

Coast to Coast PATH

109 large-scale maps & guides to 33 towns and villages

PLANNING – PLACES TO STAY – PLACES TO EAT

ST BEES TO ROBIN HOOD'S BAY

**HENRY STEDMAN &
DANIEL McCROHAN**



8th
edition



HENRY STEDMAN wrote the first edition of this book and updated many of the editions that followed it. He's been writing guidebooks for almost a quarter of a century and is also the author of *Kilimanjaro*, *Hadrian's Wall Path*, *Dales Way* and all three books in the *South-West Coast Path* series. Usually accompanied by his (mostly) faithful dog, Daisy, he's also updated *Offa's Dyke*, *Pembrokeshire Coast Path*, *North Downs Way*, *South Downs Way* and *The Ridgeway*.

This **eighth edition** was updated by **DANIEL MCCROHAN**. He's a widely-published travel writer who has authored more than 30 guidebooks for both Trailblazer and Lonely Planet. He specialises in China, where he lived for more than a decade, but always relishes the chance to go hiking in his English homeland and has now worked on half a dozen of Trailblazer's British Walking Guides.

For this trip he was joined, as always, by his favourite travel buddy, his seven-year-old daughter Yoyo, who once again defied her tender age by walking with Dad right across the Lake District before leaving him to tackle Yorkshire on his own. Keep up with their latest adventures at danielmccrohan.com, or on Twitter @danielmccrohan.



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From Daniel: Special thanks to my daughter Yoyo for joining me on the most outstanding part of the walk; the five-day trek across the Lakes. Her boundless energy and constant smiles were a source of inspiration for both me and the fellow hikers we met along the way. I'd also like to thank my mum, Carmen Campos, my brother Sam McCrohan, and Heidi Harris for holding the fort, helping with babysitting duties and generally being amazing. And of course I send all my remaining love, hugs and kisses to my dear wife Taotao and son Dudu for being so understanding and patient through such trying times.

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I'd also like to thank all the hikers I met on the Coast to Coast path who made walking such a joy, even in the Yorkshire rain! Thanks to all the Trailblazer readers who emailed us with fantastic tips and recommendations – see p6 for their names.

A request

The author and publisher have tried to ensure that this guide is as accurate and up to date as possible. Nevertheless, things change. If you notice any changes or omissions, please write to Trailblazer (address above) or email us at info@trailblazer-guides.com. A free copy of the next edition will be sent to persons making a significant contribution.

Warning: hill walking can be dangerous

Please read the notes on when to go (pp14-16) and safety (pp80-3 & pp89-91). Every effort has been made by the author and publisher to ensure that the information contained herein is as accurate and up to date as possible. However, they are unable to accept responsibility for any inconvenience, loss or injury sustained by anyone as a result of the advice and information given in this guide.

PHOTOS – Front cover The Nine Standards © Henry Stedman **This page:** Grisedale valley © Yoyo McCrohan. **Previous page:** Robin Hood's Bay. **Overleaf:** Near Marrick.

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INTRODUCTION

About the Coast to Coast path

Wainwright's Coast to Coast path 9

How difficult is the Coast to Coast path? 11

How long do you need? 13 – When to go 14

PART 1: PLANNING YOUR WALK

Practical information for the walker

GPS 17 – Accommodation 19 – Information for foreign visitors 22

Food and drink 25 – Money 27 – Internet access 28 – Other services 28

Walking companies 28 – Walking with a dog 31

Budgeting 32

Itineraries

Which direction? 33 – Suggested itineraries 34

Village and town facilities 36 – Side trips 38 – Day walks 38

What to take

Travelling light 40 – How to carry it 41 – Footwear 41 – Clothes 42

Toiletries 43 – First-aid kit 44 – General items 44 – Sleeping bag and

camping gear 44 – Money 45 – Maps 45 – Recommended reading 47

Sources of further information 48

Getting to and from the Coast to Coast path

National transport 50 – Getting to Britain 51 – Local transport 52

Public transport map 53

PART 2: THE ENVIRONMENT & NATURE

Conserving the Coast to Coast path

Government agencies and schemes 57 – Campaigning and

conservation organisations 59 – Beyond conservation 60

Flora and fauna

Mammals 61 – Birds 62 – Reptiles 65 – Flowers 65 – Trees 68

PART 3: MINIMUM IMPACT WALKING & OUTDOOR SAFETY

Minimum impact walking

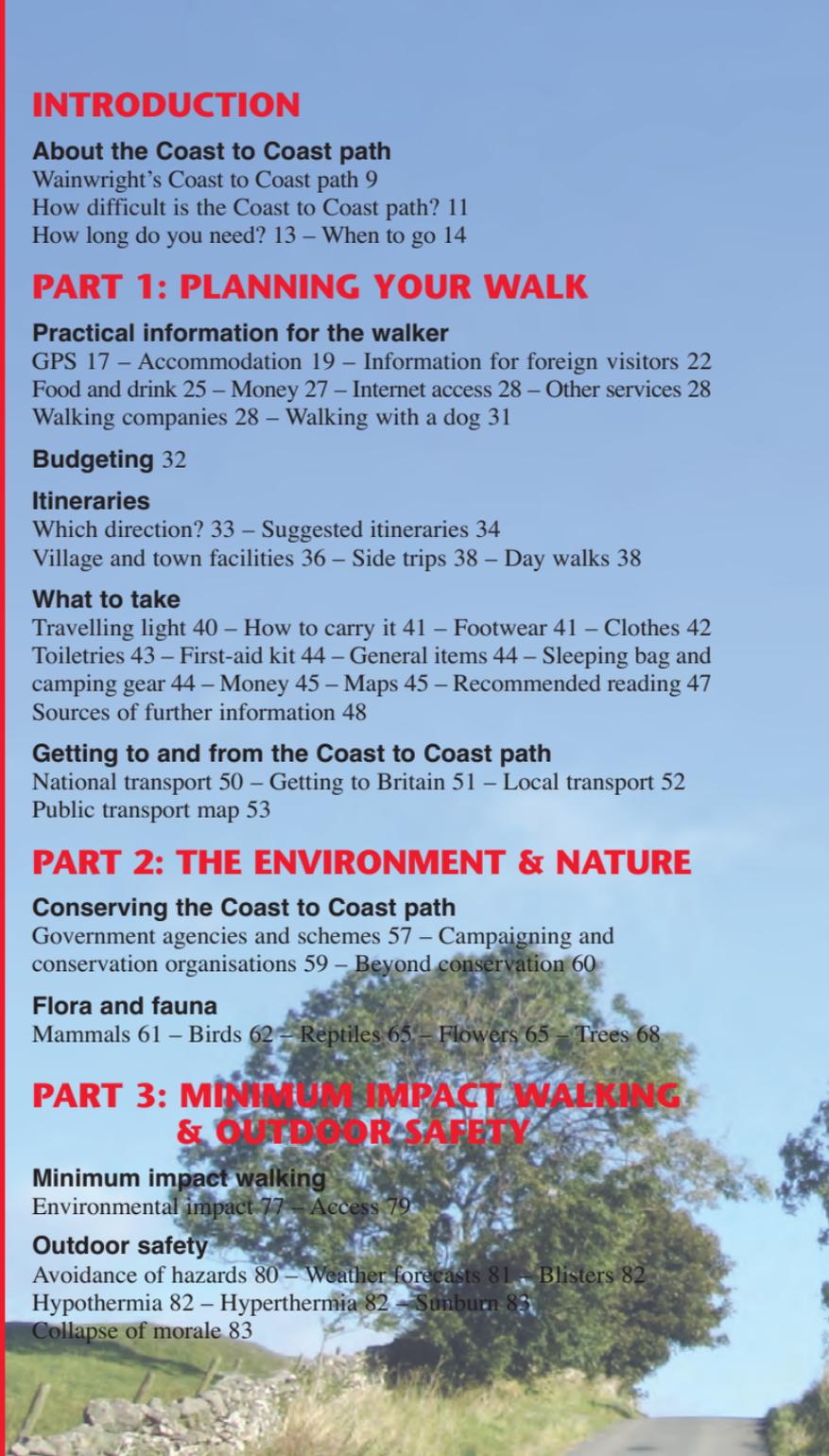
Environmental impact 77 – Access 79

Outdoor safety

Avoidance of hazards 80 – Weather forecasts 81 – Blisters 82

Hypothermia 82 – Hyperthermia 82 – Sunburn 83

Collapse of morale 83



PART 4: ROUTE GUIDE & MAPS

Using the guide 84

St Bees 85

Stage 1: St Bees to Ennerdale Bridge 91

(Moor Row 96 – Cleator 96 – Ennerdale Bridge 100)

Stage 2: Ennerdale Bridge to Borrowdale 102 (The Red Pike, High Stile & Hay Stacks route 109 – Seatoller 114 – Borrowdale 115)

