales National Park.

**SUMMARY INTRO**

The Dales Way was established in 1969. The Yorkshire Dales are a much-loved region in the north of England, with quintessential rolling hills, lush valleys, waterfalls, charming traditional villages and a rich history.

**TRAIL SUMMARY MAIN COPY**

Gradients and terrain on the Dales Way are relatively easy, but the going may be muddy underfoot in wet weather. There are also a large number of stiles and ‘kissing gates’ to negotiate. The itinerary follows Wharfedale (where there is time to admire the ruins of Bolton Abbey) and then Langstrothdale, gradually gaining height upstream to reach the Pennine watershed at Cam Fell (1,700 feet). The way then runs down Dentdale to the market town of Sedbergh and across sheep pastures to Bowness on Windermere.

**TYPICAL ITINERARY**

**Stage 1: Ilkley to Burnsall (13 miles / 21km)**
This is an entirely valley walk, following the River Wharfe upstream from the lowland scenery of Lower Wharfedale to the hillier surroundings of the Yorkshire Dales National Park. Those who prefer a slightly shorter day can opt to stop at Appletreewick (12 miles from Ilkley), while the really fit and ambitious might consider continuing to Grassington or Linton. In any case the main highlight of the day for most walkers is the ruined Augustinian priory at Bolton Abbey, in a fine setting close to the River Wharfe. It can be crowded at summer weekends, but still, near the half-way point of the stage, makes a pleasant spot for a picnic lunch. There is also a café serving lunches a mile earlier at Bolton Bridge. Appletreewick (a short walk off the Dales Way itself) and Burnsall are both characteristically pretty stone-built Dales villages, with pubs where you can obtain evening meals.

**Stage 2: Burnsall to Hubberholme (15 miles / 24km)**
If you start in Appletreewick or Burnsall you could aim to reach Buckden (milepost 27), Hubberholme (milepost 28) or Yockenthwaite (milepost 30) today. If you start in Grassington and are a moderate or strong walker you could continue beyond Yockenthwaite to Deepdale (milepost 31), Beckermonds (milepost 32.5) or Oughtershaw (milepost 33.5). The first and last sections of this stage again keep close to the valley bottom, but the middle section of 5 miles or so between Grassington and Kettlewell take you onto the high ground on the east side of the Dale, where you cross some good examples of the famous 'limestone pavements' (areas of bare rock with grooves or 'grykes' eroded by solution to a depth of up to a metre or more). The upstanding ridges between the grykes are called 'clints'. The views across the Dale take in the great rock mass of Kilnsey Crag, popular with rock gymnasts. The villages of Grassington and Kettlewell provide all the facilities that you could wish for en route, including shops, pubs and cafés, as does Buckden, which is closer to the end of the stage.

**Stage 3: Hubberholme to Dent Head (Cowgill) (18 miles / 29km)**
This stage includes the highest and wildest ground of the trip, the area of bleak open moorland reaching 430m/1,410 feet, which you cross between the long ascent of Wharfedale and Langstrothdale, and the shorter, steeper descent into Dentdale. If you are not confident of your fitness or navigational ability you should consider breaking the stage into two and stopping for the night at either Cam Houses (milepost 36.6) or Gearstones (milepost 40). There is no shop en route between Buckden (milepost 27) and Dent village (milepost 50) so make sure you have all you need before embarking on this stage.

**Stage 4: Dent Head (Cowgill) to Sedbergh (10 miles / 16km)**
After a couple of fairly demanding stages most walkers welcome the opportunity of an easier day in the peace and solitude of the secretive valley of Dentdale. Especially attractive are the whitewashed cottages and cobbled streets of the pretty village of Dent (milepost 56), where you can relax and enjoy a pub lunch. Sedbergh makes a very good overnight stop and has pubs which provide evening meals, as well as a variety of accommodation. Sedbergh is 0.5 miles from the nearest point on the Dales Way at Millthrop.

**Stage 5: Sedbergh to Burneside (15 miles / 24km)**
It is no longer truly 'Dales' landscape, but this transitional zone of small hills (many of them 'drumlins' of glacial origin) and sheep farms between the Yorkshire Dales and Lake District National Parks has its own charms, only briefly interrupted by crossing the M6 motorway and the London to Glasgow railway. This part of the Dales Way has few settlements or accommodation opportunities, and so most Dales Way walkers will have spent a night in Sedbergh. You should obtain lunch (picnic materials from shops in the town or a packed lunch from your accommodation) before leaving Sedbergh as there is little or no opportunity for buying refreshment en route. The day's walk will inevitably bring you close to Burneside (3 syllables, with the first 'e' pronounced as if it were 'ey'). There are various accommodation opportunities both shortly before and shortly after Burneside itself - wherever you stay we advise making arrangements to include the evening meal at your accommodation tonight.

**Stage 6: Burneside to Bowness-on-Windermere (9 miles / 14.5km)**
This is no more than a half-day walk, but the probability is that you, like most Dales Way walkers, will find plenty to occupy yourselves for the remainder of the day in Bowness and its environs. After a possibly late lunch (no need to carry a picnic), you can take to the water and go for a cruise on lake Windermere, or visit the Beatrix Potter Centre in the town. For the evening there is an abundance of restaurants where you can celebrate your completion of the Dales Way walk.

**GETTING TO THE AREA**

**Rail**

At the end of the walk, you will be able to catch a from Windermere station (1.5 miles from Bowness) to Oxenholme, from where there are connecting trains to London, Manchester Airport, Glasgow, Edinburgh and elsewhere. To return to the starting point is more complicated, and involves changing trains in Lancaster and Leeds to return to Ilkley.

**Bus**

**Road**

**Air**

**HARDIAN’S WALL**

**STRAPLINE**

Hadrian’s Wall is an icon of the British countryside, rich in Roman history and taking in some of Britain’s finest scenery.

**SUMMARY INTRO**

Hadrian's Wall stretches from Wallsend, Tyne and Wear to Bowness-on-Solway in Cumbria, or to be more precise, between the Roman Forts of Segedunum and Maia. It was built under the orders of Emperor Hadrian in AD 122 to mark the northern limit of the Roman Empire. It is the most important monument built by the Romans in Britain, and a reminder of the past glories of one of the world's greatest civilisations.

