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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 (pp80-4 & pp90-2). 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 and this page: Descending the St Sunday Crag route to Patterdale, the view over Ullswater (Map 24) makes the steep hike up and over from Grasmere worth every step. **Previous page:** En route to Grisedale Tarn (Map 19).

Overleaf: Surveying the moors from Lion Inn (Map 81).

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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. When you're ready to go, there's comprehensive public transport information to get you to and from the trail and detailed maps (1:20,000) to help you find your way along it.

- All standards of accommodation with reviews of campsites, bunkhouses, hostels, B&Bs, guesthouses and hotels
- Walking companies if you want an organised tour and baggage-transfer services if you just want your luggage carried
- Itineraries for all levels of walkers
- Answers to all your questions: when to go, degree of difficulty, what to pack, and how much the whole walking holiday will cost
- Walking times and GPS waypoints with what3words refs
- Cafés, pubs, tearooms, takeaways, restaurants and food shops
- Rail, bus and taxi information for all places along the path
- Street plans of the main towns both on and off the path
- Historical, cultural and geographical background information

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❑ POST COVID NOTE

This edition of the guide was researched after the Covid pandemic but is liable to more change than usual. Some of the hotels, cafés, pubs, restaurants and tourist attractions may not survive the further hardships caused by rising fuel prices and inflation. Do forgive us where your experience on the ground contradicts what is written in the book; please email us – info@trailblazer-guides.com so we can add your information to the updates page on the website.

INTRODUCTION

In devising a walk that would span the north of England from the Cumbrian coast to the North Sea, the legendary fell walker, guide-book writer and illustrator, Alfred Wainwright, created an enduring concept that more than 50 years later continues to inspire hikers in ever-growing numbers.

Despite – until now (see below) – 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 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 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.

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

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 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-

❑ A NEW NATIONAL TRAIL

On 12th August 2022 the government announced that the Coast to Coast path had been awarded National Trail status with work on the route due to be completed by 2025. See p92 for route changes. Further information at wainwright.org.uk/national-trail.



The start – ‘Mile Zero’ (above) by the Irish Sea near St Bees – 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 North Sea there.

a full 20 years after the book was first published, a television series of the trail was also made in which Wainwright himself starred, allowing a wider public to witness first-hand his wry, abrupt, earthy charm.

Wainwright reminds people in his book that his is just **one of many such trails** across England that could be devised, and since Wainwright’s book other Coast to Coast walks have indeed been established. Yet it is still *his* trail that is

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 corners 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 hugely successful. Indeed,



change now that it is becoming a National Trail). 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 5th time, and that both the 9-year-old son and 7-year-old daughter (in a pair of pink Crocs!) of previous updaters of this book have walked the entire route, and the whole of the Lake District section, respectively. At the same time apparently fit and strong young men with all the right kit have given up for reasons of exhaustion or injury after just a few days.

At the time of writing the record for completing the path is held by a 45-year-old runner from Gloucestershire who ran the route in 39 hours, 18 minutes and 33 seconds, so breaking the previous record (39hrs, 36mins, 52 secs) which had stood since 1991. Breaking the record, he said, had been ‘tough’ but that he had ‘absolutely loved it’; and therein lies an important message: walking the trail *will* be tough but make sure you pace yourself correctly and you will love it too.



Above: Isolated YHA Black Sail, England's most remote hostel (see p112).

How long do you need?

Whilst an athlete may be able to complete the trail in 39 hours, being more realistic we're aware of a walker who managed it in eight days. We also know somebody who did it in 10 and another guy who did four 4-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. Ideally, we'd suggest allowing 18 walking days. This would allow you to break up some of the longer walk days into more manageable sections and give you ample time to make side-trips as well as arrive at your night halt early enough to actually

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

explore and enjoy the village. Remember that you might also lose the odd day to bad weather.

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

See pp36-8 for itineraries covering different walking speeds

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 pp36-8 there are some suggested itineraries covering different walking speeds. If you've only got a few days, don't try to walk it all; concentrate, instead, on one area such as the Lakes or North York Moors. You can always come back and attempt the rest of the walk another time.

When to go

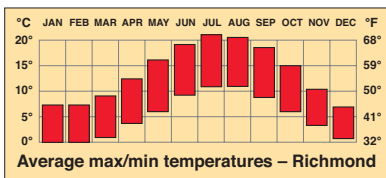
SEASONS

Britain is a notoriously wet country and the north-west of England is an infamously damp part of it. Rare indeed is the trekker who manages to walk the Coast to Coast path without suffering at least one day of rain; three or four days per trek is more likely, even in summer. That said, it's equally unlikely that you'll spend a fortnight in the area and not see any sun at all, and even the most cynical of walkers will have to admit that, during the walking season at least, there are more sunny days than showery ones. That **walking season**, by the way, starts at Easter and builds to a crescendo in August, before quickly tailing off in September. By the end of that month there are few trekkers on the trail, and in late October many places close down for the winter.

Spring

Find a couple of dry weeks in springtime and you're in for a treat. The wild flowers are beginning to come into bloom, lambs are skipping in the meadows and

the grass is green and lush. Of course, finding a dry fortnight in spring (around the end of March to mid June) is not easy but occasionally there's a mini heatwave at this time of year. Another advantage will be fewer trekkers on the trail so finding accommodation is easier.



PLANNING YOUR WALK

1

Practical information for the walker

ROUTE FINDING

Currently, the presence of **signposts** and waymarking varies along the path. As work continues on converting the path to a National Trail (2022-25), the waymarking should improve with the use of the familiar acorn symbol as used with other National Trails.

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.

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.

It does pay to **regularly keep track of your position** so when you go wrong you can tell where you've veered off. You're most likely to make a mistake due to fallen or otherwise obscured posts or waymarkers, or while chatting away. Backtracking usually solves that.

For common navigational trouble spots see 'How not to lose your way', pp90-2.

ELECTRONIC NAVIGATION AIDS AND MAPPING APPS

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 navigational aid. With a clear view of the sky, a **GPS receiver** 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.



Most **smartphones** have a GPS receiver built in and mapping apps available to run on it (see box p46).

A modern mobile can receive a GPS signal from space as well as estimate its position often as accurately using mobile data signals from hilltop masts. These signals are two different things: GPS comes free from American, Russian or European satellites and is everywhere all the time but works best outdoors. Much stronger 4- or 5G mobile signals beam off towers up to 40 miles away and are what you pay the phone company for.

Accessing an online map with mobile data (internet via your phone signal, not wi-fi), your position can be pinpointed with great accuracy. But with no signal – as is the case in Britain’s remoter upland locales – your phone will use GPS to display your position as a dot on the screen. Except that, *unless you import a map into your phone’s internal storage* (which may require an app and even a small financial outlay) without a signal, the kilobit-sized ‘tiles’ which make up an **zoomable online map** cannot be downloaded. The internet browser’s cache may retain a few tiles until the signal resumes or until you walk off that tile’s coverage. Much will depend on your service provider. It’s said the Vodaphone network works best across rural northern England followed by O2 or EE but check the coverage map on your service provider’s website.

The best way to use your mobile as an accurate navigation aid is to download a **mapping app** plus **maps** covering the route (see box p46). That will work with GPS where there is no phone signal. Then download and install a **Coast to Coast Path tracklog** into this app and, ideally, your on-screen location dot will be pulsing right on that track as you walk along.

Unless you happen to own one with a decent sized colour screen, there’s little benefit in buying a **handheld GPS** device except that *with decent maps installed*, you can be certain of establishing your location against a map anytime, any place, any where.

❑ JUST HOW LONG IS WAINWRIGHT’S COAST TO COAST PATH?

The figure of **191½ miles** has been bandied around for years as this is close to the 190 miles which Wainwright’s original edition quoted back in 1972. Disregarding the fact that these days his exact route is no longer followed, for this guidebook each stage was logged using a suitably calibrated GPS odometer and after editing the final tally showed the actual distance walked to be exactly that: 191½ miles (308km). This is via the most used routes and following the alternative route between Bolton-on-Swale and Danby Wiske (as opposed to Wainwright’s original route). This, of course, doesn’t account for walking to the pub or B&Bs off the track, and even, as some Pythagorians like to consider, the fact that walking up and down hills technically covers more ground than if the terrain was flat. Of course the distance will change again with the proposed route changes due to the path becoming a National Trail.

The precise total length of Wainwright’s Coast to Coast (and doubtless many other long-distance paths) is not of great importance in the big picture as you’ll walk the walk, but a day’s true distance is something worth knowing when psyching yourself up for a long stage. Other guides, maps and local signposts will show differing distances, often constrained to fit the immutable figure estimated by Alfred Wainwright.

Using GPS with this book – tracklog and waypoints

A **tracklog** is a continuous winding line marking the walk from end to end, displayed on your screen; all you have to do is keep on that line. If you lose it on the screen you can zoom out until it reappears and walk towards it. A tracklog can be traced with a mouse off a digital map, or recorded live using a GPS enabled device. When recorded live, tracklogs are actually hundreds of pinged waypoints separated by intervals of either time or more usefully distance (say, around 10 metres). Some smartphones or mapping apps can't display a tracklog with over 500 points so they get truncated into fewer straight lines, resulting in some loss in precision. To download the GPS tracklog on which this book's maps are based, see the Trailblazer website – trailblazer-guides.com. Note, however, that as the trail is upgraded to National Trail status (2022-5) there will be route changes (see p92).

Where a tracklog is a continuous line, **waypoints** are single points like cairns. This book identifies key waypoints on the route maps; these waypoints correlate to the list on pp262-5 which gives the OS grid reference and a description. You can download the complete list as a GPS-readable .gpx file of grid references (but with no descriptions) from trailblazer-guides.com. As well as an OS grid reference for these waypoints we've now also listed the three-word geocode used by **what3words** (see p261; what3words.com) which could be useful in an emergency.

One thing must be understood however: **treating GPS as a complete 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. It's worth repeating that most people who've ever walked the Coast to Coast did so without GPS.

ACCOMMODATION

From one coast to the other, businesses and families alike today owe a lot to Wainwright's inspired concept. Smaller towns and villages as well as isolated farms far from the reliable Lakeland honeypots have come to rely on accommodating and feeding the seasonal flow of coastbound walkers.

The route guide (Part 4) lists a fairly comprehensive selection of places to stay along the trail. The three main options are: camping, staying in hostels/bunkhouses, or using B&Bs/pubs/hotels. Few people stick to just one of these the whole way, preferring, for example, to camp most of the time but spend every third night in a hostel, or perhaps take a hostel where possible but splash out on a B&B or hotel every once in a while.

The table on pp34-5 provides a snapshot of what type of accommodation and services are available in each of the towns and villages, while the tables on pp36-8 provide some suggested itineraries. The following is a brief introduction as to what to expect from each type of accommodation.

Camping

It's possible to camp all along the Coast to Coast path, though few people do so every night. You're almost bound to get at least one night where the rain falls

Hotels cost more (sometimes as much as £100pp, though usually more like £50-60pp), and can occasionally be a little displeased by a bunch of muddy trekkers turning up. That said, most places on this walk, particularly in the quieter towns and villages, are used to seeing trekkers, make a good living from them and welcome them warmly.

Airbnb

The rise and rise of Airbnb ([airbnb.co.uk](https://www.airbnb.co.uk)) has seen private homes and apartments opened up to overnight travellers on an informal basis. While accommodation is primarily based in cities, the concept has spread to tourist hotspots in more rural areas, but do check thoroughly what you are getting and the precise location. While the first couple of options listed may be in the area you're after, others may be far too far afield for walkers. At its best, this is a great way to meet local people in a relatively unstructured environment, but be aware that these places are usually not registered B&Bs, so standards may vary, yet prices may not necessarily be any lower than the norm.

