

# Northern England Long-Distance Paths

This chapter covers three of the longest, finest and most famous long-distance paths (LDPs) in Northern England. The Coast to Coast Walk and the Pennine Way are in this special chapter because they're too long to fit in any other chapter in this book, and the Cleveland Way is here simply because we love it. Between them, these classic routes cross several different parts of England, including the Lake District, Peak District, Yorkshire Dales, North York Moors and North Pennines, which are all famous walking areas in their own right, and described elsewhere in this book.

Following these routes will take you across high mountains, deep valleys, rolling moors and flat farmland. You can stroll alongside rivers and bound along breezy cliff tops overlooking the sea. There's no finer way to sample northern England's wonderfully varied landscape.

The Coast to Coast is one of the most popular LDPs in the country, thanks partly to the route being founded by the near-mythical Alfred Wainwright. The venerable Cleveland Way is quieter and adds dramatic ruined castles and abbeys to the scenic mix. And the Pennine Way is the grand-daddy of them all, the first LDP to be established, way back in the 1950s.

Of course, the Coast to Coast, Cleveland Way and Pennine Way are by no means the only LDPs in Northern England. Others described in this book are the Cumbria Way (p201) and the Dales Way (p174), and further ideas are given in the More Long-Distance Walks section on p277.

## HIGHLIGHTS

- Slaking your thirst with a pint at the **Bay Hotel** (p252) after completing the Coast to Coast Walk
- Conquering a range of peaks in the Lake District National Park, including **Helvellyn** (p243)
- Ascending the 199 steps up the coastal cliffs to historic **Whitby Abbey** (p260)
- Marvelling at the natural amphitheatre of **Malham Cove** (p269) in the Yorkshire Dales National Park
- Striding in the footsteps of Roman centurions along **Hadrian's Wall** (p274)

## THE COAST TO COAST WALK

<b>Duration</b>	12 days
<b>Distance</b>	191 miles (307.5km)
<b>Difficulty</b>	moderate-demanding
<b>Start</b>	St Bees (p239)
<b>Finish</b>	Robin Hood's Bay (p239)
<b>Transport</b>	train, bus
<b>Summary</b>	The magnificent and varied scenery of the Lake District, the Yorkshire Dales and the North York Moors, plus the companionship of fellow walkers, make this England's classic cross-country route.

Traversing three spectacular national parks – the Lake District, Yorkshire Dales and North York Moors – the Coast to Coast Walk passes through some of England's finest landscape. Along it you'll encounter disbanded mines and railway lines, reminders of a once-flourishing industrial age; lonely inns on isolated hill tops; historic buildings in bustling market towns; the rugged windswept splendour of both coasts; dry-stone walls and barns; and grassy fields of sheep and cattle. Small wonder it's Britain's favourite LDP.

The prime attraction, however, of the Coast to Coast, a walk created by that notorious curmudgeon Alfred Wainwright (see the boxed text, p188), is the camaraderie shared with fellow walkers – people of all ages and many nationalities. Add in friendly local folk, particularly the owners of the B&Bs and pubs along the route, and you have a pretty-close-to-perfect way to discovering the wilderness, the space and the sheer beautiful bleakness of the mountains and moors of northern England.

Signposting and waymarking is often minimal or nonexistent, though you will see some 'Coast to Coast' signs (often shortened to 'C to C', or the like). You'll need to keep a close eye on your map to keep going in the right direction. Some sections include several miles of forestry tracks and sealed roads, which are, frankly, tedious at times. However, for the most part it's an inspiring journey through a slice of British geography, history and society.

## HISTORY

The route, which isn't a national trail and has no official recognition, was first described in

Alfred Wainwright's *A Coast to Coast Walk*, published in 1973. Wainwright had taken a year to carefully plan his route, but encouraged readers to make up their own Coast to Coast itineraries: 'There's no end to the possibilities for originality and initiative,' he wrote in the introduction. However, most people doing Wainwright's route call it *the* Coast to Coast, and follow his description very closely. Purists refuse to deviate even a few steps from Wainwright's incredibly precise instructions. Although the route has been realigned in some places (mainly so it now follows legal rights of way), it still keeps pretty much to the original and certainly follows it in spirit.

## PLANNING

Most people walk the Coast to Coast from west to east, with the wind and sun behind them (mostly, anyway). Although this provides steep terrain at the start, you can tackle it while you're still fresh.

Wainwright's original itinerary covered 12 days. We've kept with tradition and split the route as follows:

Day	From	To	Miles/km
1	St Bees	Ennerdale Bridge	14/22.5
2	Ennerdale Bridge	Rosthwaite	15/24.5
3	Rosthwaite	Patterdale	17.5/28.5
4	Patterdale	Shap	16/26
5	Shap	Kirkby Stephen	21/34
6	Kirkby Stephen	Keld	13/21
7	Keld	Reeth	11/18
8	Reeth	Richmond	11/18
9	Richmond	Ingleby Cross	23/37
10	Ingleby Cross	Blakey	21/34
11	Blakey	Grosmont	13/21
12	Grosmont	Robin Hood's Bay	15.5/25

This is a demanding itinerary if completed in one go, particularly if you're not fit, or if you're camping and carrying your own gear. Most days have some serious ascents and descents.

## Alternatives

The 12-day itinerary is achievable but is tough going, particularly if the weather turns nasty. Many people add a few extra overnight stops. Consider staying at Grasmere, to break up the Rosthwaite to Patterdale leg on Day 3. Days 4 and 5 could

be turned into three days by staying a night each in Bampton and Orton, instead of at Shap. Another option is to break Day 9 at Danby Wiske, then continue to Ingleby Cross or Osmotherley the next day. Similarly, the distance from Ingleby Cross to Blakey can be broken at Clay Bank Top.

If you're short of time, some days could be combined but this would turn the walk into quite a march – although the whole route has been done as a run in around 39 hours! You're better off splitting the route and doing different sections at different times. Possible entry and exit points include Kirkby Stephen and Richmond, which are on or near major train lines.

### When to Walk

Avoid starting the Coast to Coast on a weekend, which is when most walkers begin, aiming to do the walk within a two-week holiday. If you start midweek you'll have a bit more space on the hills. You'll also be out of sync with the 'bulge' of high demand for accommodation that follows these walkers along the route, and thus have more chance of finding a place to stay.

### Maps

Harvey's 1:40,000 *Coast to Coast West* and *Coast to Coast East* strip maps are detailed enough and easy to follow. Their larger scale is preferable to that of the strip maps produced by Footprint Maps. There are two Ordnance Survey (OS) 1:27,777 *Coast to Coast* strip maps covering the whole route, but they're out of print so you'll have to hunt around in secondhand bookshops.

To cover the whole route using OS Landranger 1:50,000 maps you're going to need Nos 89 *West Cumbria*, 90 *Penrith & Keswick*, 91 *Appleby-in-Westmorland*, 92 *Barnard Castle & Richmond*, 93 *Middlesbrough*, 94 *Whitby & Esk Dale*, 98 *Wensleydale & Upper Wharfedale* and 99 *Northallerton & Ripon*.

For maximum detail the route is covered by (from west to east) OS Explorer 1:25,000 maps No 303 *Whitehaven & Workington*, 4 *The English Lakes – North Western Area*, 5 *The English Lakes – North Eastern Area*, 19 *Howgill Fells and Upper Eden Valley*, 30 *Yorkshire Dales – Northern & Central Areas*, 304 *Darlington & Richmond*, 26 *North York Moors – Western Area* and 27 *North York Moors – Eastern Area*.

Consider using a combination of strip and full maps of the Lake District, where the possibility of bad weather and the complicated route means you could need more coverage.

### Books

Don't leave without the classic *A Coast to Coast Walk* by Alfred Wainwright. The revised edition, published in 2003, describes alternatives to Wainwright's route where it had strayed from public rights of way, although still faithfully keeping the original text.

*Coast to Coast Path* by Henry Stedman is an up-to-date (2006), dependable and practical addition to Trailblazer's British Walking Guide series. Its hand-drawn 1:20,000 strip maps are not always clear to follow, so you will also need proper maps.

Also revised in 2006 is *A Northern Coast to Coast Walk* by Terry Marsh, which has adjusted the original route in consultation with conservation officials, keeping to rights of way, avoiding eroded areas and reducing time spent walking on roads.

*The Coast to Coast Walk* by Paul Hannon describes the route in, at times, annoyingly archaic style. Like the Wainwright original, it has hand-drawn illustrations, but printed text, which makes it easier to read.

*The Coast to Coast Accommodation Guide*, a useful booklet produced by **Doreen Whitehead** (☎ 01748-886374; Butt House, Keld, North Yorkshire DL11 6LJ), is available by mail order for £4, including postage; overseas visitors can send a US\$10 bill. It can also be downloaded free at [www.coasttocoastguides.co.uk](http://www.coasttocoastguides.co.uk). Mrs Whitehead also offers accommodation in Keld (see p246).

### Information Sources

See the walk description for tourist offices on or near the route – all provide information on local accommodation and services in their surrounding area.

The best source of online information is [www.coast2coast.co.uk](http://www.coast2coast.co.uk), run by Sherpa Van. Check out the message board and walker comments on the various places to stay along the route. Also useful is [www.coasttocoastguides.co.uk](http://www.coasttocoastguides.co.uk), the website of Castle Hill Books in Richmond; it provides a free online advice service with answers from professional walking guides, sells the latest

guidebooks and maps covering the route, and has Doreen Whitehead's accommodation list (see opposite) available free online – follow the 'Accommodation' link.

You'll also find a chat forum for long-distance walkers at [www.uglysheep.co.uk](http://www.uglysheep.co.uk), a website that mainly sells Coast to Coast merchandise.

### Baggage Services

To make things easier, we recommend that you use a baggage-forwarding service, such as the **Coast to Coast Packhorse** (☎ 017683-71777; [www.cumbria.com/packhorse](http://www.cumbria.com/packhorse); each transfer per bag £6). Other baggage-carrying services are listed on p437.

### NEAREST TOWNS

#### St Bees

Bracketed by Sellafield nuclear power station to the south and Whitehaven chemical works to the north, it's easy to see why the windswept village of St Bees is generally overlooked by tourists. However, St Bees is not without its charms, boasting a pristine sweep of sand, the **St Bees Head RSPB Nature Reserve** (the only place in the country where black guillemot breed), the historic **Priory Church of St Bega** – St Bees' original name – and with the beautiful Lake District immediately to the east.

There's no tourist office in town, but for more visitor information you can consult [www.stbees.org.uk](http://www.stbees.org.uk).

#### SLEEPING & EATING

Near the train station, the very friendly Carole runs **Stonehouse Farm** (☎ 01946-822224; [www.stonehousefarm.net](http://www.stonehousefarm.net); 133 Main St; camp sites for 2 £6, s£26-30, d£50; ♻), a well-appointed B&B with camping in the back garden.

Further uphill is the classy **Fairladies Barn** (☎ 01946-822718; [www.fairladiesbarn.co.uk](http://www.fairladiesbarn.co.uk); Main St; s£30-33, d£50).

The fanciest hotel is **Fleatham House** (☎ 01946-822341; [www.fleathamhouse.com](http://www.fleathamhouse.com); High House Rd; s/d from £35/70, mains £15; ☎ dinner Mon-Sat), which also has a smart restaurant serving gourmet meals.

**Platform Nine** (☎ 01946-822600; Old Railway Station; s/d £45/60, meals £5-15; ☎ lunch & dinner) also has three kitschly decorated rooms, but is principally a restaurant where, three nights a week, a Thai chef is brought in to spice up the menu; it also does takeaway sandwiches.

You can get sandwiches from **Hartley's Tearoom** (☎ 01946-822600; Beach Rd), which also serves delicious locally made ice cream. Otherwise there are several pubs, the pick of which are the **Queens Hotel** (☎ 01946-822287; Main St; ☎ lunch & dinner), which scores for its cosy ambiance, pleasant garden and choice of more than 100 whiskies; and the **Manor House** (☎ 01946-822425; Main St; ☎ dinner), with its Coast to Coast bar – as good a place as any for a drink to start off your walk. Both have accommodation if you can't find anywhere else to stay.

### GETTING THERE & AWAY

St Bees is on the **Northern Rail** ([www.northernrail.org](http://www.northernrail.org)) Cumbrian Coast line between Carlisle (1¼ hours) and Barrow-in-Furness (one hour), with regular trains throughout the day. **Stagecoach** ([www.stagecoachbus.com](http://www.stagecoachbus.com)) runs sporadic buses from Whitehaven to St Bees (25 minutes, five a day Monday to Friday). By car, the town is reached from the M6 at Penrith, taking the A66 to Cockermouth, the A5086 to Egremont and from there along a small country road.

### Robin Hood's Bay

Romantics may be disappointed to find out that the link between Robin Hood's Bay and the heroic outlaw is only legendary, and extremely tenuous. Nevertheless, while roaming the steep and narrow cobbled lanes, with miniature cottages and tiny gardens glued to the steep slopes of the bay, there is nothing to stop you from imagining the bustling fishing community of earlier centuries – a haven for smugglers, shipwrecked sailors and, of course, heroic outlaws.

#### SLEEPING & EATING

The best place for camping walkers is **Hooks House Farm** (☎ 01947-880283; sites for 2 £10), about 800m outside of town on the main road towards Whitby. You can also head inland along the disused rail trail toward Fylingthorpe and **Middlewood Farm** (☎ 01947-880414; sites for 2 £10; ☎ mid-Feb–mid-Jan).

The nearest YHA hostels are at Whitby (p260), to the north, and at the delightfully named Boggle Hole (p260), to the south.

On the outskirts of town, just as you come off the cliffs, **Meadowfield** (☎ 01947-880564; s/d £20/40), on Mount Pleasant North, is a recommended B&B.

In the heart of the village is the quaint and secluded **Orchard House** (☎ 01947-880912; d from £60).

Also recommended is the **White Owl Guesthouse** (☎ 01947-880879; s/d from £25/50).

The **Bay Hotel** (☎ 01947-880278; r from £50), overlooking the slipway, has a popular walkers' bar.

Back up the hill, and more upmarket, is the **Victoria Hotel** (☎ 01947-880205; r from £74, mains £6-8), with great sea views and good bar food, including vegetarian, and a restaurant serving à la carte.

#### GETTING THERE & AWAY

**Arriva** ([www.arriva.co.uk](http://www.arriva.co.uk)) bus No 93 travels several times daily to Robin Hood's Bay from Whitby (20 minutes) and Scarborough (30min).

### THE WALK

#### Day 1: St Bees to Ennerdale Bridge

6–7 hours, 14 miles (22.5km)

*The first day introduces the contrasts and variety to come. From the foaming Irish Sea breaking below the sheer cliffs of St Bees you cross industrial and agricultural plains, patches of forest, quiet valleys and some high ground with panoramic views.*

It's your choice whether you pick up a pebble or dip your toe into the water at St Bees beach – a ritual to repeat at Robin Hood's Bay. That done, head to the northern end of the concrete promenade, climbing the cliff path that leads to St Bees Head

and Fleswick Bay. 'C to C' signposts and yellow arrows are easy to follow until Bell House Farm.

Continue past the farm, go through a gate and follow the right-hand path. At a fork, go left, down the field, underneath the railway line and immediately left to zigzag through several fields (and under another railway, now dismantled and converted into a cycle path), passing through the villages of Moor Row and Cleator – the former has **Jasmine House B&B and Tea Garden** ([www.jasminehousebandb.com](http://www.jasminehousebandb.com); s/d from £28/48, sandwich & drink around £5), a pleasant and friendly place to pause for lunch.

The route continues through fields then follows a forestry track uphill. Look for a sign on the left to 'Dent Fell'; here you exchange, with a sigh of relief, the hard track for a soft, grassy path up to the summit of Dent Fell. The views from this peak make you feel like the journey really starts here. Behind is the glinting sea, the hazy, sinister silhouette of the nuclear reactors and the billowing clouds of the chemical works, while ahead rises the challenging skyline of the mountains of the Lake District.

After descending steeply through a patch of eerie, silent forest (make sure you take the route to the right after coming off the top of Dent Fell), you enter the enchanting limestone vale of Nannycatch Beck, where the gurgling of a stream replaces the howling of the wind. Keep a close eye on the map in this area as there are numerous path

junctions; take a wrong turn and you could mistakenly head back towards Cleator. The path leaves the beck and meets a lane, which continues for about 1 mile to the main road and the village of Ennerdale Bridge.

#### ENNERDALE BRIDGE

This quiet and attractive village has no ATM or shop, so make sure you bring enough cash and supplies with you.

**Low Cock How Farm** (☎ 01946-861354; [www.walk-rest-ride.co.uk](http://www.walk-rest-ride.co.uk); camp sites for 2 £8, s/d with shared bathroom £25/50) is about 1 mile south of the village; you'll pass it on the route.

Getting good reviews, but a couple of miles north of the village, is **Ennerdale View** (☎ 01946-862311; <http://myweb.tiscali.co.uk/ennerdaleview>; s with/without bathroom £33/20, d with/without bathroom £46/30).

In the village itself, B&B can be found at **Bridge End Cottage** (☎ 01946-861806; d with shared bathroom £36) and the **Cloggers** (☎ 01946-862487; d with shared bathroom £44).

Both the village pubs also do B&B, meals and packed lunches – order one the night before as there's nowhere else for food until you get to Seatoller near the end of Day 2. The smartly renovated **Fox & Hounds** (☎ 01946-861373; [www.tp-inns.co.uk](http://www.tp-inns.co.uk); s/d £45/70; ☺ lunch & dinner) is tops both for accommodation and food, while the friendly **Shepherds Arms Hotel** (☎ 01946-861249; [shepherdsarms@btconnect.com](mailto:shepherdsarms@btconnect.com); s/d £45/75, meals £9-12; ☺ lunch & dinner) serves afternoon tea and has a fine restaurant, with hearty meals.

#### WILD ENNERDALE

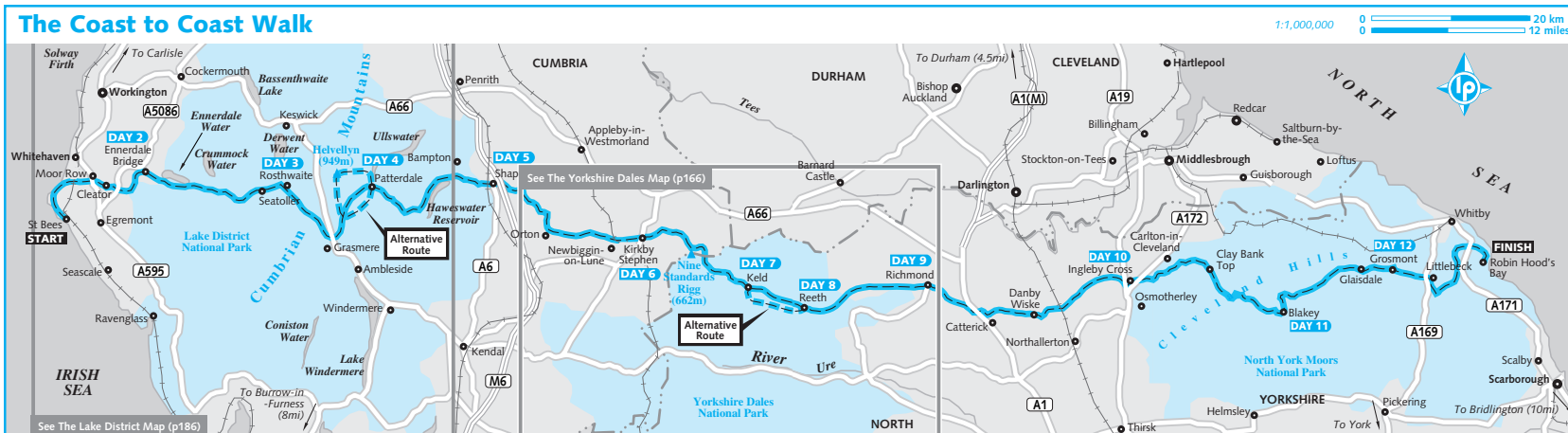
In what is something of an about-face for one of the major landowners in the Ennerdale Valley, the Forestry Commission, in line with its revised policy in other parts of the UK, is scaling back its operations and has joined with the National Trust and United Utilities to promote **Wild Ennerdale** ([www.wildennerdale.co.uk](http://www.wildennerdale.co.uk)). The project aims to use natural forces to help the valley develop into a unique wild place. Forestry is being cut back and wild cattle have been re-introduced into the valley – you'll see a sign at the end of Ennerdale Water warning you to watch out for the bull!

#### Day 2: Ennerdale Bridge to Rosthwaite

6–7 hours, 15 miles (24.5km)

*The challenge of the Coast to Coast really begins with this long but enjoyable day, which starts with a pleasant section along Ennerdale Water, proceeding to the first serious summit to be conquered, and culminating with a descent into lovely Borrowdale.*

Head east out of Ennerdale Bridge, following the signs to Ennerdale Water. After about 800m, the official route turns right onto a quiet lane that zigzags through a plantation to a rocky path along the south side of the lake. However, if you want to save a bit of time (particularly if you're aiming for either of the youth hostels further along the route on your first walking day)



stay on the main road and then take the easier path along the north side of the lake, which joins up directly with the forestry path.

