



# England Coast to Coast Hiking

16 Days



*The Adventure Company* | EST. 1969

**MT+SOBEK**<sup>TM</sup>  
MOUNTAIN TRAVEL SOBEK

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AS THE PIONEER OF ADVENTURE TRAVEL

# ► England Coast to Coast Hiking

On this epic adventure along England's classic "Coast-to-Coast" trail, follow all 192 miles of the original "West-to-East" route scouted by Alfred Wainwright, who first blazed the trail in the 1970s. Beginning at the Irish Sea and ending at the North Sea, cross three national parks: the Lake District, featuring England's highest mountains; the rolling green hills and river valleys of the Yorkshire Dales (of James Herriot fame); and the dramatic landscapes of the North Yorkshire Moors. Each day's hike ends at a charming village, with a pint and warm English hospitality.

## Details

Arrive: Penrith, England

Depart: York, England

Duration: 16 Days

Group Size: 6-16 Guests

Minimum Age: 18 Years Old

Activity Level:



## Testimonials

*"Thanks to MT Sobek this trip was seamless and truly enjoyable. The accommodations, logistics, and guides were all excellent. I always felt safe, cared for, and well informed."*

Andrea R.

*"England Coast to Coast is a challenging yet very rewarding trek on its own, but our experience was enhanced immeasurably by the preparation and support of MT Sobek's guides and logistical staff."*

Steve M.

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## Why Take This Trip With Us?

### REASON #01

MT Sobek is the only North American adventure travel company to follow all 192 miles of the original English "West-to-East" route.

### REASON #02

On this epic 16-day trip, trekkers enjoy optional van support to ease up this challenging journey if necessary.

### REASON #03

Follow local expert guides and end long days in storybook villages, greeted with a pint and warm English hospitality.

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## What to Expect



### ACTIVITIES

Long challenging treks through dramatic landscapes, discovering ancient sites and medieval ruins along the way, and touring chocolate-box villages.



### LODGING

Quaint hotels and B&Bs combine old-world charm with modern amenities, delicious home-cooked meals, and prime access to pristine surroundings.



### CLIMATE

Weather can vary, but do expect rain. No two days are the same. Bring ample layers and waterproof your boots prior to the trip.

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## Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Ben Walker makes his home in England's beautiful Lake District, having spent much of his life traveling and leading groups in the wild and remote corners of the world. He has lived in Thailand and Borneo, has led trips throughout Southeast Asia, and now works as a full-time trekking leader. Ben typically spends his autumns in Nepal, his winters in Morocco, and his summers leading MT Sobek treks in the UK.

### Ben Walker

Joanna Roberts who is originally from Devon and ever since childhood she has had a yearning for adventure – even if her ambitions are a little more realistic nowadays! She has guided expeditions in far flung places such as Nepal, Bolivia, Peru and Jordan but it now based in the English Lake District and loves showing people her back yard. In her own time she particularly enjoys mountain biking, hill walking and sea kayak expeditions and she is also a full hill going member of Kendal Mountain Search and Rescue Team.

### Joanna Roberts

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# Itinerary

## DAY 1

### MEET IN PENRITH & TRANSFER TO CLEATOR/ENNERDALE BRIDGE

Arrive in England and take the train to Penrith railway station in northwest England. Meet your MT Sobek trip leader at the station between 2.30pm and 3pm and transfer to Cleator/Ennerdale Bridge, a small town in the English county of Cumbria. Have a trip briefing in the afternoon, then gather for a welcome dinner at the hotel, in the unspoiled little Lakeland village of Ennerdale Bridge.

**Meals:** D

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## DAY 2

### HIKE FROM ST. BEES TO ENNERDALE BRIDGE

After a short transfer, begin the long-distance hike by dipping at least a toe in the Irish Sea, by the sea wall at St. Bees. The walk continues along the sandstone cliffs of St. Bees Head; look out for puffins, kittiwakes, and guillemots. Turning inland, reach the small village of Cleator, with its well-kept cricket ground. The mountain panorama of the Lakeland fells begins to open up, with views across to the Scafell Massif, at 3,208 feet England's highest range. Return to Whitehaven and enjoy dinner at the hotel this evening.

**Activity:** 9 hours/14 miles hiking with 1,900' elevation gain

**Meals:** B, L, D

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## DAY 3

### HIKE FROM ENNERDALE BRIDGE TO ROSTHWAITE

Embark on a day of lakeshore, forest, and mountainside exploration, starting with a splendid ramble along the southern shore of Ennerdale Water, Lakeland's most westerly lake. Following are enticing place names like Black Sail Hut and Moses Trod, on the ascent into the Lake District proper. The day ends after descending from Honister Pass (1,163') to Borrowdale, considered by many to be one of the most beautiful valleys in the Lake District.