FOOD AND DRINK

Breakfast

Stay in a B&B/guesthouse/hotel and you'll be filled to the gills each morning with a cooked English breakfast. This can consist of a bowl of cereal followed by a plateful of eggs, bacon, sausages, mushrooms, tomatoes, and possibly baked beans or black pudding (a sausage of oats soaked in blood, in case you didn't know, and a constituent of a 'Full *Yorkshire* breakfast'), with toast and butter, and all washed down with coffee, tea and/or juice. Enormously satisfying the first time you try it, by the fourth or fifth morning you may start to prefer the lighter continental breakfast or porridge, which most establishments also now offer; many places also offer gluten free and other options as long as this is requested in advance. Alternatively, and especially if you're planning an early start, you might like to request a packed lunch instead of this filling breakfast and just have a cup of coffee before you leave.

Lunch

Your B&B host or YHA hostel can usually provide a packed lunch at an additional cost, though they usually like this to be requested in advance. Of course there's nothing to stop you preparing your own; there are some fantastic locally made cheeses and pickles that can be picked up along the way, as well as some wonderful bakers still making bread in the traditional manner (the bakeries in Kirkby Stephen and Reeth spring to mind). Alternatively, stop in a pub.

Depending on which routes you take, three or four of the stages in this book are devoid of eateries or shops so **read ahead** about the next day's walk to make sure you never go hungry.

Cream teas

Never miss a chance to avail yourself of the treats on offer in the tea rooms and farmhouses of Cumbria and Yorkshire. Nothing relaxes and revives like a

WALKING COMPANIES

It's possible to turn up with your boots and backpack at St Bees and just start walking, without planning much other than your accommodation (about which, see the box on p21). The following companies, however, are in the business of making your holiday as stress-free and enjoyable as possible.

□ INFORMATION FOR FOREIGN VISITORS

- **Currency** The British pound (£) comes in notes of £100, £50, £20, £10 and £5, and coins of £2 and £1. The pound is divided into 100 pence (usually referred to as 'p', pronounced 'pee') which come in silver coins of 50p, 20p 10p and 5p and copper coins of 2p and 1p.
- **ATMs/cash machines/cashpoints** Bank ATMs are free to use but others may charge a fee and some, such as Link machines (see p25), **may not accept foreign cards**. ATMs located outside a bank, shop, post office or petrol station are open all the time, but any that are inside will be accessible only when that place is open.
- **Rates of exchange** Up-to-date rates can be found at www.xe.com/currencyconverter.
- **Accommodation booking** Most B&B-style places require a deposit but some places, particularly in rural areas, may not accept card payments or know what information is necessary for foreigners to do a bank to bank transfer. Booking a hotel shouldn't be a problem.
- **Business hours** Most **village shops** are open Monday to Friday 9am-5pm and Saturday 9am-12.30pm, though some open as early as 7.30/8am; many also open on Sundays but not usually for the whole day. Occasionally you'll come across a local shop that closes at lunchtime on one day during the week, usually a Wednesday or Thursday; this is a throwback to the days when all towns and villages had an 'early closing day'. **Supermarkets** are generally open Monday to Saturday 8am-8pm (often longer) and on Sunday from about 9am to 5 or 6pm, though main branches of supermarkets generally open 10am-4pm or 11am-5pm.

Main **post offices** generally open Monday to Friday 9am-5pm and Saturday 9am-12.30pm though where the branch is in a shop post office services are sometimes available whenever the shop is open; **banks** typically open at 9.30/10am Monday to Friday and close at 3.30/4pm, though in some places both post offices and banks may open only two or three days a week and/or in the morning, or limited hours, only.

Pub opening hours have become more flexible – up to 24 hours a day seven days a week – so each pub may have different times. However, most pubs on the Coast to Coast route continue to follow the traditional Monday to Saturday 11am to 11pm, Sunday to 10.30pm and some still close in the afternoon particularly during the week.

The last entry time to most **museums and galleries** is usually half an hour, or an hour, before the official closing time.

- **National (Bank) holidays** Most businesses are shut on 1 January, Good Friday (March/April), Easter Monday (March/April), the first and last Monday in May, the last Monday in August, 25 December and 26 December.
- **School holidays** School holiday periods in England are generally as follows: a one-week break late October, two weeks around Christmas, a week mid February, two weeks around Easter, a week in late May and from late July to early September.
- **Travel/medical insurance** Until the UK left the EU the European Health Insurance Card (EHIC) entitled EU nationals (on production of an EHIC card) to necessary medical treatment under the UK's National Health Service (NHS) while on a temporary

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 doing it in sections.

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 p36). To help plan your walk look at the **planning maps** (at the back of the book) and the **table of village/town facilities** (on pp34-5), 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 p37, p38 and p39) which are based on preferred type of accommodation and walking speeds.

There’s also a list of linear **day walks** on pp36-9 which cover the best of the Coast to Coast path, many of which are served by public transport (particularly in the main season) or the Packhorse/Sherpa Van services (see pp27-9). The **public transport** services tables and map are on pp54-6.

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.

SUGGESTED ITINERARIES

The itineraries in the boxes on pp37-9 are based on different accommodation types – camping, hostels/bunkhouses/camping barns, and B&B-style accommodation – with each including three options 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.

And which of these itineraries do we think is the best? Well, the majority of walkers follow the medium-pace walk, but if you can spare the time the relaxed pace is definitely the one to go for.

The slightly shorter walking days will allow you to enjoy the experience more. You can linger longer at viewpoints, include side-trips and explore your host village at the end of the day. We do not suggest the fast pace unless you’re attempting the Coast to Coast as an endurance test.

Weekend walks

In addition to the walk described below, some of the day walks can be combined into a two-day trek, particularly in the Lake District.

Kirkby Stephen to Reeth

28 miles/45km (pp165-89)

Anyone who manages to scramble over the Pennines and negotiate the boggy ground down to the old mining village of Keld deserves a reward of some sort, and picturesque Swaledale is just that. As an encore, take Wainwright's high route over the moors to Reeth or the less-demanding stroll down the dale, passing through or near the villages of Muker, Gunnerside and Thwaite to end up in Reeth.

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).

What to take

Not ending up schlepping over the fells like an overloaded mule with a migraine takes experience and some measure of discipline. **Taking too much** is a mistake made by first-time travellers of all types, an understandable response to not knowing what to expect and not wanting to be caught short.

By UK standards the Coast to Coast is a long walk but it's not an expedition into the unknown. Experienced independent hill walkers trim their gear to the essentials because they've learned that an unnecessarily heavy pack can exacerbate injuries and put excess strain on already hard-pressed feet. Note that if you need to buy all the gear listed, keep an eye out for the ever-more frequent online sales at outdoor gear shops; time it right and you could get it all half price.

❑ 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

MONEY

ATMs (cash machines) are fairly rare along the Coast to Coast path (and some don't accept foreign cards), but remember holders of most UK bank cards can withdraw cash over the counter at **post offices**. **Banks** are even rarer, with only Kirkby Stephen boasting any. For details see the table of village and town facilities on pp34-5.

Not everybody accepts **debit** or **credit cards** as payment either – though many B&Bs and restaurants now do. As a result, you should always carry plenty of cash with you (particularly if you're relying on a bank card not issued by a UK bank) just to be on the safe side. A **cheque book** from a British bank may be useful in those places where cards are not accepted. Crime on the trail is thankfully rare though it can't hurt to carry your money in a **moneybelt**.

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,

TIPS FROM A TWO-TIME COAST-TO-COASTER – WHAT TO TAKE

More tips from Geoffrey Simms, who has completed the Coast to Coast Path twice.

A **map-case**, worn as a neck purse inside your shirt, is very useful. So many Coasters walk along clutching your guidebook disintegrating in the rain rather than have it open at the appropriate page under the protection of a map-case. Keep the hands free is my motto. In wet and windy conditions pages can be turned without even removing the guidebook from the case.

Binoculars are also useful. They add not only to your enjoyment of the bird life, but also help with identifying signposts, waymarks, gates and stiles from the top of a slope, or from the entry to a spacious meadow, thereby eliminating the tedious retracing of steps that follows from a false trail.

My calibrated Yamax Digi-walker **pedometer** ( yamax.co.uk) is a faithful friend helping to pinpoint my position. Numerous Coasters walking the 'proper' direction (when I was walking from east to west) were grateful to know the distance to a specific point to which they were heading. As with map-cases and binoculars, I found an almost total absence of pedometer-equipped Coasters.

I am a devotee of **walking poles**, a godsend for my lower back muscles. I reckon they are worth a couple of miles a day. They saved me from hitting the deck on numerous occasions, besides being a great comfort negotiating stepping-stones.

- M6** Moorsbus York to Danby Lodge Visitor Centre via Norton, Malton, Pickering, Rosedale Abbey & Ralph Cross (a 1½-mile walk north from **Lion Inn Blakey**, some of which is on the CloC path)
- * **Note:** Moorsbus is a volunteer, not for profit, transport provider and they hope to operate all services at weekends and on bank holidays 1- to 2-day (though 3- to 4-day inside North York Moors national park) between early June and end September though it is possible not all will operate on a Saturday so it is essential to check their website before travel.
- X26** Arriva NE **Colburn** to Darlington via Catterick Garrison & **Richmond**, Mon-Sat 2/hr, Sun 1/hr starts in **Scotton**
- X27** Arriva NE **Scotton** to Darlington via Catterick Garrison & **Richmond**, Mon-Sat 1/hr
- 29** Hodgsons Darlington to **Richmond**, Mon-Sat 5-6/day
- 30** Little White Bus (Swaledale Shuttle; circular route) **Keld** to **Richmond** via **Thwaite**, **Muker**, **Gunnerside**, Low Row, **Reeth**, **Grinton** & **Hudswell**, Mon-Sat 3-4/day (Hudswell 2/day), but check the website as some stops must be booked in advance
- 34** Hodgsons **Richmond** to Darlington via **Brompton-on-Swale**, Catterick Village, Marne Barracks & **Scorton**, Mon-Sat 4/day plus 2/day to Marne Barracks
- 55** Hodgsons **Richmond** to Northallerton via **Brompton-on-Swale**, **Scorton** & **Bolton-on-Swale**, Mon-Sat 3/day
- 80** Abbots of L Stokesley to Northallerton via **Ingleby Cross** & **Osmotherley**, Mon-Sat 3-4/day
- 89** Abbots of L Stokesley to Northallerton via **Great Broughton**, Kirkby-in-Cleveland, **Ingleby Cross** & **Osmotherley**, Mon-Sat 3/day
- X93/X94** Arriva NE Scarborough to Whitby via Fylingthorpe, **Robin Hood's Bay** & **Hawsker**, daily 1-2/hr
- Note that one service an hour starts from/continues to **Middlesbrough** (see below) via **Guisborough** and no change of bus is needed; some services are X94.
- 95** Arriva NE Whitby to Lealholm via **Grosmont**, **Egton Bridge** & **Glaisdale**, Mon-Sat 5-6/day
- 830** NDAles Bus Preston to **Richmond** via Lancaster, Ribbleshead, Hawes, **Muker**, **Gunnerside**, **Reeth**, **Grinton** & **Swaleview**, Sun & Bank Holidays mid May to late Oct 1/day
- 831** Arriva NE **Middlesbrough** to Kirkby Lonsdale via **Richmond**, **Reeth**, **Gunnerside**, **Muker**, **Thwaite** & **Keld**, early June-late Oct Sun & Bank Holidays 1/day

Operator contact details

- **Cumbria: Cumbria Classic Coaches (CCC)**; ☎ 015396 23254, ☐ cumbriaclassiccoaches.co.uk; **Fellrunner Village Bus (FVB)**; ☎ 07734 529432, ☐ fellrunnerbus.co.uk; **Stagecoach** (☐ stagecoachbus.com); **Western Dales** (☐ westerndalesbus.co.uk; services operated by volunteers)
- **North Yorkshire: Abbots of Leeming** (Abbots of L.; ☎ 01677 422858, ☐ abbottscoaches.co.uk; note both the 80 and 89 services were up for tender at the time of research so check in advance); **Arriva North East** (☐ www.arrivabus.co.uk/north-east); **Hodgsons** (☎ 01833 630730, ☐ hodgsonsbuses.com); **Northern Dalesbus** (NDAles Bus ☐ datesbus.org); **Little White Bus** (☎ 01969 667400, ☐ littlewhitebus.co.uk); **Moorsbus** (☎ 01751 477216, ☐ moorsbus.org)

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 (see box p58), national parks, areas of outstanding natural beauty (AONBs), national nature reserves (NNRs),



Flora and fauna

The beauty of walking from one side of England to the other is that you pass through just about every kind of habitat this country has to offer. From woodland and grassland to heathland, bog and beach, the variety of habitats is surpassed only by the number of species of flower, tree and animal that each supports.