At the end of the lake, stiles lead to a footbridge across the River Liza and you go up the valley on the forestry path, passing first the outdoor activities operation **Low Gillerthwaite Field Centre** (☎ 01946-861229; www.carolclimb.co.uk), and then the recommended **Ennerdale YHA Hostel** (☎ 01946-861237; ennerdale@yha.org.uk; dm £12; ☞ Easter-Oct, Nov-Easter by advance booking). It does evening meals and can provide a packed lunch (£4.50).

Just past the hostel, a high-level option over Red Pike and Hay Stacks goes off left, but this is a long and very demanding route and requires mountain experience. The sensible low-level route follows 4 miles of flat and fairly boring forestry track along the valley to the fantastically isolated shepherd's bothy (cottage) that is **Black Sail YHA** (☎ 07711-108450; dm £12; ☞ Easter to Oct, Nov-Easter by advance booking). This is a good place to pause for lunch and a rest before heading steeply upwards beside Loft Beck (the route furthest to the west) to the top of the fell.

The view from the summit across to Buttermere is wonderful, but read your map carefully from here to make sure you're heading in the right direction, particularly if the weather is bad (if you're in cloud you'll need your compass or GPS). The route contours below a peak called Brandreth, aiming towards where you should be able to see slate being mined. Follow the old, steep tracks of the tramway (which used to carry slate) down to the road at Honister Pass.

Where the track joins the main road you won't miss the **Honister Slate Mine** (☎ 017687-77230; www.honister-slate-mine.co.uk; Honister Pass; tour adult/child £9.50/4.50). If you're walking fast you might make it for the 3.30pm tour, or you could pop in for refreshments as you shelter from the elements. Next door is the basic **Honister House YHA** (☎ 0870 770 5870; honister@yha.org.uk; Seatoller; dm £12; ☞ Easter-Oct, Sat & Sun Nov), offering functional dorms in grey, concrete buildings once used by mine workers.

Descend east on and alongside the road down into Borrowdale, then through the hamlet of Seatoller (p198) to reach the charming village of Rosthwaite (p199).

### Day 3: Rosthwaite to Patterdale

8–10 hours, 17.5 miles (28.5km)

*This is a very long, hard and potentially serious day through the heart of the Lake District, during which you make two major ascents and descents. Many walkers opt to break the section into two days by staying at Grasmere, making it easier and much more fulfilling, with time to enjoy the wonderful scenery.*

From Rosthwaite go up the road towards Keswick for 50m then turn right (east) down a stony lane towards Hazel Bank Hotel. Go over a bridge and turn immediately right onto a track. This runs uphill along the northern side of Stonethwaite Beck, past the imposing **Eagle Crag** (marking the junction with Langstrath Beck) and gradually ascends Greenup Gill to Lining Crag. Take great care here as there's a confusing maze of paths and cairns. Use your compass or GPS to take a bearing and head southeast to reach the pass through **Greenup Edge**.

The usual descent is via Far Easedale Gill, which leads you down through a fell called Grasmere Common. In fair weather, if you have the time, the high-level option via Gibson Knott and Helm Crag is a wonderful alternative; it makes use of the height already gained and is not strenuous. The paths rejoin about 1.5 miles outside **Grasmere**.

Thanks to its Wordsworth connection (see the boxed text, p190) the beautifully situated village of Grasmere is a popular place. There are plenty of B&Bs, cafés and pubs, as well as shops for outdoor gear and food supplies. **Dales Lodge Hotel** (☎ 015394-35300; s/d from £75/110) has a tourist office (10am to 4pm).

The large and lively **Butharlup How YHA Hostel** (☎ 0870 770 5836; www.yha.org.uk; dm £15.50; ☞ Feb-Nov, weekends Dec & Jan; ☞) is just off Easedale Rd in a converted Victorian house; the restaurant is licensed and good value. Nearby, the chintzy **Grasmere Hotel** (☎ 015394-35277; www.grasmerehotel.co.uk; Broadgate; d £70-110, set dinner £20, ☞ dinner) offers more luxury and a posh restaurant.

During the day try the chrome-edged **Miller How Café** (☎ 015394-35234; Red Lion Sq; mains £6-10; ☞ breakfast & lunch), while for dinner you really can't go wrong at the quirky **Jumble Room** (☎ 015394-35188; Langdale Rd; mains £11-20; ☞ lunch & dinner Wed-Sun).

To skip Grasmere follow the Coast to Coast path as it turns left (north) before the village, near the **Thorney How YHA Hostel** (☎ 0870 770 5836; www.yha.org.uk; dm £13; ☞ Apr-Oct); this lovely little hostel was the first one purchased by the YHA, way back in 1931.

The route then crosses the main road at Mill Bridge. Here, **High Broadrayne Farm & Grasmere Hostel** (☎ 015394-35055; www.grasmerehostel.co.uk; dm £15.50; ☞) is a great little independent hostel, boasting a 'Nordic sauna' and a luxurious lounge lit by skylights and a round picture window. Wonderful views, plus the friendly and helpful management, make it one of the finest hostels along the whole route.

Nearby, the **Travellers Rest Inn** (☎ 015394-35604; www.lakedistrictinns.co.uk; d weekdays/weekends £84/104; mains from £8-14; ☞ lunch & dinner) is a 16th-century pub with all the trappings of a quintessential Lakeland inn, including slate-fronted fireplaces, oak-beamed ceilings and a bevy of real ales.

Continuing on, you ascend to Grisedale Hause, with the picturesque little **Grisedale Tarn** just beyond. From here the low-level option leads you down the valley of Grisedale, which is like a dream brought to life: meadows teeming with wildflowers, a melodious stream cutting a silvery trail along the foot of the fellside and lonely barns hiding secrets of days gone by. It's plain sailing now into the village of Patterdale (p195), just southeast of Ullswater.

### ALTERNATIVE ROUTES: HIGH-LEVEL PATHS FROM GRISEDALE TARN

If you broke this day at Grasmere you may be ready to consider a high-level alternative. From Grisedale Tarn walk up to Deepdale Hause (just north of Fairfield summit) and then over St Sunday Crag, with great views of Ullswater as you descend into Patterdale. This 4-mile route should take around two hours.

If you're feeling really fit, from Grisedale Tarn you could go up the path to Dollywaggon Pike and then to Helvellyn, descending via Striding Edge and Glenridding (p193), still with enough energy left to saunter into Patterdale – allow about three hours to walk this 5-mile section, which is described (in reverse) on p192 and could be the highlight of your route, though it's very serious and not to be undertaken lightly.

### Day 4: Patterdale to Shap

6–7 hours, 16 miles (26km)

*This challenging section offers final, magnificent views over Ullswater and the Helvellyn ranges. Work through the pain of the climb, bid a wistful goodbye to the lovely Lakes and look forward to the prospect of a new, gentler landscape.*

From Patterdale, south of the White Lion pub, turn east off the main road onto a small lane. Follow it to its end, where a wall marks the beginning of the open fell. Go through a gate and take the path that climbs diagonally up the fellside to Boredale Hause, from where you follow a glorious, airy path with wonderful views over the valley and surrounding mountains. Go to the north of **Angle Tarn** and skirt a peak called the Knott. Alternatively, you can divert briefly to the summit, where the views are excellent.

From the Knott, aim south beside a wall for about 300m, then turn left (northeast) at a junction of paths (straight on leads to a peak called High Street; see p196). Take great care here, especially in the mist. Even on clear days some walkers miss this path and end up on top of High Street by mistake. The path swings round to aim east, continues over **Kidsty Pike** (780m), the last Lakeland summit on this route, and then drops down to the southern end of the Haweswater reservoir. In bad weather precise compass bearings are called for so that you don't miss Kidsty Pike.

Once you reach Haweswater, there are a couple of choices. The official route, which hugs the northern bank of the reservoir to **Burbanks**, is rather rugged with long slogs through towering ferns and behind forests. Alternatively, you can reach the same point by heading around the southern end of Haweswater to join the road running up this side, providing good views of the lake, largely level walking and the chance to pause at the upmarket **Haweswater Hotel** (☎ 01931-713235; www.haweswaterhotel.com; s with/without bathroom £40/35, d with/without bathroom £90/70, 2-course dinner £20; ☞ lunch & dinner); the bar also serves food.

A third possibility is the high-level route, which goes from just before Kidsty Pike over High Raise and Wether Hill, down to Haweswater's northern end. This should only be attempted if you have plenty of time, good weather and map-reading skills.

From Burbanks the route continues east. If you're tired, or are cutting this day short, branch off here and walk 1.5 miles to the neighbouring villages of Bampton and Bampton Grange; in the latter the **Crown & Mitre** (☎ 01931-713225; www.freewebs.com/crownmitre; s/d £23/45) gets good recommendations.

If Shap is your aim, you will enjoy a lovely stroll via Haweswater Beck and the River Lowther. You will then pass the remains of 12th-century **Shap Abbey** before entering the village.

### SHAP

Hugging the A6, Shap is not the most attractive village on the Coast to Coast, but it's well served by several good B&Bs and pubs. It also has a **New Balance Factory Shop** (☎ 01931-716333; Main St), which could be a lifesaver for any walkers suffering from poor footwear.

For more information on the village, check the community website at [www.shapcumbria.co.uk](http://www.shapcumbria.co.uk).

You can camp at the **Bulls Head Inn** (☎ 01931-716678; www.bullshheadshap.co.uk; camp sites for 2 £10, mains £5-7; ☑), use its ATM, and be fed pretty well.

At the north end of town, **New Ing Farm** (☎ 01931-716719; angela.parkinson@onetel.com; Main Rd; s/d with shared bathroom £25/50) is an excellent B&B, thoughtfully providing all manner of soothing foot products in the bathroom to pamper tired feet.

The unpretentious **Fell House** (☎ 01931-716343; fellhouse.shap@btopenworld.com; s/d £28/48) is well set up for walkers and serves evening meals; it's practically on the route, just south of the Kings Arms pub, which was being renovated at the time of research.

Traditional **Brookfield** (☎ 01931-716397; www.brookfieldshap.co.uk; s/d £30/55) also offers evening meals, a bar and a chatty host, while the **Hermitage** (☎ 01931-716671; jean.jackson@hermitage@btopenworld.com; s with shared bathroom £30, d £58) is a characterful old house, with wood panelling and a stained glass window.

The **Greyhound Hotel** (☎ 01931-716474; www.greyhoundshap.co.uk; Main St; s/d £38/66), in business as a coaching inn since 1680 (Bonnie Prince Charlie is said to have stopped the night in 1745), has a fine range of beers and serves great food, including a cooked breakfast with the requisite Cumberland sausage and black pudding.

Other options for food include **Shap Chippy** (☎ 01931-716388; ☑; lunch & dinner Mon-Sat) opposite the Bulls Head, and the **Crown Inn** (☎ 01931-716229; ☑; lunch & dinner), which has several vegetarian options.

### Day 5: Shap to Kirkby Stephen

8 hours, 21 miles (34km)

*After the exhilarating experience of crossing England's highest mountain region, this day will feel tame but will be a welcome respite from the windswept desolation of upland fells. Ancient stone circles and other prehistoric remains are welcome distractions along the way and a short detour from the route takes you to the charming village of Orton for lunch.*

The route leaves Shap, turning off the A6 opposite the King's Arms Hotel and crossing the railway line, taking you straight to the M6 motorway – an unfortunate reminder of 'civilisation'. Cross the footbridge and make a quick escape to the moors.

Just past the secluded hamlet of Oddendale, slow down for **Oddendale Stone Circle**, a superb lookout, and get back in touch with the serenity of ancient sites that abound in this area. These include **Robin Hood's Grave**, about 2 miles further along the route, an ancient cairn that is highly unlikely to be the resting place of the legendary brigand.

From here the route drops down to the B6260, from where you can detour slightly into **Orton**. It's a quaint village, with a well-stocked shop, and it would be a shame to miss it, especially as you can get lunch or a great cup of tea and a freshly baked scone at **New Village Tea Rooms** (☎ 015396-24886), or sample the chocolate and cakes at **Kennedys** (☎ 015396-24781; www.kennedyschocolates.co.uk). It's also possible to stay at the **George Hotel** (☎ 015396-24225; www.georgehotel.net; s/d £28/50).

Returning to the route, you'll next pass **Sunbiggin Tarn**, a protected breeding ground for birds. Soon after, you're back on the road for 3 miles of dull walking. Along the way you could stop off at **Bents Farm** (☎ 01768-371760; www.bentscampingbarn.co.uk; dm £6), which offers dorm accommodation in a 17th-century shepherd's cottage, with a well-equipped kitchen. You'll need your own sleeping bag.

The route crosses a small river called Smardale Gill and goes over Smardale Fell. From Lime Kilne Hill, the views of the Eden

Valley to Nine Standards Rigg will help take your mind off your aching feet and whet your appetite for tomorrow's jaunt. Beyond here, it's a couple of miles to Kirkby Stephen.

### KIRKBY STEPHEN

The bustling, amiable market town of Kirkby Stephen has long been a pit stop for travellers in the region. As the largest town on the route so far, it has plenty of facilities, including a **tourist office** (☎ 017683-71199; www.visiteden.co.uk; Market St) in the centre of town; a Co-op supermarket; a couple of banks with ATMs; a good outdoor gear store, **Eden Outdoor** (☎ 017683-72431; 42 Market St); and, most usefully, a self-serve **laundrette** (☑; 9am-8pm) behind the post office. Market day is Monday. There's even a **Holistic Health Centre** (☎ 017683-72482; www.holistic-health.co.uk; 37 North Rd; ☑; 9.30am-8pm Wed-Mon), offering remedial massage for weary walkers plus a sauna and Jacuzzi; a 30-minute leg-and-foot rub costs £20.

You can camp at **Pennine View Caravan Park** (☎ 017683-71717; Station Rd; camp sites for 2 £12), on the southern edge of the town.

There are plenty of B&Bs. **Fletcher House** (☎ 017683-71013; www.fletcherhousecumbria.co.uk; s/d £25/52; ☑) is one of the best, with friendly owners, an award-winning garden and an above-average choice of breakfast items.

Other excellent choices include the delightful **Redmayne House** (☎ 017683-71441; Silver St; s/d with shared bathroom £22/44), with a large garden and a wooden-seat Victorian toilet that gets everyone talking; the **Old Croft House B&B** (☎ 017683-71638; www.oldcrofthouse.co.uk; Market St; s/d from £25/52, dinner £14), opposite the tourist office, which offers a set dinner open to nonguests who book; and the **Jolly Farmers** (☎ 017683-71063; www.thejollyfarmers.co.uk; 63 High St; s/d from £26/52), an efficient place that offers a couple of rooms with spa baths.

The **King's Arms Hotel** (☎ 017683-71378; www.kingsarmskirkbystephen.co.uk; Market St; s with/without bathroom £33/25, d with/without bathroom £53/45) is the upmarket choice, but the rooms are modern and have less character than the rest of the bar. Walkers sometimes can get discounts of up to 25%.

Kirkby's best pub, serving very decent bar meals, is the **Black Bull Hotel** (☎ 017683-71237; blackbull@kirkby38.fsnet.co.uk; 38 Market St; s/d £30/50; ☑; lunch & dinner), which also has accommodation.

There's no shortage of fish and chip shops and cafés but, oddly, many of the latter shut at 4pm – tough if you straggle into town late in the afternoon gaggling for a cuppa. One place that doesn't is **Church Gallery** (☎ 017683-72395; 3-7 Market St), just behind the historic St Hedda's Church.

You could also try the smart **Mulberry Bush** (☎ 017683-71572; 35 Market St), which recently obtained a liquor license and so may start opening for dinner.

Make a booking if you wish to eat at the tiny **Old Forge** (☎ 017683-71832; 39 North Rd; meals £10-15; ☑; dinner Tue-Sun); its gourmet menu includes 'cock and bull' – chicken stuffed with beef in peppercorn sauce.

### Day 6: Kirkby Stephen to Keld

6 hours, 13 miles (21km)

*You saw them yesterday, atop the hill in the distance, and today you'll visit them: the enigmatic group of cairns known as the Nine Standards. This is a highlight of a great day's walking that takes you from the moorland of Lancashire into the picturesque landscape of the Yorkshire Dales via the Pennine watershed. Bring food, as you pass no cafés, and be sure to follow the assigned routes according to the time of year.*

From Kirkby Stephen's marketplace head north, over picturesque **Frank's Bridge**, for a short but pleasant river-side stroll to the village of Hartley. From the main street take a path down to a footbridge, and then a lane that bears left uphill to Hartley Quarry. It's a stiff uphill push for a few miles as you enter the hills of the Yorkshire Dales. The lane ends at a fork; go left, through a gate and uphill over Hartley Fell.

The fragile moorland vegetation has been damaged by thousands of Coast to Coast boots here so, depending on the time of year, there are different routes to follow. From December to April, and in very bad weather, the Green Route avoids the summit, heading south instead, back downhill to join the B6270 for part of the way to Ney Gill. From May to November the Red and Blue Routes aim for **Nine Standards Rigg** (662m) – the highest you'll be for the rest of the walk – and its set of nine stone cairns.

The origin of the Nine Standards is a matter of imagination. Are they a stone army to ward off invaders or merely boundary markers? The choice is yours. One thing

is certain: in good weather the views are magnificent – east to Swaledale, west to the Lake District, north to the Pennines and south to the long grassy ramp of Wild Boar Fell (reputedly the last place in the country where wild boar were hunted).

From the summit, head south briefly and, a short distance past the view indicator (dedicated to Lady Di's wedding), the Red and Blue Routes diverge. The Red Route, in operation from May to July, follows the original Wainwright way down to Ney Gill. The Blue Route, used from August to November, takes another path to the same place and is well marked by a series of regular posts.

All routes converge just before the farm of Ravenseat; from here the section along Whitsundale Beck is a delight. A final stretch of road takes you into the village of Keld – the halfway point.

#### KELD

There's not much to the tiny, unspoilt village of Keld, with few facilities for the traveller – except some public toilets. Sadly, there's no restaurant or pub to celebrate having walked this far; the pub was turned into a Methodist chapel years ago. So, apart from spiritual nourishment, you'll go hungry unless you book a meal at the hostel or your B&B. The Pennine Way also comes through here, so accommodation is at a premium.

Campers have two choices: **Park House** (☎ 01748-886549; parkhouse@btinternet.com; sites for 2 £8), near the bridge about 1 mile west of Keld, has friendly owners, showers, a cooking and drying area and a small shop selling provisions; while **Park Lodge Farm** (☎ 01748-886274; http://web.ukonline.co.uk/babararukin; sites for 2 £7), in the village, always has plenty of room and hot showers. It also runs a café (9am to 6pm), where you can get drinks and light meals.

YHA's Keld Lodge was sold in 2006, and was due to reopen for bookings in April 2007 under new ownership; contact **Brigantes Walking Holidays & Baggage Couriers** (☎ 01729-830463; www.brigantesenglishwalks.com) for bookings.

There are only three B&Bs and all include the evening meal in their rates. The top pick is **Butt House** (☎ 01748-886374; butthouse@supanet.com; s/d £42/84), the comfy home of the legendary Mrs Whitehead – compiler of the *Coast to Coast Accommodation Guide* (see p238) – who is very welcoming and a fount

of knowledge on local history and society. She always offers choices for her evening meals, including vegetarian options.

**East View Keld** (☎ 01748-886776; www.keldholidaycottages.co.uk/holidaycottages/eastview.html; s/d with shared bathroom £37/74) is in a small house in the village, while **Greenlands** (☎ 01748-886576; greenlands@keld.uk.net; s/d £43/86), just over 800m south of Keld, on the road towards Thwaite, offers views over the valley.

In Thwaite, 3 miles away, the **Kearton Country Hotel** (☎ 01748-886277; www.keartoncountryhotel.co.uk; s/d £40/59, with breakfast £49/78) is a convivial place that also runs a tearoom where you can get lunch.

#### Day 7: Keld to Reeth 5–6 hours, 11 miles (18km)

*The main feature of today's walk is Swaledale – an enchanting, verdant valley winding a course through a backdrop of grey and austere moorlands. On the upper slopes you'll see industrial waste from the lead mines that flourished here 300 years ago. In mist and rain the surroundings will either fuel a romantic taste for mystery or simply turn your day into a tedious trot across bleak and barren nothingness. There is an alternative, shorter, route that follows the River Swale through the valley.*

Leave Keld down a path to a footbridge over the Swale. This is a junction with the Pennine Way, where you might want to swap experiences with other long-distance walkers. From the footbridge the path takes you up to the top of Swinner Gill and then follows a wide dirt track to the steep-sided valley of Gunnerside Gill. Cross the gill and go up the other side, to pass through the ghostly **ruins of lead smelting mills**, where there are empty mine shafts, stark chimneys and mounds of debris. The ruins evoke the blood, sweat and tears of the men and women who toiled in the bowels of the earth for a meagre subsistence, and the names are evocative. You pass near Old Rake Hush and descend by Old Gang Beck to Surrender Bridge. Beyond here, the route winds through pleasantly green farmland into Reeth.

#### ALTERNATIVE ROUTE: ALONG THE RIVER SWALE

4–5 hours, 12 miles (19.3km)

If you're tired, or the weather is grim, this walk alongside the River Swale and through

several pretty villages is a pleasurable alternative. Follow the Swale to Muker, where you could pause for refreshments at the convivial **Farmers Arms** (☎ 01748-886297; ☎ lunch & dinner) before continuing on to Gunnerside where the **Ghyllfoot Tearooms** (☎ 01748-886239; ☎ lunch) and another pub, the **King's Head** (☎ 01748-886261; ☎ lunch & dinner), also beckon invitingly! From here it's around a 4-mile stroll into Reeth. About halfway, you'll pass **Low Row Farm** (☎ 01748-884601; rwclarkson@aol.com; sites for 2 £10, dm £6), which offers camping and a bunkhouse barn with kitchen.

