

## **Coast to Coast in Easy Stages**

The plan is to complete the Coast to Coast from St Bees to Robin Hoods Bay in easy stages, no more than 12 miles at a time, over any period of time. The total distance is 189 miles

You could complete one stage a week, or one stage a month, however, because of the logistics, there will be times when it will be necessary to stay overnight and complete two (or possibly three) stages on consecutive days. . No stage will be longer than 12 miles.

It assumes there are two cars, two drivers, and no more passengers than can fit in one car. Cars will be used to drive to each stage, and then will be positioned one at the start and one at the end of each stage. Whilst the stages are within a days driving distance, own cars will be used, but there will be times when the logistics make it necessary to use Mountain Goat, bus or other third party transport in addition.

Because it will be necessary to juggle the cars, it is important to make sure that the cars are left in safe places.

What follows is a brief description of all the stages, working west to east from St Bees to Robin Hoods Bay. The first stage describes the logistics of using the two cars, the principle being repeated on each stage.

### **Stage 1 -St Bees to Cleator (Distance: 8.5 miles Height Gain: 920ft}**

Both cars will meet in the car park across the road from the Three Tuns pub (grid reference NY014135) on the main street in Cleator (not Cleator Moor) You will leave one car in the car park and you will use the other car to take all to St Bees (grid reference NX961118) where you will start the walk. At the end of the walk in Cleator you will use the car left behind to return all to St Bees to collect the other car.

You will have a welcome cup of tea at the cafe overlooking the St Bees beach!

### **Stage 2 -Cleator to beyond Ennerdale Water Car Park (Distance: 7 miles. Height Gain 1400 ft}**

This is a straightforward stage with one steep climb up Dent Fell. You will meet at the car park close to the west end of Ennerdale Water (close to Bleach Green Cottages, grid reference NY085154).

You will use the same car logistics as in stage 1, the 'end-car' at Ennerdale Water and the 'start-car' across the road from the Three Tuns (grid reference NY014135)

### **Stage 3 -Ennerdale Water Car Park to Gillerthwaite Youth Hostel (Distance: 9 miles Height Gain 300 ft)**

The logistics from Ennerdale Bridge to Rosthwaite are difficult due to the lack of car access, so this stage and the next stage will involve you manoeuvring about a little.

The distance from the Ennerdale Water Car Park to the Gillerthwaite Youth Hostel is only 4 miles so you will make a circular walk of this stage and return to the car park via the north edge of Ennerdale Water. This will be the only circular walk on all the stages, but is a marvellous opportunity to amble all round the edge of the beautiful Ennerdale Water

You will meet at the car park at (grid reference NY085154) and leave the cars there for the day.

**Stage 4 -Gillerthwaite Youth Hostel to Rosthwaite (Distance: 9 miles Height Gain 1600ft)**

This will be the hardest section to date but probably the most beautiful. The route takes you through the Ennerdale Forest and then over some of the lower fells to Honister Pass and then on to Seatoller and Rosthwaite.

You will meet at the National Trust Car Park at Rosthwaite (grid reference NY258148). You will use a taxi to take you all to Gillerthwaite Youth Hostel - one hours drive - (grid reference NY143142) and to drop you off to follow the coast-to-coast route back to Rosthwaite to collect your cars.

**Stage 5 -Rosthwaite to Grasmere (Distance 7 miles Height Gain 1800 ft)**

This section is straightforward, following part of the Cumbria Way and then via Far Easedale to Grasmere.

You will work the cars as before, meeting and parking the end-car in the Broadgate car park in Grasmere (grid reference NY337078) and then driving to drop the start-car in Rosthwaite (grid reference NY258148).

Having reached Grasmere you will have walked 35 miles of the Coast to Coast!

**Stage 6 -Grasmere to Patterdale (Distance 7 miles Height Gain 1655 ft)**

The next section is straightforward and beautiful, stopping off at Grisedale Tarn with views of Seat Sandal, St Sunday Crag and Dolly Wagon Pike.

This time park the end-car at the car park opposite the Patterdale Hotel (grid reference NY396159) and the start-car again in Broadgate Grasmere (grid reference NY337078).

**Stage 7 - Patterdale to Bumbanks (Distance 10 miles Height Gain 2500ft)**

This is the longest stage -it involves high level walking and you need to choose a day when conditions are good. On this stage you will reach the highest point of the whole Coast to Coast walk -Kidsty Pike. Burnbanks is the earliest point where car access is available.

The end-car can be left in a small car park in Burnbanks (grid reference NY508162), the start-car again opposite the Patterdale Hotel (grid reference NY396159).

### **Stage 8 -Burnbanks to Shap (Distance 5 miles Height Gain 700ft)**

This is a short stage, but is a lovely walk on a nice day, and time can be taken to look around the remains of Shap Abbey.

The end-car can be parked at the car park adjacent to the Bowling Green on the Shap main street (grid reference NY563151) and the start-car again at Burnbanks (grid reference NY508162).

