

APPENDIX 2 DETAILS OF THE COAST-TO-COAST WAY

Wainwright suggested the walk was comfortably done in 12 stages, which, with say two rest days, fitted well into a two-week holiday, but many variations are possible and were encouraged by AW, who suggested alternatives in places depending on the hardness and desire for punishment on the part of the walker. "Some walkers may choose to vary it in places, either to make additional detours, or to short-cut corners, or even follow their own course over lengthy distances. Such personal initiatives are to be encouraged – if they do not involve trespass. The essence of the walk is crossing England from one coast to the other, on foot."

The Wainwright Society produces updating information on its website about temporary and permanent diversions. A complete update and revision of the Guide was published by C. Jesty in 2010¹

Five of and a part of the sixth of these stages are in Cumbria

St Bees – Ennerdale Bridge 25.5 km (15.8 miles)

Ennerdale Bridge - Rosthwaite 13.6 miles (22 km)

Rosthwaite – (Grasmere) -Patterdale 26.7 km (16.8 miles)

Patterdale - Shap 24.2 km (15.0 miles)

Shap - Kirkby Stephen 31.3 km (19.4 miles)

Kirby Stephen - Nine Standards Rigg 8.9 km (5.5 miles)

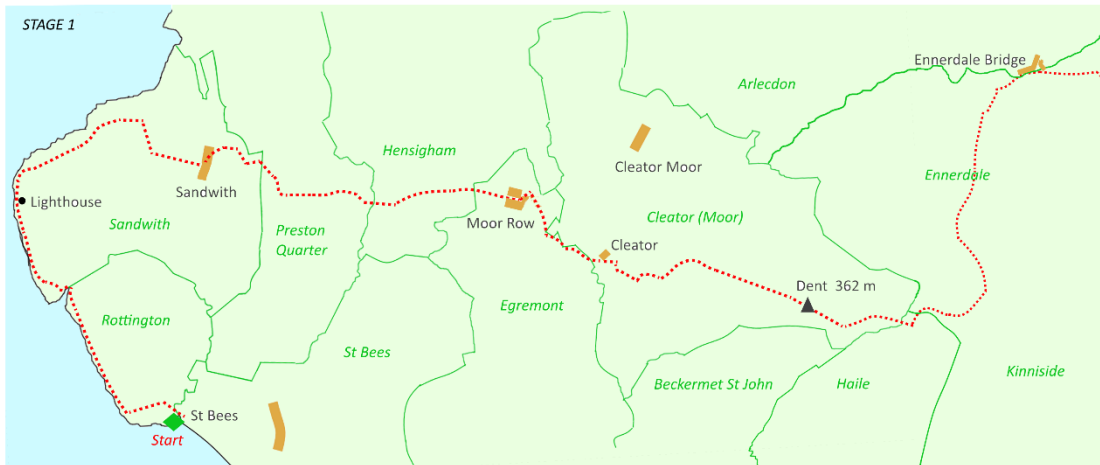
In the west to Shap, the route traverses the Lake District fells and dales; from Shap to Kirkby Stephen the limestone pavements of the Westmoreland plateau; and then climbs the Pennines. After leaving Cumbria it follows Swaledale, the Vale of Mowbray and the North York Moors.

A major effect of the popularity of this walk has been to stimulate the provision of tourist facilities such as cafes and bed & breakfast establishments en route.²

¹ A. Wainwright, rev. C. Jesty, *A Coast to Coast Walk (2nd Edition* Frances Lincoln, London, 2010) The book was completely revised and updated. In this edition, the route is picked out in red for greater visibility on the page and the complete walk has been checked and updated where necessary.

² Guardian Unlimited 25/08/06 Alfred Wainwright's coast-to-coast walk has brought unexpected prosperity to backwaters whose economies have long been on the back foot.