#### REETH

The heart of Swaledale is the attractive, popular village of Reeth. Here you'll find a helpful **tourist office** (☎ 01748-884059), shops, cafés and some good pubs, all dotted around a large, sloping green. Friday is market day.

**Orchard Park Caravan & Camping** (☎ 01748-884475; sites for 2 £10) is in town but the owner is a bit gruff.

The closest hostel is **Grinton Lodge** (☎ 01748-884206; www.yha.org.uk; Grinton; dm £14), in a former hunting lodge, 1.5 miles south of Reeth.

The cheapest B&B is **Wayside** (☎ 01748-884176; www.tomdellworld.com; Fremington; s/d with shared bathroom £22/44), less than 1 mile east of Reeth; it's a small cosy place where the owners bake fresh bread for the hearty breakfast.

In Reeth itself, popular options include the walker-friendly **Walpardoe** (☎ 01748-884626; walpardoe@aoil.com; Anvil Sq; s/d £35/38), a pretty cottage just off the square; and the often-recommended **Hackney House** (☎ 01748-

884302; hackneyhse@tinyworld.co.uk; s/d £25/48, 3-course dinner £15).

**Cambridge House** (☎ 01748-884633; www.cambridge-house-reeth.co.uk; Arkengarthdale Rd; s/d £30/60; ☎) is one of the smarter B&Bs, while at the top end the choice is between the convivial **Arkleside Hotel** (☎ 01748-884200; www.arklesidehotel.co.uk; s/d from £62/92), which has lovely views across the valley from its garden; and the highly salubrious **Burgoyne Hotel** (☎ 01748-884292; www.theburgoyne.co.uk; The Green; s/d from £99/113, 4-course dinner £29), where you can also sample afternoon tea for £4.50.

As you come into the village, the **Reeth Bakery** (☎ 01748-884735; ☎ 10am-4pm Mon-Sat, 11am-5pm Sun) is worth pausing at for its freshly baked goods and selection of Swaledale goodies.

There's also the two **Copper Kettle** (☎ 01748-884748; mains £7; ☎ lunch & dinner).

Best of all is **Overton House Café** (☎ 01748-884332; High Row; mains £10; ☎ lunch Wed-Mon, dinner Thu-Sat), which knocks up high-grade gourmet grub at very decent prices.

The **King's Arms** (☎ 01748-884259; www.theingsarms.com; High Row; s £30-50, d £60-100, mains around £10; ☎ lunch & dinner) has pleasant rooms, a roaring fire in the bar on cool evenings, fine ales and is recommended for its meals.

Next door, and also very good, is the **Black Bull** (☎ 01748-884213; www.theblackbullreeth.co.uk; High Row; s with/without bathroom £30/25, d with/without bathroom £60/50; ☎ lunch & dinner).

In Grinton the **Bridge Inn** (☎ 01748-884224; www.bridgeinngrinton.co.uk; s/d from £42/64, mains £10; ☎ lunch & dinner), a traditional pub with beams,

#### SWALEDALE MINERS

The Yorkshire Dales were formed during the ice age by glaciers cutting through the rocks and the mineralised faults, which revealed seams of lead beneath. Mining for lead probably began here as early as 1000 BC, but by the 17th and 18th centuries, lead mines dominated the scenery and the whole social fabric of the area. The miners either worked for themselves or were employed by companies in groups or 'gangs'.

The work was arduous, dangerous and very poorly paid. Child labour was common and diseases such as scarlet fever and typhoid were rife. When cheaper foreign ore was imported into Britain in the late 19th century, the mines of Swaledale began to close. Many miners, desperate for a livelihood, emigrated to Australia and America, while the Yorkshire mines and mills gave way to the farming communities found in the area today.

To gain a greater understanding of Swaledale's grim history, drop by the dusty little **Swaledale Museum** (☎ 01748-884118; www.swaledalemuseum.org; The Green; adult/child £3/free; ☎ 10.30am-5.30pm Wed-Sun Easter-Oct, Sun only Nov-Easter) in Reeth, or the delightful **Richmondshire Museum** (☎ 01748-825611; http://communicate.co.uk/ne/richmondshiremuseum; Ryders Wynd; adult/child £2/1; ☎ 10.30am-4.30pm Easter-Oct) in Richmond.

horsebrasses and a games room, has a wide range of beers and a decent restaurant.

## Day 8: Reeth to Richmond

5 hours, 11 miles (18km)

*This is a very pleasant day of sauntering through picturesque, sleepy villages, fields of cows, sheep and horses, and meadows and woodlands that – in spring and summer – explode with wildflowers. You'll have time at the end to rest up and explore historic Richmond, the largest town on the route.*

From Reeth the route keeps north of the swirling River Swale, following lanes to **Marrick Priory**. The nearby woodlands were enjoyed by nuns in the 12th century. If the sun is shining and the birds singing, with carpets of bluebells and primulas covering the ground, heaven could certainly be within reach.

From Marrick village the route embarks on a waymarked journey, with fabulous views over rolling farmland. Three miles from Reeth, **Nun Cote Farm** (☎ 01748-884266; camp sites for 2 £7) serves teas, cakes and is famous for hot apple pie. It also has camping and will provide dinner and breakfast as well as a hot shower. Beyond the village of **Marske**, it's a stroll across to Applegarth Scar; here you'll pass **East Applegarth Farm** (☎ 01748-822940; rebekah.atkinson@virgin.net; sites for 2 £6, camping barn dm £6). Uphill from here you'll pass through shady Whitecliffe Wood, then go down a quiet lane with great views into Richmond.

## RICHMOND

pop 8178

Tumbling down to the rushing River Swale, the cobbled streets and alleyways of Richmond, lined with elegant Georgian buildings and sturdy stone cottages, constitute one of England's most handsome market towns. For a panoramic view of the town and surrounding hills and dales, climb the ruined tower of **Richmond Castle** (☎ 01748-822493; admission £3.60; ☹ 10am-6pm Apr-Sep, to 4pm Oct-Mar), a massive Norman-era monument.

Just north of the central Trinity Church Sq (with market day on Saturday), you'll find the very helpful **tourist office** (☎ 01748-850252; richmond@ybtbic.co.uk; Friary Gardens, Victoria Rd), which sells guides and maps for the Coast to Coast, and can book accommodation and National Express tickets. You can access the

internet at the **public library** (☎ 01748-821935; ☹ closed Wed & Sun). The closest laundrette is near Catterick Garison; ask the tourist office for directions. For more local information see [www.richmond.org.uk](http://www.richmond.org.uk).

**Castle Hill Books** (☎ 01748-821111; 1 Castle Hill) specialises in books on the Coast to Coast, while camping and outdoor gear can be purchased from **Yeomans** (☎ 01748-821818; 6a Finkle St).

The nearest place for camping is **Village Farm** (☎ 01748-818326; Brompton-on-Swale; sites for 2 £10, camping barn dm £5), about 1 mile east of Richmond.

At the northern end of Richmond you'll find **Pottergate Guest House** (☎ 01748-823826; 4 Pottergate; s with shared bathroom £23, s/d £35/50), where the friendly owner will do your washing.

Two fine midrange B&B options are **Frenchgate Guesthouse** (☎ 01748-823421; 66 Frenchgate; s £30-55, d £70), with sweeping views across the Swale; and the **Old Brewery Guesthouse** (☎ 01748-822460; [www.oldbreweryguesthouse.com](http://www.oldbreweryguesthouse.com); 29 The Green; s/d with shared bathroom £25/27; d £29-31), down the hill in a quiet location at the southern end of Richmond.

If you're after a treat, book into **Millgate House** (☎ 01748-823571; [www.millgatehouse.com](http://www.millgatehouse.com); Market Pl; d £85-95; ☹). Behind an unassuming green door is an extraordinarily lovely guesthouse with the unexpected pleasure of a glorious garden, open to nonguests (10am-5pm). The charming owners are used to hosting walkers and several of the palatial rooms have fine river views across the Swale.

Eating options are plentiful. For fish and chips in reasonably classy surrounds try the restaurant atop **Barker's** (☎ 01748-825768; 18-19 Trinity Church Sq, Market Pl; meal £6; ☹ lunch & dinner).

Best for vegetarians is the bistro-like **New Frenchgate @ 29** (☎ 01748-824949; 29 Frenchgate; meals £7-12; ☹ lunch & dinner).

**A Taste of Thailand** (☎ 01748-829696; 15 King St; mains about £10; ☹ dinner) has an extensive menu of Thai favourites and a convenient BYO policy.

For all the gourmet works try the elegant **Frenchgate Restaurant & Hotel** (☎ 01748-822087; [www.thefrenchgate.co.uk](http://www.thefrenchgate.co.uk); 59-61 Frenchgate; s/d £58/98, 2-/3-course meal £24/28; ☹ lunch & dinner), where you can eat in a Georgian period dining room or, during summer, in the garden.

The pick of the pubs is the **Black Lion Hotel** (☎ 01748-823121; Finkle St; s/d £35/60, bar food £5,

restaurant mains about £10; ☹ lunch & dinner Tue-Sat), with cosy bars, low beams, good beer and food, plus B&B.

## Day 9: Richmond to Ingleby Cross

8 hours, 23 miles (37km)

*In comparison to the rest of the route, this monotonous walk across the flat and pastoral Vale of Mowbray is memorable mainly for encounters with cows, sheep and the free-range hens in the working farms along the way. It's easily doable in one go, but if you want to split the section in two, Danby Wiske offers several accommodation options. You can shorten the length, or skip it altogether by taking bus 55 to Northallerton and continuing on to Osmotherley.*

Leave Richmond marketplace and cross Richmond Bridge for the south bank of the River Swale and a splendid view of the castle. Follow the course of the river, savouring sections of woodland and meadow, to just north of the small town of Catterick (home to a famous army base) and then cross back to the north side. From here you bid the Swale farewell and embark on a 2½-hour-long trot along country lanes.

Wainwright, denied a meal at the local pub, labelled the sleepy village of **Danby Wiske** 'a slough of despond'. You'll be happy to hear there have been improvements. The **White Swan Inn** (☎ 01609-770122; [www.whiteswaninn.co.uk](http://www.whiteswaninn.co.uk); s with/without bathroom £45/35, d with/without bathroom £65/56) now offers B&B, sandwiches for lunch (Saturday to Tuesday), and evening meal for around £10 if you book ahead. There are also several other pleasant places to stay, including the **Manor House** (☎ 01609-774662; [m.sanders@firenet.uk.net](mailto:m.sanders@firenet.uk.net); s/d £22/44); the **Old School** (☎ 01609-774222; [oldschooldanbywiske@yahoo.co.uk](mailto:oldschooldanbywiske@yahoo.co.uk); s/d £25/50); and **Ashfield House** (☎ 01609-771628; [jeannorris@btinternet.com](mailto:jeannorris@btinternet.com); s/d £50/100; ☹ lunch Mon-Sat), where the rates include breakfast, dinner and your laundry. Ashfield House also provides refreshments, making it a good place to aim for lunch.

Less than 1 mile east of Danby Wiske, at Oaktree Hill, those who prefer to feel earth instead of asphalt under their feet, can sigh with relief. The next few miles remain flat and fairly boring. As you approach the thundering A19 dual carriageway you'll pass **Longlands Farm** (☎ 01609-882925; [longlandsfarm@oilman.net](http://longlandsfarm@oilman.net); s/d £20/40). The self-catering accommodation here is a comfy

mobile home with a nice view of the fields, but it's plagued by traffic noise.

If you need sustenance, there's a petrol station right next to where the route crosses the A19, with a small **shop** (☎ 01609-882720; ☹ 6am-10pm Mon-Fri, 7am-9pm Sat, 8am-9pm Sun) and a trucker's **café** (☹ breakfast & lunch).

On the other side of the road, head through the small village of Ingleby Arncliffe to even smaller Ingleby Cross.

## INGLEBY ARNCLIFFE & INGLEBY CROSS

In Ingleby Arncliffe B&Bs include the homely **Estavale** (☎ 01609-882302; [jo.collinson@tiscali.co.uk](mailto:jo.collinson@tiscali.co.uk); s/d £23/46) and the efficient and walker-friendly **Ingleside** (☎ 01609-882433; [mauriceg@tinyworld.com](mailto:mauriceg@tinyworld.com); s/d £30/50).

A short walk downhill will bring you to Ingleby Cross where you'll find the **Blue Bell Inn** (☎ 01609-882272; [www.the-blue-bell-inn.co.uk](http://www.the-blue-bell-inn.co.uk); camp sites for 2 £10, s £30, d £48-52, meals from £7; ☹ lunch & dinner), a popular Coast to Coast watering hole, which does reasonable pub meals and offers a toilet and shower for its camping field.

If you have the energy, it's worth plodding a couple of miles off the route to the charming village of **Osmotherley** (p256), where there's a handful of very appealing places to stay and eat.

## Day 10: Ingleby Cross to Blakey

8-9 hours, 21 miles (34km)

*On this demanding, but very enjoyable rollercoaster stomp along easy paths you'll feel like one of the Grand Old Duke of York's 10,000 men. Up and down hill after hill you'll go, through leafy woodlands then across the spectacular North York Moors, the largest continuous area of heather moorland in England. In the middle of it all is a wonderful little café, the only chance you'll have to buy refreshments, so, if it's a hot day, make sure you pack plenty of water.*

From Ingleby Cross head directly uphill through woodland to join the Cleveland Way (p252), which follows the edge of the North York Moors. Views to the north are dominated by the industrial chimneys of Middlesbrough, while to the south are the moors themselves, hiding secrets of a barren but engaging wilderness.

After a few miles the little valley of **Scugdale** provides a surprisingly lush interlude to the empty moors, with its delightful

mixed woodlands, abundant wildflowers and twittering birds. Then it's upwards and onwards, crossing a lane that comes up from Carlton-in-Cleveland. At this point the well-landscaped **Lord Stones Café** (☎ 01642-778227; mains £2-6; ☺ breakfast, lunch & dinner) is a welcome oasis if the weather's hot, and a refuge if it isn't.

It's up and down another hill before you reach another possibility of shade: the impressive collection of boulders known as the **Wainstones**. Dropping sharply downhill from here the path reaches **Clay Bank Top**, where the route crosses the B1257. If you've had enough walking for the day, this is a possible exit point from the route. There's a primitive camp site here; see p257 for details. There is accommodation in the hamlet of Urra, about 1 mile south, and at Great Broughton, 2.5 miles north. For details, see p257.

The next uphill push, you'll be delighted to hear, will be the last of the day. Once atop Urra Moor a broad track runs across appropriately named Round Hill. Just past here the path joins the route of the former Rosedale Ironstone Railway, which served mines in the area during the 19th century. At Bloworth Crossing you cross an ancient track called Westland Road and can still see old, wooden sleepers buried in the shale.

At this point, say goodbye to any fellow walkers who may be doing the Cleveland Way; they turn sharply north but you stay on the old railway for the next 5 miles, a fairly straightforward plod to the isolated hamlet of Blakey.

## BLAKEY

The **Lion Inn** (☎ 01751-417320; www.lionblakey.co.uk; camp sites for 2 £5, s with/without bathroom £39/33, d with/without bathroom £62/50) has been the focal point of this lonely stretch of moors since the mid-16th century. It doesn't look much from the outside, but inside it's all low, wood-beamed ceilings, age-old stone walls and cosy nooks. Many walkers come to grief here, calling in for a quick drink or to shelter from the rain, then lingering in the warmth and comfort. Fortunately, the pub caters for such tardiness and offers B&B in small, pleasantly furnished rooms and a spacious camp site with showers in the pub.

Directly across the road, it's also possible to stay in the only other building up here, the very comfortable and stylish **High Blakey**

**House** (☎ 01751-417186; www.highblakeyhouse.co.uk; s with shared bathroom, d with/without bathroom £68/56); the friendly owner will make up packed lunches (£4) and several rooms have splendid views.

## Day 11: Blakey to Grosmont

5–6 hours, 13 miles (21km)

*This day's walk continues across heather-covered moor before joining an old horse track leading down to the Esk Valley. Your pace will quicken as you glimpse the North Sea, but slow down to enjoy the peerless views from what seems like the roof of England. Down in the verdant valley, the sparse beauty of the moor is replaced by lush woodland, culminating – if you time it right – with the arrival of a steam train at the historic station at Grosmont.*

From Blakey walk north along the main road (left as you step out of the pub door). After about 1.5 miles a right turn brings you to an ancient stone called **White Cross** (also called 'Fat Betty' – you'll see why). Pause for a minute to enjoy panoramic views over a sea of endless moorland. You are now bound east, following lanes and tracks, skirting south of the head of Fryup Dale and then veering northeast to stride along the incredible, endless ridge of **Glaisdale Rigg**, with wonderful views into the valleys on either side, to finally reach the village of **Glaisdale**.

The village is quite spread out, from the shops and post office on the hill, down past the church to the pub and the train station in the valley.

There's a good choice of B&Bs at several of the farms in the Glaisdale valley, west of the village. (If you stay here, make sure you come down, south, off Glaisdale Rigg at the right place, without going into the village, otherwise it's a long tramp back along the road.) These include (from west to east) the small and quaint **Hollins Farm** (☎ 01947-897516; camp sites for 2 £6, s/d with shared bathroom £25/50); the excellent accommodation at **Red House Farm** (☎ 01947-897242; www.redhousefarm.com; s/d £30/60); and **Hart Hall Farm** (☎ 01947-897344; www.farmhousebandb.com; s/d with shared bathroom £22/44), another very friendly place.

At the top end of the village, B&Bs include **Sycamore Dell** (☎ 01947-897345; www.sycamoredell.co.uk; The Dale; s/d £25/50) and **Greenhowe** (☎ 01947-897907; Hall Lane; s/d £35/50). Further

downhill is the appealing and friendly **Ashley House** (☎ 01947-897656; johncowan@ashleyhouse.fsnet.co.uk; s/d with shared bathroom £20/40).

Glaisdale's only pub and place to eat is the **Arncliffe Arms** (☎ 01947-897555; www.arncliffearms.co.uk; s/d £33/56; mains £5-10; ☺ lunch & dinner), which offers a good selection of dishes and B&B.

From the pub, head past the train station and, at the bottom of the hill, go under the railway bridge briefly to see the **Beggar's Bridge**, built in the 17th century and still standing proud – a beautiful witness to travelling days gone by. Retrace your steps back through the railway bridge, heading up into delightful Arncliffe Woods – half an hour of luscious indulgence and peaceful calm.

At the end of the woods a quiet lane carries you downhill, across the River Esk and into the pretty village of **Egton Bridge**. You'll first pass the pleasant, river-side **Horseshoe Hotel** (☎ 01947-895245; s/d with shared bathroom £50/60, mains £9-16; ☺ lunch & dinner) then, further on into the village, with a terrace overlooking the train station, the **Postgate** (☎ 01947-895241; s/d £49/69, mains £18; ☺ lunch & dinner). Either would be a pleasant place to rest and recuperate, with the Postgate having the edge in friendliness and range of dishes.

Opposite **St Hedda's Church**, follow an old toll road (note the toll charges written on a board hanging from the toll cottage midway along) for an easy one-hour stroll beside the River Esk into the village of Grosmont.

## GROSMONT

Fans of the Harry Potter movies will recognise Grosmont's attractive, old-fashioned station. Even though Hollywood has come calling it hasn't ruined the robust charm of the village, most famous for its delightful **North Yorkshire Moors Railway** (☎ 01751-472508; www.northyorkshiremoorsrailway.com), complete with chuffing and puffing steam trains.

If you're camping, **Priory Farm** (☎ 01947-895324; sites for 2 £4) is on the route east of the village, with toilets and hot-water wash basins in the farmhouse.

For B&B a friendly choice is **Hazlewood House** (☎ 01947-895292; www.hazlewoodhouse.fsbusiness.co.uk; Front St; s/d £25/50, snacks £5), just downhill from the train station; it comes with a tearoom (10.30am–5.30pm), garden seating and good home baking.

The **Station Tavern** (☎ 01947-895060; www.tunnelinn.co.uk; s/d with shared bathroom £25/50) offers basic, good accommodation, friendly service and decent homemade bar food.

**Grosmont House** (☎ 01947-895539; www.grosmonthouse.co.uk; s with/without bathroom £35/28, d with/without bathroom £70/56; ☺ dinner) is tucked behind the train station. If you pay a little more you can stay in a room with a four-poster bed, and the dining room is open to nonresidents.

There's a Co-op supermarket in the village for self-catering.

For snacks and lunches, try the arty **Grosmont Gallery & Jazz Café** (☎ 01947-895007; www.grosmontgallery.com; Front St; ☺ 11am–5pm) and the old-fashioned **Signals Tearoom** (☺ 9.15am–4.30pm), on the platform at the station.

