

C2C Walk for St Catherines' Hospice, Scarborough, 2021

Hi, Adrian and I are doing this walk to raise funds and the profile of the excellent care of St Catherines'.

This itinerary is to help you if you decide to join us for a section. It will give inexperienced distance walkers, as well as experienced distance walkers a brief description of the topography of each daily sections, what facilities we can expect to find, what you will need to bring for your sustenance for the day and hopefully to encourage you to get the most from your day walking across some of the most beautiful scenery of Northern England. It's NOT a guide to the walk and are our own suggestions. You are free to bring your own supplies whatever it says! That said, carrying at least 2 litres of water per day is advisable. Neither will it advise on gear to wear and pack!

Please note. The walking time given below for each day is for walking only. Breaks for a brew and lunch will make the day longer. We will be starting each days' walking no later than 09.00.

So here we go.

Day 1. Stonehouse Farm, Main St. St. Bees to Ennerdale Bridge. The total distance is 15 miles. Walking time, 6-8 hours. The first part of the walk is along open cliff top paths. It will obviously be open to whatever weather is coming along! You can choose to avoid this section by using paths inland, if the weather, or distance is too far. There are local shops, in small villages along the way, so provisions will be basic. They may also be closed because of local shopping hours. Some provisions for a midday meal and drinks will be needed. Local transport back to St Bees may be affected by any fall out from Covid. **The paths are well defined, but may be muddy and wet.** There is some height gain and it does include one of the steepest climbs on the whole walk, although it is possible to get round the steep climb by using public footpaths.

Day 2. Ennerdale Bridge to The Royal Oak, Rosthwaite. Total distance 15 miles. Walking time, 8 hours. This walk covers some of the most amazing scenery in the lakes. **The paths, whilst defined, are over some really rough terrain and will need care. They may also be muddy, and/or very wet.** There is significant height gain and we may be affected by the weather on the open hillsides and moorland. Refreshment wise this section is well served with a youth hostel where you can buy snacks and a brew, use the loo, (basic), or set up a stove and make your own brew. There is a major cafe at Honister Slate Mine, which will, hopefully it's open, provide a substantial meal for lunch.

Day 3. The Royal Oak, Rosthwaite to Old Water View, Patterdale. Total distance 16 miles. Walking time, 9 hours. More amazing scenery with height gain. It's a long days' walking, with some steep climbs and descents, and climbs and descents again! Fairly well defined paths, but in poor weather some nav skills may be required. A major mid day refuel is possible in Grasmere, but apart from that you will need a brew and snacks with you. More open to weather walking. **Paths may be muddy and subject to a lot of water.**

Day 4. Old Water View, Patterdale to The Kings Arms Hotel, Shap. Total distance 16 miles. Walking time up to 8 hours. A long days walking with another height gain and very steep decent. The views, weather permitting, from the highest spots are just spectacular. But it can also be very windy and very wet! **Paths are well defined, but cross some moorland so can very very wet and muddy.** Although no navigation skills are needed. Facilities are almost non existent, apart from the odd honesty box and you will need a full days food and drink with you. We will be leaving the Lake District today so it does become quite flat and relatively easy walking after the last steep descent.

Day 5. The Kings Arms Hotel, Shap to Fletcher House, Kirby Stephen. Total distance 21 miles. Walking time, 10-11 hours. One of the longest days walking. Although it is across farmland and moorland. There is little height gain over the whole day, so is fairly easy. **Paths are fairly well defined but can be very wet and muddy.** There is also some road walking. Refreshments are in Orton Village, but that is fairly early on in the day and involve a 1 mile detour, so your own supplies might be advisable. There is a bad weather detour option, for part of the route.

Day 6. Fletcher House, Kirby Stephen to Keld Lodge, Keld. Total distance 11 miles. Walking time, 5-6 hours. A nice days walking with some height gain at the beginning. **The paths may be undefined across open moorland and can be a quagmire. Gaiters may be needed for this section.** Refreshments are not available, so your own meal and brew will be needed. Ravenseat Farm, (the one off the telly), does do tea and scones sometimes but can't be relied upon, sadly!

Day 7. Keld Lodge, Keld to The Black Bull, Reeth, low level route. Total distance, 12miles. Walking time 6 hours. This starts the second half of the walk and is a very easy days walking, with some slight height gain. We follow a river valley for most of it. **The paths are well defined and there is some road walking. Because of the riverside paths they may be muddy and wet.** Refreshments will depend on local shops and cafes being open, but there are usually honesty boxes for some chocolate and pop, so a meal will be needed.

Day 8 The Black Bull, Reeth to The Black Lion Hotel, Richmond. Total distance 12 miles. Walking time, 5 hours. This is the day to join us! A very easy day. Not much more than a stroll through the countryside! **Paths well defined and with some road walking, although it may be muddy and wet.** Some villages may have shops and a pub, but refreshments need not be more than a packed lunch.

Day 9. Our day off! So another good day to join us! Richmond is a lovely place to spend a day. Lots of cafes, pubs, chippies and shops!

Day 10 The Black Lion Hotel, Richmond to The White Swan, Danby Wiske. Total distance 14 miles. Walking time 7-8 hours. Another good day for a walk. Very flat and easy walking. **Paths well defined and some road walking. It's farmland so might be muddy and wet.** Refreshments are available in lots of places, or bring a packed lunch.

Day 11. The White Swan, Danby Wiske to Vance House, Osmotherley. Total distance, 12 miles. Walking time 5 hours. An easy days walking, right up to the last mile, when there is a short, steep climb. **Paths well defined across farms so mud and wet maybe encountered. There is the crossing of a very busy dual carriageway to be dealt with.** Refreshments aren't really available until the last couple of miles, but a packed lunch should be sufficient.

Day 12. Vance House, Osmotherley to The Lion Inn, Blakey Ridge. Total distance, 20 miles. Walking time 8 hours. A very long day of walking. Some up and down terrain in the early stages. Amazing views when we get to the open moors. **Paths are well defined across moorland and farms, so maybe muddy and wet.** Refreshments cannot be relied at all so a full days provisions will be needed.

Day 13. The Lion Inn, Blakey Ridge to The Station Tavern, Grosmont. Total distance 13 miles. Walking time, 5-6 hours. A nice days walking, pretty much all down hill! **Paths are well defined and cross moorland, so can be very boggy and wet, so gaiters may be needed.** Some road walking on quiet roads. Refreshments very limited until near the end.

Day 14. The Station Tavern, Grosmont to The Beach! Robin Hoods' Bay. Total distance 15miles. Walking time 6-7 hours. A steep climb out of Grosmont then across moorland and farm tracks, with some road walking in places, but ascending and descending right through the day. **Paths may be muddy and wet.** Refreshments are not available until the last couple of miles, so packed lunch and a brew will need to be carried.

Day 15. The Beach! Robin Hoods' Bay to St Catherines' Hospice. Total distance 13 miles. Walking time, 5-6 hours. A coastal cliff walk for most of the day, so it will be exposed to any bad weather. Climbing and descending for much of its' length. **Paths maybe muddy and wet.** Refreshments are available in some places, but a packed lunch and brew would be better.