

# HERRIOT WAY 2025

## General Walk Information, Fitness & Training Plan

This Information Sheet covers the key points about the practicalities of walking this route

Dear Herriot Way walkers

Thank you for booking the Herriot Way, which is one of the world's most beautiful walks!

My name is **MARK REID** and I will be guiding you along this fantastic walk. I am a **WALKING GROUP LEADER, HILL AND MOORLAND LEADER & MOUNTAIN LEADER** with a wealth of experience walking along the paths, tracks and trails across the North of England. I have written 17 walking guidebooks about the North of England (including six books about the Yorkshire Dales), and so I am very much looking forward to sharing my passion for the hills with you! I am also a Fellow of the Royal Geographical Society.

I've walked the Herriot Way twice before; however, I know Wensleydale, Swaledale and Airedale extremely well having walked extensively in the area for over 30 years. I will share this knowledge of the Yorkshire Dales with you.

I really want you to enjoy the experience, so please read through the following information carefully. Please take particular note of the **TRAINING PLAN**; the more training you put in before this walk, then the more enjoyment you will get from the walk.

If you have any **QUESTIONS** then please get in touch. Mark Reid's contact details are:

Email: [mark.reid@teamwalking.co.uk](mailto:mark.reid@teamwalking.co.uk)  
Mobile: 07711 264019

### OVERVIEW OF THE WALK

- The Herriot Way is 52 miles. This distance is an estimation from maps. We will make detours to historic points of interest, viewpoints, cafes and our overnight accommodation. Therefore, we will probably walk nearer 55 miles over the 4 days - all distances given are just for guidance!
- You will be walking for four consecutive days across the pastureland, hills, moorland and fells of the Yorkshire Dales, with tracks, lanes, riversides and woodland too. The length of each day varies from 12 to 14.5 miles. There are no rest days.
- You will be guided along this route by a fully qualified Mountain Leader, who also holds a current Outdoor First Aid certificate.
- The walking days will include uneven, rocky and rough terrain, muddy/boggy/wet ground, fields, riverside, woodland, rough pastureland, hills, moorland and fell (high hills) terrain, stiles, stream crossings, roads and lanes, farms and livestock as well as a number of ascents/descents. We may also encounter adverse weather conditions on the walk as well as poor visibility.
- There are sustained climbs on two of the days (1 & 3) as we cross over into Swaledale (via Great Shunner Fell at 716 metres) and Kisdon Hill and then back over into Wensleydale via the head of Airedale (550 metres).
- Here's the link to the [Herriot Way website](#)

### ITINERARY

We will meet at 9:30am on Monday 22nd June 2026 at the Pantry Cafe in the centre of Hawes in Wensleydale (above the Spar shop). *There is long stay parking throughout Hawes.*

- **Monday 22nd June 2026** – Hawes to Keld (12.5 miles)
- **Tuesday 23rd June 2026** – Keld to Reeth (13 miles)
- **Wednesday 24th June 2026** – Reeth to Aysgarth (14.5 miles)
- **Thursday 25th June 2026** – Aysgarth Falls to Hawes (12 miles)

This is a total of **52 miles** of walking in **4 days**. All distances and timings are approximate.

## Walk start & finish times

We will start walking at **9:30am** each day, which will allow us time to explore the history and heritage of the area as we walk. We will have rest break for snacks and drinks approximately every 2 hours, as well as 30 minutes for lunch. The aim will be to finish each day at around 5pm.

## ACCOMMODATION

You will need accommodation at the following locations:

**Keld** - Monday 22nd June 2026

**Reeth** - Tuesday 23rd June 2026

**Aysgarth / Aysgarth Falls** - Wednesday 24th June 2026

**Hawes** - Thursday 25th June 2026, where we'll end this walk (*this overnight stop is optional, as you may opt to head home after the walk*)

There are hotels, pubs, B&Bs and campsites at all four locations, as well as Youth Hostels at Hawes and Grinton (near Reeth).

**Camping** - I can lend you all the camping kit you need for this trip (except sleeping bags) at no extra cost - lightweight tent, sleepmat and stove.

