

Hadrian's Wall Coast to Coast
In support of the Lewis Moody Foundation



From the estuary west of Carlisle to the North Sea coast east of Newcastle lies a cross section of spectacular English countryside. This will be the location for a demanding trek which will see you cross Britain from coast to coast. Here you will walk across farmlands, through forests, and over hills and high moorlands, enjoying amazing views across England en route. Here you will also find the historical evidence of Britain's Roman history, focused on and around the Wall built for Roman Emperor Hadrian.

The Hadrian's Wall Coast to Coast Challenge is designed to be a very tough challenge. You will be walking an average of 28kms a day, and often on hilly terrain!

Sat 1st Oct: Arrival – Overnight at Crown & Mitre, Carlisle (D)

Make your own way to the Crown and Mitre Hotel in central Carlisle. Here you will meet your trek leaders and check-in to the hotel before dinner. After dinner, there will be an important safety briefing with your leaders to discuss the challenge ahead. This will be a good time to double check your kit, especially boots, waterproofs, water bottles, and blister treatment to go in your day pack.

Dinner and overnight at the Crown & Mitre Hotel, Carlisle.

Sun 2nd Oct: Bowness-on-Solway to Low Crosby (B, L, D)

After a hearty breakfast at the hotel, a short bus transfer will take us to the village of Bowness-on-Solway, on the shore of the Solway Firth. Our coast-to-coast challenge begins just outside St Michael's church, which appropriately has its foundations incorporating stones from nearby Roman forts. We will be eased into our trek with a relatively gentle first day as we follow the old remains of the canal and railway that hint at the previous importance of this stretch of coastline. The mountains of the Lake District will be visible only a few miles south as we head towards the city of Carlisle.



Following the southern bank of the river Eden as it meanders through the ancient city of Carlisle, we soon pass by the village of Rickerby and continue a couple of miles to the village of Low Crosby, set in meadows that already seem far removed from Carlisle and the coast. Here we meet up with our transport to take us to the Ninebanks Youth Hostel in the North Pennines National Park. Dinner and overnight at the Ninebanks Youth Hostel.

Distance 29.4km | **Height gain** 135m

Mon 3rd Oct: Low Crosby to Cawfields Quarry (B, L, D)

After breakfast we return by minibus/coach to the village of Low Crosby to begin the second day of our trek.



From today onwards, the terrain will become more demanding and hilly as we start to pick up on our first real indication of Hadrian's Wall itself. Halfway through the day we will reach the junction with the trail to Lanercost Priory, an impressive ruined abbey that was built from stone plundered from the wall. The Priory is famous as being the seat of government in England for 6 months in 1306 whilst Edward I recovered from dysentery nearby.

Shortly after the priory we come across the first significant stretch of Hadrian's Wall on the approach to Banna Roman fort. From here we descend down to the village of Gilsland before a steep climb that takes us to Cawfields Quarry and our finishing point for the day.

There will be time to rest at Milecastle Inn before our transport collects and returns us to the Ninebanks YHA.

Dinner and overnight at the Ninebanks YH.

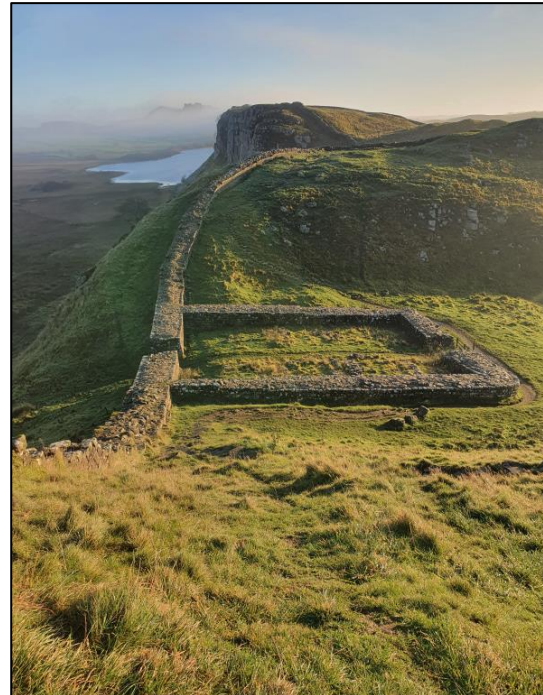
Distance 31.4km | **Height gain** 568m

Tue 4th Oct: Cawfields Quarry to Wall (B, L, D)

After breakfast, our transport will return us to Cawfield Quarry to begin what is perhaps the most demanding day of the challenge.

