

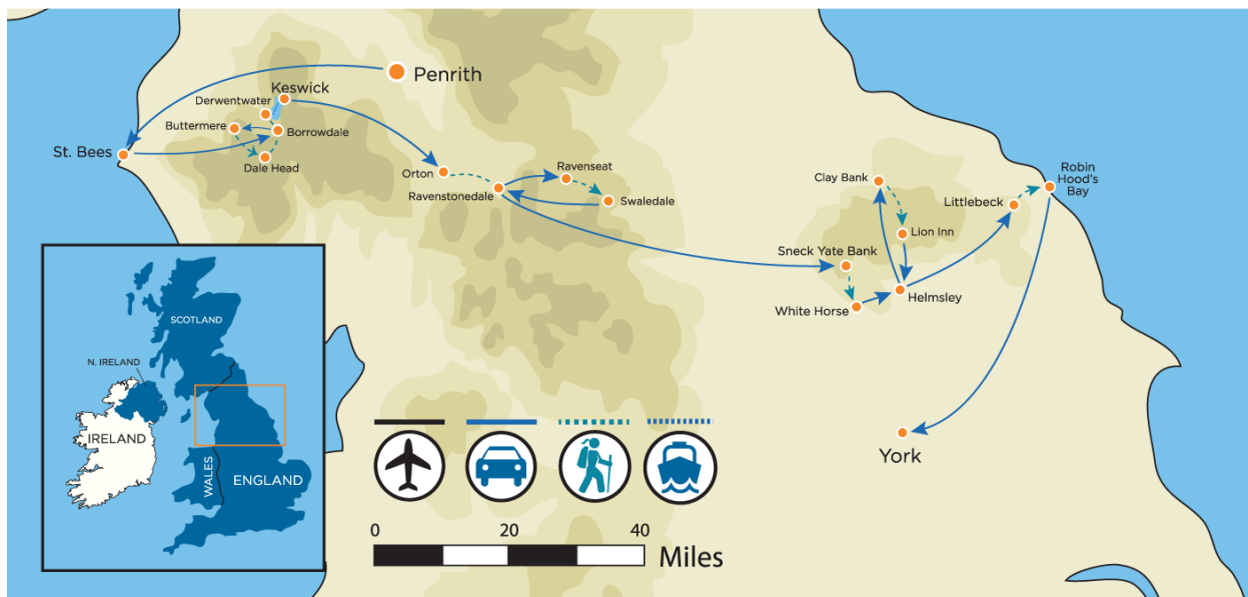
ENGLAND

Hiking the Coast to Coast Trail

TRIP HIGHLIGHTS

- ▶ Hike coast to coast across England as you take on the famous trail in stages
- ▶ Visit and hike in three National Parks: the Lakes, the Yorkshire Dales, and the North Yorks Moors
- ▶ Meet with the first female winner of the TV show "One Man and His Dog" and learn about sheepdogs and shepherding
- ▶ Enjoy some local specialties - chocolate, tea, and scones - along the way!

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1 arrive in England, dip your toes into the sea, welcome dinner
- Day 2 hike through the mountains of the Lake District
- Day 3 hike in Yorkshire Dales National Park, visit a chocolate shop, meet a famous shepherdess
- Day 4 continue hiking through Yorkshire Dales, enjoy a classic tea and scone at a local tearoom
- Day 5 hike in North Yorks Moors National Park, visit Helmsley Castle, meet a local gardener
- Day 6 hike up and down through the "rollercoaster," finish at the highest point on the Moors
- Day 7 arrive at the North Sea, farewell dinner
- Day 8 depart the United Kingdom

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: \$6,295

Optional Single Accommodations: \$1,000

TRIP DATES

June 23 - 30, 2025

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your adventure
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DAY 1
Monday
6/23/25

Arrive in England

Welcome to England! The Coast to Coast walk is a 182-mile route that stretches from the east to west coasts of England. Originally described in the book "A Coast to Coast Walk" by Alfred Wainwright, this footpath is an unofficial trail that traverses the countryside.

Arrival Information

Arrive at Penrith (North Lakes) railway station in Penrith, UK by 12:00 PM today. We suggest our guests that they consider arriving a day early to ensure timely arrival and to account for unforeseen circumstances.

Pick-Up and Transfer

You will be met at the Penrith Station by your guide and transferred to St. Bees.

Hiker's Tradition

Upon arriving in St. Bees, you will take part in a hiker's tradition to start off your adventure. Take a short hike along the beach and up onto the cliffs which form St. Bees Head, the most westerly point of the trail.

Transfer to the Hotel and Check In

After your coastal walk, drive for an hour to your hotel where you'll check in before dinner.

Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Hear about why each woman is excited to hike England from coast to coast.

Today's Hiking Information

Today's total hiking will be 1-2 hours, and 500 feet of elevation gain.