## FOOD & REFRESHMENTS ALONG THE ROUTE EACH DAY

Please provide a packed lunch as well as at least 2 litres of water each day. Your B&B/hotel may be able to make a packed lunch for you. There are shops at the overnight stops of Hawes, Keld (campsite shop), Reeth and Aysgarth. There are cafes and/or shops at the following villages we pass through: Hardraw, Thwaite, Muker, Gunnerside, Reeth, Grinton, Castle Bolton, Aysgarth Falls, Aysgarth, Askrigg and Simonstone. If we pass a cafe and it's open then we'll call in for a cup of tea.

## EVENING MEALS

I will arrange group evening meals for us at a village pub. *These meals are optional.*

## TRAINING & PREPARATION

This is a long distance multi-day walk that covers 52 miles. You will be walking for 4 consecutive days across valleys, hills and fells in the Yorkshire Dales with the length of each day varying from 12 to 14.5 miles. There are no rest days. All of the walking days will include undulating farmland, low hills, moorland and fells, as well as lots of stiles across drystone walls, stream crossings, track and road walking, wet/boggy/rocky/slippery ground, rough pastureland, riverside and woodland. There are sustained climbs on two of the days (1 & 3) as we cross over into Swaledale (via Great Shunner Fell at 716 metres) and Kisdon Hill and then back over into Wensleydale via the head of Apedale (550 metres). We may experience adverse weather conditions, which may lead to levels of discomfort.

*The walk requires a good level of fitness and stamina.* To get the most from this walk, please increase your exercise and activity levels for about 3 months leading up to this walk, by walking as much as possible and increasing your general activity levels. 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. Build up your walks so that you are doing regular long distance training walks (over 12 miles), and include hills and rough terrain as much as possible.

As part of your training please complete at least **FOUR WALKING WEEKENDS**, where you walk for a full day on Saturday and on Sunday. This will give you an idea of the fitness and stamina required for multi-day walking. *A full day's walk is anything over 12 miles / 5 hours of walking.*

## 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 120,000 steps to walk along the Herriot Way.

### WHAT TO WEAR WHILST WALKING

- Base layer - long-sleeved T-shirt
- Mid layer - fleece
- Outer layers - Waterproof Jacket and Waterproof Over-trousers
- Walking trousers
- Warm hat and waterproof gloves
- Good quality walking socks
- Comfortable, waterproof walking boots with good ankle support
- Walking poles are a good idea

*Please ensure clothing is made from synthetic materials. Please do NOT wear cotton, as cotton soaks up moisture & will make you cold. You only need to wear waterproofs if it's raining, cold or windy.*

### WHAT TO CARRY IN YOUR DAY RUCKSACK (25 - 30 litre rucksack)

- Spare fleece and spare gloves
- Warm hat, sun-hat, sun-cream and sunglasses
- Lightweight sit-mat (our lunches will be eaten *alfresco!*)
- Money for cafes or shops
- 2 litres of water (& flask of hot drink)
- Packed lunch & Snack food
- Hand sanitiser
- Small first aid kit, including blister plasters, and any personal medications
- 2-person shelter or survival bag

*Pack everything in a waterproof bag inside your rucksack. Put your mobile phone in a waterproof case.*

### OTHER POINTS TO CONSIDER

Think carefully about what you take with you and wear. Good quality outdoor clothing and 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'. Bring a carrier bag in your suitcase for your smelly socks.

Please take time researching this route; there are numerous books, websites and blogs about this walk which will give you a good idea of what the walk entails.

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.

Walking poles are a great idea and will reduce the impact on your knees. Use two poles, and practice walking with them. Your forearms should be horizontal when holding your walking poles. Avoid putting your hands through the wrist-loops, as this may cause an injury if you slip over.

The most common 'accidents' outdoors are slips, trips and falls. The paths are uneven and slippery in places, so please keep your hands out of your pockets & look for good foot placement with every step.

If it's sunny, please apply sunscreen and wear a hat to avoid sunburn.

### WHEN TO STOP WALKING

Something may happen along the way that makes it difficult to continue walking... blisters, strained muscles, sore knees, illness etc. This may mean that you need to have a rest day to recuperate. Please 'listen' to your body, which will avoid a simple injury becoming something more serious that takes longer to recover from.

*December 2022. Updated September 2024 & June 2025*