



Walking Holidays in Britain's most Beautiful Landscapes

t: 017687 72335

e: [info@mickledore.co.uk](mailto:info@mickledore.co.uk)

w: [www.mickledore.co.uk](http://www.mickledore.co.uk)



## *The Settle to Carlisle Way*

The Settle to Carlisle Railway is without doubt one of the most scenic rail journeys in the land. In an astonishing feat of Victorian engineering the line was built in just seven years and involved the construction of no fewer than 14 tunnels and more than 20 viaducts. The line has many remarkable landmarks, perhaps most notably Ribbleshead Viaduct, spanning a distance of 400 metres and boasting 24 magnificent arches towering 30 metres above the ground.

For almost 150 years passengers have been enjoying the delights of the Yorkshire Dales and Eden Valley through their carriage windows. Now, thanks to the Settle to Carlisle Way, you can experience this same stunning landscape at a much slower pace.

From the limestone country of the Yorkshire Dales National Park to the pleasant farmlands of Cumbria's Eden Valley, the Settle to Carlisle Way links together each of the stations along the much loved line. The terrain you walk over is as varied as landscapes you pass through. Fascinating limestone grassland, moorland tracks, enchanting woodland trails, riverside paths and delightful bridleways all play their part on this spectacular journey.

The early part of the walk is dominated by the famous Yorkshire Three Peaks of Pen-y-ghent, Wharfedale and Ingleborough as you weave your way to Garsdale before entering the narrow glacial valley of Mallerstang. From here the River Eden becomes your near constant companion as you wind your way along the valley floor to Carlisle, watched over by the magnificent North Pennine hills.

In spring the woods are bright with bluebells and giant bellflowers and in summer wildflower meadows fill the landscape with vibrant colour. Take a stroll at dusk and you may be treated to the sight of foxes or badgers. When walking in woodland look carefully for red squirrels and great spotted woodpeckers. Moorland and meadows are home to skylarks and golden plovers. Buzzards are common, but peregrine falcons and red kites can make an appearance and on the Eden, look for kingfishers and oystercatchers.

Awe-inspiring landscapes, incredible examples of Victorian engineering, picturesque towns and villages, and a wealth of wildlife combine to make the Settle to Carlisle Way a truly memorable walking experience.



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## Why do this walk?

- Follow the route of one of Britain's most scenic rail journeys.
- Wind your way between the iconic Yorkshire Three Peaks of Pen-y-ghent, Wharfedale and Ingleborough.
- Marvel at incredible feats of engineering including Ribbleshead Viaduct and Blea Moor Tunnel.
- Traverse the limestone country of the Yorkshire Dales.
- Discover Long Meg and her Daughters stone circle and seek out Lacy's Caves.
- Enjoy stunning views of Dentdale, the Lake District, the southern slopes of the Howgills and the North Pennines.
- Delight in the peacefulness of the quiet Cumbrian countryside.
- Visit the sleepy hamlets and picturesque villages of the Eden Valley.



## Grade

**Terrain:** A little bit of everything the Yorkshire Dales and Eden Valley has to offer. A varied mixture of riverside paths, green lanes, limestone grassland, woodland paths and moorland tracks.

**What's it like underfoot?** On the whole the paths are relatively well defined, however there are a number of boggy sections where after prolonged rain the ground can be extremely muddy. There are some short sections of road walking which are free from heavy traffic.



**How Much Up & Down?** The Way's profile tends to match that of the railway. Leaving Settle at approximately 150m the Way climbs to just around 350m near Garsdale before gradually losing height all the way to Carlisle just above sea level.

**Signposting:** As the Settle to Carlisle Way is not yet an established long distance trail there isn't any consistent signposting. The Way does however follow sections of Ribbleshead Way, Pennine Way and Pennine Bridleway which are signposted.

**Navigation:** Although there isn't any consistent signposting, in the main the Way follows rights of way throughout. Providing you familiarise yourself with the route ahead of your holiday and refer to your map when walking you will remain on course without too much effort.