## Day 12: Grosmont to Robin Hood's Bay

6–7 hours, 15.5 miles (25km)

*Remember that lovely valley you climbed down into yesterday? Well, now it's time to climb back out! Take heart as, although this final day starts off with a stiff, uphill hike, that's soon replaced with more rugged moorland then sweet-smelling woodlands, ancient trees, rolling pastures and gurgling rivers, before you hit the coast. You'll rejoin the Cleveland Way for the ultimate cliff-top section, descending to join bands of holiday-makers in the picturesque fishing village of Robin Hood's Bay.*

Out of Grosmont the route follows the road up to Sleights Moor, where you can avoid the tarmac briefly to cross to the busy A169. A short walk northeast along the road brings you to a grassy track, which joins a lane leading down to the peaceful village of **Littlebeck**.

From here the path follows the banks of May Beck into the beautiful **Little Beck Wood** – a last sylvan feast on the Coast to Coast. It harbours treasures such as the 18th-century **Hermitage**, hollowed out of a boulder, and **Falling Foss**, a waterfall that plunges 20m into a leafy ravine.

At May Bank car park (which has an ice-cream van in summer) you turn sharply up a sealed lane and leave the beauty of nature behind. A handful of miles further on you could pause for lunch at the **Hare & Hounds** (☎ 01947-880453) in Hawsker but you're so close to the coast at this point that the urge to continue is strong.



The route ends with a final hour of wonderful, cliff-top walking overlooking the sea, depositing you rather unceremoniously in the suburbs of Robin Hood's Bay. Keep going until you meet the main road and go left and downhill to descend the final stretch of steep cobbles to the water's edge at the slipway. Naturally, you'll want to dip your boot in the sea, or pick up another pebble, to mark the official end of your walk.

The **Bay Hotel** (☎ 01947-880278; meals £7) hosts Wainwrights Bar, where you can have a celebratory pint, sign the Coast to Coast log book and get yourself awarded with a certificate (£2.50). For further details about the town, see p239.

## THE CLEVELAND WAY

<b>Duration</b>	9 days
<b>Distance</b>	109 miles (175.5km)
<b>Difficulty</b>	moderate
<b>Start</b>	Helmsley (opposite)
<b>Finish</b>	Filey (opposite)
<b>Transport</b>	bus, train

**Summary** This national trail roams the spectacular North York Moors, a national park full of grand views and picturesque ruins, before edging along the dramatic coastline.

The extreme beauty of the North York Moors – from high coastal cliffs to heather-covered moorlands, and a decadent share of crumbling ruins – is on full display along the Cleveland Way National Trail. A jagged horseshoe that mostly stays within the 550-sq-mile North York Moors National Park, the trail makes for a brilliant visual smorgasbord of this region.

The Cleveland Way is the second-oldest long-distance path in Britain. It skirts the western, northern and eastern edges of the North York Moors, with views galore and enough variation in terrain to keep your interest up. This is a landscape of wild and empty rolling hills cut by valleys that shelter woods, fields and small villages, plus abbey and castle ruins. The western and northern sides of the Moors are buttressed by steep hills and escarpments, while on the southern side, gradients are more gradual. On the eastern side is the North Sea coast, protected as heritage coast. The southern

part of the park, and the area just south of the Moors, is known as Ryedale.

This region is famous for its heather (see the boxed text, opposite) – the North York Moors constitute the largest continuous area of this hardy upland plant in England. A gift from the area's Bronze Age inhabitants, who cleared the forest and leached nutrients from the soil, the heather becomes a riot of purple from July to early September, and its vivid brownish-purple glow gives the park its characteristic appearance all year.

## PLANNING

Traditionally the Cleveland Way is walked clockwise, so that the wind is predominantly behind you. Going the other way, foul weather on the North Sea can make the journey north up the coast rather more of a trial than it ought to be. Also, although generally good all along the route, the signposting is clearer for the clockwise walker.

Nine days is a comfortable amount of time for completing the walk; we've divided it as per the following table.

Day	From	To	Miles/km
1	Helmsley	Sutton Bank	10.5/17
2	Sutton Bank	Osmotherley	11.5/18.5
3	Osmotherley	Clay Bank Top	11/17.5
4	Clay Bank Top	Kildale	9/14.5
5	Kildale	Saltburn-by-the-Sea	15/24
6	Saltburn-by-the-Sea	Sandsend	17/27.5
7	Sandsend	Robin Hood's Bay	10/16
8	Robin Hood's Bay	Scarborough	14/22.5
9	Scarborough	Filey	11/17.5

## Maps & Books

The official National Trail Guide, *The Cleveland Way* by Ian Sampson, is the best guide to the route, not least because it contains extracts from OS 1:25,000 maps. Except for the odd circumstance when you must leave the route in search of accommodation, this is a good stand-alone guide, although it doesn't have specific accommodation information. For that you need the indispensable *Cleveland Way National Trail Accommodation & Information Guide*, published annually and well worth the small price.

You can also buy a set of five OS Landranger 1:50,000 maps to cover the walk: Nos 93 *Middlesbrough*, 94 *Whitby & Esk*

## HEATHER & GROUSE

The North York Moors have the largest expanse of heather moorland in England. Three types can be seen: ling is the most widespread, has a pinkish-purple flower and is most spectacular in late summer; bell heather is deep purple; and cross-leaved heather (or bog heather) prefers wet ground (unlike the first two) and tends to flower earlier. Wet and boggy areas also feature cotton grass, sphagnum moss and insect-eating sundew plants.

The moors have traditionally been managed to provide an ideal habitat for red grouse – a famous game bird. The shooting season lasts from the 'Glorious Twelfth' of August to 10 December. The heather is periodically burned, giving managed moorland a patchwork effect – the grouse nests in mature growth but feeds on the tender shoots of new growth.

*Dale*, 99 *Northallerton & Ripon*, 100 *Malton & Pickering* and 101 *Scarborough*.

The most manageable map you can get away with is Footprint's very handy strip map, *The Cleveland Way*, complete with trail notes and suggested stopover points.

## Information Sources

Tourist offices in the area include Helmsley, Pickering, Scarborough and Whitby; for details see the route description. Accommodation and transport information is also available from the **Sutton Bank National Park Centre** (☎ 01845-597426; www.moors.uk.net).

Around the park are several information points, in shops or post offices, where you can get a more limited range of leaflets and information. You can also get information from the Cleveland Way's official website at www.nationaltrail.co.uk/clevelandway, and a new website devoted to North Sea Trail walks, www.northseatrail.co.uk.

## Baggage Services

Baggage-carrying services are listed on p437.

## NEAREST TOWNS

### Helmsley

pop 1559

At the start of the route, Helmsley looks the way it sounds – pretty, prim and sophisticated. It thrives on tourism and has a number of worthwhile attractions, including the marketplace (Friday is market day) and the monument to local nobleman William, second Earl of Feversham, which stands at the start of the Cleveland Way. There's also **Helmsley Castle** (☎ 01439-770442; adult/child £4/2), run by English Heritage; **Duncombe Park** (☎ 01439-771115; adult/child £7/3), a large estate just west of the centre; and

**Helmsley Walled Garden** (adult/child £4/free). Try to visit either the castle or estate before striking out on your walk; they're passed by the trail, but you won't have time to do them both justice in a morning.

Helmsley **tourist office** (☎ 01439-770173) is on the west side of the marketplace.

## SLEEPING & EATING

Accommodation and good food are plentiful. Recommended places to stay include the **Feathers Hotel** (☎ 01439-770275; 5-6 Market Pl; r from £60). There's also a **YHA hostel** (☎ 01439-770433; www.yha.org.uk; Carlton Lane; dm £12.50).

**Gepetto's** (☎ 01439-770479; 8 Bridge St; mains £6-12) serves fine Italian food. There are a couple of central supermarkets, and Hunter's, on the marketplace, is perfect for any picnic preparations.

## GETTING THERE & AWAY

**TransPennine** (☎ 0845 678 6974; www.tpexpress.co.uk) trains go several times daily from London to York (two hours), from where you can catch a bus to Helmsley (25 minutes, frequent). There are links between Helmsley and other towns along the trail via **Cleveland Way Explorer bus services** (☎ 01845-597000; www.moors.uk.net/moorsbus), part of the summer Moorsbus network; tickets cost between £3 and £6.

By car from the A1, take the A61 north-east to Thirsk, continuing east on the A170 to Helmsley.

## Filey

Filey began life as a fishing village and has a restful, beachside-holiday feel – just the thing after a good long walk. There's a compact town centre, a pretty church and a 5-mile-long beach. The **tourist office** (☎ 01723-518000; John St) has the scoop.

**SLEEPING & EATING**

Near the beach, **Downcliffe House** (☎ 01723-513310; r from £48) is expensive but worth it if you want to spoil yourself. Or try **Abbots Leigh Guest House** (☎ 01723-513334; 7 Rutland St; r from £24). The **Star** (Mitford St), on the way up to the train station, is a welcome pub at the end of the walk.

**GETTING THERE & AWAY**

**Northern Rail** ([www.northernrail.org](http://www.northernrail.org)) trains go regularly from Filey to Hull (1¼ hours) and Scarborough (20 minutes, four daily), where you can change for York and further connecting services. By car, take the A165 southeast out of Scarborough and then the A1039.

**THE WALK****Day 1: Helmsley to Sutton Bank**

4–6 hours, 10.5 miles (17km)

*The first day's walk is short on distance but long on history, with a gentle stroll through crops and plantations broken up by sites of archaeological interest.*

Setting off from the monument in Helmsley, head northwest on the road towards Stokesley, leaving the church to your right. A few yards after the church you encounter the first Cleveland Way signpost, directing you to Rievaulx, 3 miles away. Follow the stony track as it rises out of Helmsley, through fields and woodland, and past Griff Lodge, where you get your first view of the Rye Valley, covered in a mantle of conifers. Just prior to entering the next patch of woodland at Quarry Bank, there's a short detour to the right, leading up to the remains of the medieval village of **Griff**, a field now consigned to grazing sheep, and crisscrossed by ancient earthworks. Once back on the trail, descend through Quarry Bank Wood past overgrown limestone scars to reach a minor road. Turn left and follow the road to the junction at pretty Rievaulx Bridge. A right turn here takes you up the road to **Rievaulx Abbey** and village (see the boxed text, right).

Return to the junction at Rievaulx Bridge to rejoin the trail. Cross the bridge and continue along the minor road past Ashberry Farm for 800m, where you turn right onto a track that follows a series of ponds towards the head of Nettle Dale. Watch out for adders basking on the banks

of the path. Follow signposts with care as you cross a stream on stepping stones and pass through a thicket to join a gravel track paralleling the stream up Nettle Dale. After negotiating this segment the track soon leaves Nettle Dale by way of a valley to the left, shortly turning right up a narrowing gully to emerge on the open plateau of the Hambleton Hills. A straight track leads into Cold Kirby.

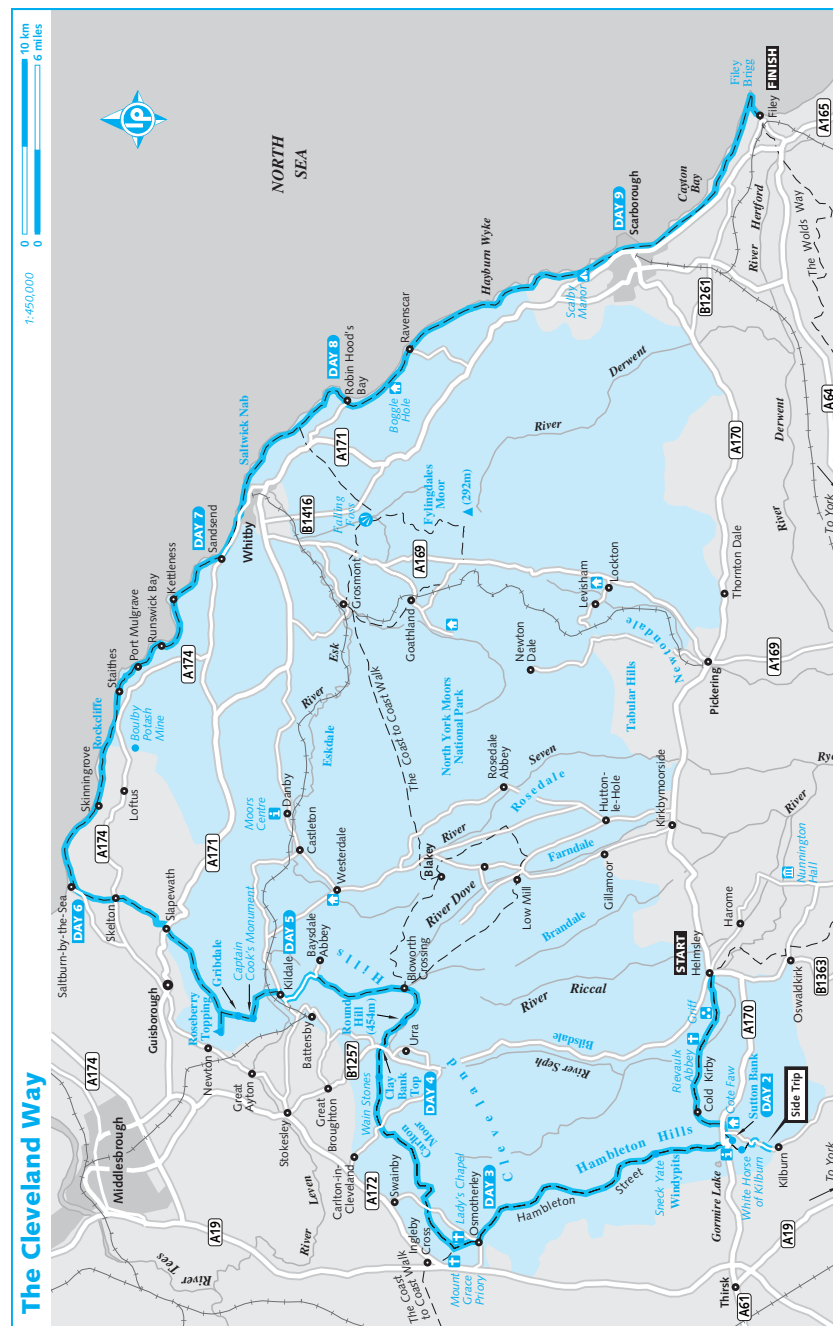
Climb through the village, turning left after the last building on the left and following the track as it zigzags across fields to the edge of a plantation. At the plantation, turn right and take the track past the stables at Hambleton House, turning left at the driveway, which takes you through the woods to the A170 and the **Hambleton Inn** (☎ 01845-597202; mains £7-14), which has excellent meals; arrive early enough and you may nab one of the five free camp sites. Two doors up from the pub, **Cote Faw** (☎ 01845-597363; r from £19) offers B&B. While Sutton Bank is the official end of today's stage, accommodation is only available here or roughly 2.5 miles south at Kilburn.

If you decide to stop here but still have time to make an excursion to the White Horse of Kilburn chalk figure, drop the bags and enjoy an unfettered stroll via Sutton Bank.

From Hambleton Inn take the A170 west towards Sutton Bank, branching diagonally left at the road to the White Horse and following a straight path through trees to **Sutton Bank**, an expansive precipice from where you can catch a stunning sunset over the

**RIEVAULX ABBEY**

**Rievaulx Abbey** (☎ 01439-798228; adult/child £5/3; ☎ 10am-6pm Apr-Sep, to 5pm Thu-Mon Oct, to 4pm Thu-Mon Nov-Mar) is in a beautiful setting that is at once pastoral and powerful. Henry VIII's dissolution of the monasteries in the 1530s doomed this site, the 'mother ship' of the Cistercian order; it is today the largest monastic ruin in Britain. From the entrance, follow the road up through Rievaulx village to the National Trust's elegant **Terrace and Temples** (☎ 01439-798228; adult/child £4/3; ☎ 10.30am-6pm Mar-Sep, to 5pm Oct-Nov) property, which affords views of the abbey from above.



distant Pennines. At a trail T-junction, turn left to follow the escarpment past Roulston Scar and the gliding club to the **White Horse of Kilburn**, about 1 mile from the trail junction. Keep an eye out for the remains of a hillfort on outlying Hood Hill. The horse is singularly unimpressive from above. If you want a proper look you'll have to drop down the hill another mile into the village of Kilburn.

In Kilburn, B&B is available at **Church Farm** (☎ 01347-868318; s/d from £22/44), a working farm; and **Forrester's Arms** (☎ 01347-868386; d from £62), which also does food.

### Day 2: Sutton Bank to Osmotherley

5½–7½ hours, 11.5 miles (18.5km)

*Today's stretch may seem barren and desolate in bleak weather, but on a clear day it offers grand views of the surrounding landscape.*

From Sutton Bank head north, maintaining the cliff edge to meet the A170 once more, this time at **Sutton Bank National Park Centre** (☎ 01845-597426). A café serves tea and light refreshments.

Leaving the centre, the Cleveland Way continues north along an enclosed path at the escarpment edge. A footpath soon branches left, providing access to Gormire Lake. Turn your back to the lake at vertiginous White Mare Crag; before you lay the remains of a once-proud racecourse, Hambleton Down, considered the premier track in the north of England until 200 years ago. The name survives today in the form of a titled race – the Hambletonian.

The Way is clear northwards, past the geological oddity of **Windypits** (limestone caves and depressions) and High Barn, to a minor road at Sneck Yate. Here the trail

re-enters woodland before climbing out through High Paradise Farm.

Shortly after the farmyard you join **Hambleton Street** (see the boxed text, below), which you follow north for approximately 5 miles, climbing to White Gill Head then dropping off the northwestern edge of Hambleton End to meet a minor road at a parking area. Osmotherley is a welcome sight in the distance, with only the Oak Dale Reservoirs and a small but steep valley below Whitehouse Farm left to negotiate.

#### OSMOTHERLEY

If you have time, spend an hour exploring Osmotherley. Locals will urge you to stop at the fabled old shop, Thompson's. A mile off the Cleveland Way, north of the village, **Mount Grace Priory** (☎ 01609-778132; adult/child £3/2; ☞ 10am–6pm Apr–Sep, to 5pm Oct, to 1pm Nov–Mar) is worth an excursion.

Osmotherley has plenty of amenities. **Cote Hill Caravan Park** (☎ 01609-883425; site for 2 from £5) is north of the village, down a lane to the right. On the same lane is **Cote Ghyll YHA Hostel** (☎ 01609-883575; www.yha.org.uk; dm from £11; ☞ Mar–Nov). For a B&B right next to a walking supply shop, seek out the **Osmotherley Walking Shop** (☎ 01609-883818; r from £25).

The **Golden Lion** (☎ 01609-883526; mains £8–14) has upscale pub food, while the **Three Tuns Restaurant** (☎ 01609-883301; mains £10–16) aims for fine dining at somewhat more refined prices. There are also small cafés and take-away options.

### Day 3: Osmotherley to Clay Bank Top

6–8 hours, 11 miles (17.5km)

*This is a short but strenuous day's walk, more difficult than yesterday but more rewarding,*

*with views opening out to the north and east. There are a lot of steep climbs and descents, and the land can be quite exposed.*

From Osmotherley set off north for a few hundred metres, turning left at Rueberry Lane. Follow the track as it meanders round the brow of a hill, passing Chapel Wood Farm and the detour to Mount Grace Priory. Requiring less effort to get to than the priory, **Lady's Chapel**, off to the right of the trail, is worth a peek.

The Cleveland Way joins the Coast to Coast Walk (p237) in this section then traverses Beacon Hill (with its fearsome array of radio masts) and Scarth Wood Moor, crossing a minor road into Clain Wood before dropping down to a road leading into Swainby. This village, 1 mile north of the trail, is a good place for lunch. The **Blacksmiths Arms** (☎ 01642-700303; Black Horse Lane; mains £5–8), with a large, adventurous menu, is a good bet. The **Black Horse** (☎ 01642-700436; 23 High St) also does lunches daily, and there's a village **shop** nearby.

Resuming on the trail, head southeast for about 800m before dropping out of the woods through fields to Scugdale Beck, crossed on a small road bridge. Climb the road past Hollin Hill Farm, over a road junction and by a phone box to start the ascent onto Round Hill. This is the first of four tough ridges for the day. The glider strip and facilities on **Carlton Moor** are still used, but only when winds are favourable. A steep drop off the eastern end of the moor lands you in the lush, wide saddle in front of Cringle Moor, where the trail crosses a lane coming up from the village of Carlton-in-Cleveland. The **Lord Stones Cafe** (☎ 01642-778227; mains £2–6; ☞ breakfast, lunch & dinner), a few yards southeast of the lane crossing (and easy to miss), makes a good tea break – it offers free camping to those using the café.

Cringle Moor, Broughton Bank (more commonly known as Cold Moor) and Hasty Bank lie ahead and, with them, further scars on the landscape, including a disused alum mine and jet workings. Jet, a carbonaceous substance, was tremendously popular during Victoria's reign (she wore it in mourning for her dead husband, Albert) but its role as a fashion accessory did not endure. Alum had a more solidly prosperous life as an important ingredient in the

dying of textiles and leathers. Alum mines also went the way of the dodo due to a technological innovation allowing for the derivation of alum from coal mines' waste materials. The focus of the day's final big ascent, up Hasty Bank, are the **Wain Stones**, giant blocks of a coarse, hard sandstone called gritstone, scattered along the hillside. A welcome final (but sharp) descent brings you to Clay Bank Top, where the trail crosses the B1257. There's a primitive **camp site** (sites for 2 £2; ☞ May–Oct) set in a meadow. The caretaker comes around in the evening to collect the fee. There are other accommodation options at Urra and Great Broughton.