The following is not in any way a comprehensive guide – if it were, you would not have room for anything else in your rucksack – but merely a brief guide to the more commonly seen flora and fauna of the trail, together with some of the rarer and more spectacular species.

MAMMALS

The Coast to Coast path is alive with all manner of native species and the wide variety of habitats encountered on the way means that the wildlife is varied too. Unfortunately, most of these creatures are shy and many are nocturnal, and walkers can consider themselves extremely lucky if during their trek they see more than three or four species.

One creature that you will see everywhere along the walk, from the cliffs at St Bees to the fields outside Robin Hood's Bay, is the **rabbit** (*Oryctolagus cuniculus*). Timid by nature, most of the time you'll have to make do with nothing more than a brief and distant glimpse of their white tails as they stampede for the nearest warren at the first sound of your footfall. Because they are so numerous, however, the laws of probability dictate that you will at some stage get close enough to observe them without being spotted; trying to take a decent photo of one of them, however, is a different matter.

If you're lucky you may also come across **hares**, often mistaken for rabbits but much larger, more elongated and with longer back legs and ears.

Rabbits used to form one of the main elements in the diet of the **fox** (*Vulpes vulpes*), one of the more adaptable of Britain's native species. Famous as the scourge of chicken coops, their reputation as indiscriminate killers is actually unjustified: though they will if left undisturbed kill all the chickens in a coop in what appears to be a mindless and frenzied attack, foxes will actually eat all their victims, carrying off and storing the carcasses in underground burrows for them and their families to eat at a later date. These days, however, you are far more likely to see foxes in towns, where they survive mostly on the scraps and leftovers of the human population, rather than in the country. While generally considered nocturnal, it's not unusual to encounter a fox during the day too, often lounging in the sun near its den.

One creature that is strictly nocturnal, however, is the **bat**, of which there are 17 species in Britain, all protected by law. Your best chance of spotting one is just after dusk while there's still enough light in the sky to make out their flitting

REPTILES



© Henry Stegman

The **adder** is the only common snake in the north of England, and the only venomous one of the three species in Britain. They pose very little risk to walkers – indeed, you should consider yourself extremely lucky to see one, provided you're a safe distance away. They bite only if provoked, preferring to hide instead. The venom is designed to kill small mammals such as mice, voles and shrews, so deaths in humans are very rare, but a bite can be extremely unpleasant and occasionally dangerous to children or the elderly. You are most likely to encounter them in spring when they come out of hibernation and during the summer when pregnant females warm themselves in the sun. They are easily identified by the striking zigzag pattern on their back. Should you be lucky enough to encounter one, enjoy it but leave it undisturbed.

FLOWERS

Spring is the time to come and see the spectacular displays of colour on the Coast to Coast path. Alternatively, arrive in August and you'll see the heathers carpeting the moors in a blaze of purple flowers.

The coastal meadows

The coastline is a harsh environment subjected to strong, salt-laced winds. One plant that does survive in such conditions, and which will probably be the first you'll encounter on the path, is **gorse** (*Ulex europaeus*) with its sharp-thorned bright yellow, heavily scented flowers. Accompanying it are such cliff-top specialists as the pink-flowering **thrift** (*Armeria maritima*) and white **sea campion** (*Silene maritima*) and **fennel** (*Foeniculum vulgare*), a member of the carrot family which grows to over a metre high.

Woodland and hedgerows

From March to May **bluebells** (*Hyacinthoides non-scripta*) proliferate in the woods along the Coast to Coast, providing a wonderful spectacle. Little Beck (see p250) and Clain (see p224) woods are particularly notable for these displays. The white **wood anemone** (*Anemone nemorosa*) and the yellow **primrose**



Gorse
Ulex europaeus



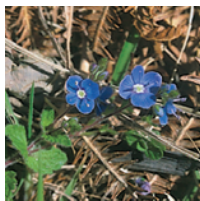
Thrift (Sea Pink)
Armeria maritima



Sea Campion
Silene maritima



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

there are still small patches of indigenous woodland on the Coast to Coast path. Perhaps the most interesting are the Atlantic Oakwoods at Borrowdale, including Johnny Wood (see Map 14) on the way to Longthwaite. The woods are cared for by the National Trust and are actually correctly known as temperate rainforest, the moist Atlantic climate creating a landscape of boulders covered by liverworts and ferns, under **oaks** (*Quercus petraea*) dripping in moss and lichen.

There are other areas of woodland in the Lakes, including Easedale Woods on the way into Grasmere and Glenamara Park, just before Patterdale, which has some truly spectacular mature trees. One interesting thing about oak trees is that they support more kinds of insects than any other tree in Britain and some of these insects affect the oak in interesting ways. The eggs of the gall-fly, for example, cause growths on the leaves, known, appropriately enough, as galls. Each of these contains a single insect. Other kinds of gall-flies lay eggs in stalks or flowers, leading to flower galls – growths the size of currants.

Oak woodland is a diverse habitat and not exclusively made up of oak. Other trees that flourish in oak woodland include **downy birch** (*Betula pubescens*), its relative the **silver birch** (*Betula pendula*), **holly** (*Ilex aquifolium*), and **hazel** (*Corylus avellana*) which has traditionally been used for coppicing (where small trees are grown for periodic cutting). Further east there are some examples of limestone woodland. **Ash** (*Fraxinus excelsior*) and oak dominate, along with **wych elm** (*Ulmus glabra*), **sycamore** (*Acer*) and **yew** (*Taxus*). **Hawthorn** (*Crataegus monogyna*) also grows on the path, usually in isolated pockets on pasture. These species are known as pioneer species and play a vital role in the ecosystem by improving the soil. It is these pioneers, particularly the **rowan** (*Sorbus aucuparia*) and hawthorn, that you will see growing all alone on inaccessible crags and ravines. Without interference from man, these pioneers would eventually be succeeded by longer-living species such as oak. In wet, marshy areas and along rivers and streams you are more likely to find **alder** (*Alnus glutinosa*).

Colour photos (following pages)

● **Opposite:** Looking back from Grisedale Tarn down the trail to Grasmere. At Grisedale Tarn there's a choice of routes to Patterdale. Easiest is the **Grisedale Valley route**, the **St Sunday Crag route** is a hard climb but with superb views and for the **Helvellyn route** you'll need a very good head for heights for the Striding Edge ridge walk (see next page).

● **pp72-3 Top – left:** The St Sunday Crag route (west to east) ascends to The Cape (Map 21). **Centre:** Allan Bank's walls are adorned with giant portraits of previous residents, including the Romantic poets, Wordsworth and Coleridge (p125). **Right:** Striding Edge (© HS).

Middle – left to right: 1. Grisedale Tarn. **2.** Behind St Oswald's in Grasmere, you can visit Wordsworth's grave. **3.** Minding the bar in the White Lion, Patterdale (Map 25).

Bottom – left to right: 1. This sculpture stands at the seven-mile mark (Map 4). **2.** Wordsworth's Dove Cottage (p125) in Grasmere. **3.** Take a steamer trip on beautiful Ullswater (p138).

● **pp74-5 Clockwise from top left: 1.** The trail takes you into the North York Moors National Park (Stage 11). **2.** On the idyllic Swaledale Valley route (Stage 8). **3.** Try to catch a performance at Richmond's Theatre Royal, the most complete Georgian theatre in the country, dating back to 1788 (p200; © BT). **4.** The mysterious Nine Standards (p169) mark the boggy transit of the Pennines (© BT). **5.** The ruins of Richmond Castle rise above the River Swale (Map 61). **6.** East Gill Force waterfall (Map 50).





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 many 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. At the time of writing this was particularly true on the boggy Pennine stage, which is divided into three trails to be used for four months a year (see pp169-72), so reducing

(**Opposite**) Above: Trail's end is at Robin Hood's Bay. Reward yourself with a pint or an icecream – or several of both – at the Bay Hotel (see p259). **Below:** Beautiful Little Beck Wood (p250) offers welcome respite from the moors. You'll pass the hollowed out boulder known as The Hermitage (**bottom**) and Falling Foss Waterfall (**left**), with its tea garden nearby. **Centre:** Fat Betty (p241).



ACCESS

Britain is a crowded island with few places where you can wander as you please. Most of the land is a patchwork of fields and agricultural land and the terrain through which this path marches is no different. However, there are countless public rights of way, in addition to this path, that criss-cross the land. This is fine, but what happens if you feel a little more adventurous and want to explore the moorland, woodland and hills that can also be found near the walk?

Right to roam

The Countryside & Rights of Way Act 2000 (CROW), or 'Right to Roam' as dubbed by walkers, came into effect in 2005 after a long campaign to allow greater public access to areas of countryside in England and Wales deemed to be uncultivated open country; essentially moorland, heathland, downland and upland areas. Some land is covered by restrictions (high-impact activities such as driving, cycling and horse-riding are not permitted) and some land is excluded (gardens, parks, cultivated land). Full details are on the Natural England website (see p41).

❑ LAMBING

Lambing takes place from mid March to mid May when dogs should not be taken along the path. Even a dog secured on a lead can disturb a pregnant ewe. If you see a lamb or ewe that appears to be in distress contact the nearest farmer. Also, be aware of cows with calves.

With more freedom in the countryside comes a need for more responsibility from the walker. Remember that wild open country is still the workplace of farmers and home to wildlife. Have respect for both and avoid disturbing either.

Outdoor safety

AVOIDANCE OF HAZARDS

With good planning most hazards can be avoided. Always make sure you have suitable **clothing** (pp42-3) to keep warm and dry, whatever the conditions, and a change of inner clothes. Carrying plenty of food and water is vital.

The **emergency signal** is six blasts on the whistle or six flashes with a torch, best done when you think someone might see or hear them.

Safety on the Coast to Coast path

Sadly every year people are injured while walking the Coast to Coast path. The most dangerous section is the Lake District, where the visitor numbers, elevation, lack of signage (at the time of writing) and sometimes extreme weather all combine to imperil walkers. Locally based mountain-rescue teams, such as the ones in Patterdale and Kirkby Stephen, are staffed by volunteers who are ready 24 hours a day, 365 days of the year. In an emergency phone ☎ 999 and the police will activate the service. Rescue teams rely on donations. All rescue teams should be treated as very much the last resort,

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.

On pp36-8 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 pp90-2 for **navigation trouble spots**. For **map profiles** and cumulative **distance chart** see the colour pages at the end of the book.

TRAIL MAPS [see key map inside cover; symbols key p84]

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 should add 20-30% to allow for rests, photos, checking the map, drinking water etc, not to mention time simply to stop and stare. When planning the day's hike count on 5-7 hours' actual walking.



Up or down?

The trail is shown as a red 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 of **OS grid references** on pp262-5 and the list of **what3words references** on p261. Other features are marked on the map when they are pertinent to navigation. A red triangle  indicates either 1) an area of navigational difficulty: advice written directly below the symbol, or 2) possible route changes proposed in the area as the trail is upgraded to National Trail status (2022-5); watch for new signs.



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.