## Essential info

### Length

4—10 Nights

### Full Route Length

99 miles / 159 km

### Shortest Break Length

40 miles / 64 km

### Average Grade

Easy to Moderate



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## *The Route*

### **Settle to Ribbleshead**

Leaving Settle the Way follows the River Ribble on the route of the aptly named Ribble Way, only leaving the river for a short time as it passes through the charming hamlet of Stackhouse, returning to the waters edge soon after. From here the Way heads into the Yorkshire Dales National Park and soon reaches the picturesque Stainforth Force with its pretty packhorse bridge dating back to 1675.

Beyond Stainforth the Way crosses rough pasture with Ingleborough on its left and Pen-y-ghent coming into view ahead. The Way rejoins the river and the railway at Helwith Bridge and follows it all the way to the popular village of Horton in Ribblesdale.

Leaving Horton in Ribblesdale the Way follows part of the Pennine Way along an impressive dry-stone walled green lane passing Sell Gill Holes before breaking off and joining the path linking Pen-y-ghent with Whernside. An access track leads to the public road where a short section of road

walking leads to Ribbleshead and the magnificent 400m wide viaduct with its 24 arches towering more than 30m above the ground.

### **Ribbleshead to Garsdale**

Remaining on the east side of the imposing Ribbleshead Viaduct the Way climbs to run parallel with the railway. From here, in good weather, you should be able to see each of the iconic Yorkshire 3 Peaks, Pen-y-ghent, Whernside and Ingleborough.

The Way continues over Blea Moor. Beneath the moor is Blea Moor Tunnel, at 1.5 miles long it's the longest on the railway. Ventilation shafts on the moor signal the line of the tunnel which at times is almost 500 feet below. From Blea Moor two splendid viaducts come in to view. Directly ahead is Dent Head and further off to its left is Arten Gill.

Passing through Mossy Bottom plantation the Way leaves the moor by the northern mouth of Blea Moor Tunnel and breaks from the railway for a time, rejoining at Arten Gill Viaduct, the highest on the line.

Beyond the viaduct the Way joins the

Pennine Bridleway and sweeps round the flanks of Great Knottberry Hill with the reward of fine views of Dentdale, the Lake District, the southern slopes of the Howgills and the North Pennines. A quiet winding road leads to Garsdale.

### **Garsdale to Kirkby Stephen**

From Dandry Mire Viaduct the Way follows the Pennine Bridleway on rough ground past Cobbles Plantation before climbing to meet with Lady Anne's Way. The Way follows this hugely enjoyable high level track for several miles with one of the finest hills in Yorkshire, Wild Boar Fell, dominating the superb view across the valley. The Way eventually drops to meet the railway and the River Eden at Deep Gill. The remainder of this section involves delightful walking along the valley floor.

Beyond Deep Gill, near the romantic ruin Pendragon Castle, the Settle to Carlisle Way and Lady Anne's Way split for a time. Initially skirting the flanks of Birkett Common the Way remains on the west of the Eden meandering its way to the Cumbrian market town of Kirkby Stephen where



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it again meets with Lady Anne's Way. Alfred Wainwright's Coast to Coast Path from St Bees to Robin Hood's Bay also arrives into Kirby Stephen. All three will depart in separate directions.

#### **Kirkby Stephen to Appleby**

The Way gains a little height for a time as it leaves Kirkby Stephen in the direction of Winton and views ahead open out to the North Pennines which will dominate much of this section.

From Winton it's easy walking through pleasant fields and meadows, and past sleepy hamlets as the Way heads west and crosses the Eden to the small village of Soulby, before turning north to Warcop and once again meeting with Lady Anne's Way.

Gentle walking through picturesque farmland continues beyond Warcop where the Way follows the River Eden with the reward of splendid views over the eastern Lake District fells.

Beyond Great Ormside the Way hugs the riverside almost all the way to the pretty market town of Appleby. It's here a third route shares the banks of

the Eden. The 95 mile Westmorland Way starts in today's destination, Appleby, and then travels west and generally southwards passing Ullswater, Grasmere and Windermere making its way to Westmorland's only port, Arnside, on the shores of Morecambe Bay.