**TRAIL SUMMARY MAIN COPY**

Although much of the wall has since disappeared, what is left is often spectacular, especially where it follows the uplands in the Northumberland National Park. The wall is also a UNESCO World Heritage Site and an 83-mile National Trail. It is therefore possible to follow the remains of the wall for the whole length of the way, even through the built-up areas at either end.

Another thing worth contemplating is the fact that for 22 miles between Heddon-on-the-Wall and Milecastle 33, the route stays beside the fairly busy B6138. Although you will be walking on a footpath, and purists will be following the wall line, you will have the road beside you.

You can decide therefore whether you want to follow the National Trail, or with the right maps, you could come off the wall route and deviate using minor roads and footpaths via Corbridge and Hexham to re-join the wall trail at Chollerford.

The best remains and the nicest scenery are found in the Northumberland National Park and in Cumbria - the central and Western parts of the route.

**TYPICAL ITINERARY**

**Stage 1: Wallsend to Heddon-on-the-Wall (15 miles / 24km)**
From the tourist information in Wallsend, by the Swan Hunter Ship Yard, the trail heads out following the walls of the ancient Roman fort of Segedunum. Take the Fossway through Walker and Byker. There can be very busy traffic along Shields Road, until there is the opportunity to drop down to the Tyne river via ‘Broad Chare’ road for a vista of the elegant Tyne bridges, and of the Newcastle skyline. There should be time to climb up to Newcastle Keep. Walk out of the city by the built-up banks of the River Tyne. Cross the busy A69 and then the Western Newcastle bypass and continue through Newburn, before steeply ascending from the river with the countryside about to open up. You enter Northumberland - continue to the first substantial section of the wall just before reaching Heddon-on-the-Wall.

**Stage 2: Option A: Purists Route: Heddon on The Wall to Chollerford (15.25 miles / 24.5km)**
The route follows the B6318 out of Heddon, crosses the A69, then follows the waymarked trail, sometimes in the Vallum ditch, and beside the road, with only minor deviations all the way to Chollerford. There are nevertheless some interesting things to see - remains of Vindobala Roman Fort, The Welton Reservoirs, with beautiful associated meadows which in spring have many flowers, the site of Halton Castle, the field patterns in the fields nearby, and there is the battle site of heaven field. Won by Oswald, King of Northumbria, against forces sent from Wales and the English Midlands. You then come into Chollerford and Humshaugh - areas for accommodation.

**Stage 2: Option B: Heddon on the Wall to Hexham (16 miles / 25.5km)**
Follow the road as above, turning off at Rudchester farm, away from the wall line for the next 11 miles, through Horsley and then finally across the fields, entering woods to cross the Whittle dene. Cross fields and minor roads, zig-zagging across the landscape until rolling onto the old Newcastle road and into Corbridge, with the interesting remains of Corstopitum Roman Fort at the intersection of what was Dere Street, the Roman Road. Reach the pretty village of Corbridge, then crossing the Tyne the trail heads to Dilston, going over the railway line and on through the forests of Park Wood, past the Duke's House in all its neo-gothic glory. Then it is down through Spruce and Larch into the old market town of Hexham, a great place to pause if you are not staying here. It has a famous market place and Abbey, lots of beer & good views from the Tyne. From Hexham, either stay the night, or walk, or take a taxi the five miles to Chollerford to continue the wall walk. Cross over the Tyne, continuing via minor roads through the former pit village of Acomb and re-join the line of Hadrian's Wall a mile before Chollerford, which we reach once again on the B6318 military road.

**Stage 3: Chollerford to Once Brewed (12 miles / 19.3km)**
Next it is on through Chollerford, still on the road as far as Fozy Moss, where the road veers off the wall as it reaches the crags of the Whin Sill Escarpment. The stage roller-coasters to Housteads, with its famed fort and English Heritage museum. There are excellent views over what Richards calls the ‘Northward Tynescape’ to the Bellingham and Simonside Hills. Now follows arguably the most scenic section of the trip, over Highshield Crags and then down via Peel Crags to the National Park car park at Steel Rigg, from where you can walk out to accommodation at Once Brewed.

**Stage 4: Once Brewed to Walton (16.25 miles / 26km) -** **(or Brampton, 2 miles diversion off route)**
The wall climbs to its highest point over Winshields Crags, before descending to the delightfully named Bogle Hole. Continue through Thorny Doors and up Cawfields Crags with excellent views onto the Pennines. The path passes by Great Chesters and Magnis (Roman forts), passing Greenhead, the ruin of Thirlwall Castle and, in another mile or so, crosses the Cumbria/Northumberland border on the River Irthing at Gilsand (possibility of accommodation). Interesting Roman defences are found at Birdoswald, and eventually after a trek to Banks, you will find a shop. However, it is another three miles of some of the best cross-country walking of the entire trek before you reach Walton. The pretty little town of Brampton is the obvious place for accommodation around here, but this is two miles off the route.

**Stage 5: Walton/Brampton to Carlisle (11 miles / 17.8km)**
The route continues undulating across country, passing Castlesteads House, crossing the Cam Beck, briefly joining the road at Newtown before skipping across the fields, and once again after a few miles you join minor roads, crossing the M6 and on via Rickerby into Carlisle on quieter tracks by the beautiful River Eden. This is a very interesting, historic city and has good transport connections if you have to leave at this point.

From Carlisle the Wall Walk follows the Cumbrian Coastal Footpath, firstly out of the defunct industrial suburbs of the town. The trail follows the Eden once again, more or less parallel with the line of the Wall and Vallum, through Grinsdale and Beaumont where you at last veer away from the Eden. You get good views from just north of the village to the peaks of Skiddaw and High Pike to the south and across the Solway Firth to the west. Through Burgh-by-Sands, a short detour takes you to the point on the marsh where Edward I died in 1307. In the vicinity of Dykesfield House, the trail joins an old railway embankment for a couple of miles before re-joining the line of the Wall near Glasson. From here the route follows the minor road to Bowness on Solway, the site of the Roman fort of Maia and journey's end.

**GETTING TO THE AREA**

**HERRIOT WAY**

**STRAPLINE**

Named after the vet, James Herriot, made famous in his series of books and very popular BBC TV series.

