Thank you for your interest in the Sherpa Van Service, this trail planner is designed to help you plan your walk, and to give you full details of the services we offer on the Coast to Coast. If you are interested in any other long distance trails please contact us, and we will be pleased to send you the relevant planner, alternatively you can find full details of all our services for walkers and cyclists on our website www.sherpavan.com

Daily Door to Door Baggage Transfers
The Sherpa Van will transfer your bags for you every day between 19th March and 15th October 2016, between B&Bs, hotels and campsites on the Coast to Coast from £8 per bag per day, minimum 1 bag.

Coast 2 Coast by bicycle £79 for the entire route including up to nine transfers. (i.e. Coast to Coast not the ‘C2C’, which is covered by trail planner ‘C2Cplanner16’).

Service runs West to East from St Bees to Robin Hoods Bay, East to West transfers are not available.

Direct transfer of excess baggage to end of trail £25 inclusive of storage.

If you wish to use only the baggage service, you can use this planner to help you plan your route, then simply fill in the booking form once you have booked your accommodation with the details of where you will be staying.

Accommodation Booking Service
As well as carrying your baggage we can also take the pressure off by booking your accommodation for you. We have put together packages of hotel accommodation in four categories to suit varying budget requirements. You simply choose the category of accommodation you want and the number of days to spend on the trail, and we book the hotels for you. We provide you with a list of the hotels booked on your behalf with their bed and breakfast rates, and directions on how to find them. You pay the hotels directly as you follow the trail, and we move on your baggage each day.

If you would like to view details of the hotels along the trail and select your preferred choice of accommodation, you can do this by using our online booking service. www.sherpavan.com

How to use this Trail Planner
• Use the trail planning overview to decide how many days you want to spend on the trail, or how strenuous you want the walk to be.

• The trail description pages show the mileposts along the trail, the nature of the terrain, and information about the towns and villages, they will help you decide how far you want to walk each day and where you want to stop.

• Choose the category of accommodation you require. There are four categories to suit all budgets. (Please note that not all categories are available in all locations).

• Select any books or maps from our booklist.

• Complete your reservation form after reading the booking conditions.
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Trail Overview: England Coast to Coast
St Bees to Robin Hoods Bay 190 miles approx.

Extra nights / Rest Days: This depends on your taste. An extra night gives you a chance to catch up with laundry, writing postcards, and of course just relaxing and giving those tired muscles a rest. It is a good idea to have a rest day either before or after a long day. Many people like an extra night in Richmond, especially if they are tackling the long walk to Ingleby Cross or Osmotherley the next day. Richmond is a splendid mix of mediaeval castle, and beautiful Georgian Houses set around the largest cobbled market square in Britain.

It Has a Georgian theatre, a wide choice of restaurants and pubs, and a superb setting. Kirkby Stephen is a market town, smaller and quieter than Richmond, but has a lot of character and pleasant surroundings for short walks. There is plenty to do at Grasmere on a rest day, with the Wordsworth museum, and his former home at Dove Cottage. For a walk among the hills we suggest Borrowdale, Grasmere, Patterdale, Keld, Thwaite, Reeth, Osmotherley or Blakey. If you fancy somewhere quiet consider perhaps Borrowdale in the Lakes; Keld, Thwaite, or Reeth in the Yorkshire Dales; Osmotherley or Egton Bridge in the North York Moors. A popular stop for an extra night is Robin Hood’s Bay at the end of the walk which is within easy reach of the historic seaport of Whitby, its abbey, and its Captain Cook museum.

Planning your journey by car:
Secure parking is available in St Bees, Richmond & Kirkby Stephen at approx £2.50 per day. If you start in St Bees, getting back from Robin Hood’s Bay can be a tortuous and expensive journey as illustrated below:

Sample Timetable

<table>
<thead>
<tr>
<th>Journey</th>
<th>Arrival</th>
<th>Departure</th>
<th>By</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whitby Langbourne Road</td>
<td>10:45</td>
<td>Bus</td>
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</tr>
<tr>
<td>York</td>
<td>12:55</td>
<td>13:07</td>
<td>Express Train</td>
</tr>
<tr>
<td>Newcastle</td>
<td>14:09</td>
<td>14:24</td>
<td>Train</td>
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<tr>
<td>Carlisle</td>
<td>15:44</td>
<td>16:35</td>
<td>Train</td>
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<tr>
<td>St Bees</td>
<td>17:49</td>
<td>DURATION: 7:09</td>
<td></td>
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</tbody>
</table>

We recommend Richmond as a starting point. You can park your car securely here and overnight. The next morning our bus will transport you to St Bees by 10:00 am, leaving ample time to do the first days stage to Ennerdale. At the end of the walk we have a similar bus service from Robin Hoods Bay back to Richmond in just 1hr 30 mins to retrieve your car.
The Sherpa Van Ltd. 3 Bedford Road, London W4 Tel: 0871 520 0124 Fax: 01609 883822
www.sherpavan.com info@sherpavan.com

The Sherpa Van operates a passenger bus service from April 2016.

<table>
<thead>
<tr>
<th>Timings</th>
<th>Locations</th>
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<tbody>
<tr>
<td>Mornings</td>
<td>Richmond</td>
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<tr>
<td>Times</td>
<td></td>
</tr>
<tr>
<td>07:30</td>
<td>08:15</td>
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</table>

The afternoon bus from RHB, an overnight in Richmond and morning bus to St Bees can be utilised to recover cars from St Bees.

Each journey, Robin Hood’s Bay – Richmond and Richmond – St Bees costs £25 per person.

Robin Hoods bay to Teesside airport or Darlington Main line station costs £25. Evening pick up at Darlington for overnight in Richmond is free if you are using the Richmond/ St Bees service.

Transport is in 8 seater minibuses and must be booked in advance on +441748 826917 if calling from outside the UK or 0871 52 00 124 from within the UK.

