



CLOUD 9 ADVENTURE



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Trip Planner

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Coast to Coast 14 Day

FROM £1450 PER PERSON

TRIP SUMMARY

Day 1 Arrive in St Bees Head

Arrive in St Bees - St Bees

Day 2 St Bees Head to Ennerdale Bridge

Hike from St Bees Head to Ennerdale Bridge (22.5 km / 14 miles) - Ennerdale Bridge

Day 3 Ennerdale Bridge to Borrowdale

Ennerdale Bridge to Borrowdale (24 km or 15 miles) - Borrowdale

Day 4 Borrowdale to Grasmere

Hike from Borrowdale to Grasmere (14.5km or 9 miles) - Grasmere

Day 5 Grasmere to Patterdale

Hike from Grasmere to Patterdale or Glenridding (13.5 kms or 8.5 miles) - Patterdale

Day 6 Patterdale to Shap

Hike from Patterdale to Shap (25km or 15.5 miles) - Shap

Day 7 Shap to Kirkby Stephen

Hike from Shap to Kirkby Stephen (33km or 20.5 miles) - Kirkby Stephen

Day 8 Kirkby Stephen to Keld

Hike from Kirkby Stephen to Keld (21km or 13 miles) - Keld

Day 9 Keld to Reeth

Hike from Keld to Reeth (18km or 11 miles) - Reeth

Day 10 Reeth to Richmond

Hike from Reeth to Richmond (17km or 10.5 miles) - Richmond

Day 11 Richmond to Danby Wiske

Hike from Richmond to Danby Wiske (22 kms or 13.5 miles) - Danby Wiske

Day 12 Danby Wiske to Ingleby Cross

Hike from Danby Wiske to Ingleby Cross (18 kms or 11 miles) - Ingleby Cross

Day 13 Ingleby Cross to Blakey Ridge

Ingleby Cross to Blakey Ridge (34km or 21 miles)

The Lion Inn - The Lion Inn, Blakey Ridge

Day 14 Blakey Ridge to Egton Bridge

Blakey Ridge to Egton Bridge (23 kms or 14 miles) - Egton Bridge

Day 15 Egton Bridge to Robin Hood's Bay

Egton Bridge to Robin Hood's Bay - Robin Hood's Bay

Day 16 Depart Robin Hood's Bay

Bus to Scarborough

DAY 1 ARRIVE IN ST BEES HEAD



Arrive in St Bees

Check-in is normally from around 14:00 onwards. Your accommodation is usually a minute from the railway station.



St Bees

Saint Bees, England, GB, CA27

DAY 2 ST BEES HEAD TO ENNERDALE BRIDGE



Hike from St Bees Head to Ennerdale Bridge (22.5 km / 14 miles)

Following true Coast to Coast tradition, we start with a quick trip to the beach to take photos of the Coast to Coast sign, and more importantly to dip our boots in the sea. We follow the shoreline of the Irish sea, and climb along the impressive sandstone cliff tops. We then head inland, towards the Lake District, and climb Dent, our first fell top of the trip! It can feel like quite a long day today, but it's a beautiful start for our Coast to Coast walk



Ennerdale Bridge

Ennerdale Bridge, England, GB, CA23 3AR

DAY 3 ENNERDALE BRIDGE TO BORROWDALE



Ennerdale Bridge to Borrowdale (24 km or 15 miles)

We walk along the banks of Ennerdale Water, and head up past Black Sail Youth Hostel. A steep 300m climb takes us to our high point, from where we descend to Honnister pass, and then down further into the beautiful Borrowdale valley.



Borrowdale
England, GB

DAY 4 BORROWDALE TO GRASMERE



Hike from Borrowdale to Grasmere (14.5km or 9 miles)

Today we're going up to Greenup Edge. It feels a bit more remote, and higher up there's not always a path. If the weather's good we'll take a high level route via Calf Crag, Gibson Knott and Helm Crag. In bad weather we'll take the standard route down the valley to Grasmere. Either way we should have a little time to explore the pretty village that was once home to Wordsworth.



