



COAST TO COAST ADVENTURE (SEMI-GUIDED)

United Kingdom

19 days | 18 nights

OVERVIEW

'Walk Your Way' This semi-guided walk allows you the freedom to walk independently but with some guided support. We provide you with an itinerary, maps, the locations of your accommodation and any transfer details. You choose what time you start and finish each day. Our guide will be walking the same sections as you but not with you. They'll be the last of the group members to start the trail each day, so you can walk at your own pace knowing a guide is on the trail behind. You may choose to walk with our guide on days of interest or the entire journey, and learn about the history, flora, fauna and geology.

Awaken the cockles of your heart while experiencing the vast and visual beauty of Northern England's lakes, dales and moors.

This majestic journey is a 300+ km long distance trail that traverses Northern England from west to east, through three distinct national parks – the Lake District, the Yorkshire Dales and the North York Moors.

We start by the Irish Sea at the coastal village of St Bees, Cumbria, and walk through striking extremes of craggy mountains and breath-taking Lakeland vistas, to remote hills and dales along windswept and sometimes boggy trails. Along the way we visit some of Yorkshire's unspoilt villages and meander along the ever widening River Swale, to the ancient town of Richmond which is overlooked by one of the greatest Norman fortresses in England. We

end by dipping our boots at Robin Hood's Bay, marking the end of an epic adventure.

Alfred Wainwright who completed this trip in 1972 and published it as a long distance trail, stated it was the "grandest territory... of sustained beauty, variety and interest".

DETAILS

- Type: Challenge Trek semi-guided
- Adventure: Coast to Coast Adventure
- Destination: England, United Kingdom
- Group Size: Max 14 plus leaders

ITINERARY

Day 1 | Arrive at St Bees

Meet your travelling companions and tour leaders on arrival at St Bees in Cumbria.

We officially come together to meet and greet and prepare for the start of our Big Heart Adventure over the next two weeks.

Meals Included: n/a

Walking Distance: n/a

BIG HEART ADVENTURES
more than just a trek...

www.bigheartadventures.com.au | hello@bigheartadventures.com.au

PO Box 6046 West Lakes Shore SA 5020 | ph 08 7006 5620



@bigheartadventures



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Day 2 | St Bees to Ennerdale Bridge

In true Wainwright tradition, choose a pebble and wet your boot in the Irish Sea! This marks the beginning of our Coast to Coast experience.

We begin our journey with a wide sweep of the western cliffs to the lighthouse at St Bees Head, before turning East to take in a richly historical landscape, looking for remains of the 800 year old industrial heartland of Cumbria's past. Passing through the now sedate historic towns, we climb our first hill, Dent, which on a clear day catches a glimpse of the Isle of Man and gives us our first vista of the Lakeland National Park ahead.

Meals Included: Breakfast
Walking Distance: 14 miles / 23km

Day 3 | Ennerdale Bridge to Rosthwaite

We walk towards the beautiful valley of Borrowdale along the peaceful Ennerdale Waters. We aim to spot Robin Hood's Chair, a small rock formation offering a natural seat to momentarily pause and look across the lake.

We continue along forest trails, heading upwards to Honister Pass, surrounded by some of the Lakelands great peaks. We begin our descent into Borrowdale, past the traditional old slate mine, through Seatoller and on to a welcome rest at the tiny capital of Borrowdale – Rosthwaite.

Meals Included: Breakfast
Walking Distance: 14.5 miles / 24km

Day 4 | Rosthwaite to Grasmere

Gills, becks, cascades and fells are the features of this day.

With a gentle start through the Stonethwaite Valley following Stonethwaite Beck and looking ahead to the distinctive Eagle Crag, we reach a junction of becks and gills (sometimes spelt Ghyll which is a mountain torrent of swift moving water), marking the start of our challenging ascent up the craggy fells of Greenup Edge. Stunning country, with cascades aplenty, the scenery should help distract you from any aching muscles. Eventually what goes up must come down, and we begin our descent into the lovely dale of Far Easdale and towards Grasmere.

Meals Included: Breakfast
Walking Distance: 9 miles / 15km

Day 5 | Grasmere Rest Day

Today we take the opportunity to rest, wander the shops, cafes and inns before embarking on the next section of our Coast to Coast adventure.

Meals Included: Breakfast
Walking Distance: n/a

Day 6 | Grasmere to Patterdale

One of the most dramatic sections of the Coast to Coast track is the raw and rugged beauty of the Lakeland's imposing mountains.

Walking upwards once more through Grisedale Pass, by Grisedale Tarn, we are surrounded by imposing giants in particular Helvellyn, one of the Lake District's most famous peaks. We complete our day at Patterdale, a charming village at the head of Lake Ullswater, the second largest lake in the Lake District at over 14km long.