**SUMMARY INTRO**

James Herriot moved to the area in the late 1930s to join a veterinary practice. The rest as they say is history. His books became particularly popular in the 1970s, when Herriot discovered that there was no end to the average animal lover’s desire for his incidental and sentimental anecdotes. By the late 70’s - mid 80’s this interest spawned a film and a very successful TV series based on his life. This walk visits a lot of the places where he lived and worked.

**TRAIL SUMMARY MAIN COPY**

This circular walking tour was originally designed in 4 stages to make use of the Youth Hostel accommodation at Aysgarth, Grinton, Keld and Hawes. However, there is plenty of conventional accommodation, both in these 4 villages and in the intervening settlements along and close to the way. The conventional way to walk the Herriot Way is anti-clockwise, starting and finishing at Aysgarth Falls. However, there is no golden rule which states that the tour has to be walked in this direction. There are some advantages in doing the walk in a clockwise direction, not least that you can make use of the Sherpa Van service to move your baggage on each day. This service is not available for those doing the tour anti-clockwise.

Planning your day stages - the Herriot Way falls conveniently into 4 stages averaging 13 miles each, stopping overnight at:
1. Aysgarth
2. Hawes or one of the hamlets in its vicinity
3. Keld, Thwaite or Muker
4. Grinton or Reeth
5. Aysgarth again or Carperby

Over this sort of terrain, days of this length can be regarded as moderate for a fit walker, but it is quite feasible to add in one or even two extra stages using accommodation at intermediate points, such as Askrigg, Bainbridge, Healaugh or Castle Bolton. Also, there is no rule which states that the tour has to start at Aysgarth. Grinton or Hawes would also make good starting points, with public transport connections no worse than those to and from Aysgarth. Keld, however, is more remote and less accessible.

**TYPICAL ITINERARY**

**Stage 1: Aysgarth to Hawes (13 miles / 21km).**
There is a lot to see on this stage, and if you are starting the tour in Aysgarth and don't want to rush things you could spend a night in Askrigg or Bainbridge. This might make the two first days rather short for most walkers. You could however take time to explore Bainbridge and its surroundings (milepost 6). You start by following the banks of the River Ure past the Upper Fall and then from Worton Bridge (milepost 4) climb up the north side of the dale to Askrigg (milepost 5). You continue at a high level on the north side of the dale passing several farms and hamlets and surmounting numerous stiles before reaching Hardraw Force waterfall. From there it is only a couple of miles across the valley to the stage end at Hawes.

**Stage 2: Hawes (or nearby hamlets) to Keld (or Thwaite or Muker) (13 miles / 21km)**
The Herriot Way crosses the Pennine Way at Hawes, and before re-joining it for the crossing of Great Shunner Fell the trail passes through Appersett. Beyond Appersett the Herriot Way combines with the Pennine Way and follows the long curving ridge which leads to the summit of Great Shunner Fell (716m) - the highest point on the tour. You then descend north-eastwards to Thwaite, your first hamlet in Swaledale. Beyond Thwaite you pass close to the pretty village of Muker before parting from the Pennine Way to climb over Kisdon Hill (499m) and descend to Keld. In conditions of heavy rain or poor visibility it is possible (and may be advisable if your map and compass skills are not good) to take an easier route following a narrow tarmac road over the moorlands from Appersett, via Hardraw to Thwaite, and then another relatively quiet tarmac road from Thwaite to Keld. You will need to carry a picnic today - the only places of refreshment en route after leaving Hawes are at Thwaite, where you may be able to get afternoon tea, and at Keld, where there is a small café open seasonally. There is a pub and a shop at Muker which is a short distance off the route.

**Stage 3: Keld (or Thwaite or Muker) to Grinton or Reeth (14 miles / 22.5km)**
With minor differences this stage coincides with Stage G of the well-known Coast-to-Coast walk originated by Alfred Wainwright (also served by the Sherpa Van baggage transfer and accommodation booking service). The original Wainwright route keeps to the high ground, passing the evocative remains of former lead-mining operations on the desolate moorlands around the head of the Gunnerside Gill and at Old Gang Mine. Starting from Keld you pass the Kisdon Force waterfall before climbing past the ruined Crackpot Hall (milepost 27.5) onto the high moorland. An interesting spot for lunch on the high-level route is by the old mine buildings at Blakethwaite on the Gunnerside Gill (milepost 30). There is an alternative low-level route which follows the River Swale - which is better in bad weather, however many walkers prefer this pretty route anyway, as there are pubs available to stop for lunch.

**Stage 4: Grinton to Aysgarth Falls (12 miles / 19.3km).**
From Grinton you climb south-westwards out of Swaledale along miners' tracks across Harkerside Moor, passing old lead mine workings, before reaching the highest point of the day at Apedale Head (545m). You descend the lonely valley of Apedale and cross East Bolton Moor to Castle Bolton (milepost 49). There is time to visit the great square keep of Bolton Castle before descending into Wensleydale again.

**GETTING TO THE AREA**

**LADY ANNE WAY**

**STRAPLINE**

A stunning, 100-mile journey from the birthplace of Lady Anne Clifford, to the place where she died.

**SUMMARY INTRO**

Starting at the wonderful Skipton Castle where Lady Anne Clifford was born, this walk passes through some of Britain’s stunning scenery on its 100-mile journey to Broughham Castle in Penrith, where she passed way.

**TRAIL SUMMARY MAIN COPY**

In 1605 Lady Anne Clifford lost the inheritance of her father’s estate to her uncle and male heirs. In 1643 she finally came into her inheritance and returned to restore her estate. The route was inspired by Lady Anne, who repeatedly travelled between her castles and many homes.

The Lady Anne Way passes through the beautiful Yorkshire Dales, including the villages of Wharfedale & Wensleydale. The Way continues onto the remote and rugged fellside of Mallerstang to reach Cumbria and the delights of the Eden Valley.

**TYPICAL ITINERARY**

**Stage 1: Skipton to Grassington (15.5 miles / 25km)**
Today you walk through the villages of Embsay and Eastby, before climbing to reach Barden Tower. Here you will meet the River Wharfe and follow its banks, visiting many picturesque villages along the way. As you progress through Wharfedale you will notice the field barns and dry-stone walls, both important features in the Dales landscape. The day ends in the ever-popular village of Grassington, with its cobbled streets.