Grasmere

Grasmere, ENGLAND, GB, LA22

DAY 5 GRASMERE TO PATTERDALE



Hike from Grasmere to Patterdale or Glenridding (13.5 kms or 8.5 miles)

Today could be the shortest day of the trip.....or, if we're feeling ambitious, there's an alternative route that we can try! Depending on the group and the weather.....if everyone is feeling fit and strong, and the weather is good, then we can we could take the route via the St Sunday crags - said by some to be the best view on the Coast to Coast.

If the weather is bad, then we may just head down the valley to Patterdale.



Patterdale

Patterdale, England, GB, CA11 0NL

DAY 6 PATTERDALE TO SHAP



Hike from Patterdale to Shap (25km or 15.5 miles)

Today is a long but fantastic day - our last day in the Lake District, so it's fitting that we climb to the highest point on the C to C - Kidsty Pike. We still have a way to go, as we traverse the length of Haweswater, eventually reaching Shap Abbey. Next a few more fields (and kms!) before reaching the village of Shap.



Shap

Shap, England, GB, CA10

DAY 7 SHAP TO KIRKBY STEPHEN



Hike from Shap to Kirkby Stephen (33km or 20.5 miles)

It's a long day today, but it's much less strenuous walking as we leave the Lake District behind to cross the limestone plateau and enter heather-clad moorland. We can make a detour to Robin Hood's grave, and pass the Giants' Graves before we reach the market town of Kirkby Stephen.



Kirkby Stephen

Kirkby Stephen, England, GB, CA17

DAY 8 KIRKBY STEPHEN TO KELD



Hike from Kirkby Stephen to Keld (21km or 13 miles)

We're now entering the Yorkshire Dales, and we have a good climb to the famous Nine Standards Rigg. There are various different routes here and due to erosion and boggy ground we have to choose the route permitted according to the season. We'll descend via Ravenseat Farm for cream teas and scones, keeping our fingers crossed that they will be open! Then we reach the beautiful river Swale, and the pretty village of Keld.



Keld

Keld, England, GB, DL11 6LL

DAY 9 KELD TO REETH



Hike from Keld to Reeth (18km or 11 miles)

We have 2 route choices today. Either to witness a piece of Britain's history, and see the remains of the lead mining industry. Not the most aesthetically pleasing of walks, but definitely a fascinating glimpse at what life must have been like for people who lived here 100 years ago. Alternatively we can choose to follow the river Swale through Swaledale - one of the most beautiful sections of the Coast to Coast.



Reeth

Reeth, England, GB, DL11

DAY 10 REETH TO RICHMOND



Hike from Reeth to Richmond (17km or 10.5 miles)

First we pass the Benedictine ruins of Marrick Priory, followed by undulating farmland to reach the historical town of Richmond. We aim to arrive for a late lunch, which should give you some free time in the afternoon to explore the castle and the town.



Richmond

Riverside Road, England, GB, DL10 4QW

DAY 11 RICHMOND TO DANBY WISKE



Hike from Richmond to Danby Wiske (22 kms or 13.5 miles)

We're now leaving the Yorkshire Dales behind and entering the Vale of Mowbray - a flat expanse of land that we must cross before we reach the North York moors. It is possible to traverse the Vale of Mowbray in one long 23 mile day - but we have chosen to break it up to avoid pounding our feet. We will also diverge from Wainwright's route and take variants along footpaths and bridleways - traditionally this section is almost entirely on road, so if you've read about the C to C then people often don't enjoy this bit - so our version of the route stays almost entirely in the countryside on paths and tracks, and spends minimal time on the tarmac.



Danby Wiske
Danby Wisk, GB

DAY 12 DANBY WISKE TO INGLEBY CROSS



Hike from Danby Wiske to Ingleby Cross (18 kms or 11 miles)

Today we continue our journey through the Vale of Mowbray - again, sticking to footpaths and bridleways instead of plodding on the tarmac roads (although 1 or 2 sections are unavoidable). We finish our journey to stay in the woods above Ingleby Cross - and a bonus to having a shorter day today is that we should have time to visit the nearby Mount Grace priory.



