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This **ninth edition** was updated by **STUART BUTLER**, a writer, photographer and guidebook author specialising in writing about hiking, wildlife and conservation with a focus on Himalayan and East African destinations. He has written hiking guides to Nepal, Bhutan, Spain, France, Ladakh and parts of East Africa. He is a regular contributor to *Geographical* magazine, *National* newspaper (UAE), *Sierra* magazine (USA), various in-flight magazines and many more. His award-winning photographs have been exhibited internationally and published in numerous magazines. Stuart (www.stuartbutlerjournalist.com) lives at the foot of the Pyrenees in France with his wife and two children.



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From Stuart: Thank you to the many people who helped out with advice and company during this walk, in particular, Tim, Daniel and Rosie as well as Colin and Lis. The most important people to thank though are my wife Heather and son Jake for accompanying me on every glorious step of the way. Walking the Coast to Coast with a 9-year-old wasn't always simple but it was inspiring to see Jake complete the walk and being with the two of them made it all the more rewarding. A huge eternal thank you also go to Alice and Diogenes and Anne and Bill for looking after Jake's little sister, Grace, while we walked. Jake did the walk in order to raise money for medical treatment for his school friend Kilian Gato who, unfortunately, cannot walk (facebook.com/Le-R%C3%AAve-de-Kilian-2047895018657069/) and Jake and I owe a huge debt of thanks to the many people who sponsored him as he walked.

Thanks also 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 (pp81-4 & pp90-1). 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: Gazing down at Grisedale Tarn while walking the St Sunday alternative route on Stage 4. **This page:** On the trail between Helvellyn and Patterdale, late November © Bryn Thomas. **Overleaf:** Crossing the Westmorland plateau on Stage 6.

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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 &
STUART BUTLER**

TRAILBLAZER PUBLICATIONS

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ABOUT THIS BOOK

This guidebook contains all the information you need. The hard work has been done for you so you can plan your trip without having to consult numerous websites and other books and maps. There's comprehensive information to get you to and from the path and 109 detailed maps to help you find your way along it.

- All standards of accommodation with reviews of campsites, bunk-houses, hostels, B&Bs, guesthouses and hotels
- Walking companies if you want an organised tour and baggage-carrying services if you just want your luggage carried
- Itineraries for all levels of walkers
- Costs, when to go, degree of difficulty, what to pack
- Walking times and GPS waypoints
- Cafés, pubs, tearooms, takeaways, restaurants and shops
- Rail, bus and taxi information for all villages & towns along the path
- Street plans of the main towns and villages
- Historical, cultural and geographical background information

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▣ MINIMUM IMPACT FOR MAXIMUM INSIGHT

Man has suffered in his separation from the soil and from other living creatures ... and as yet he must still, for security, look long at some portion of the earth as it was before he tampered with it.

Gavin Maxwell, *Ring of Bright Water*, 1960

Why is walking in wild and solitary places so satisfying? Partly it is the sheer physical pleasure: sometimes pitting one's strength against the elements and the lie of the land. The beauty and wonder of the natural world and the fresh air restore our sense of proportion and the stresses and strains of everyday life slip away. Whatever the character of the countryside, walking in it benefits us mentally and physically, inducing a sense of well-being, an enrichment of life and an enhanced awareness of what lies around us. All this the countryside gives us and the least we can do is to safeguard it by supporting rural economies, local businesses, and low-impact methods of farming and land-management, and by using environmentally sensitive forms of transport – walking being pre-eminent.

In this book there is a detailed chapter on the wildlife and conservation of the region and a chapter on minimum-impact walking, with ideas on how to tread lightly in this fragile environment; by following its principles we can help to preserve our natural heritage for future generations.

INTRODUCTION



In devising a walk that would span the north of England from the Cumbrian coast to the North Sea, the legendary fell walker, guidebook writer and illustrator, Alfred Wainwright, created an enduring concept that more than 40

years later continues to inspire hikers in ever-growing numbers.

Despite not being an official National Trail with all the support that entails, the Coast to Coast path has almost certainly become the most popular long-distance footpath in England. At about 190 miles (see box p18) it's not the longest in the country and certainly doesn't, as some mistakenly think, cross the country at its widest point. It makes no claim to being

It's almost certainly become the most popular long-distance path in England

especially tough (though we can safely predict that those who attempt it in one go will find it sufficiently challenging). Nor does it, unlike the long-distance paths that run alongside Hadrian's Wall or Offa's Dyke, follow any ancient construction or border.

In truth, the Coast to Coast is but one of an infinite number of routes that could be devised by joining the various footpaths and byways to form a trail across northern England and in doing so providing those who follow it with a snapshot of the country.

But what a magnificent snapshot that is! Around two-thirds of the walk is spent in the national parks of the Lake District (so special, it was awarded UNESCO World Heritage status in 2017), the Yorkshire Dales and the North York Moors. These parks encompass the most

Around two-thirds of the walk is spent in national parks

dramatic upland scenery in England, from its highest fells to its largest lakes, some of its most beautiful woods and parts of its bleakest, barest moors. The walk also passes through areas alive with some of Britain's rarest wildlife, including red squirrels and otters.

Furthermore, where man has settled on the trail he has, on the whole, worked in harmony with nature to produce some of England's finest villages, from idyllically situated Grasmere to unspoilt Egton Bridge. The trail itself is a further example of this harmony; these paths and bridleways have existed for centuries and though man-made, do not feel or look like an imposition on the landscape but are very much part of it. While these paths and villages continue to thrive



© Daniel McCrohan

The start – At St Bees, ‘Mile Zero’ (above) is clearly marked. It’s become a tradition to collect a pebble, carry it with you as a keepsake to Robin Hood’s Bay and return it to the sea.

under the steady stream of Coast to Coasters, in other places nature has reclaimed the poignant ruins of mills and mines, ancient Iron Age sites and mysterious stone circles which between them bear witness to thousands of years of human endeavour. They punctuate the path and provide absorbing highlights along the way.

But the walker on the Coast to Coast path experiences additional, unquantifiable rewards. There is the pleasure of acquiring a developing level of fitness, the satisfaction of unravelling a route-finding conundrum and the relief when a hard-won day finally ends at the doorstep of a cosy B&B. Most memorably, it’s the cheery camaraderie shared by your fellow pilgrims bound for Robin Hood’s Bay and the window into the lives of the people who live and work in this fabulous landscape that stay with you as you transit the country from coast to coast.

▣ Mr Coast to Coast – Alfred Wainwright

The popular perception of the man who devised the Coast to Coast path is that of a gruff, anti-social curmudgeon with little time for his fellow men, though one who admittedly knew what he was doing when it came to producing guidebooks. It’s an unflattering portrait, but one that the man himself did little to destroy. Indeed, many say that he deliberately cultivated such a reputation in order to make himself unapproachable, thus allowing him to continue enjoying his beloved solitary walks without interruptions from the cagoule-clad masses who trudged the fells in his wake. Yet this unflattering and rather dull two-dimensional description disguises a very complex man: artist, father, divorcé, pipe smoker, accountant, part-time curator at Kendal Museum, TV personality, romantic and cat-lover.

Alfred Wainwright was born in Blackburn on 17 January 1907, to a hardworking, impoverished mother and an alcoholic father. Bright and conscientious, his early years gave little clue to the talents that would later make him famous, though his neat handwriting – a feature of his guidebooks – was frequently praised by his teachers. Leaving school to work in accounts at the Borough Engineer’s Office in Blackburn Town Hall, he regularly drew cartoons to entertain his colleagues.

When, in December 1931, he married Ruth Holden, it seemed that Wainwright’s life was set upon a course of happy – if humdrum – conformity. Wainwright, however, never saw it like that. In particular, he quickly realised that his marriage had been a mistake. Wainwright felt stifled and bored with his home life; feelings that not even the arrival of a son, Peter, could erase. His wife, though loyal, left Wainwright unfulfilled and any trace of romantic love that had been in the marriage at the beginning quickly drained away. To escape the misery at home, Wainwright threw himself into his new-found hobby, fellwalking. He first visited the Lakes in 1930 and soon

Wainwright's Coast to Coast path

The Coast to Coast path owes its existence to one man: Alfred Wainwright. It was in 1972 that Wainwright, already renowned for his exquisitely illustrated guides to walking in the Lake District, finally completed a trek across the width of England along a path of his own devising. It was an idea that he had been kicking around for a time: to cross his native land on a route that, as far as he was aware, would 'commit no offence against privacy nor trample on the sensitive corns of landowners and tenants'. The result of his walk, a guidebook, was originally printed by his long-time publishers, *The Westmorland Gazette*, the following year. It proved huge-



The end – At Robin Hood's Bay, a pebble carried all the way across England from the Irish Sea at St Bees is dropped into the North Sea marking the end of the 189½-mile journey.

after was making detailed notes and drawings on the walks he made. Initially, these visits were few and far between, but a move to Kendal ten years later to take up a position as an accounting assistant allowed Wainwright to visit the Lakes virtually every weekend. Yet it wasn't until the early 1950s that Wainwright struck upon the idea of shaping his copious notes and drawings into a series of walking guides. The idea wasn't a new one: guides to the Lakes had existed since at least the late 18th century and previous authors had included such literary luminaries as William Wordsworth. Where Wainwright's guides differed, however, was in their detail and the unique charm of their production.

For Wainwright was a publisher's dream: his writing was concise and laced with a wry humour, his ink sketches were delightful, and every page was designed by the author himself, with the text justified on both sides (and without hyphens!) around the drawings. As a result, all the publisher really needed to do was crank up the printing press, load in the paper, and hey presto! They had another bestseller on their hands.

His first seven books, a series of guides to the Lakeland fells, took fourteen years to produce and by the end he had built up quite a following amongst both walkers and those who simply loved the books' beauty. Further titles followed, including one on the Pennine Way (a walk that he seemed to have enjoyed rather less than the others, possibly because at one point he had needed to be rescued by a warden after falling into a bog).



Wainwright's 'AW' monogram on a fingerpost on the North York Moors.

(cont'd overleaf)



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

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

mountaineering or climbing skills are necessary. All you need is some suitable clothing, a bit of money, a backpack 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.

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*?



PLANNING YOUR WALK

1

Practical information for the walker

ROUTE FINDING

The presence of **signposts** and waymarking varies along the path. Once over the Pennines and into Yorkshire the trail becomes fairly well signposted and finding the way shouldn't be a problem. In the Lakes, on the other hand, there are few Coast to Coast signposts and you'll have to rely on the descriptions in this book to find the way. For much of the time the path is well trodden and obvious, though of course there are situations where there are several paths to choose from, and other occasions where the ground is so boggy no clear path is visible at all. Misty conditions are another problem, particularly in the Lake District. In these instances a compass or GPS will help you move in the right direction or follow the correct path. (See the box on pp89-91 for more details.)

In the Lakes in particular there are some high-level alternatives to the main route, and on a clear day fit trekkers should consider taking them. Though obviously more tiring, the rewards in terms of the views and sense of achievement are all worthwhile.

GPS

I never carried a compass, preferring to rely on a good sense of direction... I never bothered to understand how a compass works or what it is supposed to do ... To me a compass is a gadget, and I don't get on well with gadgets of any sort.

Alfred Wainwright

While Wainwright's acolytes may scoff, other walkers will accept GPS technology as a well-established if non-essential navigational aid. To cut a long story short, within a minute of being turned on and with a clear view of the sky, **GPS receivers** will establish your position as well as elevation in a variety of formats, including the British OS grid system, anywhere on earth to an accuracy of within a few metres. These days, most **smartphones** have a GPS receiver built in and mapping software available to run on it (see box p45).

One thing must be understood however: **treating GPS as a replacement for maps, a compass and common sense is a big mistake.** Every electronic device is susceptible to battery failure or some electronic malfunction that might leave you in the dark. GPS is primarily a navigational aid or backup to conventional route finding and, in almost all cases, is best used in conjunction with a paper map.



to west transfers. The cost of travelling direct from Kirkby Stephen to St Bees, or Robin Hood's Bay to Kirkby Stephen, is £32 per person. They have a **secure parking** lot in Kirkby Stephen, where you can leave a car for the duration of the walk for £5.50 per day and also have a bag store facility for £25 per bag.

● **Brigantes Walking Holidays and Baggage Carriers** (☎ 01756 770402, 🌐 brigantesenglishwalks.com; Skipton, North Yorkshire; see also below) run a family operated baggage-transfer service with locally based drivers covering the whole of the north of England.

For baggage transfer they charge from £9 per person per day for a minimum of two people; bookings must be made by noon the previous day. They have a **secure parking** facility in Kirkby Malham with transport provided to the start of the walk, and back from the end.

Self-guided holidays

Self-guided means that the company will organise accommodation, baggage transfer (some contracting out the work to other companies), transport to and from the walk and various maps and bits of advice, but leave you on your own to actually walk the path and cover lunch and dinner.