Stage 3: Borrowdale to Grasmere 118 (The ridge-walk alternative to Grasmere via Helm Crag 119 – Easedale 122 – Grasmere 123)

Stage 4: Grasmere to Patterdale 128 (The high-level options: Helvellyn & Striding Edge 130; St Sunday Crag 130 – Patterdale 134 Ullswater and Glenridding 136)

Stage 5: Patterdale to Shap 138 (Bampton 144 – Shap 146)

Stage 6: Shap to Kirkby Stephen 148

(Orton 150 – Newbiggin-on-Lune 155 – Kirkby Stephen 160)

Stage 7: Kirkby Stephen to Keld 164

(The three routes over the moors 167 – Keld 174 – Thwaite 175)

Stage 8: Keld to Reeth 176

(Swaledale Valley alternative: Muker 184 – Reeth 188)

Stage 9: Reeth to Richmond 191 (Richmond 198)

Stage 10: Richmond to Ingleby Cross 204

(Colburn, Catterick Bridge & Brompton-on-Swale 205 Danby Wiske 212 – Oaktree Hill 214 – Ingleby Cross & Ingleby Arncliffe 214 – Osmotherley 220)

Stage 11: Ingleby Cross to Blakey Ridge 221 (Urra 229

Chop Gate 229 – Great Broughton 229 – Blakey Ridge 234)

Stage 12: Blakey Ridge to Grosmont 234

(Glaisdale 236 – Egton Bridge 241 – Grosmont 242)

Stage 13: Grosmont to Robin Hood's Bay 245

(Littlebeck 248 – High Hawsker 250 – Robin Hood's Bay 254)

APPENDICES

Map keys 258 – Taking a dog 259 – GPS Waypoints 261

INDEX 265 – Old Norse names 268

OVERVIEW MAPS & PROFILES 270

Though the trail passes through three national parks, crosses the Pennine Way and at times joins with both the Lyke Wake Walk and the Cleveland Way, it's not itself one of the 15 national trails in the UK, nor is it likely to become one anytime soon. What is certain is that despite this lack of official support, the Coast to Coast has become one of the most popular of Britain's long-distance paths, with estimates of up to 10,000 people attempting it annually.

How difficult is the Coast to Coast path?

Undertaken **in one go**, the Coast to Coast path is a long, tough walk. Despite the presence of some fairly steep gradients, every mile is 'walkable' and no mountaineering or climbing skills are necessary. All you need is some suitable clothing, a bit of money, a back-pack full of determination and a half-decent pair of calf muscles. In the 190-odd miles from seashore to seashore you'll have ascended and of course descended the equivalent height of Mount Everest.

From seashore to seashore you'll have ascended and of course descended the equivalent height of Mount Everest

That said, the most common complaint we've received about this book, particularly from North American readers, is that it doesn't emphasise how tough it can be. So let us be clear: **the Coast to Coast is a tough trek, particularly if undertaken in one go**. Ramblers describe it as 'challenging' and they're not wrong. When walkers begin to appreciate just how tough the walk can be, what they're really discovering is the reality of covering a daily average of just over 14 miles or 23km, *day after day*, for two weeks, in fair weather or foul and while nursing a varying array of aches and pains. After all, how often do any of us walk 14 miles in a day, let alone continuously for *two weeks*?

The Lake District, in particular, contains many steep sections that will test you to the limit; however, there are also plenty of genteel tearooms and places





Keep costs down by camping and doing your own cooking. (Photo © Yoyo McCrohan).

great height, save perhaps for the cliff top walks that book-end the hike. On some of the high-level Lakeland alternatives (see p119 and p130), however, there is a chance of being blown off a ridge. In 2009 a walker suffered this fate and broke his ankle, as did the rescuer who came in a helicopter, though sustaining such a serious injury by being blown over is highly unusual. The greatest danger to trekkers is, perhaps, the likelihood of **losing the way**, particularly in the Lake District with its greater chance of poor visibility, bad weather and a distinct **lack of signposting**. A compass and knowing how to use it is very useful, as is appropriate clothing for inclement weather and most importantly of all, a pair of boots which you ease on each morning with a smile not a grimace.

to stay in this section should you prefer to break your days into easier sections.

The topography of the eastern section is less extreme, though the number of places with accommodation drops too, and for a couple of days you may find yourself walking 15 miles or more in order to reach a town or village on the trail that has somewhere to stay.

Regarding safety, there are few places on the regular trail where it would be possible to fall from a great height, save perhaps for the cliff top walks that book-end the hike. On some of the high-level Lakeland alternatives (see p119 and p130), however, there is a chance of being blown off a ridge. In 2009 a walker suffered this fate and broke his ankle, as did the rescuer who came in a helicopter, though sustaining such a serious injury by being blown over is highly unusual. The greatest danger to trekkers is, perhaps, the likelihood of **losing the way**, particularly in the Lake District with its greater chance of poor visibility, bad weather and a distinct **lack of signposting**. A compass and knowing how to use it is very useful, as is appropriate clothing for inclement weather and most importantly of all, a pair of boots which you ease on each morning with a smile not a grimace.

Not pushing yourself too hard is important, too, as this leads to fatigue with all its inherent dangers, not least poor decision making. In case all this deters you from the walk bear in mind that in 2009 a 71-year-old finished the walk for the fifth time, and that the seven-year-old daughter of the most recent updater of this book walked the whole of the Lake District section ... in a pair of pink Crocs! At the same time young men with all the right kit and a previous crossing under their belt were finished after storming across to Shap in three days.

(Left) Taking a rest above Stonethwaite Beck (see p118).



How long do you need?

We've heard about an athlete who completed the entire Coast to Coast path in just 37 hours and a walker who managed it in eight days. We also know somebody who did it in ten and another guy who did four four-day stages over four years. Continuously or over several visits, for most people, the Coast to Coast trail takes a minimum of 14 walking days; in other words an average distance of just over 14 miles (23km) a day. Indeed, even with a fortnight in which to complete the trail, many people still find it tough going, and it doesn't really allow you time to look around places such as Grasmere or Richmond which can deserve a day in themselves. So, if you can afford to build a couple of rest days into your itinerary or even break it up into shorter stages over several weeks, you'll be very glad you did.

For most people, the Coast to Coast trail takes a minimum of 14 walking days

See pp34-5 for some suggested itineraries covering different walking speeds

Of course, if you're fit there's no reason why you can't go a little faster if that's what you want to do, though you'll end up having a different sort of trek to most of the other people on the route. For where theirs is a fairly relaxing holiday, yours will be more of a sport as you try to reach the finishing line on schedule. There's nothing wrong with this approach, though you obviously won't see as much as those who take their time. However, what you mustn't do is try to push yourself beyond your body's ability; such punishing challenges often end prematurely in exhaustion, injury or, at the absolute least, an unpleasant time.

When deciding how long to allow for their trek, those intending to camp and carry their own luggage shouldn't underestimate just how much a heavy pack can wear you down. On pp34-5 there are some suggested itineraries

(Right) YHA Black Sail, England's most remote hostel (see p108).



By the end of the month the weather will begin to get a little wilder and the nights will start to draw in. For most mortals the walking season is almost at an end.

Winter

A few people trek the Coast to Coast in winter, putting up with the cold, damp conditions and short days for the chance to experience the trail without other tourists and maybe even under snow. Much of the accommodation will be closed too but whilst it may also be a little more dangerous to walk at this time, particularly on the high-level routes through the Lakes, if you find yourself walking on one of those clear, crisp, wintry days it will all seem absolutely worth it.

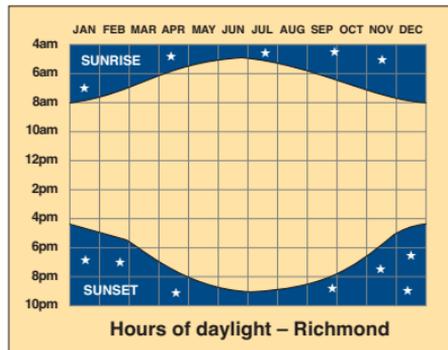
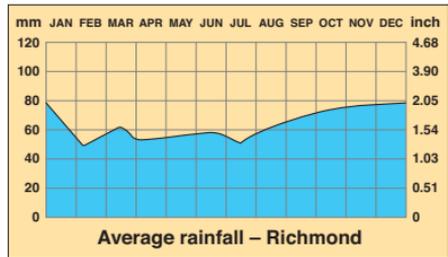
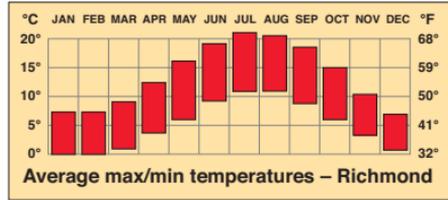
RAINFALL

At some point on your walk, it will rain; if it doesn't, it's fair to say that you haven't really lived the full Coast to Coast experience properly. At nearly 4.7 metres (185 inches), the hills over Borrowdale on Stage 2 record the **highest rainfall in England**; a staggering eight times more than the south-east of England, for example! In December 2015 there was serious flooding in the Lake District. The question, therefore, is not whether you will be rained on, but how often and how hard. But as long as you dress accordingly and take note of the safety advice given on pp80-3, this shouldn't be a problem.

