

ENGLAND: COAST TO COAST

# Guest Handbook

A Self-Guided Walking Adventure





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## Travel Style

Our Self-Guided Walking Adventures are ideal for travelers with an independent spirit who enjoy exploring at their own pace. We provide authentic accommodations, luggage transfers, and some meals, along with comprehensive Route Notes, detailed maps, and 24-hour emergency assistance. This gives you the freedom to focus on the things that matter to you—no group, no guide, and no set schedule to stand in the way of enjoying your adventure, your way.



## Overview

Dip your toe in the Irish Sea one day and in the North Sea nine days later on our exclusive Self-Guided Walking Adventure along northern England's Coast-to-Coast Walk. Famed mountain climber Alfred Wainwright devised this spectacular route in 1972, pointing walkers to the most scenic byways that link the two seas. Today, with our detailed maps and route notes, you will follow the most breathtaking segments of his 192-mile trail, one of the most acclaimed footpaths in the UK. Along the way, drink in the outstanding beauty of three of England's most beloved national parks—the mountainous Lake District, pristine inspiration to poets and writers; Yorkshire Dales, blanketed with rolling valleys caressed by trickling streams; and North York Moors, a treasured region of England's beloved moors and heather-clad bogs, at once moody and magnificent. Admire cascading waterfalls. Gaze out over the Irish and North Seas from dramatic cliffs. It all unfolds before you at the most pleasing pace over inspiring and sometimes moderately challenging terrain, with easier options offered on two days. Along the way, relax in comfort at a blend of casual and refined accommodations, with a generous array of included meals that feature the farm-fresh cuisine of Cumbria and Yorkshire.





# Daily Itinerary

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## DAY 1

Arrival in Whitehaven, England. Transfer to Cleator. Orientation meeting at 6:00 p.m.

Make your own way to the Railway Station at Whitehaven, a coastal Cumbrian town near northern England's beautiful Lake District. The town's ties to the U.S. date to the Revolutionary War, when American naval captain John Paul Jones led a raid upon this coast. This was also the final home of George Washington's paternal grandmother, Mildred Gale. Upon arrival, a taxi transfers you about 20 minutes to Cleator, an old iron-ore mining village on the Ehen River. With its Irish Sea location at the western end of England's famed Coast-to-Coast Walk, Cleator attracts walkers from all over the world. The walk's creator, Alfred Wainwright, was fond of saying that his footpath traversed "the grandest territory in the north of England." Take time to visit your lodge's gardens and settle in or perhaps take a stroll into town to visit the 12th-century St. Leonard's Church, built during the reign of King Henry I. Later, meet our local representative for an orientation meeting. A hearty three-course dinner is included tonight at the hotel, giving you a chance to sample the town's delicious and locally sourced produce from the nearby Cumbrian farmland and from the cold waters of the Irish Sea. Freshly prepared cuisine will accompany you

throughout your journey; on some days, you may well walk past farms that produce some of the food that will be on your plate that same evening!

## Overnight in Cleator

### DAY 2

Coast-to-Coast Walk: St. Bees to Cleator; 9.7 miles, easy to moderate, 1,000-ft. elevation gain and 800-ft. elevation loss



Wake up to a full English breakfast, as you will all week long. You leave via taxi, with a simple packed lunch in hand courtesy of your hosts, for a 10-minute ride to St. Bees, a delightful sandstone village where the Coast-to-Coast Walk begins. Alight your taxi at the railway station near St. Bees Priory, a Norman church dating to 1120. Dedicated to St. Bega, an Irish nun who was shipwrecked here in the 9th century, the priory is closely linked to the town's spiritual identity and heritage. From the station, you follow a narrow, paved lane a half mile to the coast, passing the statue of St. Bega along the way. You may stop at Hartley's Beach Café on Seacote Beach for coffee, tea, or last-minute items before starting your walk.

Proceed to the beach, a long stretch of sand flanked by a concrete seawall erected from 1959 to 1961 to prevent erosion. The scenic coast is littered with colorful boulders, many fallen from the dramatic cliffs. While here, you may wish to pick up a pebble to mark the start of your adventure, as is the tradition with many an English walker; toss it into the North Sea when you arrive. To the north, continue to St. Bees Head, the westernmost point of Cumbria. This hulking wall of red sandstone threaded with white streaks of rock stretches four miles; its nooks and crannies are abuzz with the activity of northwest England's only cliff-nesting seabird colony and ablaze with a riot of colorful wildflowers. To reach the start of your walking trail, follow the path up these cliffs to South Head, towering an average of 300 feet. Two headlands, north and south, jut into the Irish Sea here, demarcated by the rock-strewn gully at Fleswick Bay. Pause here to admire the views: On a clear day, you may spot the Isle of Man floating in the sea and the Cumbrian Mountains inland.

The Coast-to-Coast Walk begins at the Wainwright Wall, named for the hardy English walker who devised the route. You trace the trail along the cliff through



the Nature Reserve managed by the Royal Society for the Protection of Birds (RSPB), following the fence that borders the precipice. As you walk among breathtaking vistas kissed by a sea breeze, you pass sheep and cows grazing on green pastures. Descend to Fleswick Bay and take a break on its shingle beach in the shadow of the headlands before continuing up to North Head. At the

whitewashed lighthouse and keeper's cottages, take in views of Saltom Bay and Whitehaven. The first beacon here was built in 1717 and replaced after a fire in 1822. Today's tower, whose light is visible from 25 miles, dates to 1866 and has been automated since 1987.

Later, arrive at a quarry before passing some cottages onto a red sandstone lane slicing through green banks. Join a paved road to Sandwith, a charming village that leads you onto a country lane past a large working farmyard and fields. Pass through the tiny village of Moor Row, named for its row of houses on a moor, before returning to your hotel. Relax this afternoon before your included dinner.

