

Walking Holidays in Britain's most Beautiful Landscapes

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Coast to Coast Path

The Coast to Coast walk was dreamt up by Alfred Wainwright, the famous fell walker and guidebook writer, in 1973. Since then the path has become one of England's classic long distance walks. It covers 190 miles, from the sea cliffs of St Bees on the Irish Sea, to the fishing village of Robin Hood's Bay on the North Sea.

As the route traverses the country, the two week journey passes through three National Parks and across a real cross-section of England's best landscapes. It begins in the Lake District, taking in deep sided valleys, lake shores and remote mountain passes. Next is the limestone country of the Yorkshire Dales, famous for its intricate field patterns and dry stone walls. The old market town of Richmond marks the end of the Dales, before the path crosses the Vale of York and rises over the rolling moorland hills of the North York Moors.



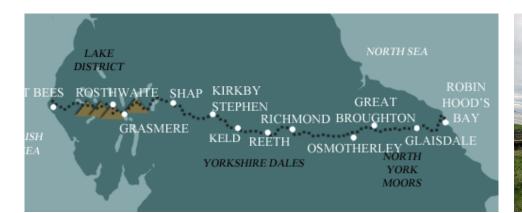


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- Why do this walk?
- Walk through the best mountain and moorland scenery in England.
- Challenging walking though the Lake District fells.
- Enjoy the great variety of scenery as you pass through 3 National Parks.
- Stay in some beautiful villages, hamlets and market towns.
- Probably the best long distance path in the country!

Essential Info

Length Full Route Length Shortest Break Length

Grade

Challenging This is a long trail with some remote

6 - 18 nights

190 miles / 303 km

82 miles / 131 km

and mountainous sections. It is however completed by thousands of ordinary people every year. A degree of walking fitness, the right equipment and common sense should get you there!

Bad weather can be encountered, even in the summer months, so the ability to navigate is essential. You may be lucky enough to encounter warm, dry weather over the whole route and enjoy dry paths and tremendous views. Although you must always be prepared because the weather can change quickly. Good clothing and waterproofs are essential!

Terrain: The walk passes over some of the high fells of the Lake District and over open, often remote moorland in the Dales and North York Moors.

What's it like underfoot? Most of the route is on well defined, not overly challenging paths... but not all of it! The route takes paths which are at times muddy, wet, rough, and steep (although not often all at the same time)!.

How Much Up & Down? Lots, especially through the mountains of the Lake District during the first week. Most days in the first week involve climbs of between 1500 and 2000 ft (300 -650m). From Shap onwards, ascents are shorter, but can still be up to 1000ft (300m) a day.

Signposting: Most of the route is not signposted. Navigation: You must be able to navigate with a map and compass – the section through the Lake District involves remote mountain terrain with no signposts.

Route

St Bees to Grasmere - Into the Heart of the Lake District

Fleswick Bay 1½ miles Coast to Coast

Robin Hoods Bay 191 miles

RSPB Seabird Viewpoints

Public Footpath

ttington ¾ mile

The route starts on the shores of the Irish Sea in the village of St Bees. After climbing the impressive sandstone cliffs of the headland, the path turns inland and over agricultural land and foothills to Ennerdale Bridge and the start of the Lake District. The path continues up Ennerdale beneath Pillar Rock, before climbing up to Brandreth, high in the fells with fantastic views of Great Gable and the Buttermere valley. The route then drops into Borrowdale via Honister. With another day of climbing as the trail heads up the remote Greenup Gill and then down either the valley of Far Easedale or over the Lion and the Lamb, to Grasmere. This is a memorable day with views of Lakeland fells in all directions.

