

# INTRODUCTION

Introduction to the Third Edition

The Route in Brief

Distances and Height Gain

Using the Guide

Planning the Walk

Maps

Accommodation and Facilities

THE COAST TO COAST WALK WEST TO EAST

## 1 ACROSS LAKELAND

St Bees to Cleator

Cleator to Ennerdale Bridge

Ennerdale Bridge to Black Sail Youth Hostel

Black Sail Youth Hostel to Borrowdale (Rosthwaite)

Borrowdale (Rosthwaite) to Grasmere (Goody Bridge)

Grasmere (Goody Bridge) to Patterdale

Patterdale to Shap

## 2 LIMESTONE COUNTRY

Shap to Orton

Orton to Kirkby Stephen

## 3 INTO THE DALES

Kirkby Stephen to Keld

Keld to Reeth

Reeth to Richmond

## 4 VALE OF MOWBRAY

Richmond to Bolton-on-Swale

Bolton-on-Swale to Danby Wiske

Danby Wiske to Ingleby Cross

## 5 THE NORTH YORK MOORS

Ingleby Cross to Clay Bank Top

Clay Bank Top to Glaisdale

Glaisdale to Grosmont

Grosmont to Robin Hood's Bay

## **THE COAST TO COAST WALK EAST TO WEST**

### **5 THE NORTH YORK MOORS**

Robin Hood's Bay to Grosmont  
Grosmont to Glaisdale  
Glaisdale to Clay Bank Top  
Clay Bank Top to Ingleby Cross

### **4 VALE OF MOWBRAY**

Ingleby Cross to Danby Wiske  
Danby Wiske to Bolton-on-Swale  
Bolton-on-Swale to Richmond

### **3 INTO THE DALES**

Richmond to Reeth  
Reeth to Keld  
Keld to Kirkby Stephen

### **2 LIMESTONE COUNTRY**

Kirkby Stephen to Orton  
Orton to Shap

### **1 ACROSS LAKELAND**

Shap to Patterdale  
Patterdale to Grasmere (Goody Bridge)  
Grasmere (Goody Bridge) to Borrowdale (Rosthwaite)  
Borrowdale (Rosthwaite) to Black Sail Youth Hostel  
Ennerdale (Black Sail Youth Hostel) to Ennerdale Bridge  
Ennerdale Bridge to Cleator  
Cleator to St Bees

Appendix A Variant Route Descriptions

Appendix B Useful Addresses

Appendix C Bibliography