**Rail Travellers:** Booking a one way ticket to St Bees to start, and a one way from Scarborough at the end is a very expensive way to do things because 2 one way tickets cost almost double a return ticket. We recommend a return train to Darlington to connect with the 17:30 Sherpa Bus to Richmond. (free). Overnight in Richmond then Sherpa bus to St Bees the following morning. Then at the end of the walk Sherpa bus from Robin Hoods bay to Darlington Station.

**Arriving via Teeside Airport** (see details for rail travellers above)

**Arriving via Manchester Airport:** If there are four of you, the journey will be cheaper by taxi than by train.

If there are less than four of you there is a train from Manchester Airport to St Bees, you will need to change trains once in Barrow in Furness. To check train times call 08457 48 49 50, alternatively you can check the National Rail website to help you plan your journey www.nationalrail.co.uk

**At the end of your walk:** There is no rail station at Robin Hoods Bay. You have to take a bus or taxi to Scarborough, then a local train to York to join the mainline rail network. If there are 3 or 4 of you it is cheaper and quicker to travel by taxi than to take public transport. All cars (Taxis) carry up to 4 passengers, or a minibus carries up to 7 or 8.

**Price Guide:**

<table>
<thead>
<tr>
<th>Destination 1</th>
<th>Car (Price)</th>
<th>Minibus (Price)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Robin Hoods Bay</td>
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<td>to Manchester Airport</td>
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<td>to Kirkby Stephen</td>
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<td>£115</td>
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<tr>
<td>to Teeside Airport</td>
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</table>

For any other destinations please do not hesitate to contact us and ask for a price.
**Stage 1: St. Bees to Ennerdale 14 miles**

The Coast to Coast trail starts with a day of varied scenery. The first three miles are along the red cliffs of St. Bees Head, a nature reserve for sea birds. The route then strikes inland across farmland and a former coal mining area, around Cleator. There are fine 46 round views from the summit of Dent before you descend to Ennerdale Bridge at the edge of the Lake District National Park.

**Stage 2: Mileposts 14 to 28 Ennerdale Bridge to Rosthwaite**

This is a long leg and you should plan this section carefully allowing plenty of time to arrive at your destination safely. For the inexperienced and dubiously fit, this leg of the Coast to Coast Walk can seem long and tiring. It involves rougher terrain and more awkward navigation than many expect. You should seriously consider your route choice: High or Low Level. In good weather, fit walkers with light packs will revel in the superb ridge walk over Red Pike, High Stile, High Crag and Haystacks. Most however will be more than satisfied with the walk through remote and wild Ennerdale. The traditional route ascends North East out of the valley head alongside Loft Beck. This route remains steep and is now rough and eroded towards the top. In poor weather, walkers on this route can emerge onto a cloud shrouded, windswept and relatively featureless fellside. The path is not too hard to follow but you could consider the following alternative a more stimulating and more rewarding route, suggested by Mr. Dowie of the Royal Oak Hotel, Rosthwaite.

**The Haystacks — Dubs Alternative Route:** From a point about 2km before Black Sail Hut (OR NY 176132), near a bridge across the River Liza (good picnic spot) and below the impressive crag of Pillar Rock, there is a path that ascends on the north flank of the valley diagonally towards Scarth Gap. Take this path and listen for the babbling stones as you climb towards the main track between Black Sail and Oatesgarth. Follow this track to the summit of Scarth Gap. (OR NY189133). From here you can join the High Level Route and traverse Haystacks — Wainwright’s favourite summit — a short easy scramble (avoidable by path on right) leads to the knobly top. From here a clear path leads ESE to Innominate Tarn where Wainwright’s Ashes were scattered. Continuing beyond Black Beck Tarn the path swings NE to ford (stepping stones) the beck below the Refuge of Dubs Hut. The Old Tramway can now be followed directly all the way to Honister.

Today there is nowhere en route to obtain lunch or any other refreshments until you arrive in Borrowdale almost at the end of the day. So you should be equipped with a picnic lunch before leaving: either a packed lunch from your hotel or picnic materials from the village grocery shop which is open daily from 07.30 (from 08.00 on Sundays). The shop also usually has a small selection of prepared rolls and sandwiches. The best place for a picnic in fair weather is shortly after the steep ascent of Loft Beck (milepost 24). Where the gradient eases above Loft Beck there is a grassy slope with good views of Ennerdale and Buttermere. In poor weather it is more comfortable to picnic on lower ground either by

**St Bees** 4 miles south of the port of Whitehaven, St Bees is a village which extends inland from a broad sandy beach, popular with local trippers, and the tall red cliffs of St Bees Head, a well-known reserve for seabirds. The historic abbey is now incorporated in St Bees School. There are several inns and small shops on the main street which runs uphill from the train station. You can obtain groceries from Mitchell’s Grocery Store opening at 8.00am daily except Sunday, closing at 8.00pm Monday to Thursday, 7.00pm Friday and 6pm Saturday and at Milepost 3 there is a small grocery shop.

**Cleator** Milepost 9. Between the coast and the Lake District, Cleator is a former coal-mining village, with its typical rows of small terrace houses. With the closure of the collieries, Cleator has taken with some enthusiasm to the provision of accommodation and refreshment to passing Coast-to-Coast walkers. A feature of the village is its well-kept cricket ground. A mile away is the larger village of Cleator Moor, with more accommodation.

**Ennerdale Bridge Milepost 14.** In a very pretty setting among rolling hills and small farms on the edge of the Lake District National Park, the tiny village of Ennerdale Bridge takes it’s name from the stone bridge over the river Ehen. The parish church and inn are on the south side of the bridge, the shop, school and another inn are on the north. Each public footpath leads along the river bank and through woods and sheep pastures to isolated farmlands.