## Overnight in Cleator

### DAY 3

Lake District National Park: Rosthwaite to Grasmere; 8.3 miles, moderate with challenging sections, 1,800-ft. elevation gain and 1,850-ft. elevation loss. Or Grasmere and Rydal Loop; 5.3 miles, easy, 500-ft. elevation gain and loss

Choose from two walking options today, depending on your enthusiasm and—always a consideration in England—the weather. After breakfast, collect your picnic lunch from your hosts and transfer by taxi to the village of Rosthwaite, the unofficial and charming capital of the spectacular Borrowdale Valley and a quaint collection of slate and whitewashed houses. The winding Borrowdale is a lush paradise of green meadows and steep rock-strewn slopes draped in oak forests. Here, you are surrounded by the rugged fells of the Lake District, a UNESCO World Heritage site renowned for its cultural landscape; it is English rural terrain at its most authentic. Start your walk tracing the dreamy contours of the Stonethwaite Valley, which slices through the soaring wall of Borrowdale. Follow a crisscross of meticulously laid, drystone walls covered in a delightful

patchwork of soft moss. As you enjoy the song of the trickling waters of Stonethwaite Beck, a lovely mountain stream, you will be in good company as countless Herdwick sheep graze or lounge in emerald fields. At the junction of two valleys, the waters of Langstrath Beck and Greenup Gill (a narrow ravine) merge before making their way back down to Stonethwaite. But you continue upward along Greenup Gill, entranced by its waterfalls and tributaries and wide-open skies. Breathtaking vistas unfold as you climb and circle around the towering Eagle Crag before a final steep jaunt over a stone gully. Your ascent ends at the massive Lining Crag.



The remainder of the day's trek is more or less level or downhill as you follow an indistinct path through a boggy landscape to cross Greenup Edge, a pass straddling Borrowdale and Grasmere. Pause for your picnic lunch in this peaceful spot. Then continue across scenic Wythburn Valley before a descent into Far Easedale, tracing a low riverside trail to Grasmere, a lovely village of stone buildings sidling up to a pristine, island-dotted lake. The famed poet William Wordsworth lived in Dove Cottage here with his sister and later moved to Allan Bank after his marriage to Mary. There may be time to explore the Wordsworth Museum at your own expense and visit the family's poignant cemetery plot in the church graveyard.

If you prefer a shorter walk today, you transfer with your luggage to Grasmere and stroll a loop that follows pleasant and varied terrain around Grasmere Lake and Rydal Water. Trace the Old Coffin Road, so named because it was once the final journey taken by the dead of Rydal as they were brought to the Grasmere church for burial. Pass Dove Cottage, home to Wordsworth from 1799 to 1808, and the Wordsworth Trust Shop, perhaps visiting them at your own expense. In Rydal, stop by Rydal Mount, another of the poet's homes, or the elegant Rydal Hall, where his landlord lived. Today, the latter offers lunch and tea shops should you wish to indulge in a snack.

This evening, enjoy an elegant meal at the hotel restaurant, where creative dishes are prepared from locally sourced ingredients. Handmade cheeses and hand-cured meats might start you off, perhaps followed by a fresh lamb or salmon dish accompanied by fresh produce.



## Overnight in Grasmere

### DAY 4

Lake District National Park: Dunmail Raise to Glenridding; 6.2 miles, moderate, 1,150-ft. elevation gain and 1,500-ft. elevation loss. Or Glenridding to Aira Force and return; 5.8 miles, easy, 500-ft. elevation gain and loss

After a hearty breakfast of cereals, yogurt, smoked fish, eggs, meats and whatever whets your appetite from the generous buffet, pick up your packed lunch from your hosts and choose again from two walking options. The first continues along the Coast-to-Coast Walk, starting at Dunmail Pass, at 1,929 feet. Legend has it that the Saxon King Edmund and Celtic King Dunmail fought here in 945 AD. After Dunmail was killed, his crown was hastened up a steep path along the waters of Grisedale Beck and tossed into the tarn, or lake, to keep it out of Saxon hands. The crown, never found again, was believed to have magical powers that gave its wearer the right to the Kingdom of Cumberland.

Begin with a steady climb on a rocky and uneven trail along Raise Beck, a trickling mountain stream. Make your way past tall ferns and small waterfalls, tracing the route of a stone wall to the final resting place of Dunmail's crown, Grisedale Tarn, set at 1,768 feet and surrounded by bare hills. The grand setting is the ideal spot to pause and contemplate the rugged wildness of this place, framed by the slopes of Dollywaggon Pike, Fairfield, and Seat Sandal. Continue traversing this starkly beautiful area until reaching a large cairn. Then descend into the lush, green pastures of Grisedale Valley, grazed by cattle and sheep. At the village of Patterdale, one of the region's least spoiled hamlets, pick up a paved road to tiny Glenridding, set on the shore of Lake Ullswater. After settling into your hotel, there may be time to treat yourself to a lake cruise on an Ullswater Steamer, or you may rent your own boat.

If you prefer, transfer after breakfast to lakeside Glenridding, where you follow the Ullswater Way. From your hotel, follow the trail north to Stybarrow Crag and Mossdale Bay to Glencoyne. Cross the stream of Glencoyne Beck into Glencoyne Park, whose quiet, pristine beauty inspired Wordsworth to write one of his most loved poems, "I Wandered Lonely as a Cloud." Later arrive at the 65-foot Aira Force waterfall, with lovely views of Aira Beck. You may also spot the endangered red squirrel, nearing extinction because of the encroaching non-



native grey squirrel. You might pause at a tea room for a leisurely cuppa. Return the same way you came, or embark a steamer from Aira Force Pier at your own expense. Seek out a spot for dinner on your own this evening.

## Overnight in Glenridding

### DAY 5

Yorkshire Dales National Park: Muker to Reeth; 10.1 miles, easy to moderate, 450-ft. elevation gain and 600-ft. elevation loss



After breakfast, collect your final picnic lunch to be provided during your adventure and transfer 1.5 hours to Yorkshire Dales National Park, where the Swaledale Valley cradles the village of Muker on a hillside overlooking the Swale River. After time for tea or browsing the grey-stone shops in the tiny hamlet, navigate your way through the village and set off along farm tracks to the banks of the Swale River. Stroll downstream and cross the Ramps Holme Bridge, continuing into the lovely Muker Meadows, a riot of orchids, lady's mantle, cat's ear, buttercups, and wood crane's bill. So precious are these fields that they are protected by the Wildlife Trust. The hay meadows, too, are conserved as a Site of Special Scientific Interest. As you walk, take time to really drink in this unique place. The traditional 18th and 19th-century barns and drystone walls are the most authentic feature of Muker Meadows. Swaledale sheep, cows, and horses complete the picture-perfect setting. Follow the river through some woodlands to the iconic Ivelet Bridge, a beautifully arched packhorse span that, in medieval times, helped convey corpses to the consecrated grounds at Grinton Church. The adjacent "coffin stone" allowed pallbearers to lay down their burden for a spell. Do not cross the bridge, but walk into more fields to the picturesque village of Gunnerside, the ideal spot for a break in the local pub or tearoom.