Meals Included: Breakfast
Walking Distance: 8.5 miles / 14km

Day 7 | Patterdale to Shap / Bampton

We farewell our Lakeland section with a high country challenge, making the most of the magical Lakeland scenery and treading trails across a whaleback ridge, walked by Roman Legions centuries ago. Our steepest section offers breath taking views from Kidsty Pike, which is the highest point of the Coast to Coast walk at 780 metres (2559 feet).

We settle in the village of Bampton for an overnight stay.

Meals Included: Breakfast
Walking Distance: 13 miles / 21km

Day 8 | Bampton to Orton

As we leave Bampton the following morning, we look for glimpses of the 12th Century Abbey of Shap as we head for a footbridge over one of England's major North South Motorways that dissects our route. At this point we can congratulate ourselves on completing the first third of our journey, then leave the brief intrusion of wheels and motorists behind us.

After the mountainous rugged landscape of the Lakes, we now enter a landscape of limestone plateaus and ancient moorlands, following ancient Roman routes across the expansive Crosby Ravensworth Fell. Orton is our rest stop for the night, a small village at the edge of the stunning limestone pavements of Orton Scar.

Meals Included: Breakfast
Walking Distance: 12 miles / 19km

Day 9 | Orton to Kirkby Stephen

Beyond country lanes, bridleways and small farms, more fells await us today, with wonderful names such as Great Ewe Fell, Wild Boar Fell, Smardale and Ravenstonedale Moor. An immersive walk through thousands of years of history, we pass many areas of special prehistoric significance though the sparse remains can be hard to spot without expert eyes. Far easier to see will be the impressive relics of the historical Settle to Carlisle railway.

After the tranquillity of the fells, the vibrant market town of Kirkby Stephen offers quite a contrast. This is an opportunity for walkers to



re-stock, refresh, and perhaps treat themselves to Wainwrights own favourite meal – good old British fish and chips!

Meals Included: Breakfast
Walking Distance: 13 miles / 21km

Day 10 | Kirkby Steven to Keld

Today it's about bogs and boots! This memorable section is the watershed of Britain famous for its boggy terrain. Up to this point we have walked upstream and from now will be walking downstream to the eastern coastline. We walk towards the mysterious Nine Standards Rigg with its strange giant cairns and extensive views of the Eden Valley. The ancient settlement of Keld in Swaledale with its tumultuous waterfalls and cascades, is our final destination for the day. This once little known village is a welcome rest stop for many walkers because of its close proximity to the crossing of two major long distance walking trails – the Pennine Way and the Coast to Coast Walk. Here we congratulate ourselves on completing half of our epic journey.

Meals Included: Breakfast
Walking Distance: 12 miles / 19km

Day 11 | Keld to Reeth

Leaving Keld and its waterfalls behind us, we have a peaceful day of riverside rambling, following the River Swale as it threads its ever-widening way to Reeth and beyond to Richmond. Alternatively we may take the high road via Swinner Gill, following old miners tracks across moorland expanses and looking for old relics of a long collapsed mining industry, such as the interestingly named Crackpot Hall. Whichever route is chosen, the pleasant village of Reeth, the self claimed capital of Swaledale, is our respite at the end of our day.

Meals Included: Breakfast
Walking Distance: 11 miles / 18km

Day 12 | Reeth to Richmond

Continuing to follow the River Swale, we wander by quiet villages, woodlands, pastures, an old priory and a rich festival of summer wildflowers to make our way to Yorkshire's jewel, Richmond, overlooked by its magnificent castle.

Meals Included: Breakfast
Walking Distance: 11 miles / 18km

Day 13 | Rest Day in Richmond

Today we enjoy the town of Richmond with its twisting alleyways, cobbled streets, markets and cafes. There is even a tiny and still active Georgian theatre – hope you packed your tiara!

Meals Included: Breakfast
Walking Distance: n/a

Day 14 | Richmond to Danby Wiske

Despite the distance, this is a day of relatively easy walking. We walk by the ruins of Easby Abbey, numerous villages, through pastures and along country lanes. We cross footbridges and stiles across the Vale of Mowbray to rest the night in the village of Danby Wiske.

Meals Included: Breakfast
Walking Distance: 14 miles / 23km

Day 15 | Danby Wiske to Osmotherley

Today we have relatively even terrain under our feet as we continue to criss-cross country lanes and trails. Our destination and stop for the night is the pretty village of Osmotherley nestled at the start of our North Yorkshire moorland segment.

Meals Included: Breakfast
Walking Distance: 10 miles / 16km

Day 16 | Osmotherley to Blakey

Gird your loins for a day of tougher walking. Today will challenge and delight in equal measure with historical weathered packhorse trails over heather and bracken topped hills, past the local landmark rock formations – the Wainstones. On a clear day we can see for miles, including views of the distinctive Roseberry Topping and Captain Cook's monument, and perhaps even our first glimpse of the North Sea in the distance. After an early start, we pause for morning tea or coffee at the unique Lord Stones Cafe, cut into a hill at the top of Carlton Bank before beginning our ascent to Cringle Moor.

