

# Coast to Coast Guided Trail

**Trip style:** Guided trails

**Destination:**  England

**Trip code:** XAM15-LDW11

**Grades:** 1-5

**Carbon Footprint:**  348kg CO2



## HOLIDAY OVERVIEW

Meandering through the stunning countryside of three of England's national parks (Lake District, Yorkshire Dales and the North York Moors), Alfred Wainwright's legendary Coast to Coast walking route was published in his 1973 guidebook. Complete with challenges and rewards in equal measure, you'll journey from the coast of the Irish Sea at St Bees, to the North Sea coast at Robin Hood's Bay. Expect to spot plenty of mountains, fells, lakes, castles, ancient ruins, idyllic valleys, rolling moorland, varied wildlife, and spectacular coastal scenery along the way.

## WHAT YOU'LL LOVE

- Following in the footsteps of hillwalker and writer Alfred Wainwright
- Walking across England from the Irish Sea to the North Sea
- Crossing three unique and stunning national parks
- Discovering dramatic rugged mountains and gentle countryside
- Finishing in the quaint fishing village of Robin Hood's Bay
- Staying at welcoming hotels and guesthouses along the route
- A more personalised experience thanks to small group sizes (maximum 12 people)

## WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary
- Luggage transfers

## TRIP SUITABILITY

This Guided Walking/Hiking Trail is graded 5. This holiday is recommended for fit and experienced walkers only. You will require a good level of fitness as you will be walking every day. It is your responsibility to ensure you have the relevant fitness and equipment required to join this holiday. The Coast to Coast is a strenuous walk through some of England's most challenging terrain. There are several long days; terrain is at times rough underfoot with many steep and lengthy ascents. A sustained effort is required to complete this trail and provision cannot be made for anyone who opts out. Please be sure you can manage the daily mileage and ascent, detailed in the daily itineraries. The walking day is normally 6 to 8 hours, though there are two consecutive more strenuous days (days 6 and 7). It is important for your own and your fellow guests' enjoyment that you can maintain the pace.

### Your fitness

This holiday has been designed for experienced walkers with a good level of fitness. Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking – whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6–8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time

- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance

Time training will help ensure you enjoy your holiday to the max.

## ITINERARY

## **Shepherds Arms Hotel, Ennerdale Bridge - Coast to Coast Days 1-**

The Shepherds Arms is a well-known landmark at the centre of Ennerdale Bridge and close to the Coast to Coast. An old village centre farm, the Shepherds Arms Hotel is a comfortable and friendly destination. Rooms include TV, hairdryer, tea and coffee making facilities and toiletries. Wi-Fi and mobile phone coverage are limited. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

## **Glaramara Hotel, Borrowdale Valley - Coast to Coast Day 3**

Situated in the Borrowdale Valley, the Glaramara Hotel is the perfect base for our group. A home away from home with the additional plus of drying facilities, and roaring log fires. All rooms have a hospitality tray which includes tea and coffee, and bathrooms are equipped with toiletries. Free Wifi is available too. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

## **The Royal Hotel, Dockray - Coast to Coast Days 4-5**

The Royal Hotel is a family run traditional country hotel and nestles among the Lake District Fells, about one mile from the shores of Ullswater. Rooms include TV, tea and coffee making facilities and a hairdryer. Wi-Fi is also available. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

## **Holiday Inn, Scotch Corner - Coast to Coast**

The Holiday Inn offers comfortable rooms and plenty of facilities. The hotel offers a complimentary fitness centre, with swimming pool and sauna. Rooms include tea and coffee making facilities, hairdryer, flat screen TV, WiFi is available throughout. Please note we will not be staying here on our August departure.

## **Larpool Hall - Coast to Coast Days 12-15**

Given that the Yorkshire coast never loses its capacity to enchant, it's easy to see the appeal of this Grade II-listed house overlooking the Esk Valley and the North Sea. The setting is perfect; in the former fishing town of Whitby that's best known for its fish and chips, quaint harbour, and Dracula connections (Irish author Bram Stoker drew his inspiration for his Gothic novel when holidaying here in 1890). You'll have all the sightseeing greats within walking or driving distance, including the 13th century Whitby Abbey, the wonderful Whitby Sands, and the 199 Steps leading up to the old St. Mary's Church (it's customary to count them as you climb). Not only are the North York Moors right on your doorstep, but the walk along Cleveland Way to Robin Hood's Bay is rather special, too.

## **Black Lion Hotel, Richmond - Coast to Coast Days 9-11**

Situated in the heart of the historic town of Richmond, the Black Lion Hotel is a family-run, converted Georgian coach house. Featuring open log fires in the bar area, a warm welcome awaits. All rooms have TV, complimentary WiFi and tea and coffee making facilities. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

## **Kings Arms Hotel, Shap - Coast to Coast, Days 6-8**

Located in the centre of Shap, directly on Wainwrights Coast to Coast path, is the historic Kings Arms Hotel. An old coaching inn, believed to date from the 18th century, it remains a family run hotel. The team are very friendly and well versed in hosting walkers on the trail. They offer hearty, home cooked meals and have a popular beer garden, with extensive views of the local fells. Rooms include TV, tea and coffee making facilities, use of a hairdryer and complimentary Wi-Fi. Please note, although most rooms are ensuite, there is a small possibility you may be allocated a room with a private bathroom. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.