Later, follow the footpath into Gunnderside Flats, well-tended lands still used by local farmers to raise livestock among fields marked by the crisscross pattern of stone walls. Soon, the trail returns to the banks of the Swale River. The remainder of your route meanders to pasturelands, to the country road, and back to the river. At walk's end, arrive in Reeth, a rural village spectacularly set on a plateau above the river in view of sweeping hills and moors. This quaint Yorkshire Dales village, once a lead-mining town, seems torn from a storybook;



stone and brick cafés, pubs, and shops surround its large triangular village green. This evening, explore Reeth and find a local spot for a satisfying meal on your own.

### Overnight in Reeth

#### DAY 6

Yorkshire Dales National Park: Reeth to

Richmond; 10.4 miles, easy to moderate, 950-ft. elevation gain and 1,200-ft. elevation loss. Or transfer to Richmond for leisurely day

If you wish to forego a day of walking, today is the day. You can transfer with your luggage directly to Richmond, home to England's second largest cobbled market square, a stunning Norman castle, a splendid Georgian theater, and dramatic ruins. It is easy to while away a day exploring this traditional town dripping with English heritage.

If you are walking today, stop in town to pick up supplies for a picnic. Trace the main road out of Reeth, where a field leads you to the Swale River. Once you arrive at a country road overseen by grazing cows and sheep, follow it past the 12th-century Marrick Priory, home to Benedictine nuns until it fell victim to Henry VIII's Dissolution of the Monasteries in 1540. Today, it lies in ruins except for the tower, which you may see past the barns of the adjacent Abbey Farm and the Ripon Diocese. Here, a grassy uphill path leads to an entrance gate to the Steps Wood, a small patch of forest traversed by some 375 steps known as the Nuns' Steps, said to have been laid by local sisters. These point you to the small hamlet of Marrick, which soon opens up to walled fields that descend into the village of Marske. Here, visit the Church of St. Edmund the Martyr, dating to the 11th century. Drinks and snacks are available here if you'd like a refreshment.

The main road out of Marske delivers you to a succession of grass fields connected by stiles, easy steps that allow you to climb over fences. As you walk, you may spot the large white cairn on Applegarth Scar, a dramatic limestone crag. Continue in this direction along a farm track, crossing more open fields into Whitcliffe Wood. Your footpath through this patch of forest deposits you onto a shady asphalt lane, which affords delightful vistas of Richmond and its

castle tower as you descend into town. This evening, you have many options for dinner on your own in Richmond.

## Overnight in Richmond

### DAY 7

North York Moors National Park: Seavey Hill to Glaisdale; 7 miles, easy to moderate, 1,200-ft. elevation loss



After another bountiful breakfast, transfer about one hour and 20 minutes to North York Moors National Park for a moorland walk over mostly gentle downhill terrain. One of England's most celebrated parks for its bright purple bell heather that bloom in July and August, North York Moors is a haven for birdlife such as the merlin, red grouse, skylark and snipe. Delicate moss, flowing hair grass, and cotton grass will also mark your progress today.

Today's pathway follows the heather crest of Danby High Moor. In these uplands, you might spot juniper, bog rosemary, or cloudberry. This contemplative and peaceful road points you to a solitary gate and a signpost for the Coast-to-Coast Walk and Glaisdale, today's destination. Follow a clear track from here, crossing a heather moor past the stout stone building of Trough House, a secluded shooting hut often kept company by a few upland sheep. Later, you round the head of Great Fryup Dale, named for the seductive Norse goddess Freya ("up" is the Olde English term for "valley"). A gentle downhill walk leads to a gentle uphill one as you traverse a rugged moorland trail to the crest of Glaisdale Moor, offering splendid views of the valley you just left. Later, meet an all but abandoned asphalt road—known as Glaisdale Rigg—that traces the ridge. Enjoy spectacular views of Great Fryup Dale to one side and Glaisdale Head to the other. The vistas here are breathtaking, so take your time and enjoy this magnificent stroll in the clean mountain air as moorlands stretch out all around you. Pause along the way to contemplate those who erected the many standing stones along Glaisdale Rigg. One is inscribed "Whitby Road," and once pointed many a journeyman or trader to Whitby, the seaside town with a great maritime and mining heritage.



At a local pub in Glaisdale, meet your driver for a 50-minute transfer to Helmsley, a traditional market town nestled in the Ryedale Valley amid the beauty of the North York Moors. Enjoy the remainder of the day exploring its pretty streets lined with traditional stone cottages, perhaps stopping by a tearoom or gift shop. Stroll along the Rye River, visit the busy market and admire its

ancient castle. This evening enjoy dinner at your hotel—named for its dual functionality, by day The Gallery Restaurant is home to ‘Helmsley Galleries,’ the most important commercial collection of art in the North. As the evening draws, it takes on the more functional role as a 3 AA rosette restaurant serving inspiring modern cuisine that is huge on flavor and largely reliant on great Yorkshire ingredients.

## Overnight in Helmsley

### DAY 8

North York Moors National Park: Littlebeck to Robin’s Hood Bay; 11 miles, moderate, 900-ft. elevation gain and 950-ft. elevation loss

Today, you conclude your journey at the North Sea, the eastern terminus of the Coast-to-Coast Walk. Before leaving Helmsley, purchase supplies for today’s picnic lunch. Transfer 50 minutes to the foot of the steep Esk Valley and Littlebeck, a tiny village named for its “small stream.” From the Littlebeck Methodist Church, head down the road beside the village information sign and cross the bridge over Little Beck. You pass the Old Mill, used to grind corn until the 1930s, and the Old Woodcarver’s cottage. Gain a little elevation as the road curves right. Look for the wooden footpath sign that reads “Falling Foss and Coast-to-Coast,” which puts you back on the Coast-to-Coast Walk on which you started in St. Bees. You may also see the sign for the Nature Reserve known as Littlebeck Wood, a 65-acre protected parcel through which the Little Beck stream runs. This semi-natural forest, blanketed with patches of mosses and fungi, is dense with oak, ash, alder, hazel, cherry, rowan holly, and conifers.