Grasmere to Kirkby Stephen - Eastern Lakes & Upper Eden

From Grasmere there is more climbing - the route lies over the Helvellyn range either over the pass at Grisedale tarn, or for the more adventurous, via the summit of Helvellyn, England's 3rd highest mountain, before dropping down to Patterdale on the shore of Ullswater. The remotest walking of the tour leads from Ullswater over Kidsty Pike, a tremendous viewpoint of the Lakeland fells then down to Haweswater and onwards to Shap. Having left the Lakes, the route between





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Shap and Kirkby Stephen is undulating rather than mountainous, following limestone scarps and moorland paths. It passes the delightful village of Orton and travels onwards past numerous prehistoric sites to the market town of Kirkby Stephen.

Kirkby Stephen to Richmond - The **Yorkshire Dales**

After Kirkby Stephen the route climbs up to Nine Standards, moorland, high above the Eden valley, then onwards into Swaledale, one of the longest and quietest areas of the Yorkshire Dales. The route crosses open moorland above the steep sided valley, punctuated by limestone dry stone walls and field barns. Then between the upland sections the route drops into the valley to follow delightful stretches of riverside path and passes through the charming farming villages of Keld and Reeth. Closer to Richmond, the moorlands give way to woodlands. Richmond is a bustling market town and is the largest settlement on the route, worthy of a day off to explore, with its cobbled market place, overlooked by the castle originally built in the 11th Century.

Richmond to Osmotherley - 'The Flat Bit' This is the only point in its entire length of the Coast to Coast path where you spend a considerable time at low altitude in relatively



country lanes mainly passes through agricultural land as it crosses the Vale of Mowbray.

Osmotherley to Blakey – North York Moors

Osmotherley marks the start of the North York Moors. After visiting the delightful village of Osmotherley, the route climbs through woodlands and on to the moors. It then follows the steep northern edge of the moors, affording panoramic views to the north, as it undulates steeply. Gritstone outcrops and heather moorland are populated by grouse which provide added interest. After Great Broughton/Urra there is the last big climb of the route which leads to Urra Moor, around the head of pretty Farndale and begins the long descent to the coast. (The turn off for Great Broughton & Urra is where our accommodation is situated).

Blakev to Robin Hoods Bay - Country Villages & the North Sea

With the upland part of the route completed the route descends to the River Esk at Glaisdale, which it follows downstream to Egton Bridge and Grosmont, thought by many to be the prettiest villages on the route. Littlebeck, and its accompanying woodland, provide a final taste of picture postcard countryside before more agricultural land leads to the sea cliffs, which are followed south to Robin Hoods Bay,

a fishing village famed for its narrow, steep streets, and characteristic roofscapes.

Additional Days Grasmere

Grasmere is a great location to spend a well earned rest day. Grasmere is a charming village right in the heart of the Lake District National Park. It was once the home of the famous poet William Wordsworth; today you can visit two of his former homes - Dove Cottage and Rydal Mount. Also in the centre of Grasmere is St. Oswald's Church, the churchyard of which contains the Wordsworth family graves. The village itself has narrow bustling streets with cafes, shops and pubs. The frequent local bus service connects Grasmere with Keswick and Ambleside if you want to explore further into the Lakes.

Patterdale

Patterdale offers spectacular scenery in a peaceful location. Boat trips can be taken on the Lake Ullswater Steamers to Pooley Bridge. This tiny village in the heart of the English Lake District will give you a well earned rest before heading onwards on your walking route.

Kirkby Stephen

Kirkby Stephen is a traditional market town of historic buildings, cobbled yards, quaint corners and interesting shops. It is surrounded





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by a landscape of pastoral rural scenery and wild uplands. Being remote from large towns and population centres, Kirkby Stephen has developed a strong and self-sufficient identity and a vibrant sense of community.

Richmond

Richmond is a historic market town, dominated by the Norman Castle, which is open daily. It sits on a hill above the town, with great views over the Dales. There are regular markets and quite a few places to enjoy a meal and a cup of coffee. There's also a lovely riverside walk. It's by far the biggest town on the Coast to Coast, and a very pleasant place to spend a day. If you're only taking one rest day, make this it!