- **Absolute Escapes** (☎ 0131 610 1210, 🌐 absoluteescapes.com) Edinburgh
- **Alpine Exploratory** (☎ 0131 214 1144, 🌐 alpineexploratory.com) Edinburgh
- **Brigantes Walking Holidays** (see above)
- **British and Irish Walks** (☎ 01242 254353, 🌐 britishandirishwalks.com) Gloucestershire
- **Coast to Coast Packhorse** (see p29 and opposite)
- **Contours Holidays** (☎ 01629 821900, 🌐 contours.co.uk) Derbyshire
- **Discovery Travel** (☎ 01983 301133, 🌐 discoverytravel.co.uk) Isle of Wight
- **Explore Britain** (☎ 01740 650900, 🌐 explorebritain.com) Co Durham
- **Footpath Holidays** (☎ 01985 840049, 🌐 footpath-holidays.com) Wiltshire
- **Freedom Walking Holidays** (☎ 07733 885390, 🌐 freedomwalkingholidays.co.uk) Berkshire
- **Great British Walks** (☎ 01600 713008, 🌐 great-british-walks.com) Monmouth
- **Macs Adventure** (☎ 0141 530 8886, 🌐 macsadventure.com) Glasgow
- **Maximum Adventure** (☎ 01768 371289, 🌐 maximumadventure.com) Kirkby Stephen
- **Mickledore** (☎ 017687 72335, 🌐 mickledore.co.uk) Keswick, Cumbria
- **Northwestwalks** (☎ 01257 424889, 🌐 northwestwalks.co.uk) Wigan
- **Sherpa Expeditions** (☎ 020 8577 2717, 🌐 sherpaexpeditions.com) London
- **Walk the Trail** (☎ 01326 567252, 🌐 walkthetrail.co.uk) Helston, Cornwall
- **Wandering Aengus Treks** (☎ 016974 78443, 🌐 watreks.com) Cumbria

Group/guided walking tours

If you don't trust your navigational skills or simply prefer the company of other walkers as well as an experienced guide, the following companies will be of interest. Packages nearly always include all meals, accommodation, transport arrangements, minibus back-up and baggage transfer.

TOWN FACILITIES

Eating Place ✓=one; ✓✓=two; ✓✓✓=three+	Food Store	Campsite (approx miles off the path)	Hostels Y (YHA) H-B (Ind Hostel or Bunkhouse) B (Camping barn)	B&B-style accommodation ✓=one; ✓✓=two; ✓✓✓=three+	Place name (Places in brackets are a short walk off the Coast to Coast path)
✓✓✓	✓	✓		✓✓✓	St Bees
✓				✓	Sandwith
✓		✓	(Low Cock How Farm) B	✓	Moor Row
✓	✓			✓/✓	Cleator (Cleator Moor)
✓✓✓	✓	✓		✓✓✓	Ennerdale Bridge
		✓	Y/H-B/B		Gillerthwaite
✓✓ (Honister)		✓	Y (Honister)	✓✓	Seatoller (& Honister)
✓✓✓	✓	✓	Y/B	✓✓✓	Borrowdale Valley (Longthwaite, Rosthwaite, Stonethwaite)
✓✓			H-B/B	✓✓✓	Easedale
✓✓✓	✓	✓	Y	✓✓✓	(Grasmere)
✓✓	✓	✓	Y/H-B	✓✓✓	Patterdale
✓✓✓	✓	✓ (Bumbanks)		✓✓	(Bampton)
✓✓✓	✓	✓	H-B	✓✓✓	Shap
✓✓✓	✓	✓(1)		✓✓✓	(Orton & Tebay)
✓		✓ (Bents Farm)	B (BF)	✓✓	(Newbiggin-on-Lune)
✓✓✓	✓	✓	H-B	✓✓✓	Kirkby Stephen
✓✓		✓	H-B	✓✓✓	Keld
✓				✓✓	(Thwaite)
✓✓	✓			✓	(Muker)
✓✓					(Gunnerside)
✓✓✓	✓	✓	Y/H-B	✓✓✓	Reeth
✓		✓			Marrick
✓✓✓	✓	✓(1½)		✓✓✓	Richmond
✓		✓		✓(shepherd's hut)	Colburn
✓✓	✓	✓	H-B	✓	Brompton-on-Swale (inc Catterick Bridge)
✓		✓		✓✓✓	Danby Wiske
			H-B	✓	Oaktree Hill
✓✓		✓		✓✓✓	Ingleby Cross/Arncliffe
✓✓✓	✓	✓	Y(franchise)	✓✓✓	(Osmotherley)
✓✓		✓(3½)		✓✓✓	†Clay Bank Top
✓		✓		✓	Blakey Ridge
✓✓	✓			✓✓✓	Glaisdale
✓✓				✓✓✓	Egton Bridge
✓✓✓	✓	✓		✓✓✓	Grosmont
		✓		✓	Littlebeck
✓		✓			High Hawsker
✓✓✓	✓	✓(½)	Y	✓✓✓	Robin Hood's Bay

places directly on the Coast to Coast path

† Clay Bank Top = Chop Gate, Great Broughton & Kirkby-in-Cleveland

MAPS

The hand-drawn maps in this edition cover the trail at a scale of just under 1:20,000: one mile equals $3\frac{1}{8}$ ths of an inch (1km = 5cm). At this generous scale, combined with the notes and tips written on the maps, and the waypoints, they should be enough to stop you losing your way as long as you don't stray too far off the route. That said, a supplementary map of the region – ie one with contours – can prove invaluable should you need to abandon the path and find the quickest route off high ground in bad weather. It also helps you to identify local features and landmarks and devise possible side trips.

In place of their discontinued Outdoor Leisure strip maps, Ordnance Survey now have the Explorer series of maps at a scale of 1:25,000 but in order to cover the whole trail you will need eight maps. The trouble here, of course, is one of weight and expense and also, **they don't always show the path** and are some-

□ Digital mapping

Most modern smartphones have a GPS chip so you will be able to see your position overlaid onto the digital map on your phone. Almost every device with built-in GPS functionality now has some mapping software available for it. If you want a dedicated GPS unit, Garmin are the best known and have devices from £100.

There are numerous software packages now available that provide Ordnance Survey (OS) maps for a PC, smartphone, tablet or GPS. Maps are supplied by direct download over the Internet. The maps are then loaded into an application, also available by download, from where you can view them, print them and create routes on them. Alternatively, you could just get an annual subscription allowing use of all OS mapping.

Many websites now have free routes you can download for the more popular digital mapping products. Anything from day walks around the Lakes to complete Long Distance Paths like the Coast to Coast. It is important to ensure any digital mapping software on your smartphone uses pre-downloaded maps, stored on your device and doesn't need to download them on-the-fly, as this will be impossible in the hills.

Smartphones and GPS devices should complement, not replace, the traditional method of navigation (a map and compass) as any electronic device can break or, if nothing else, run out of battery. Remember that the battery life of your phone will be significantly reduced, compared to normal usage, when you are using the built-in GPS and running the screen for long periods. See also GPS tracklog information and smartphone use in 'How not to lose your way', pp89-91.

Memory Map (☐ memory-map.co.uk) sell OS 1:25,000 mapping covering the whole of Great Britain for £75.

Anquet (☐ anquet.com) has the Coast to Coast Path available for £32.94 using OS 1:25,000 mapping. They also have a range of Harvey maps.

For a subscription of from £2.99 for one month or £19.99 for a year (on their current offer) **Ordnance Survey** (☐ ordnancesurvey.co.uk) will let you download and then use their UK maps (1:25,000 scale) on a mobile or tablet without a data connection for a specific period.

Harvey (☐ harveymaps.co.uk) sell their Coast to Coast Path map (1:40,000 scale) as a download for £35.99 for use on any device.

Stuart Greig (☐ lonewalker.net)

It's possible you saw *Wainwright Walks Coast to Coast* (DVD; Acorn Media, 2009, 165 mins), the five-part BBC show broadcast as part of a 'Wainwright Walks' series. Julia Bradbury makes an engaging presenter and approaches the task with gusto, interviewing characters along the way (including writer Alan Nolan, see *Ancient Feet* on p47). Unfortunately, the production hit terrible weather in the Lakes which dampened the impression of that part of the walk; many of the aerial shots were filmed in much better conditions. Rumours circulated on the web and along the trail about body doubles standing in on long shots while she got choppered to the summits looking fresh as a daisy, and whether she walked the entire route. The reality of television as well as of filming outdoors makes the former likely (though she may well have done the walk on another occasion) and watching the parts in quick succession you can't help thinking that it's more fun to walk than to watch.

Downhill (DVD; Crisis Films, 2014, 98 mins) is a Britflick about a group of former schoolfriends reuniting to tackle both the Coast to Coast and their collected midlife crises. It is perhaps best enjoyed after your trip, as you try to spot the locations they've used during and those inevitable 'Hey that's the same chair I sat in!' moments when the action moves into the local pubs.

If you're a seasoned long-distance walker, or even new to the game and like what you see, check out the other titles in the Trailblazer series on p286.

Flora and fauna field guides

Collins *Bird Guide* with its beautiful illustrations of British and European birds continues to be the favourite field guide of both ornithologists and laymen alike. For a guide to the flora you'll encounter on the Coast to Coast path, *The Wild Flower Key* (Warne) by Francis Rose and Clare O'Reilly, is arranged to make it easy to identify unfamiliar flowers. Another in the Collins Gem series, *Wild Flowers*, is more pocket sized and thus more suitable for walkers.

There are also several **field guide apps** for smart phones and tablets, including those that can aid in identifying birds by their song as well as by their appearance. One to consider is:  merlin.allaboutbirds.org.

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; **St Bees** can only be reached by train and **Robin Hood's Bay** by bus. For this reason, many people who are using the baggage-transfer companies (see pp28-30) opt to start and finish at their bases (Kirkby Stephen, Richmond or Kirkby Malham) as the companies have car parking facilities and then take their transport links to St Bees and Robin Hood's Bay.

If you want to make your own way to/from both St Bees and Robin Hood's Bay see p51; for Kirkby Stephen see p52. Some other parts of the walk can also be reached by train, though nowhere directly on the path; for details see box p53.

THE ENVIRONMENT & NATURE

2

Conserving the Coast to Coast path

With a population of over 66 million Britain is a densely populated island, and England is the most crowded 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.

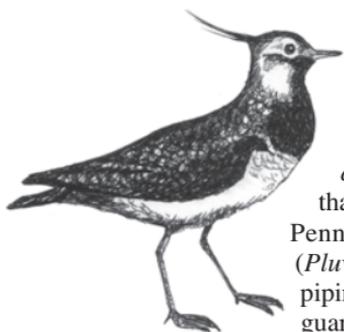
There is good news, however. In these enlightened times when environmental issues are quite rightly given more precedence, many endangered species, such as the otter, have increased in number thanks to the active work of voluntary conservation bodies. There are other reasons to be optimistic. The environment 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 ( gov.uk/government/organisations/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





LAPWING/PEEWIT
L: 320MM/12.5"

their popular name, 'peewit'. Jumpy **redshank** (*Tringa totanus*) with their red legs and cryptic brown **snipe** (*Gallinago gallinago*), zigzagging away in panicky flight, nest in wetter places but it is the tiny **dunlin** (*Calidris alpina*), a miniature curlew with its curved beak that braves the highest, wettest ridges of the Pennines. There are beautiful **golden plover** (*Pluvialis apricaria*), too – their name says it all, piping their thin call from behind a tussock as they guard their young.

But the heather moors belong to the **red grouse** (*Lagopus lagopus*) – sturdy, an attractive red-brown,

with their iconic 'go-back, go-back' call and whirring flight that makes them such a challenge to shooters. The patch-

work of heather, so characteristic of much of the path's landscape, is created by burning to provide the different habitats the grouse need. They are also one of the few birds to stay

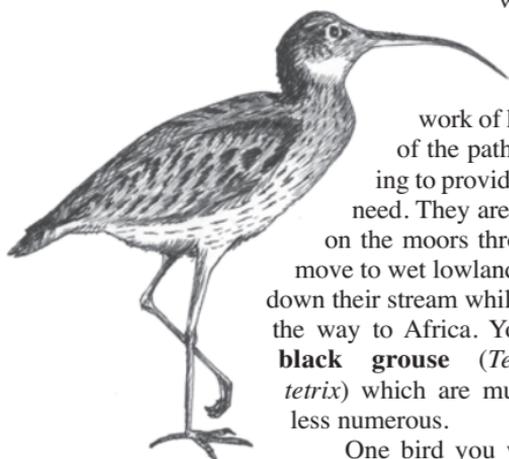
on the moors through the winter – golden plover move to wet lowland grasslands, dippers move lower down their stream whilst common sandpiper migrate all the way to Africa. You're less likely to see the rare

black grouse (*Tetrao tetrix*) which are much less numerous.

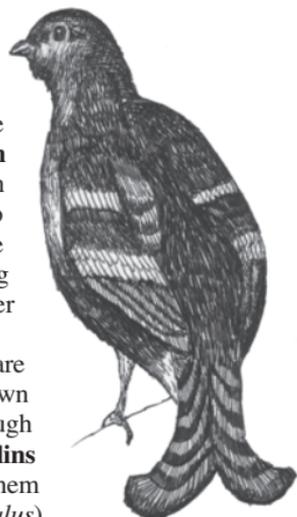
One bird you will be lucky to see is the beautiful dove-grey **hen**

harrier (*Circus cyaneus*), quartering the moors on long black-tipped wings. Reduced to as few as two pairs by systematic and illegal persecution because they eat grouse, the near extinction of this stunning species in England has cast a big question mark over the future of grouse shooting.

