



**Campaign to Protect Rural England
North Yorkshire and Cumbria
invite you to join them in walking
Alfred Wainwright's Coast to Coast walk**



In celebration of CPRE North Yorkshire's new Coastal Branch, the 75th anniversary of the Friends of the Lake District, the 60th anniversary of the National Park Scheme and the 40th birthday of the Cleveland Way CPRE North Yorkshire in conjunction with Friends of the Lake District (CPRE Cumbria) invite you to walk one, several or even all of the stages of Alfred Wainwright's Coast to Coast walk between the 14th and 30th September 2009.

Stage	Route	Miles	Approx time	Date
1	St Bees - Ennerdale Bridge	14	5.5 hrs	14-Sep-09
2	Ennerdale Bridge - Rosthwaite	14	7 hrs	15-Sep-09
3	Rosthwaite - Patterdale	17	8 hrs	16-Sep-09
4	Patterdale - Bampton	12	6 hrs	17-Sep-09
5	Bampton - Orton	13.25	5 hrs	18-Sep-09
6	Orton - Kirkby Stephen	12.75	4.5 hrs	19-Sep-09
	Day off			20-Sep-09
7	Kirkby Stephen - Keld	13	6 hrs	21-Sep-09
8	Keld - Reeth	11	5 hrs	22-Sep-09
9	Reeth - Richmond	11	4 hrs	23-Sep-09
10	Richmond - Danby Wiske	14	4.5 hrs	24-Sep-09
11	Danby Wiske - Ingleby Cross	9	3 hrs	25-Sep-09
12	Ingleby Cross - Clay Bank Top	12	5 hrs	26-Sep-09
13	Clay Bank Top - Blakey	9.25	4 hrs	27-Sep-09
	Day off			28-Sep-09
14	Blakey - Grosmont	12.5	5.5 hrs	29-Sep-09
15	Grosmont - Robin Hoods Bay	16.5	7 hrs	30-Sep-09

Each group of walkers will be led by a 'leader' and a 'back marker' who will ensure the group stay together. The group of walkers on each leg will not exceed 25 people per day. The leader and back marker will both have details of who to contact in an emergency and carry mobile phones and means of communication.

You are responsible for bringing your own food and drink, along with any medicines etc. you may require. Any individual completing more than one stage of the walk will also be responsible for their own accommodation, although we will supply a list if required.

We are encouraging as many people as possible to utilise the public transport network when taking part in the Coast to Coast. Buses and trains service all but 2 of the 15 stages of the walk. When using your car you are contributing to the strain put on the natural environment. Traffic also poses a threat to the wildlife and to walkers in the area. Let the train or bus -take the strain; it's better for you and for the environment.

Route	Public Transport
St Bees - Ennerdale Bridge	Visit www.cumbria.gov.uk for details
Ennerdale Bridge - Rosthwaite	Visit www.cumbria.gov.uk for details
Rosthwaite - Patterdale	Visit www.cumbria.gov.uk for details
Patterdale - Bampton	Visit www.cumbria.gov.uk for details
Bampton - Orton	Visit www.cumbria.gov.uk for details
Orton - Kirkby Stephen	Visit www.cumbria.gov.uk for details
Kirkby Stephen - Keld	Not available
Keld - Reeth	Visit www.dalesbus.org for details
Reeth - Richmond	Visit www.dalesbus.org for details
Richmond - Danby Wiske	Not available
Danby Wiske - Ingleby Cross	Not available
Ingleby Cross - Clay Bank Top	Visit www.moors.uk.net/moorsbus
Clay Bank Top - Blakey	Visit www.moors.uk.net/moorsbus
Blakey - Grosmont	Visit www.moors.uk.net/moorsbus
Grosmont - Robin Hoods Bay	Visit www.dalesbus.org for details

If you would like to join this celebratory walk, please complete your details below:

Legal Policy relating to all participants

All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being the paramount concern, accidents will occasionally occur. It is important therefore, that when entering into the activity, each member appreciates that they have a responsibility to identify the hazards associated with the activity and take all reasonable precautions to eliminate or minimise the potential for an accident to arise.

All participants agree that walks are undertaken at your own risk and in consideration of a like indemnity given to you by each other walker, you hereby indemnify each other walker against liability for any loss, damage or injury, howsoever caused, that may be sustained by you during any walk (including travel) undertaken by you with the organised walking of the Coast to Coast by CPRE North Yorkshire and CPRE Cumbria.

Name:

Address:

Tel. No.Email:

Chosen stages

Details of any medical conditions which we may need to know about:

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Signed

Emergency contact details:

NameTel No

And return to:

CPRE North Yorkshire

Unit 16, Sycamore Business Park, Ripon, HG4 5DF

Tel: 01765 609167 Fax: 01765 609168 Email: allison@plugandtap.co.uk

www.cprenorthyorkshire.org