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England: Hiking the Coast to Coast Trail

DURATION | 8 Days

TRIP LEVEL | Level 4 - High Energy

Trip Overview

Hiking the "Coast to Coast Trail" across England guides you through three stunning National Parks. Begin in the Lake District, England's largest and most well-known national park, with its diverse landscapes of mountain peaks and glacial lakes. Continue to Yorkshire Dales, a beautiful expanse of valleys, moors, and hills. Finally, explore the North Yorks Moors, home to vast moorland heather and the charming fishing village of Robin Hood's Bay with its coastal cliffs and quaint pubs. Along the way, you'll meet the first female winner of the TV show "One Man and His Dog" to learn about sheepdogs and shepherding, and indulge in local specialties – chocolate, tea, and scones. Over the course of the trip, you'll traverse 46 miles of rolling hills, pastures, and stone fences, connecting the east and west coasts.

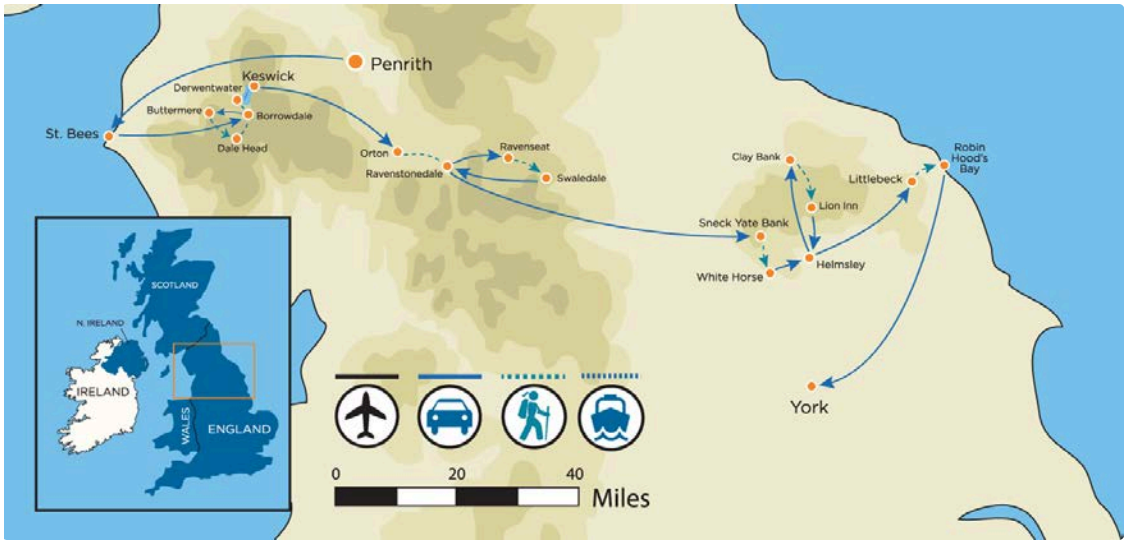
Trip Highlights

• Trek the famous Coast to Coast Trail, experiencing its beauty in stages.

• You'll visit the Lakes, the Yorkshire Dales, and the North Yorks Moors.

• Meet the first female winner of "One Man and His Dog" who will share her passion for working with dogs and demonstrate some of the techniques she uses as a shepherdess.

Map View



Arrival: Arrive at the railway station in Penrith (North Lakes), England on Day 1 before 12:00 PM.

Departure: Depart from Manchester, England (MAN) or Edinburgh, Scotland (EDI) on Day 8 after 6:00 PM.

Trip Itinerary

Day 1

Arrive in England

Arrive at Penrith (North Lakes) railway station by noon, where your guide will greet you and transfer you to St. Bees. Begin your adventure with a hiker’s tradition—a short hike along the beach and up to the cliffs of St. Bees Head, the trail's most westerly point. After your coastal walk, drive for an hour to your hotel for check-in. In the evening, enjoy a lively welcome dinner, getting to know your fellow travelers and sharing excitement about the coast-to-coast hike. Total hiking today: 1-2 hours with 500 feet elevation gain.