Pass through a wooden gate to continue on this often muddy pathway through the forest. Pause to explore the Hermitage, a cave sculpted into an enormous boulder by an 18th-century reclusive hermit. Descend to the trickling May Beck



en route to Falling Foss, a stunning 30-foot cascade of water. Nearby, the woodland tea garden of Midge Hall is the ideal place for a break. This charming cottage, built in the 18th century for a gamekeeper, was later transformed into a tearoom for visitors to Falling Foss but was abandoned in the 1960s. In 2008, new owners reinvigorated this charming slice of woodland heritage so walkers can relax over a scone with jam and cream or a cold drink.



Arrive later at the May Beck car park before heading uphill on a country road. At New May Beck Farm, your path diverges into Sneaton Low Moor along a boggy and possibly muddy trail that ends at a busy main road. You need to follow it briefly before stepping onto a footpath into Graystone Hills, an untouched landscape of rough moorland and bogs. Ahead, walk along paved quiet lanes, passing Low Hawsker en route to High Hawsker. You step away from the road to cut through some parkland, which points to a clifftop path where the Coast-to-Coast Walk meets the Cleveland Way, another of England's long-distance trails. Trace the clifftop for a glorious three miles as the vast North Sea stretches before you. Cows and sheep mingle in the sea breeze on approach to Robin Hood's Bay; you cross the Rocket Post Field known for its lifeboat drills that prepped rescuers to save ships that wrecked on the inshore rocks. One of the most picturesque places on the Yorkshire coast, this former fishing village spills down a hillside. The seaside hamlet's name origin is a mystery despite its association with the famed well-intended thief. Victorian villas and fishermen's cottages dot the streetscape, built by 19th-century seafarers. A stroll down to Old Bay reveals an engaging network of narrow lanes lined with tearooms, pubs, shops, and studios. Cast your pebble into the sea to mark the end of your transnational journey before settling into your hotel and enjoying dinner on your own in this charming seaside village.

## Overnight in Robin Hood's Bay

### DAY 9

Your England: Coast to Coast tour concludes



After a sumptuous breakfast, you transfer about 30 minutes to the Scarborough train station, where your tour ends.

### ITINERARY CHANGES

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or

transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

### RESPONSIBLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back at [countrywalkers.com/sustainable-travel](https://countrywalkers.com/sustainable-travel).

# Tour Facts at a Glance

## TOUR LENGTH

9 days, 8 nights

## DEPARTURES

This tour is available starting Sunday through Thursday, on request, from May 1 through September 30, 2019. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table. Please also note that the tour price includes one arrival transfer from Whitehaven to Cleator on Day 1 of the tour and one departure transfer from Robin Hood's Bay to Scarborough on Day 9 of the tour. If traveling in a group of two or more with separate arrival and/or departure times, additional charges will apply for multiple transfers. *All prices are per person, based on double occupancy.*

## TOUR PRICE

2019 departures	Per person 2-5 guests	Per person 6+ guests	Single +	Solo Surcharge
May 1–Sep 30	\$4,098	\$3,998	\$1,025	\$525

## STARTING POINT

Whitehaven Railway Station (WTH), Whitehaven, Cumbria, England  
Based on individual arrival times

## ENDING POINT

Scarborough Railway Station (SCA), Scarborough, North Yorkshire, England  
Based on individual departure times

## ACTIVITY LEVEL

This tour is one of our Self-Guided Walking Adventures, rated moderate overall, with an average of 7 to 11 miles per day. While walks typically are not able to be shortened, it is possible to transfer with your luggage to your next accommodation on any given day (included in the price of the tour). There are daily ascents and descents, with a maximum elevation gain of 1,800 feet and maximum elevation loss of 1,850 feet. Most of the hills are gradual as opposed to short and steep with the exception of days 3 & 4 in the Lake District; on these days you have the choice of a rugged mountain hike (featuring a strenuous ascent and long gentle descent) or an overall gentle lakeside walk. The terrain includes narrow gravel and asphalt roads, springy turf, packed dirt trails, stretches of loose gravel, boggy areas, and rugged moorland. As many walks bring you through open pastures (muddy when wet!) and constantly evolving farmland, it's important to be comfortable around livestock (sheep, cows, horses) and helpful to remain attentive; some navigation skills and a sense of adventure may come in handy as well. Weather can increase the difficulty of this tour as the majority of the walks are fully exposed to the elements. **Waterproof boots and breathable waterproof clothing are absolutely essential on this tour! And remember: preparation is the key to ensuring your tour readiness; the more you walk or participate in aerobic exercise prior to your trip, the more you will enjoy your experience!**



## INCLUSIONS

- » Breakfast daily, four lunches (day 2, 3, 4, and 5), and four dinners (days 1, 2, 3, and 7); beverages not included
- » All accommodations while on tour
- » Local transfers as noted in the itinerary
- » Orientation meeting with a Country Walkers representative
- » Luggage transfers between the hotels (Please note: It is possible to transfer with your luggage from one accommodation to the next at no additional charge)
- » Detailed water- and tear-resistant Route Notes and maps
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour travel-related support provided by One Call International Emergency Hotline and Travel Assistance
- » The unbeatable and cumulative experience of the Country Walkers staff

## LET THE JOURNEY BEGIN

Prior to your adventure you will receive:

### **Within 24 hours of reservation confirmation:**

A Confirmation Email with a link to our online guest portal, My Account, which allows you to view important information and manage parts of your account online. Similar to other web-based portals you may already use for online banking or shopping, My Account will let you:

- a. View your active reservations.
- b. Make a payment.
- c. Access the latest version of your reservation invoice.
- d. Access your guest profile where you'll be able to update essential information and preferences (passport information, important dietary considerations, allergies, etc.).
- e. Ensure that your contact information is the most up to date (name, address, phone number, email).
- f. Provide us with your tour arrival and departure details so that we may arrange any included arrival and departure transfers and/or orientation meetings.

**One day following reservation confirmation:**

An Online Participation Agreement Form to sign and submit (emailed).

**Within one week of reservation confirmation:**

- a. Your reservation invoice (emailed).
- b. Welcome Documents including your specific dated Hotel Itinerary and this Guest Handbook (emailed).