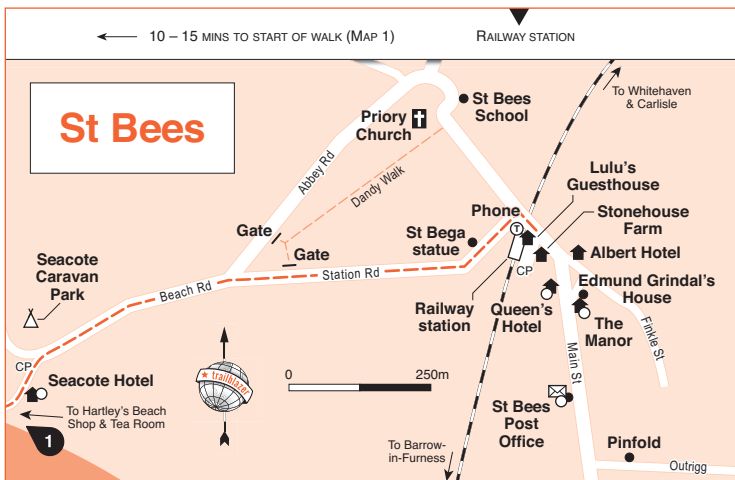
Details of each place are given in the accompanying text. The number of **rooms** of each type is given at the beginning of each entry, ie: **S** = Single, **T** = Twin room, **D** = Double room, **Tr** = Triple room and **Qd** = Quad. Note that many of the triple/quad rooms have a double bed and one/two 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 p22 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** ()

 **Opening days and hours** for pubs, restaurants and cafés are as accurate as possible but check in advance, especially if there are few eating places in the area.



B&B from £42.50pp (sgl occ £75) with a continental breakfast. The quad is a two-room flat.

Further along Main St, the 17th century pub, **Queen's Hotel** (☎ 01946 822287, 📧 queenshotel.stbees@hotmail.com; 2S/6D/2T, all en suite; 🍷; WI-FI; 📺) charges from £40pp (sgl/sgl occ £55/67.50) for B&B. **The Manor** (☎ 01946 820587; 6D/3T, all en suite; 🍷; WI-FI; 📺; 🐾) is another pub with B&B, charging from £40pp (sgl occ room rate). Online booking is available through 📧 booking.com for both of these.

A third pub with rooms is **Albert Hotel** (☎ 01946 822345, 📧 alberthotel-stbees.co.uk/index.htm; 2S/1T shared facilities, 2D/2T all en suite; 🍷; WI-FI; 📺), at 1 Finkle St; it has B&B for £32.50-37.50pp (sgl/sgl occ from £35/45). There are great views from some of the rooms.

The large **Seacote Hotel** (☎ 01946 822300, 📧 seacote.com; 2S and 68D/T/Tr or Qd, all en suite; 🍷; WI-FI; 📺; 🐾) has a mixture of rooms, though all are a bit uninspiring. Some of the upper-storey rooms have sea views. B&B costs from £27.50pp (sgl from £45 occ room rate).

Where to eat and drink

The Manor (see Where to stay; food Mon-Fri noon-2.30pm & 5-8pm, Sat noon-8pm, Sun noon-4pm & 5-8pm) is a reliable pub with a comprehensive menu (mains £10-20, sandwiches from £5.50) and a Sunday lunch (roast only £9.95, two/three courses £12.95/15.95) served all day on Sunday. 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 Tue-Sun 5-8pm) has a good-value menu and a bar known for its real ales 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 school hols daily 9am-8pm, Nov to Easter winter to 4pm, rest of year to 5pm, café daily 9am-4pm, 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-8.30pm). The food is cheap (mains from £6.50), 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.

THE ENGLAND COAST PATH

As opposed to ‘simply’ crossing England from St Bees to Robin Hood’s Bay you could take the long way around and follow the England Coast Path, although this would add hundreds of miles to your journey, require many more OS maps, and probably more than one set of boots! It’s estimated, when finished, it will be 2795 miles (4498km) long. Indeed, when completed the new national trail will be the longest coastal path in the world.

At the time of writing the England Coast Path wasn’t fully open but the sections that bookend the Coast to Coast path – following the sea away from St Bees and into Robin Hood’s Bay – are.

The idea for such a project had been discussed amongst ramblers’ groups for many years but it was the Marine and Coastal Access Act (2009), which finally set out the powers that would be needed in order to create such a route, responsibility for its planning and creation being delegated to Natural England (see p41). The first stretch between Weymouth Bay and Portland Harbour opened in 2012 to coincide with the Olympics but progress since has stalled somewhat. In 2014, the government’s plan was to have the trail finished by 2020. However, politics, economics, and a pandemic have inevitably had their impact on that ambition. Further details on the path’s progress and the sections which are currently open can be found at nationaltrail.co.uk/en_GB/trails/england-coast-path and gov.uk/government/publications/england-coast-path-overview-of-progress.

STAGE 1: ST BEES TO ENNERDALE BRIDGE

MAPS 1-7

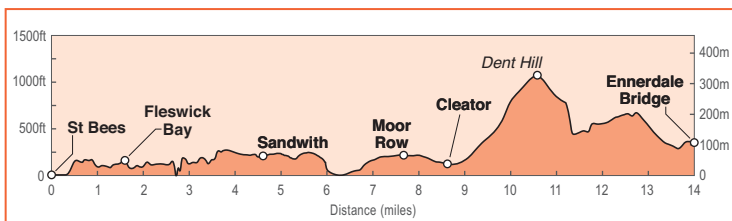
Introduction

There is a lot of variety in this **14-mile (22.5km, 6¼hr)** stage, beginning with a cliff-top walk along the Irish Sea and ending (weather permitting) with a high-level view from Dent Hill across to the brooding western fells of the Lake District.

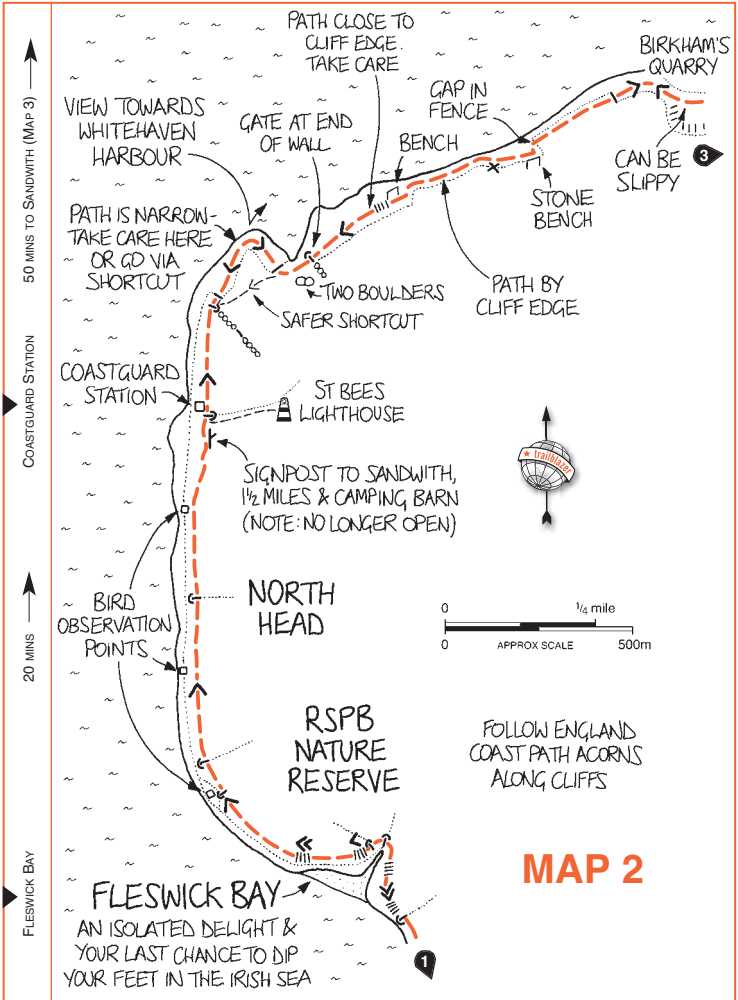
Most will find this first day a bit of a struggle, particularly the haul up and over Dent Hill into Ennerdale Bridge. If you think this may include you, pace yourself while you have a choice and consider stopping at or near Cleator, before continuing on the second day to the hostels at High Gillerthwaite or even Black Sail. In a couple of days, you may be glad you did.

The route

As far as we and most other walkers are concerned, ‘**Mile Zero**’ (WPT 001) on the path is at the Coast to Coast monument by the RNLI lifeboat station facing



the Irish Sea. To get to Mile Zero follow Beach Rd to the shore, baptise your boots in the surf and take a photo by the sign with its steel adornment showing the entire C2C elevation profile. Some walkers even collect a small pebble as a keepsake to drop into the North Sea at the end of the walk. Suitably initiated, turn north-west, steel yourself for the adventure about to unfold, and climb up the steep path to the cliff top. You're now on the Coast to Coast path, with a



'High' route: INNOMINATE TARN → 35 MINS JUNCTION OF TWO ROUTES 60 MINS TO HONISTER SLATE MINE (MAP 13)

THIS IS EXTREMELY BOGGY IN PLACES AND THERE IS NO PATH. INSTEAD, KEEP TO THE FENCE, MOVING AWAY TO AVOID THE BOGGY SECTIONS, IGNORING THE STILES UNTIL THE CORRECT ONE IS FOUND, WITH CAIRN-LINED PATHS LEADING AWAY ON BOTH SIDES

MAP 12



ATTENTION!
AT BOGGY SADDLE, 022, TURN EAST AND CLIMB PATH MARKED BY CAIRN TO A GATE IN FENCE

MAIN PATH GOING DOWN TO BLACKBECK TARN. PATH ALSO LEADS TO HOPPER QUARRY-A USEFUL, SIMPLER PATH TO THE 'ORIGINAL' CZC ROUTE

INNOMINATE TARN

DUBS QUARRY

SUDDENLY FIND YOU'RE ON A RIDGE WALK WITH VIEWS TO BUTTERMERE TO THE NORTH-WEST

BRANDRETH FENCE
RED PIKE ALTERNATIVE

BLACKBECK TARN

JUNCTION NOT OBVIOUS

GATE IN BRANDRETH FENCE

PATHS JOINING FROM RIGHT

CAIRNS MARK THE WAY HERE

YHA Black Sail

THIN BUT DEFINITE PATH

TO GREAT GABLE

LOFT BECK

STEPS FOLLOWING STREAM UP STEEP HILL

TONQUE BECK

BRANDRETH FENCE

ATTENTION!
PATH GOES OFF EASTISH FROM YH-DO NOT TAKE THE MUCH MORE OBVIOUS PATH HEADING SOUTH-EAST

STEEP PATH IS CORRECT ROUTE



OFFICIAL 'LOW' ROUTE: 40 MINS FROM BLACK SAIL YH (MAP 11) → TOP OF LOFT BECK 60 MINS TO HONISTER SLATE MINE (MAP 13) →



from £25pp) must be booked 48hrs in advance; all they ask is a few seconds' silence before eating. B&B rates are per person: from £63/75pp for a non en suite/en suite room).

In the centre of the village itself, **Heidi's Grasmere Lodge** (☎ 015394 35248, 📧 heidisgrasmerelodge.co.uk; 4D/1D or T, all en suite; 🍷; WI-FI; 🚰), above **Heidi's café** (see Where to eat), is an award-winning boutique-like B&B with charming, individually designed rooms, one of which has its own private roof terrace and another has a private balcony. B&B costs £60-82.50pp (sgl occ room rate) but at weekends in high season they often

insist on a two-night minimum stay if booking in advance.

Lake View Country House (☎ 07783 759617, 📧 lakeview-grasmere.com; 1D/4Tr/1Qd, two up to five, all en suite; 🍷; WI-FI; 🐕) is, as its name suggests, one of the few places to stay from where you can actually see the lake (from the first floor). It's a lovely place near the centre of Grasmere but quietly tucked away at the end of a lane. Three of the largest rooms have self-catering facilities and one has a roof terrace too. B&B costs £75-112.50pp, room only £62.50-100pp (sgl occ room rate); breakfast is served at The Good Sport (see p128). If booking in advance stays of

two nights are often required except in winter. There's direct access to the lakeshore which could be useful for people with dogs; though all dogs need to be kept on a lead, particularly as there's a badger sett in the garden!

