

### Walker's Britain: England, Coast to Coast (8 Days)

Tour code: WCC (8 Days)

Revised: October 10

Rollup, rollup for just the first half of Wainwright's masterpiece! This is a chance to walk part of the famous Coast-to-Coast walk, getting a taste of Britain's long distance hikes. This itinerary traverses The Lake District national park ending at the quaint market town of Kirkby Stephen. Pass through the dramatic landscapes of the Lake District, majestic lakes, rugged mountains, working hill farms and pretty villages, many of which include a fine traditional English public house! It is amazing to think that this most famous of routes, totally eclipsing the Pennine Way in terms of popularity and variety, is still not classified as a National Trail!

Starting at the tiny Cumbrian seaside resort of St. Bees on the Irish Sea we head east, with the prevailing wind at our backs, into the Lake District. Walk through Ennerdale, Borrowdale and Patterdale passing by some of its most famous lakes and cross some important passes. If you are feeling fit there are options to extend a few days to include a famous peak or two such as Helvellyn. Emerging from the mountains of Cumbria and looking east towards the Yorkshire Dales you reach your journey's end; not quite Coast to Coast but a fulfilling week of walking through some of England's best mountain scenery.



#### General Information

**Duration of tour:** 8 days (7 nights)

**Season:** 4 April to mid October.

**Starting point:** St Bees

**End of tour:** Kirkby Stephen

**Breakfast:** in the UK will generally consist of sausage, bacon, eggs etc, cereals, toast and fruit will also be available. It is important for you to tell us if you have any dietary requirements when you book your holiday so that we can inform everyone that you are staying with.

**Baths:** it is not normal for your room to have a bath, the main reason being that it takes up a lot of space, some hotels/guesthouses may have a separate room in the house where a bath is available to guests, but in the main it is showers.

**Single Supplements:** are payable on most of our tours. The single supplement guarantees the privacy of your own room, however, rooms can at times be small and in some places may not enjoy the same facilities as double/twin rooms.

**Luggage:** When staying in hotels, sometimes your luggage will have been taken to your room awaiting your arrival. However don't be surprised if your luggage is waiting for you to take it up to your room.

**Route Notes:** Please note that 1 set of route notes per room booked is included in the cost of the holiday. If you require

more sets of notes then there is a charge of £25 per set ordered.

**Accommodation:** The hotels described are our usual accommodation, however if these are not available then alternatives are used.

#### Getting to the Start

**Convenient Major city and international airport:** Manchester Airport 4-5 hours by rail via Carlisle.

**Outward journey from London:** Train from London Euston to Carlisle. Then local train from Carlisle to St Bees (1 hour 15 mins). Then short walk from station to hotel.

**Inward journey to London at end of tour:** The train station is located approx 2 miles from Kirkby Stephen. We would advise that you take a taxi

Trains are a little infrequent, but you will be able to find something every few hours at least. [www.nationalrail.co.uk](http://www.nationalrail.co.uk) (look under 'Planning your Journey'). Most of the journeys require a change of trains in Leeds.

#### Grading

Moderate to Challenging. Some long days and steep climbs and descents. Generally however undulating. Mixed weather can be expected. We would **not** recommend the route for first

time walkers. Note that often the trails in the Lake District especially are steep and rocky at times.

## Waymarking

Despite its justifiable popularity, this is not a National Trail. Waymarking is variable or erratic and you will have to use map interpretation for much of the time, especially at times of low visibility, so you should be accustomed to using map and compass.

## Your Accommodation

□ Note that the sheer popularity of this tour may mean that we cannot get you into the accommodations described below for the dates of your tour. We will endeavor to get you into a similar standard of accommodation nearby, but please appreciate that there is limited accommodations. Also, although we aim to get you into accommodations with ensuite rooms this is not always possible, at a couple of places on your tour you may be sharing bathrooms.

□ **Night 1:** A 17<sup>th</sup> century sandstone barn situated on the main street in the coastal village of St. Bees! The barn was initially converted in the 1980's into a large guesthouse and self-contained flats, being recently refurbished throughout. All rooms have a colour television and tea & coffee facilities.