Do, however, think twice about tackling some of the high-level alternatives if the weather is bad and visibility poor, and don't do so on your own.

DAYLIGHT HOURS

If walking in autumn, winter or early spring, you must take account of how far you can walk in the available light. It won't be possible to cover as many miles as you would in summer. Remember though, that you'll get a further 30-45 minutes of usable light before sunrise and after sunset depending on the weather. In June, because the path is in the far north of England, those coming from the south may be surprised that there's enough light for walking until at least 10pm. Conversely, in early spring, late autumn and winter you'll be equally amazed how quickly the nights draw in.



lunches about £5.50) to consider. This means that, overall, it could cost £30-40 per day, or £45-50 to live in a little more comfort, enjoy the odd beer and go out for the occasional meal.

There are a few basic **camping barns** and **bunkhouses** along the Coast to Coast. They vary in quality and price, but expect to pay around £10 for a bed.

B&BS, GUESTHOUSES AND HOTELS

B&B prices start at around £35 per person per night (if sharing a double room) but can be at least twice this. Add on the cost of food for lunch and dinner and you should reckon on about £65 minimum per day. Staying in a guesthouse or hotel will cost more. Remember that there is often a supplement of £10-20 for single occupancy of a double or twin room and you may even have to pay the full price of the room.

Itineraries

Most people tackle the Coast to Coast Path from west to east, mainly because this allows them to walk 'with the weather at their back' (most of the time the winds blow off the Atlantic from the south-west). It's also common for people to attempt the walk in one go, though there's much to be said for breaking it up and not crawling into Robin Hood's Bay in an Ibuprofen-induced daze.

Part 4 of this book has been written from west to east, but there is of course nothing to stop you from tackling it in the opposite direction (see below). To help plan your walk look at the **planning maps** (at the back of the book) and the **table of village/town facilities** (on pp36-7), which gives a run-down on the essential information you'll need regarding accommodation possibilities and services at the time of writing. You could follow one of the **suggested itineraries** (see boxes pp34-5) which are based on preferred type of accommodation and walking speeds. There's also a list of recommended linear **day walks** on pp38-9 which cover the best of the Coast to Coast path, all of which are well served by public transport or the Packhorse/Sherpa van. The services table is on pp52-5 and **public transport map** on p53.

Once you have an idea of your approach turn to Part 4 for detailed information on accommodation, places to eat and other services in each village and town on the route. Also in Part 4 you will find summaries of the route to accompany the detailed trail maps.

WHICH DIRECTION?

There are a number of advantages in tackling the path in a west to east direction, not least the fact that the prevailing winds will, more often than not, be behind you. If you are walking alone but wouldn't mind some company now and again you'll find that most of the other Coast to Coast walkers are heading

in your direction, too. However, there is also something to be said for leaving the Lake District – many people’s favourite part of the British Isles, let alone the path – until the end of the walk.

SUGGESTED ITINERARIES

The itineraries in the boxes here are based on different accommodation types – camping, hostels/bunkhouses/camping barns, and B&Bs – with each one divided into three alternatives depending on your walking speed (relaxed, medium and fast). They are only suggestions so feel free to adapt them. Don’t forget to **add your travelling time** before and after the walk.

STAYING IN HOSTELS/CAMPING BARNs/BUNKHOUSES

Night	Relaxed pace		Medium pace		Fast pace	
	Place	Approx Distance miles/km	Place	Approx Distance miles/km	Place	Approx Distance miles/km
0	St Bees		St Bees		St Bees	
1	Sandwith	3/5	Sandwith	3/5	Ennerdale	20/32
2	Ennerdale Br	12/19.5	Ennerdale	15.5/25	Grasmere	20.5/33
3	Black Sail YH	8.5/13.5	Borrowdale§	10.5/17	Shap	23.5/38
4	Borrowdale§	5.5/9	Grasmere	10/16	K. Stephen	20.5/33
5	Grasmere	10/16	Patterdale	10/16	Reeth [Dales]	29/47
6	Patterdale	10/16	Shap	15.5/25	Brompton-o-S	15.5/25
7	Shap	15.5/25	K. Stephen	20.5/33	Osmotherley	20.5/33
8	Bents Farm	15.5/25	Keld	13/21	Blakey Ridge*	20.5/33
9	K. Stephen	5.5/9	Reeth [Grinton]	12.5/20	Grosmont*	13.5/22
10	Keld	13/21	Brompton-o-S	15.5/25	R. Hood’s Bay	15.5/25
11	Reeth [Dales]	12.5/20	Oaktree Hill	10.5/17		
12	Brompton-o-S	15.5/25	Osmotherley	10/16		
13	Oaktree Hill	10.5/17	Clay Bank Top†*	11/18		
14	Osmotherley	10/16	Glaisdale*	19/30.5		
15	Lord Stones	8/13	R. Hood’s Bay	19/30.5		
16	Blakey Ridge*	12.5/20				
17	Glaisdale*	10/16				
18	Littlebeck*	7/11.5				
19	R. Hood’s Bay	12/19.5				

* No camping barns, bunkhouses or hostels but alternative accommodation is available

§ Borrowdale = Longthwaite, Rosthwaite & Stonethwaite

† Clay Bank Top = Urra, Chop Gate & Gt Broughton

Note: some of the above are seasonal so check in advance

Next time I do the C2C...

I will discipline myself to take more time on the trail and to savour the experience of the walking. The metronomic, almost trance-like state that can occur when all you need to do is put one foot in front of the other is rarely achieved when you’re focussing on getting to the end. Too often I arrived at my destination by 3pm or even 2pm and although this means more time relaxing in the pub it also means I could have taken more time on the hills, perhaps sitting quietly enjoying a view or taking time to divert from the path to explore the landscape.

Stuart Greig

SIDE TRIPS

The Coast to Coast path is long enough and few walkers will be tempted to make side trips. However, Wainwright's series of guides to Lakeland fells describes other walks around the Lake District in further detail and it may be worth making time for an ascent of some of the hills in the area as they give an entirely different perspective of the Lakeland landscape. Old favourites include Great Gable, Striding Edge on Helvellyn, High Street and England's highest mountain, Scafell Pike (3209ft/978m).

□ DAY WALKS

The best day loops and weekend walks on the Coast to Coast

The following suggested trails are for those who don't want to tackle the entire path in one go or just want to get a flavour of the challenge before committing themselves. In our opinion they include the best parts of the Coast to Coast path, and are all described in more detail in Part 4. Day walks bring you back to your starting point, either along other routes not mapped in this book or in some cases using public transport.

There is good public transport (see pp52-6) to the start and end points on the suggested weekend walk but no direct service between Reeth and Kirkby Stephen. However, if there are two of you, you can shuttle with two cars, or a car and bike as many walkers do.

St Bees to Sandwith **5 miles/8km (pp91-5)**

Get a flavour of the walk by completing the first 2.5 per cent of it! Set out from St Bees and strike off along the red rock sea cliffs; you can be back in St Bees that night, either by walking from Sandwith or taking the bus.

Around Ennerdale Water **11 miles/18km (pp102-11)**

The first truly gorgeous stretch of the Coast to Coast passes along the south shore of Ennerdale Water to the River Liza. You can carry on to Black Sail along an easy track, then take a walk back along the northern access track.

Borrowdale to Grasmere and back **15 miles/24km (pp115-23)**

Grasmere for lunch? In good weather it's a great training walk and you'll be able to pin down the Greenup Edge crossing to boot. Warm yourself up on the long climb to the Edge and we recommend you take the regular valley route down to Grasmere. Rest up, revive yourself in the fleece-wearing capital of the UK, and then take the haul back with the sun to Borrowdale. We don't recommend the high route via Helm Crag unless you're really on form.

Grasmere's Helm Crag Loop **8 miles/13km (pp118-23)**

A very popular day trip for the more active visitor to Grasmere. It's up to you which direction you take; probably reversing the Coast to Coast by tackling the acute climb up to Helm Crag is best. At the junction at the top of Easedale (Wpt 30, Map 17) you come down the valley. A great day out but tougher than you think.

Grasmere to Patterdale and back **16½ miles/26.5km (pp128-34)**

A pretty hefty proposition and another great training walk through the heart of the Lakes. The walk takes you up to Helvellyn summit and along Striding Edge, lunch at the pub and then back either up the valley or along St Sunday Crag (same distance but more climbing on the latter) and back down the other side of Tongue Gill. With very little overlapping, it's easily one of the best days out in the Lakes.