Accommodations
Borrowdale Hotel

Meals Included
dinner

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DAY 2
Tuesday
6/24/25

Lake District

The Lake District is a beautiful expanse in the northwest portion of England. With diverse landscapes of mountain peaks and glacial lakes, the Lake District is England's largest and most well-known national park.

Begin Your Coast to Coast Hike

After a short transfer to join the Coast to Coast trail, you set off on the most challenging hiking day of the trip, as you start off with a tough 1,300 foot ascent up to a broad ridge. You'll follow Littledale Edge upwards for almost 200 more feet until you reach the peak of Dale Head at just under 2,500 feet. Enjoy a bagged lunch today along the trail. From here, you will start your descent of 2,300 feet into Borrowdale valley. A short transfer will take you back to your hotel.

Dinner

Enjoy dinner with the group at your hotel tonight.

Today's Hiking Information

Today's total hiking will be 6.5 miles, 4-5 hours, with 2,350 feet of elevation gain and 3,200 feet of elevation descent.

Accommodations
Borrowdale Hotel

Meals Included
breakfast, lunch,
dinner

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DAY 3
Wednesday
6/25/25

Lake District to Yorkshire Dales

Shepherding, which dates back almost 5,000 years, is one of the world's oldest occupations, and has continued to play an important role in the maintenance and management of flocks of sheep worldwide. The BBC TV show "One Man and His Dog" featured sheepdog trials, where different breeds compete in the techniques of herding sheep. The show was incredibly popular and aired for 25 seasons!

Transfer to Yorkshire Dales National Park

This morning, you will start off with a short walk from the hotel to Derwent Water, where you will board a small boat bound for the town of Keswick. After disembarking, transfer out of the Lake District and travel toward Orton in the Yorkshire Dales National Park.

Meet a Shepherdess

Later this morning, meet Katy Cropper, a local shepherdess who was the first female to win the competition on the popular television series "One Man and His Dog." Katy will tell you about her passion working with dogs and demonstrate some of the techniques she uses with her dogs as a shepherdess.

Visit a Chocolate Shop

Stop in a local chocolate shop where you will have a chance to buy and nibble on some tasty treats before enjoying lunch in a local cafe. Then begin hiking across the moors until arriving at your hotel in Ravenstonedale.

Dinner

Enjoy dinner as a group tonight.

Today's Hiking Information

Today's total hiking will be 7 miles, 4-5 hours, and 600 feet of elevation gain and 500 feet of elevation descent.

Accommodations
The Black Swan
Ravenstonedale
Meals Included
breakfast, lunch,
dinner

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DAY 4
Thursday
6/26/25

Yorkshire Dales

Yorkshire Dales National Park is a collection of valleys, moors, hills and villages in central England. You can see mountain peaks, cascading waterfalls, and verdant dales throughout this beautiful stretch of countryside.

Continue Hiking After a short transfer this morning to the charming hamlet of Ravenseat, you will begin today's hike which takes you through Swaledale. This portion of the hike was the favorite stage of Alfred Wainwright, who created the Coast to Coast route. Enjoy a bagged lunch as you pass through classic scenery of fields bound by stone walls and flower meadows full of sheep. These beautiful flower meadows are an integral part of the park's landscape and biodiversity. These meadows are characterized by their diverse and colorful wildflower displays, making them a picturesque and ecologically important feature of the park.

Visit a Local Tearoom Stop in for a quick visit to a local tearoom where you will enjoy a classic English tea and scone, explore the local Art Gallery and Craft Center before driving back to Ravenstonedale.

Dinner Enjoy dinner with the group tonight at your hotel.

Today's Hiking Information Today's total hiking will be 9 miles, 5-6 hours, and 700 feet of elevation gain and 1,300 feet of elevation descent.

Accommodations
The Black Swan
Ravenstonedale
Meals Included
breakfast, lunch,
dinner

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DAY 5
Friday
6/27/25

Yorkshire Dales to North Yorks Moors

The Helmsley Walled Garden sits on five acres of land beneath the towering ruins of the historic castle of the same name. The garden produces many different kinds of fruits, vegetables, and, of course, flowers. With a focus on the therapeutic effects of nature, the garden is staffed by many volunteers who share their passion for therapeutic horticulture with their visitors.

Morning Hiking

Drive for about an hour and a half toward North Yorks Moors National Park after breakfast today. Here, you will start at the top of Sneck Yate Bank and follow a gorgeous trail along the escarpment towards Sutton Bank and what author James Heriott described as "England's finest view." Continue on the trail until you reach the "White Horse of Kilburn," which is a large carving in the hillside that is visible for miles around. A bagged lunch will be provided to eat during your hike today.

Visit Helmsley Castle

From there, a short transfer takes you to the market town of Helmsley with its castle dating back to the 12th century. Originally built in 1120, Helmsley Castle has undergone various modifications and additions over the centuries. It played a role in historical events, including the English Civil War in the 17th century.