**Approximately one month prior to departure:**

Your Travel Documents including the following items (mailed):

- a. Printed water- and tear-resistant Route Notes (day-to-day walking directions and maps; emergency contact information; detailed daily itinerary; information regarding included meals, transfers, and daily logistics; restaurant recommendations for non-included meals; town maps; and information regarding optional activities and transportation).
- b. Printed Travel Documents (your specific dated Hotel Itinerary, Daily Itinerary Overview, and—if included—Arrival & Departure Transfers Overview).
- c. Luggage tags.

**At your orientation meeting:**

- a. Maps.

**GRATUITIES**

Standard gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers; however, additional tips are always welcomed, especially by your driver(s). Should you wish to tip for meals or services not included in the cost of the tour, please do so at your discretion. Local currency is preferred.

# Traveling To and From Your Tour

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## STARTING POINT

### Whitehaven Railway Station (WTH), Whitehaven, Cumbria, England

#### Based on individual arrival times

Whitehaven Railway Station serves the town of Whitehaven in Cumbria, England. The railway station is a stop on the scenic Cumbrian Coast Line 39 miles (63 km) south west of Carlisle. It is operated by Northern

([northernrailway.co.uk/stations/WTH](http://northernrailway.co.uk/stations/WTH)) who provide all passenger train services.

A taxi driver will meet you at Whitehaven Railway Station and transfer you 20 minutes to the first hotel in Cleator (please look for your taxi driver in the station parking lot).

**In order to arrange your arrival transfer, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)**

Please note that the tour price includes one arrival transfer from Whitehaven to Cleator on Day 1 of the tour. If traveling in a group of two or more with separate arrival times, additional charges will apply for multiple transfers.

A tour representative will then meet you in the lobby of the hotel at 6:00 p.m. on the first day of the tour (unless other arrangements have been made with our office) to provide an **orientation meeting**, ensure you are comfortably settled, and answer any questions you may have.

## MOST CONVENIENT AIRPORTS

Edinburgh Airport (EDI), Edinburgh, Scotland  
[edinburghairport.com](http://edinburghairport.com)

Glasgow Airport (GLA), Glasgow, Scotland  
[glasgowairport.com](http://glasgowairport.com)

Manchester Airport (MAN), Manchester, England  
[manchesterairport.co.uk](http://manchesterairport.co.uk)

## GETTING TO THE STARTING POINT

The most convenient way to travel to Whitehaven is by train.

**From Edinburgh:** There are numerous trains per day (twice an hour) from either Edinburgh Haymarket Railway Station (HYM; located slightly out of the city center) or Edinburgh Waverley Railway Station (EDB; more central). The journey from either of these stations to Whitehaven Railway Station takes approximately three hours total, including one 40-minute change of trains at Carlisle. Carlisle Railway Station—also known as Carlisle Citadel Station—was designed in 1847 by the architect that designed the Bank of England and the Royal Exchange; the Tudor Gothic building is one of the most impressive stations in the world. Operated by Virgin Trains ([virgintrains.co.uk/stations-destinations/regions/north-west/Carlisle](http://virgintrains.co.uk/stations-destinations/regions/north-west/Carlisle)), it offers cafés, shops, an ATM, restrooms, and a pleasant seated waiting area.

From the Edinburgh Airport to either Haymarket or Waverley Railway Stations, you may take a taxi (20 minutes) or the Airlink bus service that departs the airport every 10 minutes (30 minutes). Tickets may be purchased at the Airlink kiosk just outside the Arrivals Hall. For more information about schedules, please visit [flybybus.com](http://flybybus.com).

**From Glasgow:** There are numerous trains per day (once an hour) from Glasgow Central Railway Station (GLC), Scotland's busiest station. The journey to Whitehaven Railway Station takes approximately 2½-2¾ hours total, including one 15-minute change of trains at Carlisle (see above for station information).

From Glasgow Airport to Glasgow Central Railway Station, you may take a taxi (15 minutes) or the First Glasgow Airport Express, the official bus service connecting the airport and the city center in just 15 minutes. In both directions, the express bus service runs 24 hours a day, 7 days a week. From the city, catch the Airport Express from Buchanan Bus Station, stance 46. From the airport, catch the Airport Express from stance 1. In the city, this service picks-up and drops-off at St Vincent Street (near Central Station), George Square (near Queen Street Station), and close to many popular hotels. Tickets can be purchased online or onboard from the driver. For more information about schedules or to pre-purchase tickets, please visit [firstgroup.com/greater-glasgow/routes-and-maps/glasgow-airport-express/buy-tickets](http://firstgroup.com/greater-glasgow/routes-and-maps/glasgow-airport-express/buy-tickets).

**From Manchester:** There are numerous trains per day (twice an hour) from Manchester Airport Railway Station (MIA), just a short walk from the terminals. With moving walkways throughout, it should take no more than 5–15 minutes to reach the station from the terminals. The journey to Whitehaven Railway Station



takes approximately 3¾-4 hours total, including either one change of trains at Carlisle (see above for station information) or one change of trains at Preston (Lancs) followed by another change of trains at Carlisle.

We recommend making train reservations in advance for major train routes. The earlier you buy, the cheaper the ticket. Train companies release their cheapest fixed-time Advance tickets, which are limited in number, around 12 weeks before departure. See National Rail's chart ([nationalrail.co.uk](http://nationalrail.co.uk)) for exactly how far in advance you can book with each company. For further rail information, including reservations, up-to-date schedules, and fares, please visit one of the following websites:

**National Rail:** [nationalrail.co.uk](http://nationalrail.co.uk). Since 1995, Britain's rail network has been run by over 20 private train companies. But they work together as National Rail, with coordinated fares, ticketing, and information. You can find train times and fares for all train operators on National Rail's website. This website doesn't sell tickets itself, but after answering your enquiry it will offer you a choice of all the ticket selling websites, including the train companies' own sites, and the operator most relevant to your journey will be offered at the top of the list.

**Trainline:** [thetrainline.com](http://thetrainline.com). This sharply designed independent online rail ticket retailer is a staff favorite for buying train tickets in Europe—and you get practically the same prices as when booking directly from private train companies. Trainline is super easy to use: The site is in English, it accepts foreign credit cards, is smooth and functional, and offers quality customer support, easy cancellations on refundable or changeable tickets, and preference of seats and class for long-distance trains. Depending upon train type, tickets are either emailed immediately upon purchase or they must be printed out upon arrival at the train station.