**Stage 2: Grassington to Buckden (12.5 miles / 20km)**
Today you take to the fellsides and gain your first glimpse of limestone country. You pass the remains of Iron Age settlements before climbing to reach Capplestone Gate. With stunning views, you climb higher and higher, and from the top it’s a gradual drop down to the lovely Kettlewell, with shops and pubs, before your final stretch into Buckden.

**Stage 3: Buckden to Hawes (18 miles / 29km)**
Stretch your legs on the climb to reach the top of Stake Moss. Enjoy lovely walking with extensive views all the way down to the flanks of Addlebrough. These ancient paths will take you out of the Yorkshire Dales villages of Wharfdale and Wensleydale, where you pass Nappa Hall and its association with Lady Anne. You then continue on a valley walk to the town of Askrigg. You then carry on through fields and pastures to reach the market town of Hawes.

**Stage 4: Hawes to Kirkby Stephen (17.25 miles / 27.8km)**
The day starts with a walk-through meadowland and follows a stiff climb up Cotter End, travelling on ‘Lady Anne Clifford’s Highway’. Today you leave Yorkshire behind and enter Cumbria. You will be rewarded with wonderful views all the way to Mallerstang and the Upper Eden Valley. The day ends as it began, following the course of the river into Kirkby Stephen.

**Stage 5: Kirkby Stephen to Appleby (16.5 miles / 26.5km)**
Today's route is along valleys and beside rivers. You leave Mallerstang and its wild and dramatic scenery for the pastures of the Eden Valley, where Brough forms the turning point as you start to head west towards the Lake District. There is much historical interest on today's walk, encompassing the ruins of Brough Castle, Ormside 'Cross' and church, and finishing with Appleby and its splendid castle and churches. This is easy walking with only minor undulations and many spectacular views.

**Stage 6: Appleby to Penrith (19.75 miles / 31.8km)**
A low-level finish with superb views of the North Pennine Hills. Pass the ancient ruins of Brougham Hall and its accompanying craft centre and café, before the culmination of the day, when the magnificent ruins of Brougham Castle are reached. A short stretch of riverside walking takes you to the outskirts of Penrith and the end of Lady Anne’s Way.

**GETTING TO THE AREA**

**PENNINE WAY**

**STRAPLINE**

One of the UK’s great walking challenges - a magnificent, 268-mile walk along the backbone of England.

**SUMMARY INTRO**

The Pennine Way was the first official National Trail to be created in Britain in 1965, after a long campaign started in 1935 by Tom Stephenson, secretary of The Ramblers Association. The roots of this campaign for a national trail was the mass trespass movement of the 1930s.

**TRAIL SUMMARY MAIN COPY**

Some say, after they have been swimming through the bogs of Kinder Scout or Cheviot, they could see why such a concession for a footpath was given for the route. In reality the trail being a popular ‘tester’ has attracted a great deal of attention from walkers, to the extent that there has been a great deal of erosion. More recently there have been huge efforts to reseed certain areas and to cover the eroded surfaces with ‘all weather’ flagstones, which have indirectly aided navigation through some of the trickiest sections of the trail as well.

While the National Park authorities try to improve trail conditions, it should be made clear that this walk passes through some of the loneliest and loveliest high walking terrain in England, and over such length that there is a tremendous variety from high peat bog, heathlands, beautiful karst (limestone scenery) including cliffs, caves and rock pavements. There are also big peaks known as the High Fells, of which Cross Fell is the highest point at nearly 3,000 feet; the smaller hills of the Yorkshire Dales. There are also deep green valleys such as Swaledale, with beautiful rivers, and tremendous natural features such as High, Low Force waterfalls and High Cup Nick - a glacial valley. You’ll also get to visit the highest pub in England at Tan Hill.

Most people walk the Pennine Way from south to north, which usually means that you are walking with your back to the worst of the weather, and most walk it in 2-3 weeks. Maps and compass are essential as there is limited waymarking en route.

**TYPICAL ITINERARY (Need to write stages 1 to 5)**

**Stage 1: Edale to Cowden (16 miles / 25.6km)**

**Stage 2: Crowden To Globe Farm (10 miles / 16km) / Standedge (11.5 miles / 18.4km)**

**Stage 3 Standedge to Hebden Bridge (15 miles / 24km)**

**Stage 4 Hebden Bridge to Lothersdale (19 miles / 30.4km)**

**Stage 5 Lothersdale to Malham (15 miles / 24km)**

**Stage 6: Malham to Horton in Ribbleside (14 miles / 22.4km)**
Now you are in the Yorkshire Dales National Park, and you will climb steeply up the cliffs of Malham Cove to walk along the limestone pavements into Watlowes Valley. Eventually you should get to beautiful Malham Tarn. After Fountain Fell the whale back like hump of your high point for today can be seen. This is the peak of Pen-y-ghent (2,277ft / 694m) which is well known to walkers of the Three Peaks Walk. As you go over the fence on the top of the hill, you may meet a lot of people sheltering in the lee of the fence with their packed lunches, huddled in the wind and rain or worse. The downhill route to Horton in Ribbleside is quite clear, passing Tarn Bar en route, a tiny version of Malham Cove. At the B6479 road you will find it hard to resist the temptation to visit the Pen-y-ghent café to sign the book for Pennine Way walkers. It is best to top up with lunch supplies here for tomorrow, because there is little en route.

**Stage 7: Horton in Ribbleside to Hawes (14 miles / 22.4km)**
Up through Birkwith Moor, with impressive dales scenery once again. And it is worth trying to locate the stream tumbling into Calf Holes Cave only to reappear a bit further on at Brown Gill Cave. The route eventually climbs to join the Roman High Road at Cam End and then intersects with The Dales Way, which possibly is the most popular long-distance footpath in Britain. The walk edges around Dodd Fell before dropping down through farmlands to the village of Gayle and on to the bustling town of Hawes on the A684.

**Stage 8: Hawes to Keld (12.5 miles / 20km) or Tan Hill (16 miles / 25.6km)**
A mile up the road you will be able to visit Hardraw village, home of England's highest waterfall, Hardraw Force. It is then time to leave the green fields of the valley for desolate moors up to Great Shunner Fell before descending to the fields of Thwaite, the arrival of whose cafés are just in time for a pleasant lunch spot. There then follows a very beautiful section where the walk climbs high above the River Swale, meeting The Coast to Coast for a while. It is possible to walk an hour or so off route to Keld for additional accommodation, otherwise it means blasting on the trail a bit further up the moors to the Tan Hill, about 4 miles from Keld, which at 528m is a welcome site, being the highest pub in England, and is the only place around here offering accommodation.