Getting to and from the Coast to Coast path

Both St Bees and Robin Hood's Bay are quite difficult to reach on public transport. For this reason, many people who are using the baggage carrier companies (see p28) opt to start and finish at their bases (Kirkby Stephen, Richmond or Kirkby Malham) where they have car parking facilities and offer their own transport links to St Bees and Robin Hood's Bay

If you want to make your own way to **St Bees**, it's best to take a train to Carlisle or Barrow-in-Furness, and then take the train to St Bees. Alternatively take a bus from Carlisle to Whitehaven (Stagecoach No 300, 301 & No 600; see box p54) and then walk or train the 4½ miles south from Whitehaven.

For **Robin Hood's Bay**, Arriva's No X93 Middlesbrough to Scarborough bus service operates daily (see p55); both these towns are well connected by rail.

NATIONAL TRANSPORT

All train **timetable and fare information** can be found at National Rail Enquiries (☎ 03457 484950, 24hrs; 🌐 nationalrail.co.uk). Alternatively, and to book tickets, you can look on the websites of the train companies concerned: **Virgin Trains** (🌐 virgintrains.co.uk), **Virgin East Coast** (🌐 virgintrainseast-coast.com), **Northern Rail** (🌐 northernrail.co.uk) and **Trans-Pennine Express** (🌐 tpexpress.co.uk). Timetables and tickets are also available on 🌐 thetrainline.com and 🌐 www.qjump.co.uk. You are advised to book in advance – it may well save you a small fortune. If your journey involves changes, it's worth checking which train company operates each leg of the journey – you may find you can save money by buying separate tickets for each train company rather than one through ticket for your whole journey.

Coach travel is generally cheaper (though with the excellent advance-purchase train fares that is not always true) but takes longer. The principal coach (long-distance bus) operator in Britain is **National Express** (☎ 08717 81 81 81, 24 hrs, 🌐 nationalexpress.com). **Megabus** (🌐 uk.megabus.com) has a more limited service though may be cheaper.

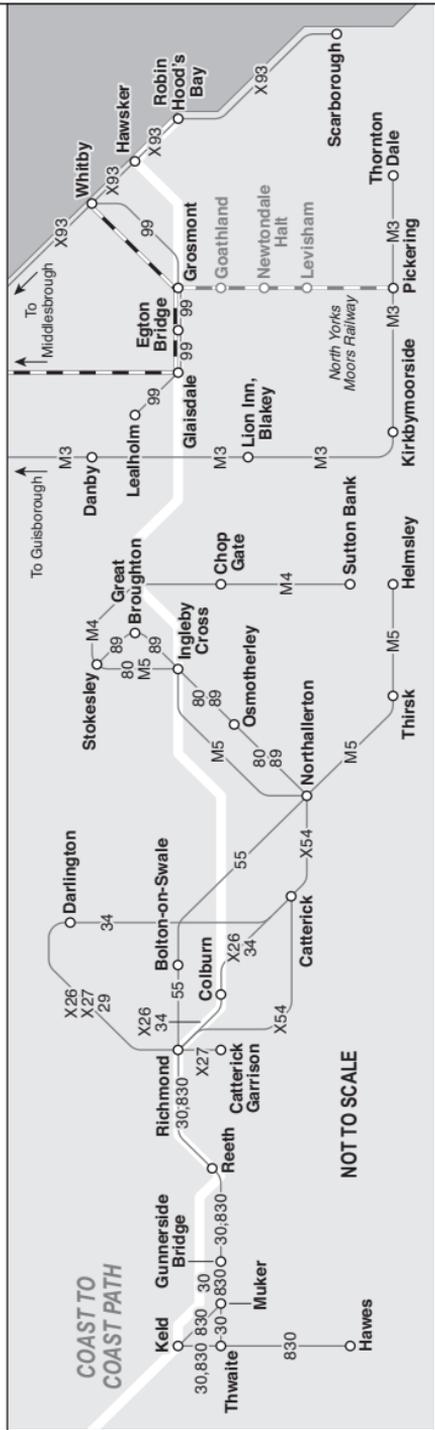
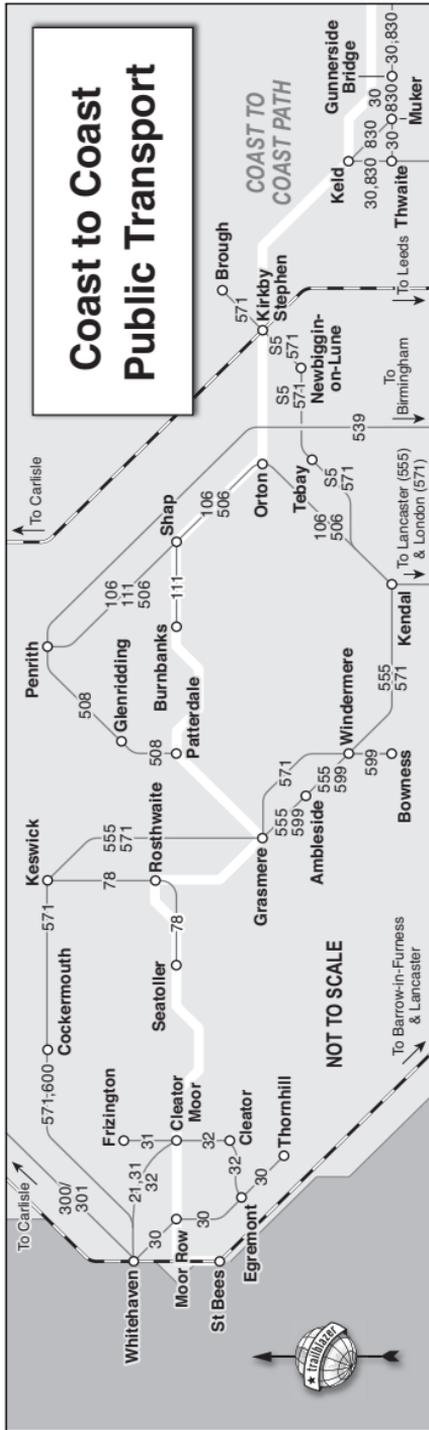
Getting to St Bees

● **Train** Carlisle and Barrow-in-Furness are the main access points for St Bees. Virgin's London Euston to Glasgow service calls at Carlisle; trains operate approximately hourly during the day and the journey takes 3¼-4 hours. Virgin's Birmingham New St to Edinburgh/Glasgow service stops in Carlisle hourly.

Trans-Pennine Express operates a service from Manchester Airport/Manchester Piccadilly to Barrow-in-Furness (Mon-Sat 4/day, Sun 1/day). They also operate a service from Manchester Airport/Manchester Piccadilly to Glasgow/Edinburgh via Carlisle (Mon-Sat 15/day, Sun 9/day).

Northern Rail (above) operates a service from Carlisle to Barrow-in-

Coast to Coast Public Transport



THE ENVIRONMENT & NATURE

Conserving the Coast to Coast path

With a population of over 64 million Britain is an overcrowded island, and England is the most densely populated part of it. As such, the English countryside has suffered a great deal of pressure from both over-population and the activities of an ever more industrialised world. Thankfully, there is some enlightened legislation to protect the surviving pockets of forest and heathland.

Apart from these, it is interesting to note just how much man has altered the land that he lives on. Whilst the aesthetic costs of such intrusions are open to debate, what is certain is the loss of biodiversity that has resulted. The last wild boar was shot near the Coast to Coast trail a few centuries ago; add to that the extinction of bear, wolf and beaver (now being reintroduced in selected pockets in Scotland and Dorset) as well as, far more recently, a number of other species lost or severely depleted over the decades and you get an idea of just how much of an influence man has over the land, and how that influence is all too often used negatively.

There is good news, however. In these enlightened times when environmental issues are quite rightly given more precedence, many endangered species, such as the otter, have increased in number thanks to the active work of voluntary conservation bodies. There are other reasons to be optimistic. The environment is no longer the least important issue in party politics and this reflects the opinions of everyday people who are concerned about issues such as conservation on both a global and local scale.

GOVERNMENT AGENCIES AND SCHEMES

Natural England

Natural England is responsible for enhancing biodiversity, landscape and wildlife in rural, urban, coastal and marine areas; promoting access, recreation and public well-being; and contributing to the way natural resources are managed. One of its roles is to identify, establish and manage: national trails, national parks, areas of outstanding natural beauty (AONBs), national nature reserves (NNRs), sites of



Bird's-foot trefoil
Lotus corniculatus



Germander Speedwell
Veronica chamaedrys



Tormentil
Potentilla erecta



Early Purple Orchid
Orchis mascula

fires, an orange dye and material for bedding, thatching, basketwork and brooms. It is still sometimes used in place of hops to flavour beer, and the flower heads can be brewed to make good tea. It is also incredibly hardy and thrives on the denuded hills, preventing other species from flourishing. Indeed, at times, highland cattle are brought to certain areas of the moors to graze on the heather, allowing other species a chance to grow.