#### **Appleby to Langwathby**

More easy walking through rural Cumbrian countryside with lovely vistas of the North Pennine Hills beginning with a view up into the magnificent High Cup Nick with its horseshoe of vertical Whin Sill crags. The Way passes through the timeless red sandstone village of Long Marton and then continues to Temple Sowerby with terrific views towards Cross Fell and Great Dun Fell. The Settle to Carlisle Way and Lady Anne's Way part company for the final time at the delightful Ousenstand Bridge over the Eden.

Beyond Temple Sowerby the Way passes by the National Trust property of Acorn Bank with its beautiful walled gardens before passing beneath Crowdundale Viaduct and turning for

the village of Culgaith.

From Culgaith more gentle walking through idyllic countryside leads to the charming village of Langwathby with its Brief Encounter café.

#### **Langwathby to Armathwaite**

Leaving Langwathby the Way crosses fields and passes through the villages of Winskill and Hunsonby before returning parallel with the railway at Little Salkeld where there are options to visit Long Meg Stone Circle and Lacy's Caves.

The Way continues, closely following the river towards Eden Bridge where a short section of road leads into the picturesque once-thriving market town of Kirkoswald.

Beyond Kirkoswald the Way leaves the railway and the Eden as it crosses delightful rolling farmland and journeys through enchanting woods, emerging to again join the Eden. A short walk along the banks of the river leads into the pleasant village of Armathwaite.

#### **Armathwaite to Carlisle**



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The final leg of the Settle to Carlisle Way delivers another day of delightful walking through the charming Cumbrian countryside where riverside paths, woods and meadows lead to the pedestrianised centre of the historic border city of Carlisle.

Leaving Armathwaite the Way runs parallel with the railway as far as Drybeck Viaduct before once again heading to the banks of the River Eden where it meanders along passing through lovely meadows and in and out of enchanting woodland all the way to the attractive village of Wetheral with its spacious village green.

From Wetheral the Way follows lanes and minor roads through farmland to the outskirts of Carlisle where it meets



the Eden for the final time and twists its way towards the city centre and the completion of the Settle to Carlisle Way.

### **Additional days**

We can arrange extra nights at any of the overnight stops, allowing for rest days, or giving you more time to explore the locality. We recommend Settle, Horton in Ribblesdale, Kirkby Stephen and Carlisle.

### **Settle**

Surrounded by stunning countryside and iconic landmarks, the charming town of Settle is well worth a day of discovery. It's an ideal base for all sorts of adventures from cave exploration and abseiling to road cycling and mountain biking. There's a fabulous selection of friendly independent shops and when it comes to eating there are plenty of places offering delicious food for all tastes and budgets.

### **Horton in Ribblesdale**

The pretty village of Horton in Ribblesdale is the perfect location from which to explore one or more of



the iconic Yorkshire Three Peaks. It is the preferred starting point for the famous 24 mile challenge walk which requires walkers to take in the peaks of Pen-y-ghent (694m), Whernside (736m) and Ingleborough (723m) in under 12 hours.

Of course each of the three peaks is worthy of a walk on its own, with time spent exploring the fascinating geology and discovering the heritage of the local landmarks. Both Pen-y-ghent and Ingleborough are easily accessible from Horton in Ribblesdale, while a ten minute train ride round to the Ribbleshead will have you best positioned for Whernside.

### **Kirkby Stephen**

Kirkby Stephen is a traditional market town of historic buildings, cobbled



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yards, quaint corners and interesting shops. It is situated in a landscape of pastoral rural scenery with 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.

### Carlisle

Carlisle is an historic border city, complete with castle and cathedral. Tullie House Museum has a lot of Roman artefacts and is worth a visit. The cathedral was founded in 1122 and is open every day. The castle has dominated the city for 9 centuries, and also houses a military museum – there are guided tours daily. There are plenty of shops and lots of places to eat or have coffee.

### Getting There and Away

General travel information for the Settle to Carlisle Way will be in your holiday pack.

Detailed instructions on getting to your first night of 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 [trainline.com](http://trainline.com) where you can also purchase tickets in advance. For information on bus timetables please visit [traveline.org](http://traveline.org). If you require secure car parking whilst walking this route please contact us for information.