**Stage 9: Keld to Bowes (13 miles / 21km)**
Another nice day is spent leaving the Yorkshire Dales National Park and entering the Area of Outstanding Natural Beauty called the North Pennines. This is often a stage where compasses come out! From Keld, blast onto the moors again and a bit further up you will reach Tan Hill, about 4 miles from Keld which at 528m is the highest pub in England. After the pub, walking along Sleightholme Moor for a few miles can be very misty and muddy. Especially if you stayed last night in Keld you will probably be dropping down to Bowes or Baldersdale for accommodation, pubs and shops tonight. Otherwise the trail divides at Trough Heads and you will cross the River Greta via a slab of stone: ‘God's Bridge’ and underpass the busy A66, before continuing on through the moors to Blackton Bridge YHA, thus avoiding Bowes. If you stay at Bowes you will pass Blackton tomorrow.

**Stage 10: Bowes to Middleton (17 miles / 27km) or Bowes to Langdon Beck (25 miles / 40km)**
A nice bleak moorland and stream walk to Middleton in Teesdale today, which could take 6 hours or so on rolling terrain, with no big ascents. There is a lot of stone walling around, many farms, ruins and the reservoirs of Blackton and Lunedale before the route passes Harter Fell and drops down into the valley of the river Tees. The Youth Hostel at Blackton is thought of as being the halfway point of the route. Please note that those walking Bowes to Langton Beck will need to spend another day walking from Langdon Beck to Dufton (12.5 miles), otherwise the hike over to Garrigill becomes 28 miles.

**Stage 11: Middleton to Dufton (20 miles / 32km) or Langdon Beck to Dufton (12.5 miles / 20km)**
Be prepared today because you will encounter some of the wildest natural features of the entire walk. There are some opportunities for lunch en route. Leave Middleton with enough supplies along the course of the River Tees which will resemble malt whiskey in colour. The first waterfall is called Low Force and drops over a series of rocky steps. Eventually you reach the outstanding High Force. If you are hostelling, you may stay at The Langdon Beck YHA a bit further on. If you are continuing you will reach another waterfall called Cauldron Snout, rumbling on the Tees. Follow the moors along the Maize Beck until you reach High Cup Nick, a deeply cut glacial u-shaped valley. Then it is on a few miles downhill to Dufton.

**Stage 12: Dufton to Carrigill (17 miles / 27km) or Alston (20 miles / 32km)**
A full, long day, so carry enough food with you. It is certainly the hardest day that you have encountered so far with regard to route finding if the weather is poor. From Dufton the route takes you up over Knock Fell (794m), Great Dun Fell (848m) with its 'Golf Ball ' radar, over Little Dun Fell and then Cross Fell (893) which is the highest point along The Pennine Way. The moorlands here are no place to get lost in the mist! There is a mountain refuge a little further on if you need it. It is then a tiring march to the metalled road at Garrigal for pub refreshments or for the night, but if you have got the time it is recommended that you walk the 2 miles or so along the South Tyne to the pretty little market town of Alston.

**Stage 13: Alston to Greenhead (16 miles / 25.6km)**
Some may find this section a little tedious. It is very agricultural and can be very muddy in places if there has been a lot of rain, and perhaps the name of the village of Slaggyford sums it all up! You then take the Maiden Way Roman Road towards Hartleyburn Common and onto Greenhead.

**Stage 14: Greenhead to Once Brewed (7 miles / 11km)**
Hadrian’s Wall and the Northumberland National Park beckon on the route. Walking the rollercoaster of Hadrian’s Wall is tiring and we recommend staying at Once Brewed, giving you plenty of time to visit the major attractions along the wall today. There are cafés (seasonal) en route. Walking along the Cawfield and Winshield crags section the wall is very well preserved. You then drop down to pub and hostel at Once Brewed. If you are staying at the youth hostel here tonight, we recommend that you drop your things there and continue along the wall to see a lot more of it at your leisure, as the route turns to the North at Cuddy's Crags before the Housesteads section.

**Stage 15: Once Brewed to Bellingham (15.5 miles / 25km)**
Head easterly along the wall for a few miles, (you may want to detour to see Housesteads Roman Fort if you did not go and see it yesterday). This section from Steel Rigg is the most dramatic of the way, but very exposed on a cold blustery day. You should get great views to the Pennines and across to the Simonside hills in Northumberland and the various coniferous forest estates. After this you turn north into the Northumberland National Park and through the coniferous Wark Forest and to Lowstead, a fortified house to protect the locals and their animals from raiding groups called Reivers. The walk follows small roads and crosses farmland and the North Tyne to follow the river bank down into the pretty village of Bellingham, just about the best place to stock up with basic supplies until the end of the route.

**Stage 16: Bellingham to Byrness (15 miles / 24km)**
You will need to carry all your supplies for the day with you, as you cross several miles of heather moorlands before passing through more conifer forests, then between forests and moors, and then back into the forest and via Blakehopeburnhaugh on a nice riverside path to the village of Byrness, which has limited accommodation possibilities due to its nature originally as a Forestry Commission station, rather than a market town.

**Stage 17: Byrness to Kirk Yetholm (26 miles / 42km)**
The longest day provides the ultimate climax to the walk, and it is likely to take you all day as well. In addition, there is the detour up to the big boggy fell of Cheviot (815) which will add slightly to the distance. Be prepared, it is a hard, long walk and pretty lonely. You must be ready to navigate. 'The Way' climbs over Moorland, with an alternative route to take in Chew Green Roman Camp. Eventually you drop down across the Cheviot Fells to alight at Kirk Yetholm, an old borders market village in the middle of nowhere in particular, but just happens to be the end of the Pennine Way.
Most walkers choose to split this into 2 stages. There is accommodation available at Cocklawfoot Farm, between Byrness and Kirk Yetholm - 12 miles prior to Kirk Yetholm and two miles off the route. The only issue is, it is difficult for luggage to be delivered as it is quite remote. Walkers will need to take an overnight bag with them from Byrness and then they will be reunited with the main bag when they reach Kirk Yetholm. Byrness to Kirk Yetholm is charged as a 2-day stage.