**RailEurope:** [raileurope.com](http://raileurope.com). This U.S.-based retailer with award-winning localized customer care also offers an easy, user-friendly way for North Americans to purchase tickets for train travel in Europe. With RailEurope, you can have physical tickets mailed to you before your trip but you also have the option (in some, *but not all* cases) to print your own tickets, print an e-ticket at the self-service kiosk in the train station, or have an e-ticket sent to your phone. Please note; however, that RailEurope charges steep fees and doesn't always list all the available rail journeys.

## PRE-TOUR ACCOMMODATIONS

We recommend spending at least one day prior to and/or following the tour to explore the city of Edinburgh, Glasgow, or Manchester. For hotel and restaurant

suggestions, please visit the following websites: [edinburgh.org](http://edinburgh.org), [seeglasgow.com](http://seeglasgow.com), or [visitmanchester.com](http://visitmanchester.com).

We do not recommend spending a pre-tour night in Cleator as you will already be spending the first two nights of the tour in this very small village.

## ENDING POINT

### **Scarborough Railway Station (SCA), Scarborough, North Yorkshire, England Based on individual departure times**

Scarborough station has a travel center, ticket office, and a Pumpkin Café. There are canopies over platforms three to five. The toilets are located at the terminal end of platform three and there is a vending machine on platform five. The station is staffed at all times. A taxi stand can be found outside the sole entrance.

A complimentary 30-minute private transfer will be provided from your last hotel in Robin Hood's Bay to the Scarborough Railway Station for onward travels (based on individual departure times and prior to the hotel's check-out time of 10:30 a.m.).

**In order to arrange your departure transfer, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)**

Please note that the tour price includes one departure transfer from Robin Hood's Bay to Scarborough on Day 9 of the tour. If traveling in a group of two or more with separate departure times, additional charges will apply for multiple transfers.

Depending upon your destination, it may not be possible to depart the UK on the last day of the tour. Please check airline schedules carefully. If you plan to schedule return flights immediately following the tour's conclusion, please call your airline directly for specific check-in requirements.

## LEAVING THE TOUR

The most convenient way to travel to depart Scarborough is by train. Trains depart hourly for Edinburgh, Glasgow, and Manchester.

Approximate train travel time from Scarborough is as follows:

**To Edinburgh Haymarket Railway Station (HYM) or Edinburgh Waverley Railway Station (EDB):** 3 ½ hours total, including one 20-minute change of trains at York.

**To Glasgow Central Railway Station (GLC):** 5–5 ½ hours total, including either one 55-minute change of trains at York or one 20-minute change of trains at York followed by another 20–40-minute change of trains at Edinburgh.

**To Manchester Airport Railway Station:** 2 hours and 50 minutes, including either one 15-minute change of trains at York or one 5-minute change of trains at Huddersfield followed by another 10-minute change of trains at Manchester Piccadilly.

Please refer to “Getting to the Starting Point” section above for more information regarding train travel.

# Information & Policies

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## GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour\*, which gives peace of mind for every guest. From the moment your reservation is confirmed, you can start preparing for your adventure. We take care of all the details to ensure a seamless Self-Guided experience. For best availability, reserve your trip early.

*\*except in cases of force majeure*

## RESERVATIONS

Please note that the method by which Self-Guided Adventures are reserved differs in important ways from typical scheduled tours. We encourage all guests to refrain from purchasing plane tickets or making contingent plans until they receive confirmation from us. Here's how the process works:

1. **Reservation Request.** The process begins when you make a reservation request for this tour, either online at [countrywalkers.com](https://countrywalkers.com) or by calling Country Walkers at 800.464.9255. Please note the online form does not on its own constitute a final reservation or a guarantee of tour space. If you use the form, one of our Tour Consultants will call within one business day. Outside of 90 days prior to the tour start date, a \$350 per person deposit is required at the time of the reservation request. Within 90 days prior to the tour start date, your final tour cost is required. If we are unable to accommodate you on your preferred dates/tour (or an alternative of your choice), this payment is fully refunded.
2. **Reservation Request Receipt.** Upon receipt of your deposit and preferred tour start dates, you will be provided with an emailed reservation request receipt, stating your reservation number and reconfirming the details of your reservation request (tour name, departure date, and tour price), while we get working on securing availability with all the hotels.
3. **Confirmation.** Our goal is to confirm your reservation request within five business days; however, this may take longer for a variety of reasons. All of our accommodations are available on a request basis; we do not hold blocks of rooms and, therefore, must confirm availability at the time of your request. If possible, we recommend you provide a range of back-up tour start dates at the time of your initial request. Once your reservation is confirmed, a Tour Consultant will contact

you. Once you have received our official confirmation, you can make flight reservations.

4. **Final Payment.** Final tour payment is due 90 days prior to tour departure date. As pricing is determined over a year in advance, we may be forced to change our listed price over time. However, please note that once your reservation is confirmed, we will always honor the price quoted when you booked.

## TOUR ACCOMMODATIONS

**Hotel Availability:** Since we typically use small, boutique properties for Self-Guided tours, securing availability can sometimes prove challenging, especially on short notice. (Again, we encourage guests to book early and be flexible.) On some tours, if our standard property is not available, we may have alternate hotels of equivalent quality that we have approved. We'll book one of these alternates if the standard property is not available. If the hotel or room type requires a surcharge, we will contact you prior to reserving it. We will not reserve non-approved properties.

**Room Category:** We typically book standard rooms. If you are interested in upgrading your room type, please contact a Tour Consultant. Please bear in mind that upgrades are not available at every hotel; surcharges will be determined once we know what's available. Triple rooms (or rooms with two beds) can be a rarity. Should you desire such an accommodation, we may need to offer two rooms—supplements may apply. Please allow us extra time to sort the options out.

## ORIENTATION MEETING & TRANSFERS

Though Self-Guided tours are a predominantly private experience, there are occasions where you may be in contact with others. Because guests are allowed to pick their own start dates, there may be other Country Walkers travelers staying in the same properties as you or even starting on the same date. For this reason, we may need to combine your orientation meeting with that of other guests or ask you to share on-tour transfers. This does not mean you need to walk together.