#### URRA & GREAT BROUGHTON

To reach Urra, head south up the road from Clay Bank Top and turn left as signposted, or avoid the road by taking the footpath that leaves the trail a little beyond Clay Bank Top. In this tiny hamlet is **Malkiln House** (☎ 01642-778216; s £18–25, d £37–45, dinner £10), definitely the most sensible option for accommodation and food, though you need to book ahead as it's a popular choice. It offers unpretentious luxury and a welcome evening meal in the convivial dining room.

Other options are in Great Broughton, 2.5 miles north of Clay Bank Top on the B1257 (although it's better to take footpaths from just west of the Wain Stones, before you reach Clay Bank Top). B&Bs include **Holme Farm** (☎ 01642-712345; 12 The Holme; r from £20), where, as with most other walker-friendly B&Bs in this town, the owner will drop you back at Clay Bank Top the next day. The **Jet Miners Inn** (☎ 01642-712427; camp sites for 2 £6), on the main street, does decent evening meals and welcomes campers and caravans.

### Day 4: Clay Bank Top to Kildale

4–6 hours, 9 miles (14.5km)

*A short day, and a welcome one given the earlier taxing terrain. Heather, grouse, ancient milestones and a disused incline railway are the discernible features overlying otherwise undistinguished country.*

Beginning at Clay Bank Top, there's a steep approach up Carr Ridge to the gently rising summit of **Round Hill**, the highest point on the walk (454m). From the trig point an easy walk across featureless

#### THE HAMBLETON DROVE ROAD

The route north from Sneck Yate (pronounced 'yat', an old local term for gate) takes you up onto the high moor, following the course of Hambleton Street, part of an ancient network of drove roads that ran from Scotland to southern England. All sorts of livestock were driven along this track: cattle, sheep and even geese, which were, by some accounts, fitted with felt 'shoes' to protect their feet! Early drovers were regarded as little more than rogues and vagabonds, something akin to the image of the cowboy in the American West, but later, under the reign of Henry I, the profession succumbed to government regulations and the drovers had to be licensed. Hambleton Street continued to flourish, even after the development of improved roads along the floor of the Vale of York, because, while these newer roads charged tolls, access to the old upland ways remained free. It took the coming of the railways in the mid-19th century to spell the end for the Street as a commercial route.

moorland merges with a disused railway and then doubles back dramatically at Bloworth Crossing, where traces of railway workers' dwellings exist. At this point the Coast to Coast Walk (p237) parts company and heads east.

Proceeding north you pass stones near Burton Howe that indicate this track was once a main route between Helmsley and Stokesley. The gentle descent continues after Tidy Brown Hill, to the point where you meet the Baysdale Abbey–Kildale road. Just over 1 mile along this minor road and you are down into the valley of Battersby, near the village of Kildale.

#### BATTERSBY & KILDALE

Places to stay in the Battersby valley include **Low Farm** (☎ 01642-722145; r from £20), the residence of Mr and Mrs Cook, who, in addition to running a B&B in their farmhouse, also tend **Kildale Camping Barn** (☎ 01642-722135; sites per person £5) at nearby Park Farm. Both places are less than 1 mile southwest of Kildale.

Another welcoming B&B choice is **Bank-side Cottage** (☎ 01642-723259; d from £46). The cottage stands on the far side of Kildale from your approach, overlooking the village from the side of Coate Moor.

The 17th-century **Dudley Arms** (Ingleby Greenhow; mains £6-10), 2 miles beyond Park Farm, is worth the extra walk; it serves meals with massive portions. **Glebe Cottage** (☎ 01642-724470; Kildale; ☎ lunch) does evening meals by prior arrangement only.

#### Day 5: Kildale to Saltburn-by-the-Sea

7–10 hours, 15 miles (24km)

*Today the trail gradually leaves its namesake hills behind and, after the landmark peak of Roseberry Topping, makes a beeline for the sea.*

From Kildale, cross the nascent River Leven east of the road that leads to St Cuthbert's Church and the train station, then climb Coate Moor on a lane. At the top, cut left through the plantation to reach Captain Cook's Monument on Easby Moor summit, complete with rousing epitaph on the side of the 51ft-high **obelisk**. The hill here is sometimes used by paragliders as a launching point and its appeal is obvious; the slope drops sharply away to the southwest, with 5 miles of valley floor before Carlton Moor rises up to match Easby's elevation.

From Easby you nip down the hill into Gribdale, across a road and up the other side onto Great Ayton Moor. Next is the official 1-mile detour to the last challenging knoll of Roseberry Topping, a popular peak known as the 'Matterhorn of North Yorkshire' (unlike the original it has stone stairs built into its side). The ascent is tiring, but the views are rewarding.

From here it's worth dropping down to the **King's Head** (☎ 01642-722318; Newton Under Roseberry; s/d from £65/75, mains from £9), recently named B&B of the Year, for a meal and a look around.

The trail drops east off the Topping, then goes back up onto heather moorland, past a farm and into Guisborough Forest (pronounced 'giz-boruh'). Follow logging tracks for a few miles, past the junction with the Tees Link path. This section can be quite muddy and, despite signs prohibiting them, horses and mountain bikers add further to the mire.

The scenic low point of the day comes on the descent to Slapewath and the busy A171 Middlesbrough–Whitby road. Before the crossing, take care as the wooded hillside here is used by off-road motorcycles (you'll hear them coming). Once across the A171 turn left, following the right-hand side of the road 200m to the **Fox & Hounds** (☎ 01287-632964; s/d from £36/47, mains £6-12; ☎ lunch & dinner), off to the right. This pub, despite its god-forsaken location, does hearty lunches and has comfortable rooms.

When leaving the pub be careful not to confuse the signs for Cleveland Street with those of the Cleveland Way. The Street is a different path. Instead, head northwest from the pub up a short rise leading to the end of a residential street. Turn right beyond the last driveway. A sharp climb round a quarry rim puts you back up onto higher ground and leads you mercifully away from the sound of traffic. The walk is easy from here as you cross fields to a farm and down Airy Hill Lane to Skelton Green, continuing in a straight line through encroaching suburbia and Skelton proper.

Cross the main road in Skelton and head downhill, turning right at Ullswater Dr then left at a T-junction. Go down to the end of the road and into a small subdivision on the right, which leads to fields and a path once more.

The approach to Saltburn-by-the-Sea diverts slightly from the course on the OS map to accommodate the recent Skelton–Brotton bypass, but it's a well-marked section. After an underpass, a descent through woods deposits you at Skelton Beck, at the foot of an impressive railway viaduct, which still carries freight. The sign warning of danger from falling bricks doesn't instil confidence, although the bridge certainly looks a sturdy construction. A footbridge leads you back up the other side of the valley; follow its steeply wooded banks into Saltburn-by-the-Sea (commonly called Saltburn).

#### SALTBURN-BY-THE-SEA

At Saltburn the trail meets the sea and sticks with it for the rest of the walk. There's a restored Victorian pier here that's worth seeing, especially because you can access it on the cliff lift, the world's oldest water-powered, funicular-style hill-side lift.

Campers should head for **Hazelgrove Caravan Park** (☎ 01287-622014; Milton St; sites for 2 £8; ☎ Mar-Oct). If you're travelling in pairs, try the **Spa Hotel** (☎ 01287-622544; Saltburn Bank; s/d/tr £40/50/62, mains £6-14), with good-value double rooms and views over the pier. The hotel has a restaurant and 24-hour bar and serves a buffet breakfast.

**Alessi's** (☎ 01287-625033; 10 Dundas St; mains £6-14) is straight out of Sicily, and a real find. The Ship, on the waterfront, is a great stop for a pint. There are also plenty of takeaway stores, as well as other useful services, including walking-supply shops.

#### Day 6: Saltburn-by-the-Sea to Sandsend

7½–10 hours, 17 miles (27.5km)

*The trail from Saltburn hugs the coastline pretty closely all the way to Filey. You are now on some of the most unstable coastline in Britain. Watch your step in wet and windy conditions and stay well away from the cliff edge as landslips can occur without warning.*

From Saltburn, route-finding is straightforward, but there are a few points where waymarks disagree with the OS map. Usually this is due to coastal erosion, which makes it necessary to divert sections of the trail on an annual basis; any major diversions are noted on the official trail website ([www.nationaltrail.org.uk/clevelandway](http://www.nationaltrail.org.uk/clevelandway)),

and it's not a bad idea to ask about alterations at tourist offices along the way.

Crossing the beach at Saltburn to reach the cliffs to the east you'll spot cobbles (pronounced 'cobblies'), a local variety of fishing boat, and their attending tractors, which drag them up the sands from the sea. From here to Skinningrove the trail follows the marvellously engineered Saltburn–Whitby railway line, now only used as far as Boulby by goods trains.

Three miles along the cliff top from Saltburn, past the first of a series of Roman signal-station sites, used to warn of attacking fleets, and down a cliff scarred by industry, you arrive in Skinningrove. This is a curious village that, with the discovery of iron seams in the 1850s, grew from a quiet fishing cove to a crowded mining community. Today, Skinningrove's economic future lies very much in the hands of the steel mill overlooking the bay. The **Tom Leonard Museum** (☎ 01287-642877; ☎ 1-5pm Apr-Oct) up the hill shows what life was like for the miners.

A considerable climb sets you atop the high cliffs at Rockcliffe (more commonly known as Boulby Cliff), the highest point on the east coast at 213m. From here things get easier. If the chimneys at the potash mine to the right look tall, consider that the shafts over which the complex is built are a dozen times as deep, the deepest mines in Britain. They extend laterally as well, reaching 3 miles or more out to sea, with working temperatures exceeding 40°C.

Cut across Cowbar Nab and drop down into justifiably touristy **Staithe**s, where you can grab a bite to eat at the **Cod & Lobster** (☎ 01947-840295; mains £5-12) on the seafront. Nearby, and also on the water, **Sea Drift** serves light meals all day.

Back up on the cliffs, continue by Port Mulgrave and unspoilt **Runswick Bay** (with its **Royal Hotel**), along the beach to a hidden inlet leading to winding steps that regain the cliff-top path to Kettlewell. Only a few farms and houses remain here; in 1829 a landslide claimed the village. Pass the next Roman signal station at Goldsborough and cross fields. After a steep and muddy descent through trees you emerge just in front of the looming mouth of an abandoned rail tunnel. From here it's level walking along the disused railway line into Sandsend.

**SANDSEND**

This village has plenty of places to stay. **Sandfield House Farm** (☎ 01947-602660; Sandsend Rd; camp sites for 2 from £7; ☽ Apr-Oct) has a modern central building, hot showers, hairdryers and a laundry room, and many of its camp sites have a sea view.

**Haven under the Hill** (☎ 01947-893202; r from £25) is on the hill leading out of town. If you're lucky, a pot of freshly made tea will be brought to your room in the morning.

For a meal in the evening, try the **Hart Inn** (☎ 01947-893304; mains £6-12).

**Day 7: Sandsend to Robin Hood's Bay**

5–6½ hours, 10 miles (16km)

*The shorter distance today should allow you to spend a bit of time in bustling, historic Whitby. But don't linger too long; late in the day, the coastline is undulating and tiring.*

Start out on the uninspiring Whitby Rd, turning left at the golf course to meet the sea bluffs and the western suburbs of Whitby. Continue down to the harbour, past amusement arcades and the fish market, crossing the swing bridge to the old town, where countless nooks and crannies lead to tiny shops and pubs. The **Duke of York**, at the foot of the 199 steps to the abbey, is well placed for food. Up the steps, the foreboding dark stone of **Whitby Abbey** (☎ 01947-603568; adult/child £4/2; ☽ 10am-5pm Mar-Oct, to 4pm Thu-Mon Nov-Mar) surveys the town and coast. Its decline in the 16th century closely mirrors Rievaulx's later history (see the boxed text, p254). Next door is the **YHA hostel** (☎ 01947-602878; www.yha.org.uk; dm £12).

From the abbey entrance, turn away from Whitby to follow a minor road, turning left soon after at a Cleveland Way signpost. Head out of Whitby and watch for the exclamation mark of rock that is Saltwick Nab. Again, the integrity of the cliffs along this stretch is questionable; take care. A few miles' walk funnels you into the upper part of Robin Hood's Bay (p239).

**Day 8: Robin Hood's Bay to Scarborough**

7–9 hours, 14 miles (22.5km)

*The character of the coastline changes today, most noticeably at Hayburne Wyke, a nature reserve and renowned beauty spot, where hardwood deciduous trees still flourish. This is a rare glimpse back to a time before settlement and industry hit North Yorkshire.*

On leaving Robin Hood's Bay you have two options. At low tide you can walk the length of the wide beach to Boggle Hole, or you can follow the waymarked trail along the cliffs above the bay. **Boggie Hole YHA Hostel** (☎ 01947-880352; www.yha.org.uk; dm £14; ☽ Feb-Oct) is in an old mill facing a bay that once served as a smugglers' hideout; evening meals are available. At the far end of the wide, sweeping bay, climb through mixed woodland and scrub to Ravenscar. The National Trust has a small **visitor centre** (☎ 01723-870423; ☽ Mar-Aug) here. Go on to the road and turn left for **Raven Hall Country House Hotel** (bar snacks £6-12, carvery £17) where, if you're not feeling too scruffy, you can get some refreshment at the bar. **Foxcliffe Tearooms** (☎ 01723-871028; Station Rd) is a popular halt for teas or light lunches.

A pleasant 3.5-mile ramble straight along the cliff edge gets you to the 'pocket beach' at Hayburne Wyke, strewn with rounded stones. If you don't fancy a picnic lunch by the water, head up the wooded valley to **Hayburne Wyke Inn** (☎ 01723-870202; lunch from £5) for lunch in peaceful surroundings.

Beyond Hayburne Wyke the countryside opens out and affords a sweeping prospect over the last stage of the walk. On a clear day Flamborough Head, just north of Bridlington, is visible and, as you approach Scarborough, its castle shines like a beacon in the setting sun. If you're camping, down your pack at **Scalby Manor** (☎ 01723-366212; Field Lane; sites for 2 £9-12), just off to the right of the trail before you hit Scalby Mills.

**SCARBOROUGH**

pop 57,649

This bustling seaside resort offers a wide choice of accommodation. The **tourist office** (☎ 01723-373333; cnr Westborough & Northway) can help with your choice.

If you're on a tight budget, try the **Kerry Lee Hotel** (☎ 01723-363845; 60 Trafalgar Sq; r from £18). **Cliffside Hotel** (☎ 01723-361087; 79-81 Queen's Pde; r from £23, dinner £7.50) offers good views. Or splash out at the mint-green **Clifton Hotel** (☎ 0173-375691; Queen's Pde; s/d from £50/100).

The town centre offers a variety of restaurants and fast-food joints.

**Day 9: Scarborough to Filey**

5½–6½ hours, 11 miles (17.5km)

*The final day is an easy cliff-top walk, a fittingly enjoyable end to the trail.*

The first hour or so is spent getting clear of Scarborough. The route round the headland and along the beach to the Spa (a complex dating from the Victorian era, nestled beneath a steep, Italianate garden) is a bracing start that introduces you to the typical elements of a British resort town. You leave grand northerly hotels behind and pass the beach-front amusement arcades and the harbour, and finally climb past even grander hotels overlooking South Bay.

Beyond the Spa you come to the spot where, in 1993, the Holbeck House Hotel and the land on which it stood gave way and crumbled into the sea. Not many clues to its existence remain, but the disaster is a reminder of the coast's flighty geology.

The Way runs through fields and subdivisions to a view over the surfer's hangout of Cayton Sands. There's a **café** midway down the beach, which you can reach either by the beach or from the road above. Caravan parks give way to wheat fields on the breezy track to **Filey Brigg**. The seas around the Brigg are a favourite haunt of seals, who know when the salmon nets are out. If the tide is favourable you can make it out to the tip of the Brigg by descending steps on its south side. The area is a nature reserve and it's common to find sea creatures trapped in the many rock pools around the point.

Then it's back on the track, where one final mile brings you into Filey (p253). The official completion book, kept at the Filey Country Park Stores, provides an excellent opportunity for giving feedback on the route just completed.

**THE PENNINE WAY**

<b>Duration</b>	16 days
<b>Distance</b>	255 miles (411km)
<b>Difficulty</b>	moderate-demanding
<b>Start</b>	Edale (p263)
<b>Finish</b>	Kirk Yetholm (p263)
<b>Transport</b>	train, bus

**Summary** This classic national trail, along the central mountain spine of Britain, is long and challenging, but very rewarding. Thanks to increased paving along the route it's a less fearsome undertaking than it once was.

The grand-daddy of Britain's national trails follows a north-south line of mountains and upland areas in the centre of northern

England – some of the highest, wildest and bleakest countryside south of Scotland. Battling against the elements, many walkers find it an endurance test, but not one without rewards. Starting in the Peak District, the trail takes in the South Pennine moors, the best of the Yorkshire Dales (including one of the famous Three Peaks and beautiful Swaledale), the highest pub in England, the stunning High Cup Nick valley, tranquil Teesdale, Hadrian's Wall and the windswept Cheviot Hills. It is, undoubtedly, a classic walk.

In recent years the most notorious stretches of the Pennine Way through moorland bogs have been tamed with lines of rough flagstones. You might not need commando skills to walk it now, but the route still shouldn't be underestimated – swift weather changes can bamboozle even the most experienced walker. You don't get the camaraderie of the Coast to Coast Walk, but you get a real sense of isolation and escape. Whether you choose to do it in one go, or tackle it section by section, the rewards of following the Pennine Way are great, and the walk is now more enjoyable than it's ever been.

**HISTORY**

The Pennine Way is held in great regard by many British walkers – even those who have never walked it. First proposed by the walkers' campaigner Tom Stephenson in 1935, and inspired by the national trails established in the USA, the idea played a key part in the public-access struggles of the 1930s, which finally led to hikers and ramblers being allowed to cross private land. It was not until 1949, however, that parliament approved the concept and it took until 1965 for the Pennine Way to be officially opened – the first of Britain's LDPs and, later, national trails.

**PLANNING**

The route is traditionally walked from south to north, with the prevailing winds at your back, but there's nothing stopping you doing it in reverse. It's waymarked with arrows and national-trail acorn symbols, but not uniformly. Some stretches have indicators every few steps, while others will leave you standing bewildered at unclear junctions. You definitely need a map and compass.

You can sprint the route in less than two weeks or stroll it in three; we suggest taking 16 days. The way's official length is 268 miles, which includes various diversions and forays off the route to reach places to stay – reckon on walking at least this distance rather than the 255 miles that's the total of our daily breakdown.

Day	From	To	Miles/km
1	Edale	Crowden	16/26
2	Crowden	Standedge	11/18
3	Standedge	Hebden Bridge	15/24
4	Hebden Bridge	Ponden	11/18
5	Ponden	Malham	22/36
6	Malham	Horton in Ribblesdale	14.5/23.5
7	Horton in Ribblesdale	Hawes	14/22.5
8	Hawes	Tan Hill	16/26
9	Tan Hill	Middleton-in-Teesdale	17/28
10	Middleton-in-Teesdale	Dufton	20/32.5
11	Dufton	Alston	19.5/32
12	Alston	Greenhead	16.5/27
13	Greenhead	Once Brewed	6.5/11
14	Once Brewed	Bellingham	15/24.5
15	Bellingham	Byrness	15/24.5
16	Byrness	Kirk Yetholm	26/42

## Alternatives

Mile-eaters could combine Day 2 and 3, or Day 13 and 14. If you want to add in days, options for alternative stops along the way are mentioned in the route description.

If you choose to tackle the route in more manageable chunks, three separate weeks could take you from Edale to Horton in Ribblesdale, then on to Greenhead and finally to Kirk Yetholm. Or you could cover the whole route in a series of day walks following the advice in Kevin Donkin's *Circular Walks along the Pennine Way*.

## Maps

Harvey Maps covers the route in three 1:40,000 strip maps: *Pennine Way South* (from Edale to Horton in Ribblesdale), *Pennine Way Central* (Horton in Ribblesdale to Greenhead), and *Pennine Way North* (Greenhead to Kirk Yetholm).

If you want to be fully equipped with OS maps, you will need OS Landranger

1:50,000 maps No 110 *Sheffield & Huddersfield*, 109 *Manchester*, 103 *Blackburn & Burnley*, 98 *Wensleydale & Upper Wharfedale*, 91 *Appleby-in-Westmorland*, 86 *Haltwhistle & Brampton*, 80 *Cheviot Hills & Kielder Water*, 74 *Kelso & Coldstream* and 92 *Barnard Castle & Richmond*.

The OS Explorer 1:25,000 maps are recommended as they show more detail. Listed south to north, these are maps No 1 *The Peak District – Dark Peak Area*, 21 *South Pennines*, 2 *Yorkshire Dales – South & West Areas*, 30 *Yorkshire Dales – Northern & Central Areas*, 31 *North Pennines – Teesdale & Weardale*, 43 *Hadrian's Wall*, 42 *Kielder Water & Forest* and 16 *The Cheviot Hills*.

## Books

The official *Pennine Way South* and *Pennine Way North* National Trail Guides by Tony Hopkins combine text with extracts from OS maps, and can almost be used without needing other maps. *Pennine Way* by Martin Collins has smaller-scale OS colour strip maps, route descriptions and cartoons. Other guides include Trailblazer's detailed and practical *Pennine Way* by Ed de la Billière and Keith Carter, and *Pennine Way* by Terry Marsh. For information on the flora and fauna you'll encounter on the walk you'll need *Features of the Pennine Way – Field Guide*, published by the Field Studies Council.