South of Grasmere, 150m beyond Dove Cottage is **How Foot Lodge** (☎ 015394 35366, 📧 howfootlodge.co.uk; 4D/2T, all en suite; ♀; WI-FI; Ⓛ; mid Feb-end Nov) though only one room a night is available for one-night stays in the summer and they don't accept one-night bookings in advance for the weekend but would nearer the time. B&B costs £45-50pp (sgl occ £85-95).

Hotels Very central, **Moss Grove Organic** (☎ 015394 35251, 📧 mossgrove.com; 10D/1D or T, all en suite; ♀; WI-FI; 🐾) is a smashing place whose strict green ethos extends beyond the kitchen to their accommodation, with some of the beds made from reclaimed timber sitting atop oak floors from sustainable forests. All this, and yet the building still retains its original Victorian charm. The prices, however, do reflect the quality, with B&B costing from £65pp up to £145pp (sgl occ £15 discount). One reader wrote saying it was worth it for the luxurious bed alone (they stayed in Room 5). Breakfast is organic where possible; there is no restaurant or bar though it is possible to buy organic chocolates and truffles as well as bottles of organic wine and beer. Note that if booking in advance, stays of two nights are usually required over a Saturday night.

The Inn at Grasmere (☎ 015394 35456, 📧 theinnatgrasmere.co.uk; 2S/42D or T/5T, all en suite; ♀; WI-FI; Ⓛ; 🐾) is also right in the centre of town. It lacks a little of the charm of some of the other places around here, but the rooms are smart. B&B costs £65-87.50pp (sgl/sgl occ from £115).

Tweedies Bar & Lodge (☎ 015394 35300, 📧 tweediesgrasmere.com; 14D/2D or T, all en suite; ♀; WI-FI; Ⓛ; 🐾) is a huge, rambling place. An old-fashioned-looking pile on the outside, inside it is all polished floorboards and original tilework

mixed with striking colour schemes, with each bedroom individually decorated. The three acres of sprawling gardens are another attraction, as is its location in the heart of town. B&B costs from £72.50pp (sgl occ room rate). There is a two-night minimum stay at weekends.

The Wordsworth Hotel (☎ 015394 35592, 📧 thewordsworthhotel.co.uk; 24D or T/7D, 4 suites, all en suite; ♀; WI-FI; Ⓛ; 🐾) was formerly the smartest address in the centre of town; a large attractive hotel with facilities including pool, sauna, Jacuzzi and cocktail bar. B&B costs from £90pp (sgl occ £159) but rates vary depending on demand. Advance bookings for a one-night stay on a Saturday aren't usually accepted.

Owned by the same company behind The Inn at Grasmere, **Bridge House Hotel** (☎ 015394 35425, 📧 bridgehousegrasmere.co.uk; 21D/5D or T, all en suite; ♀; WI-FI; Ⓛ; Feb-end Oct, rest of year Thur-Sun) is another large place near the river, with two acres of gorgeous grounds. B&B is from approximately £80pp (sgl occ from £150), though expect to pay much more in high season (sgl occ rate on request). They generally accept one-night bookings other than for Saturday nights.

Where to eat and drink

As you'd expect for a major tourist centre like Grasmere, cafés and restaurants are plentiful throughout the village, though there are few **pub**-type places. It's worth noting that for an evening meal you would be wise to book your table as far ahead as possible.

The Good Sport (☎ 07724 330722, 📧 grasmerepub.com; **fb**; WI-FI; 🐾; food daily breakfast 9-10.30am, from 9.30am in winter, & 11am-8.30pm) serves beers and a cider brewed at Grasmere Brewery which is in the grounds of Lake View Country House – and gin (plain and flavoured) and vodka are also distilled there. The beer garden here goes down to the river. One satisfied walker reported: 'They serve very good food and a nice home brewed pint which we could recommend after a long day on the path'. Despite the name, they do

STAGE 4: GRASMERE TO PATERDALE

MAPS 18-25

Introduction

Ignoring the alternative routes for the moment, this is the shortest of the stages. Short, but no less sweet for it's another classic hike along which walkers can enjoy some great views back to Grasmere and, once over the pass, down across Grisedale to Patterdale, another gorgeous valley with the lake of Ullswater twinkling away to the north.

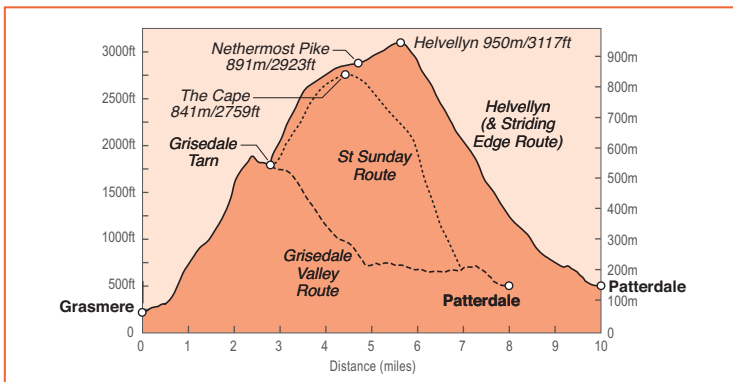
The most direct routes avoiding Striding Edge are a mere **8½ miles (13.5km, 3-4hrs)** and deliver a simple walk up to **Grisedale Pass (Hause)** and either down the valley or – more satisfyingly – up along the ridge of St Sunday Crag. The longer route ascends the 950-metre bulk of Helvellyn, returning to the valley via the stirringly named Striding Edge ridge walk; an additional distance of around **two miles** and a considerable amount of climbing and at times, exposure. Both the high routes are described on p132 and p134. You can delay your choice on which path to take until Grisedale Tarn, where the three paths go their separate ways.

The route

First of all you need to reach the heights of Grisedale Tarn, which involves a climb up a bridleway running off the A591, reached either by walking up the A591 to the bridleway, if coming from Grasmere or, as we've mapped it (Map 18, p124) by picking up the original Coast to Coast path near Thorney How.

At a footbridge or ford the bridleway divides at the foot of **Great Tongue** (Map 19) into a steeper route alongside **Little Tongue Gill**, or a mildly steadier gradient to the east of Great Tongue along **Tongue Gill** which is slabbed for part of its length.

Soon you arrive at the pretty mountain lake of **Grisedale Tarn** (Map 20) with the trail zigzagging up **Dollywaggon Pike** towards Helvellyn. Keeping to the easier path down Grisedale valley, the descent is as uncomplicated as the ascent, with the **Brothers' Parting Stone** just below the tarn (so-called because



Little White Bus's No 30 (see pp54-6) **bus** service stops outside the pub. Back on the main trail (on the northern side of the river), fine views of **Richmond** soon emerge; terracotta and slate roofs backed by the distant Cleveland Hills until you enter the town's suburbs.

RICHMOND **MAP 61, p201**

*Up above a castle! Down below a stream!
Up above a ruin! Down below a dream!
Man made the castle, rude, forbidding, bare.
God made the river, swift, eternal, fair.*

From the recollections of **Mr M Wise** as recorded in *Richmond Yorkshire in 1830s* (Wenham Publishers 1977).

This is the largest settlement on the Coast to Coast and feels it. Richmond is a busy market town that evolved around the **castle**, built by one Alan the Red in the 11th century.

As the castle fell into disrepair over time its stones were scavenged to build the surrounding houses, giving the entire town the same sombre hue. During the Georgian era, as the town's fortunes waned still further, Richmond discovered a new source of prosperity as a centre for fine cabinet-making. Many of the buildings leading off the main marketplace date back to this era (Richmondshire Museum, the town museum, is housed in a former cabinet-maker's workshop) and, following its restoration in 2003, the **Georgian theatre** is now said to be the finest in the land.

At the centre of the town is the large, cobbled square known as **Market Place** off which run numerous winding alleys, known as *wynd*s. Most of the town's attractions can be found on or near this square, though a couple of the ruins nearby may also warrant further investigation.

Although it's a very pleasant place, the size and scale of Richmond – to say nothing of the noise, the bustle and the traffic – can come as something of a shock to fell-weathered Coasters used to more rural locales. As with so many provincial English towns, Richmond can get rowdy at weekends, but it does have its advantages in terms of the facilities it provides, as well as enough sights to amuse those who take the sensible decision to rest here for a day.

What to see and do

Richmond (richmond.org) is a great town to walk around, with plenty of twisting 'wynds' to explore and plaques installed here and there pointing out places of historical interest.

- **Richmond Castle** ([☎](tel) 01748 822493, english-heritage.org.uk; Apr-Sep daily 10am-6pm, Oct daily to 5pm, Nov-Mar Sat & Sun only 10am-4pm; £7.80/7 adult/concs, EH members free) Without Richmond Castle it's arguable there would be no Richmond and while it ceased performing its castellan duties centuries ago, in the middle of the 1800s it found a new purpose as a tourist attraction and has been welcoming visitors ever since. Visitors are, however, advised not to rush headlong at the ruins like a troupe of marauding barbarians, but instead first acquaint themselves with the **exhibition** in the reception building; it gives a thought-provoking account of the history of the castle and the town as well as a display on how the castle was originally built. There's also an interesting section on WWI conscientious objectors (absolutists) who were held captive here. Their poignant graffiti still exists on the cell walls, though for protection these cells are today kept locked; copies of the graffiti can be seen in the exhibition. Now advancing to the ruins in an orderly and newly informed manner, you may be a little disappointed at first by the lack of surviving structures within the castle walls, though by reading the information boards dotted around, you should get a reasonable idea of how the castle once looked.

Scholars may be similarly entranced by the ruins of **Scolland Hall**, the finest ruins surviving from Alan the Red's time; most visitors, however, will find the views from the **keep** overlooking the town far more engrossing. A new museum opened within the castle in summer 2019.

● **Georgian Theatre Royal** (☎ 01748 825252, 🌐 georgiantheatreroyal.co.uk) Built in 1788 by actor-manager Samuel Butler and now beautifully restored, this is the most complete Georgian theatre in the country as well as being the oldest working theatre in its original form. It's well worth a visit for a performance (check the website for schedules) or a fascinating backstage tour. From mid February (after the pantomime season) to early November small **guided tours** (£5) run on the hour from 10am until 4pm (Mon-Sat). You'll get to see the oldest surviving painted scenery in Britain as well as the theatre museum.

● **Richmondshire Museum** (☎ 01748 825611, 🌐 richmondshiremuseum.org.uk; Apr to end Oct daily 10am-4.30pm; £4) Another surprisingly absorbing local museum, similar in content to Reeth's Swaledale Museum (see p189), though bigger and with even more impressive exhibits. Highlights include **Cruck House**, a 15th-century building moved wholesale from Ravensworth in 1985, an exhibition tracing the history of transport (including an original penny farthing bicycle), and tellingly, most popular of all, the set of the vet's surgery from the TV series of *All Creatures Great and Small*.

● **Green Howards Museum** (☎ 01748 826561, 🌐 greenhowards.org.uk; Feb-mid Dec Mon-Sat 10am-4.30pm; £5) Richmond has a long military association and is the garrison town of Catterick, now many times larger than Richmond itself. The town's regiment, the Green Howards, have their own museum and headquarters in this former Holy Trinity Church. With a history spanning the Crimean and Boer wars, as well as military engagements on the North-West Frontier of India and more recent operations in neighbouring Afghanistan, the story of the regiment is a fascinating one. Highlights include the staggering 3750-strong medal collection awarded to members of the regiment.