Ingleby Cross

Ingleby Cross, England, GB, DL6 3NE

DAY 13 INGLEBY CROSS TO BLAKEY RIDGE



Ingleby Cross to Blakey Ridge (34km or 21 miles)

It's quite a long day today - but it's achievable with an early start. We pass through some fantastic and varied scenery, and we're entering the North York Moors. Today we're in the Cleveland Hills, so we'll be up on the moors with great views all round. For the last 8 miles, we follow a disused railway line all the way to the remote Lion Inn.



Check-in

The Lion Inn



The Lion Inn, Blakey Ridge

Blakey Ridge, England, GB, YO62 7LQ

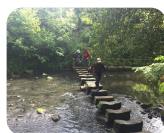
+44 1751 417320

DAY 14 BLAKEY RIDGE TO EGTON BRIDGE



Blakey Ridge to Egton Bridge (23 kms or 14 miles)

We pass the famous Fat Betty post and in true C to C tradition can exchange some of our snacks! We then continue across the moors down to the village of Glaisdale for some lunch, before following the river through a beautiful wooded section of path to reach Egton Bridge.



Egton Bridge

Egton Bridge, England, GB, YO21 1UY

DAY 15 EGTON BRIDGE TO ROBIN HOOD'S BAY



Egton Bridge to Robin Hood's Bay

We begin on the old toll road to the village of Grosmont, famous for its steam railway. Then a very steep climb takes us to our final moorland, and hopefully some coastal views! Eventually we reach the cliff tops, which we follow for several miles before we make our way to Robin Hood's Bay, to dip our boots in the sea once again - and have a celebratory pint to congratulate ourselves on the success of our journey!



Robin Hood's Bay

Robin Hood's Bay, ENGLAND, GB, YO22

DAY 16 DEPART ROBIN HOOD'S BAY



Departure

Bus to Scarborough

Most people take the bus to Scarborough, and then take a train from here. See the Travel Arrangements section for further details.

TRIP INFORMATION & DOCUMENTS



What's Included - Coast to Coast

- All accommodation
- All breakfasts
- Luggage delivery daily
- Qualified and expert guide



Not Included - Coast to Coast

- Flights

- Transport to St Bees at the start
- Transport from Robin Hood's Bay at the end
- Packed lunches
- Evening meals
- Snacks & drinks
- Any transport, accommodation or additional expenses due to a participant being unable to complete the itinerary
- Travel insurance
- Tips



Coast to Coast Travel Arrangements

Most people arrive by train: you can find train times and buy tickets at:

www.thetrainline.com

It is often much cheaper to book your ticket in advance - discount tickets usually go on sale around 3 months before the travel date (in some cases it can be earlier).

Another useful travel planning site is www.rome2rio.com

Arrival at St Bees Head

You should aim to arrive at St Bees in time for a trip briefing at 6pm. Our B&B is less than a minute's walk from the station.

Nearest airports:

- Manchester (4 hours by train, 1 change, approx £60)
- Edinburgh (take the tram from the airport to Edinburgh Waverley or Haymarket (20-30 mins, £5), then train to St Bees (3 hours), £9-£60)
- Birmingham (5 hours by train, 1-2 changes, £14-£45)
- Glasgow (15 min bus to central station, £6, then train takes 3 hours, £9-£60)
- London Heathrow (takes 6.5 hours, 2 changes, £56-£100). You can also consider an internal flight from LHR to one of the nearer airports.
- London Gatwick (takes 6.5 hours, 3 changes, £25)

Departing from Robin Hoods Bay

Most people take the bus from Robin Hoods Bay (very near the hotel) to Scarborough, or occasionally Whitby (if heading north), and then an onward train.