**Borrowdale Milepost 28.** The deep, winding valley of Borrowdale, with its level green meadows and steep slopes clad in oak woodland is set among rugged ‘fells’ in the wild heart of the Lake District, and is deservedly a magnet for walkers. The busy Borrowdale forms a single parish, but contains a number of separate hamlets: Rosthwaite, Stonethwaite, Longthwaite and Seatoller, each of which has a couple of farms and some accommodation. The one shop in the valley is at Rosthwaite. Here the Coast-to-Coast route is crossed by the Cumbrian Way.

**Grasmere Milepost 38.** The busy village of Grasmere is delightfully located just up the valley from the beautiful lake of the same name. William Wordsworth lived here at Dove Cottage, now a museum attracting large numbers of visitors. There is a wide choice of accommodation.

**Patterdale Milepost 46.** The tiny village of Patterdale is situated right on the Coast to Coast route, a mile from the head of the beautiful Ullswater Lake (second largest in the Lake District), and at the foot of the most challenging walk on the route, up Helvellyn mountain (3118 feet). Apart from the usual old fashioned shop cum post office there is a traditional pub with open fire places and bar.

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Stage 3: Borrowdale (Rosthwaite; milepost 28) to Patterdale (milepost 46.5)

Many, indeed most Coast-to-Coast walkers will opt to divide this stage between two short but still quite full days, with an overnight break at Grasmere. If you do it in two stages you will be in Grasmere around lunchtime.

Borrowdale to Grasmere (milepost 38). There is nowhere to buy food and drink en-route, so you should buy lunch before leaving Borrowdale, either a packed lunch from your accommodation or picnic materials from the Rosthwaite general stores, which also sell prepackaged sandwiches. The shop is open daily from 08.30 am. In good weather the picnic spot with the best view is the highest point of the day at Greenup Edge (mile 32). However you will probably be well past there by lunchtime, so in good weather we suggest Calf Crag (mile 33.5), while in poor weather the first sheltered spot that you will reach is on the low-level Far Easedale alternative (also mile 33.5).

Grasmere (milepost 38) to Patterdale (milepost 46.5).

This is a short day you have time to walk into the centre of Grasmere village to shop for a picnic, or to visit Wordsworth’s one time home and museum at Dove Cottage, Town End (1km from Grasmere). There is nowhere to get refreshments (and no phone) before Patterdale, so obtain picnic materials before setting out. Picnic near Grisedale Tarn (mile post 42, possibly near the ‘Brothers’ Parting Stone’).

Stage 4: Patterdale (milepost 46.5) to Shap (milepost 62-63)

Most Coast-to-Coast walkers, having spent two days on Wainwright’s ‘Stage 3’ between Borrowdale and Patterdale, find the day from Patterdale to Shap one of the longest and hardest of the whole crossing. It is 16 miles and includes the largest daily ascent and descent of the tour, reaching 770m at Kidsty Pike. The 4-mile walk along Haweswater lake can be also quite tiring. In contrast the last 4 miles of the walk to Shap, along grassy riverbanks, through parkland and across pastures are easy going. There is no pub or cafe en route until you reach your overnight stop either at Shap (mileposts 62 to 63) or, for those who prefer a shorter day, at one of the twin hamlets of Bampton and Bampton Grange (each is 1.5 miles from the route at milepost 58.5). Depending on the weather and cloud conditions and the speed of your progress, possible picnic spots include, the ‘Straights of Riggindale’, a high saddle at 2500 feet on the High Street ridge offering fine views of the surrounding lakes and mountains, and the peaceful shores of Haweswater lake. Swimming in the lake is not allowed as it is a drinking water supply. There is a public phone box on the trail at milepost 58.

Bampton Grange milepost 59. A small hamlet just over a mile off the actual route, but with a delightful old inn providing accommodation, meals and packed lunches. A shop and Post Office can be found in nearby Bampton. A pleasant and useful stopping point followed by Orton, for those wishing to break the Patterdale to Kirkby Stephen section into 3 rather than 2 days.

Shap milepost 62: is not a place where many tourists choose to linger. The village straggles for a mile or more along the A6 road, formerly the main route between lancashire and Scotland, although now much quieter with most traffic using the M6. Its interesting 17th century market building is now the library. Shap makes most of its living from quarrying and cement-making; and the cement works is a blaze of light at night. It also caters well for Coast-to-Coasters, with several B&B’s, village of Glenridding which has an outdoor equipment shop.

Orton milepost 70. (1 Mile off the route). Orton is a good stopping pace for those who want to follow the long hard day from Patterdale to Shap with a short easy one. If you walk from Shap to Kirkby Stephen in one day (20 miles) you will probably have to miss Orton out altogether, which is a pity as it is one of the prettiest villages on the whole Coast-to-Coast route, pleasantly located at the base of a limestone escarpment. It also boasts a chocolate factory.

Kirkby Stephen milepost 82-83. This very small market town, serving the livestock farmers of the upper Eden Valley (England’s own Garden of Eden) is not quite the halfway point of the Coast-to-Coast tour, but it is a good place to pause and perhaps take a day’s rest before tackling the Yorkshire Dales. There is a choice of eating places including a Chinese take-away and two pubs serving meals, a supermarket, pharmacy and a few other shops as well as a wide choice of accommodation of various degrees of comfort, including a youth hostel. (For more specialised shopping requirements you will need to wait for 3 more days until you reach the larger town of Richmond). The town’s train station is a mile and a half away up a steep hill, with several trains daily in each direction could be useful if you are returning to St Bees from this point. Alternatively you could use the train service from Leeds to start the second half of the Coast-to-Coast tour at Kirkby Stephen.

Keld milepost 95. Apart from some isolated farms this pretty cluster of houses is the first settlement you come to in the long and beautiful valley of Swaledale, exactly at the point where the Coast-to-Coast route crosses the Pennine Way. The hamlet, built of the same grey limestone which forms the crags and loud waterfalls along the nearby
**Stage 5: Shap (milepost 62) to Kirkby Stephen (milepost 83)**

This is another longish stage, although much less hilly than Stage 4, and those who start the day at Bampton or Bampton Grange will probably get little further today than Orton.