## GUEST RESPONSIBILITIES

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of

completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation. Prior to your adventure you will be asked to sign a Participation Agreement to accept your responsibilities.

## **CHANGES IN PLANS**

After booking, you may change your reservation's destination, departure date, departure city, or Tour Extensions for a \$100-per-person administrative fee. We will waive this fee for changes made within the first two weeks of booking. Any cancellation charges or applicable fees imposed by hotels or operators will be passed along to the guest. We encourage you to consult our cancel policy for the particular trip you have booked. All changes are subject to availability and cannot be guaranteed. Please note that tours with seasonal pricing may involve a higher price point. Please note: This change policy does not apply to Special Departures. Please notify us in writing.

## **CANCELLATIONS AND REFUNDS**

Cancellations must be made in writing and fees are applied as noted. Cancellation refunds will be calculated as of the date we receive your written cancellation. All payments for travel services not provided to the guest will be refunded in accordance with these Terms and Conditions and in accordance with Country Walkers' cancellation policy. Exceptions to this cancellation policy cannot be made for any reason, including personal emergencies, illness, or weather. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table.

### **Self-Guided Adventures**

- » Cancellations received on or before 91 days prior to the start of the trip: \$150 per person
- » Cancellations received 90 to 61 days prior to the start of the trip: 25 percent loss of trip price
- » Cancellations received 60 or fewer days prior to the start of the trip: 100 percent loss of trip price



## TRAVEL PROTECTION PLAN

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

## SELF-GUIDED FLIGHT CONCIERGE

Our knowledgeable team will happily find flight itineraries that sync perfectly with your international Self-Guided Adventure. Simply request a price quote at the time of booking and, once your reservation is confirmed, we will contact you with available options. Please note that you are under no obligation to purchase the quoted flight itinerary.

Learn more about the Self-Guided Flight Concierge—including our complete policies—on our website at: <https://www.countrywalkers.com/self-guided-air-terms-and-conditions/>.

Other travel arrangements not included in the price of your trip (such as local train tickets or post-tour excursions) can be purchased through your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or [bettertravel@madriver.com](mailto:bettertravel@madriver.com)).

# England & Wales at a Glance

## ENTRY REQUIREMENTS



**U.S. citizens:** Passports are required. To minimize any inconveniences during travel, the State Department recommends that passports be valid for at least six months following your scheduled return. Visas are not required for stays of up to 90 days.

For more information, see [travel.state.gov](http://travel.state.gov).

### Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s), some dollars to exchange, and some pounds in small denominations.

## CURRENCY

The United Kingdom uses the pound (GBP). For current exchange rates, visit [oanda.com](http://oanda.com).

Many businesses in Europe will no longer accept credit cards without PIN numbers (chip and pin cards).

Always contact your bank or your credit-card company for details on fees and card use when traveling.

## TIME ZONE

The United Kingdom is in the Greenwich Mean Time Zone, Eastern Standard Time plus five hours. For more information on worldwide time zones, see [worldtimezone.com](http://worldtimezone.com).

## PHONE & INTERNET

The United Kingdom country code: +44

Cell phone coverage throughout England & Wales is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to [countrywalkers.com/phones](http://countrywalkers.com/phones).



Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding WiFi availability, please refer to the Itinerary Overview.

## ELECTRICITY

Alternating current of 230V and 50Hz is used in the United Kingdom. Plugs have three flat blades arranged in a triangular formation. For a full listing of electrical outlets worldwide, see [electricaloutlet.org](http://electricaloutlet.org).

## WEATHER

The British Isles, lying between the Atlantic Ocean and the North Sea, have an oceanic climate with cool summers and mild winters. Average daytime temperatures, May through October, range from the upper 50s to mid-70s. In summer, the prevailing westerly and northwesterly winds have a cooling effect. Although the United Kingdom is known for its rainy weather, most of the rain falls between late October and January. During the drier months, England & Wales often enjoy fine weather. The pleasant summer days are long, with daylight lasting until 10:00 p.m.

For up-to-date forecasts, see [qwikcast.com](http://qwikcast.com). For historical average temperatures and rainfall, see [weatherbase.com](http://weatherbase.com).

## FOOD & DRINK



High-quality local cuisine is something many restaurants and pubs in Great Britain pride themselves on. Many towns hold farmers' markets on specific days, and many restaurants use excellent local ingredients. Cuisine ranges from international, to local specialties, to basic pub fare.

Dinner menus feature seafood, chicken, beef or lamb, and even venison or duck. Desserts can be lavish and imaginative, and often feature local clotted cream (a very dense cream with the consistency of whipped butter). Typical pub lunches are fish and chips, a wide selection of sandwiches (many vegetarian), and of course, a plethora of tasty brews. From local bakeries, you may enjoy baked products such as sausage rolls, pork pies, or Cornish pasties, plus a range of delicious cakes and scones. England has experienced growth in its domestic wine industry, such as on the Isle of Anglesey.

### Travel Tip

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

## Travel Tip

### The English Pub

The much-written-about English pub or “public house,” described in the past as the heart of England, is apparently experiencing a decline in numbers. That being said, much of English social life still revolves around the pub, especially one’s “local.” Like so many things in travel, there are many unwritten rules governing pub etiquette. Catching the bar tender’s eye without wild gesticulation, respecting the invisible line (queue!), and paying immediately in cash for your drinks are just a few. A range of alcoholic and nonalcoholic drinks are available at a pub. When ordering beer, the key information for the bar tender is whether you want a pint or a half-pint, and a lager, bitter, or another type of beer (for example a bottle, usually displayed on the shelves behind the bar). If the bar tender is not too busy, he or she may have time to provide some explanation about local or regional brews.

#### Pub hours

Monday–Saturday: 11:00 a.m.–11:00 p.m.\*

Sunday: 11:00 a.m.–10:30 p.m.\*

\*Some pubs may have a 24-hour drinking license and be open after 11:00 p.m.!

## LIFE IN ENGLAND & WALES

### Shopping and banking hours

Shops and stores are generally open Monday to Saturday between 9:30 a.m. and 5:30 p.m. and on Sundays from 11:00 a.m. to 5:00 p.m. Most department stores and some supermarkets are open all day, every day of the week, from 9:30 a.m. to 10:00 p.m.