Nondescript **meadow pipits** (*Anthus pratensis*) are everywhere on the moors – small, long-tailed, brown with a weak flight and thin piping call, yet able to tough it out in the harshest environment. Dashing grey **merlins** (*Falco columbarius*), miniature peregrines, hunt them fast and low – in contrast to **kestrels** (*Falco tinnunculus*) which hover for voles far below, or the slow circling of broad winged, eagle-like **buzzards** (*Buteo buteo*).



CURLEW
L: 600MM/24"



BLACK GROUSE
L: 580MM/23"



Dog Rose
Rosa canina



Forget-me-not
Myosotis arvensis



Heather (Ling)
Calluna vulgaris



Bell Heather
Erica cinerea

(*Primula vulgaris*) also flower early in spring. **Red campion** (*Silene dioica*), which flowers from late April, can be found in hedge banks along with **rosebay willowherb** (*Epilobium angustifolium*) which also has the name fireweed due to its habit of colonising burnt areas.

In scrubland and on woodland edges you'll find **bramble** (*Rubus fruticosus*), a common vigorous shrub, responsible for many a ripped jacket thanks to its sharp thorns and prickles. **Blackberry** fruits ripen from late summer into autumn. Fairly common in scrubland and on woodland edges is the **dog rose** (*Rosa canina*) which has a large pink flower, the fruits of which are used to make rose-hip syrup.

Other flowering plants common in wooded areas and in hedgerows include the tall **foxglove** (*Digitalis purpurea*) with its trumpet-like flowers, **forget-me-not** (*Myosotis arvensis*) with tiny, delicate blue flowers and **cow parsley** (*Anthriscus sylvestris*), a tall member of the carrot family with a large globe of white flowers which often covers roadside verges and hedge banks.

Heathland and scrubland

There are three species of heather. The most dominant one is **ling** (*Calluna vulgaris*), with tiny flowers on delicate upright stems. The other two species are **bell heather** (*Erica cinerea*), with deep purple bell-shaped flowers, and **cross-leaved heath** (*Erica tetralix*) with similarly shaped flowers of a lighter pink, almost white colour. Cross-leaved heath prefers wet and boggy ground. As a result, it usually grows away from bell heather which prefers well-drained soils.

Heather is an incredibly versatile plant which is put to many uses. It provides fodder for livestock, fuel for



Foxglove
Digitalis purpurea



Bluebell
Hyacinthoides non-scripta



Common Dog Violet
Viola riviniana



Heartsease (Wild Pansy)
Viola tricolor



Common Vetch
Vicia sativa



Lousewort
Pedicularis sylvatica



Primrose
Primula vulgaris



Ox-eye Daisy
Leucanthemum vulgare



Rowan (tree)
Sorbus aucuparia



Common Hawthorn
Crataegus monogyna



Red Campion
Silene dioica



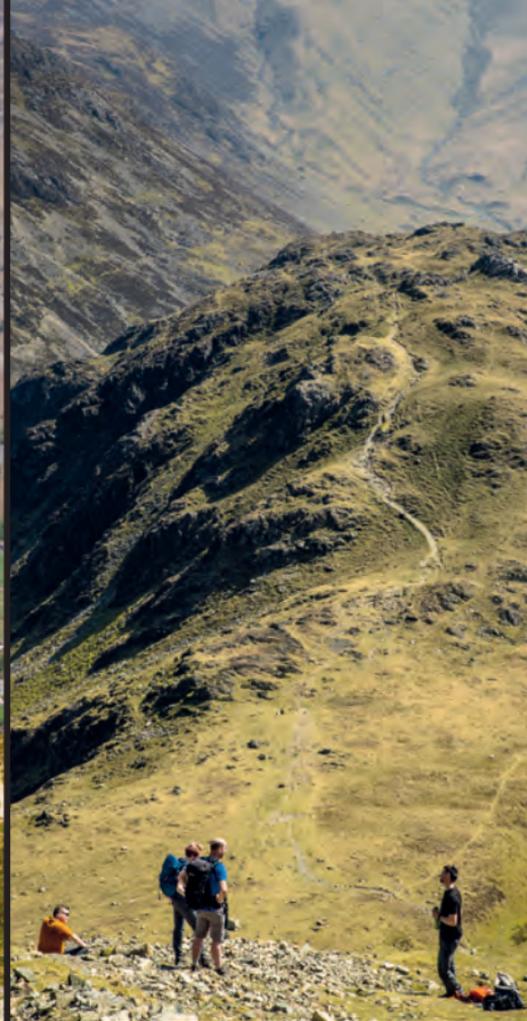
Rosebay Willowherb
Epilobium angustifolium



Yarrow
Achillea millefolium



Hogweed
Heracleum sphondylium





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- TOFFEE FUDGE
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- BUBBLEGUM
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MINIMUM IMPACT & OUTDOOR SAFETY

3

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 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 four months a year (see pp168-70), so reducing erosion on any one trail.

(Opposite) **Top left:** The Hermitage (© BT, see p248). **Top right:** Following the tradition – see p234 – at Fat Betty. **Below:** Trail's end at Robin Hood's Bay. Reward yourself with a pint or an icecream – or several of both.



get better, but it won't get worse so quickly. If you know you have problems apply the tape pre-emptively. If you've left it too late and a blister has developed you should apply a plaster such as Compeed. Many walkers have Compeed to thank for enabling them to complete their walk; they can last for up to two days even when wet and work with a combination of good adhesive, a gel pad and a slippery outer surface. Popping a blister reduces the pressure but can lead to infection. If the skin is broken keep the area clean with antiseptic and cover with a non-adhesive dressing material held in place with tape.

Blister-avoiding strategies include rubbing the prone area with Vaseline or wearing a thin and a thick sock as well as adjusting the tension of your laces. All are ways of reducing rubbing and foot movement against the inside of the boot.

HYPOTHERMIA

Also known as exposure, hypothermia occurs when the body can't generate enough heat to maintain its normal temperature, usually as a result of being wet, cold, unprotected from the wind, tired and hungry. It's usually more of a problem in upland areas such as in the Lakes and on the moors.

Hypothermia is easily avoided by wearing suitable clothing, carrying and consuming enough food and drink, being aware of the weather conditions and checking the morale of your companions. Early signs to watch for are feeling cold and tired with involuntary shivering. Find some shelter as soon as possible and warm the victim up with a hot drink and some chocolate or other high-energy food. If possible give them another warm layer of clothing and allow them to rest until feeling better.

If allowed to worsen, erratic behaviour, slurring of speech and poor co-ordination will become apparent and the victim can very soon progress into unconsciousness, followed by coma and death. Quickly get the victim out of wind and rain, improvising a shelter if necessary.

Rapid restoration of bodily warmth is essential and best achieved by bare-skin contact: someone should get into the same sleeping bag as the patient, both having stripped to the bare essentials, placing any spare clothing under or over them to build up heat. Send or call urgently for help.

HYPERTHERMIA

Not an ailment that you would normally associate with the north of England, hyperthermia (heat exhaustion and heatstroke) is a serious problem nonetheless. Symptoms of **heat exhaustion** include thirst, fatigue, giddiness, a rapid pulse, raised body temperature, low urine output and, if not treated, delirium and finally a coma. The best cure is to drink plenty of water.

Heatstroke is another matter altogether, and even more serious. A high body temperature and an absence of sweating are early indications, followed by symptoms similar to hypothermia such as a lack of co-ordination, convulsions and coma. Death will follow if treatment is not given instantly. Sponge the victim down, wrap them in wet towels, fan them, and get help immediately.

SUNBURN

It can happen, even in northern England and even on overcast days. The only surefire way to avoid it is to stay wrapped up or smother yourself in sunscreen (with a minimum factor of 30) and apply it regularly throughout the day. Don't forget your lips, nose and the back of your neck.

COLLAPSE OF MORALE

This is not something that can be quickly treated with medication, but is probably the biggest cause of abandoned attempts on the Coast to Coast walk. Weather and injury which add up to exhaustion might be presumed to be the most common culprit but, as we know, plenty manage the walk in monsoonal conditions and hobble into Robin Hood's Bay with a great experience behind them. Others though, can suddenly think: 'what's the point, I'm not enjoying this'.

What it all boils down to is this: knowing your limitations and addressing your motivation; matching expectations with your companions; avoiding putting yourself under stress and being flexible rather than insisting on hammering out every last mile without repetition, hesitation or deviation. You can add having good equipment to that list too.

Above all, settle on a **realistic schedule** with at least one, if not two, rest days over the full trek. Even then, it's amazing how sore muscles and feet can recover overnight, especially if you can at least start the day in sunshine. Don't assume a rest day has to be in a town such as Kirkby Stephen or Richmond. A big room in a lone moorland farmhouse or even two nights in a holiday cottage with a telly or a fat book may suit those who find the bigger towns an intrusion on the spirit of the walk. It's not fashionable to admit it, but not every day on the Coast to Coast will necessarily be a winner. It's one reason why many people go on to do the walk again and again; the first time is often looked back on as an eye-opening reconnaissance.

Perhaps the best way to avoid the risk of getting fed up is not to tackle the full 190 or so miles in one go. Wainwright certainly didn't (but then he was in his 60s). Thirteen days non-stop on the trail, come rain or shine, really is a bit much for most people (a schedule which at first glance the 13 stages of this book may seem to encourage). Some days end up as nothing more than forced

marches or gritty lessons in pain management because, for many, our prized vacation time is treated as an extension of our busy work life where we must make the most of every minute, 24/7.

At Trailblazer we propose: turn on, tune in and slow down.



ROUTE GUIDE & MAPS

4

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 pp79-80.

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 p89-93 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 below.**

Important note – walking times

Unless otherwise specified, **all times in this book refer only to the time spent walking**. You will need to add 20-30% to allow for rests, photography, checking the map, drinking water etc. When planning the day's hike count on 5-7 hours' actual walking.



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. A good way to remember our style is ‘**front pointing on crampons up** a steep slope’ and ‘open arms – Julie Andrews style – **spreading out to unfold the view down** below.’

Other features

The numbered **GPS waypoints** refer to the list on pp261-4. Other features are marked on the map when they are pertinent to navigation.

ACCOMMODATION

Accommodation marked on the map is either on or within easy reach of the path. Many B&B proprietors based a mile or two off the trail will offer to collect walkers from the nearest point on the trail and take them back next morning.

Details of each place are given in the accompanying text. The number of **rooms** of each type is given at the beginning of each entry, ie: **S** = Single, **T** = Twin room, **D** = Double room, **Tr** = Triple room and **Qd** = Quad. Note that many of the triple/quad rooms have a double bed and one/two single beds thus in a group of three or four, two people would have to share the double bed but it also means the room can be used as a double or twin.

Your room will either have **en suite** (bath or shower) facilities, or a **private** or **shared** bathroom or shower room just outside/near the bedroom.

Rates quoted for B&B-style accommodation are **per person (pp)** based on two people sharing a room for a one-night stay; rates are usually discounted for longer stays. Where a single room (**sgl**) is available the rate for that is quoted if different from the rate per person. The rate for single occupancy (**sgl occ**) of a double/twin is generally higher and may be the room rate; the per person rate for three/four sharing a triple/quad is usually lower. At some places the only option is a **room rate**; this will be the same whether one or two people (or more if permissible) use the room. See p23 for more information on rates.

The text also indicates whether the premises have: **WI-FI** (WI-FI); if a bath (♫) is available either as part of en suite facilities, or in a separate bathroom – for those who prefer a relaxed soak at the end of the day; if a **packed lunch** (ℒ) can be prepared, subject to prior arrangement; and if **dogs** (🐕 – see also p32 and pp259-60) are welcome, again subject to prior arrangement, in at least one room. The policy on charging for dogs varies; some places make an additional charge per day or per stay, while others may require a refundable deposit against any potential damage or mess.

ST BEES **see map 89**

Situated close to the county's westernmost point, the ancient village of St Bees makes a fine starting point to your walk. Sleepy for the most part – except for the rowdy Friday nights when the workers from Sellafield come to let off some steam – St Bees has just enough facilities and services to set you on your way. The village is agricultural in origin; many of the buildings along the main street were once farms dating back to the 17th century and, on Outrigg, there's even an ancient **pinfold** – a circular, stone-walled enclosure once used to house stray livestock recovered from the surrounding hills. The livestock would remain in the pinfeld until the farmer could afford to pay a fine to retrieve them.

The town's main sight is its distinctive red sandstone **Priory Church**, once part of a thriving 12th-century Benedictine priory dedicated to the saints Bega (see box below) and Mary. Original Norman features include the impressively elaborate Great West Door and, standing opposite, the curious carved Dragon Stone, a door lintel also from the 12th century. The church is believed to stand on a site that had been holy to Christians for centuries prior to the monastery's foundation and has seen over eight hundred years of unbroken worship since then. Not even the dissolution of the monasteries ordered by Henry VIII in 1538,

which led to the closure of this and every other priory you'll come across on the Coast to Coast path, could stop the site from being used by the villagers as their main centre of worship even though Henry's commissioners had removed the lead from the roof and for much of the 16th century the whole building was left open to the elements. Restoration began in the early 17th century, with a major overhaul of the building taking place in the 19th. Thankfully, however, the architects preserved much of the church's sturdy Norman character.