□ **Night 2:** Overnight at a friendly, family owned hotel. Enjoy a home cooked meal of local produce including fish and game in season. A traditional feel is retained by the hotel, with its open fire, and the fully licensed bar serves a range of beverages including locally produced ale. There is limited accommodation here and for that reason we also use the nearby village of Rwohr who offer a free pick/drop off service.

□ **Night 3:** Tonight we stay in a small and long established guesthouse. It is set in a beautiful small hamlet and has proved to be a popular peaceful retreat for Sherpa clients. Ensuite facilities are not available here as it is a listed building and the changes required to build bathrooms are not permitted.

□ **Night 4:** Our small family run guesthouse is conveniently placed in the center of this delightful village. Grasmere is one of Lakeland's most celebrated villages, and there is time either this afternoon or tomorrow morning to look around and visit the poet Wordsworth's home at Dove Cottage.

□ **Night 5:** Tonight's accommodation has been popular with visitors and local people alike since the early 1800's. Many a tale could be told of events that have taken place in all its lifetime, including the time when Wordsworth was in our very bar as news arrived that Nelson had died at Trafalgar. This is a listed building so the rooms are small, to change this would spoil the character of this wonderful coaching inn.

□ **Night 6:** The proprietors will welcome you to their guesthouse in the village of Shap. The village offers an interesting insight to the history of the area, and the old Shap Abbey is nearby.

□ **Night 7:** This accommodation has many unusual features, and is of an exceptionally high standard. It is a Grade II listed Georgian town house full of character, with a friendly relaxed atmosphere.

## Outline Itinerary

□ **Day 1 St Bees:** Travel to starting point on the edge of the Irish Sea with views across to the Isle of Man.

□ **Day 2 St. Bees to Ennerdale Bridge:** Footpath along red sandstone coastal cliffs of St Bees Head and then inland over hilly ground to the edge of the Lake District National Park (14 miles 6 hours. The day's total ascent 780 metres / descent 665m).

□ **Day 3 Ennerdale Bridge to Borrowdale:** A quiet and scenic footpath along the shore of Ennerdale Water to Black Sail and over the hills to Borrowdale, (14 miles 8 hours. The day's total ascent 765m / descent 785m)

□ **Day 4 Borrowdale to Grasmere:** Classic Lakeland scenery over Greenup Edge to Easedale and Grasmere (10 miles 6 hours. The day's total ascent 750m / descent 760 via Helm Crag).

□ **Day 5 Grasmere to Patterdale:** Over Grisedale Pass (2000 ft) and around the small mountain lake of Grisedale Tarn to Patterdale (7miles 5½ hours. The day's total ascent: 900m / descent 805m via the recommended route over St. Sunday Crag). Add 2 miles and 2 hours if include detour via Summit of Helvellyn. Add 1 ½ hours for detour via St. Sunday Crag.

□ **Day 6 Patterdale to Shap:** Past Angle Tarn, over Kidsty Pike (2560 feet, the highest point on the whole route) and along Hawes Water (home of England's only nesting eagles, although we believe that the birds have flown) (17 miles 9 hours. The day's total ascent 1174m / descent 1009m).

□ **Day 7 Shap to Kirkby Stephen:** Easier going over limestone plateau (18 miles 8 hours. The day's total ascent 808m / descent 950 m) between the Lake District and Yorkshire Dales National Parks.

**PLEASE NOTE: It is generally normal practice when staying in hotels that you check-in at or after 2pm and checkout by 10am the following morning. Guesthouses/bed & breakfast establishments are normally check-in at or after 4pm and checkout by 10am.**

## Included

Bed & breakfast throughout. Ensuite facilities where available. Luggage transfers from Inn to Inn. Full route notes and map package.

## Extending Your Tour

It is possible to shorten a long walking day by adding in an extra night enroute. If this is something you are interested in doing then please correspond with a member of staff and they will be happy to advise you.