### **Stage 9 -Shap to Orton (Distance 8 miles Height Gain 400ft)**

An easy stage involving a crossing of the M6 motorway (via a special pedestrian bridge) and an opportunity to visit 'Robin Hood's Grave'

Park the end-car outside the chocolate factory at Orton (grid reference NY623083) and the start-car in car park on Shap Main Street (grid reference NY563151).

### **Stage 10 -Orton to Kirkby Stephen (Distance 12 miles Height Gain 600ft)**

An interesting stage, taking in some prehistoric settlements in and around Smardale. Plenty of parking spaces for the end-car on the main street in Kirkby Stephen (grid reference NY775087), and the start-car outside the chocolate factory as before (grid reference NY623083).

### **Stage 11 -Kirkby Stephen to Keld (Distance 11 miles Height Gain 1700ft)**

This is a real climb to the watershed of northern England, and is every bit as wet as you might expect. You will ascend to Nine Standards Rigg before descending to the beautiful Swaledale valley.

Park end-car in car park in Keld (grid reference NY893013) and start-car again on Kirkby Stephen main street (grid reference NY775087).

Now you have reached Keld you have completed exactly half of the Coast to Coast route, and what lies ahead is every bit as good as what you have left behind (whichever way you are going!)

### **Stage 12 -Keld to Reeth (Distance 12 miles Height Gain 1800ft /500ft)**

Two alternative routes for this stage. A high level route amongst the ruins of Swaledale's lead industry or a low level walk through the Swaledale valley.

For both routes you park the end-car on the wide green at the centre of Reeth (grid reference SE038993) and the start-car as before in Keld (grid reference NY893013).

### **Stage 13 –Reeth to Richmond (Distance 10 miles Height Gain 1100ft)**

A pleasant stretch through historical villages and peaceful hillside woods above the steep valley of the lower Swale.

The end-car should be parked in the Nuns Close car park just short of the centre of Richmond (grid reference NZ167012), the start-car in the centre of Reeth (grid reference SE038993).

**Stage 14 -Richmond to Great Lanmon (Distance 11 miles Height Gain 300ft)**

Stages 14 and 15 divide the long stretch from Richmond to Ingleby Cross into two equal stages, each of 11 miles. The mid point is a spot on the route just outside the hamlet of Great Langton where the coast-to-coast path touches the B6271 road. At this point there is ample space to park the end-car (grid reference SE303973) and as before leave the start-car in Richmond (grid reference NZ167012).

**Stage 15 - Great Lanmon to Ingleby Cross (Distance 11 miles Height Gain 200ft)**

This part of the journey meanders peacefully through the arable fields of the famous Vale of Mowbray

You will be able to park your end-car near the famous cross of Ingleby Cross (grid reference NZ449006), leaving your start-car as before just outside Great Langton (grid reference SE303973).

**Stage 16 – Ingleby Cross to Clay Bank Top (Distance 11.5 miles Height Gain 2600ft)**

You have now reached the edge of the North York Moors and this stage is an exhilarating switchback along the Cleveland escarpment dipping down to quiet villages before striding back up to heather moors and panoramic views.

The end-car can be parked at the Clay Bank Top view point close to a picnic area just off the B 1257 (grid reference NZ572036), the start-car again at Ingleby Cross (grid reference NZ449006).

**Stage 17 -Clay Bank Top to Rosedale Head (Distance 9 miles Height Gain 800ft)**

The route from Clay Bank Top to Glaisdale has again been split into two equal stages with a mid point at Rosedale Head.

In both these stages you will be traversing the bleak and uninhabited North York Moors, with only the rich heritage of carved stones along the route to keep you company.

There is a small area for cars close to Rosedale Head where you can leave the end-car (grid reference NZ677019), and leave the start-car at Clay Bank Top (grid reference NZ572036).

**Stage 18 -Rosedale Head to Glaisdale (Distance 9 miles Height Gain 200ft)**

Park the end-car in a parking area just opposite Ghyll Brow, a cul-de-sac to the north west of the centre of Glaisdale on the road to Lealholm (grid reference NZ773058) and leave the start-car at Rosedale Head (grid reference NZ677019).

**Stage 19 -Glaisdale to Old May Beck (Distance 9 miles Height Gain 800ft)**

This is a pleasant stage which takes you through the village of Grosmont and on through the Esk valley.

Park the end-car in the Old May Beck car park (grid reference NZ893024), and the start-car in Glaisdale (grid reference NZ773058).

**Stage 20 -Old May Beck to Robin Hoods Bay (Distance 9 miles Height Gain 700ft)**

This is the final stage which brings you to the North Sea Cliffs and the coastal path to your final destination - Robin Hoods Bay!

Leave the end-car in the main car park above Robin Hoods Bay (grid reference NZ952053) and the start-car in the Old May Beck car park as before (grid reference NZ893024).

Now your Coast to Coast walk is finished. You have walked 189 miles and you have climbed (and descended) a total of 22,825ft. So go and paddle in the North Sea and celebrate in Wainwrights Bar!