As with quite a few of the larger churches on the route, there's a table just inside the door with various pamphlets on the history of both the church and the village. Don't miss the glass case in the southern aisle displaying a shroud and a lock of woman's hair unearthed in the excavation of a 14th-century grave; and the graveyard to the north of the church, where you'll find the shaft of a stone cross from the 10th century (in other words, older than every other part of the church), with its Celtic decorations still visible.

St Bees School across the road from the church is one of the most venerable in Cumbria, having been founded by **Edmund Grindal** on his deathbed in 1583. Grindal rose to become Archbishop of Canterbury during the reign of Elizabeth I

Who was St Bees?

St Bega statue, St Bees

© Daniel McCrohan

St Bees is actually a corruption of **St Bega**, an Irish princess who fled her native country sometime between the 6th and 9th centuries to avoid an arranged marriage with a Norwegian prince. Landing on England's north-west coast, St Bega lived as a hermit and became renowned for her good deeds. Legends grew up around her over the centuries. In the most famous of these, St Bega approached Lord Egremont to ask for some land for a convent she wished to found.

Egremont promised St Bega all the land covered by snow the next day; which, as it was to be mid-summer's day, was not as generous an offer as it first appeared. Miraculously, however, snow did fall that day and St Bega was able to build her convent, around which the village was founded.

and his birthplace, on the junction of Finkle St and Cross St, is the oldest surviving house in St Bees. The school itself, the alma mater of Rowan Atkinson amongst other luminaries, was forced to close in 2015 due to financial difficulties, but it reopened in September 2018 in partnership with the Chinese education group, Shenzhen International.

Services

St Bees Post Office (☎ 01946 822343; Mon-Fri 9am-5.30pm, Sat to 12.30pm) offers banking facilities for anyone with a UK issued card; there is also an **ATM** (£1.75 fee). However, it may be more useful for the **shop** part (Mon-Fri 5.30am-8pm, Sat & Sun 6.30am-8pm) which has a decent selection of groceries and toiletries plus hot pies, wine and beer, and Coast to Coast maps and souvenirs.

You can also buy provisions, books and maps in **Hartley's Beach Shop & Tea Room** (see Where to eat).

There's some **tourist information** on the town's website (📧 stbees.org.uk). There's also a **public phone**.

Two things the town lacks are an outdoor shop and a pharmacy, but a 10-minute train ride north to **Whitehaven** will deliver you alongside a huge Tesco as well as both a Millets and a Boots on King St, 10 minutes' walk into town. Alternatively you have to wait until you reach Grasmere.

Transport (see also p51 & p53)

There are no bus services to St Bees so the only public transport option for getting here is by **train**; St Bees is on Northern's Carlisle to Barrow-in-Furness line. However, numerous bus services (run either by Stagecoach or Reays) go to Whitehaven, which is then just a 7-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.

Where to stay

On the front behind the RNLI lifeboat station and owned by the adjacent hotel (see below) are the serried cabins of **Seacote**

Caravan Park (☎ 01946 822777, 📧 sea.cote.com; WI-FI; 🐾). Pitches cost from £10 for a hiker & tent, £15-18 for 2- to 5-man tents. They recommend booking in peak season though will always try to accommodate Coast to Coast walkers.

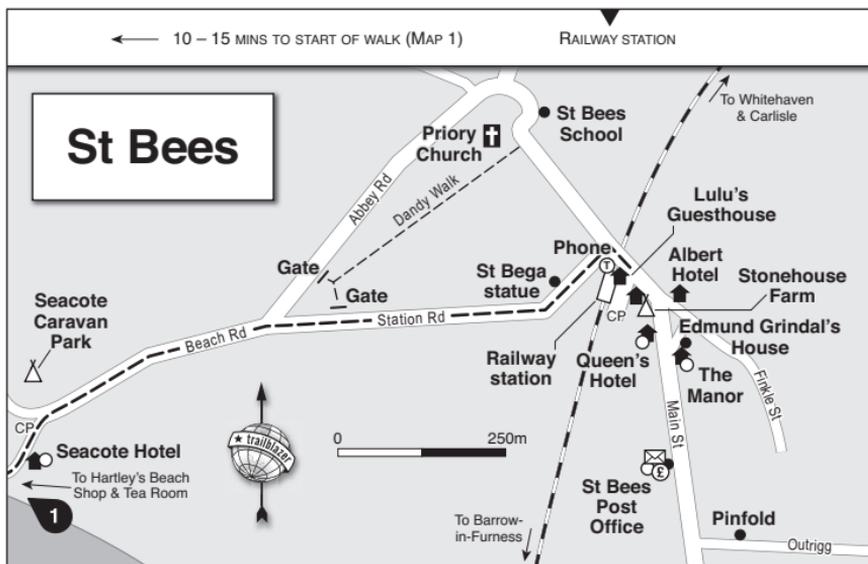
Stonehouse Farm (☎ 01946 822224, 📧 stonehousefarm.net; 1S/2D/1T/1Tr, all en suite; ☹; WI-FI; 📞; 🐾), where you can fall asleep to the hiss of the barn owl, is a long-established and reliable **B&B**; it is situated just 30 metres from the railway station and is the only working farm within St Bees. Most of the rooms are in its Georgian farmhouse, though they also have self-contained apartments (2D/2Tr) in the courtyard. On the other side of the farmhouse is an even older cottage (dating back to 1660). B&B costs from £40pp (£45/60 sgl/sgl occ). They accept most credit cards (but not Amex). **Long-term parking** (£3 per night) is also available.

Set inside the old Station House, **Lulu's Guesthouse** (☎ 01946 822600, 📧 lulusbistro.co.uk; 2D/1D or T/1Qd, all en suite; ☹; WI-FI; 📞) offers B&B from £35pp (sgl occ £60) with a continental breakfast (cooked breakfasts cost £8.50 extra). 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/3T, all en suite; ☹; WI-FI; 📞), charges from £40pp (sgl/sgl occ £50/60) for B&B.

The Manor (☎ 01946 820587, 📧 manorinnstbees.co.uk; 6D/3T, all en suite; ☹; WI-FI; 📞; 🐾 bar area only) is another pub with B&B, charging from £40pp (sgl occ from £70). A third pub with rooms is **Albert Hotel** (☎ 01946 822345; 2S/1T with shared facilities, 2D/2T all en suite; ☹; WI-FI; 📞), at 1 Finkle St; it has B&B for £32.50-37.50pp (sgl occ £35). There are great views from some of the rooms.

The large **Seacote Hotel** (☎ 01946 822300, 📧 seacote.com; 75 rooms, all en suite; ☹; WI-FI; 📞; 🐾) has a mix of double, twin and triple rooms, though all are a bit uninspiring. Some of the upper-storey rooms have sea views. B&B costs from £40pp (sgl occ room rate).



Where to eat and drink

The Manor (see Where to stay; food summer daily noon-9pm; out of the main season they may not serve food on Sunday evenings and also only open at 3pm during the week) is a reliable pub with a comprehensive menu (mains £10-15, sandwiches from £4.50) and a Sunday lunch (roast only £9.95, two/three courses £11.95/15.95) served all day on Sunday in the main season. It's advisable to book in advance for evening meals here, especially at weekends.

On the other side of the road, **Queen's Hotel** (see Where to stay; food Fri-Sun noon-2pm & daily 6-8pm) 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, p94; ☎ 01946 820175; shop summer daily 8am-8pm, winter to 6pm, café daily 8am-5pm, hot food till 3.30pm) on the foreshore, just a short walk before Mile Zero.

At nearby **Seacote Hotel** (see Where to stay) there's a bar serving pub grub (daily noon-9pm). The food is cheap (mains from £7), but you get what you pay for.

If it's just a snack you want, the pies in **St Bees Post Office** (see Services) are excellent.

❑ HOW NOT TO LOSE YOUR WAY

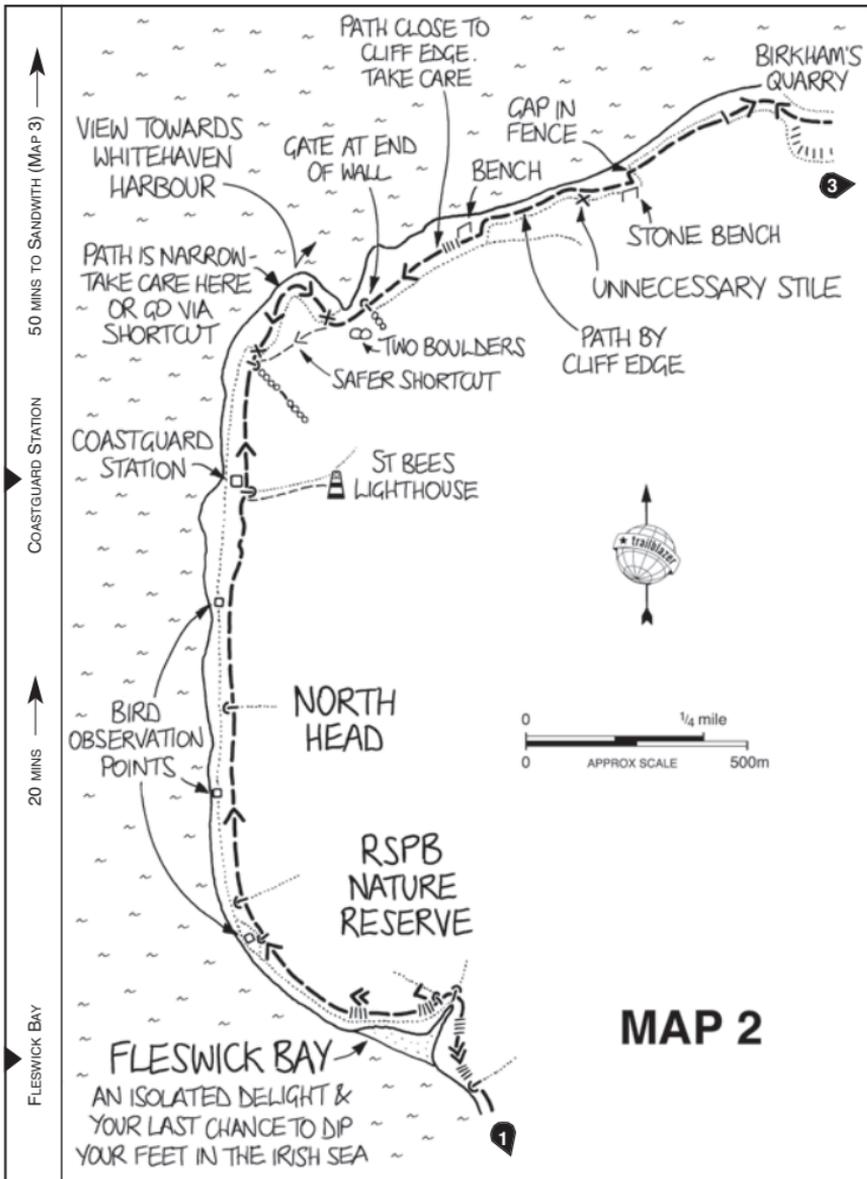
Although it improves incrementally, the Coast to Coast path is the least well signposted of Britain's popular long-distance trails. Principally this is because it's not been officially designated a 'National Trail' with all the funding benefits that involves such as consistent and effective signage or slabs over bogs that the less-popular Pennine Way got years ago. The trail also passes through the Lake District – now a UNESCO World Heritage Site – where the national park authorities have elected not to sully the upland trails with signposts. This, combined with occasions of low visibility, may in places give problems with navigation. *(cont'd overleaf)*

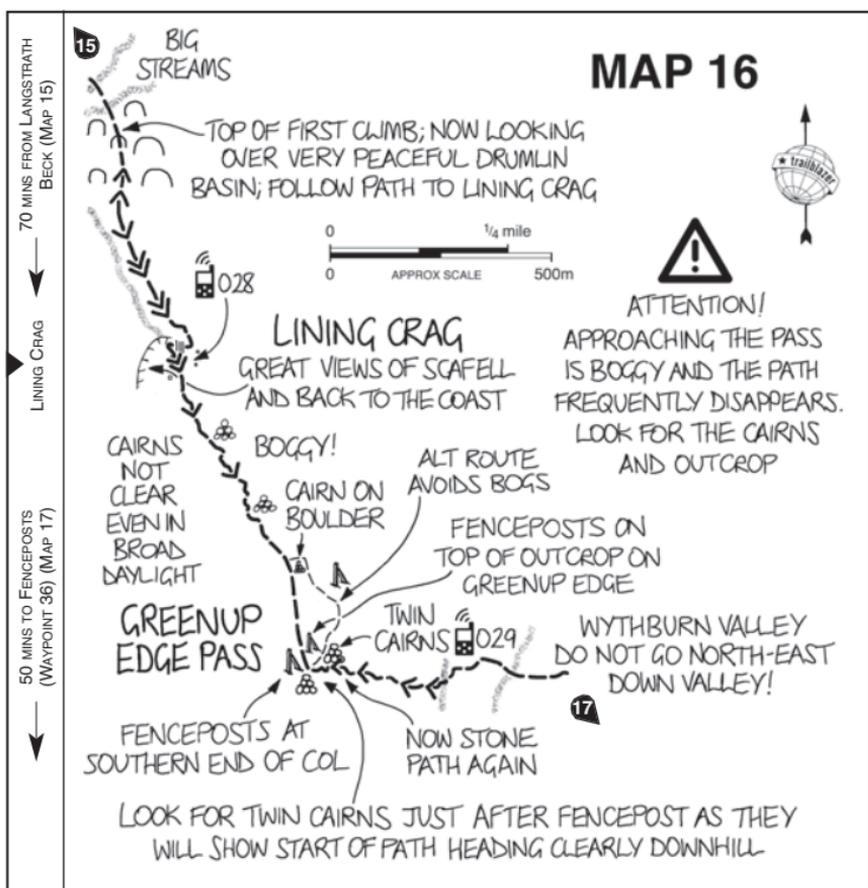
MOOR ROW

MAP 4, p97

Moor Row lacks the village-green charm of Sandwith but does have *Su Ellen's Baker's Shop* (☎ 07749 485492; summer Tue-Fri 8am-3pm, Sat to 1pm, winter Tue-Fri to 2pm) which does takeaway pasties, pies and snacks.