Bus timetables can be found here:

<http://getdown.org.uk/bus/bus/x93.shtml>

Nearest airports:

- Manchester (bus to Scarborough, then train to Manchester airport, 3 hours by train, 1 change, approx £60)

- Newcastle (bus to Whitby £6, then train to Newcastle Central (£20) then metro to airport (£4).
- Leeds Bradford (bus to Scarborough £6, then train to Leeds Centre - direct, takes 1 hr 15, £30. Then bus to airport (30 mins, £5)
- London Heathrow (bus to Scarborough, £6, then train to LHR, takes 4 hours, 2 changes £122)
- London Gatwick (bus to Scarborough, £5, then train to LGW, takes 4.5 hours, 3 changes, £130)
- Edinburgh (bus to Scarborough, then train to Edinburgh Waverley or Haymarket (3.5 hours, 1 change, £110) then take the tram to the airport (20-30 mins, £5)
- Birmingham (Bus to Scarborough, then 5 hours by train, 1-2 changes, £85)



Coast to Coast - What to expect

The hiking

The Coast to Coast has a real mixture of terrain: it can be anything from wide, smooth tracks, to narrow, boggy trails, and sometimes no path at all. We pass through woodland, fields, country lanes, villages, open hillside, steep rocky paths and steps, and we climb several mountains en-route. It truly is a varied trek. In terms of difficulty, we grade it 7 out of 10. We cover more mileage than on a lot of our other trips - so if people are finding it difficult then it's usually due to lack of training miles! Having said that it is very manageable, and it is often possible to sit out for a day if you are feeling tired, as there is often space in the luggage van.

The accommodation

We stay in a mixture of hotels, guest houses and traditional B&Bs. We really favour staying in family-owned places over corporate chains. You may find some of the accommodation quirky, but it is all charming. Each accommodation has been chosen for a different reason, but each time it is because they do something that stands out over the other providers in the same places.

We always book twin rooms wherever possible, and en-suite bathrooms wherever possible. In a number of places there just simply aren't enough rooms for a large group, so if there are quite a few of you then we sometimes split the group over 2 nearby B&Bs, or use triples if necessary, but we'll let you know if this is the case.

In cases where there aren't en-suite facilities available, we tend to rotate this across the group so it shouldn't happen to you more than once over the course of the trip.

The food

The food in the north of England is hearty, and often produced locally. Breakfasts are usually a selection of fruits, yoghurts, cereals, toast and of course the option of any version of a full English breakfast (eggs, bacon, sausages, black pudding,

baked beans). Packed lunches can usually be ordered at the accommodation for around £6-£8, or you have various opportunities to stop at shops in the various villages we stay in and stock up throughout the trip.

Evening meals are not included, and we usually eat out together as a group (the guide will book a local pub or restaurant). Classic dishes include Cumberland sausages, lamb shank with mashed potato, steak & kidney pie, scampi and fries, and of course, fish and chips!

Luggage delivery

We deliver your luggage each day using a local delivery company. It's much more economical than having a private driver, but it does mean that we can't determine what time it will happen. It also means that you can't guarantee that you'll be able to travel with the luggage if you need to sit out for a day - you often can, but it is either first-come first-served, or greater need!

Your trip price includes the delivery of 1 kit bag weighing up to 20kg. If you would like to bring an extra bag, that is no problem but there will be a charge of £125 per bag and it must be booked in advance.

Money and Tipping

The UK currency is the pound (GBP or £) and you will need to budget around £5-8 per day for packed lunches, and around £20-£25 per day for evening meals (if you are on a budget you can often have a main course for around £10-£15 - this suggestion is more if you are having 2 or more courses and would like to drink some wine or beer).

A pint of beer costs around £3-£4.

You are not normally expected to tip in a bar, but if you have had waitress service then 10% is the norm.

The Weather

The weather in the Lake District, the Yorkshire Dales and the North York Moors is generally suitable for hiking between April and October. April and May can be excellent months for relative dryness and warm temperatures. Any time in June, July and August is likely to be warm enough to be comfortable. In autumn, September and October are usually cooler, and quieter, and can be very pleasant.