Meet a Local Gardener

Later this afternoon, meet with June Tainish, who is the Garden Manager at Helmsley Walled Garden. Originally built to supply fruits and vegetables to the Duncombe Park Estate, the Garden was left to dereliction after the war until 1994 when Alison Ticehurst, a local nurse, saw its potential for therapeutic horticulture. With her background in garden design, June will discuss the ethos behind the garden, and explain how it enables volunteers to benefit from learning about horticulture.

Dinner

Dinner will be at your hotel with the group this evening.

Today's Hiking Information

Today's total hiking will be 5-6 miles, 3-4 hours, and 300 feet of elevation gain and 700 feet of elevation descent.

Accommodations

The Black Swan
Helmsley

Meals Included

breakfast, lunch,
dinner

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DAY 6
Saturday
6/28/25

North Yorks Moors

The third national park you will hike on your trip is the North Yorks Moors National Park. This area is home to one of the largest swaths of moorland heather in the entire United Kingdom, as nearly a third of the park is covered in this moorland.

Hike the "Rollercoaster"

Start your hike today after a 30-minute drive to Clay Bank. This is a memorable, high-level traverse of the North Yorks Moors, and the trailhead is already at elevation. After a short ascent onto the wild moors, travel across several low hilltops, ascending and descending along a section that is whimsically known as the "rollercoaster." You will enjoy a bagged lunch during your hike, which ends at the famous Lion Inn, located at the highest point on the North Yorks Moors. Here, enjoy a drink to toast the end of the day before taking a quick drive back to Helmsley.

Dinner

Enjoy dinner at the hotel with your AdventureWomen group.

Today's Hiking Information

Today's total hiking will be 9 miles, 5-7 hours, and 1,000 feet of elevation gain.

Accommodations
The Black Swan
Helmsley
Meals Included
breakfast, lunch,
dinner

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DAY 7
Sunday
6/29/25

North Yorks Moors to North Yorkshire Coast

Robin Hood's Bay is a small fishing village along the western coast of England within North Yorks Moors National Park. Tucked away among the coastal cliffs, the village captures the charm of local pubs and cafes as well as the breathtaking beauty of dramatic seaside landscapes.

Final Day of Hiking

Drive to Littlebeck this morning to start the day's hike to the coast. Pass the waterfall of Falling Foss and continue hiking eastward toward the coast. After cresting a low ridge, you'll get the first views of the waters of the North Sea. Enjoy a bagged lunch during your hike today. The last few miles follow a spectacular path above the shoreline, which leads directly into the tiny harbor of Robin Hood's Bay where your hike ends! Head to a local inn for a celebratory drink.

Farewell Dinner

Spend tonight's farewell dinner celebrating all the incredible sights and amazing hiking you experienced as you made your way from one coast of England to another.

Today's Hiking Information

Today's total hiking will be 7 miles, 5-6 hours, and 1,000 feet of elevation gain and descent.

Accommodations
Victoria Hotel

Meals Included
breakfast, lunch,
dinner

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DAY 8
Monday
6/30/25

Depart England

Today you will transfer to York where you can catch a direct train to London, Manchester, or Edinburgh.

Transfer to York After breakfast this morning, begin the 2-hour drive to York where you can get a train to Manchester or Edinburgh for your flights home.

Departure Information Depart Manchester, England (MAN), or Edinburgh, Scotland (EDI) any time after 6:00PM today.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

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Accommodation Details

Borrowdale Hotel

The Borrowdale Hotel is nestled in Borrowdale Valley and is one of the first coaching inns that began taking guests in the mid 1800's. Enjoy the warm and comfortable atmosphere after a day of hiking in the Lake District.

Amenities: soap, shampoo, conditioner, hair dryer, WiFi

The Black Swan Ravenstonedale

Located right between the Lake District and the North Yorkshire Moors, The Black Swan is a family-run property that dates back to the 1800s but has been refurbished to add a touch of the modern to the traditional.

Amenities: soap, shampoo, hair dryer, WiFi

The Black Swan Helmsley

The Black Swan dates back to the 15th century. With an Elizabethan building on one end, a Tudor one to the other and a Georgian House in the middle, the Black Swan is wonderfully higgledly-piggledy, with bags of character.

Amenities: hairdryer, WiFi

Victoria Hotel

With stunning views of the North Yorkshire Coast, the Victoria Hotel offers the perfect base to explore the North York Moors National Park and the coastline.

Amenities: soap, shampoo, conditioner, hair dryer, WiFi

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Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ One group transfer on arrival and departure
- ▶ Drinking water to refill personal bottles
- ▶ Gratuities for hotel staff, luggage porters, and waitstaff

Not Included:

- ▶ International airfare to/from the United Kingdom
- ▶ Meals not specified in the itinerary
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Optional activities
- ▶ Gratuities for guides and drivers

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a