Meals: dinner | Overnight: Borrowdale Hotel

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

Trip Itinerary

Day 2

Reach the Peak of Dale Head

After a short transfer to the Coast to Coast trail, embark on the trip’s most challenging hike with a 1,300-foot ascent to a broad ridge. Continue up Littledale Edge, reaching the peak of Dale Head at nearly 2,500 feet. Enjoy a bagged lunch on the trail. Descend 2,300 feet into the picturesque Borrowdale valley. After the hike, transfer back to your hotel. End the day with a group dinner, sharing stories of your adventure. Today's hike: 6.5 miles, 4-5 hours, with 2,350 feet of elevation gain and 3,200 feet of descent.

Meals: breakfast, lunch, dinner | Overnight: Borrowdale Hotel

Trip Itinerary

Day 3

Sheepdog Demonstration

Begin your day with a short walk to Derwent Water and board a boat to Keswick. From there, travel to Orton in the Yorkshire Dales National Park. Meet Katy Cropper, the first woman to win "One Man and His Dog," and watch her sheepdog demonstration. Visit a local chocolate shop for some treats before enjoying lunch at a local café. In the afternoon, hike across the moors to your hotel in Ravenstonedale. End the day with a group dinner. Today's hike: 7 miles, 4-5 hours, with 600 feet of elevation gain and 500 feet of descent.

Meals: breakfast, lunch, dinner | Overnight: The Black Swan Ravenstonedale

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: complimentary toiletries, hair dryer, flatscreen TV, Wi-Fi

Trip Itinerary

Day 4

A hike through Swaledale and Classic English Tea

Start with a short transfer to the charming hamlet of Ravenseat for a hike through Swaledale, Alfred Wainwright's favorite stage of the Coast to Coast route. Pass through picturesque fields and flower meadows, enjoying a bagged lunch amidst the beautiful scenery. Visit a local tearoom for classic English tea and scones and explore the nearby Art Gallery and Craft Center before returning to Ravenstonedale. Conclude the day with a group dinner at your hotel. Today's hike: 9 miles, 5-6 hours, with 700 feet of elevation gain and 1,300 feet of descent.

Meals: breakfast, lunch, dinner | Overnight: The Black Swan Ravenstonedale

Trip Itinerary

Day 5

North York Moors National Park

After breakfast, drive for an hour and a half to North York Moors National Park. Begin your hike at Sneck Yate Bank, following a scenic trail along the escarpment to Sutton Bank, renowned by James Herriott as “England’s finest view.” Continue to the "White Horse of Kilburn," a striking hillside carving. Enjoy a bagged lunch during the hike. Afterward, transfer to Helmsley, where you’ll visit the historic 12th-century Helmsley Castle and meet June Tainish, Garden Manager at Helmsley Walled Garden. End the day with a group dinner at your hotel. Today's hike: 5-6 miles, 3-4 hours, with 300 feet of elevation gain and 700 feet of descent.

Meals: breakfast, lunch, dinner | Overnight: The Black Swan Helmsley

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 higgledy-piggledy, with bags of character.

Amenities: hairdryer, WiFi

Trip Itinerary

Day 6

North York Moors National Park

After a 30-minute drive to Clay Bank, embark on a memorable high-level traverse of the North York Moors. Start with a short ascent onto the wild moors and traverse low hilltops along the whimsical "rollercoaster" section. Enjoy a bagged lunch during the hike, which concludes at the famous Lion Inn, the highest point on the North York Moors. Celebrate the day's end with a drink before a quick drive back to Helmsley. End the day with a group dinner at your hotel. Today's hike: 9 miles, 5-7 hours, with 1,000 feet of elevation gain.

Meals: breakfast, lunch, dinner | Overnight: The Black Swan Helmsley

Trip Itinerary

Day 7

Hike to the Coast

Drive to Littlebeck to begin your hike to the coast. Pass the picturesque Falling Foss waterfall and continue eastward, cresting a ridge for your first views of the North Sea. Enjoy a bagged lunch during your hike. The final stretch features a breathtaking coastal path leading to the charming harbor of Robin Hood's Bay. Celebrate your achievement with a drink at a local inn. Conclude the day with a farewell dinner, reflecting on the stunning landscapes and remarkable hikes that have marked your journey from one coast of England to another. Today's hike: 7 miles, 5-6 hours, with 1,000 feet of elevation gain and descent.

Meals: breakfast, lunch, dinner | Overnight: Victoria Hotel

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

Trip Itinerary

Day 8

Depart England

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.

What's Included

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• Accommodations as per itinerary based on double occupancy
• Activities as indicated in the itinerary
• All meals as listed in the itinerary
• One airport group transfer on scheduled arrival and departure days
• All ground transportation
• 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

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.