Stage 1: St Bees to Ennerdale Bridge...25.5 km (15.8 miles)

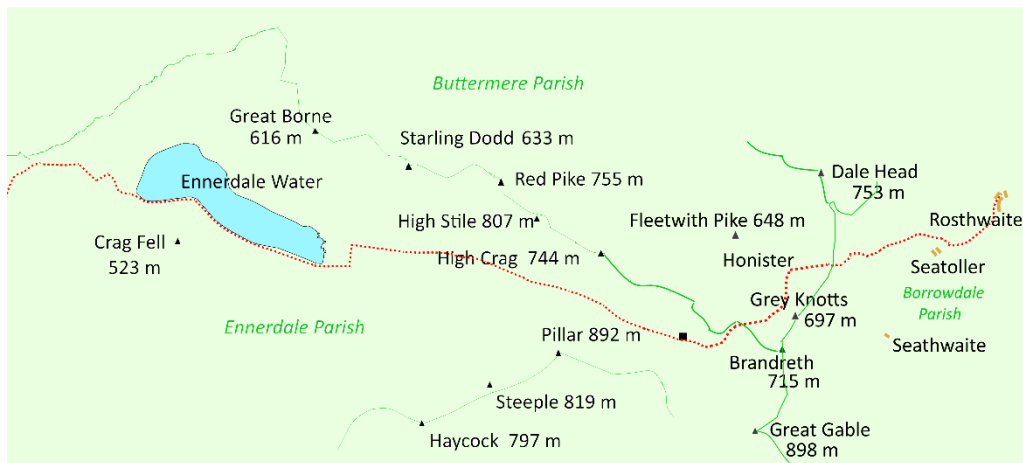


Parishes (c.1900) which the route passes through –

Use the Interactive Map to access the Digest page with full access to the history of the parish

St Bees	Rottington	Sandwith	Preston Quarter
Hensingham	Egremont	Cleator Moor	Haile
			Ennerdale

Stage 2 Ennerdale Bridge to Rosthwaite: 13.6 miles (22 km)

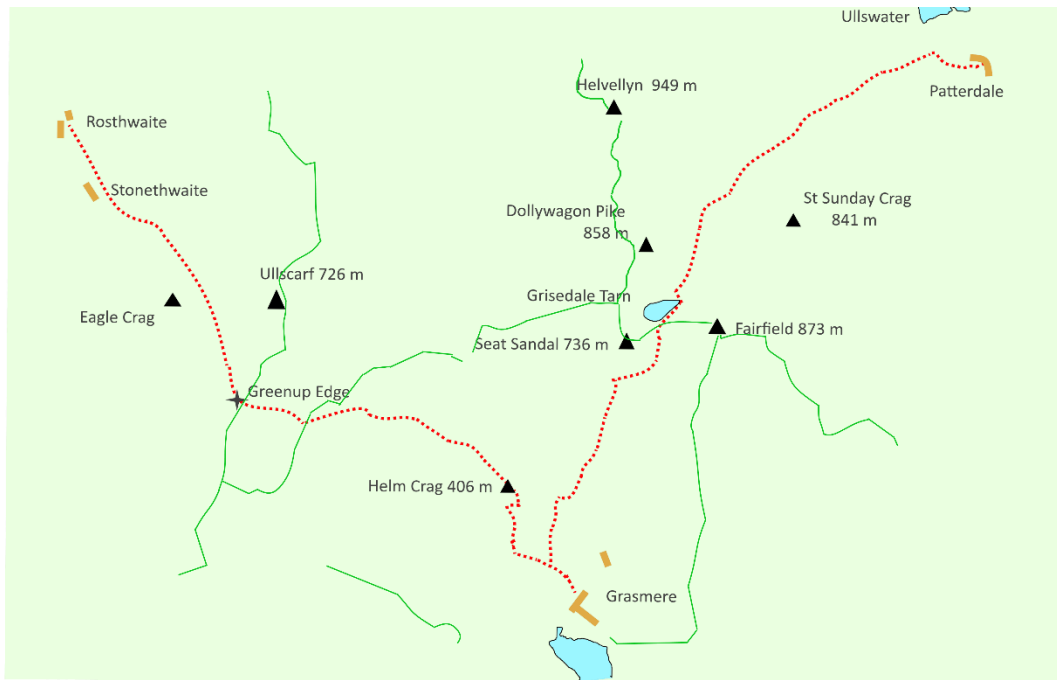


Parishes (c.1900) which the route passes through –

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Ennerdale	Buttermere	Borrowdale
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Stage 3 Rosthwaite to Patterdale 26.7 km (16.8 miles)