For accommodation, *Jasmine House* (☎ 01946 815795, ☒ jasminehousebandb.com; 1S/2Qd/1Tr, all en suite; ☷; wi-fi; Ⓛ) does B&B from £37.50pp (sgl/sgl occ £48/52). The owner, Jean, is very welcoming to Coast to Coasters. (cont'd on p98)





Whichever route you take, when you reach the bottom and Easedale it's worth a diversion through **Lancrigg Woods** along **Poet's Walk** (Map 18), a tranquil delight that may soothe sore feet. It comes as no surprise to find that the Lakeland poets enjoyed it; indeed, they planted many of the trees that grow in the woods. Along the way is an inscription, in Latin, describing how Wordsworth's sister Dorothy would sit at this spot while her brother walked up and down composing verses. The path crosses the croquet lawn of Lancrigg Hotel (see p124) and a minute later passes Thorney How Hostel (p123). Here at the road the trail continues north-east for the climb over to Patterdale. To the south a 20-minute walk leads to Grasmere, the Lake District's busiest tourist village.

Important note – walking times

All times in this book refer only to the time spent walking. You will need to add 20-30% to allow for rests, photography, checking the map, drinking water etc.

NEWBIGGIN-ON-LUNE off MAP 40

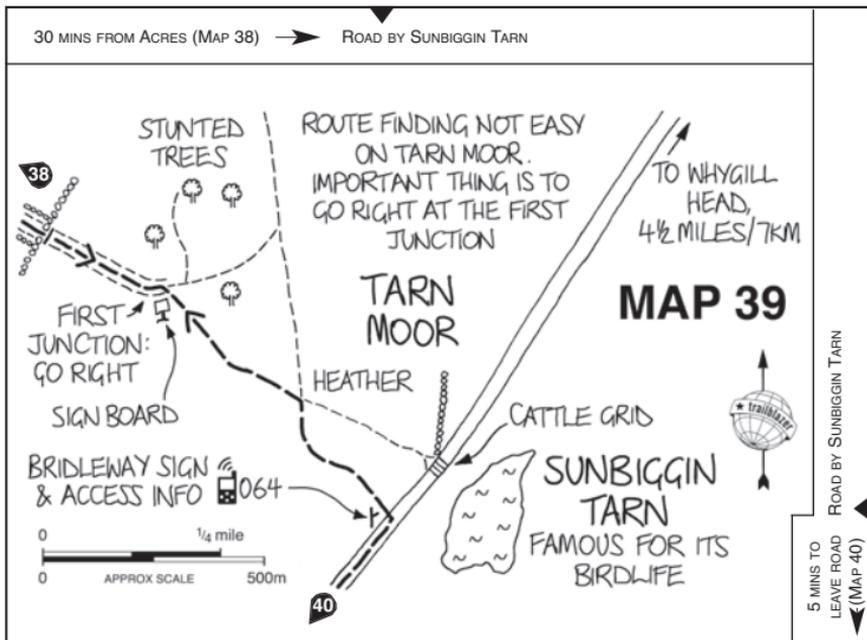
About 1¼ miles south of the point where the path crosses a lane after Ravenstonedale Moor you'll find this little village nestling at the foot of Howgill fells.

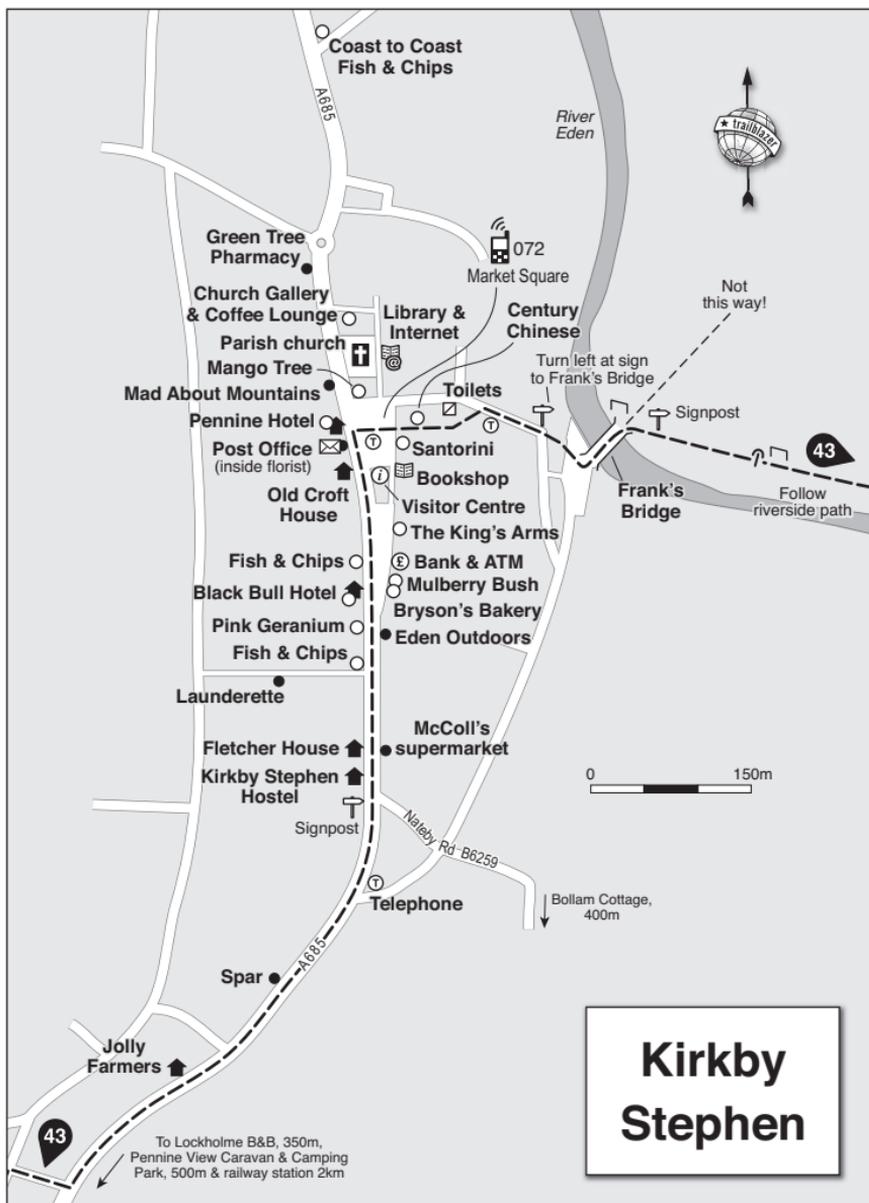
Western Dales' (Thur only) S5 bus service calls here (see pp54-5 for details).

Well-established **Tranna Hill** (☎ 01539 623227, ☒ trannahill.co.uk; 1D/1T/1Tr, all en suite; ☐; WI-FI; Ⓞ) has a cosy lounge with a woodburning stove. **B&B** costs from £38pp (sgl occ £60) and lifts are available to and from the pub if pre-arranged.

To the north of the village is the highly regarded, family-run **Brownber Hall Country House** (☎ 015396 23208, ☒ brownberhall.co.uk; 1S/5D/2T or D, all en suite; WI-FI; Ⓞ; 🐾) where **B&B** costs from £50pp (sgl £70, sgl occ room rate). They have a drying room for wet gear. Their **restaurant** (Thur-Sun 6.30-9pm) serves pizza & pasta dishes but, if arranged in advance they are happy to do a meal for walkers for Monday to Wednesday, or give them a lift to the pub. They are licensed and have a small bar.

To continue on the Coast to Coast don't follow the lane but cross it, head past the hill top, but underground, reservoir and continue east. Tracking a thread of dry-stone walls (see box pp187-8) below Great Ewe Fell will bring you past the beautifully located **Bents Farm** (Map 41; ☎ 015396 23681, ☒ bentscampingbarn.co.uk) which offers **camping** for £5pp. There is also a **camping barn** which sleeps up to 14 (bed from £12pp; no 🐾) and has a well-equipped kitchen (inc a microwave and a hob but no oven). There are toilets and hot-water wash basins, but no showers. There is a coin meter (£1) for electricity and a few spare sleeping bags for those who haven't brought their own. Booking (☎ 01768 774301) is recommended as groups often take over the whole barn at weekends (individuals can generally stay during the week). *(cont'd on p160)*





Where to stay

Pennine View Caravan and Camping Park (Map 43; ☎ 017683 71717, ✉ pen.nineviewpark.co.uk; 🐾; WI-FI; Mar-early Nov) is a secure, manicured, no-nonsense spot just on the southern outskirts of town.

Camping costs from £9.50pp for backpackers, with a large, flat grassy area set aside for tents away from the motorhomes and caravans. It has a clean ablutions block (use of the shower facilities is included in the rate) and a laundry room. They also have

at certain times of the year they only accept guests staying for a minimum of two nights. However, note that at the time of research this property was on the market and if it is sold it may no longer be a B&B.

Little White Bus's No 30 **bus** stops here and Dalesbus/Arriva's No 830; see pp55-6 for details.

Gunnerside

Gunnerside (Map 51c; ☒ gunnerside.info) has a worthwhile café; *Mary Shaw's Café* (☎ 01748 886362; Mar-Oct daily 10am-5pm, Nov-Dec variable hours; WI-FI; ♿) is a tiny no-frills place that does cheap food and is very proud of its homemade cakes; they also serves gluten-free cakes and sandwiches.

Further along is the more traditional *Ghyllfoot Tearoom & Bistro* (☎ 01748 886239, ☒ ghyllfoot.co.uk; Mar-end Oct Wed-Mon 10.30am-5pm, out of peak season to about 4pm; WI-FI; ♿ in a designated area) tea room.

Little White Bus's No 30 **bus** calls here as do Dalesbus's and Arriva's No 830; see pp55-6 for details.

From Gunnerside you have the option of dropping down to the river and following it all the way to Reeth. The official path, though, leaves the eastern edge of the village through a gate before crossing moor and farmland, and eventually dropping down to **Healaugh** (Map 51e). From here the path returns to the river to continue past the suspension bridge to **Reeth**, via Quaker Rd.

REETH (map p191)

Reeth, the 'capital' of Swaledale, is the archetypal Yorkshire dales village: flanked to north and south by mine-scarred valleys and ringed by dry-stone walls (see box pp187-8). At its heart lies a village green surrounded on all sides by several examples of those twin institutions of Yorkshire hospitality: the **tearoom** and the **pub**. As if to underline its Yorkshire credentials still further, it also has a renowned brass band. Hardly surprising, therefore, that the village was used as a location for many episodes of the quintessential 1980s Yorkshire TV saga *All Creatures Great and Small* based on the books of rural vet, James Herriot.

Mentioned in the Domesday survey nine centuries earlier, the village grew on the profits of the 19th-century mining boom, though unlike other nearby villages it could always claim a second string to its bow as the main market town for Swaledale (the market is still held on The Green on Fridays). After the mines closed, tourism gave Reeth a new lease of life and today the town hosts a number of B&Bs and hotels, as well as some **gift shops** and a small museum.

Swaledale Museum (☒ swaledalemuseum.org; May-Sep daily 10am-5pm; £4) is housed in the old 19th-century Methodist school room. It holds some surprisingly intriguing exhibits and is well worth an hour of your time, particularly if you want to learn more about the local mining and farming industries. The museum also looks at the social history of the area in some detail, attempting to show how the locals used to live a hundred or more years ago.

Services

The **tourist office** and **National Park visitor centre** (☎ 01748 884059, ☒ yorkshiredales.org.uk; daily 10am-4pm) is in Hudson House to the west of The Green.

On the other side of The Green the **general store** (Mon-Sat 8.30am-5.30pm, Sun 10am-4.30pm) has a **post office** (Mon-Fri 9am-5.30pm, Sat 9am-12.30pm). Otherwise there is the well-stocked **village store** (daily 7am-6pm, Sun 7am-4pm) at the bottom of the hill on the way out of town. If they have enough cash in the till and you spend about £10 The Black Bull will offer **cashback**.

Transport (see also pp55-6)

Little White Bus No 30 **bus** stops here and Arriva's/Dalesbus's No 830 (seasonally on Sundays & Bank holidays). For a **taxi**, try the taxi companies in Kirkby Stephen (p162) or Richmond (p203).