● **Easby Abbey** Formerly and more properly known as **St Agatha's Monastery**, Easby Abbey (Map 62; 🌐 english-heritage.org.uk) lies about a mile to the east of Richmond Castle. You may get a distant

view of it from across the Swale during the next stage of the walk, but if you've got the time we strongly advise you make a detour and pay a proper visit. Like those at Shap, the ruins at Easby were once part of a Premonstratensian Abbey, this one built in 1152, just 31 years after the founding of the order by St Norbert in Prémontré in Picardy, northern France. The monastery served the community for almost 400 years because, unlike many other orders who chose to cut themselves off from the outside world, the Premonstratensians saw it as their duty to minister to and serve the laity until Henry VIII brought about the dissolution. Unwilling to bow to Henry's demands, they joined the Pilgrimage of Grace in 1536, the most popular rebellion against Henry. Many monasteries were briefly restored by the rebels – St Agatha's at Easby among them. They were subsequently defeated and Henry set about exacting a chilling revenge on those who had dared to defy his orders, instructing his forces in the north to 'cause such dreadful execution upon a good number of inhabitants, hanging them on trees, quartering them and setting their heads and quarters in every town, as shall be a fearful warning'. While visiting, be sure to check out the **parish church** here at Easby, which has survived in remarkable condition and plays host to some wonderful 13th-century **wall paintings**. Look, too, for the 12th-century **panel of glass** depicting St John.

● **Other sights** There are two magnificent ruined towers in town. The first you'll come across is **Grey Friars Tower**, in the gardens off Queens Rd. This was once part of a Franciscan monastery, founded in 1258, though the tower itself wasn't built until sometime around 1500. The second, clearly visible to the west of town from Richmond Castle, is **Culloden Tower** (Map 60), a folly dating back to 1746. Amazingly, it's now a novelty holiday cottage (🌐 landmarktrust.org.uk).

Services

Richmond Information Centre (☎ 01748 826468, 🌐 richmondinfo.net; daily 10am-4pm, end Oct to early Feb 10am-2pm) is in

Market Hall in the middle of town. There are volunteers on hand to advise you as required. The website has an accommodation section, well worth a visit when planning your stay. The **library** (☒ north yorks.gov.uk/richmond-community-library; Mon-Fri 10am-1pm & 2-5pm, Sat 10am-1pm) is a short walk from the centre at 10A Queens Rd, and has free Wi-Fi and offers **internet** access.

The **post office** (Mon-Fri 9am-4pm, Sat to 12.30pm) does foreign exchange and many major banks are represented on the main square and have those **ATMs** you've been longing for.

The **outdoors shop**, Mountain Warehouse (Mon-Sat 9am-5.30pm, Sun 10am-4pm) is on the northern side of the main square. Next door there's a **Boots** pharmacy (Mon-Sat 9am-5.30pm). A second **pharmacy**, Langhorn Pharmacy (Mon-Fri 9am-5.30pm, Sat 9am-1pm) is by the roundabout on King St.

For a **laundrette** go to Johnsons the Cleaners (Mon-Sat 8.30am-5.30pm) on Market Place. Castle Hill **Bookshop** (☒ 01748 824243; Mon-Sat 10am-4pm), below the castle, has an excellent range of books and an interesting selection on local history.

For **food** shopping there's a Co-op (daily 7am-10pm) on Market Place and if you need a larger store there's a Lidl (Mon-Sat 8am-10pm, Sun 10am-4pm) on Queens Rd.

Transport (see also pp52 & pp54-6) The nearest **railway station** is 12 miles away in Darlington (a stop on LNER's London-Edinburgh services), but there are plenty of **bus** services (Arriva's X26/X27 and Hodgson's No 29 & 34) going there from Market Place, and the journey only takes half an hour.

Little White Bus's No 30 runs up Swaledale to Keld. Dalesbus's No 830 and Arriva's 831 does a similar route on Sundays (mid May to mid Oct), while Hodgson's No 55 goes to Northallerton via Brompton-on-Swale. Northallerton is also a stop on LNER's rail service between London and Edinburgh.

For a **taxi**, try Amalgamated (☒ 01748 825112, ☒ amalgamatedtaxi.co.uk).

Where to stay

The nearest **campsites** are convenient as they are right on the path but they are not in Richmond; **Hildyard Arms** (see p205), in Colburn, allows you to camp in the pub garden, and **St Giles Farm** (see p205) and **Thornborough Farm** (see p206) are slightly further on. There's also the excellent **Brompton Camping Barn** (see p208) two miles beyond Colburn. Unfortunately, there are no hostels in Richmond.

If you haven't pre-booked a **B&B**, go to the information centre to see if they can help. What follows is by no means exhaustive, but is our selection of the options based on readers' feedback and our own experiences.

Just west of the centre of town, **West End Guesthouse** (Map 60, p198; ☒ 01748 824783, ☒ stayatwestend.co.uk; 1S/2D/1T, all en suite; Wi-Fi), at 45 Reeth Rd, is a comfortable place. B&B rates are around £40-46.50pp (sgl/sgl occ £75/70-83).

At 11 Hurgill Rd, near the cricket club, is **Cordilleras House** (☒ 01748 824628, 07587 150510; 1D/1D or T all en suite; ☒; Wi-Fi; ☒) where B&B with a continental breakfast costs from £35pp (sgl occ room rate). Online booking is available through ☒ www.airbnb.co.uk but book direct for the best rate.

Fellow Coasters recommend **Willance House** (☒ 01748 824467, ☒ willancehouse.com; 1D/2D or T, all en suite; Wi-Fi; ☒; Mar-Dec), at 24 Frenchgate, an oak-beamed house dating back to the 17th century; it's named after the first alderman (mayor) of Richmond. It has a guest lounge and B&B costs from £43pp (sgl occ £78); their breakfasts are recommended (they've even won awards for them). They also offer a laundry service (£7-10).

Almost opposite Willance House is the smart **Frenchgate Restaurant & Hotel** (☒ 01748 822087, ☒ thefrenchgate.co.uk; 2S/1D/6D or T, all en suite; ☒; Wi-Fi; ☒), 59-61 Frenchgate. With marble floors, limestone walls, freestanding bath tubs and showcasing local artists; one room also has

The **restaurant** at *Kings Head* (see Where to stay) is very smart but pricey. They also do meals at the **bar** (both Mon-Sat noon-9pm, Sun to 8pm) which are less expensive, and 'artisan sandwiches' from 11am to 5pm. One of the best places to eat in Richmond is the French-run *Rustique* (☎ 01748 821565, 📧 rustiquerichmond.co.uk; daily noon-9pm, lunch to 4pm), on Finkle St. For the full Gallic experience have half a dozen snails if they are on the menu. It's all good value and you can get an excellent 2-/3-course set meal for £16.95/20.95 (Sun-Thur noon-9pm, Fri & Sat to 6.30pm).

Frenchgate Restaurant & Hotel (see Where to stay; daily 7-9pm) is another good, if expensive, choice for a relaxed evening's dining. Venison, turbot and your old friend, Swaledale lamb, often feature on the frequently changing menu. Their three-course set meal costs from £39; booking recommended. Some of the pubs lining Market Place can be extremely noisy with a couple catering largely to groups of local lads looking for a fight, especially at weekends.

A safer option is *The Buck Inn* (see Where to stay; food summer Thur & Fri 5.30-8pm, Sat & Sun noon-2.30pm), near

Market Place on Newbiggin, which is a lot more friendly and relaxed, with great views across the river. The food is good value too (mains £7.95-9.95).

If you need something for your lunch-box, on Market Place try *The Noted Pie Shop* (Mon-Sat 7.30am-4.30pm) for their famous pies, or the early opening deli, *Jefferson's* (☎ 01748 821258; fb; Mon-Sat 8am-4pm; 🍷), which also has a small café. Round it all off with a visit to *Frenchgate Fudge & Chocolate Makers* (Thur-Tue 10.30am-4.30pm), at 1 Frenchgate. Alternatively, you'll soon spot the queues outside the award-winning *Thomas the Baker* (☎ 01748 821157, 📧 thomasthebaker.co.uk; Mon-Sat 7.45am-4.15pm) at 27 Market Place.

For good **pub grub** in Richmond itself, try the *Black Lion* (see Where to stay; food daily noon-9pm; WI-FI; 🍷). If you're on a tight budget *The Ralph Fitz Randal* (☎ 01748 828080, 📧 jdweather spoon.com; food daily 8am-11pm; WI-FI), 6 Queens Rd, is the local branch of Wetherspoons. Another option is a visit to *The George & Dragon* (Map 60; see p196), 2km away in Hudswell.

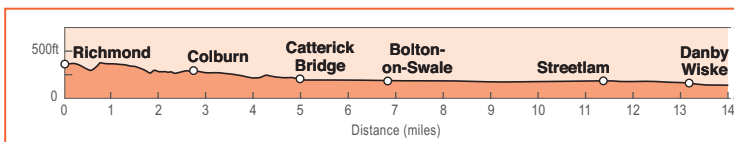
STAGE 10: RICHMOND TO INGLEBY CROSS

MAPS 61-72

Introduction

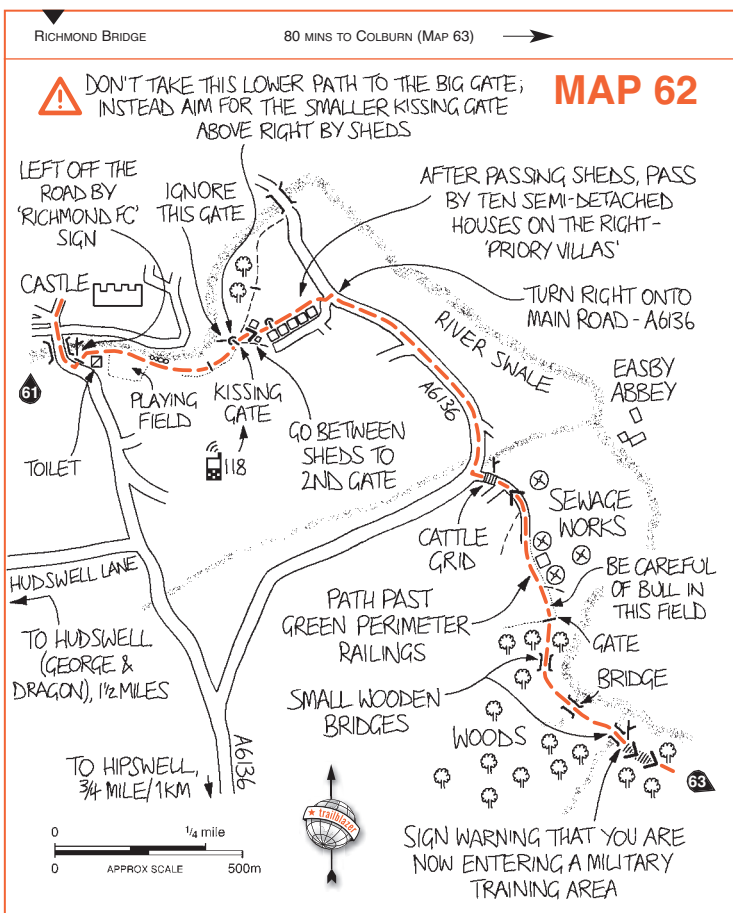
This is the longest stage in this book but it's also the flattest so there's something to be said for Wainwright's suggestion of traversing the **Vale of Mowbray** in one fell day, rather than overnighting at Danby Wiske. It's a fairly uneventful walk by the standards of the Coast to Coast, much of it conducted on back roads, so the **22½ miles (36km, 8½hrs)** to Ingleby Cross are actually achievable. What you may want to also factor in is the pounding your trail-weary feet may get along the roads as well as on the following stage: a notably more gruelling 21-miler to Blakey Ridge.

There's also an **alternative route** between Bolton-on-Swale and Danby Wiske to consider following on this stage, which if opted for, will add a further



and toilet facilities as well as the use of phone-charging points. Note that check-in is from 4pm.

The path continues above the river past **Thornborough Farm** (Map 64) where basic **camping** (£10pp inc toilet/washing facilities, no shower) is offered, and under the throbbing A1 trunk road to **Catterick Bridge**. Famed for its race-course and army camp, the name Catterick reaches back 2000 years when a strategic Roman garrison and town developed where Dere Street – today's A1(M) or Great North Road – bridged the Swale.



