

# St Oswald's Way Complete Guided Trail Holiday

**Trip style:** Guided trails

**Destination:** 📍 Northumberland

**Trip code:** ALN07-LOW01

**Grades:** 1, 4

**Carbon Footprint:** 🌱 197kg CO2



## HOLIDAY OVERVIEW

Follow in the footsteps of the early 7th century King of Northumbria and walk all 97 miles of St Oswald's Way. Later venerated as a saint, Oswald made it his mission to bring Christianity to the kingdom and his namesake walking trail explores some of the finest landscapes and fascinating history northeast England has to offer. From the UNESCO-listed Hadrian's Wall to the stunning tidal island of Lindisfarne (also known as Holy Island), you'll journey through miles of glorious countryside and along the best of Northumberland's National Landscapes-awarded coastline.

## WHAT YOU'LL LOVE

- Walking Northumberland's coastline from Heavenfield to Holy Island
- Discovering the story of St Oswald
- Soaking up views of the mighty coastal castle at Bamburgh
- Crossing the causeway between Holy Island and the mainland
- Spending time in fishing villages including Craster and Seahouses
- Staying at a former 18th century granary in Alnmouth
- A more personalised experience thanks to small group sizes (maximum 15 people)

## WHAT'S INCLUDED

- Comfortable en-suite rooms in our country house
- Cream tea on arrival day
- 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

## TRIP SUITABILITY

This Guided Walking /Hiking Trail is graded 4 which involves walks /hikes of long distances in remote countryside and rough terrain. Sustained ascents and descents and occasional sections of steep ground are encountered. 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 required to join this holiday.

### 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

### **Day 1:** Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

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### **Day 8:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Nether Grange

You can tell that you're in for something special at this former 18th century granary in the heart of Alnmouth – the postcard-pretty coastal village treasured for its colourful cottages, superb walking routes, and peaceful beach where the River Aln meets the North Sea (in its heyday, it was a working river-port, exporting grain, wool, coal, and even the odd pipe of Madeira wine). Not only will you be a 40-minute drive from Northumberland National Park, but also within easy travelling distance of several visit-worthy castles, including Alnwick, Lindisfarne, Dunstanburgh, and Warkworth. If the weather's nice, a boat trip to the Farne Islands that lie just offshore midway between the villages of Seahouses and Bamburgh rewards with sightings of England's largest grey seal colonies.

### A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

### Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

### Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

### The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.