

# THE COAST TO COAST WALK

St Bees to Robin Hood's Bay

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This guidebook details the popular Coast to Coast Walk, a long distance trail across northern England from St Bees Head in Cumbria to Robin Hood's Bay on the Yorkshire coast. Devised by Alfred Wainwright, the 185 mile (296km) route is suitable for most fit walkers and can be comfortably walked in around a fortnight.

The route is presented in the usual west-east direction in 19 stages of between 4¼ miles (6.8km) and 18 miles (28.5km), with high and low-level alternatives for crossing the Yorkshire Dales and comprehensive route summaries for those preferring to walk the trail in the opposite direction. In addition to 1:100,000 OS mapping accompanying the route descriptions, a convenient 1:25,000 OS map booklet containing all the mapping needed to complete the trail can be found in the back cover sleeve. The guide offers a wealth of practical advice on transport, accommodation and facilities, kit and baggage transfer, suggested itineraries of 12, 15 and 18 days and interesting background information on history, geology, plants and wildlife.

The Coast to Coast Walk crosses three national parks – the Lake District, the Yorkshire Dales and the North York Moors – and is characterised by fantastic scenery, varied landscapes and great camaraderie among walkers. This guide is an ideal companion to discovering this captivating route, named by Country Walking magazine as the second best walk in the world.

## Key marketing points

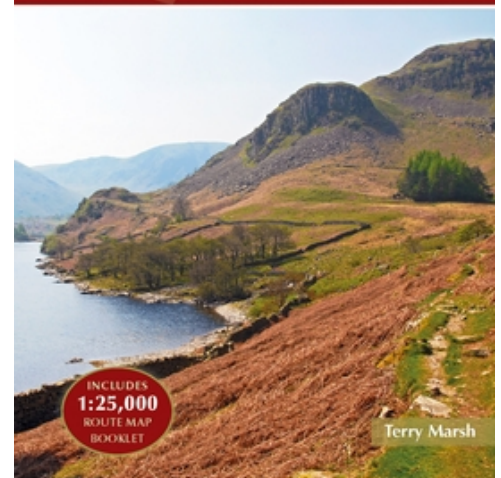
- Described from west to east, with route summaries from east to west
- with OS 1:25,000 route map booklet

## About the author

Dr Terry Marsh is a Lancashire-based award-winning writer and photographer who specialises in the outdoors, the countryside, walking and travel worldwide. He has been writing books since the mid-1980s, and is the author of over 100 titles.

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