In any month you can expect either sunshine, rain (light or heavy), hail, cloud, fog, and, less frequently, snow - so you should come prepared for any eventuality!

Recommended Reading and Maps

A Coast to Coast Walk Alfred Wainwright - the original inspiration behind the route
The Coast to Coast Walk Karen Frenkel - a beautiful photo collection
Coast to Coast with Julia Bradbury - DVD, Acorn media - a 5 part BBC series

documenting the walk

Coast to Coast Path Trailblazer Guide - Henry Stedman - excellent guide book

If you are interested in the route then the 1:40,000 Harveys Coast to Coast West and Coast to Coast East maps offer an excellent overview.

If you would like more precision then the following 1:25,000 OS (Ordnance Survey) maps are useful:

OL4 The English Lakes North Western Area

OL7 The English Lakes South Eastern Area

OL19 Howgill Fells & Upper Eden Valley

OL30 Yorkshire Dales Northern & Central Areas

OL26 North York Moors Western Area

OL27 North York Moors Eastern Area



General Information

Insurance

It is a condition of booking this holiday that you must be insured against medical and personal accident risks (this must include helicopter rescue and repatriation costs). You may find that your annual multi-trip insurance covers this trip, but you should check that you are covered for trekking up to 3000m. We would also recommend that you take out holiday cancellation insurance, as your deposit is non-refundable. We recommend The BMC www.thebmc.co.uk or Snowcard www.snowcard.co.uk for UK residents, or Travelex www.travelexinsurance.com for US citizens or residents.

We can organise mountain rescue insurance for EU residents for 5€ per day, or 8€ per day for US and the rest of the world. Just let us know if you'd like to add this to your booking.

In addition to travel insurance, UK citizens should also obtain or renew the EHIC card from www.ehic.uk.com. This is not a replacement for insurance but it allows you to be treated on the same basis as a resident of the country you are visiting, and unlike insurance it includes treatment of a pre-existing condition. You would normally have to pay for treatment at the time and then make a claim on return to the UK.

Responsible Travel

We care about the places we visit, and our philosophy is simple: that each and every one of our trips has a positive impact on the local community and environment. We use family-run hotels, gîtes and restaurants in order to support the local communities. And it's a small step but we also recommend carbon off-setting.

Visit www.climatecare.org.

Adventure Travel

Please note that we specialise in Adventure Travel, the nature of which means that we cannot always follow our itinerary for a variety of reasons. All of our holidays can be subject to unexpected changes and you should be prepared to be flexible to accommodate these where necessary.

We update our itineraries on a regular basis to take into account such things as changes to trekking routes and the conditions of footpaths, but it is not always possible to guarantee that any of our holidays will run exactly according to the proposed itinerary. If during your holiday the itinerary is affected by immediate or local circumstances, the leader will make any changes that are necessary.

As a reputable tour operator, Cloud 9 Adventure supports the British Foreign & Commonwealth Office “Know Before You Go” campaign to enable British citizens to prepare for their journeys overseas, and we recommend that all our clients take a look at the FCO Travel Advice for their chosen destination on the official FCO website www.fco.gov.uk. North Americans can also check out the US Department of State website: www.travel.state.gov for essential travel advice and tips.

Cloud 9 Adventure treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss alternatives.

Group Size and Holiday Status

For each of our group adventures, there is a minimum number of participants required in order for the trip to go ahead. Once the minimum number is reached, the trip status will change from “Available” to “Guaranteed”. In order to achieve minimum numbers, we run the trips in conjunction with several other small companies. We find that this means almost all of our trips become “Guaranteed”. We are a small company with a high level of customer service, and we make sure that we only run trips in conjunction with companies who share our ethos. We know them well and have worked with them for years, and only use leaders who we know and trust to do an excellent job. We steer clear of large groups and cap our group size at 10-12 people for summer hiking trips, and 8 people for winter snowshoe or cross country ski trips, whilst many of the larger operators take up to 16 people.