Robin Hood's Bay

This picturesque village is a hidden gem on the East Yorkshire Coast consisting of a maze of tiny streets with individual shops, cafes and pubs and a tradition of smuggling - there is reputed to be a network of subterranean passageways linking the houses. During the late 18th century smuggling was rife on the Yorkshire coast. The rocks of Robin Hood's Bay play host to a wealth of Jurassic history and fossilling is a wonderful activity for people of all ages along the huge, unspoilt beach. Likewise, the thrill of finding your first crab or starfish in a rock pool is equally as pleasurable.

Getting There and Away

Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps. To view train times please visit www.qjump.co.uk where you can also purchase tickets in advance. For information on bus timetables please visit www.traveline.info

Getting There:

By Air: Your nearest international airports are Manchester (MAN) and Newcastle (NCL) you can then take a train to St Bees (approx 3.5 hours) **By Public Transport:** There is a train station in St Bees Village (SBS). Most train journeys will pass through Carlisle (CAR) where you will need to change for St Bees. **By Road:** St Bees is on the Cumbrian coast approximately an hour's drive from junction 40 on the M6. From the M6 you follow the A66 then the A595.

Returning from Robin Hood's Bay:

The nearest main railway station is in Scarborough - you can take the bus from Robin Hood's Bay to Scarborough: Number 93 (hourly, 40 minutes travel time).

How our holidays work

We specialise in self guided walks because we think

it's the best way to really experience local landscapes, cultures & history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks, and all the details you need for a successful holiday. You just turn up and walk!

Inbuilt flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please!

You can start on any day you like. We can arrange extra nights at any of the overnight stops, allowing for rest days or giving you more time to explore the locality. Or you can book part of a walk if you don't have the time to complete the entire distance.

How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure and either post or fax it to us. We will get in touch with you shortly afterwards to confirm your holiday details. Alternatively you can book on our website – www.mickledore.co.uk, or telephone us in office hours.





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Accommodation

Good accommodation and friendly hosts are an essential part of any holiday . We make a special effort to find the hidden gems, as well as keeping a close eye on the quality of the more mainstream accommodation. As well as visiting the accommodation ourselves, we ask all our customers to complete a short evaluation on each night's accommodation, which then gives us an insight in to the day-to-day operation, and lets us spot any potential issues before they become a problem. We have three former Keswick guest house owners on the staff – so we know the industry well.

The Coast to Coast includes a great variety of accommodation, including small country hotels, guest houses, bed and breakfasts, farm house accommodation, and Victorian town houses. In selecting the accommodation we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail.

Single Rooms

We are happy to book single rooms on this walk at a supplement, but can't normally book more than 2 single rooms for any 1 group.

What We Provide All Holidays

Accommodation Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs.

Full English or Continental breakfast. Guidebook A guidebook with route information, maps, photos and background information. Information of Services Along the Route A comprehensive Service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafes and taxis. Maps 2 waterproof 1:40000 maps from Harvey Maps covering the whole route. Personal Itinerary A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily. Emergency Telephone Support If you get in to difficulties during your holiday, we are always available to help, even out of office hours. 15% discount at Cotswold Outdoors We will issue you with a 15% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

Options

Luggage Transport We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg . Packed Lunches Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or cafe on the route. **Off Road Parking** If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this). **Arrangement of return transport** We can also arrange your transfer back to your car, (or advise you when public transport is a better option)!

What's not Included

Evening Meals Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/ or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £20.00 per night. Transport to the Start & Away from the Finish Taxi or Bus transport if you need to miss a stage (but we'll help you organise it if you need help) Travel Insurance Even if you are based in the UK travel insurance is worth having.

Prices

Detailed prices for all our holidays are available on the website www.mickledore.co.uk .





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About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone or drop us an email, or call in and see us if you're in Keswick.