The original version of *The Pennine Way Companion* by Alfred Wainwright dates from 1968. It's wonderfully detailed, fun and part of the Pennine Way tradition, although it's very idiosyncratic (for a start it goes backwards!) and covers a different route from the official one that exists today. The 2004 edition includes updates on the current route.

*The Alternative Pennine Way* by Denis Brook and Phil Hinchliffe is for those who favour a good meal more than challenging terrain; the authors' 268-mile (431km) route from Ashbourne to Jedburgh passes through several of the places on the official route.

## Information Sources

See the walk description for tourist offices on or near the route – all provide information on local accommodation and services in their surrounding area.

For more specific information go to the official trail website at [www.nationaltrail.co.uk/PennineWay](http://www.nationaltrail.co.uk/PennineWay); from here you can order a series of free leaflets, including the *Pennine Way Accommodation & Public Transport Guide*. The website has up-to-date information on places to stay. Also check the website of the **Pennine Way Association** ([www.penninewayassociation.co.uk](http://www.penninewayassociation.co.uk)) for updates on the route and for details of how to get hold of the useful *Pennine Way Accommodation & Camping Guide*.

## WARNING

Pennine Way weather conditions can be very changeable and occasionally dangerous. Even in summer, rainfall can be high, and strong winds force temperatures down. Mist is common and signposts irregular, so you must be confident with a map and compass. In the rare event you're blessed with sunny weather, there's very little shade and water is often hard to find on the high ground. You should be well-equipped, carry emergency supplies, be aware of escape routes and check local weather forecasts.

## Baggage Services

**Brigantes Walking Holidays & Baggage Couriers** (☎ 01729-830463; [www.brigantesenglishwalks.com](http://www.brigantesenglishwalks.com)) is the only baggage service to cover the entire Pennine Way. **Sherpa Van** (☎ 01748-825561; [www.sherpavan.com](http://www.sherpavan.com)) operates from Malham northwards.

## NEAREST TOWNS

### Edale

Surrounded by the majestic Peak District countryside, the tiny cluster of stone houses and the parish church that make up Edale are eye-catching. Tourist information is available at the recently revamped **Moorland Centre** (☎ 01433-670207), 500m north of the train station.

## SLEEPING & EATING

Beside the Moorland Centre, **Fieldhead Campsite** (☎ 01433-670386; [www.fieldhead-campsite.co.uk](http://www.fieldhead-campsite.co.uk); sites for 2 £9) has good facilities.

**Cooper's Camp** (☎ 01433-670372; sites for 2 £7) is at the far end of the village on a farm. With great views of the hills, it's a little more rustic, but has year-round hot showers.

Two camping barns are **Cotefield Farm Camping Barn** (☎ 0870 870 8808; dm £10) and **Stables Bunkhouse** (☎ 01433-670235; Ollerbrook Farm; dm £8). Both places are less than 1 mile east of the village centre.

**Edale YHA Hostel** (☎ 01433-670302; [edale@yha.org.uk](http://edale@yha.org.uk); dm B&B/DB&B £16.50/25; ☑), in a large, old country house 2 miles east of Edale, is also an activity centre and very popular with youth groups.

Walker-friendly B&Bs include **Mam Tor House** (☎ 01433-670253; [www.mamtorhouse.co.uk](http://www.mamtorhouse.co.uk); s/d with shared bathroom £25/50) and **Stonecroft** (☎ 01433-670262; [www.stonecroftguesthouse.co.uk](http://www.stonecroftguesthouse.co.uk); d £60), which serves an excellent organic breakfast.

In Barber Booth, about 1 mile west of the village, you'll find **Brookfield** (☎ 01433-670227; d with shared bathroom £40).

Sandwiches and full greasy breakfasts are available at **Cooper's Café** (☎ 01433-670401; ☑) breakfast & lunch Wed-Mon), next to the post office, where you can also stock up on food supplies and basic outdoor gear.

There are two pubs. Next to the station is the **Rambler Country House** (☎ 01433-670268; [www.theramblerinn.co.uk](http://www.theramblerinn.co.uk); s/d £36/72, mains £10; ☑) lunch & dinner), which is also a good place to stay. In the centre of the village, by the official start of the Pennine Way, the **Old Nag's Head** (☎ 01433-670291; self-catering cottage £60, mains £10-15; ☑) lunch & dinner) also has a cottage that sleeps four. Apart from slightly pricey meals, it's a decent enough place for a pint.

## GETTING THERE & AWAY

Edale is serviced by **Northern Rail** ([www.northernrail.org](http://www.northernrail.org)) on the line between Sheffield (30 minutes) and Manchester (45 minutes, about eight per day Monday to Friday, five at weekends). At weekends and on bank holidays, a bus connects Edale to Castleton (p160; 25 minutes, seven per day).

By road, Edale lies north of the A625 between Sheffield and Chapel-en-le-Frith. Pennine Way walkers can leave their car at the Rambler Country House.

## Kirk Yetholm

There's not much to the twee village of Kirk Yetholm, but since 1965 its claim to fame has been secure as the end of the Pennine Way. The official finishing line is held to be the bar of the **Border Hotel** (☎ 01573-420237; [www.theborderhotel.com](http://www.theborderhotel.com); s/d £45/80, mains £9; ☑) lunch & dinner), on the village green. The current

owners continue the tradition of shouting walkers a free half-pint as a celebratory drink and issue certificates to those who have completed the walk in one go. You should also sign the log book, which thankfully was safe when the accommodation part of the hotel suffered a fire in 2006.

Basic hostel accommodation is available at **Kirk Yetholm SYHA** (☎ 01573-229791; www.syha.org.uk; dm £12).

Just down the road from the hostel, **Blunty's Mill** (☎ 01573-420288; ggailrowan@aol.com; s/d with shared bathroom £30/50) offers a couple of spacious, comfortable rooms.

Also very pleasant is **Cross Keys House** (☎ 01573-420727; www.crosskeyshousekirkyletholm.co.uk; s/d/t £35/55/70), on the corner of the green, which also runs a quaint **tearoom** (☎ 1-5pm Wed-Sun).

On the way out the village towards Town Yetholm (where you'll find more accommodation and a small shop – useful if this is your starting rather than finishing point) is **Mill House** (☎ 01573-420604; millhousebb@tiscali.co.uk; s/d from £45/60).

Kelso, 55 minutes away by bus, has a **tourist office** (☎ 0870 608 0404; kelso@scot-borders.co.uk) and all the trappings of a regular town.

### GETTING THERE & AWAY

There's a bus between Kirk Yetholm and Kelso (20 minutes, seven daily, three Sunday), where you transfer to another bus to Berwick-upon-Tweed, on the main train line between Edinburgh and London. The last bus from Kirk Yetholm usually leaves around 5.30pm.

You can book a taxi direct to Berwick-upon-Tweed through the Border Hotel (p263) for £27.

### THE WALK

#### Day 1: Edale to Crowden

7–8 hours, 16 miles (26km)

*First the bad news: it's a long, tough walk, especially if you get caught by bad weather. The good news is that after a steep ascent, it's mainly across rolling moors and there's a thrilling end to the day, coming down towards Crowden. There's nowhere for lunch so bring supplies.*

The official start of the Pennine Way is opposite the Old Nag's Head pub. From here, aim west across fields to **Upper Booth**. Go up the lane to Lee Farm then follow

the track to, and steeply up, the impressive stone staircase of **Jacob's Ladder**. You're now on Edale Moor, usually called the Kinder Plateau (from Kinder Scout, the highest part of the moor), and the trail sticks close to the edge. In poor weather, visibility can be minimal and signage is nonexistent, so you'll need a compass and good map.

When the River Kinder is in full flow at **Kinder Downfall**, an impressive waterfall tumbles down. The trail keeps to the plateau edge before dropping then climbing to the cairn and post at **Mill Hill**. Here you turn northeast and strike out over Featherbed Moss – once a horror story through sticky mud, now a doddle along flagstones all the way to the A57 at **Snake Pass**.

Cross the road and continue along the Devil's Dyke and Hern Clough. The trail then wanders across the appropriately named Bleaklow Hill. Keep an eye out for the Pennine Way waymarks here as paths lead in all directions; again a compass could be a life-saver.

Towards the end of the day you leave the plateau, descending steeply through the beautiful, heather-coated Torside Clough to **Torside Reservoir**. Cross the dam to the north shore and walk east on a path that avoids the main road to Crowden.

### CROWDEN

There's not much to this hamlet alongside the A628. For camping there's **Crowden Camping & Caravanning Club** (☎ 01457-866057; www.campingandcaravanningclub.co.uk; sites for 2 £11), which has a **shop** (☎ 8.30am-3.30pm), toilets and laundry facilities.

The small and well-run **Crowden YHA Hostel** (☎ 01457-852135; www.yha.org.uk; dm £12) offers dinner to nonresidents.

The closest B&B is the **Old House** (☎ 01457-857527; www.oldhouse.torside.co.uk; s/d £25/50), about 800m west of Crowden along the B6105, on the south side of Rhodeswood Reservoir. Otherwise head into Padfield village, about 4 miles southwest of the Pennine Way, just east of the small town of Hadfield (which fans of the cult UK comedy show *The League of Gentlemen*, will recognise as the fictional Royston Vasey). Here you'll find **White House Farm** (☎ 01457-854695; Main Rd; s/d with shared bathroom £25/40) and the **Peels Arms Hotel** (☎ 01457-852719; 6 Temple St; s/d £25/50), which also serves food and a good range of ales.

The 15th-century **Bull's Head** (☎ 01457-853365; Tintwistle; mains £10; ☎ lunch & dinner) inn is around 3.5 miles west of Crowden along the A628.

### Day 2: Crowden to Standedge

5–6 hours, 11 miles (18km)

*This is a short and, if the weather is playing ball, very pleasant day over the wild moors squeezed between Manchester and Huddersfield. You'll summit infamous Black Hill, now tamed by flagstone paths, and have time to explore the handsome old mill town of Marsden, which is home to a 19th-century industrial-engineering marvel, the Standedge canal tunnel.*

The trail starts by climbing steeply beside Crowden Brook and emerges on the edge of Laddow Rocks, with fine views down the valley. Up on the plateau, flagstones wind across the soggy moors to the broad, peaty summit of Black Hill. For less bleak vistas, continue along the flagstones for excellent prospects north across Dean Clough.

The flagstone path continues across the moors to the A635 at Wessenden Head. The next stretch passes several reservoirs, with a picturesque climb up from Wessenden Reservoir along Blakely Clough and across the northern edge of Black Moss moor, then past the Swellands and Black Moss Reservoirs to reach the A62 at Standedge. At this point you're standing above the **Standedge Tunnel**; head down towards **Marsden** (around 3 miles east of the Way) to inspect it.

### STANDEDGE & MARSDEN

Camping and B&B is provided at **Rock Farm** (☎ 01457-870325; rockfarm1@btinternet.com; sites for 2 £10, s/d £25/50), around 400m west of the route; follow the bridleway that heads towards Standedge Foot.

Nearby, past Globe Farm, you'll find **Wellcroft House** (☎ 01457-875017, 0781-687 9244; s/d £25/50), where the friendly owners also provide evening meals (£10).

Less than 800m east of the trail, on the main road, the **Great Western** (☎ 01484-844315; camp sites for 2 £4; ☎ lunch & dinner Tue-Sun) pub allows camping and provides traditional home-cooked meals, including a 'full monty' breakfast for campers from 7am (£6).

A little further east, the **Carriage House** (☎ 01484-844419; ☎ lunch & dinner) is a large pub that has, in the past, provided free camping,



as long as you eat and drink in the pub; this may change, so check first.

Another good local B&B is **New Barn** (☎ 01457-873937, 0797-959 8232; s/d £25/50), less than 1 mile west from the Pennine Way towards Diggle.

Sadly, accommodation is thin on the ground in Marsden. One place is **Tunnel End**

**Inn** (☎ 01484-844636; www.tunnelendinn.com; Waters Rd; d £60, mains £10; ☺ lunch Thu-Sun, dinner daily), a convivial pub and restaurant that also has a self-catering flat sleeping up to four.

For other options, check with the helpful **Marsden Information Point** (☎ 01484-845595; 20-26 Peel St; ☺ 2-6pm Tue, 9.30am-12.30pm & 1-4pm Wed-Sat), where you'll also find a great range of walking books and maps.

Marsden is blessed with several appealing cafés, plus the **Peel St Chippy** (☎ 01484-844579) and, for those who like their beer, the **Riverhead Brewery Tap** (☎ 01484-841270; Peel St), where micro-brew enthusiasts can work their way through seven ales named after the local reservoirs.

### Day 3: Standedge to Hebden Bridge

6-7 hours, 15 miles (24km)

*Today's walk takes you over several moors and past many reservoirs that supply the surrounding industrial cities. There's one pub, or you might prefer to be self-sufficient for lunch.*

From Standedge you cross some patches of moorland and a couple of main roads – including the A672 – with the towering Windy Hill TV mast as a prominent marker. If you see the orange-and-yellow standard flying above a refreshments van (☺ 5.30am-1.30pm Mon-Fri) here, you're in luck; Brian, one of the legendary characters of the Pennine Way, is serving his popular bacon butties and strong mugs of tea.

The trail crosses the thundering M62 safely on its own, elegant bridge. Then it's up Redmires, tamed by flagstones, to rocky and dramatic **Blackstone Edge** (472m). From here, drop down to the enigmatic Aiggin Stone, an ancient route marker, where the trail turns 90 degrees from north to west and follows a 'Roman road' for a short distance (although this road's real origin is as uncertain as the marker stone's).

At the A58 the trail goes past the **White House Inn** (☎ 01706-378456; Blackstone Edge; mains £5-10; ☺ lunch & dinner), a nice pub (dating from 1617) serving good food but without a walkers' bar, so take muddy boots off before entering. Beyond here, the trail turns north past more reservoirs and edges around Coldwell Hill.

At Withins Gate, if you're overnighing at the self-catering **Mankinholes YHA Hostel** (☎ 01706-812340; mankinholes@yha.org.uk; Todmorden;

dm 13), in a converted 17th-century manor house, take the beautifully crafted path known as the Long Drag, a 19th-century famine-relief project. Otherwise, continue on the trail to the prominent **Stoodley Pike monument**, built during the Napoleonic Wars and completed in 1815. Despite its monolithic construction, the monument collapsed in 1854 and again in 1918.

From the monument, the Pennine Way wanders across the high ground then drops down through woods into the narrow and steep-sided Calder Valley, towards the **Rochdale Canal**. The trail crosses the canal and the river to meet the A646. If you're continuing north, go right and then left, up a lane called Underbank Ave. For accommodation options along this route, see the Day 4 description (opposite). Alternatively, follow the canal towpath into Hebden Bridge, about 1.5 miles to your east.

### HEBDEN BRIDGE

It's well worth making time to explore the former mill town of **Hebden Bridge** (www.hebdenbridge.co.uk), which thrives on its arty, off-centre reputation. It's also a useful entry and exit point to the Pennine Way, being on the Leeds-Manchester train line.

The friendly and helpful **Hebden Bridge Visitor & Canal Centre** (☎ 01422-843831; www.calderdale.gov.uk; Butlers Wharf, New Rd) has a fine stock of maps and leaflets on local walks, including saunters in **Hardcastle Craggs**, two unspoiled wooded valleys controlled by the National Trust, 1.5 miles northwest of town; some of the trails here link with the Pennine Way.

Internet access is available at the **library** (☎ 01422-842151). There's a **laundrette** (Bridgegate; ☺ 8am-6pm Wed-Mon) and an outdoor gear shop, **Valet Stores** (19 Crown St).

The pick of the B&Bs is **Mytholm House** (☎ 01422-847493; www.mytholmhouse.co.uk; Mytholm Bank; s with shared bathroom, d with/without bathroom £60/45), a lovely place run by charming hosts.

Also good are **Angeldale** (☎ 01422-847321; www.angeldale.co.uk; Hangingroyd Lane; d £50), in a Victorian mill owner's mansion; and the stylish **Holme House** (☎ 01422-847588; www.holmehousehebdenbridge.co.uk; New Rd; s/d from £55/70, apt £75), in a Georgian house in the town centre. **Prospect End** (☎ 01422-843586; www.prospectend.co.uk; Savile Rd; s/d £35/50) has long served walkers, but be prepared for the owner's many rules and regulations.

**White Lion Hotel** (☎ 01422-842197; www.whitelionhotel.net; Bridge Gate; s/d from £46/60, mains £6-11; ☺ lunch & dinner) has rooms both in the 400-year-old coaching inn and in the converted coach house. It's a popular pub and decent restaurant.

Other dining options include the recommended **Crown Fisheries** (☎ 01422-842599; 8 Crown St; mains £5; ☺ lunch & dinner) for takeaways and sit-down fish suppers; the cute **Watergate Tearooms** (9 Bridgegate; ☺ 10.30am-4.30pm); **Nelsons Wine Bar** (☎ 01422-844782; Crown St; mains £6; ☺ breakfast, lunch & dinner Tue-Sun) for inventive vegetarian dishes; the convivial bistro **Mooch** (☎ 01422-846954; 24 Market St; mains £5-8; ☺ lunch & dinner Wed-Mon); and the popular Thai restaurant **Rim Nam** (☎ 01422-846688; Butler's Wharf, New Rd; mains £8; ☺ lunch & dinner Thu-Sun).

Real ale enthusiasts should head to the CAMRA-award-winning pub, the **Fox & Goose** (☎ 01422-842649; Heptonstall Rd).

### Day 4: Hebden Bridge to Ponden Reservoir

6 hours, 11 miles (18km)

*It's a short walk today, allowing either a lie-in or time to explore Hebden Bridge before setting off. You'll stride across the wild and empty northern moors, setting for both Emily Brontë's Wuthering Heights and the popular British children's book, The Railway Children. Brontë fans can easily divert to Haworth, which can also be accessed by train.*

From Hebden Bridge, return to where the Pennine Way crosses the A646 and go up Underbank Ave, beneath the railway bridge and up a steep switchback to cross a lane east of the village of Blackshaw Head. Near here you'll find **Badgerfields Farm** (☎ 01422-845161; www.badgerfields.com; camp sites for 2 £6; s/d with shared bathroom £35/52), a friendly place where campers can order breakfast (£6).

The trail continues north across the fields to the hamlet of Colden, but you can divert slightly to the west to a cheerful pub, the **New Delight** (☎ 01422-846178; camp sites for 2 £6, mains £5-7; ☺ lunch & dinner), which brews its own beer, serves meals and offers camping with showers. Next door, in a new complex of stone cottages, there's B&B and hostel-style accommodation at **Riverdene House** (☎ 01422-847447; Smithy Lane; dm/s/d £20/35/60).

Closer to Colden, free camping for Pennine Way walkers is offered at **May Farm** (☎ 01422-842897; Edge Lane), where you'll also

find an extraordinary shop in a barn selling practically anything you can think of.

Beyond Colden the trail heads northwest across a stretch of moor, until a sharp right (north) turn takes you down past a reservoir channel and steeply down to a stream called Graining Water, then back up the other side and along a road for a short distance. The trail leaves the road and, after about 1 mile, passes between the Walshaw Dean Reservoirs before heading northeast across moors, again by easy paths or flagstone walkways, to the ruins of Top Withins (also called Withens), said to be a possible inspiration for Earnshaw house in Emily Brontë's *Wuthering Heights* – although the claim is tenuous. Regardless, if the weather is fine you can have your lunch on the bench outside and, if not, you can shelter in the grimy outhouse.

The trail continues northeast on a wide track and, about 200m after a farm called Upper Heights (another inspiration?), the Pennine Way turns left (north) heading to Ponden Reservoir.

### PONDEN RESERVOIR & HAWORTH

Overlooking Ponden Reservoir, **Ponden House** (☎ 01535-644154; www.pondenhouse.co.uk; camp sites for 2 £10, s with shared bathroom £28, d with/without bathroom £60/50; ☒) is a walker-friendly place, run by nice people who will show you their original artwork by David Hockney.

A short walk east of the route, between Ponden Reservoir and the village of Stanbury, the award-winning **Old Silent Inn** (☎ 01535-647437; www.old-silent-inn.co.uk; d £60, meals £8-12; ☺ lunch & dinner) oozes history, with log fires, low beams, good beer and excellent meals.

Alternatively, head 2.5 miles off the Pennine Way (southeast) to Haworth, home of the Brontës and also a stop on the Keighley & Worth Valley Railway. As a popular tourist centre Haworth has many accommodation options. For more information contact the **tourist office** (☎ 01535-642329; www.haworth-village.org.uk; 2-4 West Lane) and check out www.brontecountry.co.uk.

### Day 5: Ponden Reservoir to Malham

9-10 hours, 22 miles (36km)

*This is a long, and occasionally challenging, walk across the green and pleasant Yorkshire Dales National Park, heralding a change in*



scenery and an increase in good lunch and snacking opportunities. Gargrave is an alternative base to Malham, if you want to shorten the walk.