Preparing for your holiday

We have tried to grade the holiday as accurately as we can, with the intention of attracting people of similar abilities to each trip. As a general guideline, if we have described a trek as being tough or challenging, then you need to be fit and capable

of the challenge. If you don't arrive in good shape for your trip, then you could be putting yourself and others in danger: if you're taking too long each day, at best it cuts into the time you have to relax and shower before dinner, and at worst, it can be the difference between the whole group being caught in an afternoon storm. As we are as accurate as we can be writing our trip notes, we do tend to be pretty good at making sure that the right people book each trip, but we do require a certain amount of personal responsibility for arriving fit and ready for your trip. We're not on a route-march so we are never expecting to be going too fast - we try to walk at a slow, steady pace, without the need to stop too frequently for rests. If you're worried about this, then please start with one of our easier trips graded Easy or Moderate, and you can build up to a Challenging trip. If you've booked an Extremely Tough trip, then you definitely need to be an experienced and fit hiker, used to long days in the hills.

Rather than hoping your trek will make you fitter (it will definitely help!), it makes a lot of sense to spend some time before your trip getting some additional exercise and preparing properly. The fitter you are, the more enjoyable your trip will be. The best preparation is long day hikes in the run-up to your trip.

We would also recommend that you adopt a weekly exercise regime leading up to your trip. Jogging, circuit training, squash and swimming are good for developing better stamina. Before departure, we also suggest that you try to fit in a number of long hikes in hilly terrain.



Coast to Coast Kit List

Essential items

- **Walking boots** - parts of the Coast to Coast can be quite boggy. Therefore walking boots with ankle support are recommended. Hiking trainers are ok for some days so bringing 2 sets of footwear can be a good idea.
- **Rucksack** - approx 25-30L
- **Kit bag / suitcase** - For your main luggage. There is a 20kg limit with our luggage delivery compa
- **Waterproof jacket and trousers** – both essential items, should be as light as possible (not insulated: your other layers should provide the insulation)
- **Socks**
- **Underwear**
- **Trekking trousers** – bring something lightweight.
- **Shorts**
- **T-shirts** – wicking t-shirts are better than cotton as they are lighter and dry faster
- **Mid layer** - fleece jacket is good
- **Warm jacket** – We recommend bringing a really lightweight synthetic belay

jacket (eg. Rab Photon / Arcteryx Atom / Patagonia Nano) – just in case it gets cold.

- **Warm hat** - lightweight woolly hat is fine
- **Gloves** - a light pair of gloves is fine - waterproof gloves such as Seal Skinz are recommended
- **Sun Hat**
- **Sunglasses**
- **Sun cream** (small bottle to save weight)
- **Lip protection** (with sun protection)
- **Water bottles / camelbak** - you should have the capacity to carry at least 2L of water - some people find they get through 3L on a hot day.
- **Wash kit**
- **Head torch**
- **Plastic bags / dry bags** - to keep essentials dry
- **Passport**
- **Cash & bank cards**
- **Basic first aid kit** - your leader will carry a large first aid kit, but this is intended for emergencies so won't contain enough to treat an entire group's blisters for a trip - so do bring: plasters, blister treatment (we recommend Coloplast and/or Fleecy Web), painkillers & diarrhea treatment (rehydration sachets & immodium).

Optional items

- Buff
- Walking poles
- Camera
- Book
- Footwear other than walking boots for relaxing in the evenings
- Hiking trainers - it can be nice to give your feet a break from your walking boots on some days. If you are thinking of doing this, your shoes must be suitable for trekking in! It might not be possible on all of the days, as on rainy days and on boggy sections, it won't be long before you have wet feet.
- Gaiters
- Flask
- Boot dryers - many places have drying rooms for muddy boots, but since I discovered these, I don't go anywhere without them:
<http://www.sidassport.com/en/our-products/winter-sports/drywamer-89-2.html>
- Insect repellent

No need to bring a travel kettle on this trip - in the UK it is standard to have tea-making facilities in the rooms.