Banks are open from 9:00 a.m. to 5:00 p.m., Monday to Friday (with some branches open on Saturday mornings).

### Meal times

Breakfast (“brekkie”) is served at hotels from 7:30 a.m. to 10:00 a.m. In restaurants and pubs, lunch is served from noon to 2:00 p.m. and dinner is usually served from 6:00 a.m. to 10:30 p.m. (but verify locally). “Elevenses” is a late-morning coffee or tea break, and Afternoon Tea is usually taken around 4:00 p.m.

## TIPPING

In restaurants and pubs, if service is not included (check your bill), it is customary to leave 10 to 20 percent of the total. Taxi drivers receive 10 to 15

percent of the fare. For luggage assistance, a small tip is appropriate, at your discretion.

## TRAVEL RESOURCES

National tourist board official sites

[visitbritain.com](http://visitbritain.com) and [visitengland.com](http://visitengland.com)

### Public holidays

To assist in travel planning, it may be helpful to be aware of public holidays, festivals, or calendars of events. Visit the tourist board's website, [visitbritain.com](http://visitbritain.com), and click on "Travel tips," then "Traveler tips" for a list of public holidays. A list of festivals and an event finder by region is available at [visitbritain.com/en/Festivals](http://visitbritain.com/en/Festivals).



## TRAVEL IN ENGLAND & WALES

A wealth of travel information is available at [visitbritain.com](http://visitbritain.com).

### Airports

The majority of international flights arrive at London's Heathrow Airport ([heathrowairport.com](http://heathrowairport.com)) or Gatwick Airport ([gatwickairport.com](http://gatwickairport.com)). Information on domestic flights is also available through these sites.

### Trains

**BritRail:** [britrail.net](http://britrail.net), the national railway company site with schedules, fares, and pass options. Another resource is [nationalrail.co.uk](http://nationalrail.co.uk).

**Raileurope:** [raileurope.com](http://raileurope.com) or 800.622.8600: a U.S.-based company that provides schedules, reservations, and ticketing for all European train networks (their multi-day/-week/-month passes in one country or combinations of countries may be an economical and convenient choice for European train travel).

### Travel Tip

If you rent a car in the United Kingdom, remember to drive on the left side of the road and to pass on the outside right lane—also important to keep in mind when crossing busy city streets! Here are the official rules of the road:

[direct.gov.uk/en/TravelAndTransport/Highwaycode/index.htm](http://direct.gov.uk/en/TravelAndTransport/Highwaycode/index.htm).

### Travel Tip

London's famous black taxis still exist, although they now come in a variety of colors. Black cabs can also be found in most towns and cities throughout Britain.

## OTHER LOCAL TRANSPORTATION

In addition to rail and airlines, the United Kingdom also has an extensive bus (or “coach”) network that, for some towns and cities, may be more convenient and affordable than the train, see [nationalexpress.com](http://nationalexpress.com). Most major car rental agencies are available at airports and train stations. Taxis are available at all major airports, train stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance). For

more information go to [visitbritain.com](http://visitbritain.com), and then to the “Transport” tab.



# Packing List

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## PACKING TIPS

Pack light! Keep in mind most hotels are small and family-run and may not provide luggage assistance from the reception area to the room so there will be times you may have to carry your own luggage short distances. **Due to space constraints on pre-arranged transfers, we require you to limit your luggage to one backpack (that you carry with you on the trail) and one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) not exceeding 44 lbs (20 kg) per person. Additional charges may apply should you exceed this limit; please contact Country Walkers in advance if this is necessary so that we may reserve an appropriate-sized vehicle.**

Please also note that due to health and safety reasons, our local representatives are not permitted to carry (individual) bags that exceed 44 pounds (20 kg). We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. Make a copy of your passport (and any other important documents) and keep it in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

## FOOTWEAR

- » **WATERPROOF** hiking boots or shoes—it's often wet in the Lake District especially. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. If you are bringing a favorite pair of older boots, please check that soles and seams are in good shape before you depart! By the time you're ready to join your walking tour, you should be able to complete 7–11 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew.
- » Comfortable shoes for evening strolls
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)

- » Blister remedy

## CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)
- » Dinner attire: dress is smart casual
- » Light jacket or sweater for evening strolls

## OUTERWEAR

- » Waterproof (not only water resistant) rain gear: jacket, pants, hat, or hood.
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor

## EQUIPMENT

- » Cell phone (an International cell phone or your own cell phone with an International calling plan): for both practical and safety reasons, **we strongly advise that you carry a cell phone while traveling and at all times while you are out walking.** (Please note you may encounter intermittent coverage while on the trail or in remote areas.)
- » Travel adapter/s (connectors that change the plug shape to match the electrical outlet, thereby allowing a dual-voltage appliance or a converter from one country to be plugged into the wall outlet of another country) and converter/s (only if bringing electric appliances, such as a hair dryer, iron, or any appliance that has a mechanical motor. If the appliance is electronic, which contains a computer chip, a converter is usually not required.)
- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, lunch, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses

- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

## OPTIONAL

- » Telescopic walking sticks (Please note that while telescopic walking sticks **are recommended** for this tour, they are not provided by Country Walkers. Therefore please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Bathing suit for optional swimming in hotel pools or spas
- » Flip flops or water sandals
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Folding umbrella
- » Waterproof poncho (in addition to aforementioned rain gear, especially if expecting wet weather): while the aforementioned rain gear may suffice, a poncho offers the advantage of being lightweight, compact, big enough to cover both you and your backpack, long enough to allow for sitting on wet surfaces or act as a shelter, cool enough to wear during summer rains, and is cheap!
- » Bandana
- » Washcloth (many European hotels do not provide them)
- » Hand sanitizer and/or moist towelettes
- » Motion sickness bracelets or other non-sleep-inducing remedy if prone to motion sickness on bus, car or boat rides
- » Alarm clock

## ONLINE STORE

To help you prepare for your trip, we've carefully selected a range of comfortable, easy-packing travel apparel and accessories from leading brands such as Eagle Creek, Craghoppers, Patagonia, Tilley, and others. Whether you're traveling to Vietnam, walking in Canada, or exploring the hills of Ireland, our

Travel Shop is here to ensure you're ready to enjoy your adventure to the fullest.  
Visit the CW Travel Shop at [cw.newheadings.com](http://cw.newheadings.com).