From the western end of the Ponden Reservoir the trail turns north, climbs up past some houses to meet, and briefly follow, a road. It then heads confidently north-west across a wide expanse of moorland, eventually dropping down to a busy main road between the villages of Ickornshaw and Cowling. There are a couple of B&Bs in Cowling, as well as the smart restaurant **Harlequin** (☎ 01535-633277; 139 Keighley Rd; ☺ lunch & dinner Wed-Sun) and the **Cowling Chippy** (☎ 01535-630110; 223 Keighley Rd; ☺ closed Mon).

From Ickornshaw the trail follows a mix of country lanes and field paths for another 2 miles, down into the picturesque village of **Lothersdale**, where the **Hare & Hounds** (☎ 01535-630977; mains £7; ☺ lunch & dinner) serves food. Just along from the pub it's possible to camp at **Lynmouth** (☎ 01535-632744; sites for 2 £10).

From Lothersdale the trail runs across the surprisingly high moors over the hill of Pinhaw Beacon, before dropping across fields. Aim for Brown House Farm and look for the stile on the left just as you approach the farmyard itself. Follow a track for the rest of the way to **Thornton-in-Craven** on the busy A56.

Nearby is the **Earby YHA Hostel** (☎ 01282-842349; earby@yha.org.uk; dm £12). It's self-catering but there's also a nearby pub serving meals (10% discount for those staying at the hostel) and a café in the village serving breakfast.

From Thornton-in-Craven you cross fields again before emerging on the **Leeds & Liverpool Canal** towpath. At **East Marton** an unusual, double-arch bridge crosses the canal. Here you'll find the convivial pub and restaurant **Cross Keys** (☎ 01282-844326; mains £8-10; ☺ lunch & dinner) and, near the canal, the pleasant little café **Abbot's Harbor** (☎ 01282-843207; ☺ lunch Fri-Wed). Next door, in a pretty cottage, is **Sawley House** (☎ 01282-843207; s/d with shared bathroom £30/50).

The trail then leaves the canal and heads through a small wood and fields to Scaleber Hill, and onward to **Gargrave**. This appealing Dales village is well stocked with pubs, antique shops and an ATM at the local Cop. If you choose to stop here, there's camping at **Eshton Road Caravan Site** (☎ 01756-749229; sites for 2 £8). The **Masons Arms** (☎ 01756-749304;

www.masonsarmsgargrave.com; Marton Rd; s/d £45/65), opposite the church, and the friendly **Old Swan Inn** (☎ 01756-749232; Main St; s/d £35/70) both do B&B and serve standard bar food for £6 to £7.

Don't leave Gargrave without popping into the charming **Dalesman Café** (☎ 01756-749250; Main St; mains £5; ☺ 9am-5pm Tue-Sun), a blast from a sugar-coated past; it also has a Pennine Way signing-in book. For something spicier there's the nearby **Bollywood Cottage** (☎ 01756-749252; Main St; mains £7; ☺ dinner Tue-Sun), while for good old fish and chips there's **Ellisons Fisheries** (☎ 01756-749343; Main St; ☺ lunch Wed-Sat, dinner Wed-Sun).

The route heads north out of Gargrave, crosses the canal again and goes straight on up Mark House Lane before turning off across fields, dropping gently to a bridge over the River Aire. It's a pretty and gentle stroll alongside the river for the next few miles, passing the village of **Airton**. Here, there's the simple **Quaker Hostel** (☎ 01729-830263; dm £8), which is self-catering (and you need your own sleeping bag), or the recommended **Lindon Guest House** (☎ 01729-830418; s/d £35/58). Next door is the **Town End Farm Shop & Tearoom** (☺ 10am-5pm).

Continue through the beautiful valley of Malhamdale, passing the village of Kirkby Malham, where there's the **Victoria Inn** (☎ 01729-830499; s/d £35/50; ☺ lunch & dinner), a friendly little pub with B&B and decent food. Near here you leave the river by Hanlith Hall and Badger House, go up a lane then turn off across fields, heading above the river before dropping down into Malham.

## MALHAM

This traditional and very appealing village is a hub of activity, with lots of places to stay and eat. Coming into Malham from the south, you'll pass the excellent **Malham National Park Centre** (☎ 01969-652380; www.yorkshiredales.org.uk); check with the centre about the limited public-transport options to and from the village, including a National Trust bus from Settle that runs on weekends and bank holidays from Easter to October. For more information there's the website www.malhamdale.com. Malham also has a couple of shops selling outdoor gear.

As you enter the village there's camping and B&B at **Miresfield Farm** (☎ 01729-830414; www.miresfield-farm.com; sites for 2 £10, s/d from £30/60).

Leaving the village, there's a well-equipped bunkhouse at **Hill Top Farm** (☎ 01729-830320; Cove Rd; dm £8) and more camping at **Town Head Farm** (☎ 01729-830287; sites for 2 £10).

In the village centre is the top-notch **Malham YHA Hostel** (☎ 01729-830321; www.yha.org.uk; dm £15, d with shared bathroom £32, 3-course dinner £8).

B&B options include the appealing 17th-century country house **Beck Hall** (☎ 01729-830332; www.beckhallmalham.com; s/d from £23/48), just off Cove Rd by the river, which also has a nice tearoom; and **Eastwood House** (☎ 01729-830409; d from £50), back in the centre.

Those with traditional country pub and hotel tastes are well served by the **Buck Inn** (☎ 01729-830317; www.buckinnmalham.co.uk; s/d from £45/65). If you want to keep your boots on, there's also a stone-floored walkers' bar. Moving with the times (Cajun chicken salad on the menu, free internet access in the bar, tasteful décor) is the **Lister Arms Hotel** (☎ 01729-830330; www.listerarms.co.uk; s/d from £50/60; ☺).

Muddy boots are always welcome at **Old Barn Café** (☎ 01729-830486; snacks £3-5).

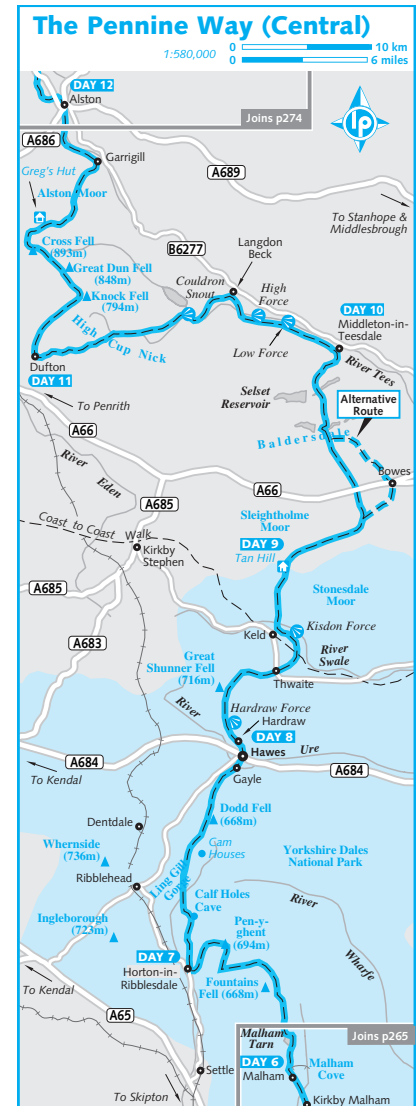
## Day 6: Malham to Horton in Ribblesdale

7 hours, 14.5 miles (23.5km)  
*Today's enjoyable walk winds through the heart of the Yorkshire Dales, finishing with Pen-y-ghent, a famous landmark. You pass no cafés or pubs, so bring your lunch.*

Leaving Malham the trail climbs steeply up the west side of the curved amphitheatre of cliffs that make up **Malham Cove**, then edges right across the top of the cliffs – a textbook stretch of limestone pavement with wonderful views back down to Malham.

At the east end of the pavement, turn sharp left and head for the natural lake and protected nature reserve of **Malham Tarn**. The trail edges round the east side of the tarn before heading into woods past the field-studies centre **Malham Tarn House** (☎ 01729-830331) then turns north. For 1 mile the trail crosses fields then turns east to cross a road by the prominently signposted Tennant Gill Farm.

Leaving green fields for darker moors, the trail climbs up to **Fountains Fell** (668m) over a series of ridges (each hinting that maybe it's the top) and past a scattering of disused mineshafts to a bleak, stone-walled summit called **In Sleets** – maybe a reference to the weather! As you drop steadily downhill to



meet a lane called Silverdale Rd, you can look across at the peak you'll shortly have to climb on the other side: the long hump of Pen-y-ghent. The trail almost circles the hill before moving in, marching alongside it for about 1 mile before turning west past Dale Head Farm, then north across to the base of Pen-y-ghent.

After all this foreplay the peak turns out to be a bit of a disappointment. A couple of short, sharp efforts and you're on top, crossing a wall at the summit of **Pen-y-ghent** (694m). The views are splendid, though – look to the northwest for the nearby hill of Whernside (736m), and Ingleborough (723m) to the west. With Pen-y-ghent, these peaks make up the famous 'Three Peaks'.

Drop swiftly down the other side, along a winding but extremely clear path, and in less than an hour you're in Horton in Ribblesdale.

#### HORTON IN RIBBLESDALE

This busy little village is on a major railway line, so it's an ideal place to join or leave the Pennine Way. The tourist office is in the **Pen-y-ghent Cafe** (☎ 01729-860333; horton@ybtic.co.uk; ☹ closed Tue), one of the Pennine Way's legendarily refuelling points. As well as swapping notes with other walkers while enjoying a meal or drink, you can buy new walking gear, maps and guidebooks, and sign the Pennine Way logbook, which goes back to 1966. The café is also the start and finish point for the Three Peaks walk (p170), a piece of local masochism.

Camping is at **Sutcliffe Holme Farm** (☎ 01729-860281; sites for 2 £10) on the village main street.

There's a bunkhouse with self-catering facilities at **Dub-Cote Bunkhouse Barn** (☎ 01729-860238; www.threepeaksbarn.co.uk; dm £10), about 1 mile southeast of the village.

Next door, at the minty-green **Golden Lion** (☎ 01729-860206; tricia@goldenlionhotel.co.uk; dm/s/d £9/35/55, mains £7; ☹ breakfast, lunch & dinner), there's a bunkhouse with an exposed shower block behind the main pub, which does food but is quite dreary.

Far nicer is the **Crown Hotel** (☎ 01729-860209; www.crown-hotel.co.uk; s with/without bathroom £30/25, d with/without bathroom £59/49, mains £7-9), with pleasant rooms, a welcoming ambience and homemade food.

The **Knoll** (☎ 01729-860283; www.thepennineway.co.uk/theknoll; s/d with shared bathroom £30/50) is a spotless B&B with charming décor and friendly hosts.

Another option is **Brae Crest** (☎ 01729-860389; s/d with shared bathroom £25/50), in a white-painted semidetached house on the way to the train station.

For self-caterers the **post office shop** has groceries and takeaways.

#### Day 7: Horton in Ribblesdale to Hawes 6 hours, 14 miles (22.5km)

*This is another wonderfully wild Dales day, taking you through country riddled with limestone caves – a mecca for potholers. Once again, there's nowhere to get food, so bring supplies.*

The trail departs Horton in Ribblesdale at the north end of the village, and follows a drove road that climbs up onto Birkwith Moor. Three miles north of Horton the trail turns sharply to the west and, shortly afterwards, back north again, passing Old Ing Farm. As it's hidden behind a stone wall you could easily miss the attractive stream tumbling into the mouth of **Calf Holes cave**. Only another 400m along the trail, a short excursion past the barn to the left of the road will bring you to **Browngill Cave**, where the stream emerges. Potholers revel in this watery underground route, but Way walkers may feel wet enough already.

Your next feature is pretty little **Ling Gill Gorge**. You cannot enter this steep-sided valley, but the river bank makes a pleasant picnic spot and there's an interesting old bridge at the head of the gorge. The trail then climbs up to the Roman road route of Cam High Road and starts a lonely trudge northeast, coinciding for a spell with the Dales Way, before turning north to edge around Dodd Fell. At the settlement of **Cam Houses**, down in the valley to the south, the attractive, almost luxurious **Camm Farm** (☎ 07860 648045; www.cammfarm.co.uk; s/d with shared bathroom £45/80) is a possible stop; the rates include evening meal.

The trail follows the northern shoulder of Dodd Fell, and overlooks a wide, deep valley, which is popular with paragliders, before finally dropping down through fields and farms, following Gaudy Lane and a circuitous route through the village of Gayle to reach the town of Hawes.

#### HAWES

From the Saxon word *haus*, or mountain pass, Hawes is a bustling place. You'll find supermarkets, banks with ATMs, a good outdoor gear shop – **Three Peaks** (☎ 01969-667443; Bridge End) – a laundrette, internet access at the **library** (☎ 01969-667613; per 30 mins £1.25) and scores of B&Bs, cafés and pubs.

The **tourist office** (☎ 01969-667450; www.destinationdales.co.uk) shares the Old Station

building with the **Dales Countryside Museum** (adult/child £3/free) – a creatively presented social history of the area. There's also the **Wensleydale Creamery Visitor Centre** (☎ 01969-667664; www.wensleydale.co.uk; admission £2.50), devoted to the production of Wallace and Gromit's favourite powdery-white cheese; you'll also find a café here.

Around 800m east of the town centre, there's camping at **Bainbridge Ings Caravan & Campsite** (☎ 01969-667354; www.bainbridge-ings.co.uk; sites for 2 £7).

**Hawes YHA** (☎ 0870 770 5854; www.yha.org.uk; Lancaster Tce; dm £14) is a modern, friendly place on the western edge of town.

One of the nicest B&Bs is the comfortable and spacious **Fair View Country Guesthouse** (☎ 01969-667348; www.fairview-hawes.co.uk; Burtersett Rd; s/d £28/59).

**Laburnum House** (☎ 01969-667717; www.stayatlaburnumhouse.co.uk; The Holme; s/d £35/70) combines a quaint tearoom with a B&B.

More upmarket B&Bs are the **Bulls Head Hotel** (☎ 01969-667437; www.bullshtheadhotel.co.uk; Market Pl; d from £55) and **Cockett's** (☎ 01969-667312; www.cocketts.co.uk; Main St; d from £59, 2-/3-course meal £15/17; ☹ dinner), in a handsome 17th-century house with delightful rooms decorated in traditional style (two with four-poster beds) and a restaurant.

Several pubs also offer accommodation and food, including the traditional **White Hart** (☎ 01969-667259; www.whiteharthawes.co.uk; Main St; s/d from £28/55, mains £8-10; ☹ lunch & dinner) – try the meat-and-potato pie; and the **Fontain Hotel** (☎ 01969-667206; s/d £30/60; ☹ lunch & dinner), consistently the liveliest hostelry in town.

For more than pub grub try **Herriot's Hotel & Restaurant** (☎ 01969-667536; www.herriotsinhawes.co.uk; Main St; s/d from £45/65, mains £10-15; ☹ dinner Tue & Fri-Sun). There are a couple more accommodation and eating options nearby in Hardraw – see below.

#### Day 8: Hawes to Tan Hill

7 hours, 16 miles (26km)

*Today's route takes you over more lonely high ground, through the quieter northern reaches of the Dales. If you're tired of sand-wiches, there are a couple of lunch options.*

From Hawes it's only 1 mile to the village of **Hardraw**, home to the atmospheric old pub **Green Dragon Inn** (☎ 01969-667392; www.greendragonhardraw.co.uk; camp sites for 2 £6, s/d £30/60;

mains about £6; ☹ lunch & dinner). You can pay £2 at the pub to see Hardraw Force waterfall – although it's often little more than a trickle. For a total pampering, divert a little way to **Simonstone Hall** (☎ 01969-667255; www.simonstonehall.co.uk; d from £130, mains £10-20; ☹ lunch & dinner), a handsome hotel blessed with wonderful views and a very pleasant bar and restaurant open to nonresidents.

From Hardraw the trail abandons green fields for moorland, often following stone-slabbled paths up to the famous peak and viewpoint of **Great Shunner Fell** (716m). From the summit the trail drops down, through moorland and fields, to the small village of Thwaite, where you can break at the **Kearton Country Hotel** (☎ 01748-886277; www.keartoncountryhotel.co.uk; s/d £40/59, with breakfast £49/78), which has a tearoom.

From Thwaite the path climbs high above the **River Swale** with wonderful views across this beautiful section of the upper valley, and then drops to cross the river on a wooden footbridge, briefly coinciding with the Coast to Coast Walk. Grassy river banks overlooking small waterfalls make this an ideal picnic spot. Nearby is the tiny village of **Keld** (p246), which has a couple of camp sites, B&Bs and a tearoom. You may need to stop here if today's objective, the Tan Hill Inn, is full.

From Keld, you say farewell to Swaledale as the trail climbs back onto the moor, with a possible short diversion to **Kisdon Force** waterfall. Although the road is never far to the west, the next 4 miles can be a lonely trudge across the moors (take care in mist, there are numerous, unfenced mineshafts nearby) to Tan Hill.

#### TAN HILL

At 528m (1732ft), the highest pub in England, **Tan Hill Inn** (☎ 01833-628246; www.tanhillinn.com; camping £2, tw/d/t £60/70/80; mains £8; ☹ breakfast, lunch & dinner), is your reward for persevering on today's long walk. As well as offering B&B, and a windswept camp site, the landlord allows walkers to sleep on the sofa in the pub (£10). Any money you save is likely to be spent on the inn's splendid ales and wide choice of food. All this, plus a roaring fire (even in August!), occasional live music and a pet sheep, makes the Tan Hill Inn a unique place to stay, so book ahead as it's the only place up here.

### Day 9: Tan Hill to Middleton-in-Teesdale

7 hours, 17 miles (28km)

*It's a long walk today, but the good news is that by the time you reach Middleton-in-Teesdale you'll have completed just over half the Pennine Way. This area of the North Pennines is also very beautiful – wild, high fells – and eerie and empty under big skies. If you don't go into Bowes, there are no places to buy lunch, so bring sandwiches.*

From lonely Tan Hill the trail slouches across equally lonely Sleightholme Moor for 5 miles. If the weather is dry the walk along the stream can be quite pleasant. In the wet it can be a dishearteningly muddy experience; following the lane and rejoining the trail later may be preferable.

As you leave the moor you have a choice of routes. Going right (northeast) is a slightly longer option into the sleepy village of **Bowes**, where you'll find a ruined castle. The old coaching inn, **Ancient Unicorn** (☎ 01833-628321; www.ancient-unicorn.com; s/d £40/70, mains £6-8; ☺ lunch & dinner) is the only place to stay here unless you have a tent, which you can pitch at **West End Farm** (☎ 01833-628239, 07761-253656; sites for 2 £6) at the west end of the village.

Going left (north) crosses the River Greta on a natural stone slab called **God's Bridge**, before a short detour leads to a tunnel under the busy A66. After 3 miles or so crossing bleak moorland, the two routes converge at **Baldersdale**, a valley full of reservoirs where you can celebrate having reached the half-way point of the Pennine Way. Nearby is **Clove Lodge Cottage** (☎ 01833-650030; www.clove-lodge.co.uk; camp sites for 2 £10, s/d with shared bathroom £30/60, 3-course dinner £13), which has washing facilities.

Beyond here the trail climbs up then drops down to more reservoirs, before climbing again and meandering through a maze of fields into Middleton-in-Teesdale.

#### MIDDLETON-IN-TEESDALE

This handsome little grey-stone town on the banks of the River Tees is well served with shops, ATMs and a **tourist office** (☎ 01833-641001; 10 Market Pl; ☺ 10am-1pm). Internet access is available at the **Teesdale Mercury** (per hr £2).

There's camping at **Dale View Caravan Park** (☎ 01833-640233; sites for 2 £8), passed as the trail comes into town.

In the town centre, B&Bs include **Belvedere Guesthouse** (☎ 01833-640884; www.thecoach

house.net; 54 Market Pl; s/d £25/50), an appealing and friendly place with a chandelier above the breakfast table; and pleasant **Brunswick House** (☎ 01833-640393; www.brunswickhouse.net; 56 Market Pl; s/d £35/55, dinner £18).

Also on Market Pl, the **Teesdale Hotel** (☎ 01833-640264; www.teesdalehotel.co.uk; s/d £43/70, mains £10-13; ☺ lunch & dinner) has good accommodation, a smart restaurant and a bar where lunch is available.

Opposite is the **Forresters Hotel & Restaurant** (☎ 01833-640467; www.forrestershotel.co.uk; s/d £35/70, mains £10-13; ☺ lunch & dinner), with contemporary rooms, including DVD players, and a good restaurant.

For freshly baked snacks there's the cosy **Countrystyle Bakery & Tea Shop** (20 Market Pl; ☺ 9am-4.30pm Mon-Sat, 10am-4pm Sun).

### Day 10: Middleton-in-Teesdale to Dufton

8 hours, 20 miles (32.5km)

*The highlight of today's walk through classic North Pennine landscape is the spectacular High Cup Nick valley. You could grab an early lunch at Langdon Beck, or pack a picnic to enjoy along the way. If you are self-catering, make sure you bring two days of provisions as Dufton no longer has a shop.*

For the first 8 miles the trail runs along beautiful Teesdale, following the peaty, amber waters of the River Tees, past **Low Force** waterfall, and then the larger and more impressive **High Force** (entry £1), where a short detour could be made to the old-fashioned **High Force Hotel** (☎ 01833-622222; www.highforce-hotel.com; s/d £35/75; mains £6; ☺ lunch & dinner), if an early lunch is needed.