There is isolated farmhouse accommodation on the route between Orton and Kirkby Stephen, and also some accommodation a mile or so off the route at the hamlets of Newbiggin-on-Lune (milepost 77) and Ravenstonedale (milepost 79). The scenery of limestone escarpments, moorland, pasture and scattered farmsteads is quite different from any other stage of the walk. If you plan to walk from Shap to Kirkby Stephen in one day it is advisable to omit the detour to Orton, in spite of the attractions of that pretty valley with its pub serving bar meals and its chocolate factory. The detour adds another 1.5 miles. Apart from Orton there is nowhere else serving refreshments between Shap and Kirkby Stephen. The unfenced land in the vicinity of Sunbiggin Tarn (milepost 74) with its abundant black-headed gulls and other birdlife is a pleasant spot for a picnic at about the half-way point.

**Stage 6: Kirkby Stephen (milepost 83) to Keld (milepost 95) or Thwaite.**

This walk goes over some high and rather boggy ground with patchy waymarking so in conditions of low cloud or heavy rain it may be advisable to walk the tarmac B86270 road via Nateby and over the watershed all the way to Keld. This road carries little traffic at any time. If you take the ‘normal’ route over Nine Standards Rigg be prepared for substantial seasonal diversions which are not shown or referred to on the published maps and books. These diversions are due to a combination of two factors: excessive erosion of the path on the original Wainwright route and the presence of grouse-shooting butts close to the public footpath in Ney Gill. The various diversions and periods during which Coast-to-Coast walkers are asked to follow them over Nine Standards Rigg are indicated on notice boards at Hartley Fell (milepost 87) up-to-date information should be sought from the Tourist Information Office in Kirkby Stephen. There is no shop or place of refreshment between Kirkby Stephen and Keld so carry a picnic with you. There is a supermarket open daily in Kirkby Stephen; Sunday opening somewhat later. A good place for a picnic on the Ney Gill route is at Coldbergh Edge during the descent from Nine Standards. On summer Sundays (and possibly at other times) there is a small café serving teas, cakes and ice creams in Keld. This could be very nice if you are continuing to Thwaite or Muker. There is also a phone kiosk by the Youth Hostel in Keld.
The original Wainwright route keeps to the high ground, passing the evocative remains of former lead mining operations on at the head of the Gunnerside Gill and at Old Gang Mine. If the cloud is low you need some ability with map and compass, so in wet or cloudy conditions we advise taking the low level route following the River Swale. Many walkers prefer this very pretty valley alternative whatever the weather. Note even starting from Thwaite or Muker it is possible to rejoin the high level route at Crackpot Hall (milepost 96) by a scenic path without retracing your steps to Keld. An interesting spot for lunch on the high level route is by the old mine buildings at Blakethwaite on the Gunnerside Gill (milepost 99). There is no phone on the high level route between Keld and Reeth. There is no shop in Keld, but if you are staying at Thwaite you can shop for a picnic at Muker. Also at Muker is the famous Swaledale Woollens shop, a visit to which you may find worth some of your time (and money). There are pubs along the valley route (at Gunnerside and Low Row) where you can stop for lunch.

**Stage 8: Reeth (Milepost 106.5) to Richmond (Milepost 117)**

This is a very short stage and most Coast to Coasters will finish it off in a morning. However we still recommend staying a night in Richmond. There are plenty places to get lunch, and lots to see in the town to while away the afternoon. There is nowhere to obtain refreshments between Reeth and Richmond, and no obvious picnic spot; perhaps the best is below Applegarth Scar (milepost 113). There are public phones in the villages of Marrick (milepost 110) and Marske (milepost 112). There is a bus service from Reeth to Richmond. Apart from the first mile to Grinton Bridge the path stays away from the river, wending its way across fields with fine views across the deep valley of Swaledale.

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Coast route at this point a bus service links Richmond with Darlington and Northallerton.

**Catterick Bridge and Brompton on Swale milepost 120/122.** This overgrown village on the rather muddy banks of the Swale a few miles below Richmond is a less attractive place to stay than Richmond. There is a campsite and a camping barn.

**Bolton on Swale milepost 124/125.** When you reach this tiny village in the midst of the flat, rather dull Vale of Mowbray you have seen the last of the River Swale, the most persistent feature of the Coast to Coast route. Bolton’s main claim to fame is as the burial place of Henry Jenkins, who was born at nearby Ellerton in 1500 and died there 169 years later.

**Danby Wiske milepost 130.** Wainwright put Danby Wiske on the map when he published. Previously it had been a sleepy little agricultural village unheard of and unvisited. It is still quiet but the pub band has nearly 20 volumes of visitors’ books completed by passing walkers.

**Ingleby Cross & Ingleby Arncliffe milepost 140.** As with Danby Wiske few people stopped here in the pre-Wainwright era, and for a long time there was no decent place to stay. This has now changed and there are several B&Bs as well as a pub and (at milepost 141) an adventure centre with a variety of accommodation.

**Osmotherley milepost 141.5 (1 mile).** Osmotherley is undoubtedly one of the most attractive villages. For some reason Wainwright omitted Osmotherley from his walk, preferring to take a slightly longer route through the less attractive village of Ingleby Cross. Osmotherley’s two streets of houses and cottages are built of the local buff-coloured sandstone. There are three pubs, each serving food to satisfy a variety of tastes and standards, as well as a fish and chip shop. The village has a food shop, a post office and a specialist walking shop. Some may like to rest a day here; close by is Mount Grace Priory, a Carthusian foundation dating from 1398 and still in use.

**Carlton-in-Cleveland milepost 148 (1.5 miles).** This village is 1.5 miles by road from the combined C to C and Cleveland Way at Carlton Bank Top. There is a well-equipped campsite and a pub with limited accommodation. At Carlton Bank Top (also known as Cringle Moor) there is a very welcome seasonally open cafe and shop right on the C to C trail.