Not a flower but worthy of mention is the less attractive species, **bracken** (*Pteridium aquilinum*), a vigorous non-native fern that has invaded many heathland areas to the detriment of native species.

Grassland

There is much overlap between the hedge/woodland-edge habitat and that of pastures and meadows. You will come across **common bird's-foot trefoil** (*Lotus corniculatus*), **Germander speedwell** (*Veronica chamaedrys*), **tufted** and **bush vetch** (*Vicia cracca* and *V. sepium*) and **meadow vetchling** (*Lathyrus pratensis*) in both.

Often the only species you will see in heavily grazed pastures are the most resilient. Of the thistles, the three most common species are **creeping thistle**, **spear thistle** and **marsh thistle** (*Cirsium arvense*, *C. vulgare* and *C. palustre*). Among them you may find **common ragwort** (*Senecio jacobaea*), **yarrow** (*Achillea millefolium*), **sheep's** and **common sorrel** (*Rumex acetosella* and *R. acetosa*), and **white** and **red clover** (*Trifolium repens* and *T. pratense*).

Other widespread grassland species include **harebell** (*Campanula rotundifolia*), delicate yellow **tormentil** (*Potentilla erecta*) which will often spread up onto the lower slopes of mountains along with **devil's-bit scabious** (*Succisa pratensis*). Also keep an eye out for orchids such as the **fragrant orchid** (*Gymnadenia conopsea*) and **early purple orchid** (*Orchis mascula*).

TREES

It seems incredible that, before man and his axe got to work, most of the bleak, empty moors and windswept Lakeland fells were actually covered by trees. Overgrazing of land by sheep and, to a lesser extent, deer, which eat the young shoots of trees, has ensured that the ancient forests have never returned. These days, the biggest areas of tree cover are the ghastly pine plantations of Ennerdale and other places in the Lakes. Yet



Ramsons (Wild Garlic)
Allium ursinum



Meadow Buttercup
Ranunculus acris



Marsh Marigold (Kingcup)
Caltha palustris



Meadow Cranesbill
Geranium pratense



Water Avens
Geum rivale



Scarlet Pimpernel
Anagallis arvensis



Harebell
Campanula rotundifolia



Herb-Robert
Geranium robertianum



Cotton Grass
Eriophorum angustifolium



Common Ragwort
Senecio jacobaea



Hemp-nettle
Galeopsis speciosa



Cowslip
Primula veris





MINIMUM IMPACT & OUTDOOR SAFETY

Minimum impact walking

ENVIRONMENTAL IMPACT

A walking holiday in itself is an environmentally friendly approach to tourism, but here are some ideas on how to further minimise your impact on the environment while walking the Coast to Coast.

Use public transport whenever possible

Public transport along the trail is not bad, with most places served by at least one bus or train a day. Public transport is always preferable to using private cars; it benefits visitors, locals and the environment.

Never leave litter

‘Pack it in, pack it out’. Leaving litter is antisocial so carry a degradable plastic bag for all your rubbish, organic or otherwise and even other people’s too, and pop it in a bin in the next village. Better still, reduce what you take with you by getting rid of packaging in advance.

● **Is it OK if it’s biodegradable?** Not really. Apple cores, banana skins, orange peel and the like are unsightly, encourage flies, ants and wasps, and ruin a picnic spot for others; they can also take months to decompose. Either bury them or take them away with you.

Buy local

Buying local produce not only reduces the amount of pollution and congestion that food transportation creates, so-called ‘food miles’, it also ensures that you are supporting local farmers and producers.

Erosion

● **Stay on the main trail** The effect of your footsteps may seem minuscule but when multiplied by several thousand walkers each year they become rather more significant. Avoid taking shortcuts, widening the trail or taking more than one path, especially across hay meadows and ploughed fields. This is particularly true on the boggy Pennine stage, which is now divided into three trails to be used for

(**Opposite Top**): Steam train on the North York Moors Railway, Grosmont (see p245). (**Centre left**): Falling Foss waterfall (p249). (**Centre right**): Grosmont’s community-run store opened 150 years ago. (**Bottom left**): Almost there: the final stretch before Robin Hood’s Bay (p253). (**Bottom right**): The Hermitage (p248).

4 ROUTE GUIDE & MAPS

Using this guide

The route is described from west to east and divided into 13 stages. Though each of these roughly corresponds to a day's walk between centres of accommodation, it's not necessarily the best way to structure *your* trek. There are enough places to stay – barring a couple of stretches – for you to pretty much divide the walk up however you want. This is even more true if you're prepared to camp, in which case you can pitch your tent virtually anywhere, particularly in the Lake District stages, as long as you follow the guidelines on p78.

On pp34-5 are tables to help you plan an **itinerary**. To provide further help, **practical information** is presented on the trail maps, including waypoints (WPT) and walking times, places to stay, camp and eat, as well as shops from which to buy provisions. Further **service details** are given in the text under the entry for each settlement. See box pp89-91 for **navigation trouble spots**. For **map profiles** and cumulative **distance chart** see the colour pages at the end of the book.

TRAIL MAPS

[for map key see inside back cover]

Scale and walking times

The trail maps are to a scale of 1:20,000 (1cm = 200m; 3¹/₈ inches = one mile). Each full size map covers about two miles but that's a very rough estimate owing to variety of terrain.

Walking times are given along the side of each map; the arrow shows the direction to which the time refers. Black triangles indicate the points between which the times have been taken. These times are merely a tool to help you plan and are not there to judge your walking ability. After a couple of days you'll know how fast you walk compared with the time bars and can plan your days more accurately as a result. **See note on walking times in the box opposite.**

Up or down?

The trail is shown as a dashed line. An arrow across the trail indicates the slope; two arrows show that it is steep. Note that the arrow points towards the higher part of the trail. If, for example, you are walking from A (at 80m) to B (at 200m) and the trail between the two is short and steep it would be shown thus: A — — — >> — — — B. Reversed arrow heads indicate a downward gradient. Note that the *arrow points uphill*, the opposite of what OS maps use on steep roads.

£40pp (£45/60 sgl/sgl occ). They accept most credit cards (but not Amex). Breakfast is available for campers (£7). **Long-term parking** (£3 per night) is also available.

Right beside the station – in fact, actually set inside the old Station House – **Lulu's Guesthouse** (☎ 01946 822600, ☒ lulusbistro.co.uk; 3D/1Qd; all en suite; ♣; wi-fi; Ⓛ; open all year) offers B&B from £32.50pp (sgl occ £55) with a continental breakfast (cooked breakfasts cost £8.50 extra). One of the doubles can be used as a twin. The quad is a two-room flat.

Further along Main St, the 17th-century pub, **Queen's Hotel** (☎ 01946 822287, ☒ queenshotel.stbees@hotmail.com; 3S/7D/2T; all en suite; ♣; wi-fi; Ⓛ; 🐾), charges from £30pp (sgl £50, sgl occ £60) for B&B.

Manor House Inn (☎ 01946 820587, ☒ manorinnstbees.co.uk; 5D/3T/1Qd; all en suite; ♣; wi-fi; Ⓛ) is another pub with B&B, charging from £40pp (sgl occ from £70).

A third pub with rooms is **Albert Hotel** (☎ 01946 822345, ☒ alberthotel-stbees.co.uk; 2S/1T with shared facilities, 2D/2T en suite; wi-fi; Ⓛ), at 1 Finkle St, which has B&B for £32.50-37.50pp (sgl occ £35). There are great views from some of the rooms.

Up at the top of Main St, **Fairladies Barn Guest House** (☎ 01946 822718, ☒ info@fairladiesbarn.co.uk; 1S/3D/2T/2Tr; all en suite; wi-fi; Ⓛ) is a restored 17th-century sandstone barn with varied and charming rooms, though some are looking a little tired these days. B&B costs £35pp (sgl £50, sgl occ £50).

Down towards the coast, near the start of the path, **Tomlin Guest House** (☎ 01946 822284, ☒ iwhitehead44@yahoo.co.uk; 1D/2D or T/1Tr; one en suite, others share facilities; wi-fi; Ⓛ; 🐾) is on Beach Rd, a short walk from Mile Zero (see Map 1, p93) and is a friendly little place charging £30-32.50pp (sgl occ £45). Off-street parking is £2 per night.

Nearby, is the large **Seacote Hotel** (☎ 01946 822300, ☒ seacote.com/Hotel/index.htm; 75 rooms, all en suite; ♣; wi-fi; Ⓛ; 🐾), which has a mix of double, twin and triple rooms. Bed and breakfast costs

£40pp (sgl occ £80; triples £95 per room).

Where to eat and drink

If it's just a snack you want, the pies in the **village shop** are excellent. You can buy provisions here and also in Hartley's Beach Shop & Tea Room (see below).