We specialise in UK holidays, and by concentrating on what we consider the best routes, we get to know the trails, accommodation, and local area intimately.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- · We have an excellent level of customer service.
- We have 15 years experience, and very high levels of customer satisfaction.
- Peace of mind help is only ever a telephone call away.
- We are all outdoor enthusiasts we know what makes a good holiday, and we want you to have one!

- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.
- 100% financial protection in the very unlikely event of Mickledore's financial failure, you receive a full refund.

Book With Confidence Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

AITO Quality Statement



Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating. Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at www.aito.com. Visit the website to find out more about the Association or call 020 8744 9280.

Client Feedback

We're proud of our reputation for quality holidays There are plenty of customer reviews on our Website but here's a couple of comments to give you a flavour:

Greetings from Canada, we send our special thank you for all your hard work in putting together our 'Coast to Coast' trip. The trekking was hard but our B&B's were very nice. We met a lot of wonderful people along the way and had much fun in the pubs. Waldemar Sambor, North Vancouver Canada.

Dear All, thank you so much for a wonderfully organised holiday. Everything was superb. The attention to detail was brilliant and made a long hard walk so much more enjoyable. Thank you. Would you use Mickledore again? Yes, and I'll recommend you to anyone. Brilliant service. Thank you. Helen Finlay, Hampshire UK





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Our Itineraries

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The Whole Route: St Bees – Robin Hoods Bay – 194 miles/312 km

	St Bees to Robin Hood's Bay in 12 days Walking Code: CC13			St Bees to Robin Hood's Bay in 13 days Walking Code: CC14			St Bees to Robin Hood's Bay in 14 days Walking Code: CC15		
		Miles	km		Miles	km		Miles	km
Day 1	Travel to St Bees for your first night's accommodation		Travel to St Bees for your first night's accommodation			Travel to St Bees for your first night's accommodation			
Day 2	St Bees to Ennerdale	14	23	St Bees to Ennerdale	14	23	St Bees to Ennerdale	14	23
Day 3	Ennerdale to Rosthwaite	15	24	Ennerdale to Rosthwaite	15	24	Ennerdale to Rosthwaite	15	24
Day 4	Rosthwaite to Patterdale	18	29	Rosthwaite to Grasmere	9	14	Rosthwaite to Grasmere	9	14
Day 5	Patterdale to Shap	16	26	Grasmere to Patterdale	9	14	Grasmere to Patterdale	9	14
Day 6	Shap to Kirkby Stephen	21	34	Patterdale to Shap	16	26	Patterdale to Shap	16	26
Day 7	Kirkby Stephen to Keld	14	23	Shap to Kirkby Stephen	21	34	Shap to Orton	7	11
Day 8	Keld to Reeth	11	18	Kirkby Stephen to Keld	14	23	Orton to Kirkby Stephen	13	21
Day 9	Reeth to Richmond	11	18	Keld to Reeth	11	18	Kirkby Stephen to Keld	14	23
Day 10	Richmond to Ingleby Arncliffe	23	37	Reeth to Richmond	11	18	Keld to Reeth	11	18
Day 11	Ingleby Arncliffe to Great Broughton	13	21	Richmond to Ingleby Arncliffe	23	37	Reeth to Richmond	11	18
Day 12	Great Broughton to Egton Bridge	22	35	Ingleby Arncliffe to Great Broughton	13	21	Richmond to Ingleby Arncliffe	23	37
Day 13	Egton Bridge to Robin Hood's Bay	16	26	Great Broughton to Egton Bridge	22	35	Osmotherley to Great Broughton	13	21
Day 14	Depart from Robin Hood's Bay after breakfast		Egton Bridge to Robin Hood's Bay	16	26	Great Broughton to Egton Bridge	22	35	
Day 15				Depart from Robin Hood's Bay after breakfast			Egton Bridge to Robin Hood's Bay	16	26
Day 16							Depart from Robin Hood's Bay after	breakfas	t