**Clay Bank Top milepost 152.** There are no buildings at Clay Bank Top, which is simply a road pass across the Cleveland Hills ridge, and it is almost ten miles further on along the C to C to the next road crossing or accommodation, so many walkers stop off for a night here either at Great Broughton (2.5 miles) or at
Stage 9: Richmond (milepost 117) to Ingleby Cross or Osmotherley

This is the longest stage of the crossing. The going is a mixture of quiet tarmac lanes, and footpaths, often very muddy, across the fields, where the going is slower. So be prepared for lots of mud! Many Coast-to-Coasters opt to divide the stage into two, taking an overnight stop at Danby Wiske (milepost 131). Others prefer to press on across the flat farmland of the Vale of Mowbray. Even such energetic individuals will inevitably stop for lunch at Danby Wiske, where the pub serves food well into the afternoon. The traditional Wainwright route goes via Ingleby Cross, but an alternative used by many Sherpa customers diverges at (milepost 135) and goes to the pretty village of Osmotherley. There are no shops en route so go shopping in Richmond.

Many walkers extend this stage beyond Clay Bank Top to Blakey Ridge (milepost 161), which is the next place on the Coast-to-Coast route with accommodation. However the first part of the day is strenuous enough for many people, with numerous ascents and descents on the Cleveland Hills. There is a cafe at Carlton Bank Top (milepost 148), but otherwise no place of refreshment. At Clay Bank Top there is no accommodation, but some is available a couple of miles downhill walking away at Great Broughton and Chop Gate.

Stage 11: Clay Bank Top (milepost 152) to Glaisdale/Grosmont (milepost 175)

This is a long stage but the going is easy after the first ascent from Clay Bank Top to Urra Moor. Walkers who started the day at Ingleby Cross or Osmotherley will not want to go further than Blakey Ridge (milepost 161) in a day, but from Clay Bank Top to Blakey makes a short and rather easy day. You can stop for lunch at the pub in Blakey before continuing to Glaisdale; there is nowhere else to stay or get refreshment before Glaisdale.

This is the best day for easy walking combined with long views and (in summer) classic moorland covered with purple heather.
Stage 12: Glaisdale/Grosmont (milepost 171) to Robin Hood's Bay (191).

A long stage with two long ascents and many walkers will split it into two either by continuing past Glaisdale to Egton Bridge or Grosmont the day before or by stopping off at Littlebeck or High Hawsker and finishing with a short day into Robin Hood’s Bay. There is a shop at Grosmont and a cafe. There are pubs at Grosmont and at High Hawsker. In the unlikely event that you might want to cut out walking altogether today there is a train service from Glaisdale, Egton Bridge and Grosmont to Whitby from where there is a bus service to Robin Hood’s Bay. The scenery is more varied than on any other stage of the crossing: the deep wooded valleys of the Esk and the Little Beck, heather moorlands on either side of the Little Beck valley, and to finish off there are three miles of magnificent cliff-top footpath along the coastal cliffs.

Little Beck, heather moorlands on either side of the Little Beck valley, and to finish off there are three miles of magnificent cliff-top footpath along the coastal cliffs.

Our Daily Bus Service to Teeside Airport, Darlington Railway Station, and Richmond leaves Robin Hoods bay at 16:30 seats bookable in advance. Call 0871 520 0124

Robin Hood’s Bay milepost 190
The end of the road! This classic former fishing village with its jumble of narrow lanes and red-roofed houses tumbling steeply down the cliffs to the shore provides a fitting climax to the long walk. Many walkers opt to spend another day here to recuperate and relax on the beach (not much sand, mostly level rock slabs) or to take a bus trip to nearby Whitby (6 miles). There is plenty of good accommodation in hotels and guest houses. There is a youth hostel a mile away south along the coast path and another at Whitby. There is a wide choice of eating places, plenty of fresh local fish and seafood on the menu. There is also a good bus service to Whitby and Scarborough (for trains to York, Manchester and London) from the upper part of the village.
Simply choose the category of accommodation you require, we book the hotels for you, we charge a booking fee, and you pay the hotels directly as you follow the trail. We have arranged with the hotels that you will not need to pay a deposit to secure the accommodation, but you must give us a valid credit card number and expiry date later than you last night’s accommodation, so that in the event of you not showing without advising the hotel, they can be paid cancellation charges.

The prices below give you an idea of what the various options are likely to cost for a walk of 7 nights/8 days. If you take more or less days you must adjust your budget accordingly. It may not be possible to get the same standard at every stop along the trail, whichever category you select it is almost inevitable that on some nights that category will not be available in that particular location. Prices are per person based on two people sharing and are for bed and Breakfast only. Single rooms are in very short supply and are not available in all towns, they also often carry supplements. Evening meals and packed lunches are not included.

<table>
<thead>
<tr>
<th>Cat</th>
<th>Type of Accommodation</th>
<th>Facilities</th>
<th>Average Cost per Person per Night</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>Hotels, quality guest houses &amp; B&amp;Bs. Mostly hotels.</td>
<td>Mostly En suite</td>
<td>£35+</td>
</tr>
<tr>
<td>B</td>
<td>Hotels, quality guest houses &amp; B&amp;Bs. Mostly Guest houses &amp; B&amp;Bs</td>
<td>Mostly En suite</td>
<td>£27-35</td>
</tr>
<tr>
<td>C</td>
<td>Guest houses &amp; B&amp;Bs. Mostly B&amp;Bs</td>
<td>Shared</td>
<td>£23-27</td>
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</tbody>
</table>

* En suite means with private integral bathroom.