B&B for £50-60pp (sgl occ room rate) and serves **pub grub** (summer Mon-Sat noon-3pm & 5-8pm, Sun noon-6.45pm, winter Wed-Sat & Sun only); if guests are staying on Monday or Tuesday in the winter they will do a meal for them. 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; late Mar/early Apr-end Oct) is a delightful old place and the gardens have wonderful views down over the railway. Rates are £47.50-62.50pp (sgl occ room rate), but they often require a two-night minimum stay at weekends. They also have a self-contained flat (1D; 🛏; from £125 per night, sgl occ room rate) with self-

catering facilities; breakfast (£13pp) may be available but it is essential to request in advance. Note that the flat is generally only let out for a minimum of three nights.

Grosmont boasts two excellent **tea-rooms**. The lovely **Old School Coffee Shop** (☎ 01947 895758, 📧 grosmontcoffee.shop.co.uk; call or check online for up-to-date opening times; 🐾) 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 for a small donation to the RNLI. In July and August they serve pizzas on a Friday and Monday evening.

There's also **Grosmont Tea room** (also known as **Signals Tea Room** (early Apr-end Oct daily 9am-4.30pm; 🐾 garden area only) on the railway platform.

STAGE 13: GROSMONT TO ROBIN HOOD'S BAY

MAPS 87-95

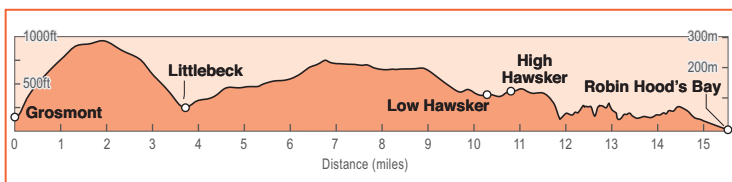
Introduction

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 p250)



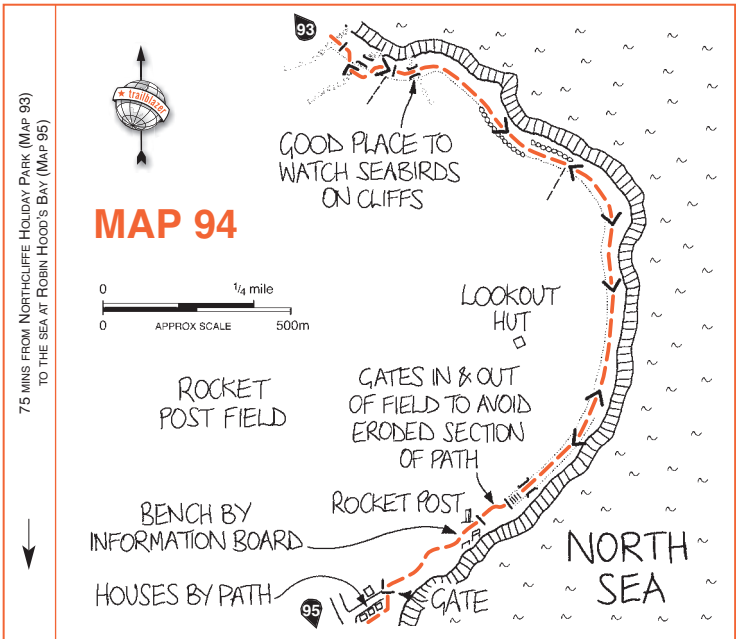
chargeable; early Feb-early Jan), which has shower and toilet facilities as well as a shop which stocks a few essentials. Prices for two adults and a tent cost £15-30 depending on the season and the type of pitch you opt for, and they have eight unfurnished,

but carpeted and heated camping pods (£30-50 for up to two people) some of which sleep up to four adults or a family.

Arriva's bus X93 stops by the Hare & Hounds; see pp54-6.

From High Hawsker, the remains of your eastward marathon takes you down past sprawling caravan parks and **Coast Café Bar** (Map 93; ☎ 01947 881044, ☐ coast-cafebar.com; fb; Mar-Nov Tue-Sun 10am-4pm, Fri & Sat 5.30-8pm; wi-fi; 🐕 back part of café only), where you can get a last-minute snack for the final stretch, unless you pass by on a Monday or a Tuesday, when it's closed. They have vegan and gluten-free options and are licensed.

And so you arrive at the **North Sea** to rejoin the Cleveland Way and England Coast Path and stride weary but unbeaten along the blustery clifftops towards Robin Hood's Bay. Though the tiny beach at Robin Hood's Bay appears half an hour before you actually set foot on it, the village itself, tucked away by the headland, is concealed until the very last moment. But eventually, having passed a coastguard station and **Rocket Post Field** (Map 94) from which coastguards used to practise aiming their rescue rockets, you join Mount Pleasant North at the top end of Robin Hood's Bay. Take a left at the end of the



road and follow Station Rd to a roundabout from which you follow the steep street down, down, down to the bay. You arrive at the slipway, or Dock as it's known, and all that remains is to liberate that pebble you've carried from St Bees beach, dip your toes in the sea and then toast your fine achievement in Wainwright's Bar at Bay Hotel (see pp259), not forgetting to sign their book.

And that's it. Your Coast to Coast walk is over. Congratulations: you've walked the width of England, and quite probably more than 200 miles, which is certainly something to be pleased about. But not quite as satisfying as knowing there's no more walking on the agenda*.

ROBIN HOOD'S BAY MAP 95

Robin Hood's Bay is the perfect place to finish: a quaint, cosy little fishing village that in high summer becomes a busy seaside resort that is entirely in keeping with the picturesque theme of the walk. It's well worth more than just one night's stay if you've got time. Though fishing has declined since its heyday in the 19th century, there's been a revival thanks to its crab grounds, reputedly the best in the north.

The old town huddles around the Dock, row after row of terraced, stone cottages arranged haphazardly uphill with numerous twisting interconnecting alleyways and paths to explore. Within them are several pubs and tearooms where you can celebrate. There are also gift, souvenir and antique shops aplenty, as well as certificates (see Bay Hotel, p259) for newly ennobled Coast to Coasters.

The **Old Coastguard Station National Trust Visitor Centre** (☎ 01947 885900, 🌐 www.nationaltrust.org.uk; Feb-end Nov daily 10am-5pm, other school hols daily to 4pm, other times weekends only 10am-4pm) sits right by the end of the trail and has some great displays including a mini wind machine and an aquarium of marine life.

There's also a small **museum** (📍 museum.rhbay.co.uk; free entry, donations welcome) which relies on volunteers so the opening days/hours vary though are typically noon-4pm or 1-3pm (check the website).

If you're staying in one of the B&Bs at the top of the village, pick up your key on the way down in case you get delayed celebrating down at the Bay Hotel.

Services

The official tourist information **website** (🌐 robin-hoods-bay.co.uk) has plenty of useful information, including a comprehensive list of **accommodation**.

The **post office** (Mon-Sat 9am-5.30pm, Sun 9am-5pm) is housed inside a **general store** (Mon-Sat 8am-5.30pm, Sun 8am-5pm) that offers **cashback** on UK-only bank cards. There is **no ATM in town** though most UK bank-card holders can get money out at the post office.

If you've any aches and pains after the walk a visit to **Treat Therapy** (📍 treattherapy.co.uk; **fb**) could be just the ticket. But note, you will need to have booked your appointment a few days in advance.

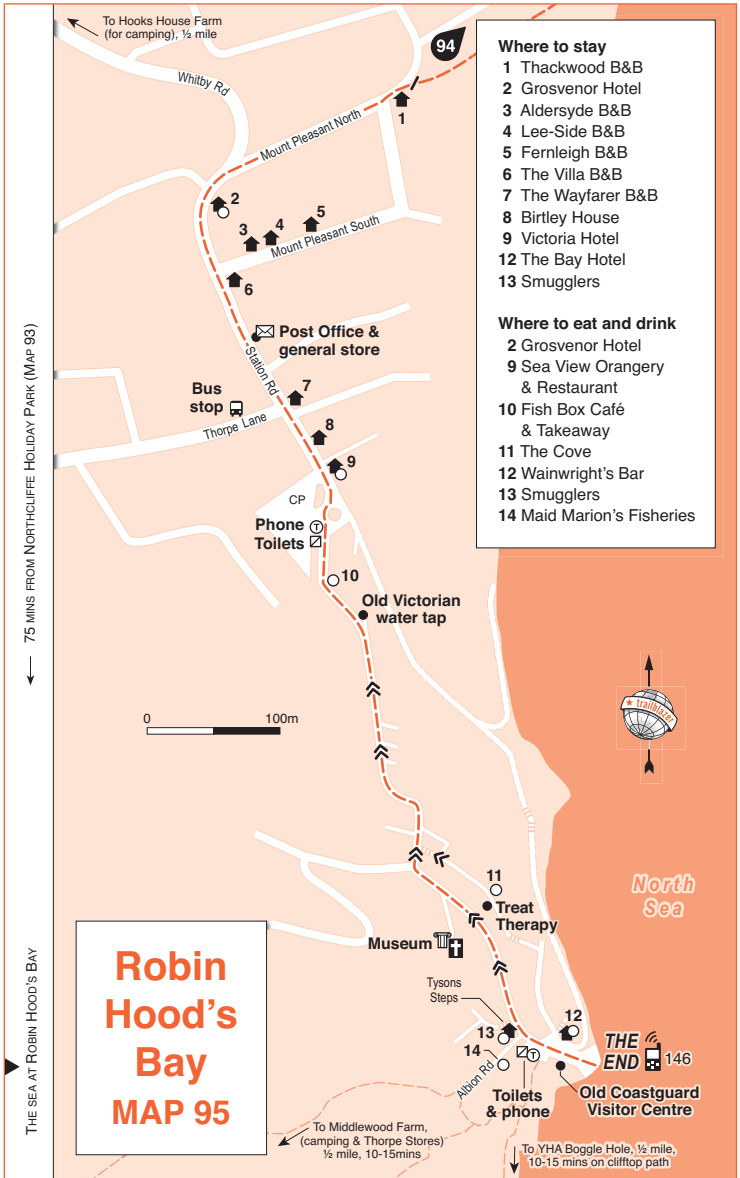
Transport (see also p52 & pp54-6)

Arriva's X93/X94 **bus** runs north to Whitby (20 mins) and on to Middlesbrough (90 mins) for trains to Darlington – or south to Scarborough (40 mins), the nearest place for a train to York. The bus stop is on Thorpe Lane, just north of the main car park. For a **taxi**, call Bay Taxis (☎ 01947 880603, 🌐 bay-taxis.co.uk).

Where to stay

Robin Hood's Bay is divided into Upper Bay, the development dating from the Victorian era at the top of the hill, and the quainter and more congested 17th-century Lower Bay or 'Old Town' down by the sea, where there are fewer accommodation options and rooms are less spacious. Not since Grasmere have you paused to stay in such a busy tourist 'honeypot', so it's worth remembering that rooms at weekends and in

* However, it would be possible to walk on to Scarborough (about 12 miles; 4-5hrs) on the Cleveland Way and get a train from there.



75 MINS FROM NORTHCLIFFE HOLIDAY PARK (MAP 93)

THE SEA AT ROBIN HOOD'S BAY

**Robin Hood's Bay
MAP 95**

North Sea

THE END 146

To Middlewood Farm, (camping & Thorpe Stores) ½ mile, 10-15mins

To YHA Boggle Hole, ½ mile, 10-15 mins on cliff-top path

0 100m



APPENDIX A: TAKING A DOG

Many are the rewards that await those prepared to make the extra effort required to bring their best friend along the trail. You shouldn't underestimate the amount of work involved, though. Indeed, just about every decision you make will be influenced by the fact that you've got a dog. If you're also sure your dog can cope with (and will enjoy) walking 12 miles or (significantly) more a day for several days in a row, you need to start preparing accordingly. You also need to be sure that your dog will be able to negotiate the many stiles on the path – or that you'll be able to lift them over if they can't! Extra thought also needs to go into your itinerary. Study the village facilities table on pp34-5 (and the advice on p31).