At 25km, today may be the shortest day of the trek, but with over 700m of ascent it is the equivalent of climbing some of the Lake District's highest peaks! The reward for our efforts will be views of some of the most iconic sights of the wall, as it stretches along the escarpment and into the distance. Indeed, the escarpment provides the real challenge for this day with its relentlessly undulating nature. We will pass iconic Sycamore Gap, with its famous sharp descent and ascent on either side.

Before long we will reach the remarkable remains of Housesteads fort, one of Hadrian's Wall's best-preserved Roman sites, perched on the edge of the escarpment itself. From Housesteads the terrain begins to ease as we start to descend to the religious site of Brocolitia fort.



Our trek ends in the village of Wall, where we will be able to rest in the Hadrian's Hotel before our transport returns us to our hostel.

Distance 25.4km | Height gain 719m



Wed 5th Oct: Wall to Heddon & the River Tyne (B, L, D)

After breakfast, our transport will return us to Wall, from where we will begin the trek to Heddon-on-the-Wall.

Today is notable for our route following a classic, gun-barrel straight section of Roman road. This is a gentle trail through typical English countryside and farmlands until after 24km we reach the Three Tuns pub on the edge of Heddon-on-the-Wall. From here, a descending trail passes through the suburbs of Heddon and then down to the banks of the River Tyne.

Our end point today is adjacent to Tyne Country Park on the borders of Newcastle. From here our transport will return us to the Ninebanks hostel.

Dinner and overnight at the Ninebanks YH.

Distance 29km | Height gain 396m



Thu 6th Oct: Heddon-on-the-Wall to Newcastle City Centre and on to South Shields (B, L, D)

After breakfast, our final day will begin with a short transfer back to Tyne Country Park and the beginning of the trek through historic Newcastle. We will follow the Hadrian's Wall path before it reaches its terminus at Wallsend. Whilst the Roman remains may end here, our challenge still has a few final miles to go. From Wallsend, we follow the River Tyne Trail through this historic shipbuilding area. Soon our finish will be in sight as the North Sea will appear in front of us. Upon reaching North Shields we will have a short ferry crossing across to the finish of our challenge in South Shields. We disembark the ferry and then have a few final kms to reach the North Sea and complete our challenge!

After celebrating our achievement of crossing from coast to coast, our transport will transfer us to the Newcastle Crowne Plaza Hotel for a group dinner and overnight.

Dinner and overnight at the Crowne Plaza Newcastle.

Distance 28.5km / Height gain 362m

Fri 7th Oct: Departure (B)

The tour ends this morning in Newcastle after breakfast at the hotel.

Price Guide:

The cost to join this challenge is **£1,135 per person**, inclusive of full-board accommodation, guiding, and transport. Participants are also asked to meet a sponsorship target of **£1,500 per person**, 100% of which will go to the Lewis Moody Foundation. Please refer to the [booking and payment information PDF](#) for further details.

Includes:

- 2 nights' hotel accommodation
- 4 nights' accommodation at the Ninebanks Youth Hostel
- Breakfast on all days, and dinners and picnic lunches on days 2-6
- Checkpoint snacks and water & soft drinks on each day of the trek
- Coach transfer each day from start/finish
- Support MPV (multi-purpose vehicle) throughout
- 2 Mountain Leader qualified guides
- Cicerone 1:25,000 map of the entire route

Excludes:

- Drinks
- Any extra arrangements or rooms/meals for "guest trekkers"
- Single supplement (available on request)

Climate Care: Gane and Marshall commits to donate 10% of pre-tax profits to two climate care projects - the [BMC and Moorland Trust Project](#) and the [ICSEE Maasai Stoves and Solar Project](#).

Protection of your money: The Association of Bonded Travel Organisers Trust Limited (ABTOT) provides financial protection under The Package Travel and Linked Travel Arrangements Regulations 2018 for Gane and Marshall member #5453, and in the event of their insolvency protection is provided for your booking as set out in Condition 13 of our booking conditions.