Our fees for booking your accommodation are per person as shown here:

<table>
<thead>
<tr>
<th>No in Party</th>
<th>7 nights or less</th>
<th>8 to 13 nights</th>
<th>Over 13 nights</th>
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</thead>
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<tr>
<td>1-2</td>
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<td>£35.15</td>
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<td>5-6</td>
<td>£21.45</td>
<td>£28.50</td>
<td>£33.20</td>
</tr>
<tr>
<td>over 6</td>
<td>£21.45</td>
<td>£28.50</td>
<td>£33.20</td>
</tr>
</tbody>
</table>

Please note we will not undertake hotel bookings on your behalf unless you are using the Sherpa van service for your baggage movements you can however avail yourself of our bag moving service whether you book your hotels yourself or via our booking service.

Daily Door to Door Baggage Transport Service (19th March–15th October 2016)

Having fixed the duration of your walk and selected your accommodation, our charge for moving your baggage is £8 per bag per day (£79 for cycling package, but remember this is not the ‘C2C’, but for mountain cyclists following the Coast to coast more or less). We will deliver door to door picking up after 8:30 a.m. and delivering by 4:30 p.m.

Our baggage transfer service runs door to door along the entire trail. Bags should weigh no more than 20kgs or 40lbs. Certain times of year are very congested on this trail, particularly bank holidays, and school half terms. We recommend booking as early as possible. Starting on a weekday rather than a weekend gives you a greater chance of securing the accommodation you want.

You can find full details of all of the Sherpa Van services on our website [www.sherpavan.com](http://www.sherpavan.com), together with an online booking service through a secure server.
Books & Guides
To assist you in the planning of your walk and to accompany you along the way, we offer a selection of guidebooks that you can comfortably carry in a rucksack pocket or walking jacket.

**A Coast to Coast Walk - A Pictorial Guide by A Wainwright**
£13.99
This is the original Coast to Coast guide, written by that unlikeliest of all cult figures, Alfred Wainwright. This Guide lays out the superb long distance walk, going west to east with the wind on your back.

**Coast to Coast Walk by Paul Hannon**
£12.99
The classic updated route. The 2000 edition of this guide documents the changes which have taken place since Wainwright's time, inevitable in the evolving English landscape.

**DVD: Aerial Britain 'Coast to Coast Walk.'**
£9.99
Great Walks From The Air. A personal helicopter tour over the majestic landscape of northern England, from the east coast to the west.

The 190-mile Coast to Coast Walk crosses the North of England from Robin Hood's Bay on "the Dinosaur coast" of North Yorkshire to St Bees by the Irish Sea, wending its way through three, scenic National Parks. AERIAL BRITAIN offers an armchair view of some of the most varied scenery in the country: the rugged mountains and beautiful lakes of the Lake District, the rolling hills and picturesque valleys of the Yorkshire Dales and the heather moorland of the North York Moors, with some dramatic coastal scenery at each end.

**A Northern Coast to Coast Walk by Terry Marsh**
£12.95
This claims to be the only guide that sticks all the way to permitted paths, with a "drastic reduction" in the amount of road walking involved in Wainwright's original route. It has a weather resistant cover.

**Coast to Coast Path by Henry Steadman, ‘Trailblazer Guides.’**
£11.99
The guidebook contains all the information you need. The hard work has been done for you so you can plan your trip from home without the usual pile of books, maps and guides. 4th edition of this popular guidebook - all information has been checked and updated. Unique mapping features – walking times, directions, tricky junctions, places to stay, places to eat, points of interest. These are not general-purpose maps but detailed route guides drawn by walkers for walkers. Includes 109 walking maps: the largest-scale maps available At just under 1:20,000 (8cm or 3-1/8 inches to 1 mile) these are bigger than even the most detailed walking maps currently available. Itineraries for all walkers – whether hiking the entire route over two weeks, or sampling the highlights on day walks or short breaks. Downloadable GPS waypoints. Practical information for all budgets – what to see, where to stay, where to eat: B&Bs, hotels, campsites, bunkhouses, hostels, pubs. Detailed public transport information - for all access points. Includes 31 town and village guides - where to stay, where to eat, transport information

**The Coast to Coast by Martin Wainwright**
£12.99
Martin Wainwright's description of the route is divided into fifteen chapters, each covering one day's walk (though alternative stopping places are identified for those who wish to spread their journey over a longer period) and each section of the route is described in detail with accompanying Ordnance Survey 1:25 000 mapping. There are also brief feature essays on features or places of particular historical or landscape interest and a Useful Information section at the end which gives details of organisations which provide advice or information on matters such as travel and accommodation.
Meet the Old Spice Boys - Dosh, Whinger, Shortly, Scaredy and Windy - five men who are, perhaps approaching their 'sell by' date, determined to prove that age is all in the mind. Together they set of to walk from one coast of England to the other.

Will their Ancient Feet carry them there? Will a diet of pies and pasties prove to be the right preparation for the physical challenge of walking over 190 miles? Will their friendship survive twelve days in each other's company? Why is one of them carrying three enormous onions? Following Alfred Wainwright's route across the north of England, their hilarious adventures unfold as one of them begins to believe he has much in common with his hero, particularly when he discovers that Mr Wainwright had an unusual, and unpublicised, encounter with a buzzard.

"Ancient Feet is an enjoyable romp through the countryside without any of the usual aches, pains or wet socks. Alan Nolan and his friends are terrific companions, so thanks to them for letting us readers tag along." - Nick Hancock

Not a guide book but a very witty novel by Chris White. Here are some excerpts to whet the appetite ...