Manor House Inn (see Where to stay; food served daily noon-2pm & 5.30-9pm) is a reliable pub with a comprehensive menu (mains £10-15, light lunches £5-7) and a Sunday lunch. They also have the **Coast to Coast** bar (daily noon to around 1am) so how can you resist a swift pint here? It's advisable to book in advance for evening meals here, especially at week-ends.

On the other side of the road, **Queen's Hotel** (see Where to stay; food served daily noon-2pm & 6-8.30pm; lunch only on weekends in winter) has a good-value menu and a bar known for its real ales (try the Jennings Bitter) and malt whiskies.

For sea views, cream teas and excellent ice-cream made on the premises, call in at **Hartley's Beach Shop & Tea Room** (Map 1, p93; ☎ 01946 820175; shop daily 8am-8pm, café daily 8am-5pm) on the foreshore, just a short walk before Mile Zero. They also sell provisions, books and maps.

At nearby **Seacote Hotel** (see Where to stay) there's a bar serving pub grub (noon-8.30pm). The food is cheap (mains from £7), but you get what you pay for.

Transport (see also pp50-6)

Trains (Mon-Sat only) from St Bees go north to Carlisle (1hr 20mins; roughly one train per hour) and south to Barrow-in-Furness (also 1hr 20mins; also roughly one train per hour) where you can change for Lancaster.

There are no **bus** services to St Bees, but numerous services (run either by Stagecoach or Reays) go to Whitehaven from destinations such as Frizington, Egremont, Workington and Carlisle. Whitehaven is then just a seven-minute train ride from St Bees.

For a **taxi**, try Sterling Cabs (☒ 01946 823000), based in Egremont, or White Line Taxis (☒ 01946 66111), in Whitehaven.

MAP 1



START OF WALK AT THE SIGN ON THE SEA WALL. CROSS BRIDGE OVER ROTTINGTON BECK THEN CLIMBS UP CLIFFS ON STEPS WITH FENCE ON RIGHT

ROTTINGTON BECK

IGNORE GATE TO YOUR RIGHT

SOUTH HEAD

FENCE

ALTERNATIVE PATH ON OTHER SIDE OF FENCE

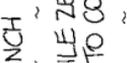
IRISH SEA

RUNED COASTGUARD STATION: CAN SEE SELLAFIELDS TO SOUTH, LIGHTHOUSE TO NORTH AND ISLE OF MAN ACROSS THE WATER



BENCHES

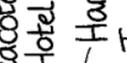
'MILE ZERO' COAST TO COAST SIGN



PHONE



TOILET



SEACOTE CARAVAN

Tomlin Guesthouse

Seacote Hotel

BEACH ROAD

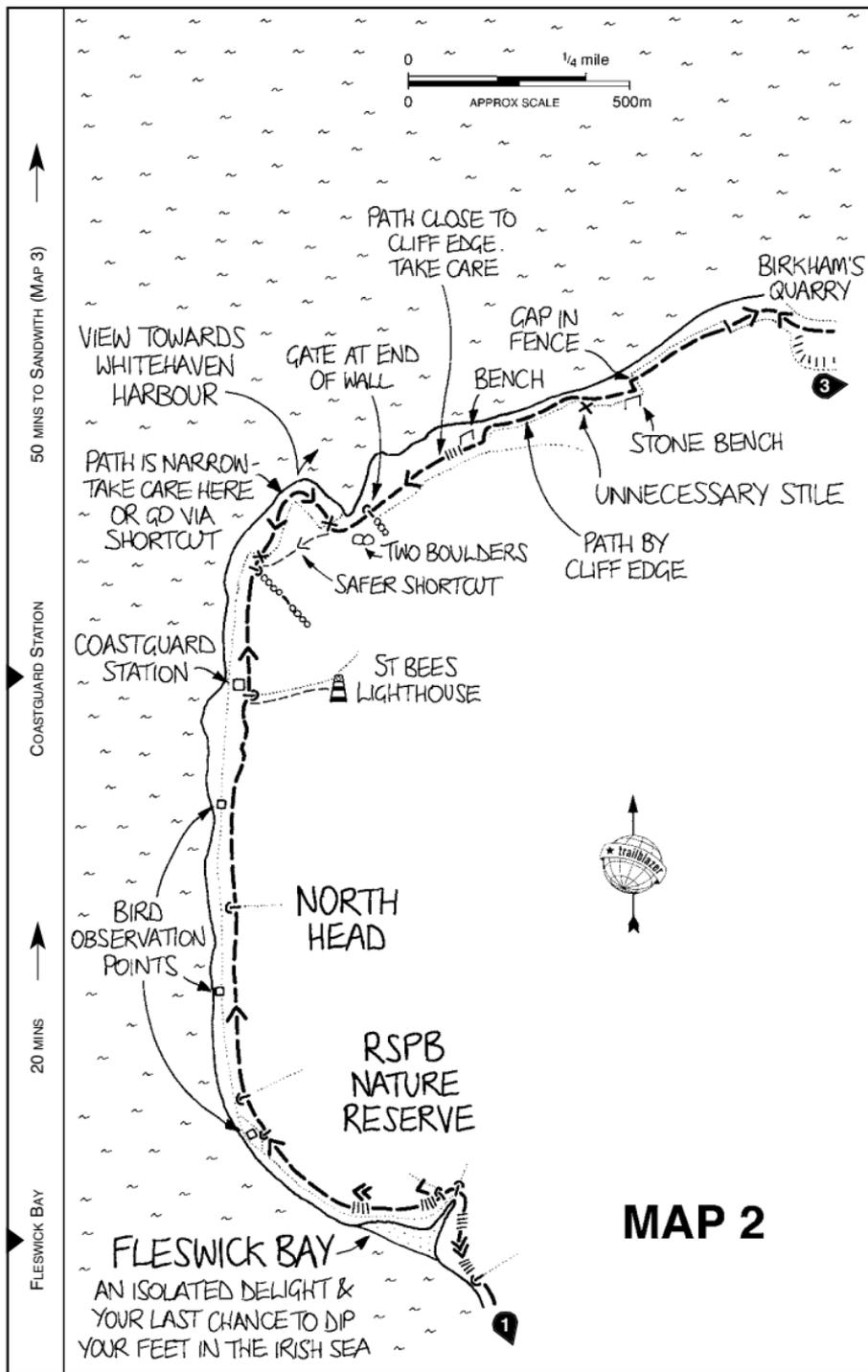
TO ST BEES

Hartley's Tea Room



40 MINS TO FLESWICK BAY (MAP 2)

START OF COAST TO COAST PATH



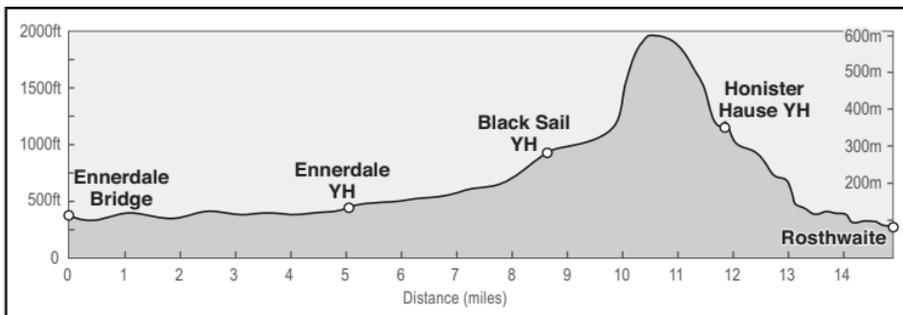
shins. Unless you like splashing about in such weather the access track along the north shore may be a better option. If the weather is fine, however, the southern pathway is preferable as it hugs the lakeside more closely and is for walkers only. Beyond the lake's end, in clear conditions even the high route via Red Pike can get busy, but be warned it's a fair old climb and you can still enjoy great views down to Buttermere from the top of Loft Beck or Grey Knotts on the standard route. If the weather is closing in, it would be foolhardy to attempt the fell-top alternative. It's a long walk from Ennerdale Bridge, your first real stage in the Lakes, although you can rearrange this day at any of the four hostels spaced out along the route.

The route

The stage's first half involves a walk along the southern side of the very pleasant **Ennerdale Water** and though it's not quite the dreamy lakeside stroll you may have imagined, navigation couldn't be simpler. At one point the path rises over the outcrop of **Robin Hood's Chair** (Map 8; take the easier right route at the top of the crag) to enter mossy light woodland as you near the eastern extremity of the lake.