Where to stay

There is no shortage of accommodation in Reeth, including two **hostels** on the outskirts of the village. The further of the two is **YHA Grinton Lodge** (off Map 56; ☎ 0345 371 9636, ☐ yha.org.uk/hostel/yha-grinton-lodge; 5x2-, 1x3-, 9x4-, 4x6-bed rooms; Ⓛ; wi-fi; ♿ on campsite only; mid Feb to mid Oct), an atmospheric old shooting lodge, but over a mile past Reeth, up a very steep hill. It is only half a mile from the path, however, and charges from £10 for a dorm bed; private rooms (sleeping up to two) from £29. It offers meals, beer and wine, and a TV and a games room and there are drying facilities. Credit cards are accepted. They also allow **camping** from £5pp, and have five **camping pods** that sleep either two people (from £29) or four people (from £39). However, you should check your room carefully beforehand; the last time we stayed here three of us ended squeezed up in a tiny cabin with water-logged bedding and the communal bathrooms only had cold water.

Just half a mile from Reeth and even closer to the path are the converted stone barns of **Dales Bike Centre** (Map 56; ☎ 01748 884908, ☐ dalesbikecentre.co.uk; 3T/2Qd, all bunks, shared facilities; wi-fi; Ⓛ), a hostel in **Fremington** village that welcomes all outdoor enthusiasts, not just cyclists. There is a kitchenette, laundry and drying facilities. Bunk and breakfast (cereals and a bacon sandwich) costs from £31pp (sgl occ £41), but note that beds aren't rented on an individual basis so you have to have the whole room yourself even if you're on your own. There's a **café/lounge** (9am-5pm) with a kitchenette where guests can prepare meals in the evening; alternatively the **Bridge Inn** (Map 56) is just down the road for pub grub and a pint.

As well as the garden at the YHA, campers can also pitch up at **The Orchard**

Caravan & Camping Park (Map 56; ☎ 01748 884475, ☐ orchardcaravanpark.com; ♿; Mar-Oct). The enthusiastic owners have transformed the place and, though dominated by caravans, it's still popular with C2Cers; walkers can **camp** here for £8/12.50 for one/two people (normal rate £17.50) and they have converted an old caravan into two **bunk rooms** (each sleeping up to two; £15 per room). There are shower (20p) and toilet facilities. They prefer people to book in advance, especially in the peak season, but never turn down walkers. Check-in at the house signed 'Warden Enquiries'.

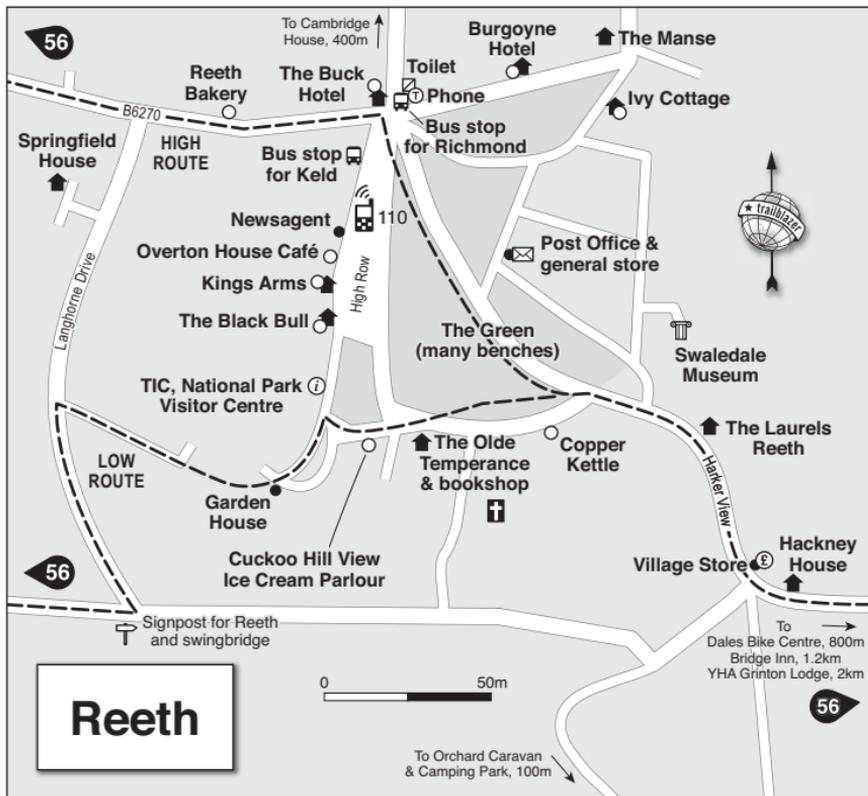
Springfield House (☎ 01748 884634, ☐ springfield-house.co.uk; 1D en suite/1T private bathroom; ♿; wi-fi; Ⓛ; Apr-Oct) is on Quaker Close, reached via Langhorne Drive. **B&B** costs from £40pp (sgl occ £60); they offer complimentary refreshments if you arrive between 3.30 and 5pm.

Hackney House (☎ 01748 884302, ☐ hackneyhousereeth.co.uk; 1T/1D/2D or T/1Tr all en suite; ♿; wi-fi; Ⓛ), Bridge Terrace, at the bottom of the village, has received recommendations from readers; the breakfasts are big and the welcome friendly. **B&B** costs from £43pp (sgl occ £50-60).

The Laurels Reeth (☎ 01748 880257, ☐ thelaurelsreeth.com; 2D/1D or T, all en suite; wi-fi; ♿) is a very comfortable **B&B**, in a restored Georgian house. **B&B** costs from £42.50pp (sgl occ from £75) and there is a minimum stay of two nights at weekends in summer. It goes to great lengths to stress its dog friendliness. Those who dislike dogs might therefore prefer to stay elsewhere.

The Olde Temperance (☎ 01748 884401; 1S/2Tr, shared bathroom; ♿; ♿) is situated above a Christian bookshop and charges from £35pp (sgl/sgl occ £35), reduced for stays of two nights or more. The Christian bookshop is actually the dining room where breakfast is served.

Across The Green and above the tea-room (see Where to eat), the lovely **Ivy Cottage** (☎ 01748 884418, ☐ ivycottage.reeth.co.uk; 3D, all en suite; ♿; wi-fi; Ⓛ; ♿) charges £37.50-45pp (sgl occ from £75) for **B&B**.



The Manse (☎ 01748 884136, 📧 themanseinreeth.co.uk; 1D/2T, all en suite; WI-FI; Ⓛ) is a comfortable B&B charging from £47.50pp (sgl occ £70). They have a drying room and laundry facilities. Complimentary tea and cakes are served on arrival.

Enjoying the views from the top of the village, **Burgoyne Hotel** (☎ 01748 884292, 📧 theburgoyne.co.uk; 6D/2D or T, all en suite or 2D/1T private bathroom; ☺; WI-FI; Ⓛ; 🐾), is the grandest place to stay here. B&B costs £52.50-125pp (sgl occ room rate). Also very smart, **Cambridge House** (☎ 01748 884633, 📧 cambridgehousereeth.co.uk; 1S/3D/1T, all en suite; ☺; WI-FI; Ⓛ; 🐾; Feb-Dec) lies about a quarter of a mile (400m) north from Buck Hotel on Arkengarthdale Rd; you'll find it on the left. It is full of antiques and the rooms all face south with views over Reeth. They are very walker friendly with a full drying

room and laundry available too. They charge from £45pp (sgl £70, sgl occ £75) for B&B.

For **pubs with rooms** there are three options: **The Buck Hotel** (☎ 01748 884210, 📧 buckhotel.co.uk; 1S/2D/4D or T/2T/1Qd, all en suite; ☺; WI-FI; Ⓛ; 🐾), which charges from £47.50pp (sgl/sgl occ £56/90); **The Black Bull** (☎ 01748 884213, 📧 theblackbullreeth.co.uk; 4D/2T/1Qd all en suite, 1Qd with private facilities; ☺; WI-FI bar only; Ⓛ; 🐾) dates back to 1680 and has rooms (B&B costs from £35pp, sgl occ £35) overlooking The Green and down Swaledale; and **The Kings Arms** (☎ 01748 884259, 📧 thekingsarms.com; 6D/2T, all en suite; ☺; WI-FI; Ⓛ; 🐾), next door, which charges £37.50-45pp (sgl occ £59-60) for B&B. Rooms are bright and clean and with a spacious bathroom.

Where to eat and drink

It's a real shame the opening hours for **Reeth Bakery** (hours vary, but tend to be 10am-4pm on days they are open – most commonly Thur-Sun), on Silver St, are so unreliable because it bakes some very tasty fare. Along with a variety of breads and heavenly cakes, the still-warm filled rolls sure make a change from the plastic-coated sandwiches found at most village shops. If you can't squeeze into the tiny **tearoom**, take your purchases out onto one of the The Green's many benches.

Ivy Cottage (see Where to stay; daily summer noon-5pm, weekends only in winter) has a popular tearoom that's open most afternoons in the season. Try the toasted teacakes with butter.

The **Copper Kettle** (☎ 01748 905008, ☒ thecopperkettereeth.wordpress.com; Mar-Oct Thur-Mon 10am-4.30pm; WI-FI; 🐾 if dry and clean and they aren't too busy) is a traditional tea room that serves tea with scone, jam & cream (£7-8pp) alongside jacket potatoes (from £6) and toasted sandwiches (£6). They also have a weekly specials board.

Cuckoo Hill View Ice Cream Parlour (☎ 01748 884929, ☒ reethicecreamparlour.co.uk; Apr-Oct daily 11.30am-5pm, occasionally up to 8pm, weekends only Nov-end Mar; WI-FI; 🐾), at the foot of The Green, tempts passing walkers with 12 flavours of ice-cream, including 'ginger',

'espresso' and 'chocoholic'. They also serve tea and coffee, and have wooden puzzles and games on each table.

Next to The Kings Arms the licensed **Overton House Café** (☎ 01748 884045, ☒ overtonhousecafe.co.uk; WI-FI; 🐾; Tue & Wed, Fri & Sat 10.30am-4.30pm, Sun 11am-4.30pm; closed first Sun of the month and winter hours variable) serves ciabattas (from £4) and the like, and gets great reviews; also offers a take-away service.

Reeth is blessed with no fewer than three pubs, all of which serve food as well as a good selection of cask ales. **The Buck Hotel** (see Where to stay; daily summer noon-2.30pm & 5-8.45pm) is the pick of the bunch in terms of food, but also the most expensive, and you normally need to book ahead for an evening meal in the peak season. **The Kings Arms** (see Where to stay; daily summer noon-2.30pm & 6-9pm) is more low-key, but still serves decent pub grub, while the food at **The Black Bull** (see Where to stay; daily summer noon-2pm & 6-9pm) is cheap as chips, but you get what you pay for; it's good for a pint with the locals, though. Note that opening hours in the winter months are variable for all the pubs.

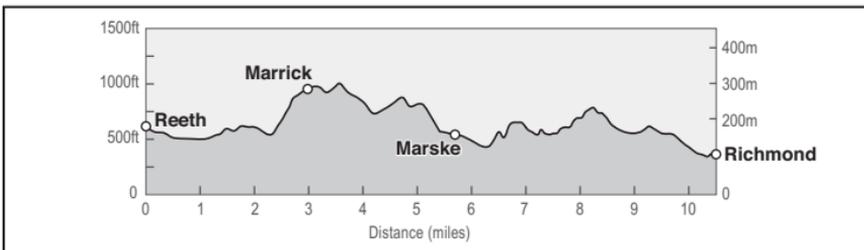
1783 Restaurant & Bar (☒ 1783 restaurant.co.uk) at **Burgoyne Hotel** (see Where to stay) offers fine dining (Tue-Sat 6-9pm) and a bar menu (daily 5-8pm). They are open to non residents but reservations are recommended for all.

STAGE 9: REETH TO RICHMOND

MAPS 56-61

Introduction

There are a couple of lovely tracts of woodland on this rural, **10½-mile (17km, 4½hr)** stage, a simple walk that should allow you time to explore the sights of Richmond at the end of the day if you set off early enough and don't lose your way. A couple of charming villages are passed en route too, as well as the



40 MINS TO MARRICK PRIORY (MAP 57)

REETH

MAP 56



other than George Stephenson. Regarded as the 'Father of Railways', it was Stephenson who foresaw a future in a network of inter-linked rail lines along which engines powered by steam would go on to span and help consolidate the riches of the British Empire. During the tunnel excavations viable quantities of iron ore were unearthed, leading to the ironstone-mining boom along the Esk Valley.

There's a **church**, too, with a boulder of Shap granite outside the west door, deposited here by a glacier which lost its way back in the Ice Age.

The settlement, originally known as 'Tunnel', went on to gain the name Grosmont and is today a one-street village where both modern and heritage railway lines intersect, and which has all the essentials a weary trekker needs.

Services

Grosmont Co-operative Society (☒ grosmontcoop.co.uk; Mon-Fri 7.30am-5.30pm, Sat 8am-5.30pm, Sun & bank holidays 9am-5pm) claims to be the oldest independent Co-op in the country having been in business here for over 150 years! The **shop** is also home to the **post office** (Mon-Fri 9am-noon) where you can **withdraw cash** with most UK bank cards.