### Getting to Settle:

**By Air:** The nearest International Airports to the trail are Leeds Bradford Airport and Manchester. Shuttlebus services run between the Airport and both Leeds Railway Station and Bradford Forster Square Station. Trains run direct between both stations and Settle.

If travelling via Manchester Airport, there is a railway station at the Airport with hourly trains to Settle via Leeds.

**By Public Transport:** Settle Railway Station is located on the Settle to Carlisle Line with connections at Carlisle to the West Coast Main Line between Glasgow and London Euston. Despite its name, the line actually continues southwards from Settle to terminate at Leeds where it connects with the East Coast Main Line between Edinburgh and London Kings Cross.

**By Road:** Settle is located on the B6480, just off the A65.

From the M6: Leave the M6 at Junction 36 and follow signs for the A65 Kirkby Lonsdale & Skipton. Follow the A65 for approx. 20 miles, passing through Kirkby Lonsdale and Ingleton, then follow signs left for Settle & Giggleswick. Follow the B6480 through the village of Giggleswick to arrive in Settle.

From the A1(M): Leave the A1(M) at Junction 47 and follow signs for the A59. Pass through Knaresborough then Harrogate and continue on the A59 to Skipton (where it meets and merges with the A65 as it bypasses Skipton) and follow signs for the A65 Kendal. Pass through the villages of Gargrave, Hellifield and Long Preston. Shortly after 'The Courtyard' Centre & Tea Rooms, pass under the railway bridge to a roundabout and take the second exit for the B6480 Settle.

### Returning from Carlisle:

**By Public Transport:** Carlisle Railway Station is located on the West Coast Main Line with fast and frequent trains between Glasgow and London Euston. Trains also run along the Tyne Valley Line from Carlisle to Newcastle.



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**By Road:** Carlisle is located just off the M6 and can be accessed from the motorway at several points – Junction 42 (Carlisle South (A6)), Junction 43 (Carlisle Central (A69)) and Junction 44 (Carlisle North (A7)).

If travelling across from the East, exit the A1(M) at Junction 75 and follow the A69 cross country to Junction 43 of the M6 (Carlisle Central).

## How our holidays work

We specialise in self-guided walks because we think it's the best way to really experience local landscapes, cultures and 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 and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality. 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 which can then be emailed or posted to us. We will get in touch with you once we have received your booking to confirm your holiday details.

Alternatively, you can either book online using our website at [mickledore.co.uk](http://mickledore.co.uk) or telephone us during office hours.

## Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We understand this and go out of our way to find the best. We

put a great deal of effort into hand picking our accommodation and matching it to individual customer requirements. In selecting the accommodation, we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. For example, over the course of your trip you might stay in a village inn, a bed and breakfast in a converted barn, a Victorian guest house, and on a working farm. Occasionally we may use a chain hotel.

We always try to arrange en suite accommodation, i.e. rooms with their own bathrooms, for each night of your stay. However, in some of the more remote locations accommodation is limited and occasionally we may have to book rooms with shared bathrooms for one or two nights of your holiday, (especially if the booking is made at short notice), but we will always let you know if this is likely to be the case.

**Single Rooms** We are happy to book single rooms on this walk but cannot normally book more than two for any one group. Single room bookings include a supplement.



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## 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, cafés and taxis.

**Maps** A waterproof 1:40000 Harvey map 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.

### 12.5% discount at Cotswold Outdoors

We will issue you with a 12.5% 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 café 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 £30.00 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.



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## Prices

Detailed prices for all our holidays are available on the website.  
[mickledore.co.uk](http://mickledore.co.uk).

## 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're 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.

## Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO),

and the Association of British Travel Agents (ABTA). We 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 [aito.com](http://aito.com). Visit the website to find out more about the Association or call 020 8744 9280.