Beyond the waterfalls the trail briefly abandons the Tees to pass close to the village of **Langdon Beck**, where there are a couple of accommodation options. **Langdon Beck YHA** (☎ 01833-622228; langdonbeck@yha.org.uk; dm £12), a model hostel run along environmentally friendly principles, offers organic wines and beers with its meals. Alternatively, there's the friendly **Langdon Beck Hotel** (☎ 01833-622267; www.langdonbeckhotel.com; s with shared bathroom £30, d £60; mains £7; ☺ lunch & dinner).

The trail returns to the north bank of the Tees and follows a beautiful stretch of rocky valley (although the rocky path can be dangerously slippery if wet) to reach **Couldron Snout** waterfall – an impressive sight spoiled only slightly by the large concrete dam upstream. You cross the Tees here

and say goodbye to it, aiming southwest (yes, southwest on this northbound path) across wild, empty moors for several miles; the trail is bordered by signs warning of an adjacent army artillery range. For a couple more miles it follows and crosses the sparkling waters of Maize Beck.

There's a breathtaking view a short while later from **High Cup Nick** into a stunning valley cut deep into the high country, with a steep drop shelving down, down, down to a silvery stream in the distance. From here it's just a few more miles downhill (remembering all the time that all this downhill will be paid for tomorrow) into the friendly little village of Dufton.

#### DUFTON

Entering the village from its southeastern end you'll first pass **Brow Farm** (☎ 017683-52865; www.browfarm.com; camp sites for 2 £6, s/d £28/56), run by a friendly young family.

A little further along is the charmingly old-fashioned **Ghyll View** (☎ 017683-51855; s/d with shared bathroom £23/46).

In the heart of the village is the pleasant **Dufton YHA** (☎ 017683-51236; dufton@yha.org.uk; dm £14, d with shared bathroom £28, dinner £8), which offers meals (all made using local produce and with special diets catered for) to non-guests. Close by, **Hall Croft** (☎ 017683-52902; r.walker@leaseholdpartnership.co.uk; s/d £28/50) is an exceedingly nice B&B offering vegetarian breakfasts and comfortable rooms with video players.

The convivial village pub, the **Stag Inn** (☎ 017683-51608; mains £10; ☺ closed Mon lunch) offers upmarket food and teas during the day.

### Day 11: Dufton to Alston

8 hours, 19.5 miles (32km)

*You'll need your wits about you for today's route over remote Cross Fell – it's one of the Pennine Way's most serious sections and can be notoriously difficult to navigate if weather conditions are bad, as they frequently are. Make sure you've got a compass and enough rations to survive the day.*

The trail climbs out of Dufton, first to **Knock Fell** (794m) and then to **Great Dun Fell** (848m), with its air-traffic-control radar station (including a giant golf ball) visible from far away. Onwards and upwards you go, often along stone-slabbed pathways, to Little Dun Fell and finally **Cross Fell** (893m),

the highest point of the Pennine Way. An 18th-century article commented that Cross Fell was covered in snow for 10 months of the year and cloud for 11. You may think things are much the same now!

A series of tall and wobbly-looking cairns leads across this bleak summit before the trail drops down to the Corpse Rd (this was once a lead-mining area and the bodies of dead miners were carried along the track) and then to **Greg's Hut**, a mountain refuge that will be very welcome in bad weather. From here it's 6 miles across the moors along a rough track, which is easy to follow but uncomfortably covered in awkward, sharp stones.

Reaching the sleepy village of **Garrigill** is a considerable relief; celebrate with a pint at the **George & Dragon** (☎ 01434-381293; ☺ lunch & dinner Wed-Mon). The village's best B&B is **Eastview** (☎ 01434-381561; www.eastview-garrigill.co.uk; s/d with shared bathroom £24/48), a cosy, low-ceilinged cottage with two guest rooms. In the same terrace, **Bridge View** (☎ 01434-382448; www.bridgeview.org.uk; s/d £22/44) has one room for guests and plans to open a tea garden. Across the green there's more accommodation at the **Post Office** (☎ 01434-381257; www.garrigill-guesthouse.co.uk; s/d with shared bathroom £24/48). Next door is the **village store** (☺ closed Tue).

Leaving the village, don't miss **Thortergill** (☎ 01434-381936; www.thortergillforge.co.uk; ☺ 10am-5pm Easter-Oct), which combines a delightful tearoom, a short walk to a picturesque series of waterfalls and the chance to view a working blacksmith's forge.

From Garrigill it's less than 4 miles along a pleasant path beside the River South Tyne to Alston.

#### ALSTON

With its steep, cobbled main street and sturdy stone buildings, the high-altitude, one-time market town of Alston has often caught the eye of film makers looking for a ready-made set; it was recently used in TV adaptations of *Jane Eyre* and *Oliver Twist*. It's well served with places to stay, a selection of pubs, an outdoor gear shop, banks (with ATMs) and a helpful **tourist office** (☎ 01434-382244; alston.tic@eden.gov.uk; Town Hall, Front St; ☺).

There's camping at **Tyne Willows Caravan Site** (☎ 01434-382515; sites for 2 £8), which has drying facilities.



**Alston YHA Hostel** (☎ 0870 770 5668; alston@yha.org.uk; The Firs; dm £13) is a good hostel with meals available.

B&Bs include **Blueberry Teashop & Guesthouse** (☎ 01434-381928; elisanddoreen@hotmail.com; Market Pl; s/d £29/49, mains £5-7; ☺ lunch), and **Highfield** (☎ 01434-382182; Bruntley Meadows; s/d £18/36), just outside the town centre.

The **Cumberland Hotel** (☎ 01434-381875; Townfoot; s/d £33/56, mains £7; ☺ lunch & dinner) offers recently renovated rooms, a friendly welcome and decent food.

For a touch more class, head across the road to **Alston House** (☎ 01434-382200; www.alstonhouse.co.uk; Townfoot; s/d £39/79, mains £9-16; ☺ lunch & dinner), which has a trendy restaurant and bar serving delicious gastro-pub-style meals.

Down the hill, heading north out of the town, **Lowbyer Manor** (☎ 01434-381230; www.lowbyer.com; Hexham Rd; s/d £33/66) is in a Georgian manor house with period trappings.

The cosy **Angel Inn** (☎ 01434-381363; Front St; s/d £25/40, mains £5-7; ☺ lunch & dinner) also offers food and B&B, while further up cobbled Front St you'll find the **High Place** (☎ 01434-382300; mains £4; ☺ closed Sun) chippy and the **Moody Baker** (☎ 01434-382033; ☺ 8am-5pm Mon-Sat), providing tasty baked goods.

### Day 12: Alston to Greenhead

7 hours, 16.5 miles (27km)

*This is another transition day, mostly along the scenic South Tyne Valley, as you enter Northumberland. Roman remains remind you that Hadrian's Wall is nearby.*

From Alston it's a pleasant walk through green farmland, passing the distinct embankments of a **Roman fort**. These are soon followed by reminders of a more recent era as the trail keeps close to an abandoned railway line that once transported lead ore from the area's mines. A number of impressive viaducts remain from this time – shining examples of Victorian engineering.

About 5 miles from Alston you can camp in the village of Slaggyford at **Stonehall Farm** (☎ 01434-381349; sites for 2 £5) or go B&B at **Yew Tree Chapel** (☎ 01434-382525; www.yewtreechapel.co.uk; d £50). A couple of miles further north, in the village of Knarsdale, there's a chance for refreshments at **Kirkstyle Inn** (☎ 01434-381559; ☺ lunch & dinner). Here the Pennine Way follows the route of an old Roman road before embarking on a series of field crossings and a brief section of moorland.

Late in the day the walk becomes a bit tedious as it wanders under electricity pylons, over the A69, around a golf course and along an almost imperceptible section of **Hadrian's Wall**, before finally reaching the small settlement of Greenhead (p225). If you're staying at **Holmhead Guesthouse**

(☎ 016977-47402; www.bandhadrianswall.com; s/d £43/66), don't go into Greenhead; stick to the Pennine Way, over the railway line, past Thirlwall Castle and a river. The trail goes right past the guesthouse.

### Day 13: Greenhead to Once Brewed

3 hours, 6.5 miles (11km)

*Although today's walk is short it's still quite a work-out, following a roller-coaster route beside Hadrian's Wall. There's plenty to see, including a museum, and several places to buy food, so you won't need to bring along sandwiches. Alternatively, you could sprint this section and the next to get to Bellingham in a day.*

For greater detail on the historical background of this section, see p216.

From Greenhead you regain the trail at the ruins of the 14th-century **Thirlwall Castle**, made from recycled blocks from Hadrian's Wall. From here a stiff uphill hike alongside the wall brings you to **Walltown**, where you can grab a snack and nip down the road to visit the **Carvoran Roman Army Museum** (☎ 016977-47485; www.vindolanda.com; adult/child £4/2.50; ☺ 10am-5pm Mon-Sun mid-Feb–mid-Nov, to 6pm Apr-Sep).

The Pennine Way keeps following the route of Hadrian's Wall, through Walltown Quarry – now a nature reserve – and then along an excellent section of wall, built high on cliffs with great views to the north. Just past **Aesica Fort** (now a farm), a road drops down south; follow it and you'll shortly reach the **Milecastle Inn** (☎ 01434-321372; mains £9; ☺ lunch & dinner), a cosy pub serving quality homemade food, including some interesting game pies.

Back on the route, well-preserved and impressive stretches of the wall rise and fall over Cawfield Crag and Winshields Crag. Stride along here, centurion-style, until you reach the car park at Steel Rigg. From here a road runs south to reach Once Brewed (p224).

### Day 14: Once Brewed to Bellingham

7 hours, 15 miles (24.5km)

*There are some more well-preserved and impressive sections of Hadrian's Wall at the beginning of today's route, but you soon leave this behind to wander through Northumberland National Park and the wilds of Wark Forest. In midge season (June to August) this*

*is where they start to be a nuisance. You'll need to pack your lunch.*

From Once Brewed, regain the trail and head east along the wall's ridge-top route. You pass high above Crag Lough – a small lake – and shortly afterwards turn left (north) dropping down from the wall and entering the former land of the barbarians. **Housesteads Fort** (see the boxed text, p225) is less than 1 mile further east, off the route, and warrants a visit.

The trail crosses some marshy country between two larger loughs and enters the southern portion of the giant Wark Forest conifer plantation, before finally emerging to cross farmland, dropping down to Warks Burn and climbing up to Horneystead Farm.

A mile further is **Lowstead**, a fine example of a fortified 16th-century building called a 'bastle-house' and a reminder of that unsettled era when families had to be prepared for outlaw onslaughts. From here the route alternates between path, track and lane, passing the friendly **Shitlington Crag Bunkhouse** (☎ 01434-230330; www.penninewayaccommodation.co.uk; camp sites for 2 £5, dm £13), with breakfast (homemade bread and honey) and evening meals available if ordered in advance. From here it's less than 3 miles to Bellingham.

### BELLINGHAM

pop 1164

Pronounced 'bell-ing-jum', this thriving little town has a helpful **tourist office** (☎ 01434-220616; Main St) in the same building as the **library** (☺ 10am-noon Tue, 1.30-7pm Wed, 10am-4pm Fri; ☒). Also on Main St are a couple of banks, one with an ATM.

**Brown Rigg Caravan & Camping Park** (☎ 01434-220175; www.northumberlandcaravanparks.com; sites for 2 £10), about 1 mile south of town, on the trail as it runs along the road, is well equipped with showers, a small shop and laundrette.

You can also camp or stay in the bunkhouse at **Demesne Farm** (☎ 01434-220258; www.demesnefarmcampsite.co.uk; sites for 2 £8, bunkhouse £15), in the town centre.

B&Bs include **Crofters End** (☎ 01434-220034; s/d with shared bathroom £22/44), a small place on the trail as you come into town; **Lynn View** (☎ 01434-220344; s/d with shared bathroom £24/44), opposite the tourist office; and the super-friendly **Lyndale Guest House** (☎ 01434-220361;

www.lyndaleguesthouse.co.uk; s/d from £35/60), between Main St and the river. The top place to stay is **Riverdale Hall** (☎ 01434-220254; www.riverdalehallhotel.co.uk; s/d from £65/108; 🏠), which has a good restaurant (two/three courses £18/20), an indoor swimming pool and a gymnasium.

For self-catering there's the fine Village Bakery and a couple of **supermarkets** (🛒 8am-10pm) – stock up as this is the last place for more than basic supplies until the end of the trail.

**Fountain Cottage Tea Rooms** (☎ 01434-220707; mains £4; 🕒 9.30am-8pm Mon-Sat, to 6pm Sun), next to the tourist office, serves a decent range of light meals and is good value.

**Oscar's Café & Bistro** (☎ 01434-220288; mains £5-10; 🕒 lunch Mon-Sat, dinner Wed-Sat), just off Main St, allows BYO for its evening meals. The town's premier pub, the **Cheviot Hotel** (☎ 01434-220696; www.thecheviothotel.co.uk; s/d £32/56), also serves food and does B&B.

### Day 15: Bellingham to Byrness

6 hours, 15 miles (24.5km)

*Enjoy this relatively easy walk through the contrasting moorland and forest of the national park before the final day's long slog. Don't forget to stock up on food in Bellingham, and to book ahead for accommodation, as options are very limited in Byrness.*

The trail heads east out of Bellingham, crossing a wonderfully lonely sweep of heather moor for about 5 miles before dropping down to the start of a forest plantation. Sheltered by a wall, the trail climbs steeply, and muddily, up the edge of the plantation before levelling out and marching

resolutely along, with forest to the left and moor to the right. A succession of marker stones along the fence line bears the letters 'GH': Gabriel Harding was the high sheriff of Northumberland and these reminders of the extent of his lands have stood on this remote moor for nearly 300 years.

The trail dives into the forest and most of the remaining miles are through fir plantations. You leave the trees near the tiny settlement of **Blakehopeburnhaugh** (unsurprisingly, the place with the longest name along the Pennine Way), where you can go through a gate and across the burn to **Border Forest Caravan Park** (☎ 01830-520259; www.borderforest.com; sites for 2 £10, s/d £30/48), which offers a couple of comfy, motel-style rooms as well as camping facilities.

From here it's less than 1 mile along the valley to the scattered settlement of Byrness, where the trail crosses a footbridge and brings you to the busy A68 next to a little church.

#### BYRNESS

The only place to stay other than the Border Forest Caravan Park, the **Byrness** (☎ 01830-520231; thebyrness@jackson6961.fsnet.co.uk; camp sites for 2 £5, s/d £30/50) is something of a life-saver. The dog-loving owners of this B&B are very friendly and can prepare evening meals (£13) and packed lunches (£6), if given advance notice. Campers can also get a hot shower for £2 and order a full breakfast for £6.

Opposite is **Border Park Services** (🛒 café 8am-6pm, shop 8am-7pm), a petrol station that has a café and small shop.

### Day 16: Byrness to Kirk Yetholm

10 hours, 26 miles (42km)

*The crossing of the Cheviots into Scotland provides a grand finale to the walk. It's also the longest, loneliest stretch on the whole Pennine Way, and can be very hard going, especially if the weather is bad. An early start is essential, as is a packed lunch.*

Your blood will be pumping after the steep, 150m ascent out of Byrness. The next few miles are gentle, along the wide ridge overlooking the valley of Cottonshope Burn. After 4 miles you reach the border fence between England and Scotland, which you'll follow for much of the day, staying on the English side.

The trail passes **Chew Green Roman encampment** and the first **mountain refuge hut**, climbing over Beefstand Hill and other moorland bumps, which rejoice in names such as Mozie Law (something to do with controlling the midges?) and Windy Gyle (no comment needed). This latter peak (619m) is topped by Russell's Cairn, a huge pile of stones that was once a Bronze Age burial mound, marking the halfway point on today's walk. About 1 mile further on, a track turns off down to **Uswayford Farm** (see the boxed text, opposite).

After more rising and falling moorland, the trail climbs up to the head of a valley at Cairn Hill, where the border fence and the Pennine Way make a sharp left turn. From this point an official out-and-back diversion off the trail (not an 'option', say the purists) leads to the summit of the **Cheviot** (815m) – a 2.5-mile return trip. It's a straightforward ascent in good weather, but the view is rather dull and nonexistent in mist. ('Stuff it', say tired realists.)

Back at Cairn Hill the trail drops northwest to spectacular Auchope Cairn and then steeply to the second **mountain refuge hut**. (Look back to see the glacial hanging valley at Hen Hole.) From here there's one final slog up the Schil before the trail finally abandons the border fence and crosses decisively into Scotland.

Four miles from the end, there's a choice of routes. One stays low in the valley while the other goes through the hills for the final stretch. You may not want to be bothered with decisions at this stage, but the high route doesn't take much longer. The two routes meet 1 mile from the end to follow

a lane into journey's end – Kirk Yetholm (p263), where the route ends at the bar of the Border Hotel.

## MORE LONG-DISTANCE WALKS

### THE RAVENBER

The Coast to Coast Walk described in this chapter famously takes you across the country, while the venerable Pennine Way leads south to north along the backbone of England. If you want to go coast-to-coast and south-to-north, try the 209-mile (336km) challenging route called the Ravenber, taking you from Ravenglass on the Cumbria Coast, through the Lake District, over the North Pennines and Cheviots, along the valley of the River Till to end at historic Berwick-upon-Tweed, on the England-Scotland border. The guidebook you need is *The Ravenber* by Ron Scholes.

### NORTH PENNINES

To the north of the Yorkshire Dales and south of Northumberland is an area of hills and mountains called the North Pennines. The landscape is high, wild and impressive, the weather is often severe, the population is thinly dispersed and there are relatively few visitors. It is not a national park but it is an Area of Outstanding Natural Beauty. The tourist board bills it as 'England's Last Wilderness' and cynics say it has probably remained wild precisely because it isn't a national park.

Whatever the arguments, the North Pennines area undeniably has some marvellous walking opportunities. One of the best is Teesdale, the valley of the River Tees, where the Teesdale Way is a 100-mile (161km) route from Dufton, through Middleton-in-Teesdale and Barnard Castle and eastwards to finish at Warrenby on the North Sea coast. The first half of the walk is particularly good and doesn't hit urban developments until it reaches Middlesbrough. Guidebooks include *The Teesdale Way* by Martin Collins and Paddy Dillon.

The other major river valley in the North Pennines is Weardale, also lovely and less frequently visited than Teesdale. Upper Weardale offers more excellent walking,

#### BREAKING THE LAST LEG

The 26-mile haul over the Cheviots from Byrness to Kirk Yetholm is a cruel sting in the tail for Pennine Way walkers, but there are alternatives to doing it in one long slog.

The most convenient halfway stop is **Uswayford Farm** (☎ 01669-650237; nancy@alwinton.net; s/d with shared bathroom £41/72), which is only 1.5 miles southeast from the trail at about the 14-mile mark. The rates include evening meal. Because of its remote location baggage carriers won't pick up from here so, if you are having your bags transported, you'll need to carry an overnight bag with you and have your main bag sent directly to Kirk Yetholm. It's also possible to arrange with B&B owners in Kirk Yetholm to be picked up in **Cocklawfoot**, around 1.5m northwest of the route, and to be run back there the next day to finish off the walk. Both these options involve dropping down off the ridge and climbing back the next day.

If you have camping equipment you can spend the night under canvas, or you could overnight in one of the two mountain refuges along the trail. However, the first refuge (at 9 miles) is probably too early and the second (at 19 miles) is probably too late.

combining river-side paths and wild moorlands with evidence of the area's industrial heritage. Another long route, the 77-mile (124km) Weardale Way, runs along this valley from Killhope to Roper on the North Sea coast. For details see [www.weardaleway.com](http://www.weardaleway.com).

### YORKSHIRE WOLDS WAY

Billed as 'Yorkshire's best kept secret', the 79-mile (127km) Yorkshire Wolds Way is one of the least trod of Britain's national trails. It starts at Kingston-upon-Hull (always shortened to Hull) on the River Humber and curves north through rolling farmland, quiet villages and deep chalky valleys, to end at Filey Brigg, a peninsula on the east coast south of Scarborough that is also the end of the Cleveland Way (p252).

The Wolds Way is an ideal beginners' walk and is usually possible in five days. It can be done at any time of year, as the landscape is not high or strenuous and the area gets surprisingly little rain, although (as with any part of eastern England) in winter cold winds and snow can blow in from the east. For more details see [www.nationaltrail.co.uk/yorkshirewoldsway](http://www.nationaltrail.co.uk/yorkshirewoldsway), or pick up the National Trails Guide *Yorkshire Wolds Way* by Roger Ratcliffe.

### STAFFORDSHIRE WAY

Running for 92 miles (148km) through rural and semirural parts of the county, the Staffordshire Way passes through farmland, the woodlands of Cannock Chase and also skirts the edge of the Peak District National Park. The route starts at Mow Cop (near the town of Congleton) and ends at Kinver Edge (near the town of Stourbridge). A walker from Australia told us: 'We decided on the Staffordshire Way because it was described as 'showing the walker as many aspects of English scenery as possible along its length'. The route also provided easy access to villages and suitable accommodation – namely, old inns. The walk provided us with a truly marvellous experience. There was not one moment that could be described as boring.' For more information on this route, including available leaflets and guidebooks, the Ramblers' website ([www.ramblers.org.uk/info/paths/staffordshire.html](http://www.ramblers.org.uk/info/paths/staffordshire.html)) is a very good start.

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