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The Whole Route: St Bees – Robin Hoods Bay – 194 miles/312 km

		St Bees to Robin Hood's Bay in 15 days Walking Code: CC16			St Bees to Robin Hood's Bay in 16 days Walking Code: CC17			St Bees to Robin Hood's Bay in 17 days Walking Code: CC18		
		Miles	km		Miles	km		Miles	km	
Day 1	Travel to St Bees for your first night's accommodation			Travel to St Bees for your first night's accommodation			Travel to St Bees for your first night's accommodation			
Day 2	St Bees to Ennerdale	14	23	St Bees to Ennerdale	14	23	St Bees to Ennerdale	14	23	
Day 3	Ennerdale to Rosthwaite	15	24	Ennerdale to Rosthwaite	15	24	Ennerdale to Rosthwaite	15	24	
Day 4	Rosthwaite to Grasmere	9	14	Rosthwaite to Grasmere	9	14	Rosthwaite to Grasmere	9	14	
Day 5	Grasmere to Patterdale	9	14	Grasmere to Patterdale	9	14	Grasmere to Patterdale	9	14	
Day 6	Patterdale to Shap	16	26	Patterdale to Shap	16	26	Patterdale to Shap	16	26	
Day 7	Shap to Kirkby Stephen	21	34	Shap to Orton	7	11	Shap to Orton	7	11	
Day 8	Kirkby Stephen to Keld	14	23	Orton to Kirkby Stephen	13	21	Orton to Kirkby Stephen	13	21	
Day 9	Keld to Reeth	11	18	Kirkby Stephen to Keld	14	23	Kirkby Stephen to Keld	14	23	
Day 10	Reeth to Richmond	11	18	Keld to Reeth	11	18	Keld to Reeth	11	18	
Day 11	Richmond to Danby Wiske	14	23	Reeth to Richmond	11	18	Reeth to Richmond	11	18	
Day 12	Danby Wiske to Ingleby Arncliffe	10	16	Richmond to Danby Wiske	14	23	Richmond to Danby Wiske	14	23	
Day 13	Ingleby Arncliffe to Great Broughton	13	21	Danby Wiske to Ingleby Arncliffe	10	16	Danby Wiske to Ingleby Arncliffe	10	16	
Day 14	Great Broughton to Blakey	11	18	Ingleby Arncliffe to Great Broughton	13	21	Ingleby Arncliffe to Great Broughton	13	21	
Day 15	Blakey to Egton Bridge	12	19	Great Broughton to Blakey	11	18	Great Broughton to Blakey	11	18	
Day 16	Egton Bridge to Robin Hood's Bay	16	26	Blakey to Egton Bridge	12	19	Blakey to Egton Bridge	12	19	
Day 17	Depart from Robin Hood's Bay afte	Depart from Robin Hood's Bay after breakfast			16	26	Egton Bridge to Littlebeck	8	13	
Day 18		Depart from Robin Hood's Bay after breakfast			Littlebeck to Robin Hood's Bay	11	18			
							Depart from Robin Hood's Bay after	er breakf	ast	







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Lakes and Mountains - St Bees to Kirkby Stephen 84 miles / 135 km $\,$