**GETTING TO THE AREA**

**C2C CYCLE ROUTE**

**STRAPLINE**

Complete the Coast to Coast on 2 wheels with this specially created, 140-mile cycling trail.

**SUMMARY INTRO**

The C2C Cycle Route follows a specially created trail from the lighthouse at the port of Whitehaven on the Irish Sea coast to the lighthouse at Sunderland on the shores of the North Sea. In the course of its 140-mile passage it takes in some of the best of the scenery that the Lake District and the wild Pennines have to offer.

**TRAIL SUMMARY MAIN COPY**

Almost all of the route is based on minor roads and cycle paths, so that the cycling can be enjoyed to the full without worrying about traffic. Four days cycling will cover the journey, but you may want to linger and enjoy the sites and scenery along the route more fully, in which case six days affords a fairly leisurely outing. There are many points of interest on, or near, the trail that merit a detour - not least the beautiful cathedral city of Durham. Riders can get their route maps stamped at various points along the trail, and those who complete the route qualify for the C2C t-shirt!

**Sherpa Van Exclusive C2C Cycle Route Package Deal**

Sherpa Van makes the trail easy and convenient with a special arrangement devised specifically for the C2C. This is all arranged from our base in Richmond. You arrive at Richmond by car (We provide secure car parking £4.00 per day) or by train to Darlington.

Accommodation in Richmond for your first night is at the Old Brewery Guest House

At 7:30am our coach will take you and your bike to Whitehaven or Workington so that you can begin your ride by 09:30am. At the end of your ride we collect you from Tynemouth (3:30pm) or Roker (4:30pm) and deliver you back to Darlington Station (5:30pm) or Richmond (6:00pm).

The cost of all these arrangements including up to 5 baggage transfers is £285.00

Our vans provide daily baggage deliveries between hotels, B & Bs, and campsites along the whole length of the trail. Most riders take advantage of the prevailing winds and travel from west to east.

Should you wish to make your own travel arrangements we also offer up to five bag transfers between Whitehaven or Workington and Tynemouth or Roker for £100.00

[Please contact us for further information](https://www.sherpavan.com/company/contact.htm).

**TYPICAL ITINERARY**

**Stage 1: Whitehaven to Keswick (31 miles / 50km)**
From Whitehaven to Rowrah the route is mainly on the Sustrans Ennerdale Railway path. Along this section there is a sculpture trail which interprets the geology and industrial history of the region. From here it's on to minor roads up to Loweswater. The climb up from Lorton to Whinlatter Pass is the first big test. The Whinlatter Visitor Centre at the top does food in season - it can be a welcome rest and shelter. The centre is in the midst of the mountain forest and contains a wealth of local habitat information. The route continues on forest tracks to Thornthwaite, and then follows minor roads to Keswick.

**Stage 2: Keswick to Langwathby (27 miles / 43.5km)**
This stage of the route in the Vale of Eden is an easy ride of ever-changing scenery. You will follow minor roads - out of the centre of Keswick the road climbs steeply past Castlerigg Stone Circle and then passes through the village of Threlkeld. You will need to go down some steps and cross the A66 to continue on your way to Troutbeck, where you will need to cross the A66 once more. Continue through Greystoke and the market town of Penrith - after crossing the River Eden you will reach Langwathby. There is an alternative route along the Old Coach Road which leaves the main route at Castlerigg Stone Circle, and follows a steep, rough track over Threlkeld Common to Matterdale End. This alternative re-joins the main route at Greystoke.

**Stage 3: Langwathby to Allenheads (30 miles / 48km)**
The most mountainous section of the entire route, this stage contains four major hills within twenty miles. Climb steeply out of Langwathby to reach the Little Meg Stone Circle, continue on minor roads and then on to a stony track, join the A686, a tarmac road, and follow it to the first and the steepest hill, Hartside, which is also the watershed between the Irish and North seas. After Hartside, continue through the villages of Leadgate and Garrigill. From the centre of Garrigill continue along the south side of the River South Tyne, before crossing it by a ford. A steep uphill track will take you to Priorsdale, from where the route descends steeply through old lead mines to Nenthead. After Nenthead you reach Black Hill, the highest point on the C2C. The stage ends by descending into the valley of the River East Allen and the village of Allenheads.

**Stage 4: Allenheads to Stanley (29 miles / 46.7km)**
Marking the end of the rough, hilly terrain of the Northern Pennines, this stage marks the start of the industrial landscape of the North East. There’s a steady climb out of Allenheads until you reach the summit at Currick, which is followed by the long, more gentle descent down the Rookhope Valley. Scars from centuries of lead mining are evident in the valley. The route leaves the road in Rookhope village and climbs steeply up the old railway incline - from here the route follows rough tracks and paths until it reaches Waskerley. (This section of the route will be closed occasionally during the shooting season, when alternative routes must be used). Follow the Waskerley Way, a reclaimed railway path - you will cross the Hownsgill viaduct, and then continue on the Consett and Sunderland Railway Path, passing through Consett, Leadgate, and Annfield Plain. Continuing to Stanley you will pass several sculptures on the way.

**Stage 5: Stanley to Sunderland (16 miles / 25.7km)**
This stage is one of the easiest on the C2C - with the exception of one small climb at Cox Green it is all downhill or flat, allowing plenty of time to enjoy the changing scenery, from the rolling hills of Beamish to the industry of Sunderland. From Stanley continue along the Consett and Sunderland Railway Path, past Beamish, Pelton and Washington. Along the route there are access points at most road crossings allowing the towns to be visited, to explore and use facilities. There are several sculptures, part of a sculpture trail stretching from Consett to Chester-le-Street. From Washington, continue through James Steel Park and cross the River Wear, there is then a steep climb on the way to Pallon. In the final section you will follow the path alongside the River Wear, past the marina to reach the North Sea at Roker.

**GETTING TO THE AREA**

**ST CUTHBERT’S WAY**

**STRAPLINE**

This 110-mile, ancient pilgrimage reflects the life of the 7th century Northumbrian bishop, St Cuthbert.

**SUMMARY INTRO**

St Cuthbert's Way was established in 1996. It extends from Melrose in the Scottish borders to the island of Lindisfarne, just off the coast of Northumberland, linking places associated with St Cuthbert – a 7th century monk whose life was characterised by evangelism and a devotion to the poor.