**Activity:** 9 hours/14.5 miles hiking with 1,800' elevation gain

**Meals:** B, L, D

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## DAY 4

### HIKE FROM ROSTHWAITE TO GRASMERE

The day begins with a gentle walk along Stonethwaite Beck, a mountain stream running along the imposing Eagle Crag, before pulling up to the 2,000-ft pass of Greenup Edge. Take in the view of the Helvellyn range, Lakeland's second highest range of mountains. Trek down first, up to Helm Crag (1,328'), and then down to the Vale of Grasmere, a pretty little lakeside town best known for its association with William Wordsworth. Enjoy time to relax and explore Grasmere, and perhaps take an optional boat ride on Lake Windermere.

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**Activity:** 5 hours/9 miles hiking with 2,200' elevation gain

**Meals:** B, L, D

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## DAY 5

### HIKE FROM GRASMERE TO PATTERDALE

Embark on another relatively short day to enjoy the beauty of the surrounding lakes and fells of the Lake District. In the morning, visit Wordsworth House and Dove Cottage before setting off on the walk. Climb up from Grasmere over Grisdale Hause (1,936'), offering splendid views over Grisdale Tarn toward the foreboding ridge walk of Striding Ridge leading to the Hellvelyn summit. Descend to the picturesque Patterdale Valley, dominated by the enchanting reflections of Lake Ullswater, Lakeland's second largest lake. Dinner is at the Inn on the Lake.

**Activity:** 4 hours/8.5 miles hiking with 1,800' elevation gain

**Meals:** B, L, D

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## DAY 6

### HIKE FROM PATTERDALE TO SHAP

On this last day in the Lake District reach the highest point of the coast-to-coast journey. Ascend to the old Roman road of High Street, which was the Romans' highest road in the country, reaching 2,700 feet. Cross the old Roman road and continue up to Kidsty Pike, at 2,558 feet the highest point of the walk. Descend to Haweswater, to walk about four miles along the lakeshore before heading off to today's destination of Shap village, best known for the ruins of its 12th-century abbey.

**Activity:** 9 hours/16 miles hiking with 2,800' elevation gain

**Meals:** B, L, D

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## DAY 7

### HIKE FROM SHAP TO RAVENSTONEDALE

Having now left the lakes and fells of the Lake District, cross a limestone plateau interspersed with ancient stone circles, burial mounds, and prehistoric settlements. Passing through the charming Westmoreland village of Orton, with its old houses, chapels, and roadside stream, reach the Gamelands, an ancient stone circle — 130 feet in diameter — that originally contained over 40 granite boulders. Then pass by Sunbiggin Tarn on the way to Smardale with its 16th-century deer park. Continue to Ravenstonedale, a quintessential English village, to reach the streamside hotel.

**Activity:** 9 hours/16 miles hiking with 1,200' elevation gain

**Meals:** B, L, D

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## DAY 8

### HIKE FROM RAVENSTONEDALE TO KELD

Passing by the intriguing Giants Graves and the Eden Valley, head for the Pennine Chain, a ridge of mountains and hills, and the town of Kirkby Stephen, which has a market charter dating back to 1351. Continue on to Nine Standards Rigg, at 2,171 feet the highest point of crossing the Pennines, before descending into the scenic Yorkshire Dales National Park, with its rolling green hills and stone-built hamlets nestling by streams on the valley floors. Today's destination is the village of Keld, in the heart of the national park. For those wishing to walk only the six miles to Kirkby Stephen, a transfer will be provided to Keld.

**Activity:** 10 hours/18 miles hiking with 2,300' elevation gain

**Meals:** B, L, D

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## DAY 9

### HIKE FROM KELD TO REETH

On today's journey across the Dales—considered by many the most picturesque of the entire hike— first follow the river Swale through flowery meadows and enchanting stone villages as it descends into Swaledale proper. After lunch, ascend to the old lead mining areas overlooking this spectacular valley, among them the intriguingly named "Surrender Bridge." Today's destination is Reeth, the proud capital of Swaledale. Its inns and shops are a popular haunt for locals and tourists alike, and it even boasts a little folk museum.

**Activity:** 6 hours/11 miles hiking with 1,800' elevation gain

**Meals:** B, L, D

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## DAY 10

### HIKE FROM REETH TO RICHMOND

Continue through Swaledale to Richmond today on an easier hike, passing an old priory, a couple of lovely villages, limestone geological features, and leafy streams. Richmond is a town steeped in history and dominated by the 11th-century Norman castle, with its imposing 12th-century keep. It's an impressive sight towering over the town, which itself has 14th-century churches and a cobbled market place. The restored Georgian theater dating from 1788 may offer the chance to catch a play while you are here.

**Activity:** 6 hours/11 miles hiking with 900' elevation gain

**Meals:** B, L, D

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## DAY 11

### HIKE FROM RICHMOND TO DANBY WISKE

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Only 200 feet of ascent today- a real contrast to the fells of the Lake District and the Pennines. Following the river Swale, pass near the ruins of Easby Abbey, which was founded in 1152. Passing through the villages of Colburn and Catterick Bridge (once the home of a Roman garrison and now a modern garrison town, with a well-known horse racecourse nearby), reach the charming small village of Bolton on Swale. Have a pint in the local pub before heading off to complete the day at Danby Wiske. Dinner tonight is on your own.