Looking after your dog

To begin with, you need to make sure that your own dog is fully **inoculated** against the usual doggy illnesses, and also up to date with regard to **worm pills** (eg Drontal) and **flea preventatives** such as Frontline. **Pet insurance** is also a very good idea; if you've already got insurance, do check that it will cover a trip such as this. Perhaps the most important implement you can take with you is the **plastic tick remover**. While fiddly to use, these do help you to remove the tick safely (ie without leaving its head behind buried under the dog's skin).

Being in unfamiliar territory makes it more likely that you and your dog could become separated. All dogs in the UK must, by law, be microchipped, but you should also make sure your dog has a **tag with your contact details on it** (your mobile phone number is best).

When to keep your dog on a lead

- **On mountain tops** Sadly, every year, a few dogs die falling off steep slopes.
- **When crossing farmland** with any livestock in, but particularly in the lambing season (Feb-end May) when your dog can scare the sheep, causing them to lose their young. Farmers are allowed by law to shoot at and kill any dogs that they consider are worrying their sheep. During lambing, most farmers would prefer it if you didn't bring your dog at all. The exception to the dogs on leads rule is if your dog is being attacked by cows. The advice in this instance is to let go of the lead, head speedily to a position of safety (usually the other side of a gate or stile) and call your dog to you.
- **Around ground-nesting birds** It's important to keep your dog under control when crossing an area where certain species of birds nest on the ground; on parts of the trail (particularly east of Shap near Oddendale and around Sunbiggin Tarn, as well as on the North York Moors) there are notices ordering owners to keep their dogs on a lead to protect endangered ground-nesting birds between March and July; dogs can cause them to desert their nests.

Most dogs love foraging around in the woods but make sure you have permission as some are used as 'nurseries' for game birds and dogs must be on a lead.

What to pack

- **Food/water bowl** Foldable cloth bowls are popular with walkers
- **Medication**
- **Lead and collar** An extendable one is probably preferable for this sort of trip
- **Bedding** A simple blanket may suffice
- **Raingear & old towel**
- **Hygiene wipes**
- **Collapsible dog crate** If using a baggage-transfer service this may be a useful addition
- **Poo bags** Essential
- **A favourite toy** Helps prevent your dog from pining
- **Food/water** Bring treats as well as regular food to keep up your mutt's morale
- **Corkscrew stake** Available from camping or pet shops, this will help you to keep your dog secure in one place while you set up camp or doze
- **Tick remover** See above

In towns, villages and fields where animals graze or which will be cut for silage, hay etc, you need to pick up and bag dog excrement. I always leave an exterior pocket of my rucksack empty so I can put used poo bags in there (for deposit at the first bin we come to).

I keep all the dog's kit together and separate from the other luggage (usually inside a plastic bag inside my rucksack). Some dogs sport their own 'doggy rucksack', so they can carry their own food, water, poo etc.

Henry Stedman

APPENDIX B: WHAT3WORDS REFS ON MAPS

These what3words refs correspond to waypoints on maps and may be useful in an emergency; see p81

001 surreal.thrashing.bongo	052 brimmed.completed.condiment	103 hillside.broadcast.appointed
002 cheese.skewing.renewals	053 rationed.frail.workforce	104 twinge.personal.deleting
003 unfounded.graphic.deeper	054 bucked.bids.saddens	105 deranged.shield.tilt
004 chuck.lamps.explain	055 customers.critic.starters	106 bypassed.beauty.lemmings
005 bulletins.originate.submit	056 adverbs.early.organisms	107 toothpick.rally.stops
006 evolution.dialects.warmers	057 trophy.describes.think	108 tips.timing.decorated
007 sobbed.stealthier.eats	058 unpacked.verifying.slower	109 hiker.outbound.twitthy
008 luck.shatters.taped	059 minder.squeaking.articulated	110 coiling.providing.disprove
009 scorecard.magically.likes	060 paused.televisе.costumed	111 float.detective.siesta
010 work.tricycle.inserted	061 unopposed.drawn.unloading	112 ticket.scratches.minerals
011 mull.sharpness.protest	062 expressed.gymnasium.appear	113 marker.sleeps.amplifier
012 automatic.petty.anyway	063 ecologist.deflation.germinate	114 equality.apply.nuzzling
013 gossip.gave.simulator	064 leaflet.motivations.unloads	115 images.trickles.animate
014 annoys.enchanted.guarded	065 depths.saved.gathering	116 proofread.debt.somebody
015 edge.gown.botanists	066 enforced.onlookers.anode	117 sunblock.envelope.stands
016 chum.drifter.seaside	067 foods.trailers.pesky	118 fitter.hacking.backswing
017 costly.marbles.ambient	068 revolting.youth.slope	119 frostbite.united.lordship
018 cakes.ballparks.nicknames	069 stereos.woods.decanter	120 glaze.allies.majors
019 clapper.could.premature	070 buckling.uproot.shortens	121 sampled.maybe.ombudsman
020 panics.potential.acted	071 eradicate.restriction.newer	122 squeaks.variety.commenced
021 empires.skylights.dubbing	072 perfectly.treetop.reissued	123 swaps.obscuring.zaps
022 invest.feast.generated	073 miracle.amicably.stalemate	124 letters.magnetic.comply
023 cheer.uttering.half	074 rebirth.garages.knowledge	125 closed.lamenting.myself
024 follow.thinnest.bookings	075 freedom.smooth.influence	126 snips.etchings.dozen
025 hindering.curtains.fur	076 deriving.jets.library	127 windmill.hamper.cocktail
026 worked.elbow.dwarf	077 rescue.scans.relatives	128 fewer.putty.selects
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029 refrained.tunes.sling	080 grips.stacks.norms	131 recur.riverbank.gross
030 stability.spared.hairspray	081 sweetener.spot.unusually	132 digit.jazz.flinches
031 crackling.snippets.rebounded	082 applauded.poets.snoozing	133 landings.badminton.hungry
032 reds.toothpick.wiggly	083 pocketed.send.upon	134 waged.fists.revives
033 sheets.unwound.tests	084 consonant.hero.scream	135 collision.choice.pointer
034 tango.forgot.watching	085 sage.ourselves.frost	136 glows.flow.prestige
035 risen.rebounds.claw	086 hails.clouding.funds	137 ahead.cookie.wrong
036 last.assemble.craziest	087 signature.armrest.treating	138 assist.outnumber.spurned
037 unfilled.pushy.dairies	088 intrigued.slurred.homeward	139 drama.paddle.subtitle
038 shaped.mammoths.shirt	089 riots.gained.dynasties	140 dreading.kicks.mush
039 evenings.reminds.golden	090 rejoined.deals.harvest	141 helped.remaking.vest
040 tenses.registers.merchant	091 decoder.handsets.frog	142 traders.handy.acquaint
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046 inefficient.inquest.dove	097 facing.overpaid.text	202 avocado.stated.outwit
047 tiger.pebbles.ferried	098 princes.explain.ironclad	203 declines.overdone.loss
048 teaches.compacts.jigging	099 budgeted.rock.hopefully	204 fight.dorms.handyman
049 wool.flickers.lawns	100 lottery.colleague.blown	205 gasping.newlywed.sweeping
050 vintages.balanced.flap	101 irony.woes.slimming	206 baguette.risks.again
051 climbing.challenge.verges	102 superbly.wiped.hamster	207 brick.fetches.alternate

APPENDIX C: GPS WAYPOINTS ON MAPS

Each GPS waypoint below was taken on the route at the reference number marked on the map as below. See p261 for the list of what3words refs that correspond to these waypoints. Gpx files for waypoints can be downloaded from [📄 trailblazer-guides.com](https://www.trailblazer-guides.com).

MAP WAY-

NO POINT OS GRID REF DESCRIPTION See p261 for what3words refs

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	Head N-E keeping forest and fence on your right
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 in Brandreth 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	Fenceposts 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

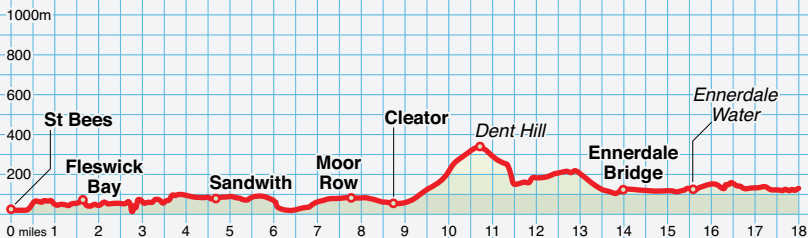
Stage 4: Grasmere to Patterdale

19	035	NY 33952 09817	Two Tongue paths separate
20	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

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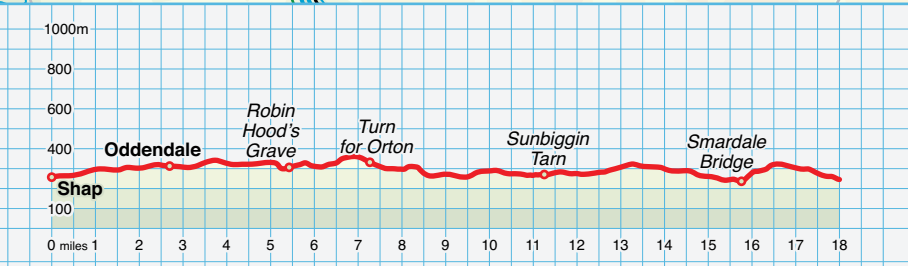
Maps 1-7 – St Bees to Ennerdale Bridge

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 34-43 – Shap to Kirkby Stephen

20½ miles/33km – 7hrs

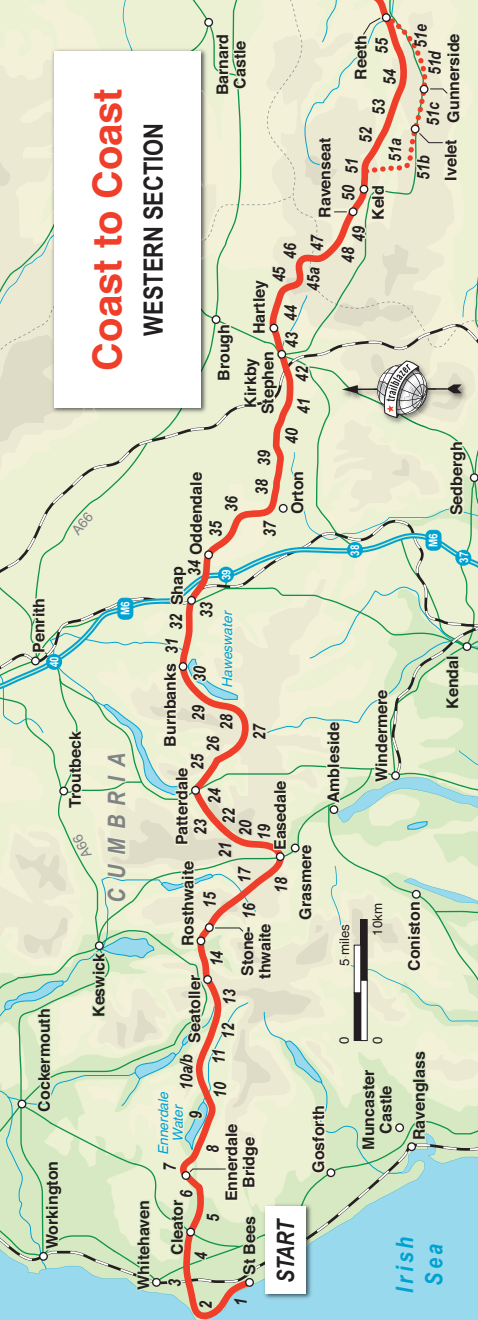
Maps 43-50 – Kirkby Stephen to Keld

13 miles/21km – 5-6hrs (via high routes)

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

Coast to Coast

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- Map 3 – p97 Sandwith
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Coast to Coast

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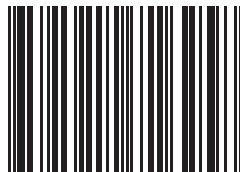
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