**TRAIL SUMMARY MAIN COPY**

The route includes a variety of delightful and quite unspoilt countryside - the Tweed valley (origin of the famous woollen cloth), the Eildon Hills, the Cheviot Hills (origin of one of the most famous breeds of sheep), and the Northumberland coast with its broad horizons, sandy beaches, and dramatic contrasts between high and low tide.

The small historic towns en route - Melrose, Jedburgh and Wooler - are equally unspoilt and offer a pleasant contrast with the thinly populated countryside. There is an abundance of historical remains including ruined abbeys at Melrose, Jedburgh and Lindisfarne. The standard route is intended to be walkable in 4 long days, but several modifications can be made to make the average length of day shorter. A second night spent in Melrose enables the intervening day to be spent on a circular walk over the Eildon hills and back along the banks of the Tweed. A short detour enables you to spend a night in Jedburgh, and a night on Lindisfarne.  With Sherpa Van it is possible to extend the tour back on the mainland to the beautiful village of Bamburgh, overlooked by its grand castle before following the coast to end finally near Craster.

Most important however is to plan the route so that you cross onto Lindisfarne, and leave it, when there are favourable low tides. Tide time can be found online [here](http://orawww.northumberland.gov.uk/www2/holyisland/holyisland.asp).

**TYPICAL ITINERARY**

**Stage 1: Melrose to Harestanes/Jedburgh (17 miles / 27km) Max Ascent: 450m / 1400ft**
The first day may come as a sharp shock for those who are not yet used to walking - it's just about the longest walk of the route). You have the ascent between the Eildon Hills (climbing one of them is recommended) as an appropriate warm up, before walking along by the Tweed. A visit to Dryburgh Abbey is a possibility. Soon after the pretty village of Maxton you join the Roman Road at Dere Street, which takes you near to the Harestanes Visitor Centre, where a cup of tea may be in order. Due to limited accommodation in the area it may be worthwhile to walk the extension (off route) into Jedburgh.

**Day 2: Harestanes /Jedburgh to Kirk Yetholm (17 miles / 27km) Max Ascent: 400m / 1300ft**
Either walk or take a taxi back to the point that you left yesterday, whether it is Harestanes, Dere Street or Jedburgh Bridge. Today's undulating walk takes you past the ancestral home of the Kerrs, over the highest point on the route at Wideopen Hill and down to the interesting Cheviot town of Kirk Yetholm (which is also the finishing point of the Pennine Way).

**Day 3: Kirk Yetholm to Wooler (13 miles / 21km) Max Ascent: 600m / 1900ft**
It is time to cross over into England and leave the hills for the start of the rolling lands of Northumberland. This is a great scenic walk, ending up at the old English market town of Wooler. Please note that there are no refreshments available en route between Kirk Yetholm and Wooler, and please be prepared in case of bad weather.

**Day 4: Wooler to Lindisfarne (17.5 miles / 28km) Max Ascent: 260m / 850ft**
An interesting day full of variety and beauty, taking you up for the last time onto the Northumberland moors, up to St. Cuthbert's Cave, through woods and then down to the sea, reaching the Lindisfarne Causeway to take you over to the island. You’ll need to check the [tide times](http://orawww.northumberland.gov.uk/www2/holyisland/holyisland.asp) for safe crossings. Safe crossing times are also displayed in the car park. You should be familiar with these before you start the walk, and the dates should coincide with days when the tides are in your favour. It will then be safe to follow the causeway road onto the island. The road takes the shortest route to the island, crossing the bridge over South Low, then over the sands to the Snook, the Western end of the island. It then keeps to the edge of the dunes to Chare Ends, the entrance to Holy Island Village. During high winds, blown sand will really sting exposed legs, and make sure that cameras/binoculars are well protected.  The old Pilgrim's route, marked by a line of poles, crosses the sands directly from the bridge to Chare Ends. If you intend to use the Pilgrim's path across the sands to reach or return from the island, beware that the sands are covered by water for a much longer period than the causeway. You should aim to cross during the middle of the safe period to avoid deep water on the route. You should cross barefoot or with sandals, as water remains on the sands even at low tide. Join the Pilgrim's route after crossing the bridge over South Low, taking a line from the refuge box, following the series of posts going due east following terra (fairly) firma over the sand flats. (The pilgrim's route from the refuge box, is 2 miles / 3.5 km to the island, so if you are pressed for time it is better to err on the side of caution and take the road across. Do not be tempted to stray far from the posts, in case of quicksands.

**Day 5: Lindisfarne to Bamburgh (12 miles / 20km) Max Ascent: 75m / 246ft**
(Please note that there are no more waymarks on this extension once you are off the islands - look for footpath signs instead, and stay close to the coastline, on roads, paths and footpaths, some of which are owned by the National Trust. If you do want to do the extension, hopefully you will also have your timings correct for re-crossing back from the island to the mainland again. It is an excellent day for bird-watching at certain times of the year. The walking is almost flat, and depending on the tides you could complete a lot of it walking along the beach. The best viewing opportunities are on the Fenham Flats, and the Budle Bay Nature Reserve. Bamburgh itself is one of the most dramatic and romantic castles in the country, sitting on a crag on the beach. There is a museum here, a couple of pubs and the remains of a friary.

**Day 6: Bamburgh to Craster via Seahouses and Beadnell (10.5 miles / 17kms) Max Ascent: 60m / 196ft**
Today you must decide whether or not you are going to do the walk to Craster, via the dramatic castle of Dunstanburgh (it is quite a short walking day) or whether you are going to go to Seahouses and do a boat trip. Timing the day's events is critical as the boat trip to the Farne Islands is governed by the tides.

**GETTING TO THE AREA**

**WEST HIGHLAND WAY**

**STRAPLINE**

A magnificent walk in the Scottish Highlands, taking you through some of Britain’s most stunning scenery.

**SUMMARY INTRO**

This 92-mile National Trail through the south-western part of the Scottish Highlands starts at the village of Drymen just outside Glasgow. It includes large sections of Loch Lomond, valley routes through the mountains round Crianlarich, and open heather moorland across the Rannoch Moor wilderness area.