... Sister Mary glances upwards. Sister Kay follows her companion's gaze. For a second or two she remains dumbfounded. Then her lips slowly move. "Holy Jesus!" ... Towards the end of the day you may encounter the worst stile in the world. Maybe that's an exaggeration. Let's say the worst stile on the Coast to Coast Walk. This is an uphill, uphill stile. You may ask why not describe it just as an uphill stile. I'll tell you why! ... A figure emerges through the mist. As he approaches they see a small youngish man clad in beige mackintosh with a flat cloth cap pulled tightly over his ears. His feet are encased in a pair of ex-army hob-nailed boots. On his back is a huge square rucksack which, as he draws closer, they make out to be a blue canvas-covered suitcase with sewn on khaki webbing straps. He walks towards them from the northeast, a peculiar direction to come from as it doesn't lead to, or from, anywhere in particular. ... As if by mutual consent, the herd of cattle gallops towards the opposite side of the field where they group up as if preparing for an attack. Trevor appears worried. "Okay lads, They're only cows, they won't hurt you. Er, speed it up a little." ... It's compass time. That's if you have one or, to emphasise a practical point, if you know how to use one.'

Because this route is about double the length Rucksack Readers normal "week-long" routes, the book's format differs from previous Rucksack Readers. It has 112 pages, 28 of them carrying mapping, and weighs about 280g/10 oz. It contains all that a walker needs:

- concise, up-to-date directions and 115 colour photographs 28 pages of easy-to-follow Footprint mapping (1:50,000) altitude profiles for each section
- background on geology, history and wildlife
- contact details for accommodation and transport
- features on St Bees, Richmond and Robin Hood's Bay waterproof, rucksack-friendly format.

Maps

Harvey Maps
A Harvey map is designed for the modern walker and mountaineer. To the conventional National Grid referencing, it adds information for GPS users. The introduction by Harvey of their special style of mapping adds an exciting choice for Coast to Coast walkers. The route is covered in two maps, St Bees to Keld and Keld to Robin Hood's Bay. Whereas Ordnance Survey maps cater for the general market and include information for everyone, Harvey maps are designed for the specialist walker and mountaineer. The map is presented on paper with an encouragingly shiny weatherproof finish.

Harvey Maps C2C West
1:40000; 2.5cm to 1km Weight: 150gms Dimensions: 240 mm x 120 mm £12.95

Harvey Maps C2C East
1:40000; 2.5cm to 1km Weight: 150gms Dimensions: 240 mm x 120 mm £12.95
**Ordnance Survey Explorer Maps**

Scale 1:25,000; 4cm to 1km; 2½ inches to 1 mile

This scale provides detail for the really committed navigator and map enthusiast. Studying the country down to its every wall and ditch gives real confidence in route finding and satisfaction in "reading" the landscape.

One of Wainwright's trademark enjoyments was to examine the broader picture and to line up the hill tops in the surrounding area. Explorer maps are superb in this respect, but the downside is that you will need 8 of them: numbers 303, OL4, OL5, OL19, OL30, 304, OL26 and OL27

These maps are available in two editions:

**Paper** - they fold well, and are backed with a reasonably durable laminated cover. They will remain intact, depending on how much wind and rain you have encountered!

**Lam-Fold** - extra strong lamination with a 'china-graph' write-on, wipe-off surface they are also tear resistant and waterproof.

<table>
<thead>
<tr>
<th>Map 303: Whitehaven &amp; Workington, Cockermouth</th>
<th>Map OL30: Yorkshire Dales. Northern &amp; Central areas</th>
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<th>Map 304: Darlington &amp; Richmond, Egglescliffe</th>
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<th>Map OL26: North York Moors. Western Area</th>
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Sherpa Van Reservations

Trail to be followed: ________________
Duration of Walk (days): __________
Baggage Transfers Only: [ ]
Accommodation Booking & Baggage transfers: [ ]

Your Details

Name: ____________________________
Address: __________________________
Postcode: _________________________ Tel: __________________________
Email: ____________________________

Rooms Required: Double ___ Twin ___ Single ___

Special Requirements/Dietary/Vegetarian etc.

Please choose a category of accommodation:

<table>
<thead>
<tr>
<th>Cat</th>
<th>Average cost per person per night in double or twin.</th>
<th>Tick</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>£35+</td>
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<tr>
<td>B</td>
<td>£27-35</td>
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<td>C</td>
<td>£23-27</td>
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Your Party Details:

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<tr>
<th>Title</th>
<th>Initial</th>
<th>Surname</th>
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Cost of accommodation booking (per person):

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<thead>
<tr>
<th>No in Party</th>
<th>7 nights or Less</th>
<th>8-13 nights</th>
<th>Over 13 nights</th>
</tr>
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<tr>
<td>1-2</td>
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<td>£21.45</td>
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</tr>
<tr>
<td>over 6</td>
<td>£21.45</td>
<td>£23.50</td>
<td>£33.20</td>
</tr>
</tbody>
</table>

Your night stops (Night 1 = day of arrival at first hotel.)

If you are booking your own accommodation, please supply full details, otherwise just enter the town and date.

<table>
<thead>
<tr>
<th>Night</th>
<th>Date</th>
<th>Town</th>
<th>Hotel/B&amp;B Name</th>
<th>Address</th>
<th>Postcode</th>
<th>Tel. No.</th>
</tr>
</thead>
<tbody>
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Payment

Cost of baggage transfers at £8 each:
Cost of Accommodation booking service:
Books & Maps

Please Debit the card below [ ]

Total

Credit/Debit Card Details: NB. Expiry date must be later than last hotel reservation

Card Type: (please indicate appropriate) Visa/MasterCard/Visa Debit/Maestro
Exp. Date: __________ Maestro Issue No or Valid from Date: __________ Card No: ____________ Security No: __________

Card Holder’s Name (in block capitals): __________________ Signature: __________________

The Sherpa Van Ltd. 3 Bedford Road, London W4 Tel: 0871 520 0124 Fax: 01609 883822
www.sherpavan.com info@sherpavan.com
Terms of Business

Our services are operated by The Sherpa Van Ltd, trading as The Sherpa Van Project. Whether the services are arranged directly with the company or one of its appointed sales agents your contract is with the company.