Transport

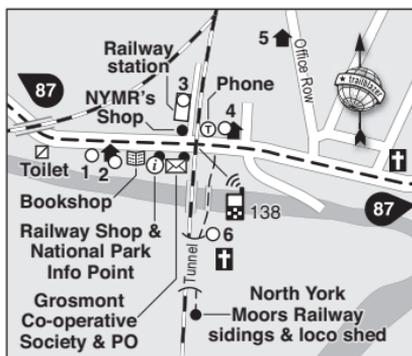
Grosmont is a stop on Northern Rail's Esk Valley Railway line; **trains** go to Whitby (20-25 mins) and to Middlesbrough (70 mins); see box p53 for more details. See also North York Moors Railway (p242).

Arriva's **bus** No 95 also travels up and down the Esk Valley; Whitby is 15 minutes from here (see pp55-6).

Where to stay and eat

In high season if there's some sort of railway event happening, accommodation in Grosmont can be scarce. One option is to catch the train to Whitby and stay there.

A little before the village, **campers** can pitch their tents at **Priory Farm** (Map 87, p243; ☎ 01947 895324, ☒ prioryfarm.whitby.wordpress.com; 🐾) which offers basic, but year-round camping in a field



Grosmont

0 100m

Where to stay, eat and drink

- 1 Hazelwood House Tearooms
- 2 Gallery B&B & Steam Café at Geall Gallery
- 3 Grosmont Tearoom (also known as Signals Tea Room)
- 4 Station Tavern
- 5 Grosmont House B&B
- 6 Old School Coffee Shop

from £5pp including a small room alongside the farmhouse with a toilet, sink, kettle and toaster.

B&B is on offer at **Gallery B&B** (☎ 01947 895007, ☒ steamcafegrosmont.com, gallybandb@gmail.com; 1D/3D or T all en suite, 1D or T with private facilities; ☹; wi-fi; 🚰), part of **Geall Gallery**, on Front St, the village's main drag. The comfortable rooms (from £47.50pp, sgl occ £75) are decorated with atmospheric artwork from the gallery downstairs. Also here is **Steam Café** (☒ steamcafegrosmont.com; daily 10am-10pm; wi-fi) serving home-made sourdough pizzas from £8.

Station Tavern (☎ 01947 895060, ☒ stationtavern-grosmont.co.uk; 2D/1T, all en suite; ☹; wi-fi; 🐾) serves **pub grub** (Mon-Sat noon-2pm & 5.30-8.30pm, Sun same but to 7pm) and does **B&B** for £47.50-55pp (sgl occ room rate). As it's pretty much the only place in Grosmont where you can eat in the evening, you'll almost certainly meet your fellow Coast to Coasters here.

Further on, **Grosmont House** (☎ 01947 895699, 📧 grosmonthouse.co.uk; 1S/3D/2T, all en suite; WI-FI; Feb-Dec) is a delightful old place and the gardens have wonderful views down over the railway. Rates are £45-57.50pp (sgl occ £70), but they often enforce a two-night minimum stay at weekends. They also have a self-contained flat (1D; 🛏; from £115pp, sgl occ room rate) with self-catering facilities, though if requested in advance breakfast (£12pp) is available. Note that the flat is only let out for a minimum of two nights.

Grosmont boasts several excellent **tea-rooms**. Long-running **Hazelwood House** (☎ 01947 895292; Easter to mid Oct daily 10.30am-5pm; 🐾) is on the right before the rail crossing. We didn't quite manage to sample every slice of cake we encountered while researching this edition (though we

gave it a good try), but the best cake we did find was at Hazelwood House; their house specialty, created by the owner, is Grosmont Tart (£3 per portion).

The lovely **Old School Coffee Shop** (☎ 01947 895758, 📧 grosmontcoffee.shop.co.uk; Easter to Oct Tue-Thur & Fri-Sun 10.30am-4pm, Nov-Easter Sat-Mon 10.30am-4pm; 🐾; WI-FI) was formerly the village primary school and has a great view of the steam railway. They welcome walkers, don't mind muddy boots and offer a flask-filling service.

There's also **Grosmont Tea room** (also known as **Signals Tea Room** (end Mar-end Oct daily 9am-4.30pm, also during winter school holiday periods but hours are variable; 🐾 garden area only) on the railway platform.

STAGE 13: GROSMONT TO ROBIN HOOD'S BAY

MAPS 87-95

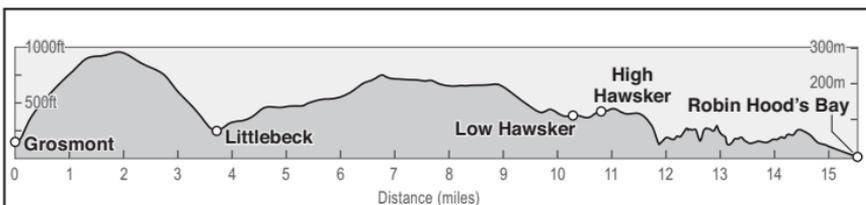
Introduction

Time to saddle up for the last stage, but don't be fooled into thinking this is a mere formality – as the savage climb out of Grosmont will soon demonstrate. It's a long stretch totalling **15½ miles (25km, 6hrs)** with enough ups and downs, and boot-squelching bogs, to ensure that you arrive in Robin Hood's Bay suitably dishevelled. The scenery is largely similar to what's gone before: desolate moorland punctuated with short road stages and, in a superior echo of the first leg, a grand finale along the sea cliffs prior to the final descent to the Bay. The most pleasant surprise, especially on a hot day, is the transit of Little Beck Wood, a narrow belt of the most heavenly woodland in North Yorkshire.

The route

First, there's that calf-popping 700ft (230m) climb up to **Sleights Moor** (Map 88), part of the intriguingly named Eskdaleside Cum Ugglebarnby, which is how you may feel if you missed breakfast. Be careful as finding the route out of Grosmont can be confusing. With views north-east to the well-ventilated ruins of **Whitby Abbey** or back down into misty Eskdale, you pass the **High Bride Stones** – five ancient standing monoliths – to the right of the road.

(cont'd on p248)



diversion that's been introduced for once helping rather than hindering navigation, though the rather lean waymarks and confusing paths across **Graystone Hills** (Map 91) to **Normanby Hill Top** (Map 92; west of the A171) can require a good sense of direction or some luck, even in bright sunshine; see box p92. Both moors are extremely boggy in places.

All being well, you'll eventually emerge on a road and should turn left here. Continue down the road where before long you will no doubt be thrilled to spot the first road sign to Robin Hood's Bay indicating it's only '3½ miles' by road. But for you, my friend, the walk is not over; turn right to follow Back Lane past York House Caravan Park (Map 93) and into the village of **High Hawsker** on the A171 Whitby road.

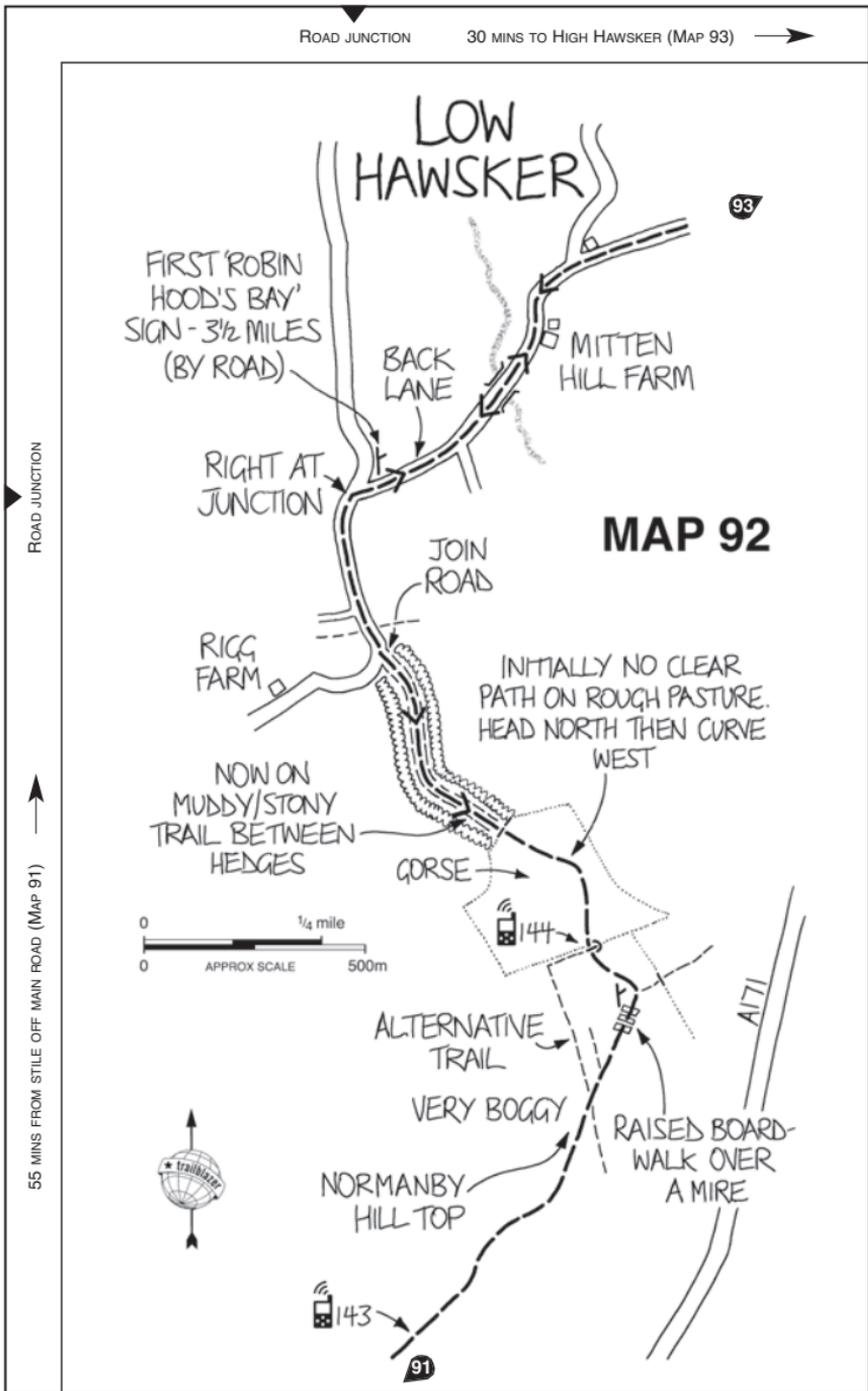
HIGH HAWSKER MAP 93, p252

In the village the **Hare & Hounds** ☒ 01947 880453, ☒ hareandhoundshawkser.co.uk; **food** summer Mon-Thur noon-3pm & 5-9pm, Fri-Sat noon-9pm, Sun noon-6pm, winter lunch till 2.30pm; WI-FI; ☒ serves hot meals as well as sandwiches.

Note, the pub closes between 3pm and 5pm Monday to Thursday. There's **camping** nearby at **York House Caravan Park** ☒ 01947 880354, ☒ yorkhousecaravanpark.co.uk; ☒ campsite only not pods; early Feb-early Jan), which has shower and toilet



ROAD JUNCTION 30 MINS TO HIGH HAWSKER (MAP 93) →



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 [☰ trailblazer-guides.com](http://www.trailblazer-guides.com).