Although this is the longest day in distance, we are rewarded with a welcome finish at the remote 16th Century Lion Inn situated at the top of Blakey Ridge. We recommend a glass of real ale – the Black Sheep or Theakstons Old Peculiar! Or perhaps since we are doing Wainwright's C2C you should try the Thwaites Wainwright Bitter?

Meals Included: Breakfast
Walking Distance: 19 miles / 30km

Day 17 | Blakey Ridge to Grosmont

Stone crosses and marker stones are features today.

The Yorkshire Moors are dotted with ancient markers, including the famous Fat Betty and the instantly recognisable Ralph Cross – its image is the official symbol for the North Yorkshire Moors National Park. Look for these and other markers as we cross moorland ridge tops, before our steady descent through Gaisdale and onto Grosmont, a classic steam railway village that still operates stunningly maintained old engines. This fascinating and richly historical village marks the end of our penultimate day.

Meals Included: Breakfast
Walking Distance: 14 miles / 23km

Day 18 | Grosmont to Robin Hood's Bay

For our final day of walking, we have time to contemplate the enormous achievements of our group – the highs, the lows and the bonds made through common goals.

Today we cross the last stretches of moorland, woodland and farmland to be finally granted a welcome view of the North Sea. Wainwright appears to have planned his route with careful symmetry, finishing as started with a spectacular cliff top sweep but this time of the East Coast. Finally we begin our descent into the steeply layered stone village of Robin Hood's Bay. We go all the way to the bottom to skim our West Coast pebbles into the sea, and dip our boots in the water to symbolically mark the end of our amazing adventure together.

Meals Included: Breakfast

Walking Distance: 15.5 miles / 25km

Day 19 | Farewells and departures

We say our goodbyes to our new friends and depart for home.

Please note that the Coast to Coast long distance trail may have minor route variations to take into account the safety of walkers, the weather conditions, high /low route options, and re-routes that are sometimes essential to minimise avoidable trail degradation. We take pride in our minimal impact principles and encourage all our walkers to share our love and respect for the special places we visit.

Meals Included: Breakfast

Walking Distance: n/a

INCLUSIONS

Travel

Transfers between accommodation if unable to walk on any day

Luggage transfers daily to accommodation (up to 20kg per person)

Meals

All meals as per the itinerary

B x 18 | L x 0 | D x 0

Accommodation

18 nights good quality accommodation (twin share)

Accommodation will change based on each days finishing location

Activities

Professionally semi-guided walk along the Coast to Coast

Free day in Grasmere to rest or explore

Free day in Richmond to rest or explore

Safety

Our local guide

Group First Aid kit and emergency communication device

Environmental

Small group guided experience

Leave No Trace principles

Invitations to connect with nature

Reduce waste through recycling, reusing and composting

National Park entry fees

Big Heart Extras

Big Heart Adventures designed ioMerino hiking top

Big Heart Adventures designed head sock

Big Heart Adventures journal

Guided pre-departure training walks and or program (trip specific)

Discount card for pre-departure purchases at Exurbia

A charity contribution to our Give Back program

EXCLUSIONS

- International and domestic flights
- Travel arrangements to the start and from the end of the tour
- Comprehensive Travel Insurance (compulsory)
- Meals and drinks not stated on itinerary (Daily budget 'AUD' – lunch \$15 and dinner \$50)
- Items of a personal nature

FITNESS REQUIREMENT

- A moderate level of fitness is required to walk the trails on this trip
- You will be walking pack free (day packs only)
- You will walk on a variety of surfaces on undulating trails
- Our longest walking day is 30km and we walk 7 consecutive days on this adventure
- Trail rating: Moderate

IMPORTANT INFORMATION

- Eligible Past Traveller Discount applies if you've travelled with us on any of our guided tours which were 5 days duration or longer
- Read terms and conditions before booking

- Itinerary and price subject to change at any time
- Travel Insurance is recommended. Get a quote from Covermore or Go Insurance
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour
- A limited number of single rooms are available on a first-come basis
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full refund, subject to third party conditions
- Training walks start 8 weeks prior to departure. We recommend you attend these walks to maximise your enjoyment and for the groups welfare when away
- Rooming is twin share
- As this is a semi-guided walk, you will be responsible for your own wellbeing
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

ACCESSIBILITY

Requires following bush trails carrying a day pack with some steep sections. Accommodation and transport includes stairs. Please talk to us about your accessibility needs before booking

ADVENTURE LEADERS

Our experienced and knowledgeable local guide is with you for the journey. Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure.

PACKING LIST

A detailed packing list is provided prior to travel

- Gear you will need:
- Rainproof jacket and pants
- Daypack (35 litre approx.)
- Water bottles/hydration kit (min 2Ltrs)
- Personal medications
- Clothing suitable for walking that is quick drying and breathable – consider merino/synthetic clothing
- Sun protection such as hat, sunglasses and suncream, insect repellent
- Sleeping attire