Family-friendly **Low Gillerthwaite Field Centre** (Map 10; ☎ 01946 861229, lgfc.org.uk; 🐕 on lead; WI-FI) has **camping** for £10 per tent plus £2pp, as well as comfortable **bunkhouse** accommodation (40 beds: 2x4, 1x8, 1x10, 1x14-bed rooms), from £15.50pp; pillows and blankets are provided, but no bed sheets, so a sleeping bag or sleeping sheet is needed. There is a kitchen, a dining room, a drying room and two lounges with open wood fires as well as good shower and toilet facilities; campers have access to shower/washing facilities and a basic cooking area. Note that if a school group is in residence (which is not unusual) you may not be allowed to stay so call ahead. It's open year-round, but is self-catering only (although you can sometimes buy farm eggs, and locally-brewed beer), and the nearest shop is back at Ennerdale Bridge so come prepared. Mobile phone signals are notoriously poor here, but there is a **public telephone** by the main entrance.

Up the track a bit **YHA Ennerdale** (Map 10; ☎ 0800 0191 700 or ☎ 0345 371 9116, yha.org.uk/hostel/ennerdale; 24 beds, 3x4-, 2x6-bed rooms; beds from £18pp, private rooms from £35; Ⓛ; open Mar-Oct only), at High Gillerthwaite, is a small hostel with good facilities and a lovely location. *(cont'd on p108)*



restaurant on the whole trail – and those who think it's actually a little overpriced. Their menu (Feb–Nov Tue–Sun noon–2.30pm & 6–8.30pm, 2.30–4pm soups and sandwiches only; bar Tue–Sun noon–10.30pm) includes such locally sourced dishes as slow-roasted Rosthwaite

Herdwick lamb. Mains cost £13.25–17.95. The rooms are undoubtedly worthy of praise: B&B costs from £40pp out of season, but rises to £57–70pp in mid-summer (sgl occ full room rate). They don't usually accept advance bookings for single-night stays on Fridays or Saturdays.

STAGE 3: BORROWDALE TO GRASMERE

MAPS 14-18

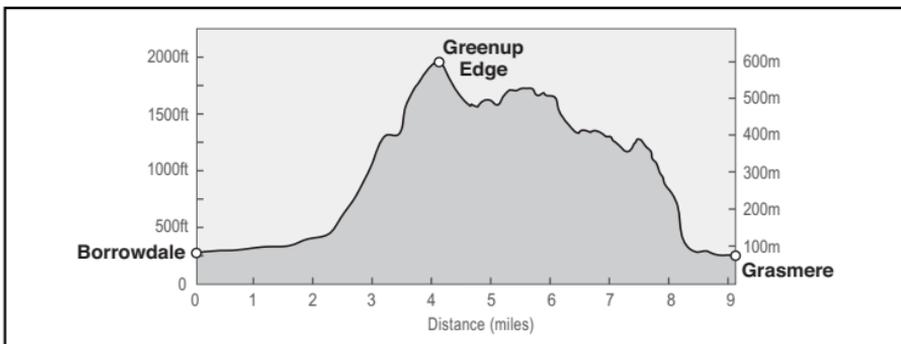
Introduction

In good weather this **9-mile (14.5km, 4-5½hr high route)** stage is a Lakeland classic; a straightforward climb up past Lining Crag to Greenup Edge, followed by the high-level ridge walk we recommend (see opposite) or a less adventurous and slightly shorter plod down the valley to the edge of Grasmere. Wainwright combines this stage with the next one to Patterdale, adding up to at least a 17-mile (27.5km) hike, and a few walkers do just that. Sticking to the valley routes as Wainwright did, it's not too demanding. If doing so, we recommend you take at least one of the high-level options on either stage; this is the Lake District after all. Taking on the high routes in one long day – not least via Helvellyn and Striding Edge which will add **two miles and up to two hours** – may leave you a little drained for the 15½-miler from Patterdale to Shap which follows and along which there are no easy gradients.

The route

The stage begins with a level amble through the fields alongside **Stonethwaite Beck** (Maps 14 and 15), with **Eagle Crag** a looming presence across the water. It looks massive but by the time you get to Greenup Edge you'll be looking *down* on Eagle Crag. At Stonethwaite you join **Greenup Gill** (Map 15), which after heavy rain becomes one long torrent of white water and waterfalls, with views back down to Borrowdale growing more impressive with every upward step. The path's gradient picks up a notch past Eagle Crag, drops into a basin of drumlins (mounds created by glacial action) and a stepped climb up onto the top of **Lining Crag** (Map 16) from where, weather permitting, views reach over towards Scafell Pike, England's highest summit at 3210ft (978m).

Look to the south and you'll also make out the beginning of the path to the



APPENDIX B – GPS WAYPOINTS

Each GPS waypoint below was taken on the route at the reference number marked on the map as below. This list can also be downloaded from www.trailblazer-guides.com.

MAP WAY- NO POINT

OS GRID REF

DESCRIPTION

Stage 1

St Bees to Ennerdale Bridge (14 miles)

1	001	NX 96042	11791	Mile Zero; Coast to Coast sign on St Bees beach
3	002	NX 97898	14269	Gate on right, then downhill to railway tunnel
3	003	NX 98500	14189	Plank bridge over stream
4	004	NX 98932	14175	By woods continue N then E to disused railway
4	005	NX 99608	14346	Cross A595 and pass C2C statue; E into Moor Row
4	006	NY 00768	13923	Turn E into field
5	007	NY 01558	13494	Cleator Stores, Main St; cross road into Kiln Brow
5	008	NY 02295	13356	Black How Farm. Back road N to Ennerdale or track E to Dent Hill
5	009	NY 03055	13338	Stile in fence; follow wall ESE towards summit
5	010	NY 03743	13052	Cairn along walls; not the summit
5	011	NY 04148	12893	Dent Hill summit (353m), small cairn
5	012	NY 04352	12765	Gate in fence, continue SE
6	013	NY 04535	12668	Junction, follow track going ENE to tall stile
6	014	NY 05532	12979	Having crossed Kirk Beck, head NE along stream
6	015	NY 05744	13873	Opposite gorse hillside head NE
7	016	NY 06942	15811	Ennerdale Bridge over river

Stage 2 Ennerdale Bridge to Borrowdale (Rosthwaite) low route (15 miles)

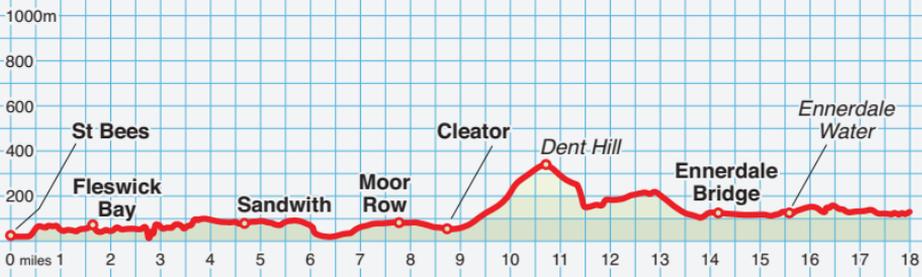
9	017	NY 12493	13874	Bridge at eastern end of Ennerdale Water
10	018	NY 14564	14122	Turn off north for high-level route via Red Pike
10	019	NY 17713	13216	A path leads E up to Scarth Gap Pass (Hay Stacks)
11	020	NY 19118	12508	Path comes down from Scarth Gap
12	021	NY 20278	12033	Cross Loft Beck by two cairns and ascend
12	022	NY 20548	12383	Top of Loft Beck at boggy saddle; turn E for gate in fence
12	023	NY 20802	12417	Gate in fence
12	024	NY 21135	12465	Cairns; now head NE
13	025	NY 21366	12632	Join bigger track coming from Brandreth
13	026	NY 21593	13455	Drum House
14	027	NY 25825	14939	At bridge turn off by bus stop in Rosthwaite

Stage 3 Borrowdale to Grasmere (9 miles)

16	028	NY 28313	11202	Top of Lining Crag; bogs & cairns to Greenup Edge
16	029	NY 28602	10526	Greenup Edge; twin cairns just after fence post
17	030	NY 29558	10287	Top of Easedale; two routes separate
17	031	NY 30160	10411	Top of Calf Crag (538m)
18	032	NY 32744	09202	Near Helm Crag summit
18	033	NY 32712	08536	Gate on left for Poet's Walk route
18	034	NY 33260	08458	At road just E of Thorney How Hostel

Stage 4 Grasmere to St Sunday Crag to Patterdale (8½ miles)

19	035	NY 33952	09817	Two Tongue paths separate
19	036	NY 34908	11680	Grisedale Pass (Hause)
21	037	NY 36932	13393	Summit of The Cape (841m); head N briefly to cairn
21	038	NY 36975	13678	Cairn; descent NE from St Sunday Crag begins



Maps 1-7 – St Bees to Ennerdale Bridge
 14 miles/22.5km – 6¼hrs

Maps 7-14 – Ennerdale Bridge to Rosthwaite (Borrowdale)

15 miles/24km – 6½hrs (low route)