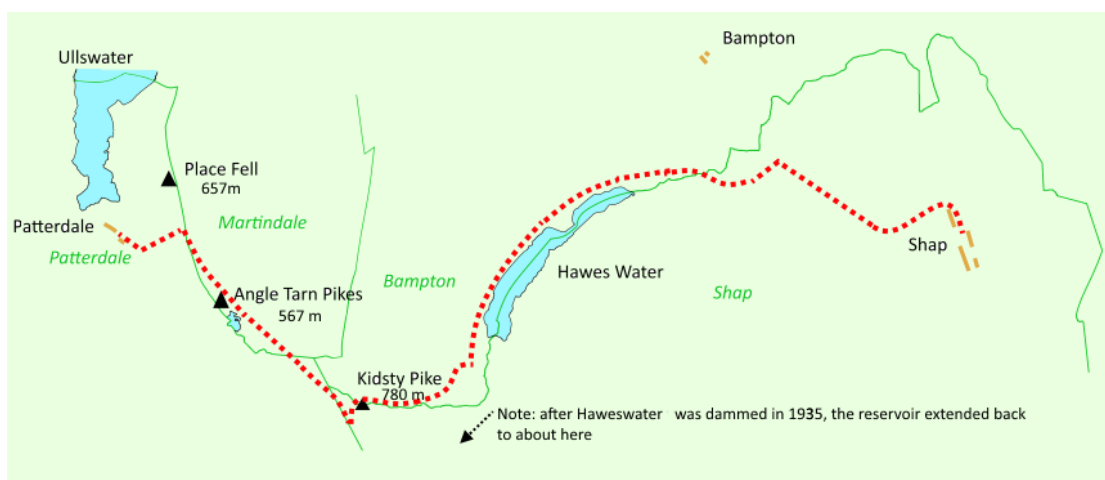


Parishes (c.1900) which the route passes through –

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Borrowdale St Johns, Castlerigg and Wythburn, Grasmere Patterdale

Stage 4 Patterdale to Shap 24.2 km (15.0 miles)

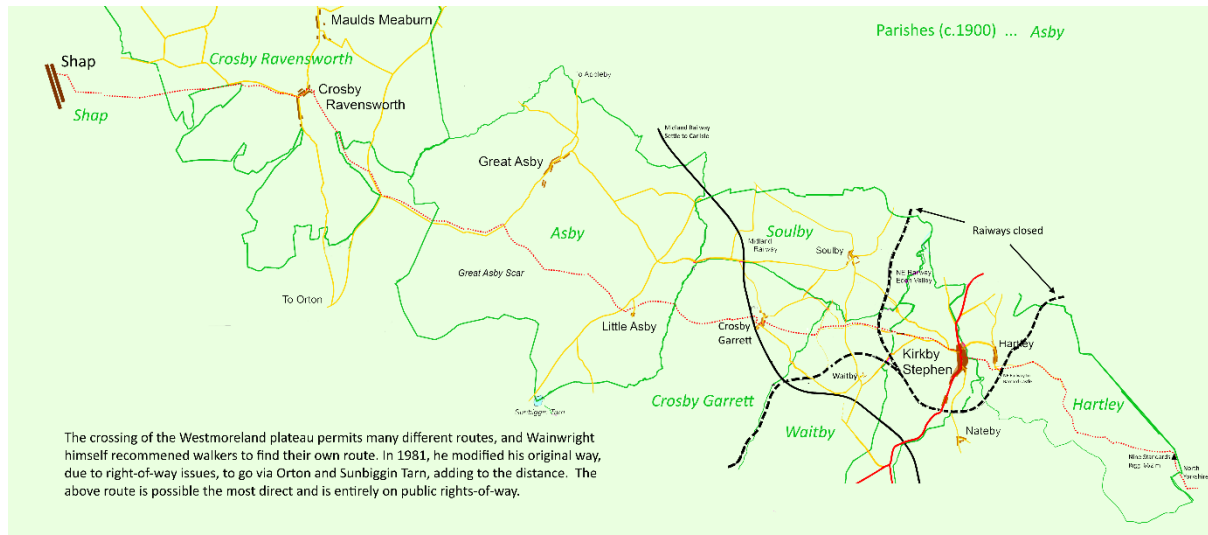


Parishes (c.1900) which the route passes through –

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Patterdale Martindale Bampton Shap

Stages 5 & 6 Shap to Kirkby Stephen and onto Nine Standards Rigg



Stage 6 Kirkby Stephen to Nine Standards Rigg (not Cumbria after this) and on to Keld 8.9 km (5.5 miles)

Parishes (c.1900) which the route passes through –

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Shap Crosby Ravensworth Asby Crosby Garret Waitby
Kirkby Stephen Hartley