BOOKING & PAYMENT

Full payment must be received with your order you may pay by credit card, a sterling cheque or bank draft. Payments are not accepted in foreign currency. Clients using our hotel booking service must provide credit card details with a date of expiry later than the date of the last hotel booking.

Our charges for baggage moving services are from £8 per bag per day stage (£79 per bag for cycling the route), if pre-booked. (Whether you book your hotels yourself or via our booking service does not matter). Bags should weigh no more than 20 kilos. Our insurance does not permit us to leave baggage unattended. In the event that there is no one to receive your baggage it will be left at a convenient dropping point and must be collected at the end of your days walk. We undertake to collect and deliver your baggage to the next hotel by 4.30 p.m. Baggage must be clearly labelled using the labels provided, and securely packed without loose items attached. We prefer that your baggage is also locked.

If you are booking your own accommodation and using only our baggage moving services you need enter in the booking section of the form the locations of your hotels and dates and tick the baggage transfer column. Then you must supply on a separate sheet the full address including postcode telephone and fax numbers of all the properties you wish us to deliver or collect from. All properties must be within one mile of the designated trail and accessible by vehicle. You should also ensure that the properties that you are staying are familiar with our service (Most are) and are able to accept delivery and collection of your baggage

ACCOMMODATION BOOKING SERVICES

When we book accommodation on your behalf we act only as your agent. Our responsibility ends when we have confirmed the rooms as requested. We are not involved in the day to day running of any of the properties and therefore not liable for the quality of service received. Any complaints must be addressed to the hotel proprietors. We have made reasonable efforts to establish that the properties we list provide a suitable service, however, the inclusion of a property in our services does not constitute a recommendation. We are pleased to hear about any hotel that fails to meet appropriate standards of service.

The prices of rooms and other details are the latest supplied by the hotelier or their agent, and represents an average room cost. Room prices may vary slightly from room to room within a hotel by virtue of their position, facilities and view. Prices are per person based on two people sharing and are for bed and Breakfast only, evening meals and packed lunches are not included unless stated. Whilst we reserve the hotels on your behalf, you pay the hoteliers directly as you follow the trail. Whichever category of accommodation you select it is inevitable that on some nights that category will not be available in a particular location. In such cases we will provide the best alternative available.

ALTERATION OF BOOKINGS

If you wish to change your hotel arrangements subsequent to us having booked there will be an amendment fee of £20.

CANCELLATION

Hoteliers extend the facility and convenience to our clients to book without deposits and all the administration that involves, they must however be protected against no shows, and last minute cancellations. You are advised to take out suitable travel insurance at the time of booking. Should you subsequently cancel your arrangements or fail to show without notice cancellation charges will be levied on behalf of the hotels already booked and confirmed on the following sliding scale. More than 56 days before departure 10% of the hotel costs. 55-35 days before departure - 30% of the hotel costs. 34-15 days before departure - 50% of the hotel costs. Less than 14 days before departure - 100% of the hotel costs. A credit card with an expiry date later than the last nights accommodation booked must be provided at the time of booking.

GROUP BOOKINGS

It may not always be possible to book large groups into the same hotel. If it becomes necessary to split groups, every effort will be made to book them into properties that are close together.

If you are able to start your walk mid week do so. Most people start at weekends and this creates bottlenecks at points on trails where there is limited accommodation. A sample of the form of confirmation and itinerary we provide follows:
The SherpaVan project

Mr R.J Smith
Mrs Smith

Trip Number: 3207
England - Coast to Coast
Adults 2

St Bees - Hotel
Queen's Hotel
Main Street
St. Bees CA27 0DE
Cumbria
Ph: 1946822387
Fax 1946822387

Check In Date 12/08/2002 Check Out Date 13 Aug 2002 Price GBP60
room(s) Double B & B (ensuite) 1 Night Hotel Category BE
Bed & Breakfast paid direct by client & Sherpa Van baggage transfer to Distance Walked from last hotel 1 miles
Web Page www.coast2coast.co.uk/queenshotel
Credit cards accepted
eve meals pkd lunch
Visa, Mastercard, Switch
available available Pets accepted smoking allowed in some areas

The hotel is a 17th Century freehouse in the middle of the village. It has a cozy country pub atmosphere with oak beams and log fires. All fifteen bedrooms are ensuite, with tea and coffee making facilities. Visa, Mastercard, Switch

Ennerdale Bridge - Hotel
Shepherd’s Arms Hotel
Ennerdale Bridge CA23 3AR
Cumbria
Ph: 194661249
Fax: 194661249
Email enquiries@shepherdarmshotel.co.uk

Check In Date 13/06/2002 Check Out Date 14 Aug 2002 Price GBP59
room(s) Double B & B (ensuite) 1 Night Hotel Category BE
Bed & Breakfast paid direct by client & Sherpa Van baggage transfer to Distance Walked from last hotel 14 miles
Web Page www.shepherdarmshotel.co.uk
Credit cards accepted
eve meals pkd lunch
Visa, Mastercard, Switch
available available Pets accepted

An informal and relaxed hotel in the centre of the village. Most rooms are ensuite. In the CAMRA Good Pub Guide, the bar offers an extensive bar menu and Real Ale. The restaurant serves a 3 course evening meal including game and local fish in season.

In the centre of the village opposite the school.

Borrowdale - Hotel
Scafell Hotel
Rosthwaite
Borrowdale CA12 5X8
Cumbria
Ph: 1768777208
Fax: 1768777280
Email Reception@scafell.co.uk

Check In Date 14/08/2002 Check Out Date 15 Aug 2002 Price GBP118
room(s) Double B & B (ensuite) 1 Night Hotel Category BE
Bed & Breakfast paid direct by client & Sherpa Van baggage transfer to

Web Page www.scafell.co.uk
Credit cards accepted
eve meals pkd lunch

The Sherpa Van Ltd. 3 Bedford Road, London W4 Tel: 0871 520 0124 Fax: 01609 883822
www.sherpavan.com info@sherpavan.com