NOTE: Add 20-30% to these times to allow for stops

DURHAM

Coast to Coast

EASTERN SECTION

North Sea



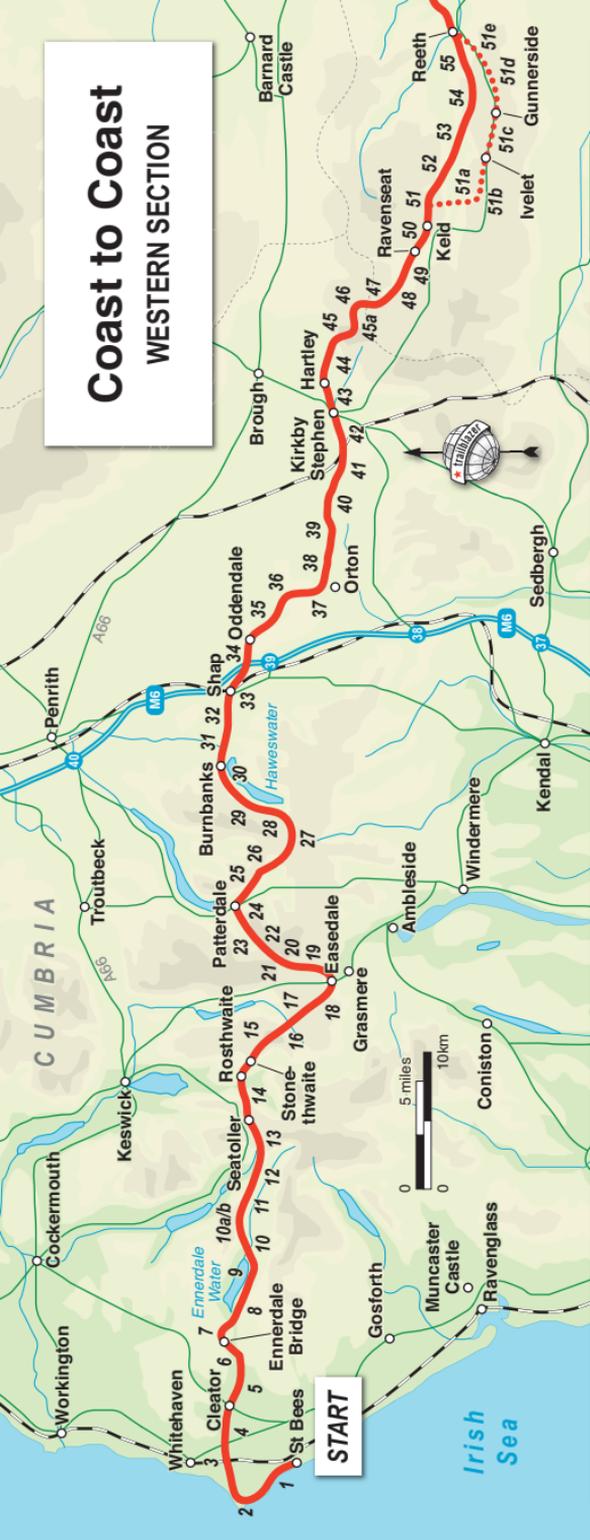
FINISH

MAP KEY

- Map 49 - p172 Ravenseat Farm
- Map 50 - p173 Keld
- Map 51 - p177 Gunnerside Moor
- Map 52 - p179 Melbecks Moor
- Map 53 - p180 Level House Bridge
- Map 54 - p181 Surrender Bridge
- Map 55 - p182 Healaugh
- Map 51a - p183 Ivetlet Wood
- Map 51c - p185 Ivetlet
- Map 51b - p186 Blades
- Map 51d - p187 Healaugh
- Map 51e - p187 Healaugh
- Map 56 - p192 Reeth
- Map 57 - p194 Marrick
- Map 58 - p195 Marske
- Map 59 - p196 Applethorpe Scar
- Map 60 - p197 Whitecliffe Wood
- Map 61 - p199 Richmond
- Map 62 - p206 A6136 road
- Map 63 - p207 Colburn
- Map 64 - p208 Catterick Bridge
- Map 65 - p209 Bolton-on-Swale
- Map 66 - p210 Turn-off to Whitwell
- Map 67 - p211 Streelam
- Map 68 - p213 Danby Wiske
- Map 69 - p215 Wray House Farm
- Map 70 - p216 Harisey Grove Farm
- Map 71 - p217 A19, Exelby
- Map 72 - p219 Ingleyby Cross
- Map 73 - p224 Scarth Wood Moor
- Map 74 - p225 Huthwate Green
- Map 75 - p226 Carlton Moor
- Map 76 - p227 Kirby Bank
- Map 77 - p228 Clay Bank Top
- Map 78 - p230 Urra Moor
- Map 79 - p231 Bloworth Crossing
- Map 80 - p232 Farmdale Moor
- Map 81 - p233 High Blakely Moor
- Map 82 - p235 Fat Betty
- Map 83 - p237 Great Fryup Dale
- Map 84 - p238 Hart Leap
- Map 85 - p239 Gaisdale Rigg
- Map 86 - p240 Gaisdale
- Map 87 - p243 Egton Bridge
- Map 88 - p246 Sleights Moor
- Map 89 - p247 Littlebeck
- Map 90 - p249 Falling Foss
- Map 91 - p250 Graystone Hills
- Map 92 - p251 Low Hawsker
- Map 93 - p252 High Hawsker
- Map 94 - p253 Rocket Post Field
- Map 95 - p255 Robin Hood's Bay

Coast to Coast

WESTERN SECTION



START

MAP KEY

- Map 1 – p93 South Head
- Map 2 – p94 Fleswick Bay
- Map 3 – p95 Sandwith
- Map 4 – p97 Moor Row
- Map 5 – p99 Cleaver
- Map 6 – p100 Raven Crag
- Map 7 – p101 Emerdale Bridge
- Map 8 – p103 Emerdale Water
- Map 9 – p105 Emerdale Water
- Map 10 – p106 YHA Ennerdale
- Map 10a – p107 Red Pike route
- Map 10b – p110 High Crag
- Map 11 – p111 YHA Black Sail
- Map 12 – p112 Blackbeck Tarn
- Map 13 – p113 Seatoller Fell
- Map 14 – p116 Borrowdale
- Map 15 – p119 Eagle Crag
- Map 16 – p120 Greenup Edge
- Map 17 – p121 Far Easedale
- Map 18 – p122 Easedale
- Map 19 – p129 Great Tongue
- Map 20 – p131 Grisedale Tarn
- Map 21 – p132 St Sunday Crag
- Map 22 – p133 Striding Edge
- Map 23 – p133 Eimhow Plantation
- Map 24 – p134 Harrison Crag
- Map 25 – p137 Patterdale
- Map 26 – p139 Satura Crag
- Map 27 – p140 Kidsty Pike
- Map 28 – p141 Haweswater Reservoir
- Map 29 – p142 Haweswater Reservoir
- Map 30 – p143 Burnbanks
- Map 31 – p144 Rosgill Bridge
- Map 32 – p145 Shap Abbey
- Map 33 – p146 Shap
- Map 34 – p149 Shap
- Map 35 – p150 Oddendale
- Map 36 – p151 Crosby Ravensworth Fell
- Map 37 – p153 Robin Hood's Grave
- Map 38 – p154 Orton Scar
- Map 39 – p155 Tarn Moor
- Map 40 – p156 Ravenstonedale Moor
- Map 41 – p157 Smardale Bridge
- Map 42 – p158 Smardale Fell
- Map 43 – p159 Kirkby Stephen
- Map 44 – p165 Birkett Hill
- Map 45 – p166 Hartley Fell
- Map 46 – p167 B6270, Green Route
- Map 47 – p168 Whin Standards Rigg
- Map 48 – p170 Ney Gill
- Map 49 – p172 Ravenseat Farm
- Map 50 – p173 Keld
- Map 51 – p177 Gunnerside Moor
- Map 52 – p179 Melbecks Moor
- Map 53 – p180 Level House Bridge
- Map 54 – p181 Surrender Bridge
- Map 55 – p182 Healaugh
- Map 51a – p183 Ivetal Wood
- Map 51b – p185 Ivetal
- Map 51c – p185 Gunnerside
- Map 51d – p186 Blades
- Map 51e – p187 Healaugh



8
EDN

'...the Trailblazer series stands head, shoulders, waist and ankles above the rest. They are particularly strong on mapping...'

THE SUNDAY TIMES

includes accommodation, pubs and restaurants in detailed guides to 33 towns and villages from St Bees to Robin Hood's Bay

Includes 109 detailed walking maps: the largest-scale maps available - At just under 1:20,000 (8cm or 3 1/8 inches to 1 mile) these are bigger than even the most detailed walking maps currently available in the shops

Unique mapping features - walking times, directions, tricky junctions, places to stay, places to eat, points of interest. These are not general-purpose maps but fully edited maps drawn by walkers for walkers

Itineraries for all walkers - whether hiking the entire route or sampling high-lights on **day walks** or **short breaks**

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