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## *The Whole Settle to Carlisle Way*

Settle to Carlisle in 7 Days Walking Code: SE8				Settle to Carlisle in 9 Days Walking Code: SE10		
		miles	km		miles	km
Day 1	Travel to Settle for your first night of accommodation			Travel to Settle for your first night of accommodation		
Day 2	Settle to Ribblesdale	15	24	Settle to Horton in Ribblesdale	8	13
Day 3	Ribblesdale to Garsdale	12	19	Horton in Ribblesdale to Ribblesdale	7	11
Day 4	Garsdale to Kirkby Stephen	13	21	Ribblesdale to Garsdale	12	19
Day 5	Kirkby Stephen to Appleby	14	23	Garsdale to Kirkby Stephen	13	21
Day 6	Appleby to Langwathby	18	29	Kirkby Stephen to Appleby	14	23
Day 7	Langwathby to Armathwaite	13	21	Appleby to Temple Sowerby	10	16
Day 8	Armathwaite to Carlisle	14	23	Temple Sowerby to Langwathby	8	13
Day 9	Depart Carlisle after breakfast			Langwathby to Armathwaite	13	21
Day 10				Armathwaite to Carlisle	14	23
Day 11				Depart Carlisle after breakfast		



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## Settle to Carlisle Way: The Yorkshire Dales

Settle to Kirkby Stephen in 3 Days Walking Code: SEY4				Settle to Kirkby Stephen in 4 Days Walking Code: SEY5		
		miles	km		miles	km
Day 1	Travel to Settle for your first nights accommodation			Travel to Settle for your first nights accommodation		
Day 2	Settle to Ribbleshead	15	24	Settle to Horton in Ribblesdale	8	13
Day 3	Ribbleshead to Garsdale	12	19	Horton in Ribblesdale to Ribbleshead	7	11
Day 4	Garsdale to Kirkby Stephen	13	21	Ribbleshead to Garsdale	12	19
Day 5	Depart from Kirkby Stephen after breakfast			Garsdale to Kirkby Stephen	13	32
Day 6				Depart from Kirkby Stephen after breakfast		

## Settle to Carlisle Way: The Eden Valley

Kirkby Stephen to Carlisle in 4 Days Walking Code: SEE5				Kirkby Stephen in 4 Days Walking Code: SEY5		
		miles	km		miles	km
Day 1	Travel to Kirkby Stephen for your first night of accommodation			Travel to Kirkby Stephen for your first night of accommodation		
Day 2	Kirkby Stephen to Appleby	14	23	Kirkby Stephen to Appleby	14	23
Day 3	Appleby to Langwathby	18	29	Appleby to temple Sowerby	10	16
Day 4	Langwathby to Armathwaite	13	21	Temple Sowerby to Lanwathby	8	13
Day 5	Armathwaite to Carlisle	14	23	Langwathby to Armathwaite	13	32
Day 6	Depart from Carlisle after breakfast			Armathwaite to Carlisle	14	23
Day 7				Depart from Carlisle after breakfast		



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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)

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 <input type="text"/>	No. Double Rooms <input type="text"/>	
Packed Lunches <input type="text"/>	No. Twin rooms <input type="text"/>	
Off Street Parking (there is normally a charge for this) <input type="text"/>	No. Single Rooms <input type="text"/>	
Transfer required (additional charge) <input type="text"/>	No. Triple Rooms (Double & Single) <input type="text"/>	

Comments (special diets, other requirements, etc): .....

### Payment

Holiday cost per person <input type="text"/>	I enclose a cheque for the deposit value (made payable to Mickledore Travel Ltd)
Rest Days <input type="text"/>	OR please debit my Visa/Visa Debit/Mastercard/Mastercard Debit/Solo (delete as appropriate)
Total cost per person <input type="text"/>	Card number: .....
Number in group <input type="text"/>	Valid from: ..... Expires: ..... Security number*: .....
Total group cost <input type="text"/>	*The last 3 digits on the back of the card
Deposit (20% of Total Cost) <input type="text"/>	I authorise Mickledore Travel to charge a 20% deposit to my card now and the remaining balance 6 weeks before commencement of my holiday, (for card payments only).
Single and solo supplements will be added where applicable.	I confirm that the above details are correct and that I have read and accept the terms and conditions available on the website.
	Signed: ..... Date: .....
	Name: .....

2% charge for credit cards, no charge for debit cards

How did you hear about Mickledore Travel: .....