	St Bees to Kirkby Stephen in 5 days Walking Code: CCL6		St Bees to Kirkby Stephen in 6 days Walking Code: CCL7		St Bees to Kirkby Stephen in 7 days Walking Code: CCL8				
	Miles km			Miles	km		Miles	km	
Day 1	Travel to St Bees for your first night's accommodation		Travel to St Bees for your first night's accommodation		Travel to St Bees for your first night's accommodation				
Day 2	St Bees to Ennerdale	14	23	St Bees to Ennerdale	14	23	St Bees to Ennerdale	14	23
Day 3	Ennerdale to Rosthwaite	15	24	Ennerdale to Rosthwaite	15	24	Ennerdale to Rosthwaite	15	24
Day 4	Rosthwaite to Patterdale	18	29	Rosthwaite to Grasmere	9	14	Rosthwaite to Grasmere	9	14
Day 5	Patterdale to Shap 16 26		Grasmere to Patterdale	9	14	Grasmere to Patterdale	9	14	
Day 6	Shap to Kirkby Stephen	21	34	Patterdale to Shap	16	26	Patterdale to Shap	16	26
Day 7	Depart from Kirkby Stephen after breakfast		Shap to Kirkby Stephen	21	34	Shap to Orton	7	11	
Day 8				Depart from Kirkby Stephen after breakfast		-	Orton to Kirkby Stephen	13	21
Day 9					Depart from Kirkby Stephen after breakfast				

Dales & Moors: Kirkby Stephen – Robin Hoods Bay 108 miles/174 km

	Kirkby Stephen to Robin Hood's Bay in 7 days Walking Code: CCY8			Kirkby Stephen to Robin Hood's Bay in 8 days Walking Code: CCY9			Kirkby Stephen to Robin Hood's Bay in 9 days Walking Code: CCY10		
		Miles	km		Miles	km		Miles	km
Day 1	Travel to Kirkby Stephen for your first night's accommodation		Travel to Kirkby Stephen for your first night's accommodation		Travel to Kirkby Stephen for your first night's accommodation				
Day 2	Kirkby Stephen to Keld	14	23	Kirkby Stephen to Keld	14	23	Kirkby Stephen to Keld	14	23
Day 3	Keld to Reeth	11	18	Keld to Reeth	11	18	Keld to Reeth	11	18
Day 4	Reeth to Richmond	11	18	Reeth to Richmond	11	18	Reeth to Richmond	11	18
Day 5	Richmond to Ingleby Arncliffe	23	37	Richmond to Danby Wiske	14	23	Richmond to Danby Wiske	14	23
Day 6	Ingleby Arncliffe to Great Broughton	13	21	Danby Wiske to Ingleby Arncliffe	10	16	Danby Wiske to Ingleby Arncliffe	10	16
Day 7	Great Broughton to Egton Bridge	22	35	Ingleby Arncliffe to Great Broughton	13	21	Ingleby Arncliffe to Great Broughton	13	21
Day 8	Egton Bridge to Robin Hood's Bay	16	26	Great Broughton to Glaisdale	21	34	Great Broughton to Blakey	11	18
Day 9	Depart from Robin Hood's Bay after breakfast		Glaisdale to Robin Hood's Bay	20	32	Blakey to Egton Bridge	12	19	
Day 10				Depart from Robin Hood's Bay after breakfast		Egton Bridge to Robin Hood's Bay	16	26	
Day 11							Depart from Robin Hood's Bay after br	eakfast	

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Booking Form

Contact Details Address: Telephone: Mobile / Alternative Tel: Email: Emergency Contact No: Your Holiday Holiday Name: Holiday Code: (Hadrian's Wall: Add an "R" if starting in the West)

Holiudy Ndille.		
Date of First Night:	Date of Last Night:	

Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required:	Rest Days (give date & location)
Luggage Transport	No. Double Rooms	
Packed Lunches	No. Twin rooms	
Off Street Parking (there is normally a charge for this)	No. Single Rooms	
Transfer required (additional charge)	No. Triple Rooms (Double & Single)	

Comments (special diets, other requirements, etc):

Payment

Holiday cost per person	I enclose a cheque for the deposit value (GBP only, made payable to Mickledore Travel)
Rest Days	I would like to pay by card (we will contact you to arrange this).
Total cost per person	I would like to pay by bank transfer (we will contact you to arrange this).
Number in group	
Total group cost	I confirm that the above details are correct and that I have read the terms and
Deposit (20% of Total Cost)	conditions available on the website.
	Signed Date
Single and solo supplements will be added where applicable.	Name