

# COAST TO COAST

## General Information

### ITINERARY

We will meet at **10am on Sunday (Day 1)** at St Bees beach car park on the seafront. After picking up a pebble and dipping our toes in the Irish Sea, we will start our walk at 10:30am.

- DAY 1 - St Bees to Ennerdale Bridge (14 miles)
- DAY 2 - Ennerdale Bridge to Rosthwaite (16 miles)
- DAY 3 - Rosthwaite to Grasmere (10 miles)
- DAY 4 - Grasmere to Patterdale (10 miles)
- DAY 5 - Patterdale to Shap (18 miles)
- DAY 6 - Shap to Kirkby Stephen (20 miles)
- DAY 7 - Kirkby Stephen to Keld (13 miles)
- DAY 8 - Keld to Reeth (12 miles)
- DAY 9 - Reeth to Richmond (12 miles)
- DAY 10 - Richmond to Danby Wiske (15 miles)
- DAY 11 - Danby Wiske to Osmotherley (12 miles)
- DAY 12 - Osmotherley to Blakey Ridge (20 miles)
- DAY 13 - Blakey Ridge to Grosmont (14 miles)
- DAY 14 - Grosmont to Robin Hood's Bay (17 miles)
- DAY 15 - *onward travel from Robin Hood's Bay*

*The route is actually around 203 miles as the 192 mile figure is estimated from 'flat' maps, whereas there is some additional distance due to the hills, mountains and meanderings along the way. There are some route options along the way too (high/low, longer/shorter), which we will discuss on the walk.*

### Start times

We will start walking at **9am** each day, as this will allow more time to enjoy the walk. There will be a lunch stop of around 30 minutes, plus several rest stops during the day to admire the views, eat snacks etc.

*There are some exceptions, where we will start at **8:30am***

Day 5: Patterdale to Shap

Day 6: Shap to Kirkby Stephen

Day 12: Osmotherley to Blakey

Day 14: Grosmont to Robin Hoods Bay

Please discuss an early breakfast with your B&B when you arrive.

### Finish times

The aim will be to finish each day at around 5pm, with the exception of some of the shorter days when we will finish mid afternoon. At the end of each day I will guide the group into the centre of each village or town, and then everyone will make their own way to their accommodation. Please ensure you know the location of your B&B to find out exactly where it is in each village. Most of you will be staying in the same location and many of the villages are quite small, so it should be straight-forward.

### LAUNDRY SERVICE

Many B&Bs offer a laundry service; most B&Bs are geared up for Coast to Coast walkers!

### TRAINING & PREPARATION

This is a long distance multi-day walk that covers 203 miles. You will be walking for fourteen consecutive days across the mountains, hills, fells, valleys and farmland of the Lake District, North Pennines, Yorkshire Dales, Vale of Mowbray and North York Moors, with the length of each day varying from 10 to 20 miles. The terrain includes valleys, hills and mountains. Some of the terrain is rocky, wet, muddy, boggy and uneven. Some of the hills and mountains are high, remote and wild. There are stream crossings, stiles, road crossings and some road walking. We may experience adverse weather conditions. On some days there are sustained climbs up and down hills, particularly in the Lake District.

This walk requires a good level of fitness and stamina. It is a strenuous walk.

To get the most from this walk, please train for several weeks prior to this walk, by walking as much as possible and increasing your activity levels. Please increase your exercise and activity levels for AT LEAST 3 months leading up to this walk. Walk as much as possible - to the shops, to work, at lunchtime, at weekends, and incorporate exercise as part of your daily lifestyle. Also include other types of exercise such as swimming, cycling, jogging and the gym. Build up slowly and steadily; if you are in any doubt then please seek specialist advice.

As part of your training please complete at least FOUR back-to-back full day weekend walks, with at least 12 miles on a Saturday and on Sunday.

### BOOTS

Please ensure your walking boots are well worn-in, comfortable and are waterproof & have good ankle support. Bring blister plasters with you, and buy good walking socks. Basically, your boots are the most important thing. If you get blisters then each step will be painful, and you'll take around 500,000 steps to walk the Coast to Coast!

### PUBS / CAFES ALONG THE ROUTE EACH DAY

Pubs or cafes along the route

Days: 1, 2, 7, 10, 11, 12, 13, 14

NO facilities along the route

Days: 3, 4, 5, 6, 8, 9

*There are also refreshments available in the odd rural village hall or church. Please provide a packed lunch each day. You will need at least 2 litres of water each day. There are occasionally cafes along the route.*

### EVENING MEALS

I have booked a table for us all at the following locations. All reservations are for 7:30pm

- Day 1 - Shepherd's Arms, Ennerdale Bridge
- Day 2 - Riverside Bar, Scafell Hotel, Rosthwaite
- Day 3 - Tweedies Bar, Grasmere
- Day 4 - White Lion, Patterdale
- Day 5 - Shap Chippy fish & chip restaurant
- Day 6 - Mango Tree Indian restaurant, Kirkby Stephen
- Day 7 - Keld Lodge
- Day 8 - Buck Hotel, Reeth
- Day 9 - La Piazza Italian restaurant, Richmond
- Day 10 - White Swan, Danby Wiske
- Day 11 - Golden Lion, Osmotherley
- Day 12 - Lion Inn, Blakey Ridge
- Day 13 - Station Hotel, Grosmont
- Day 14 - Bay Hotel, Robin Hood's Bay (6:30pm)

### FACILITIES IN OVERNIGHT STOPS

There are shops and/or cafes in all overnight villages, with the exception of Rosthwaite (cafe), Keld (campsite shop), and Danby Wiske and Blakey Ridge where there are only pubs. There are pubs in ALL overnight stops.

There are well-stocked village shops at Ennerdale Bridge, Grasmere, Patterdale, Shap, Kirkby Stephen, Reeth, Richmond, Osmotherley, Grosmont and Robin Hood's Bay.

Cashpoints are limited along the way, so please bring cash. Most pubs will accept cards. There are cashpoints at Grasmere, Shap, Kirkby Stephen and Richmond.

### WHAT TO CARRY IN YOUR DAY RUCKSACK

Waterproof Jacket  
Waterproof Over-trousers  
2 litres of water  
Packed lunch  
Sun-hat, Sun-cream and sunglasses  
Personal first aid kit, including blister plasters

Warm hat and waterproof gloves  
Spare fleece  
Camera  
Snack food  
Walking poles  
Medications (if required)

### OTHER POINTS TO CONSIDER

Think carefully about what you take with you and wear. Decent outdoor clothing, waterproofs and good boots will make all the difference in bad weather; there's nothing worse than walking in the rain and your waterproofs are not up to scratch!

Sandals, flip-flops or crocs are a good idea for the evening to let your feet 'breathe'.

Lots of carrier bags in your suitcase for your smelly socks.

Put everything into a waterproof bag inside your rucksack. Ensure your mobile phone is in a waterproof case.

Please take time researching this route; there are numerous websites and blogs about this walk which will give you a good idea of what this walk entails. I would also strongly recommend that you buy a copy of Wainwright's 'A Coast to Coast Walk' (Revised Edition).

Practice walking with your rucksack packed with everything you're going to carry with you, to get used to the weight and also adjust the fit for comfort. Choose a rucksack that has a rigid back to stop it slumping and pulling downwards, and also a small air gap between this rigid back and your own back to minimise sweating.

**All information is subject to change. Coast to Coast Packhorse accepts no liability for errors or omissions.**