

Walking the Coast to Coast Path

NATIONAL TRAIL - St Bees to Robin Hood's Bay

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Walk one of the UK's most iconic long-distance trails on the Coast to Coast Path National Trail, crossing northern England from St Bees on the Irish Sea to Robin Hood's Bay on the North Sea. Covering 182 miles (293km), this classic route links three of England's finest national parks - the Lake District, Yorkshire Dales and North York Moors - offering a spectacular journey through mountains, valleys, moorland and historic countryside.

- 13 stage-by-stage route descriptions covering the full Coast to Coast Path from St Bees to Robin Hood's Bay
- Alternative itineraries of 15 and 19 days allowing a more relaxed pace across the 182-mile (293km) route
- Clear route guidance supported by 1:100,000 mapping and a detailed 1:25,000 OS map booklet
- Downloadable GPX files for easy navigation using GPS devices or smartphone apps
- Practical planning advice covering fitness preparation, accommodation, transport and daily logistics
- Stage summaries outlining distances, ascent, facilities and accommodation along the route
- Background information on the landscapes, geology and cultural history of northern England encountered along the trail

Whether you are tackling your first ever long-distance walk or planning your next multi-day National Trail, the Coast to Coast Path offers a rewarding end-to-end adventure. With clear mapping, practical planning advice and reliable route guidance, this guidebook makes it easier to organise your journey and enjoy every mile of this classic walk across England.

About the author

Lancashire-born writer and photographer Dr Terry Marsh specialises in the outdoors and travel. He has been writing guidebooks and magazine articles since the early 1980s and is the author or revision author/editor of over 100 titles including the award-winning Cicerone guides to the Coast to Coast Path (first published in 1993 as *A Northern Coast to Coast Walk* and which received the Outdoor Writers Guild Award for Excellence in 1994), *The Shropshire Way* and *Wild Edric's Way* (1999) and *Great Mountain Days in the Pennines* (2013). He has been a Cicerone author since 1991. Terry has a long-standing interest in Cumberland, Westmorland and North Yorkshire, in particular the Lake District, the

Yorkshire Dales and the North York Moors. An historical geographer holding a Master of Arts degree with Distinction in Lake District Studies and a PhD in Historical Geography, he is a Life Member and former Secretary of the Outdoor Writers and Photographers Guild.

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