MAP WAY-

NO POINT OS GRID REF DESCRIPTION

Stage 1: St Bees to Ennerdale Bridge

1	001	NX 96042	11791	Mile Zero; Coast to Coast sign on St Bees beach
3	002	NX 97898	14269	Take gate on right, then go downhill to railway tunnel
3	003	NX 98500	14189	Footbridge with gate
4	004	NX 98932	14175	By woods continue NE (diagonally) to disused railway
4	005	NX 99608	14346	Cross A595 and pass C2C statue; E into Moor Row
4	006	NY 00768	13923	Turn off road E into field
5	007	NY 01558	13494	Turn right into Kiln Brow (opposite Cleator Stores)
5	008	NY 02295	13356	Blackhow Farm; turn right after farm buildings to road
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	Gate by wall
6	015	NY 05744	13873	Cross Nannycatch Beck; gorse hillside opposite
7	016	NY 06942	15811	Ennerdale Bridge over River Eden

Stage 2: Ennerdale Bridge to Borrowdale (Rosthwaite) low route

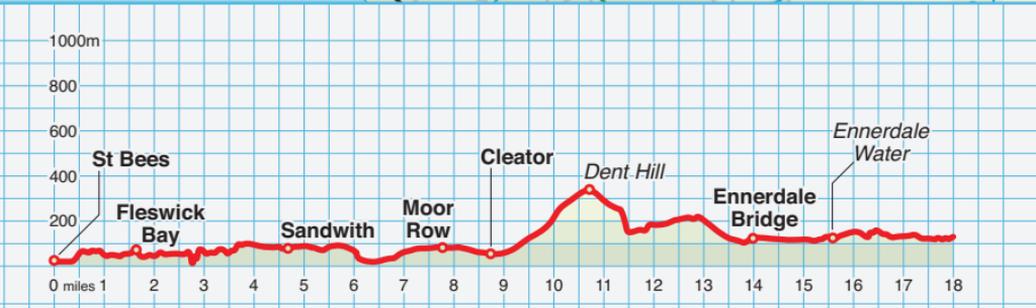
9	017	NY 12493	13874	Bridge at eastern end of Ennerdale Water
10	018	NY 14564	14122	Turn off north for high-level route via Red Pike
10	019	NY 17713	13216	A path leads E up to Scarth Gap Pass (Hay Stacks)
11	020	NY 19118	12508	Gate at junction of paths
12	021	NY 20278	12033	Cross Loft Beck by two cairns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

Stage 3: Borrowdale to Grasmere

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

Stage 4: Grasmere to Patterdale

19	035	NY 33952	09817	Two Tongue paths separate
19	036	NY 34908	11680	Grisedale Hause (Pass)
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
24	039	NY 37927	14728	Wall joins from E
24	040	NY 38680	15699	Turn right (SE) at oak tree



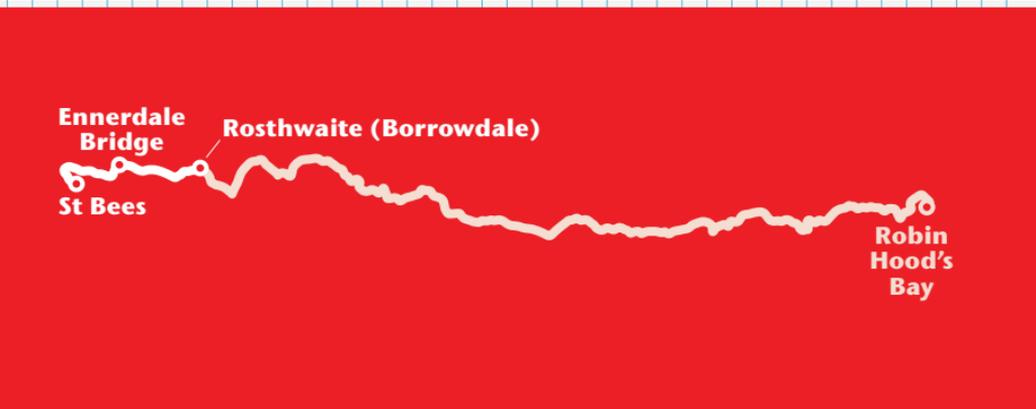
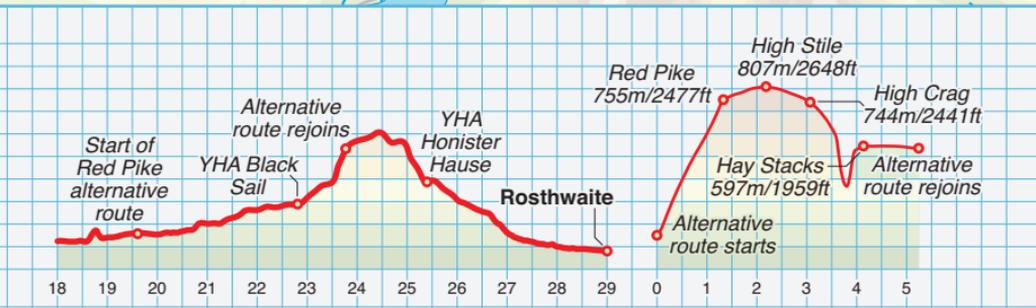
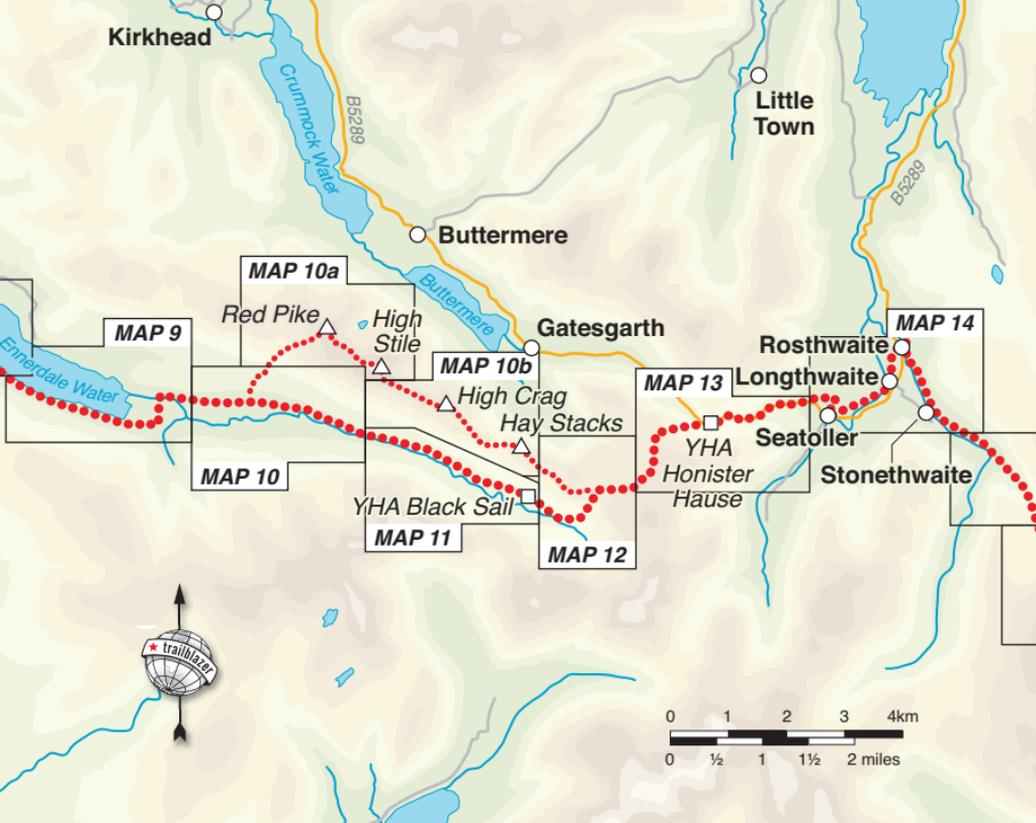
Maps 1-7 – St Bees to Ennerdale Bridge

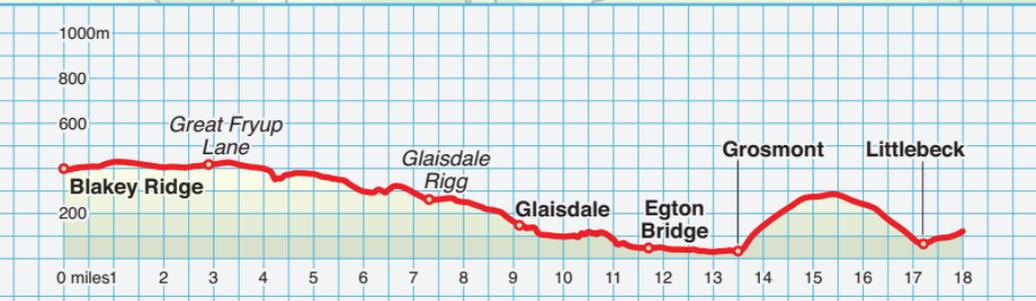
14 miles/22.5km – 6¼hrs

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





Maps 81-87 – Blakey Ridge to Grosmont

13½ miles/22km – 5hrs

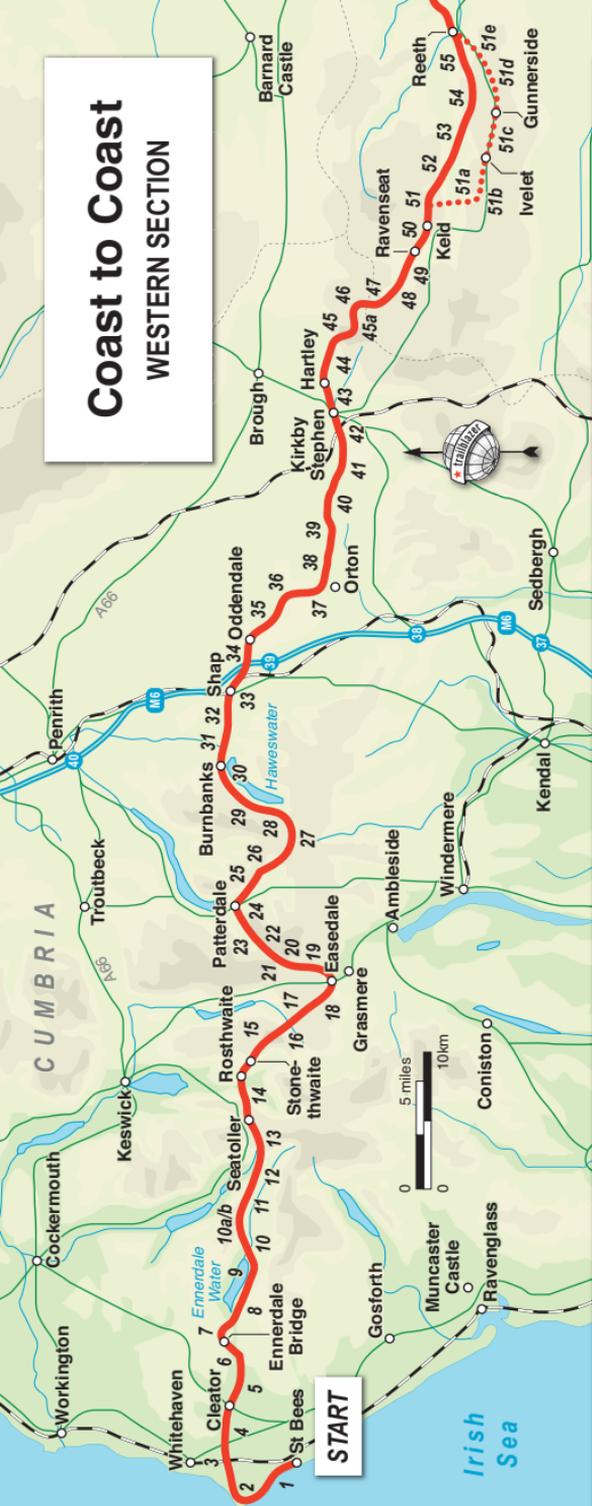
Maps 87-95 – Grosmont to Robin Hood's Bay

15½ miles/25km – 6hrs

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

Coast to Coast

WESTERN SECTION



START

MAP KEY

- Map 1 – p84 South Head
- Map 2 – p85 Fleswick Bay
- Map 3 – p86 Sandwith
- Map 4 – p87 Moor Row
- Map 5 – p89 Cleator
- Map 6 – p101 Raven Crag
- Map 7 – p102 Ennerdale Bridge
- Map 8 – p105 Ennerdale Water
- Map 9 – p106 Ennerdale Water
- Map 10 – p107 YHA Ennerdale
- Map 10a – p109 Red Pike route
- Map 10b – p110 High Crag
- Map 11 – p111 YHA Black Sail
- Map 12 – p113 Blackbeck Tarn
- Map 13 – p115 Grey Knotts
- Map 14 – p117 Borrowdale
- Map 15 – p120 Eagle Crag
- Map 16 – p121 Greenup Edge
- Map 17 – p122 Far Easedale
- Map 18 – p123 Easedale
- Map 19 – p130 Great Tongue
- Map 20 – p131 Grisedale Tarn
- Map 21 – p132 St Sunday Crag
- Map 22 – p134 Striding Edge
- Map 23 – p134 Elmhov Plantation
- Map 24 – p135 Harrison Crag
- Map 25 – p137 Patterdale
- Map 26 – p140 Satura Crag
- Map 27 – p141 Kidsty Pike
- Map 28 – p142 Haweswater Reservoir
- Map 29 – p143 Haweswater Reservoir
- Map 30 – p144 Burnbanks
- Map 31 – p145 Rosgill Bridge
- Map 32 – p146 Shap Abbey
- Map 33 – p148 Shap
- Map 34 – p150 Shap
- Map 35 – p151 Oddendale
- Map 36 – p152 Crosby Ravensworth Fell
- Map 37 – p153 Robin Hood's Grave
- Map 38 – p155 Tarn Moor
- Map 39 – p156 Tarn Moor
- Map 40 – p157 Ravenstonedale Moor
- Map 41 – p158 Smardale Bridge
- Map 42 – p159 Smardale Fell
- Map 43 – p161 Kirkby Stephen
- Map 44 – p166 Birkett Hill
- Map 45 – p167 Hartley Fell
- Map 46 – p168 Nine Standards Rig
- Map 47 – p171 Whitsondale Beck
- Map 48 – p172 Ney Gill
- Map 49 – p173 Ravensseat Farm
- Map 50 – p175 Keld
- Map 51 – p179 Gunnerside Moor
- Map 52 – p180 Melbecks Moor
- Map 53 – p181 Level House Bridge
- Map 54 – p182 Surrender Bridge
- Map 55 – p183 Healaugh
- Map 51a – p184 Ivelet Wood
- Map 51b – p185 Ivelet
- Map 51c – p185 Gunnerside
- Map 51d – p186 Blades
- Map 51e – p187 Healaugh



9
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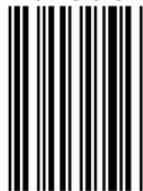
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