**TRAIL SUMMARY MAIN COPY**

The West Highland Way passes close to Glencoe, famed for its massacre of the MacDonald Clan, and finishes at Fort William near the foot of Ben Nevis, (Britain's highest peak, which can be readily ascended if you choose to spend an extra day in Fort William at the end of your walk). The West Highland Way is a well-established and popular route. The altitude range is from sea-level to 1,850 ft (4,408 ft if Ben Nevis is climbed).

**TYPICAL ITINERARY**

**Stage 1: Milngavie to Drymen (12 miles / 19.3km)**
From this commuter suburb of Glasgow the West Highland Way begins at an obelisk near the shopping centre and the rail station. This first stage is a rather inauspicious start to this great walk. From the shopping malls and the tower blocks the 'Way' passes out across rolling hills and plains of the lowlands of Scotland, to the threshold of Loch Lomond itself. There are no major climbs and you will be following footpaths, lanes, tracks and former railways.

**Stage 2: Drymen to Rowardennan (14 miles / 22.5km)**
Today marks the sudden transition of the lowland route into highland territory - the 'Highland Fault', which runs near to the alignment of Conic Hill and the Loch Lomond Islands that you should see stretching out in front of you. The climax perhaps is the walk up Conic Hill (358m) which, in good weather, provides terrific views over Loch Lomond, its islands and on towards the Luss Hills. The Isle of Arran can even be viewed on a clear day. The walking is very mixed, from field to forest to fell, and then from Balmaha it is surprisingly up and down along the loch shore until the end of the stage at Rowardennan. Although Conic Hill certainly requires a little effort, some people find that the loch shore undulations later on during the day are much more draining. Still rest assured that today is one of real natural beauty.

**Stage 3: Rowardennan to Inverarnan (14 miles / 22.5km)**
This is the roughest and arguably the hardest section of the whole route. Although you will be walking north along the loch shore, and not climbing much more than 80m at any one time, there are a tremendous number of undulations and convolutions, especially north of Inversnaid. The route is badly eroded in sections and will offer little respite from rocks, mud and tree roots until you arrive at Inverarnan, save for the stunning loch-side scenery! After Rowardennan, there are a couple of places to take refreshment before getting to the famous Drover's Inn at Inverarnan, which is so full of old character. You could raise the ball and summon the Ardleish/Ardlui ferry to take you over to the other side of the loch for a while or to stay at the hotel there, or you could continue on into Glen Falloch.

**Stage 4: Inverarnan to Crianlarich (6.5 miles / 10.5km)**
If the march yesterday was a bit of a strain, the suggested day stage today is a lot shorter. It will take you away from Loch Lomond and north easterly, crossing the Glasgow-Fort William railway line in Glen Falloch, and then ascending through Forestry Commission plantations, from where you can drop down to Crianlarich, situated under the giant buttresses of Ben More. The village is good for a re-supply, or even a day’s rest, because now you are approximately halfway on the tour amidst mountain splendour. There is plenty to see along the way, although much of the day you will be aware of being accompanied by the road and rail arteries. There are babbling brooks and small torrents, forest glades and, if you are good with your map and have a good eye, you might even see the na Briton - a rather large boulder high above Glen Falloch, which was supposed to be the marker that divided the ancient kingdoms of the Britons, The Scots and the Picts. You should also see a few remnant pines of the Caledonian forest that used to cover much of lowland Scotland. The remaining pines now look fairly sad and incongruous on the grazed hillsides.

**Stage 5: Crianlarich to Bridge Of Orchy (13 miles / 21km)**
This is a beautiful day of glen and low-pass walking on good trails and the old military road, with some moderate gradients, but nothing too demanding. There is a choice of two routes to take you from Crianlarich, back up into the forests above Strath Fillan. Then it is down and along to the historic ruins of St. Fillans for a pause before you carry on to Tyndrum, an old mineral mining village, where you will find cafés, restaurants and shops. There follows a gradual climb up out of the village, parallel with the road and rail communications. This then passes into a classic glacier-carved 'U' shaped valley of Glen Auch/Glen Orchy. The most spectacular section is that of walking under the titan bulk of Beinn Dorain (1,076m), before reaching refreshment or accommodation at Bridge of Orchy.

**Stage 6: Bridge of Orchy to Kingshouse (12 miles / 19.3km)**
This is the most exposed stage, as you will be crossing Rannoch Moor. It starts with a muddy woodland and moorland climb over Mam Carraigh, but then from Victoria Bridge near to the Inveroran Hotel, you will be back on the old military road with a reasonable surface rising to 350m on the moor. The first part of the moor is called the Black Mount, the name which it probably gets from the colour of the peat and the lochans. This is a wonderful, remote and rugged place to be, but exceptionally hostile in bad weather. There is no shelter upon Rannoch, before White Corries or Kingshouse, and accommodation is generally limited to the latter.

**Stage 7: Kingshouse to Kinlochleven (9 miles / 14.5km)**
The Way enters some very beautiful scenery at the top of Glencoe, and then climbs out over the switch-backed Devil’s Staircase, an amazingly well-engineered and graded section of the military road, opening up great views back towards Rannoch Moor and over to the sublime peak of Buachaille Etive Mor - The Shepherd of Glencoe. The Way reaches its highest point at 500m and then descends fairly steeply down to Kinlochleven, on the sea loch of Loch Leven, under the 'Pap of Glencoe' where there is plenty of accommodation. If you have more time this is also a very nice place to stay and go climbing in the Mamores, or for scrambling along the Aeonach Eagach Ridge... if you are very fit! The beauty of the place is in the views of the great sea Loch Leven and presiding over it, The Pap of Glencoe. There are good amenities in the town.

**Stage 8: Kinlochleven to Fort William (14 miles / 22.5km)**
This final stage of the Way takes you to a resolute climax overlooking the hulk of Ben Nevis, before you drop down to the end of the walk at Nevis Bridge. It is quite a long day and, despite a good mixture of forests and abandoned farmsteads, can once again be quite exposed to the elements. From Kinlochleven you will ascend quite steeply, although on good tracks, to 330m above sea level. The Way then descends from the Lairigmor pass and re-ascends through forest, and then down to Glen Nevis and Nevis Bridge where the tour officially ends. There is a full range of accommodation here and, at Fort William, with good services connecting the rest of Britain.

**GETTING TO THE AREA**