**Activity:** 8 hours/17 miles hiking with 200' elevation gain

**Meals:** B, L

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## DAY 12

### HIKE FROM DANBY WISKE TO LORDSTONES

It's off to the hills again! Leave Swaledale and the rolling green hills of the Yorkshire Dales and head toward the bleaker landscapes of the North Yorkshire Moors National Park. After passing through Ingleby Cross, visit the 14th-century Carthusian remains of Mount Grace Priory, and take in the rows of cells where monks once worked transcribing colorful biblical texts. Continue on, crossing the flat and arable farmlands of the Swaledale plain. Today's destination is Osmotherley, a charming small English village.

**Activity:** 8 hours/16 miles hiking with 500' elevation gain

**Meals:** B, L, D

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## DAY 13

### HIKE FROM LORDSTONES TO BLAKEY

Today is a roller-coaster of a day along the Cleveland Hills, where ascent is followed by descent while winding through the dramatic North Yorkshire Moors National Park. Highlights include a mid-morning snack at a hidden café in Carlton Bank; the crags and boulders of the Wainstones and the scarp cliffs of Hasty Bank; and the track bed of the old Rosedale Ironstone Railway, built in 1861 to carry ironstone from the moors to the furnaces of Teeside. End up at the 400-year-old Lion Inn at Blakey (reputedly England's third highest pub). The day's hike can be broken at Carlton Bank or Clay Bank for those not wishing to walk the whole day.

**Activity:** 10 hours/13 miles with 2,900' elevation gain

**Meals:** B, L, D

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## DAY 14

### HIKE FROM BLAKEY TO GROSMONT

Today is mostly downhill, descending to Great Fryup Head, where track ponies would earlier have carried coal from the pits scattered in the area, and on through the bracken of Glaisdale High Moor to the valley of Glaisdale and the Esk River. Take in Beggars Bridge, with its graceful arches dating back to the early 1600s, when it was used in the times of the packhorse. Continue through East Arncliffe Wood, and follow a centuries-old trade route through Eskdale and on to today's destination - Grosmont, in the Esk Valley.

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**Activity:** 8 hours/14 miles hiking with 400' elevation loss

**Meals:** B, L, D

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## DAY 15

### HIKE FROM GROSMONT TO ROBIN HOOD'S BAY

The North Sea is near but there's still a good day's hike ahead. Leave the Esk Valley and head up over Sleights Moor and the Graystone Hills. Take in the postcard-perfect hamlet of Littlebeck, the slopes of Great Wood, the man-made features of the "hermitage" hewn from solid rock, and the wooded waterfall of Falling Foss. Embark on the final three-mile clifftop walk before reaching Robin Hood's Bay, a picturesque fishing village with narrow alleys and 400-year-old houses. Wrap up with a ritual bathing of the feet in the North Sea.

**Activity:** 9 hours/15 miles hiking with 1,700' elevation gain

**Meals:** B, L, D

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## DAY 16

### TRANSFER TO YORK AND DEPART ENGLAND

Transfer to the rail station in York for onward destinations. Arrival at York is by 11am, so you should arrange train departures for after this time. Returning homeward flights from London may require an additional overnight in London (cost of accommodations is additional); we do not advise scheduling a return flight home on this same day.

**Meals:** B

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## Dates

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

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# Pricing

## PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All group entrance fees, activities, and ground transportation
- Arrival day group transfer from Penrith train station
- Departure day group transfer to York train station

## PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Dinner on Day 11
- Optional tips to your adventures guide(s) and driver(s)
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers to and from Penrith and York
- Arrival and departure day transfers if arriving outside of the group transfer
- Optional travel protection

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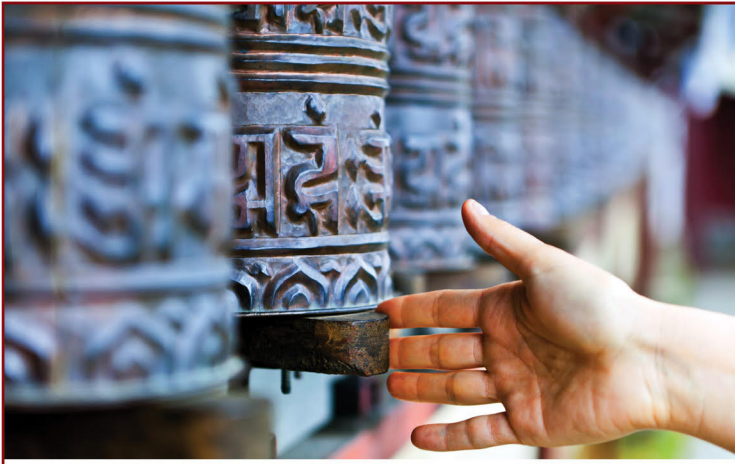
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## ➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

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### **Awards**



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