



## Northumberland Coastal Path

4-day walk along Northumberland's coast.

With Mark Reid, author of 'The Inn Way' and Mountain Leader

### WALK OVERVIEW

55 miles from Berwick-upon-Tweed to Alnmouth

### YOUR GUIDE



#### Mark Reid

Walking Group Leader  
Hill & Moorland Leader  
Mountain Leader  
Author of 'The Inn Way' guidebooks

Walk the *Northumberland Coast Path* in the company of Mark Reid, who will share his detailed knowledge of this wonderful coastline with its imposing castles, sweeping bays, historic islands, quaint fishing villages and impressive wildlife and seabirds

### THE WALK

#### DAY ONE

Berwick-upon-Tweed to Holy Island (14 miles).

*Route highlights:* Berwick-upon-Tweed's Elizabethan fortifications, Cocklawburn Dunes nature reserve, miles of beautiful beaches, Lindisfarne Pilgrim's Path (*barefoot across the sands*) and spend a night on Holy Island.

#### DAY TWO

Holy Island to Bamburgh (18 miles)

*Route highlights:* Back across the Causeway, Shiellow Wood, Kyloe Hills, Belford and the Great North Road, the legend of the Laidley Worm and the magnificent Bamburgh Castle.

#### DAY THREE

Bamburgh to Embleton (12 miles)

*Route highlights:* Bamburgh Beach, Seahouses, Beadnell Limekilns, Beadnell Bay, Low Newton-by-the-Sea and Embleton Bay - a day of sweeping golden beaches.

#### DAY FOUR

Embleton to Alnmouth (11 miles)

*Route highlights:* Impressive Dunstanburgh Castle, Craster kippers, cliff-top paths and seabirds, Boulmer, Alnmouth and more magnificent beaches.

The **Northumberland Coast Path** follows one of England's finest stretches of coastline with dramatic castles, sweeping beaches, cliff-top paths, hidden bays, quaint fishing villages and abundance of wildlife, history and heritage.

#### *Highlights include*

- Discover Northumberland's beautiful coastline with Mark Reid
- Walk along sweeping beaches and cliff-top paths
- Explore the history and heritage of the area
- Relax in cosy inns each evening
- Spend a night on Holy Island
- Forget about map reading, and enjoy the journey instead!

We will be walking for four consecutive days along the Northumberland Coast, with the length of each day varying from 11 to 18 miles. We will set off each morning at 9:30am (*8:30am from Holy Island*), and finish late afternoon. There will be a lunch stop of around 30 minutes, plus plenty of rest stops during the day to admire the views etc. There will be a varied mixture of terrain including coastline (sand, cliff-tops, mud, rocks), fields, riverside and woodland paths, tracks and lanes, rough pastureland and boggy/wet/uneven ground, stream crossings and lots of stiles. There will be some road walking and road crossings. We may also experience adverse weather conditions, with the exposed North Sea close-by.

You will need to provide a **packed lunch** each day, although we will call into pubs and cafes along the way for refreshments.

All participants will need a good level of fitness and stamina, and prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least two back-to-back full day walks prior to this walking holiday (at least 12 miles on a Saturday and on Sunday). Successful completion of this 4-day walk will depend upon your own level of fitness, stamina and preparation, as well as good fitting boots and no minor injuries along the walk, such as blisters or sore knees etc. **Participation of this walk is no guarantee of its successful completion.**

### **FOOD, WATER & FACILITIES ALONG THE ROUTE**

Each person will burn around **3,000 to 4,000 calories** and lose around **4 litres of fluid** each day. A good breakfast is important. Eat plenty of snack food throughout the day to maintain energy levels. Bananas, dried fruit, flapjack, nuts, chocolate bars etc are all good food to bring with you. Also, bring a packed lunch with you. You will need to carry at least 2 litres of water in your rucksack, and drink at regular intervals.

We will pass through villages each day where refreshments and provisions may be obtained.

### **WHAT TO WEAR & BRING WITH YOU**

#### ***What to wear***

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer - fleece
- Outer shell - waterproof/breathable coat and over-trousers
- Walking boots - waterproof with good ankle support and sturdy soles
- *plus* walking trousers

*Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.*

### **What to bring**

- Sun hat, sunscreen, gloves and spare fleece
- Water bottle (2 litres) and flask of hot drink (optional)
- Packed lunch and high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

**Please note:** Please provide your own walking boots, with sturdy cleated soles and ankle support.

### **WHAT'S INCLUDED**

- ✓ Fully guided 4-day walk along the Northumberland Coast Path walk with Mark Reid
- ✓ Baggage Transfer each day
- ✓ Table booked for our evening meal together each evening
- ✓ Use of our Outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme

**NB:** All participants must provide their own walking boots, food (including packed lunch and snack food), water and drinks as well as accommodation (if applicable).

### **Please Note:**

- No previous experience is required as guidance will be given. However, this is a long distance walk that is demanding & strenuous, and must be approached with preparation & planning.
- We will be walking for four consecutive days covering a total of 55 miles. The route includes beaches, cliff-top paths, sand dunes, farmland (livestock), woodland, low hills, tracks, lanes and roads (with road crossings) with streams and stiles to cross as well as rough, boggy and uneven terrain. We may encounter adverse weather conditions whilst on the walk.
- You will need to have a good level of fitness and stamina, and also prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least two back-to-back full day walks prior to this walking holiday (at least 12 miles on a Saturday and on Sunday).
- Successful completion of this walk will depend upon your own level of fitness, as well as good fitting boots and no minor injuries along the walk (e.g. blisters, sore knees etc). Participation of this guided walk is no guarantee of its successful completion.
- Our walks are suitable for all ages. Under 18s (minimum age 14) may attend if accompanied by a parent or legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.

### **CONSENT FORM**

Please complete the Consent Form, which also includes our **Terms and Conditions**.

**Final details of this walk will be sent to you approximately 2 weeks prior to the event**

**ANY QUESTIONS?** Email: [info@teamwalking.co.uk](mailto:info@teamwalking.co.uk)  
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